

## Charoite

### *Tolerance, Relaxation and Acceptance*



- ☒ This is an essence which supports change at a soul level and helps us connect to higher realities..
- ☒ This essence releases and integrates old fears that are keeping us stuck and limiting our life.
- ☒ It helps us see the bigger picture so that we can relax and not 'sweat the small stuff'.
- ☒ It raises our energy levels and encourages inspired intuitive action in the moment.
- ☒ Charoite illuminates our inner world, helping us on our path of spiritual growth.
- ☒ It aligns the heart and crown chakras, cleansing our energy field and stimulating an attitude of unconditional love towards ourselves and others.
- ☒ It promotes deep emotional healing, bringing a sense of physical wellbeing.
- ☒ It brings acceptance of 'what is' so that we can appreciate the joy and divine order in each moment
- ☒ It helps us accept ourselves and others just as we are and to act with compassion.
- ☒ It supports the release of compulsive behaviour or thought patterns.
- ☒ It helps us integrate more with others around us, so we feel less isolated and more supported.
- ☒ Mentally, it stimulates perceptive observations and analysis, applying these to reach fast decisions.
- ☒ It helps us stand in our own power and express our own needs, rather than pleasing others.
- ☒ It brings tolerance to spiritual and religious attitudes.
- ☒ It helps us integrate our spiritual attitudes into everyday life, so that we're better able to serve.
- ☒ It supports us in fulfilling both personal and planetary karmic contracts.
- ☒ It helps with dream recall and encourages deep, restful sleep.
- ☒ It helps clairvoyance and connects you to ancient spirits and other dimensions.
- ☒ It eases fears of having contact with spirits and other realms.

**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 Capricorn-Saturn blend:**

<http://www.spiritoftransformation.com/planetaryessences.htm#capricorn>

**This essence is part of the Spirit of Transformation Scorpio - Pluto blend:**

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**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 Take Courage – Release Fear blend:**

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**Acknowledgement and Thanks** With acknowledgement and thanks for this information to Crystal Herbs: [http://www.crystalherbs.com/shop/afrack.asp?ID=74&Req=prodtype.asp?PT\\_ID=82](http://www.crystalherbs.com/shop/afrack.asp?ID=74&Req=prodtype.asp?PT_ID=82)

and Judy Hall's *The Crystal Bible*: <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.