

# Baryte/Barite

## *Stability and Understanding*



- ☒ Psychologically, it allows greater self-acceptance.
- ☒ Baryte initiates independence, motivation and personal freedom.
- ☒ Stimulates and cleanses throat chakra.
- ☒ It encourages you to pursue your dreams.
- ☒ Excellent for promoting harmonious relationships.
- ☒ May be very helpful in getting to the root cause of illness as well as providing insight into healing modalities that may be most useful.
- ☒ Empowers those who are suffering from low self esteem and lack of self worth and also helps to balance those who are overly ego centered and need a little more humility.
- ☒ Baryte is used by the Native Americans in their ceremonial practices. They used it to go from physical matter to the spiritual.
- ☒ In dream therapy, Baryte is used to promote and stimulate the dream state, allowing us to remember our dreams.
- ☒ Useful Affirmation: *'I'm totally committed to the path that brings me the most joy'*

**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 an attunement to receive your personal essence blend, mentioning in your email that you'd like this particular essence as part of your attunement blend.

**Click here for attunements:** <http://www.spiritoftransformation.com/Attunements.htm>

**This essence is part of the Spirit of Transformation Moving Forward – Get Unstuck blend:**  
<http://www.spiritoftransformation.com/transformationessences.htm#movingforward>

### **Acknowledgement and Thanks**

With acknowledgement and thanks for this information to

Morningstar Essences: <http://morningstar.netfirms.com/gem.html>

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.