



Living Light Starry Sapphire Essence

Focusing the Will

QUALITIES(Goal Based Indications)

- Focus
- Concentration
- Centeredness
- Excellent at multi-tasking
- Well disciplined
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IMBALANCES (Symptom-based indications)

- Scattered
- Overwhelmed
- Undisciplined
- Difficulty concentrating
- Lacking Focus
- Dizzy

CONDITIONS RELATED:

- ADD/ADHD

Living Light Archangel Michael Essence

Truth

QUALITIES(Goal Based Indications)

- Strength
- Honesty
- Courage
- Integrity
- Truthful
- True to self
- Perseverance
- Protection
- True
- Self-Identity
- Reality

IMBALANCES (Symptom-based indications)

- Illusions
- Disillusioned
- Unsafe
- Dishonest
- Lacking self-identity
- Weakness
- Lacking Integrity
- Giving in to others
- Peer-Pressure
- Nightmares
- Suicidal tendencies

CONDITIONS RELATED:

- Addictions (food, drug, alcohol)

Living Light First Divine Flame Essence

Divine Will

QUALITIES(Goal Based Indications)

- Action
- Active
- Power
- Direction
- Purpose
- Path
- Will
- Meaningful
- Definition
- Order
- Specificity
- Decisive
- Precision
- Structure
- Boundaries
- Time
- God's Will (the God within you)

IMBALANCES (Symptom-based indications)

- Indecisive
- Uncertain
- Meaningless
- Without direction
- Without purpose
- Disoriented
- Chaos
- Non-Specific
- "Wishy-Washy"
- Powerless
- Lacking structures
- Lacking boundaries
- Inactive
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CONDITIONS RELATED:

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Living Light Golden Topaz Essence

Expanding Awareness

QUALITIES(Goal Based Indications)

- Self-Aware
- Open minded
- Expanding perception
- Solution oriented
- Awareness

IMBALANCES (Symptom-based indications)

- Narrow minded
- Closed minded
- Unaware
- Poor listener
- Lack of awareness

CONDITIONS RELATED:

- Glaucoma

Living Light Archangel Jophiel Essence *Illumination*

QUALITIES(Goal Based Indications)

- Understanding
- Joyful
- Laughter
- Fun
- Excitement
- Happiness
- Laughter
- Realization
- The “Why”
- Present in the Now
- Awake
- Awakening

IMBALANCES (Symptom-based indications)

- Depressed
- Sadness
- Dull
- Unhappy
- Asleep
- Lacking self-understanding
- Lacking understanding
- Lacking insight
- Living in the past
- Living in the future
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CONDITIONS RELATED:

- Depression

Living Light Second Divine Flame Essence *Inner Wisdom*

QUALITIES(Goal Based Indications)

- Insight
- Revelation
- Wisdom
- Knowing Self
- Enlightened
- Wise
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IMBALANCES (Symptom-based indications)

- Foolish
- Unenlightened
- Unwise
- Blind
- Making things too complex
- Naive
- Ignorant

CONDITIONS RELATED:

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Living Light Rose Quartz Essence *Circulating Love*

QUALITIES(Goal Based Indications)

- High self-esteem
- Self-Confident
- Accepting
- Giving Love
- Self-Love
- Worthiness
- Receiving Love

IMBALANCES (Symptom-based indications)

- Low self-esteem
- Lack of self-confidence
- Difficulty receiving Love
- Difficulty giving Love
- Not taking care of self
- Feeling Unworthy
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CONDITIONS RELATED:

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Living Light Archangel Chamuel Essence *Loving Patience*

QUALITIES(Goal Based Indications)

- Patience
- Humility
- Openly Loving
- Humble
- Unattached
- Generously Loving
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IMBALANCES (Symptom-based indications)

- Clingy
- Needy
- Impatient
- Arrogant
- Proud
- Egotistical
- Pride
- Ego-centric

CONDITIONS RELATED:

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Living Light Third Divine Flame Essence *Unconditional Love*

QUALITIES(Goal Based Indications)

