

# Tigers Eye

*Commitment, Confidence and Creativity  
Using Power With Integrity*



- ☒ This essence encourages us to use our power wisely for the greatest divine good
- ☒ It supports us in clarifying and following our purpose and shows us our strengths.
- ☒ It's very helpful when we're ungrounded, lost in unrealistic dreams or indecisive.
- ☒ It encourages a sense of self-determination and constructive action.
- ☒ It helps us to embody a new way of being at a cellular level.
- ☒ It assists us in understanding what we truly require for ourselves as well as the needs of others.
- ☒ It helps to integrate right and left-brain thinking so that we get a balanced perspective.
- ☒ It can bring resolution to situations that have been created by our own sense of superiority or misguided use of will. It can also bring harmony to inner conflicts with our ego.
- ☒ It can energise our desire for self-expression and help us recognise our soul gifts and talents.
- ☒ It can give us insight into our unhelpful personality patterns with compassion and acceptance.
- ☒ It can help us to be more loving of ourselves, releasing our inner critic and boosting confidence.
- ☒ It can help us release fixations and rigid ways of thinking.
- ☒ It can encourage a more positive outlook on life when we're feeling low.
- ☒ It acts as a bridge between the Earth and the Sun, so it can balance the lower chakras, allowing greater access to psychic gifts and encouraging the rise of kundalini energy.
- ☒ Useful Affirmation: *'I'm grounded, powerful and balanced, able to co-create with joy and confidence'*

**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 Pisces-Neptune blend:**  
<http://www.spiritoftransformation.com/planetaryessences.htm#pisces>

**This essence is part of the Spirit of Transformation Karmic Power blend:**  
<http://www.spiritoftransformation.com/karmicessences1.htm#karmicpower>

**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](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>

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