



## **Green Tourmaline**

*Replenishing With Gentleness and Nurture  
Opening Safely to Abundance and Creative Joy*



Affirmation: *'I relax and replenish with creative inspiration. I'm patient and tender with myself and those around me. I belong on this earth. I act from a joyful heart.'*

**This essence is in the Spirit of Transformation blend:**

**Heart Chakra:** <http://bit.ly/ZCf584>

Spirit of Transformation does not sell single essences. Essences are like people - they usually work best as part of a team! If you feel drawn to this please request it as part of a personal attunement blend.

**Channeled Personal Attunements:** <http://bit.ly/XBzFsP>

**With acknowledgement and thanks to Crystal Herbs:** <http://bit.ly/18VJ1Uo> and  
**Morningstar Essences:** <http://morningstar.netfirms.com/tourmaline.html>  
where you may be able to order this as a single essence

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

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