- Unconditional Love
- Absolute acceptance
- Acceptance
- Faith
- Intelligent
- Passion
- Hope
- Embracing
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IMBALANCES (Symptom-based indications)

- Victim
- Judgemental
- Denial
- Atheistic
- Difficulty accepting
- Isolated
- Alone
- Feeling unintelligent
- Blaming others
- Judging others as unintelligent
- Hopeless

CONDITIONS RELATED:

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Living Light Divine Diamond Essence *Clarifying Vision*

QUALITIES(Goal Based Indications)

- Clarity
- Vision
- Visionary
- Clearness
- Crystallization
- Communication
- Clear Expression

IMBALANCES (Symptom-based indications)

- Confusion
- Lacking vision
- Lacking clarity
- Unclear
- Difficulty communicating ideas
- Difficulty expressing self clearly
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CONDITIONS RELATED:

- Writer's block

Living Light Archangel Gabriel Essence

Purity

QUALITIES(Goal Based Indications)

- Purification
- Purity
- Cleansing
- Clearing
- Cleanliness
- Divine communication
- “The Messenger” – Bringing Divine Messages
- Innocence
- Pure
- Sexuality

IMBALANCES (Symptom-based indications)

- Abused
- Degraded
- Violated
- Guilt
- Shame
- Unclean
- Taken advantage of
- Dirty
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CONDITIONS RELATED:

- STD's (Sexually Transmitted Disease)

Living Light Fourth Divine Flame Essence

Pure Harmony

QUALITIES(Goal Based Indications)

- Feeling
- Harmony
- Intuitive
- Attuned
- Being yourself
- Flexible
- Neutrality
- Artistic
- Creative
- Being

IMBALANCES (Symptom-based indications)

- Reactive
- Role-Playing tendencies
- Conflict
- Sympathetic
- Hyper-Sensitive
- Easily affected
- Conflict-Oriented
- Dramatic
- Pessimistic
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CONDITIONS RELATED:

- Allergies

Living Light Sacred Emerald Essence *Restoring Balance*

QUALITIES(Goal Based Indications)

- Staying balanced
- Balance
- Equilibrium
- Restorative
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IMBALANCES (Symptom-based indications)

- Stressed
- Out of balance
- Extreme tendencies
- Dizziness
- Imbalance
- Overworked

CONDITIONS RELATED:

- Stress
- Shock
- Trauma (especially from a fall)
- Manic conditions (i.e. manic depression)

Living Light Archangel Raphael Essence *Healing*

QUALITIES(Goal Based Indications)

- Healing
- Repairing
- Regenerating
- Mending
- Uniting
- Wholeness
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IMBALANCES (Symptom-based indications)

- Wounded
- Hurt
- Pain
- Broken
- Degenerating
- Split
- Separation
- Break-ups
- Divorce

CONDITIONS RELATED:

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Living Light Fifth Divine Flame Essence

Knowledge

QUALITIES(Goal Based Indications)

- Knowledge
- The “How”
- Experiential
- Applying your wisdom
- Applying your understanding
- Nature
- Concrete

- Practical
- Scientific (in the higher sense)

IMBALANCES (Symptom-based indications)

- Abstract
- “I don’t know how”
- Acting without understanding
- Impractical
- Unnatural
- Perpetual student
- Always learning, but never applying that learning in terms of your life
- Extremes of imbalance
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CONDITIONS RELATED:

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Living Light Royal Ruby Essence

Empowerment

QUALITIES(Goal Based Indications)

- Wealth
- Prosperity
- Rewarding
- Successful
- Self-Empowered
- Fulfilling
- Empowering
- Giving
- Receiving

IMBALANCES (Symptom-based indications)

- Poor
- Impoverished
- Disempowered
- Unrewarding
- Unfulfilling
- Self-Doubt
- Lazy
- Poverty
- Nothing left to give

CONDITIONS RELATED:

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Living Light Archangel Uriel Essence *Selfless Service*

QUALITIES(Goal Based Indications)

