

CRYSTAL MEDITATION FOR STELLAR MOMENTS

THIS CRYSTAL LAYOUT AND GUIDED MEDITATION EXERCISE IS DESIGNED TO SOOTHE THE NERVOUS SYSTEM AND BRING FORTH A SENSE OF LIGHTNESS.

THE FLUORITE CRYSTAL PLACED BETWEEN THE EYEBROWS HAS A VIBRATORY INFLUENCE ON THE PITUITARY GLAND LOCATED AT THE BASE OF THE BRAIN. THIS MASTER GLAND IS ALSO OUR ENERGY CENTER FOR MENTAL CONCEPTUALIZING AND PROCESSING.

ONCE THE CONCEPTUAL (THINKING) MIND RELAXES WE BECOME RECEPTIVE FOR THE STELLAR INFORMATION WITHIN AND AROUND US. THE HIGHER (MEDITATIVE) MIND GIVES BIRTH TO INSIGHT AND INSPIRATION.

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

GET PREPARED!

1 FLUORITE

*OF PURPLE COLOR

OR WITH PURPLE SHADES

**YOU CAN ALSO USE AN AMETHYST

1 MAGNESITE + 1 GOLDEN CALCITE

*YOU CAN ALSO USE OTHER CRYSTALS
OF THIS COLOR RANGE (I.E. QUARTZ)

LET'S DO IT!

- A) FIND A PLACE TO BE 100% UNDISTURBED
- B) LAY DOWN COMFORTABLY ON YOUR BACK
- C) PLACE THE FLUORITE ON YOUR THIRD EYE
- D) COVER YOUR EYES WITH A LITTLE TOWEL
- E) HOLD THE MAGNESITE IN YOUR RIGHT HAND
- F) HOLD THE GOLDEN CALCITE IN YOUR LEFT HAND
- G) OPTIONAL: PUT A DROP OF LAVENDER OIL ON YOUR TEMPLES OR DIFFUSE SCENT IN YOUR ROOM
- H) GET STARTED BY LISTENING TO THE AUDIO

