

Blue Sapphire

Clarity, Inspiration and Manifestation
Allows us to Speak our Truth



- ☒ This essence works on the solar plexus and the crown chakras, energising all meridians.
- ☒ All sapphires help us manifest our desires and raise our vibration to a greater level of awareness.
- ☒ Sapphire helps to release feelings of sadness and grief.
- ☒ It integrates all aspects: mind, body and soul, bringing clarity and inspiration.
- ☒ Sapphire lifts the spirits, encouraging a more optimistic outlook and opening us to abundance.
- ☒ It encourages energy flow through the hara and increases feminine energy.
- ☒ It increases psychic gifts such as clairvoyance, telepathy and connection with our astral body.
- ☒ Sapphire connects us with our higher wisdom, the colour shows which ray and chakra it links to.
- ☒ Blue Sapphire is linked to the throat and our search for spiritual truth. It encourages our heart to open and connect to our throat, releasing pent up feelings so that we're able to speak our truth.
- ☒ It dissolves negativity, bringing a more relaxed attitude and has a calming effect on overactivity.
- ☒ This essence establishes a more balanced alignment through the mind and body
- ☒ Sapphire brings peace and spiritual clarity.
- ☒ Affirmation: *'I see my truth and speak it clearly and calmly. I'm joyfully manifesting my desires'*

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 Speaking Your Truth blend:
<http://www.spiritoftransformation.com/transformationessences.htm#speakyourtruth>

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.