

## Cinnabar

*Releases Karmic Anger, Sadness and Resentment  
Enhances Self Expression, Manifestation and Attraction*



- ☒ This essence opens the base chakra to release energy blockages due to pain, sadness, anger or resentment – these are often extremely old and karmic in origin.
- ☒ This helps when working in a group, with business and cashflow. It's very supportive if you're self-employed, as it brings power and the wisdom to use it wisely, especially in your business.
- ☒ It enhances manifesting techniques, such as creative visualisation, meditation and affirmations.
- ☒ It helps us move into action, to create more awareness of our business and boost our career.
- ☒ It's helpful when you want to change how you're perceived. It can improve your image and level of attraction, so that you come across more powerfully.
- ☒ Cinnabar helps you think clearly and express yourself eloquently.
- ☒ Spiritually it helps you accept that everything is unfolding in divine order.
- ☒ It can help to align your energy centres.
- ☒ It opens the foot chakras to increase the energy coming into our legs and body from the Earth.
- ☒ It can bring great insight into how we relate to the Earth and the blocks we may have to being able to receive the earth energy we need for our health and wellbeing.
- ☒ Useful Affirmation: *'The heart and soul of my business are divine, so it always attracts prosperity'*

**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 for Attunements:** <http://www.spiritoftransformation.com/Attunements.htm>

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

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

**This essence is part of the Spirit of Transformation Karmic Lack blend:**

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

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Morningstar Essences: <http://morningstar.netfirms.com/gem.html>

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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.