

Kyanite

Connecting to Higher Guidance

Staying Calm and Authentic in the Midst of Chaos



- ☒ This helps us connect with our Lightbody and to re-align with the higher energy now coming in, receiving wisdom from other dimensions which may later emerge during meditation.
- ☒ Kyanite essence helps us maintain an awareness of ourselves as spiritual beings with free will.
- ☒ It helps us with meditation, connecting with our soul purpose, our intuition and psychic work.
- ☒ It help us to be and to express who we truly are.
- ☒ All crystals act as amplifiers and Kyanite has a particular affinity for high frequency vibrations, so it helps us connect with our personal guides and with ascended masters to support our growth.
- ☒ It's a wonderful tool for meditation and energy work as it allows illusion, stress, fear, frustration and rigid ideas to be illumined with a higher truth.
- ☒ It supports us in reaching deep meditative states of peace even when we're surrounded by chaos.
- ☒ It facilitates dream recall and healing during sleep.
- ☒ It stabilises our energy field and clears the meridians, restoring life force.
- ☒ Useful Affirmation: *'I receive the highest wisdom possible for me, experiencing and expressing my authentic self ever more clearly'*

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