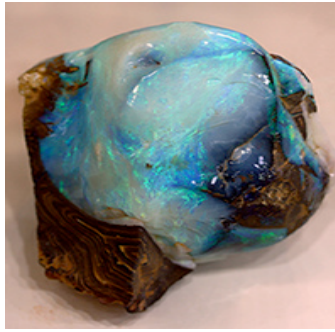


Opal

Inspiring Positivity, Passionate Creativity and Joyful Presence



- ☒ Opal lifts low spirits, particularly when they are associated with suppressed sexuality and creativity.
- ☒ It enables us to express our authentic self through passionate creativity and a more open sexuality.
- ☒ It increases life-force so we engage more with life, feel happy to be here and can be in the moment.
- ☒ It boosts feelings of self-worth and actions springing from impulsive enjoyment.
- ☒ Opal balances the right and left brain, increasing inspiration and awareness of all that we can be.
- ☒ It strengthens memory, as we become more present.
- ☒ It encourages an awareness of how our emotional state impacts others and how this played out in past lives as well, promoting personal responsibility and a more positive outlook.
- ☒ Opal connects the solar plexus and brow chakras so that we're better able to connect with our intuition and vision. It helps us access guidance from the hara and enhances mystical and psychic gifts.

Dark Opal

- ☒ This essence opens the sacral chakra bringing more emotional sensitivity to sexual desire.
- ☒ It helps to balance emotional states and brings in a higher perspective.
- ☒ It brings balance to our masculine energy.

Light Opal

- ☒ It brings balance to our feminine energy.
- ☒ It enables us to visualise more easily and travel into other dimensions.

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 Cancer-Moon blend:

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

This essence is part of the Be Here Now blend by Spirit of Transformation:

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

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.