

Lettuce

Soothes the Nerves
Encourages Clear, Decisive Communication



- ☒ This is a wonderful essence for 'monkey mind', calming the endless mental chatter.
- ☒ It's useful when we're finding it hard to focus. We may feel in emotional turmoil, easily irritated and constantly going over old ground with our thoughts and sometimes in conversation too.
- ☒ It helps when we're suppressing strong emotions and in a state of procrastination.
- ☒ Lettuce essence connects us to our still small voice within, calming our feelings so we feel in a stronger place to face our challenges.
- ☒ Lettuce enables us to make decisions more easily, as we get in touch with our inner guidance.
- ☒ When our throat chakra is blocked and we feel frightened to speak, Lettuce essence allows us to express ourselves with clarity and authenticity. It's of great assistance if we have to speak or perform in public.
- ☒ It helps us focus, achieve our goals and communicate honestly from the heart.
- ☒ This essence soothes us when we're over-stimulated by our environment or by food and drink such as coffee, chocolate or sugar or other substances.
- ☒ It supports the reduction of cravings after giving up addictive substances.
- ☒ It helps adults and children whose nervous system is overstimulated, causing irritation.
- ☒ Useful Affirmation: *'I make my choices easily and calmly and express them decisively'*.

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>

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

Hummingbird Remedies: http://www.druidlabs.com/hbr/flowers_jkl.html

Spirit in Nature Essences: <http://www.spirit-in-nature.com/free-online-essences-book/Lettuce-Flower-Essence.php>

Vibration Magazine: <http://www.floweressencemagazine.com/nov06/throatchakra.html>

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