

## Wintersweet

*Opening to Hope and Light*  
*Releasing Grief*



- ☒ This essence brings in hope and inspiration.
- ☒ Wintersweet is the balancer between dualities. In the polarity of one thing lies the potential for its opposite. For example within grief, there is a seed of joy. We cannot have light without the dark.
- ☒ It eases grief, particularly over a loss of a loved one or loss of hope and invites joy back into your life.
- ☒ It promotes greater understanding where there is difficulty in having children.
- ☒ Wintersweet nourishes that opposite potential to bring a balanced perspective. It brings deep calm sleep. It gives a sense of your own power and helps you remember who you really are.
- ☒ Useful Affirmation: *'I open to light in the darkness. I remember my true power as I reconnect to spirit and see the brightness ahead'*

**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 Healing Heartbreak blend:**

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

**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)

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