

Rutilated Quartz

Forgiveness of Current and Past Life Karma Support Through Change



- ☒ This essence can release blocks we have placed upon ourselves, particularly in the first seven to twelve years of childhood.
- ☒ These blocks can be created by ourselves or by the actions of others, such as judgements, criticisms and negative beliefs which we then internalise about ourselves. These can lead to a belief that certain aspects of ourselves are unacceptable and unforgivable which can result in self-punishment.
- ☒ Rutilated Quartz helps bring these beliefs and suppressed feelings into awareness to be dealt with.
- ☒ This essence calms fears and phobias. It can relieve anxiety and lighten heavy moods.
- ☒ Aspects of the heart chakra are opened allowing us to forgive ourselves for the past.
- ☒ It helps assimilate life force into the body and supports the energy field during emotional release.
- ☒ Rutilated Quartz stimulates electrical properties in the body. It raises low spirits and stimulates a desire for the highest spiritual teachings.
- ☒ It increases clairvoyant abilities and supports channelling.
- ☒ It can connect us to key past lives so that the deep-seated cause of an issue can be released.
- ☒ It supports us during times of change, when we are setting off along a new path.
- ☒ It helps us to understand the lessons we have to learn and the life plan we have chosen.
- ☒ Useful Affirmation: *'I accept and forgive the past and allow the future to unfold according to my soul's divine plan'.*

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 Karmic Healing blend by Spirit of Transformation:

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

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 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.