

# Bloodstone

## *Connecting to Our Heart and Living Authentically Release Ancestral Patterning*



- ☒ This essence works in the heart and base chakras.
- ☒ It promotes higher states of consciousness, increasing creativity and intuition.
- ☒ It helps us to deal with potentially difficult situations by thinking outside the box and realising that it can sometimes be a useful tactic to retreat and take time to reflect on your next move rather than expose yourself to risk.
- ☒ It helps us to see ourselves as part of a greater humanity and to hold bolder visions for our life that will be to the benefit of all.
- ☒ It helps us feel comfortable with the discomfort and disorder which can accompany change, so that we trust that meaning will become apparent even when the situation seems confusing.
- ☒ It helps when we are indecisive or feeling lost, anxious or tired. Bloodstone essence brings clarity, energy and presence so that we're able to make quick decisions.
- ☒ If we find ourselves in a new environment or an unfamiliar situation it helps us to adapt.
- ☒ It helps us connect more through our hearts which defuses impatience, annoyance and aggression.
- ☒ It shows us how to integrate our spiritual values into our day to day life.
- ☒ It raises our awareness of where our values are not harmony with our lifestyle or actions. It won't force change upon us if we aren't willing, but it will support us if we want to make change to live more in integrity with our authentic beliefs.
- ☒ Bloodstone helps us have faith that the universe will respond to our intention.
- ☒ It brings relief to anxiety, sorrow and stress, particularly related to relationships.
- ☒ It increases our ability to love unconditionally, bringing a renewed sense of abundance to our life.
- ☒ It's a very grounding essence with a strong connection to the blood and circulatory system.
- ☒ It can be used to heal our ancestral line - our 'bloodline', helping us live more authentically from our own values rather than from inherited patterns of behaviour or belief.
- ☒ Useful Affirmation: *'I release inherited patterns to live in alignment with my own spiritual values. I trust that I'm supported at all times.'*

**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 Lack blend:**

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

**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](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.