

Thrift

Humility, Sharing and Fellowship
Spiritual Opening, Grounding and Strength



- ☒ Helps bring artistic, spiritual and scientific concepts into consciousness.
- ☒ Helps to open us up to psychic sensitivity but keeps us firmly grounded at the same time.
- ☒ Opening psychically without sufficient grounding can give rise to deep fears or other forms of vulnerability. Thrift helps establish a strong, safe base for inner development. This essence can be helpful if you work as a healer or teacher and find that you take on the symptoms of your clients.
- ☒ This essence relates to stabilising the energy flows between the brow and root chakras.
- ☒ It increases our understanding in our relationships and actions.
- ☒ Brings self-effacement and modesty through connection to our spiritual source, as opposed to worldly glamour.
- ☒ Harmonizes the ego with expectations of abundance and behaviours; brings humility in abundance.
- ☒ Abundance is expressed through generosity, sharing and fellowship. Thrift helps us thrive.
- ☒ Thrift also brings tenacity in extreme circumstances, enabling us to live on the elements.
- ☒ When consumerism and materialism overwhelm us, Thrift enables us to enjoy living minimally with strength and optimism
- ☒ We can rise to the challenge and find we love living and working towards a sustainable future.

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

This essence is part of the Spirit of Transformation Leo-Sun blend:

<http://www.spiritoftransformation.com/planetaryessences.htm#leo>

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

Baileys Essences: http://www.baileyessences.com/cgi-bin/moreinfo_bailey.pl?THRIFT-10ML

Wild Medicine: <http://www.essenceofavalon.co.uk/productdetails/id/35/cats//symps/86>

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

Hummingbird Remedies: http://www.druidlabs.com/hbr/flowers_tu.html

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