

TROLLEITE

An uncommon high-vibrational ascension stone, Trolleite is actually a combination of Quartz, Lazulite, Scorzalite, and **occasionally Lepidolite**, **initially discovered in Sweden over a hundred years ago. More recent pockets have been found in Brazil.**

Trolleite facilitates meditation. Its energetic field of tranquil serenity envelops us during meditation to encourage us to let go of the distractions of the world, and of old habits. It allows us the calmness to explore the clarity and expansiveness of life, the earth, and the universe, so we can connect to our higher consciousness and spirituality.

Trolleite alleviates stress and imbues us with a sense of purpose. It can help us to sleep, and to better remember our dreams.

Trolleite amplifies sensitivity and intuition, and encourages self-discipline, ethics, and personal responsibility. It supports mental and emotional focus, so it is easier to embrace independence and accountability, and set and attain goals. It helps us to live in harmony with others and to solve problems with a clear mind, while protecting us from outside influence to ensure that we can see our path with clarity.

Encouraging us to listen and to communicate clearly, Trolleite lends support and courage, so it is easier to tell the truth and to speak from the heart. It encourages tolerance, and allows us the wisdom to see others with compassion, and to accept their strengths and weaknesses, and learn from them with an open heart.

On a physical level, Trolleite helps with headaches, migraines, reduced vision, speech or pronunciation problems, sense of smell, motion sickness, strengthening hair and nails, nerve pain, sciatica, and neuralgia.