

# CRYSTALS FOR STRESS

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

- hold your crystal in your hands
- close your eyes and take 3 slow deep breaths
- bring your hands to your heart and take 3 more slow deep breaths, softening your shoulders.
- imagine the colour and energy of the crystal flowing throughout your body, filling you and creating a beautiful sphere around you.
- ask your crystal to show how to release your stress/worries. (don't expect an immediate response but stay open to any synchronicities throughout the day)

## AMETHYST

A wonderful crystal that calms mind chatter and aids relaxation, whilst providing protection to your energy bodies from negativity.

## FLUORITE

Helps you to focus and gain clarity. As well a clearing all your chakras and energy bodies of negativity.

## BLUE LACE AGATE

Beautiful peaceful vibes that help you gain balance and harmony.

## SMOKY QUARTZ

A super transmuter that grounds all negative thoughts and energy and protects your energy.

## LEPIDOLITE

Clears your energy of negativity and balances your chakras.