Rhodonite

Forgiveness and Cooperation in Relationships
Calm, Stability, Patience and Self-Esteem

Affirmation: *'I let go of restlessness, anger, blame and 'victim thinking'. I take responsibility for my feelings. I release past life experiences of betrayal and abandonment. My heart opens and fills with hope. I listen patiently and communicate openly in the spirit of co-operation and reconciliation. I'm calm and relaxed.'*

Spirit of Transformation does not sell single essences. Essences are like people - they usually work best as part of a team! If you feel drawn to this please request it as part of a personal attunement blend.
Channeled Personal Attunements: **http://bit.ly/XBzFsP**

This essence is in the Spirit of Transformation blend:

Aries-Mars Essence: http://bit.ly/fRd3OJ

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With acknowledgement and thanks to Crystal Herbs: http://bit.ly/18VJ1Uo
where you may be able to order this as a single essence

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

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