

Aventurine

Emotional Balance and Independence



- ☒ Aventurine increases independence and individuality.
- ☒ It helps with releasing anxiety and buried fears especially in first 7 years of childhood.
- ☒ Helps develop more emotional tranquillity and opens the heart and throat.
- ☒ Increases interest in meditation and creative visualisation.
- ☒ It reinforces leadership qualities.
- ☒ It promotes compassion and empathy and encourages perseverance.
- ☒ It relieves stammers and enhances creativity.
- ☒ It calms anger and irritation, promotes a feeling of wellbeing and stimulates emotional recovery.
- ☒ Aventurine heals the heart and helps with emotional stress easing pain in a gentle manner.
- ☒ It releases negativity and activates positive life qualities such as self confidence and optimism.
- ☒ Its soothing qualities are especially useful for emotional healing and balance.
- ☒ It is also very helpful for stress, particularly when stress is internalized in the solar plexus chakra.
- ☒ It impacts the higher heart chakra.

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>

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=82

The Crystal Bible by Judy Hall <http://www.spiritoftransformation.com/essencedirectory.htm#recommendedreading>

The Gurudas Essence Books: <http://www.spiritoftransformation.com/essencedirectory.htm#recommendedreading>

Photo by Nikki Wyatt

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