

Black Obsidian

Healing Our Shadow and Our Ancestral Line Releasing Old Loves and Using Power Wisely



- ☒ Obsidian is made from volcanic rock and is traditionally used by shamanic people as a seer stone.
- ☒ Its protective, grounding qualities make it useful for the vulnerable, tender-hearted or those who are easily manipulated.
- ☒ It aligns our emotional and mental bodies and relaxes the digestive system, releasing shock and helping us to 'digest' life's challenges and unexpected events.
- ☒ It helps us face our shadow truths, bring them rapidly into awareness so that we can become lighter, clearer and more integrated.
- ☒ It supports us in clearing unwanted patterns as well as seeing what is superfluous in our life.
- ☒ It helps clear difficult memories, whether ours or ones we carry through our ancestral line.
- ☒ The clearer we become the more we're able to be authentic and present in our physical body and to experience joy.
- ☒ Obsidian essence urges us into the unknown to explore new horizons with excitement. It helps us feel safe to open doors to new experiences.
- ☒ This is a helpful essence if we love someone who does not return our feelings or we cannot forget a former love and move on. This is usually a reflection of our own difficulty in loving ourself.
- ☒ Black Obsidian is especially supportive of self-discipline and support for our soul purpose.
- ☒ The power of this essence releases issues stemming from past lives as well as our ancestral and family line, helping us heal and accept the gift in the growth.
- ☒ It deals particularly with issues of power, helping those of us who may have previously misused it for personal gain to understand how to embrace it for the good of all.
- ☒ It cleanses our energy field of any unwanted energy, especially of psychic or shamanic origin.
- ☒ It eases the 'dark night of the soul', reassuring us that there is light at the end of the tunnel.
- ☒ Useful affirmation: *'I now embrace a healthy and loving relationship with myself. The light has dawned in my life and my healing is complete'*

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 Karmic Fear blend:

<http://www.spiritoftransformation.com/karmicessences1.htm#karmicfear>

This essence is part of the Spirit of Transformation Karmic Relationships blend:

<http://www.spiritoftransformation.com/karmicessences1.htm#karmicrelationships>

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>

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