

# Copper

## *Spiritual Self-Confidence*



- ☒ Helps poor memory and an inability to retain thoughts
- ☒ Eases fear of death
- ☒ Copper works in the throat chakra
- ☒ It can help poor breathing
- ☒ It aligns the five lower chakras and opens the heart chakra. This creates total awareness of the self and generates a capacity for tremendous psycho-spiritual self-confidence
- ☒ Individuals generally achieve balance within all levels of their form and being
- ☒ Activates the body's electrical properties, increases the electromagnetic capacities of the physical and subtle bodies

**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](http://www.crystalherbs.com/shop/aftrack.asp?ID=74&Req=prodtype.asp?PT_ID=82)

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.