Turquoise

Soothing Release – Protection and Purification

- A powerfully transformative essence and master healer, Turquoise strengthens the whole anatomy, etheric body and subtle energy system, stimulating regeneration in the etheric blueprint.
- It strengthens the auric field to resist harmful energies.
- It strengthens our connection to higher guidance, helping meditation and intuition and enhancing psychic gifts.
- It releases blocks in the throat chakra caused both by past-life and current life oaths and attachments to belief systems which limit the expression of our full potential.
- It is very calming when we need to express ourselves in front of an audience or group.
- Turquoise is very cleansing, transmuting negative energy and protecting us from environmental pollutants, especially electrosmog.
- It balances the energies of heaven and earth, yin and yang, male and female.
- It brings inspirational solutions to problem situations.
- It resolves patterns of self-sacrifice and victimisation.
- It balances moods and stabilises depleted energy, so we feel more energised and optimistic.
- It opens the heart to love and intimacy.
- It increases self-awareness and brings clarity to our thought processes.
- It is an excellent essence for quiet honest introspection, helping you see your truth with love.
- Useful Affirmation: *'I calmly step into the full expression of my true self, protected, inspired and free'.*

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 Saggitarius - Jupiter blend:
http://www.spiritoftransformation.com/planetaryessences.htm#saggitarius

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 Gurudas Essence Books: http://www.spiritoftransformation.com/essencedirectory.htm#recommendedreading

Judy Hall's *The Crystal Bible*: 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.