

changes and situations that we have the opportunity to experience in life. It enhances your innate leadership qualities and encourages discipline within the mental realm. Wear Anhydrite and be the boss babe you were always meant to be.

Focus: Love Energy  
Prescription: Peridot  
Peridot a translucent olive yellow- to dark green. Peridot clears away the walls we built around our heart that no longer serves us. Allowing us to feel. Peridot also brings the creative energy of prosperity with it and distributes this prosperous energy to all facets of our lives. A fantastic companion to help you understand relationships with honesty and integrity. If you have felt yourself being socially underwhelmed. Keep

Peridot on your person to emit a warm and friendly energy so that you become more approachable, maybe a potential partner will be inspired to walk over and spark up a dialogue.

Focus: Mental Health  
Energy Prescription:

Amethyst

A popular and beautiful purple stone, you've likely seen this in person.

Amethyst the stone of "Spirituality and contentment" It transmutes lower energies to higher frequencies on both the spiritual and ethereal levels. Associated with the third eye chakra, this is our intuition center between the eyebrows which often becomes over-stimulated by a fast paced life, too much work, too much screen time and an excessive amount of information. Which can cause us to be