

Lime

Looking With Fresh Eyes at the Bigger Picture Relaxing Rigidity and Overwork – Realigning with Source



- ☒ This essence refreshes our thoughts with new inspiration.
- ☒ It encourages our heart to expand and receive more light, giving us a sense of interconnectedness with all life.
- ☒ It helps us find harmony where there is discord.
- ☒ Where our life reflects fixed or critical viewpoints, it encourages tolerance and flexibility.
- ☒ If we are in a position of feeling powerless or dependent and are afraid of being manipulated, Lime can help us see our situation with new eyes.
- ☒ It changes our focus from ourself and our survival fears to being part of the human family.
- ☒ It moves us into a need to serve and an understanding of our responsibility to the planet and the groups we belong to.
- ☒ It helps us to change old, conditioned behaviour.
- ☒ It helps us to feel safe as we expand our ability to heal and to use our extrasensory gifts.
- ☒ It supports us in travelling between dimensions whilst remaining grounded.
- ☒ This essence raises our awareness so that we notice when we're manifesting what we desire and when we're keeping it away, due to a lack of trust.
- ☒ It encourages us to relax and enjoy life, rather than overworking.
- ☒ We're able to see that we attract what we want much more easily through taking time to align our energy first, which results in aligned and inspired action.
- ☒ Useful Affirmation: *'I align my energy to attract those things that are dear to my heart'*.

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 for Attunements: <http://www.spiritoftransformation.com/Attunements.htm>

This essence is part of the Spirit of Transformation Flexibility and Tolerance blend:

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

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

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

Findhorn Flower Essences: <http://www.natureswisdom.co.uk/item--LIME-findhorn--LIME.html>

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

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