

**Ivy**  
*Co-Operation and Healthy Power Sharing*  
*Tolerance, Commitment and Connection to the Earth*



- ☒ This essence brings harmony to the heart chakra, enabling conflicted aspects of the personality to find wholeness and integration, so that you feel more peaceful and inwardly aligned.
- ☒ It encourages cooperation and closeness, increasing a sense of team spirit and shared vision.
- ☒ It supports you in releasing clingy people and draining situations by helping you to see and heal the trait or pattern within you that first drew that person or circumstance into your life.
- ☒ It helps attract partners to work on mutually beneficial projects.
- ☒ It helps you find win-win solutions and encourages tolerance, resilience and commitment.
- ☒ Unconscious worries are brought to the surface so that you can deal with them.
- ☒ It helps you with sharing power as well as day to day tasks and responsibilities.
- ☒ It brings a greater awareness of your real feelings and what you need for happiness and fulfilment. It puts you in touch with your heart's desires.
- ☒ It connects you deeply to Mother Earth to find peace, support and co-operation.
- ☒ Useful Affirmation: *'I release old co-dependent ties and create inter-dependent relationships based on mutual support. I listen to my heart in all matters.'*

**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 Heart Chakra blend:**  
<http://www.spiritoftransformation.com/chakraessences1.htm#heartchakra>

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

Morningstar Essences: <http://morningstar.netfirms.com/celtictrees.html>

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