

Citrine

Rejuvenation and Mental Discipline



- ☒ Citrine can be used with meditation to rejuvenate the body and to eliminate toxic thought forms.
- ☒ Self-destructive tendencies are alleviated.
- ☒ There is a rekindling of confidence in the true inner self through contact with the higher self.
- ☒ Activates the base, throat and heart chakras.
- ☒ Associated with activating mental powers.
- ☒ Mental discipline, clearer thought forms and greater control over the emotions develop.

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>

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

and 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.