

## *Moonstone*

### *Emotional Balance, Stress Release*



We're at our most sensitive on a full moon, so at those moments we can all benefit from the balancing of Moonstone which contains a reflective energy reminding us that, like the waxing and waning of the moon, everything is part of a cycle of change. It's has a powerfully calming effect on our emotions. If it's a full moon and you're feeling wobbly, put a picture of a moonstone on your mobile or PC screensaver. It's also helpful to take at the beginning of a project, as it supports new initiatives.

#### **Moonstone:**

- calms overreactions and defuses emotional triggers
- helps feminine issues and stress patterns associated with our mother
- balances male and female energies. It helps us get in touch with our feminine side.
- activates the brow and crown chakra bringing vision and self-awareness
- encourages lucid dreaming, intuition and empathy
- allows us to give way to impulses, to notice serendipity and to attract synchronicity
- integrates emotions by releasing old patterns from the solar plexus chakra

**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:

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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.