



Chrysoprase

*Honest Self-Assessment, Self-Love, Trust and Compassion
Calmness, Positivity and Healthy Relationships*



Affirmation: 'I become aware of my shadow aspects and accept and forgive myself and others. I relax and take time to reflect calmly on new situations with an open mind. I act with integrity, compassion and humility.'

This essence is in the Spirit of Transformation blend:

Sacral Chakra: <http://bit.ly/12sDpxu>

Spirit of Transformation does not sell single essences. Essences are like people - they usually work best as part of a team! If you feel drawn to this please request it as part of a personal attunement blend.

Channeled Personal Attunements: <http://bit.ly/XBzFsP>

With acknowledgement and thanks to Crystal Herbs: <http://bit.ly/18VJ1Uo>
where you may be able to order this as a single essence

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N.B: Using essences is not a substitute for medical attention - if you're ill consult a medical practitioner.

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