

Hyacinth

Being Present and Still



Hyacinth has a heady perfume which reminds us how sweet it is to be still and centred.

- ☒ It helps the integration of spiritual and earthly qualities
- ☒ It helps the development of inner hearing
- ☒ It brings inner stillness and facilitates a true connection with your spirit.
- ☒ It helps you to become fully present - to 'be here now'
- ☒ This essence is excellent for improving focus and as an aid to meditation
- ☒ Useful Affirmation: *'I become still, present and focused, listening to my inner guidance'*

Tip on Using Hyacinth

A perfect flower to have in your meditation area or 'quiet space' at home or at work. Take a deep breath of its gorgeous perfume before brainstorming a project or any activity when you need to be inspired and concentrate on the task in hand.

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 attunement.

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 and thanks for this information to:

Crystal Herbs: http://www.crystalherbs.com/shop/aftrack.asp?ID=74&Req=prodtype.asp?PT_ID=81,

South African Flower Essences: http://safloweressences.co.za/Hyacinth_Essence.html

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