

## Sodalite

Sodalite : A stone of self-expression and confidence, Sodalite can aid in issues of self-worth, self-acceptance, and self-esteem. encourages being true to self and standing up for your beliefs. Sodalite brings inner peace. emotional balance, helping you to release old wounds and patterns that no longer serve you. Sodalite promotes intuition and a trust in one's own judgment Encourages self-discipline Throat Chakra - helps in communicating and will give confidence to speak more. Third Eye - Stone of awakening and deepens meditation.

