

# Carnelian

## *Anchoring Dreams - Increasing Pleasure*



- ☒ Cleanses and opens the sacral chakra; also opens the heart chakra.
- ☒ It activates the base chakra, having an aphrodisiac quality.
- ☒ Supports many sexual issues and helps us come to terms with abuse.
- ☒ It brings awareness of your real motivation, releasing negative conditioning and encouraging steadfastness.
- ☒ It stabilises and restores courage, vitality and motivation as well as stimulating creativity.
- ☒ It helps you trust yourself and your perceptions and improves concentration.
- ☒ Stimulates analytical capabilities and precision.
- ☒ Provides perceptiveness to situations and awakens inherent talents and adroitness.
- ☒ Produces inspiration from and connectedness with the spiritual worlds.
- ☒ Protects against envy, fear, rage and helps banish sorrow.
- ☒ Stimulates inquisitiveness and subsequent initiative.
- ☒ Used to dispel apathy, indolence and passivity and motivates for success.
- ☒ Tunes daydreamers into everyday reality, grounding and anchoring you in the present.
- ☒ Can assist us in drama and other theatrical pursuits.
- ☒ Corresponds to the astrological sign of Taurus, Cancer, and Leo.

**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 Moving Forward, Get Unstuck blend:**  
<http://www.spiritoftransformation.com/transformationessences.htm#movingforward>

**This essence is part of the Spirit of Transformation Cancer-Moon blend:**  
<http://www.spiritoftransformation.com/planetaryessences.htm#cancer>

**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>

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