

# Harebell

## *Stability, Prosperity and Effortless Manifestation Reconnecting with our Inner Guidance*



- ☒ Helps when we are shy and nervous, so we find it hard to express ourselves, especially in groups.
- ☒ It supports us if we create resistance to life force because we don't feel we are good enough or we think we don't have enough, so we lose faith in our ability to manifest what we want.
- ☒ It imbues us with confidence in decision-making, so we stop seeking external approval or advice.
- ☒ This is an ideal essence when we feel unlovable or unloved and are unable to connect to Source. It support us in accessing that limitless love within so that we stop searching for it outside ourselves.
- ☒ When we need this essence we may feel quite untouched by things, as though we're on the outside looking in, with no emotional connection.
- ☒ It's a wonderful essence when we feel depleted and in need of emotional nourishment.
- ☒ Harebell encourages emotional connection and commitment, to create a firm foundation.
- ☒ It increases our awareness of our soul needs and the needs of our heart.
- ☒ It helps release limiting beliefs about lack so we open to a rich life lived with spiritual awareness.
- ☒ Harebell helps us align our vibration to enable healing and manifestation. It brings a sense of efficient energy expenditure so that we don't become depleted making unnecessary effort. Too much force of will can block what we want from coming in, rather than intending, aligning, doing only what's necessary, then allowing Source to respond. You may feel a strong sense of 'enough' when taking this essence that tells you it's time to hand it over and move on to other things. What you want will then arrive much more quickly.
- ☒ Useful Affirmation: *'I am a master healer and manifester'*

**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 Speaking Your Truth blend:**  
<http://www.spiritoftransformation.com/transformationessences.htm#speakyourtruth>

**This essence is part of the Spirit of Transformation Opening to Guidance blend:**  
<http://www.spiritoftransformation.com/transformationessences.htm#openingtoguidance>

**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)

Findhorn Flower Essences: [http://www.findhornessences.com/frame\\_pages/index\\_online.html](http://www.findhornessences.com/frame_pages/index_online.html)

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Alaskan Flower Essences: [http://www.essencesonline.com/Alaskan\\_flowerkit.htm#Harebell](http://www.essencesonline.com/Alaskan_flowerkit.htm#Harebell)

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