

# CRYSTALS & STONES

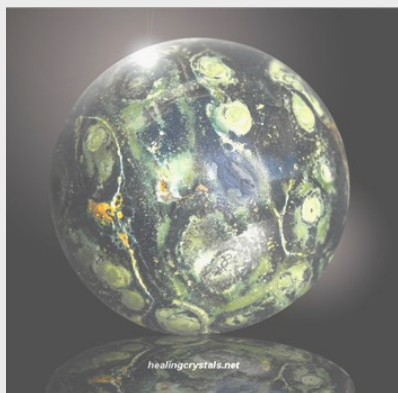
For the Mind | For the Body | For the Spirit

## The Nature Connection

Spending time in Nature can revive and recharge us. Most importantly spending time outdoors can ground us to Mother Earth again and drain away stress from technology. Take time, take those shoes off and feel the Earth again you deserve it!

## Nebula Stone vs. Kabamba Jasper

There is a rare type of Kabamba Jasper that IS what is called in metaphysical terms: Nebula Stone. This powerful black, very dark green stone with light green Nebuli Swirling on the surface has amazing energy.



## The Secret to Working with Crystals & Stones

To Begin Healing with your crystals, find a quiet peaceful place that you can sit or lay down and totally relax and feel comfortable. When you have a particular problem take a few minutes to think about and define the problem then gaze deeply into your crystal. Just allow your thoughts to come and go as your mind stills you may find a solution if not when you end the meditation just let the problem go quite often a solution will pop into your head later .

Hold Your Crystal feel the energy flow, you can hold as shown





## About Elixirs.....

There is so much information on the internet from " experts " in gem elixirs that can actually harm you! They don't tell you about trace arsenic, and that pyrite and malachite in the raw form is poisonous. You never know if a crystal contains traces of lead or other poisons so never ingest them!

- Never Ever put crystals or stones in water or anything you ingest he trace poisonous minerals can make you sick! This is called by some the Direct Method.
- Always put crystals and stones beside ( not in ) water over night to infuse with the healing properties, known as the Indirect Method.

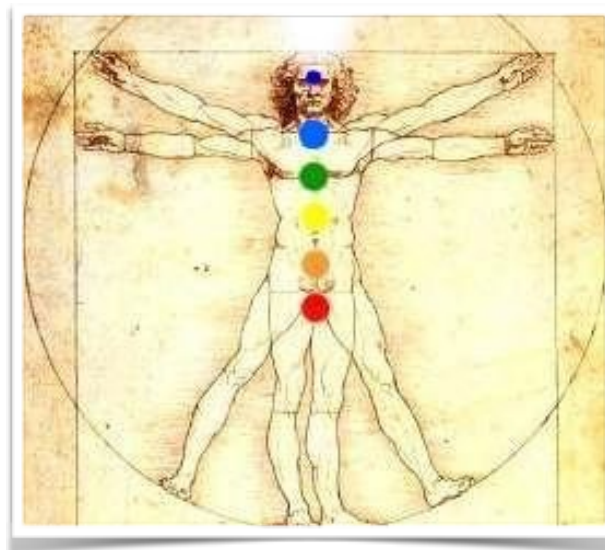
Rule to always follow that it is ok to put on your skin, not ok to drink or eat anything with minerals or crystals in it.

above or hold with both hands. Your hands can become hot this is very good and lets you know the healing energy from the crystal is flowing into them. If you do not feel this warmth follow the energy exercise below, which can be practiced over and over until you can feel this energy.

**Energy Exercise:** (this is done without your crystal) Sit comfortably hold your hands palms facing each other in front of you without touching. Clap your hands together once and rub them vigorously together they will become hot with the friction, when they do stop & hold them 1/4" to a 1/2" inch apart you should be able to feel the heat they are generating. See how far apart you can move them and still feel this heat.

Next hold your hands about a foot 12" apart palms facing as before now bring your palms together SLOWLY paying close attention to the heat and slight resistance as they come closer. STOP when you can feel this heat and energy. Imagine there is a ball of energy between them, this energy is what is used in healing with the crystals.

Energy sensitivity should be higher after this exercise, hold your crystal again and see if now you can feels its energy. Placing the Crystals/Stones directly on the body: You can





place the crystals and stones directly on the body on the Chakras or right on where you need the healing.

Meditating or just laying there relaxing with them is very good for you. You can place around where you spend most of your time. Take your smaller Crystal/Stone with you in your pocket. Wearing Crystal and Stone jewelry is great for all day healing and or protection.

## SYNERGY 12

Synergy 12 is a group of crystals that instantly raise your vibration, they are: Azeztulite, Danburite, Phenacite, Tanzanite, Moldavite, Satyaloka, Tektite, Brookite, Scolecite, Petalite, Herderite, and Natrolite – each of which helps activate the light body and is identified as Ascension Stones.

These gems are said to help quickly enhance one's process of spiritual ascension and evolution and expanding the two to create a high Natrolite is one of few crystals that powerfully activate both the Third Eye and Crown Chakras, link in vibratory and light-filled experience.



All our Azeztulite is mine direct from our family owned and operated mine in the Magical Blue Ridge Mountains of North Carolina Azeztulite is quartz that has a very high vibrational energy helping us to push our energizes to our higher Chakras, Clear and balance all of them at the same time. Great for healing the Healer! Synergy 12, due to their high vibration they all work deeply and the more time that you spend connecting and working with the stones, the more you will evolve and open up to your abilities to visualize and manifest that which is your destiny and life's purpose. That which is your greatest self will begin to materialize quickly through your work with these stones. The high vibration and high frequency of universal light energy that they radiate will allow your forward path to be illuminated in truth and wisdom through the higher consciousness of the Divine Light Source that is Love and Awareness in Compassion and Truth. If you have any questions please contact us.