- Getting out in the world
- Sharing
- Dedication
- Being of service
- Selfless (in the true sense)
- Generous
- Philanthropic

IMBALANCES (Symptom-based indications)

- Reclusive
- Procrastination
- Selfish
- Shy
- Self-serving
- Martyr
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CONDITIONS RELATED:

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Living Light Sixth Divine Flame Essence *True Peace*

QUALITIES(Goal Based Indications)

- Devotion
- Dedication
- Peace
- Healthy Relationships
- Commitment
- Devoted

IMBALANCES (Symptom-based indications)

- False devotion
- Difficulty in relationships
- Dedicated to things outside the self
- Undedicated
- False commitment
- Unhealthy relationships

CONDITIONS RELATED:

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Living Light Holy Amethyst Essence

Releasing

QUALITIES(Goal Based Indications)

- Letting go
- Releasing
- Fearless
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IMBALANCES (Symptom-based indications)

- Anger
- Fear
- Controlling
- Anxiety
- Worry
- Holding on to things
- No self control
- Out of control

CONDITIONS RELATED:

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Living Light Archangel Zadkiel Essence

Forgiveness

QUALITIES(Goal Based Indications)

- Laid back
- Easy going
- Relaxed
- Merciful
- Forgiving
- Carefree
- Tolerant
- Forgiving self
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IMBALANCES (Symptom-based indications)

- Vengeful
- Merciless
- Hatred
- Rage
- Intolerant
- Hard on self
- Possessive
- Perfectionist
- Bitterness
- Cynicism
- Unforgiving
- Resentful

CONDITIONS RELATED:

- Auto-immune disorders

Living Light Seventh Divine Flame Essence

Freedom

QUALITIES(Goal Based Indications)

- Organized
- Freedom
- Transformation
- Uplifting
- Change

- Re-Organizing
- Alchemy
- Interconnectedness of life
- Oneness

IMBALANCES (Symptom-based indications)

- Trapped
- Stuck
- Limited
- Disorganized
- Feeling like you are not living up to your potential
- In need of change
- Dross
- Heavy
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CONDITIONS RELATED:

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Living Light Holy Spirit Essence

Creative Expression

QUALITIES(Goal Based Indications)

- Intuition
- Flowing
- Fluidity
- Creativity
- Communication
- Expression
- Grace
- Beauty
- Feminine
- Divine Mother
- Discernment
- Comforting
- Nurturing
- Expressive
- Attractive

IMBALANCES (Symptom-based indications)

- Clumsy
- Awkward
- Ungraceful
- Rigid
- Stagnant
- Unfeminine
- Uncreative
- Repulsive
- Feeling unattractive
- Difficulty expressing self
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CONDITIONS RELATED:

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Living Light Metatron Essence

Divine Creation

QUALITIES(Goal Based Indications)

- Divine mind
- Masculine
- Form
- Structure
- Stability
- Designing
- Planning
- Blueprinting
- Architecture
- Divine Father
- Spiritual science

IMBALANCES (Symptom-based indications)

- Lacking structure
- Instable
- Genetic patterns from ancestors
- Lacking masculinity
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CONDITIONS RELATED:

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Living Light Melchizedek Essence

Righteousness

QUALITIES(Goal Based Indications)

- Righteousness
- Law
- Authority
- Justice
- Karma
- Soul growth
- Evolution of the soul
- Respectful
- Divine Son/Daughter
- Child
- Spiritual teacher

IMBALANCES (Symptom-based indications)

- Unrighteous
- Unlawful
- Avoiding growth and learning
- Disrespectful
- Difficulty with authority
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CONDITIONS RELATED:

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Living Light LifeForce Essence

Breath of Life

QUALITIES(Goal Based Indications)

- Breath
- Vitality
- Alive
- Life-giving
- Natural “chi” or “prana” of Life
- Animated

IMBALANCES (Symptom-based indications)

- Exhausted
- Low vitality
- Hyperactive
- Difficulty breathing
- Unanimated

CONDITIONS RELATED:

- Asthma
- Respiratory problems