



BELIEF IN MOTION

GROUP COACHING

GUIDE TO YOUR CRYSTALS

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YOUR NEW CRYSTALS

CRYSTALS LOVE TO WORK WITH US TO HELP US TO ACHIEVE ALL THAT WE DESIRE. WE JUST HAVE TO ASK THEM TO JOIN OUR JOURNEY.

THE CRYSTALS YOU RECEIVED IN YOUR PROGRAM TOOL BOX WILL HELP YOU TO CREATE YOUR NEW BELIEF STORY AND WILL HELP YOU TO STAY COMMITTED TO THE WORK TO SET YOUR NEW STORY IN MOTION..

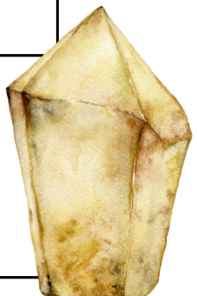
Crystal Bag	Crystal Bracelet
Amethyst	Rainbow Fluorite
Clear Quartz	Tiger's Eye
Fire Quartz	Mookaite Jasper
Lepidolite	Smoky Quartz
Rainbow Moonstone	Hematite
Selenite	Lava Stone
Unakite Jasper	Green Aventurine
Green Moss Agate	Kambaba Jasper
1 Crystal Heart	Golden Sheen Obsidian
1 Crystal Mushroom	





THESE CRYSTALS CHOSEN FOR:

INTENTIONS	CRYSTALS WITH THESE HEALING PROPERTIES
Clear Focus/Clear Mind	Rainbow Fluorite, Tiger's Eye, Mookaite Jasper, Smoky Quartz, Hematite, Amethyst, Clear Quartz, Fire Quartz, Rainbow Moonstone, Selenite
Break Old Habits/Beliefs	Lava Stone, Mookaite Jasper, Smoky Quartz, Green Aventurine, Amethyst, Lepidolite, Unakite Jasper
Empowerment/ Personal Power	Golden Sheen Obsidian, Tiger's Eye, Lava Stone, Fire Quartz, Rainbow Moonstone
Courage/Strength	Tiger's Eye, Lava Stone, Mookaite Jasper, Fire Quartz
New Life/New Beginning	Rainbow Fluorite, Kambaba Jasper, Mookaite Jasper, Rainbow Moonstone, Unakite Jasper
Helps Manifest Desires	Golden Sheen Obsidian, Lava Stone, Green Aventurine, Fire Quartz, Rainbow Moonstone, Green Moss Agate
Connects to Past Lives to Help Resolve Issues	Golden Sheen Obsidian, Kambaba Jasper, Mookaite Jasper, Lepidolite, Selenite, Green Moss Agate



CRYSTAL FULL HEALING PROPERTIES



Amethyst-The stone of peace. A gentle energy best for helping ease anxiety and clear the mind. Great during meditation and psychic exploration. Known to help eliminate addictions of any kind. Creates a natural protective shield and absorbs negative energy. Aids in reaching deep sleep states. Must be cleansed regularly to keep energy clear. Reduces the pain of migraine headaches, fatigue, and overwhelm. Soothes irritability, eliminates anger, and balances mood swings. Assists in cell regeneration and improves skin.

Clear Quartz-The master healer. Channels any energy and can help improve any condition. Improves quality of life by making you feel happier. It can be programmed for any purpose and will magnify all energy around it. Clear Quartz brings focus and mental clarity, and also will remove negative energy from any space. It can help you to align with your higher self, while aiding in connection to source energy and divine guidance.



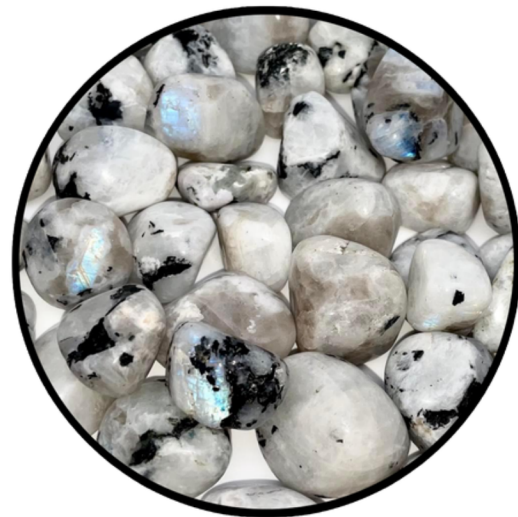
Fire Quartz-(also known as hematoid quartz and harlequin quartz) Transforms negative into positive. Removes darkness, mental stress and anger from mind, body, and aura. Grounds chaotic energy to help learn from past mistakes. Rewards effort with good luck and good fortune. Boosts self worth, self confidence, and self importance to use authentic power to align to highest path. Enhances focus, concentration, clarity, and balances emotions. Removes fear, doubt, and worry. Helps realize your dreams and desires and take new steps. Causes success in legal disputes.

