

CRYSTALS FOR NEGATIVITY

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

Please remember external energies can only affect you if you

1. hold a similar resonance to that frequency - your shadow.
2. have an imbalance in your compassion and take on other's worries - also your shadow aspect.
3. fear holding your light and sovereignty.

- hold your crystal in your hands and take 3 slow deep breaths.
- ask your crystal to surround you with its energy and colour - creating a column/sphere of light around you.
- ask your crystal to help you hold your energetic space.
- ask your crystal to show you where you are holding onto fear and to help you release it with ease and grace.

Please visit our website if you need further assistance.

CHAROITE

Purges inner negativity and protects you from psychic attack. This beauty helps you to release bad dreams and acts as a catalyst for healing.

BLACK OBSIDIAN

This crystal is excellent at cleansing negative energy and enhancing spiritual communication. It is great at showing you what you are hiding from so that you may heal that part of you.

EUCLASE

the beautiful blue crystal helps transform negativity energy. It aids inner clarity and strength to be truth to self.

LEPIDOLITE

This crystal helps purify your energy whilst it balances your emotional body, helping to you relax and release stress.