

# Watermelon

## *Remembering to Laugh and Easing Pregnancy*



- ☒ This essence has two aspects. The first aspect is all about smiles, giggles and joy! This essence reminds us that we can always choose to find reasons to smile and laugh in our lives and also points up strongly the importance of humour, especially for those who are very focused on their spiritual paths in this lifetime. Humour is tremendously healing for the mind, body and soul, and this essence reminds us to partake more fully of this wonderful healing tool.
- ☒ Useful Affirmation: *I find reasons to smile, laugh and feel joyful each day!*
- ☒ The second aspect of Watermelon applies to all aspects of the birthing process. It helps us develop a proper attitude before, during and after conception.
- ☒ It balances the emotional body so there's less emotional stress during pregnancy. The mother's emotional body is very important during pregnancy because the initial emotional relationship between mother and infant is created in the womb.
- ☒ On a psychological level Watermelon promotes a deeper attunement and understanding between the couple desiring to have a child.
- ☒ There's a slight aphrodisiac effect, though not outside the birthing process.
- ☒ Though best taken by a couple, if a single woman takes it the essence will still work, but the effects might be slightly less.
- ☒ There's an easing of obsessive and depressed states and more understanding of psychic phenomena.

**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 Lighten Up blend:**

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

Gurudas Flower 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.