

CRYSTAL MEDITATION FOR CLEAR PERCEPTION

THIS MEDITATION IS DESIGNED TO REFINE YOUR PERCEPTION AND ESTABLISH A STRONG CONNECTION WITH YOUR TRUE ESSENCE.

THINK OF THE SOUL AS YOUR INDIVIDUAL BLUEPRINT. HAVING ACCESS AND CONSCIOUS CONNECTION TO YOUR SOUL'S INFORMATION OPENS UP THE POTENTIAL FOR HEALING AND EMPOWERMENT.

CRYSTALS ARE MINERAL COMPOSITIONS THAT HAVE FORMED INTO GEOMETRIC PERFECTION. THEY GUIDE THE LIGHT OF CONSCIOUSNESS AND SERVE AS TOOLS FOR SELF-EXPLORATION.

CRYSTALS HELP US ENTER OUR INTERNAL LANDSCAPE AND TO DEEPLY LISTEN, FEEL AND SEE. THEIR ENERGIES ESTABLISH HARMONY AND BALANCE WITHIN US AND WITH THE LIFE SURROUNDING US.

GET PREPARED!

1 CITRINE

1 ROSE QUARTZ

**1 TRANSPARENT QUARTZ
(IDEALLY POINTED)**

***YOU CAN ALSO USE 3 TRANSPARENT
QUARTZ CRYSTALS AS AN ALTERNATIVE**

LET'S DO IT!

- A) FIND A PLACE TO BE 100% UNDISTURBED**
- B) LAY DOWN COMFORTABLY ON YOUR BACK**
- C) FIRST, PLACE THE CITRINE ON THE BELLY**
- D) PLACE THE ROSE QUARTZ ON THE HEART**
- E) PLACE THE TRANSPARENT QUARTZ ABOVE YOUR HEAD (POINTING TOWARDS YOU)**
- F) GET STARTED BY LISTENING TO THE AUDIO**

