

# Ruby

## *Releasing Grief, Anger and Procrastination Bringing Courage, Passion and Leadership*



- ☒ A powerfully transformative essence working in the heart chakra.
- ☒ Rudolf Steiner said ruby activates our intuition.
- ☒ This essence helps us adapt to change, bringing a sense of security so we become more decisive.
- ☒ It boosts self esteem so we're able to clarify our direction and take the next steps with courage.
- ☒ Where we have feelings of loss or of being let down or betrayed, Ruby comforts us.
- ☒ It protects us from negative or draining energy .
- ☒ It opens our heart, increasing our ability to give and receive love and to feel divine love.
- ☒ It works with issues related to our father or father image, especially feelings of conflict or anger.
- ☒ It helps when we're feeling indecisive or confused, bringing a feeling of balance and steadfastness.
- ☒ It encourages us to step into our power and lead through guidance from our higher self.
- ☒ It enables us to work with blocks to giving or receiving love and to empathise more easily.
- ☒ It boosts sexual activity, energy levels and connection to our passion.
- ☒ It helps to attract abundance to formulate intentions and increase enthusiasm, happiness and focus.
- ☒ It balances energy levels, whether they are too high or too low, helping us to pace ourselves.
- ☒ It helps us assert ourselves during conflict and find a positive outcome.
- ☒ It releases obstacles, allowing us to move more easily with the flow.
- ☒ It encourages us to realise our dreams.
- ☒ Useful Affirmation: *'I open my heart to give and receive love and experience a passionate life!'*

**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 for Attunements:** <http://www.spiritoftransformation.com/Attunements.htm>

**This essence is part of the Spirit of Transformation Moving Forward – Get Unstuck blend:**

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

**This essence is part of the Spirit of Transformation Stability, Clarity and Protection blend:**

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

**This essence is part of the Spirit of Transformation Gemini- Mercury blend:**

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**This essence is part of the Spirit of Transformation Libra - Venus blend:**

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**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 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.