



Howlite

*Patient, Calm Communication
Anger Release - Past Life Recall*



Affirmation: *'I communicate calmly and compassionately, with patience and awareness. I'm open to fresh perspectives and other points of view.'*

This essence is in the Spirit of Transformation blend:

Throat Chakra: <http://bit.ly/11ph4kp>

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>

With acknowledgement and thanks to Crystal Herbs: <http://bit.ly/18VJ1Uo>
where you may be able to order this as a single essence

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more crystal spheres at: www.RocknSpheres.com

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

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