

Smoky Quartz

*Releases Suppressed Fear, Depression and Negativity
Increases Passion, Calmness, Focus and Presence*



- ☒ This opens the base and sacral chakras, aligning them with the solar plexus.
- ☒ It balances the energetic patterns for the sexual organs and their functions.
- ☒ Its karmic purpose is to promote the flow of kundalini energy up from the base chakra.
- ☒ It brings clarity when meditating and helps clear mental confusion.
- ☒ This essence can help apathy and low spirits, as well as releasing any anger and resentment.
- ☒ It can increase physical energy and release buried fear or sexual trauma from the base chakra.
- ☒ It encourages an interest in caring for the earth in a sustainable way.
- ☒ It can block geopathic stress and absorbs electromagnetic smog.
- ☒ It encourages you to let go of negative past conditioning, clearing old patterns.
- ☒ It can alleviate a sense of wanting to 'go home' and ambivalence about being in incarnation.
- ☒ It helps negative feelings around sexuality held in the base chakra, enabling a greater acceptance of yourself as a physical and sexual being and may increase the flow of natural physical passion.
- ☒ It helps you stay focused and achieve your goals.
- ☒ Tolerance of stress may improve, bad dreams and fears are eased, especially a fear of failing,
- ☒ It calms, soothes, stabilises and restores balance and harmony.
- ☒ Smoky quartz has the energy of a wise and gentle grandparent; it strengthens your connection with the Earth and keeps you centred and present as you deal with everyday life.
- ☒ Useful Affirmation: *'I focus on the now with calm positivity. I engage passionately with life.'*

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 Spirit of Transformation Base Chakra blend:

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

This essence is part of the Kundalini Activation blend by Spirit of Transformation :

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

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.