

CRYSTALS FOR GRIEF

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

- holding your crystal over your heart space, take 3 long, slow deep breaths.
- with you next 3-5 breaths inhale and imagine the colour and energy of crystal filling you heart.
- exhale and allow yourself to soften and relax the shoulders and chest.
- when you feel you heart space is full of the crystal energy let it flow out into the rest of your body.
- allow yourself to feel any sensations, emotions, thoughts that arise - be totally honest with yourself.
- ask the crystal to help you release stagnant energy by letting it flow throughout your body.

SODALITE

Helps release grief from the heart, providing you with insight and access to your subconscious and intuitive abilities.

AMAZONITE

helps you to communicate your truth and speak from your heart. It guides you to release fear of judgement so that you can find your inner freedom and peace.

ROSE QUARTZ

surrounding and filling you with unconditional love, helping you to heal wounds of the heart.

PINK KUNZITE

connecting your heart to Universal Love. Opening your heart to the Cosmic Heart of the Universe. filling you with magic and divine love.