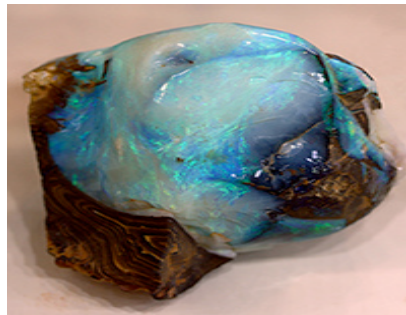


Opal

Inspiring Positivity, 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 allows more life-force into our energy system so that we engage more with life, feel happy to be here and are able to 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.

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 affects the etheric patterning of the testicles, ovaries, pancreas and spleen.
- ☒ It brings balance to our masculine energy.

Light Opal

- ☒ This essence impacts the abdomen, pituitary and thymus.
- ☒ 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>

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>

Photo Courtesy of BJ: <http://www.flickr.com/photos/cobalt/3746151616/>
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.