



Fairy Penguin
Releasing Fear and Darkness
Relaxing into Lightness and Joy



Affirmation: *'I'm willing to let go of anything which no longer serves me. I move to the next level of growth with joy and optimism, knowing that all is well.'*

This essence is in the Spirit of Transformation blend:

Conscious Transition – Death and Rebirth: <http://bit.ly/Wn6weD>

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>

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With acknowledgement and thanks to: Morningstar Essences: <http://morningstar.netfirms.com/aussie2.html>
where you may be able to order this as a single essence

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

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