

Potato

*Releasing judgement, limitation, depression and over-excitement
Allowing safe and centred purification*



- ☒ Works to alleviate dispiritedness caused by difficulty in grasping new concepts.
- ☒ Helps to bring us down to earth.
- ☒ Calms over-excited states.
- ☒ Allows us to feel safe and centred.
- ☒ Anchors divine light into the body and centre/core through the crown chakra.
- ☒ Enables us to move through painful experiences and limitations.
- ☒ Brings us to the still point in the centre, that wisdom may be uncontaminated by perceptions and prejudices.
- ☒ Enhances purification of the psyche through the third-eye chakra, as a preparation for the inpouring of spirit.
- ☒ Allows us to reassess values, judgements, and relationships that may have been "hooks;" with wisdom and insight, inappropriate thoughts and attitudes can be laid aside, and inner chambers of the psyche cleared in preparation for further spiritual initiations.
- ☒ Useful Affirmation: *'It feels good to be calm. I enjoy being ordinary.'*

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.

This essence is part of the Spirit of Transformation Feeling Safe blend:
<http://www.spiritoftransformation.com/transformationessences.htm#feelingsafe>

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Acknowledgement and Thanks With acknowledgement for this information to:

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

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