

## **Gem Essences: S - Z**

### Sapphire

Encourages clear and direct communication...and helps to create the space to allow this... discourages collusion ...good for use in the counselling process for both client and counsellor...helps with expression and the release of blocked energy in the throat area.

I HAVE THE COURAGE OF MY CONVICTIONS AND I SAY WHAT I MEAN

### Sceptre Quartz

Tenacity and the power to move into centre stage of ones life, to take control and the reins and authority as a human being

I AM IN CONTROL

### Seraphinite

Out of the structures of the past I bring wisdom, wisdom from which to learn, grow and move on. The structure is but that of a foundation on which to grow develop and change

MY CHOSEN BEGINNINGS CANNOT RESTRICT ME

### Serpentine

Allows the kundalini to rise also helps in the transmutation of poisonous thoughts ...helps in moving one on from hurts of the past.

THE PAST HAS GONE TO WALLOW IN IT DOES NOT SERVE ME

### Shattuckite

Allows a breaking down into parts that can be dealt with simply and easily ...can be very useful in times of overwhelm for helping in breaking tasks down into handleable chunks and also dispensing with the unnecessary.

THINGS CAN BE DONE BIT BY BIT AND SOME BITS ARE DISPENSABLE

### Shiva (Lingam) stone

Balancing of male and female energy within the base chakra, useful as a tool to reestablish confidence after working on issues around personal violation...to feel confident and sexual but at the same time very secure and able to say no when appropriate.

MY SEXUALITY IS MY OWN AND I RETAIN ABSOLUTE POWER OVER MY DECISIONS

### Smoky Quartz Elestial

An essence to help one gain understanding and help from ones dreams...a slow and steadily working essence which is useful in the counselling process to help the client understand and assimilate their "stuff"

I ACKNOWLEDGE MY DREAMS AND LET THEM HELP ME TO UNDERSTAND

### Snakeskin Jasper

From the depths I come to heal to shed the past . The scales of wisdom show what you have achieved and where you have been (Can work well with Serpentine)

I ACKNOWLEDGE MY PAST ACHEIVEMENTS

### Snow Quartz

A cleanser and renewer of energy ...works well after any deep work to help you to feel refreshed and renewed....A good essence to help lift the winter blues

I AM CLEANSED OF THE PAST AND CAN BEGIN ANEW

### Snowflake Obsidian

A disperser of negative energy whilst at the same time grounding ...can help in the diffusion of difficult situations and giving a gentler reality to individuals who are disillusioned about their situation ..can be used with Snow Quartz to help lift seasonal depression.

THINGS ARE NOT AS BAD AS THEY SEEM AND CAN BE MADE EASIER

### Sodalite

An essence to help with issues relating to the throat chakra and issues around fear of honesty in expression ...saying what you mean and meaning what you say ...can be used with turquoise and rhodocrosite to help in confidently speaking up.

THE CONSEQUENCES OF SAYING WHAT I MEAN ARE NO MORE THAN I CAN HANDLE

### Star Stone

Helps in creating a sense of optimism ...that one can achieve goals, overcome barriers and succeed despite anything...that one can transform and be the best they can be

I BELIEVE IN MYSELF I CAN SUCCEED

### Sun Stone

Allows positivity to reign ..helps in seeing the goodness in a situation however awful it may seem....lets the warmth and healing energy of sunshine permeate and assist you on your path. Good to help with seasonal affective disorder particularly with chalcedony rose.

IT IS OK , THERE IS NOTHING THAT IS IRRESOLVEABLE

### Super Seven

An overall balancer ...good in times of stress to help get things in perspective...helps to put things back in their rightful place

I REGAIN MY BALANCE ANEW

### Tanzanite

Encourages and facilitates transformative spiritual dreams awakening the soul to new concepts and infinite possibilities.....good to use with clairvoyant work ..helps in the attunement process

I GO BEYOND THAT WHICH HAS RESTRICTED ME

### Tektite

Works with self esteem issues on a deep level encouraging the disassociated individual to realise their importance, spiritual connection and right to be on the planet. Works well with Golden Tears.

I AM GOOD ENOUGH TO BE PART OF THINGS AND I AM NEEDED AS A HUMAN BEING.

### Turquoise

Encourages self expression from a truthful and confident place...helps one to speak up and realise that it is fine to do so...good combined with aqua aura for issues around stuckness in communication

I SPEAK MY TRUTH

### Violet Ruby

I transcend regeneration to bring spirit into concrete form (works well with manifestation quartz) I traverse all structures to illuminate and bring transformative light.

I AM GUIDED BY DIVINE ILLUMINATION

### Watermelon Tourmaline

Helps the heart to open and allows one to feel brave enough and safe enough to open up and trust again...good to help the once bitten twice shy individual to gently begin again in relationships whilst feeling safe within themselves.

I OPEN MY HEART AND TRUST AGAIN

### Ulexite

Acceptance and encouragement of the self and others a sense of yes this IS ME and I AM here and this is what I do and what you see is what you get but it is up to you how you see it and deal with it and incorporate it into your life.

THIS IS ME AND THIS IS WHO I AM

### Verdite

I am pure and green and of the land. I speak to you to say connect and realise your belonging, do not question merely accept. Home is where your feet fall and where providence takes you.

I ACCEPT THE GIFT OF THE EARTH BENEATH MY FEET AND THE SKY ABOVE ME

### White Topaz

Clearing and cleansing good to use when you feel unsure just where to begin with any kind of work...helps one to deal with feelings of overwhelm, clear the dross and get things in perspective.

I GATHER MY RESOURCES AND MAKE A START

### Yellow Calcite

Gentle, flowing, nurturing, mothering, easing through transitions into self understanding

I AM LOVED, I AM ABLE, AND ABLE TO UNDERSTAND MYSELF

### Yellow Fluorite (octahedron)

Intuitive structure and inner beauty and order an essence to help freeing one from chaos ...can work well with white topaz to assist in organising and sorting

I NOW FIND MY PERSONAL AND INTUITIVE ORDER AND STRUCTURE

