

Eucalyptus

Releasing Shock and Grief

Supporting Bereavement



- ☒ This essence can help us be more receptive to hearing and understanding someone else's point of view, so it is very useful when we're involved in any conflicts in relationships. It encourages us to be less defensive and more open.
- ☒ If someone we love or a beloved pet has passed on and we have not yet fully grieved their loss, then this essence can be of great benefit. It also helps pets who have lost their companions.
- ☒ The process of letting go of grief requires the energy body to expand from a place of contraction. This essence encourages our energetic bodies to relax and release.
- ☒ Emotional shock can cause us to gasp and hold our breath. If this reaction becomes chronic we don't receive enough oxygen into our system. This essence helps us to relax our natural defensive emotional response and breathe more easily.
- ☒ It activates the balancing capacities of the heart chakra which supports the activities of the thymic or higher heart chakra.
- ☒ Useful Affirmation: *'I breathe out deeply and relax. I feel safe and open to my feelings.'*

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 Karmic Grief blend:

<http://www.spiritoftransformation.com/karmicessences1.htm#karmicgrief>

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.