

CRYSTAL MEDITATION FOR CENTERING

THIS CRYSTAL LAYOUT AND MEDITATION EXERCISE IS DESIGNED TO DRAW ENERGY INTO OUR PHYSICAL CENTER AND INTO THE VITAL ORGANS. IT HELPS CLEAR THE HEADSPACE AND REVITALIZE ESSENTIAL BODILY FUNCTIONS.

IN COMBINATION WITH CONSCIOUS BREATHING OUR PHYSICAL BODY CAN RELAX AND BE NOURISHED, SUPPORTING A CALM AND CLEAR STATE OF MIND.

CRYSTALS ARE MINERAL COMPOSITIONS THAT HAVE FORMED INTO GEOMETRIC PERFECTION AND EMIT VIBRATORY INFORMATION TO THEIR SURROUNDINGS, THEY ALIGN THE ENERGY OF OUR SUBTLE BODIES.

CRYSTALS GRANT EASY ACCESS TO OUR INTERNAL LANDSCAPE AND REFINE OUR SENSORY PERCEPTION, AS WELL AS MENTAL AND EMOTIONAL PROCESSING.

GET PREPARED!

2 HEMATITES

**1 POINTED QUARTZ
(IDEALLY TRANSPARENT)**

1 AQUAMARINE + 1 ROSE QUARTZ

***YOU CAN ALSO USE LIGHT GREEN AVENTURINE
INSTEAD OF THE AQUAMARINE**

LET'S DO IT!

- A) FIND A PLACE TO BE 100% UNDISTURBED
- B) LAY DOWN COMFORTABLY ON YOUR BACK
- C) PLACE THE HEMATITES ON YOUR GROINS
- D) PLACE THE QUARTZ ON YOUR DIAPHRAGM
(POINTING DOWNWARDS)
- E) PLACE THE AQUAMARINE ON THE STERNUM
- F) PLACE THE ROSE QUARTZ RIGHT ABOVE IT
- F) GET STARTED BY LISTENING TO THE AUDIO