CRYSTAL FULL HEALING PROPERTIES



Lepidolite—The stone of transition or The grandmother stone or The peace stone. Soothing, calming energy helps in times of transition by bringing light to tough situations. Releases old behaviors no longer serving you to break addictions and bad habits. Shifts and restructures old energy patterns. Connects you to cosmic awareness, astral travel, and helps access Akashic Records. Transports you to the future, tuning in to thoughts and feelings of other lives to clear old blockages. Stabilizes mood swings, soothes nervous system, can help restructure DNA. Helps end insomnia.

Rainbow Moonstone—The visionary's stone. Also known as white Labradorite. Helps to see things more clearly. Creates new beginnings and guides you to step into divine feminine energy. Provides life changing inspiration. Say goodbye to the life where you have been less confident, less successful, and have not stood in the wholeness of you. Opens the door to your new better life. Enhances intuition, magic, manifestation, and personal power. Encourages fertility, love, hope, and trust.



Selenite—The stone of communication. Helps to send messages telepathically. Ideal for meditation, spiritual work, and connecting to ancient wisdom, knowledge, and the angelic realm. Encourages the advancement of the mind, mental powers, and clairaudience. Brings light to the dark places. Cleanses the aura of negative energy and brings clarity of mind. Cleanses and charges other crystals and never needs to be charged itself. Keep under bed to align spine. Keep away from water because it dissolves when wet.

CRYSTAL FULL HEALING PROPERTIES



Unakite Jasper-The Twin Soul or Twin Flame Stone. Brings what is meant to be. Releases toxic relationship patterns. Matches frequency of love, compassion, and kindness. Encourages healthy and harmonious relationships. Locates root of problem during rebirth and past life healings. Flushes out toxicity of old emotional wounds, attachments, anger, and resentment. Helps you live in present moment while giving vision of the better future you're working toward. Encourages patience and persistence to eliminate enabling thought patterns and bad habits.

Green Moss Agate-A gardener's talisman and Stone of wealth. Calls abundance in all forms. Good for small business owners and the self-employed to draw in new business and gradual expansion, increasing prosperity over time. Promotes patience, wholeness, inner calm, peace, and stability to emotional body. Helps overcome negative behaviors and karmic attachments from past lives. Soothes volatile temperaments and releases deep seated fear. Enhances self image to strengthen good personality traits. Encourages and promises things to get better when kept close.



Rainbow Fluorite-The stone of clarity. Use this stone when you feel confused and you are looking for answers. It has the ability to help you see clearly through even the toughest of problems. It will also draw out negative energy, but must be cleansed often. This stone will help you create the path to your future, while assisting in organization and stability. This is a great stone for students because it also helps learning to become easier.

CRYSTAL FULL HEALING PROPERTIES



Tiger's Eye-The stone of courage. It's like carrying a brave lion (or tiger) with you. This is a strong stone that helps you to be brave. It brings success and will encourage you to aim higher. Alleviates depression, lifts moods, and will help you to overcome fatigue. Is good at confidence boosting and can help you to see clearly without fear. Amplifies psychic ability. Helps with decision making and taking action.

Mookaite Jasper-Stone of the present moment. Nurturing energy to slow aging and inspire spirit of agelessness, helps to accept change and removes comfort zone, inspires adventure and exploration, heals ancestral trauma and inherited patterns, helps break karmic chains. Creates clarity of possibilities to choose best one. Shields from negativity during travel and will warn of danger. Blocks and eliminates bad influences, distractions, and procrastination. Reveals hidden truths. Increases physical life force energy, vitality, and strength.



Smoky Quartz-The stone of transmutation. Highly protective, grounding, and grounds negativity to Earth. Protects during psychic work and helps to release old wounds and painful memories of the past. Amplifies truth and allows you to look beyond what is hidden or misleading, as if the smoke in the stone itself absorbs all haziness that blocks understanding, intuition, and psychic insight. Provides clarity and insight and is mood lifting. Helps to get your life in order by making goals seem easier. Helps to quit smoking. Cleanse often.

