

Compass Barrel Cactus

Releasing Stuck States

Moving Forward Easily and with Faith in Yourself



- ☒ Knowing we need to make some major changes in our life, a complete 'life makeover' and yet we have no idea where to start or what direction to move in.
- ☒ For knowing not only what steps we need to take, but also for affirming those things that are right and good in our life so that we do not throw the baby out with the bathwater.
- ☒ Compass Barrel Cactus helps us move through an emotional state by lightening up and letting go, trusting our inner wisdom to point the way.
- ☒ It's helpful when we have patterns of grumbling, complaining and feeling angry and resentful, yet we're unwilling to change the way we feel.
- ☒ Useful when we judge our feelings and take life and ourselves too seriously
- ☒ It helps us commit to moving beyond an emotionally stuck space
- ☒ It encourages our mind to work with our feelings as equal partners
- ☒ It encourages contact with a deep inner wisdom
- ☒ For when we also fear making major life changes, this essence offers an abundance of support and enhances your faith in your ability to do what is truly right for you.
- ☒ Useful Affirmation: *'I always know what changes I need to make in my life and how to easily bring those changes about'*

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 Moving Forward, Get Unstuck blend:

<http://www.spiritoftransformation.com/transformationessences.htm#movingforward>

Acknowledgement and Thanks With acknowledgement and thanks for this information to:

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