

# Sage

## *Spiritual Wisdom – Finding Our Quest Lightening Up*



- ☒ Sage brings our spiritual body and our personality into alignment. This may allow those of us who have previously had a material emphasis in our life to embrace a wider, more spiritual perspective.
- ☒ It can allow us to step back and see the bigger picture, making choices from the standpoint of our spiritual growth and long-term learning.
- ☒ Sage releases tensions in the body, encouraging us to take life less seriously, allowing for more laughter and a lighter approach.
- ☒ It helps us connect to current global consciousness.
- ☒ It is a great cleanser of negative psychic energy and can open up our own psychic abilities, especially the ability to see into future dimensions.
- ☒ Sage can help us identify our deeper spiritual purpose and clarify what is in the way of us receiving our soul wisdom.
- ☒ It helps acclimatisation to different countries and climates, especially if they are extreme.
- ☒ It awakens our heart and abdominal chakras.
- ☒ Useful Affirmation: *'I feel lighter as I access my higher wisdom and my connection to a wider consciousness'*

**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 Finding Perspective blend:**

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

### **Acknowledgement and Thanks**

With acknowledgement and thanks for this information to:

Crystal Herbs: [Crystal Herbs: http://www.crystalherbs.com/shop/aftrack.asp?ID=74&Req=prodtype.asp?PT\\_ID=81](http://www.crystalherbs.com/shop/aftrack.asp?ID=74&Req=prodtype.asp?PT_ID=81)

and 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.