

Holy Basil

Prioritising Spiritual Nourishment

Creating Sacred Spaces in Your Life



- ☒ This is an excellent essence to use for meditation and feeling a sense of spiritual renewal.
- ☒ Great when we find we tend to procrastinate or allow our spiritual practices to fall by the wayside because we feel we have too many other things to do, this essence can help give a gentle nudge to ensure that whatever amount of time feels appropriate is given over to the needs of the Soul.
- ☒ Used in a misting bottle, this essence lifts the vibration of any room or space, re-energising it and filling it with a strong sense of the sacred.
- ☒ Useful Affirmation: *'I am spiritually renewed in every moment'*

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 Opening to Guidance blend:

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

Acknowledgement and Thanks

With acknowledgement for this information to: Morningstar Essences: <http://morningstar.netfirms.com/flower2.html>

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