

Selenite

Connecting the Spirit and the Body Shining the Light of Your True Essence



- ☒ This essence works with our light body, our crown chakra and the chakras above the crown.
- ☒ It helps us to make our highest soul energies manifest on earth via our light body.
- ☒ It contains ancient wisdom, helping us to access our soul purpose as well as to see the lessons being learned in this lifetime. It helps us travel between different dimensions in time.
- ☒ It acts as a bridge between spirit and matter, so our soul and body are more strongly connected.
- ☒ It encourages suppressed emotion to come to the surface for release through the conscious mind.
- ☒ It helps us view life from a higher perspective. We can see our inner truth - who we really are.
- ☒ It calms a troubled or confused mind, releasing tension and stabilising moods, helping us relax.
- ☒ It brings clarity and illumination, activating our cells to absorb more light.
- ☒ It's useful when we can't exercise.
- ☒ It helps us integrate the faster higher dimension energies so that we can step into the flow of the higher vibrations whilst remaining present and grounded.
- ☒ It enables us to feel the certainty of transformation and a new direction at a cellular level.
- ☒ It assists spirit in finding a home in the body. It transmits our soul frequency.
- ☒ It has protective qualities which make it very supportive in creating sacred spaces.
- ☒ Useful Affirmation: *'Every day I'm becoming more of who I really am, guided ever more strongly by the light and illumination of Source.'*

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 Ascension blend:

<http://www.spiritoftransformation.com/transformationessences.htm#ascension>

This essence is part of the Spirit of Transformation Higher Chakras blend:

<http://www.spiritoftransformation.com/chakraessences1.htm#higherchakras>

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

Morningstar Essences: <http://morningstar.netfirms.com/gem.html>

The Crystal Bible by Judy Hall <http://www.spiritoftransformation.com/essencedirectory.htm#recommendedreading>

Photo courtesy of Angela Reams: www.flickr.com/photos/ajreamsphotography/450704795/

Copyright: Nikki Wyatt, Spirit of Transformation. All rights reserved.

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