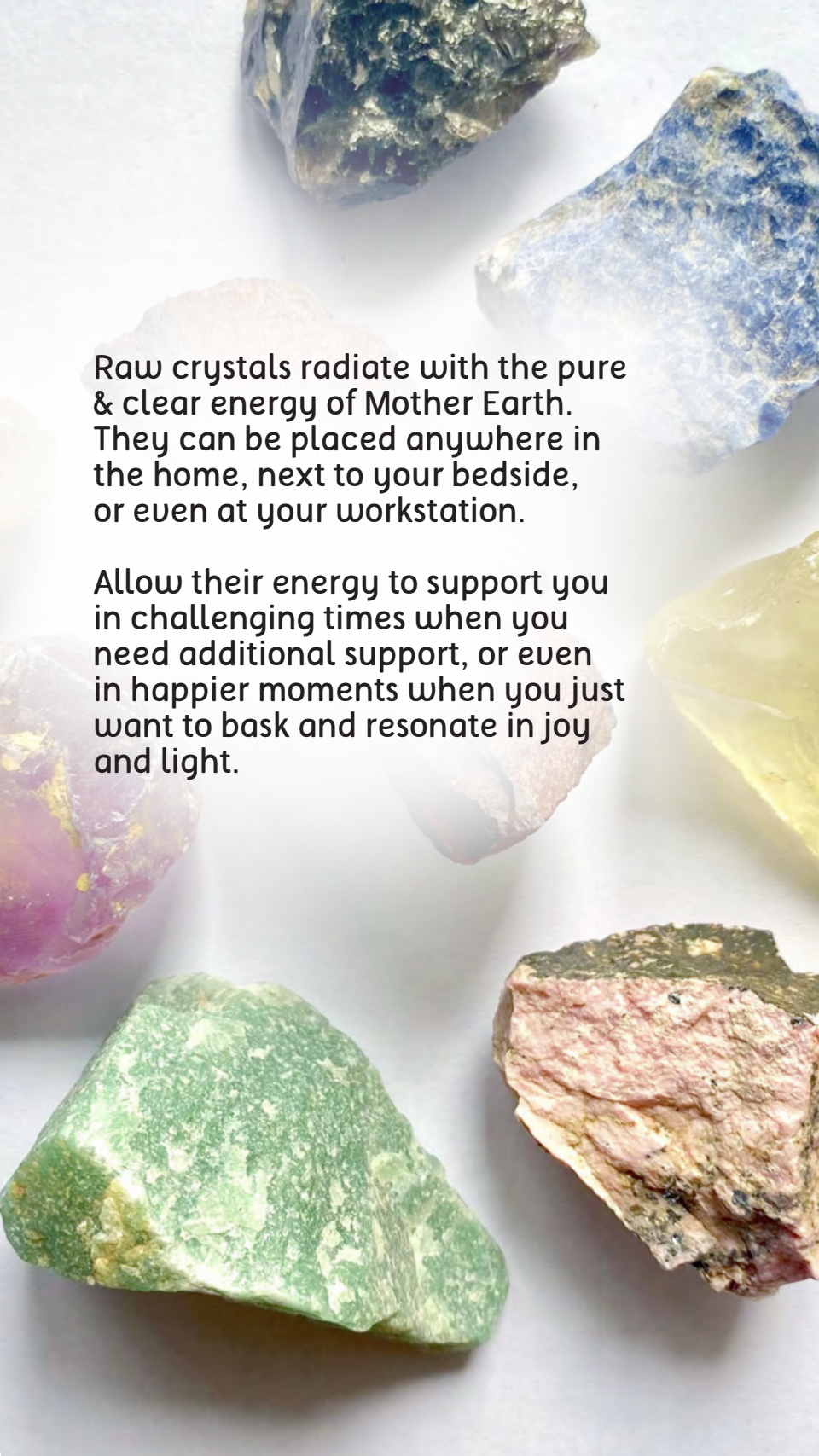




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CHAKRA CRYSTALS

raw chunks set



Raw crystals radiate with the pure
& clear energy of Mother Earth.
They can be placed anywhere in
the home, next to your bedside,
or even at your workstation.

Allow their energy to support you
in challenging times when you
need additional support, or even
in happier moments when you just
want to bask and resonate in joy
and light.

SMOKY QUARTZ

Smoky Quartz are one of the most highly regarded crystals for grounding and cleansing. They are commonly used to help with relieving tension, stress, panic attacks and to ward off negative thinking.

They are also known for their protection energy – and are wonderful companions to carry around at all times. They are also excellent for helping us release and transmute old habits/patterns so that we can move forwards without clinging on to any past baggage.

Place one in the home or office to filter out bad moods, resentment, hostility or any forms of negatives vibes – while drawing upon its energy for grounding – *a fantastic double combo!*



Root

Transmute negative energy, protection, grounding, balancing, energetic detox

RED TIGER EYE

Red Tiger Eyes are stimulating stones and can support motivation & a more active sex drive. Use Red Tiger Eye with the Root Chakra to ground sexual ideas into the physical world, or to resolve passionate issues that are causing problems in a relationship.

