

# Emerald

## *Positive Partnership – Regeneration and Recovery*



- ☒ Emerald is a very powerful essence working on a wide range of issues at many levels.
- ☒ Emerald essence mainly influences the heart chakra giving strength to process hidden fears.
- ☒ This essence is particularly helpful when we're dealing with issues around our father or father figure, both patterns of inherited belief and conditioned emotional reactions.
- ☒ It has a calming and centering effect and helps us recall our dreams more accurately.
- ☒ It helps us develop our psychic gifts and to find balance between the etheric and physical bodies.
- ☒ It can increase the depth and quality of meditation.
- ☒ It increases our sense of integrity, our desire to be here and bestows tremendous patience.
- ☒ It helps balance relationships, encouraging mutual support and affection.
- ☒ It resonates strongly to the vibration of unconditional love, attracting friendship and closeness.
- ☒ It helps us break patterns of negative thinking so that we're able to formulate life-enhancing goals and act to manifest them.
- ☒ It supports us when life is challenging, helping us recover and renew our energies so we live fully.
- ☒ It clarifies our mental body so that we have better recall and a stronger connection to our intuition.
- ☒ It allows us to see the truth in a situation, to be able to articulate what we need to say and to find what's important for us and what is irrelevant.
- ☒ It can bring up suppressed knowledge from our unconscious for integration.
- ☒ It increases a sense of unity and shared vision, encouraging teamwork and mutual understanding.
- ☒ Useful Affirmation: *'I patiently listen to my inner guidance and act on it. I enjoy closeness and co-operation.'*

**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 Be Here Now blend by Spirit of Transformation:**

<http://www.spiritoftransformation.com/transformationessences.htm#beherenow>

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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.