

Idocrase/Vesuvianite

Becoming Fully Present

Feeling Connected, Happy, Courageous and Optimistic



- ☒ Idocrase enables us to live in the here and now.
- ☒ It strengthens our connection to our higher guidance, aligning us with our natural flow of abundance, love and compassion.
- ☒ It releases feelings of limitation and being trapped, especially when these relate to past life as well as current life experiences.
- ☒ It helps anger and fear to gradually dissipate, so that we feel safe and secure.
- ☒ It helps us create closer, more heart-centred, loving relationships.
- ☒ It helps us to think more clearly and positively, uplifting our thoughts and bringing a more optimistic frame of mind.
- ☒ It encourages original creative thought, curiosity and an adventurous spirit.
- ☒ It encourages laughter and increases our appreciation of the magical side of life.
- ☒ It imbues us with courage, lights our inner fire and helps us to align with our life purpose.
- ☒ Useful Affirmation: *'My mind is clear and full of positive thoughts. I'm excited, joyful and creatively present'*.

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>

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

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

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

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N.B: Using essences is not a substitute for medical attention - if you're ill consult a medical practitioner.