



Hematite

*Strengthening, Protecting, Grounding, Calming,
Emotional & Mental Clarity, Self-Worth, Self-Confidence*



Affirmation: *'I feel safe, anchored in the Earth, clear and spiritually connected. I act calmly and confidently, following my inspiration and looking after my needs.'*

This essence is in the Spirit of Transformation blends:

Ascension: <http://bit.ly/12zJn2Z>

You Are Enough – Self-Belief and Soul Nurture: <http://bit.ly/13DwjbQ>

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/gem.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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