

## Skullcap

*Relaxation and Release of Cravings  
Increase in Giving and Receiving Healing*



- ☒ Helpful for healers and their clients, this essence stimulates the crown chakra and increases the ability to give and receive psychic healing and analysis. A person receiving the treatment becomes more attuned to accept the healing.
- ☒ Good for those who experience low self-esteem, stress, anxiety and an inability to cope with life, who uses substances or activities to numb out and avoid dealing with reality.
- ☒ Skullcap engenders a sense of relaxation and wellbeing, and assists in understanding and overcoming the emotions that cause the need to avoid reality.
- ☒ It stimulates the crown chakra.

**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 Healthy Choices blend:**

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

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

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The Gurudas Essence Books: <http://www.spiritoftransformation.com/essencedirectory.htm#recommendedreading>

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