

Kyanite

Connecting to Higher Guidance



- Kyanite helps us connect with our Lightbody.
- It helps to re-align our mind and brain for the higher energy now coming in.
- The energy of kyanite crystal helps us maintain an awareness of ourselves as spiritual beings and to realise that life is not just some random event - we do have free will
- It helps us maintain an awareness of our lightbody (our higher vibrational selves) and this can help us with meditation, listening to our intuition, connecting with our dreams and psychic work.
- From this point of strength it can help us to be who we truly are.
- It is a great amplifier of high frequency energies.
- Perfect for meditation and attunement, this stone helps in the ascension of our soul by helping us to discard blind faith. It's especially useful for achieving deep peaceful states of meditation especially when all around is chaos.
- It's a wonderful stone for connecting connect to the higher realms and helps us to understand the true purpose of life.
- Kyanite helps the soul mature and forges a connection with spiritual guides and evolved masters.
- It even helps in recalling our dreams and promotes healing dreams.
- It aids in the release of frustration and stress and dispels confusion and false beliefs.
- It aids in the promotion of truth by releasing fears, ignorance and blockages.
- It also stabilises our biomagnetic field and clears the meridians.
- Restoring chi to the physical body and organs is another function of Kyanite.
- Kyanite is like a hand being held out to save us. It connects with downloading cosmic wisdom into the mental body. This downloading can act like a seed bank and you can draw inspiration from ideas that come into your mind or pictures you may receive while meditating.

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

The Essence of Mineral Make Up: <http://www.essence-of-mineral-makeup.com/kyanite.html>

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

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