

# Rhodonite

## *Forgiveness and Cooperation in Relationships Calm, Stability, Patience and Self-Esteem*



- ☒ It's helpful when used in conjunction with the practice of mantras.
- ☒ It is invaluable for a very important aspect of communication – patience.
- ☒ Human communication is sometimes a delicate relationship. We may interpret ideas differently; we may have reasons for not wanting to hear what is being said; we may simply not understand or communicate clearly. In such instances impatience can close the doors to communication entirely and sometimes permanently. This essence encourages us to have patience and listen to what is being communicated.
- ☒ It eases physical or emotional trauma
- ☒ It alleviates anxiety, restlessness and mental unrest, promoting physical and emotional calmness.
- ☒ It brings stability, self-worth, and confidence and stops patterns of self-sabotage.
- ☒ It clarifies our soul purpose and helps us achieve our greatest potential
- ☒ It sheds light on seemingly hopeless situations
- ☒ It allows us to reconcile after experiencing a long period of difficulty, conflict or abuse.
- ☒ It's magic for the heart chakra - by opening your heart to the love around you it shows you how to love in practical ways.
- ☒ It helps us to own difficult feeling that we may be projecting onto others and blaming them for.
- ☒ In troubled relationships, it supports an environment of cooperation and an openness to the other person's point of view, transmuting resentment and anger.
- ☒ It can release past life patterns of betrayal and abandonment.
- ☒ It strengthens our feminine qualities while remaining open to masculine qualities.

**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 Mars-Aries blend by Spirit of Transformation:**

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

**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](http://www.crystalherbs.com/shop/aftrack.asp?ID=74&Req=prodtype.asp?PT_ID=82)

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

The Essence of Mineral Make Up: <http://www.essence-of-mineral-makeup.com/rhodonite.html>

MK Projects: <http://www.mkprojects.com/showEssenceForGroup.php3?type=E&deleteTF=F&showMenu=F&group=5>

The Gurudas Essence Books: <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.