

# Garlic

## *Releasing Fear, Stress and Illusion – Resolving Conflict*



- ☒ Garlic releases tension in solar plexus chakra related to fear, anger and stress.
- ☒ It opens the mind for clarity regarding emotional outbursts.
- ☒ Even if we're afraid to release the hidden fears or anger, these insecurities can be gradually released and faced as we take this essence.
- ☒ Garlic can be used for any apprehension such as stage fright or to relax when facing a difficult experience such as surgery or deep transformational work.
- ☒ It's useful in tantrums or rage; increases calm when dealing with issues arising from subconscious fears and urges.
- ☒ It helps if we are in a state of being too easily influenced, drained or have low vitality.
- ☒ It reconnects us to Unity consciousness and gives us strength and resilience to outside influences.
- ☒ Energetically it releases entities which may have attached themselves to our auric field.
- ☒ Another aspect of garlic is a subtle reduction of illusion and false meaning so that we see the truth.
- ☒ If you're in any kind of conflict, garlic is very powerful. It can reduce conflict to the pure truth of what was there in the first place, which is very often hidden in the later stages of conflict or polarisation where fear, judgement, blame, shame, and avoidance have taken root.
- ☒ Garlic helps us come back to what matters most, in harmony with the greater good of a situation.

**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 Take Courage – Release Fear blend:**

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

**This essence is part of the Spirit of Transformation Pisces-Neptune blend:**

<http://www.spiritoftransformation.com/planetaryessences.htm#pisces>

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

Crystal Herbs: [http://www.crystalherbs.com/shop/aftrack.asp?ID=74&Req=prodtype.asp?PT\\_ID=81](http://www.crystalherbs.com/shop/aftrack.asp?ID=74&Req=prodtype.asp?PT_ID=81).

The Gurudas Essence Books: <http://www.spiritoftransformation.com/essencedirectory.htm#recommendedreading>

Ananda Apothecary: <http://www.anandaapothecary.com/fes-north-american-flower-essences/garlic-flower-essence.html>

High Sierra Botanicals: <http://www.highthoctavehealing.com/html/stock.html>

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