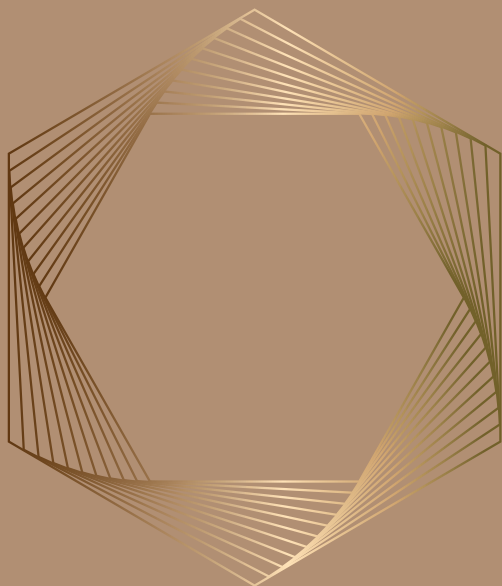


 ready.to.rock



# SMOKY QUARTZ

GEM ESSENCE

*I let go of any energy  
that does not serve  
my highest good*



*This beautiful crystal has generously & lovingly taken  
part in the creation of this magical gem essence.*

Smoky Quartz was once the sacred stone of Celtic druids, representing the immense power of the earth gods & goddesses and has also been associated with Hecate (the Greek goddess of magic).

Fast forward to the present, it's no wonder that Smoky Quartz are excellent crystals for grounding, stability & protection. Let them help you release your energetic baggage (stress, anxiety, fears, thought patterns, feelings & beliefs among others) to detox your mind, body and spirit! When you hold on to too much energy, there is little room for new energy/experiences to enter – it's time to bid farewell to the past and move forward to a brighter present (and future).

Bask in their grounding energy, connecting you with the nurturing & supportive energy of the earth. Allow them to guide you to embrace a higher state of being – free from the shackles of the past.

*May they be your go-to ally to anchor you to the earth, providing the energetic stability to keep you calm, cool & collected all day, everyday!*



## CHAKRA

Root & Solar Plexus



## ZODIAC

Scorpio, Sagittarius  
Capricorn



## PLANET

Saturn



## ELEMENT

Earth & Air



## NUMERICAL VIBRATION

Number 2 & 8



# ESSENTIAL OILS & HERBS

These plant oils were selected for their energetic properties that have a similar and/or complimentary vibration with the crystal's energy, lending a potent synergistic effect to further enhance the magic of the gem essence.

The background of the entire image is a close-up, macro shot of dried vetiver roots. The roots are light brown to tan in color, with a rough, fibrous texture. Some roots are thick and gnarled, while others are thin and delicate. They are tangled together, creating a complex, organic pattern. The lighting is soft, highlighting the natural textures and colors of the plant material.

# Vetiver

- Offers gentle sedation & relaxation for the mind & body
- Lends emotional support when you are going through difficult situations or when feeling depleted
- Connects you to the grounding energy of the earth
- Helps you reconnect with yourself in a space of calm & tranquillity

The background of the entire image is a close-up, macro shot of benzoin resin. The resin pieces are irregular in shape, with some appearing as small, translucent, yellowish-brown chunks and others as larger, more textured, brownish-grey masses. The lighting highlights the natural, crystalline structure of the resin, giving it a slightly glossy but matte appearance. The colors range from deep browns to lighter, golden-brown hues.

# *Benzoin*

- Lifts the spirit, especially during times when your mood/energy levels are low
- Soothing energy for the soul
- Imbues a nurturing sense of steadfast calm
- Traditionally used as incense to purify the energy of the space

# Patchouli

- Emotionally balancing, helps with overthinking, worry & anxiety
- A great companion in times of sadness, stress & anxiety
- A master of transmutation, Patchouli grounds the energy into the physical experience, reminding us to stay in the moment and connect to the environment



A close-up photograph of dark, shriveled black wolfberry (goji berry) tea leaves. Some leaves are whole, while others are broken into smaller pieces, showing their wrinkled texture. The background is a soft, out-of-focus blue and white, suggesting a cup of tea or a similar setting.

# Black Wolfberry

- Helps you to face & release deep emotion or sorrow, allowing profound inner shifts to occur
- Guides you to feel calmer & more centered when there's too many things happening at the same time
- Helps with emotional processing (a deep knowing to accept or face it without resistance) especially when feeling lost, stressed or anxious and feeling like you cannot manage them
- To be more understanding and compassionate of ourselves & others when going through times of change or growth



More gem essences & other  
hollistic goods are available  
in the store.

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