

## Columbine

*Releasing Procrastination, Discouragement and Scattered Energy  
Brings Confidence, Positivity and Intuitive Guidance*



- ☒ This essence helps when you're hesitating or uncertain what choices to make and can ease stress.
- ☒ It provides insight into your true self and your soul purpose – good for review in a 'mid life crisis'.
- ☒ It activates the brow and crown chakras and strengthens attunement to the angelic kingdom.
- ☒ It helps when you're sensitive and require a lot of nurturing and protecting.
- ☒ It supports you when you're avoiding a decision because you can't face what needs to be done.
- ☒ Columbine helps when life's challenges get you down and you don't want to take risks.
- ☒ It helps when you're feeling creative but you can't stay focused enough to ground your dreams because you've spread your energy across too many projects.
- ☒ It helps you become more dynamic, grounded and optimistic about life.
- ☒ Columbine supports the merging of wisdom - between the higher self, the heart and the soul.
- ☒ As you take the essence you will feel stronger and more courageous and decisive.
- ☒ You'll be able to react more intuitively and instinctively without needing to reflect so much.
- ☒ As your heart opens, your soul guidance will become clearer and your doubts will dissipate, inspiring confident, decisive action.
- ☒ Useful Affirmation: *'I am in touch with my divine guidance which makes decisions and actions a confident and effortless flow'*

**Please Note:** Individual essences are not available from Spirit of Transformation, as a bespoke blend is much more powerful. If this essence resonates for you, then order a spiritually guided attunement to receive your personal essence blend, mentioning in your email that you'd like this particular essence as part of your blend.

**Click here for attunements:** <http://www.spiritoftransformation.com/Attunements.htm>

**This essence is part of the Spirit of Transformation Gemini-Mercury blend:**  
<http://www.spiritoftransformation.com/planetaryessences.htm#gemini>

**This essence is part of the Spirit of Transformation Angelic Support blend:**  
<http://www.spiritoftransformation.com/karmicessences1.htm#angelicsupport>

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