

Aquamarine

Courage and Inspiration in Self-Expression

Taking Appropriate Responsibility



- ☒ Aquamarine has strong associations with peace, the moon and the element of water. It's known as the mermaid stone and was often carried by travellers at sea to guard against drowning.
- ☒ It embodies contentment, serenity and positive expectations.
- ☒ This is a very useful essence for strengthening our physical ability to resist negativity. It helps our physical cleansing organs.
- ☒ It works as a cooling essence in the throat and spleen chakras, helping to clear patterns of confusion and fear around self-expression, inspiring and gently allowing us to express our feelings with truth, sincerity and courage.
- ☒ It helps us to relax and feel more mentally serene.
- ☒ It helps us connect with inspiration from our higher self and heightens psychic awareness.
- ☒ It encourages inspirational vision.
- ☒ It helps us to release patterns of being critical of self or others, softening our attitude and clarifying boundaries of appropriate responsibility, so that we deal with what is ours and leave others to deal with what is theirs.
- ☒ It is particularly supportive if we have a sensitive disposition.
- ☒ It encourages integrity, determination and enthusiasm.
- ☒ It helps us to tie up loose ends, to go back and clear past baggage, so that we can move on.
- ☒ This essence can bring buried feelings into awareness and help us to release negative patterns.
- ☒ It increases sensitivity and brings clarity, especially around which direction to take.
- ☒ It's a perfect companion in meditation, stimulating the chakra associated with the pineal gland so that we can access other levels of consciousness.
- ☒ It's an essence which encourages us onto a path of service for the higher good of all.
- ☒ Useful Affirmation: *'I express my true self with courage and inspiration. I treat myself and others with compassion. I serve with integrity and clear boundaries around my responsibilities.'*

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>

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