

CRYSTALS FOR SOUL CONNECTION

Keep your crystal with you throughout the day - remembering to clear it if you've had a hard day.

- sit in a comfortable position, hold your crystal and place your hands in your lap.
- close down your eyes and take 3 slow deep breaths into your lower belly - keep breathing slowly until you feel your whole body relax.
- ask your crystal to connect with your crown chakra - imagine energy flowing from your crystal to the top of your head, as it flows a beautiful lotus opens on the top of your head.
- now imagine the energy of the crystal flowing upwards from your crown chakra to the golden lotus (soul star chakra - located 10cms above your head), as the golden lotus flower opens it sends a waterfall of golden light down through your crown chakra and into your heart space.
- allow your heart to fill with your soul energy - keep breathing - and talk to your soul.

APOPHYLLITE

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

SELENITE

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.

AQUA AURA QUARTZ

This beautiful crystals helps you connect to the spiritual realms and offers psychic protection whilst you communicate to your higher self.

DANBURITE

This gentle yet powerful crystal raises your awareness to higher frequencies, helping you to connect to your highest vibration.