

# Snapdragon

## *Releasing Suppressed Anger*

### *Balancing Sexuality, Creativity and Communication*



- ☒ This essence works mainly to bring the throat chakra into alignment with the sacral chakra and lower energy centres.
- ☒ It's very helpful when we feel irritated, frustrated or critical. We may be sarcastic or judgemental when we speak, distancing those around us.
- ☒ It helps to soften and clarify communication, so that we can speak clearly, calmly and rationally.
- ☒ It helps release suppressed anger and other intense emotion that may create tension in the jaw. We may have a tendency to grind our teeth or eat particularly crunchy food.
- ☒ It's helpful if we have unexpressed issues with our parents and patterns of suppressing our feelings.
- ☒ It's an excellent essence if our sexual and emotional energies have been suppressed by our culture or upbringing so that their natural expression becomes distorted. It helps to restore the flow of energy through the emotional and sexual centres. Energy may then release through the voice.
- ☒ It's particularly indicated for people who have determined personalities with considerable personal charisma, a great deal of drive and a passionate nature.
- ☒ It helps us redirect our powerful creative energy so that we use it more constructively.
- ☒ Useful Affirmation: *'I allow my creativity and passion to flow naturally and freely. I express it joyfully, as I evolve into more of who I really am.'*

**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 Throat Chakra blend:**

<http://www.spiritoftransformation.com/chakraessences1.htm#throatchakra>

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

Crystal Herbs: [http://www.crystalherbs.com/shop/aftrack.asp?ID=74&Req=prodtype.asp?PT\\_ID=81](http://www.crystalherbs.com/shop/aftrack.asp?ID=74&Req=prodtype.asp?PT_ID=81)

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.