

CRYSTALS FOR ANXIETY

Keep your crystal with you throughout the day - remembering to clear it regularly.

- Place your crystal over your solar plexus (stomach area) and your other hand over your lower belly.
- take 3-10 slow deep breaths into the lower belly- inhaling through the nose, breathing in the energy of the crystal and exhaling out of the mouth and softening your shoulders.

CITRINE

Helps calm your mind and soften your fear. Reconnecting you to your own power in your solar plexus chakra.

AMAZONITE

Helps bring about harmony and encourages you to see/speak your true feelings and thoughts with confidence.

AMETHYST

Calms mind chatter and creates a sense of peace.

BLACK TOURMALINE

Grounds all heavy thoughts and emotions and creates a sense of clarity

BLUE KYANITE

Cleanses your energy body and helps realign you to your heart.