Red Tiger Eyes aid in enhancing confidence and self-esteem. They boost motivation to those who may be stuck in a rut, feeling lethargic or have lost the zest for life.

Connect with them when you want to add vitality & passion to any project you're working on - bringing in a new creative fire towards achieving your manifestations & desires.



Root / Sacral

Passion, action, sexuality, confidence, motivation, courage, creativity

LEMON QUARTZ



Lemon Quartz vibrate with a similar energy to Citrine, sharing an abundance of sunshine, positivity, prosperity & joy.

They are excellent for increasing self confidence, courage & motivation (*just like Citrine*) along with a burst of optimism in regards to your overall outlook on life.

Lemon Quartz has a slightly distinct additional energy due to its bright & zesty yellow tones (*made with a collective process of heating Yellow Quartz along with Amethyst & Iron*).

This combination is great for stimulating clearer thinking, strengthening resolve, amplifying your own inner light to acquire self knowledge & discovery along your journey of personal development.



Solar Plexus

Cheerfulness, joy, positivity, clear thinking, abundance, self growth & discovery

GREEN QUARTZ

Green Quartz resonate with the Heart Chakra, helping to transmute negative energies into positive ones while imparting a sense of 'wholeness' to the mind, body and spirit – a great guide to teach us to live from the heart, full of empathy and generosity.

By opening, activating and/or stabilizing the Heart Chakra, Green Quartz can help one to feel empathy and universal love for others. They radiate a gentle, pleasant energy and can have a positive effect on the environment – especially suitable for those who are in professions of healing or counseling others.



Heart

Empathy, universal love, gentleness,
nature energy, heal the emotions/spirit

RHODONITE



As extraordinary crystals of the Heart Chakra, they share similar properties with their sister Rhodochrosite – radiating endless love, nurturing and compassionate energies.

They seek to help you to balance your emotions and calm impatience while inviting in lots of supportive loving energies – dispelling negative emotions and thoughts that you may be holding on to. They allow you to see the areas in your life that could do with a makeover without self judgement or criticism.

Connect with them to channel much needed love, forgiveness and compassion out to the world.

Remember that the best rewards often come from serving the highest good!



Heart

Self healing, soothing, compassion, generosity, love & relationship

SODALITE



Sodalites are all about logic, truth and inner peace. They are also known as 'The Poet's Stone' – their natural negative filtering as well as communication enhancing properties are excellent companions for writers, poets and especially those who wish to convey their truth in the written form.

Intuition may also be improved when connecting with Sodalite, especially when it comes to interpreting higher spiritual messages – allowing you to gain a better understanding on how to utilize this wisdom.

Their connection with the Throat Chakra further aids in encouraging truthfulness in your daily life.



Throat/Third Eye

Insight, mental enhancement, intuition, communication, self discipline, truth

AMETHYST



Amethysts have been revered throughout the ages for their stunning beauty and their legendary powers to stimulate & soothe the mind and emotions. They are semi-precious stones in today's classifications, but to the ancients, it was a "Gem of Fire"; a precious stone worth, at times in history, as much as a Diamond.

They are Crown Chakra crystals – helpful in purifying the mind & clearing it of negative thoughts which comes in all shapes and forms (*stress, anxiety, irritability, mood swings, anger, fear, feelings of lack, etc*). They are magical all-rounder crystals, with such a wide spectrum of healing properties that can go on endlessly – from calm & clarity, harmony & purifying negative energy, spiritual awareness & reaching a higher state of consciousness, intuition & creativity and oh-so much more!



Crown/Third Eye

Creativity, harmony, peace, intuition, healing, overall well-being

RUTILATED QUARTZ



Rutiles are very powerful & high frequency crystals, and combined with Clear Quartz (the universal amplifier), get ready for a *double dose* of intense energy and amazing manifestations!

They are one of the very few crystals in the world known to enhance and accelerate every aspect of your life, as well as unique abilities such as channeling, psychic intuition, manifestation, and astral travel.

They have been referred to as a 'natural antidepressant' by helping to uplift the mood, may aid in getting you out of a depressed rut, relieving stress & phobias and gently (or perhaps sometimes not so gently) nudging you to let go of the past and to create a new path moving forward, illuminated in light, hope, joy and positivity.

CHAKRA



All Chakras

Transformation, manifestation, mental enhancement, synchronicity, opportunities

How can I connect with my crystals?

Here's a suggestion on how to connect with their energies. You may have your own preferred method over time and that is great too. Trust in your intuition and go with what feels good (and easy) to you!

- Hold them in the palm of your hand either during meditation or during your quiet personal 'me' time.
- Set an intention and visualize it in your mind (*either in words, images or any way that comes naturally to you*) and 'feel' the energy of this intention coming to completion.
- Remember this feeling and use it as an emotional 'bookmark' to return to whenever life situations get challenging or perhaps as a daily habit for manifesting your intentions!

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