

Hematite

*Strengthening, Protecting, Grounding, Calming,
Emotional Clarity, Mental Development,*



- ☒ Promotes feelings of self-worth and optimism. Balances the energetic pattern for the blood and its functions. Physically it supports the kidneys in cleansing the blood.
- ☒ Energetically it helps bring the divine energies into our bloodstream. This allows messages from spirit to become part of the genetic coding of each cell thus establishing a blueprint of a purer and more vitalised energy in our cells. Positive patterns will replace old negative ones.
- ☒ Physically it helps anaemia and Reynauds disease. It stimulates iron absorption and formation of red blood cells. It can draw heat from the body and is useful for fevers.
- ☒ It treats leg cramps, anxiety and insomnia. It also supports spinal alignment and fractures.
- ☒ It's particularly effective in grounding and protecting. It helps to repel psychic invasion, acting as a mirror to deflect negative or unwanted energies from other people.
- ☒ It harmonises mind, body and spirit. It dissolves negativity and prevents negative energies from entering the aura, restoring peace and harmony to the body.
- ☒ Hematite brings strength and courage when we feel intimidated. It boosts self esteem and self empowerment. It increases willpower, confidence and reliability. It frees us to expand our beliefs.
- ☒ It's useful for addictions and compulsions. It treats smoking overeating and any patterns of excess.
- ☒ It makes us aware of hidden, unfulfilled desires which might be motivating our actions.
- ☒ It helps us integrate mistakes and accept the learning from them rather than blaming ourselves.
- ☒ Hematite stimulates mental focus and concentration. It enhances memory and original thought. It brings survival needs to our attention and helps resolve problems.
- ☒ Called the 'stone for the mind'. It helps us sort out things in our mind. It's used for mental attunement, improving memory, innovative thinking and increasing technical expertise.
- ☒ It helps in developing mathematical, intellectual and manual skills.
- ☒ It provides a calming atmosphere and facilitates the balancing of yin-yang energies.
- ☒ It helps us attain a meditative state with smooth grounding, tranquillity and emotional clarity.
- ☒ It strengthens emotional boundaries, promoting emotional independence rather than co-dependence.
- ☒ It helps us maintain a state of compassionate detachment while witnessing an intense emotional experience in another, and contain our own emotional experiences in a responsible way.
- ☒ It's an excellent essence to use when being woken by nightmares and for free floating anxieties.
- ☒ Useful Affirmation: *'The light of the universe surrounds, protects and uplifts me'*

Please Note: Individual essences aren't available, as a bespoke blend is more powerful. If hematite resonates for you, then order a spiritually guided attunement to receive a personal blend, adding in your email that you'd like this essence included.

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

Judy Hall's *The Crystal Bible*: <http://www.spiritoftransformation.com/essencedirectory.htm#recommendedreading>

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

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