CRYSTAL FULL HEALING PROPERTIES



Hematite-The grounding stone. A stone for the mind. Stimulates concentration and focus by removing distractions. Enhances memory and original thought. Grounds and protects you. Helps you stay grounded by removing excess energies. Transforms negative energy into positive. Good for jealousy and bad intentions being projected by others because it will act like a mirror and reflect their intentions right back at them. Releases emotional blocks holding you back. Blocks psychic attacks. Strengthens your connection to the Earth.

Lava Stone- Also known as Basalt. A calm, but intense stone that is formed when molten rock erupts from an active volcano and cools after it touches the Earth. Ignites your inner fire and brings passion, strength, and energy to help to achieve desires. Provides stability during times of significant transition. A stone of courage. It contains the very powerful energy of the fire and will help you to be less afraid of big changes. Also is a natural diffuser for essential oils. Same properties when dyed or painted various colors.



Green Aventurine-The stone of opportunity. Considered one of the luckiest stones. Invites good luck, wealth, and prosperity into your life. Boosts feelings of gratitude and optimism for all you have received. Inspires an awakening to nature. Releases old patterns, habits, and disappointments so new growth can take place. A very comforting stone and is a strong protector of the heart chakra. Absorbs electromagnetic smog and environmental pollution. Helps attract love later in life. Healer of the heart. Protects you from energy vampires.

CRYSTAL FULL HEALING PROPERTIES



Kambaba Jasper-The stone of tranquility. A slow steady vibration that restores balance to body and spirit. Highly protective and deeply grounding Earth energy that surrounds you in protection for deep soul work. Heals abandonment issues, broken hearts, and removes negative thoughts. Makes connections to your roots and purpose for this life and removes karmic blockages to create new life patterns. Inspires authentic authority despite hardships. Acts as a reminder of how precious life and connections are.

Golden Sheen Obsidian-For protection, personal power, and discovering inner strengths. Dissolves blocks to manifest desires. Discover your purpose and have self confidence to pursue it. Brings your magic to the surface. Assists in spiritual connection and finding spiritual path. Opens scrying abilities so keep close during spiritual work. Balances energy field. Goes deep into core of problems and connects you to the past, present, and the future. Eliminates ego-conflict and helps you step into your authentic self.



HOW CRYSTALS WORK

All crystals have a unique vibration. That vibration is typically a higher vibration than our natural human ones. Any crystal that enters your life will encourage your energy to raise up to match its energy. Some crystals have a soft gentle way that they do this and it is hardly noticeable. Others are very intense and raise your vibe fast.

CLEANSE YOUR CRYSTALS

Most crystals need to be cleansed when you first get them. And then cleansed again regularly (monthly or bimonthly, or whenever they feel heavy energetically). The best way to cleanse a crystal, without having to worry about damaging it, is to place your crystal in a sunlit window or outside for one full sun cycle and one full moon cycle (24 hrs). Some crystals, like Amethyst cannot be in direct sunlight for long periods of time. (Amethyst will lose it's pretty purple color.) It shouldn't hurt them to do this for one day every month or two though. The very best time to charge crystals is always during a full moon. Keeping your crystals near Selenite can keep their energy clear without the need to cleanse them as often.

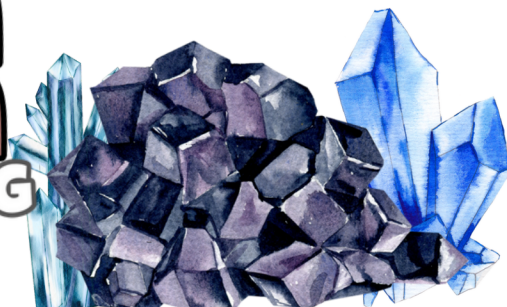
PROGRAM YOUR CRYSTALS

Program your crystals to help you with the things they are good at. After charging your crystals you will want to program them to do the things that you want them to help you with. First look at the healing properties of your crystal. Then decide which of those things you would like help with. Now hold your crystal in both of your hands, close your eyes, and ask the crystal to help you with these things. Do this in your head or out loud. The energy works either way because crystals communicate energetically, through a felt language, not a spoken one. Crystals speak in vibration, feelings, and mostly intention. It is important to program crystals so they know what help you need and want. Sometimes crystals will help without asking them to, even though it is always better when you can form a relationship with each of your crystals. A relationship with your crystals will enhance your life in many more ways than you could imagine. Programming crystals can be done any time, but works best during a new moon.

IF YOU HAVE ANY QUESTIONS ABOUT ANY OF THIS.

I AM ALWAYS HERE TO HELP YOU!

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Love,
Tami

