

# Chrysocolla

*Releasing Guilt and Heartache  
Bringing Love, Flexibility and Inner Strength*



- ☒ This balances the throat chakra, helping you express yourself more authentically as well as to understand when silence is truly golden.
- ☒ It relieves stress, balances emotions and brings a more detached and mature perspective.
- ☒ It's calming and supportive, helping to steady and deepen the breath to aid inner work.
- ☒ It brings tremendous fortitude, keeping you calm even in rapidly changing circumstances.
- ☒ It steadies and reconciles troubled relationships.
- ☒ Chrysocolla releases negative energies such as guilt from the solar plexus chakra.
- ☒ It opens the heart chakra, soothing heartbreak and opening you to love again.
- ☒ It gently dismantles blocks around the heart, releasing both mental and physical rigidity so that love and joy can flow more easily.
- ☒ This is a wonderful essence when you feel trapped by a busy routine.
- ☒ Chrysocolla increases your awareness and opens the brow chakra, bringing inner balance, peace, confidence and sensitivity.
- ☒ It enhances personal power and inspires creativity and vision and draws to you the resources you need to reach your goals.
- ☒ It eases irrational fears and mental stress.
- ☒ Useful Affirmation: *'I know when to speak and when to be silent. I'm flowing and flexible – open once more to love.'*

**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 Healing Heartbreak blend:**  
<http://www.spiritoftransformation.com/transformationessences.htm#healingheartbreak>

**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)

Alaskan Flower Essences: <http://www.essencesonline.com/Alaskan-gem.htm#Chrysocolla>,

and *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.