# Blue Calcite

*Soothing, Relaxing*
*Enlightened Harmonious Communication*

Affirmation: '*I relax and regenerate. I find harmony in all my communications.*'

Spirit of Transformation does not sell single essences. Essences are like people - they usually work best as part of a team! If you feel drawn to this please request it as part of a personal attunement blend.
**Channeled Personal Attunements**: **http://bit.ly/XBzFsP**

**Photo reproduced courtesy of Nikki Wyatt**

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

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