

Lepidolite

Letting Go, Becoming Present, Relaxed and Focused Stabilising Moods and Releasing Dependency



- ☒ This essence can bring a sense of calm and a knowing that all is unfolding as it should.
- ☒ It can give you the courage to stop trying to swim upstream and to instead to relax into the universal flow, trusting it to support your endeavours effortlessly.
- ☒ It can help to dispel illusion so that you can deal with the reality of your situation.
- ☒ It can help you to process and release projections and fearful or angry reactions arising from your imaginings, so that you are able to be in the now with 'what is'.
- ☒ It's helpful for low spirits and nervousness, as it's very uplifting.
- ☒ It can reduce feelings of discouragement and emotional fatigue.
- ☒ It encourages love, acceptance, harmony, balance, independence, clarity and peace.
- ☒ It can strengthen your relationships and help release dependency.
- ☒ It's a useful essence for new romantic partnerships, friends, colleagues and business partners.
- ☒ It can bring success in business, helping you to prioritise and remain healthily detached.
- ☒ It creates openness to discovering the unknown and creates a more flexible approach to change.
- ☒ It helps to release unhelpful patterns, habits and compulsions.
- ☒ It helps you to become more focused and decisive, as well as more self-sustaining in your work.
- ☒ It can help you to connect to past life triggers and release them.
- ☒ It helps you sleep better, can relieve nightmares and encourage emotional stability.
- ☒ It works in the heart and crown chakra.
- ☒ It can help protect you against electro-magnetic stress.
- ☒ Useful Affirmation: *'I'm relaxed and flowing effortlessly towards all that I desire to manifest'*

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.

This essence is part of the Spirit of Transformation Let Go and Flow blend:

<http://www.spiritoftransformation.com/transformationessences.htm#letgoandflow>

This essence is part of the Spirit of Transformation Business Success blend:

<http://www.spiritoftransformation.com/transformationessences.htm#businesssuccess>

Click here for an attunement: <http://www.spiritoftransformation.com/Attunements.htm>

Acknowledgement and Thanks With acknowledgement and thanks for this information to:

Crystal Herbs: http://www.crystalherbs.com/shop/afrack.asp?ID=74&Req=prodtype.asp?PT_ID=82

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

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

Photo courtesy of Igor: <http://www.flickr.com/photos/schwigor/2420886139/>
Copyright: Nikki Wyatt, Spirit of Transformation. All rights reserved.

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