

## Virginia Bluebells

*Grounded Courage and Self-Expression  
Opening to Divine Healing Energy*



- ◆ This essence transmutes fears causing blocks in the throat and feet chakras.
- ◆ It activates the divine feminine energy, bringing in qualities of beauty, grace and nurture.
- ◆ It helps to free our self-expression and creativity, allowing greater access to our emotions.
- ◆ It resonates with the frequency of Grace, filling us with light and uplifting our spirit.
- ◆ It's a great support for any sacred or therapeutic work aimed at healing and integration.
- ◆ Useful Affirmation: *'I open to the healing power of the Divine Mother. I speak my truth calmly and courageously whilst anchored in the nourishing earth'.*

**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 Feet Chakras blend:**

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

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

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

Sananda Ascension Essences: <http://www.1spirit.com/sananda/formulas.html>

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