



Starlight Essence December 2019

9 Pure Royal Blue

Pure Royal Blue fills the brow chakra with indigo blue light. It brings brightness, calmness and clarity in order to support your perception. It promotes your ability to discriminate and make distinctions, and assists you in the recognition of your own path. Pure Royal Blue works like a soothing balm for your mind when you feel overwhelmed by too much information or light. It supports the expansion of your consciousness and provides a sense of calm and deep relaxation.

Daily application in December:

1. Place one drop each into the left and right hand. Place the left in front and the right hand at the back of your head. Leave them there for a moment. Then swap the hands and leave them again for a moment.
2. Rub three drops between your hands and hold your hands astrally in front of your brow chakra until the energy has been taken up. Then move your hands along the sides to the back of your head and leave them there until the energy has been taken up. Then move them back to the front of your forehead.
3. Hold the essence in the emotional body (ca. 40 cm) in front of your brow chakra. Then move the essence in a clockwise circle around your head. (At the back of your hand, continue with your left hand.)
4. Rub three drops between your hands and hold them stretched out at the sides of your temples. From there slowly bring them toward your temples until the astral body. Keep them there until the energy has been taken up.
5. Finally, take one drop orally.