

Selenite

Bringing the Spirit into the Body Shining the Light of your True Essence



- ☒ This essence helps us bring the energies of the Higher Self into physical form. It works with our Soul Star chakra.
- ☒ It holds frozen angelic light and will help to bring divine laws and principles into your life. It will also help to combine spirit with matter, anchoring your light body into your physical body and activating your cells to hold more light.
- ☒ It also facilitates communication between the conscious and subconscious minds for release of suppressed material.
- ☒ This essence helps you see your inner truth - who you really are.
- ☒ It calms a troubled or confused mind.
- ☒ It releases tension and helps us relax.
- ☒ Useful when we can't exercise.
- ☒ It helps you integrate the faster pace of fourth dimension energies; helps the body absorb the new lights of the fourth dimension; and helps increase your energy without losing your sense of being present in the moment.
- ☒ It sends a message that there is a 'new way' into every cell of the body.
- ☒ It assists spirit in finding a home in the body. It transmits the soul frequency.
- ☒ It has nurturing qualities which make it very supportive for raising children
- ☒ Useful Affirmation: *'I am united with my Higher Self. We are working together to increase the radiant light in the world. I am so much more than I think'*

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>

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

Morningstar Essences: <http://morningstar.netfirms.com/gem.html>

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

Photo by Nikki Wyatt

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N.B: Using essences is not a substitute for medical attention - if you're ill consult a medical practitioner.