

## Sugilite/Luvulite

### *Recalling Your Soul Purpose and Connection Finding Forgiveness and Adapting to Being Present*



- ☒ It helps the body absorb higher energies through the crown when used in spiritual practices.
- ☒ This essence inspires spiritual awareness and promotes channelling ability. It's one of the major 'love stones' bringing the energy of the purple ray to earth.
- ☒ It represents spiritual love and wisdom and opens and aligns all the chakras to the flow of love.
- ☒ It teaches you how to live from your truth and reminds you of your soul reason for incarnating.
- ☒ It's useful on any spiritual quest as it helps to answer questions such as, 'Why am I here?', 'Where did I come from?' and 'What else do I need to understand?'
- ☒ It protects from shock and disappointment and relieves spiritual tension.
- ☒ It helps those on a spiritual path who are sensitive, to adapt to the earth's vibration without becoming stuck, heavy or despondent.
- ☒ It allows us to forgive and eliminates conflict and hostility. It's useful in groups, such as families or work colleagues, as it helps to resolve group difficulties and inspires loving communication.
- ☒ It's helpful when we feel a 'misfit', when we don't feel at home here on earth.
- ☒ It helps ground the soul into the present reality and can overcome learning difficulties.
- ☒ It promotes an understanding of the mind-body link with disease and emotionally it allows us to face up to unpleasant matters.
- ☒ It eases sorrow, grief, fear and emotional turmoil and despair. It promotes self-forgiveness.
- ☒ Sugilite encourages positive thoughts, releasing negativity, attracting loving support and drawing healing energy into the body, mind and spirit.
- ☒ Useful Affirmation: *'I allow love to dissolve any resentment, conflict or negativity in my relationships with others or with myself. I feel clear and supported with my soul purpose.'*

**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 Be Present blend by Spirit of Transformation:**  
<http://www.spiritoftransformation.com/transformationessences.htm#bepresent>

**You can also buy this as a single essence from Crystal Herbs:**  
[https://shop.crystalherbs.com/Gem--Crystal-Essences/Luvulite--Sugilite-\\_\\_p-82-715.aspx?af=13071](https://shop.crystalherbs.com/Gem--Crystal-Essences/Luvulite--Sugilite-__p-82-715.aspx?af=13071)

**Acknowledgement and Thanks** With acknowledgement and thanks for this information to

*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.