

Lapis Lazuli

Finding Your Voice - Self-Expression



- ☒ It stimulates increased personal expression, especially on spiritual and psycho-spiritual levels.
- ☒ Lapis Lazuli helps us when we feel shy, retiring and introvert.
- ☒ It helps us tap into our higher selves and express or release buried emotions.
- ☒ It is good for meditation, personal articulation and broadcasting of thoughts.
- ☒ Lapis opens the third eye and energises the throat chakra.
- ☒ It enhances dreamwork and psychic abilities, stimulating spiritual and personal power.
- ☒ It can also connect you to past lifetimes in Egypt.
- ☒ Lapis brings enormous serenity and is the key to spiritual attainment and enlightenment.
- ☒ This stone also blocks psychic attack and energy distortions caused by not speaking out in the past.
- ☒ It lifts low spirits and helps us reconnect to our purpose, bringing deep inner knowledge.
- ☒ It encourages taking charge of life and releases repressed anger which may be causing difficulties in communication and brings the qualities of honesty, compassion and uprightness to the personality.
- ☒ Lapis also brings clarity and objectivity, allowing us to connect to creativity coming from source.
- ☒ It helps us confront truth and accept what it teaches.
- ☒ It helps us to express our own opinions and it harmonizes conflict.
- ☒ It dissolves martyrdom, cruelty and suffering.
- ☒ Most particularly it dissolves emotional bondage.
- ☒ Anxiety and tension are released, bringing deep peace.

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 Spirit of Transformation Saggitarius - Jupiter blend:

<http://www.spiritoftransformation.com/planetaryessences.htm#saggitarius>

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 Gurudas Essence Books: <http://www.spiritoftransformation.com/essencedirectory.htm#recommendedreading>

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.