

**Welcome to the  
Echoes of the Crystal Guardians'  
Guide Book**

## Introduction:

This deck was inspired by my love for Crystal Healing and connecting with energy through the modality of energy dives and divination! I am truly passionate about using tools such as crystals, tarot and oracle cards to assist in expansion, self growth, self care and connection to the divine and the divine self.

Becoming a crystal healer and tarot reader completely changed my life. It allowed me to connect with otherworldly energies and divine messages from my guides, angels and the collective. My path, tools and modalities amplified my spiritual journey and my personal healing journey.

My goal in this life is to help people transform their own life, and to realize their inner power.

One of my favourite methods of self-healing is through utilizing crystal energy and divine messages in the form of oracle or tarot cards. I use tarot and oracle in my daily life. This deck combines crystal healing, divine guidance, and directly channeled energy to promote and instigate deep inner healing and transformation.

Did you know you can connect to energy through imagery? You can actually connect to crystal energy just by looking at the image, connecting to it and yourself, and seeing what comes up for you!

What emotions do you feel when you look at the image? What physical body sensations come up when you gaze at the photo? Any memories? Thoughts?

All of that is your own intuitive insight to an energy that was created during my process of creating these oracle cards. There are so many ways to work with crystals but combining crystal energy and divine messages is one of my favourites.

That is why this deck is so special to me. The entire deck is imbued with the energy from the crystal but also with the channeled message itself. A channeled message from the crystal guardians within this deck. Healing energies are at work when you gaze into the card and connect with its energetic blueprint. I made sure the artwork felt right for each and every card.

### How to use this deck:

When you first get this deck you can cleanse it and charge it however you see fit.

I personally will knock on the deck a certain number of times (3) on both sides and then hold it to my heart and pour my own energy into the deck.

I will then proceed to shuffle the deck as well as I can.

Listen to your intuition and when you feel ready pull your first card. You can have a question or intention in mind but generally the message that comes to you is the one you need to hear.

You can be fancy and say something like;

“Allow my guides to speak to me, through these cards. My intuition allows me to receive messages easily, rapidly and clearly so that I may hear the guidance I need at this moment. I channel the energy of the crystal guides that are infused in this deck to provide me with divine guidance, and to bless me with their energetic blueprint. Thank you, thank you, thank you.”

Or you can just dive right in. Do whatever feels best for you. Your connection to the deck will be uniquely your own.

When doing a reading this is the order of significance:

<Picture, Key Words, Booklet.>

First and foremost, allow the photo of the card to guide you first. Notice what you see, what you think and what you feel when looking at the deck. Any emotional response, physical sensation or thoughts that pop into your head are all part of the message.

Next, look at the keywords and see what message you can put together based on what you felt and what you read. Your intuitive message is THE MOST important interpretation from the deck.

(Crystal Energy is not one size fits all. Each person has a unique molecular build, as do crystals, so your reaction to a crystal image may not be the same as another person. This is why your intuitive message matters more than what is in the book)

Lastly, you can read the message I channeled when creating each card. This is how the Crystal Guardian spoke to me and what it wanted to share in that exact moment of time.

When creating each card, I sat with either the specific crystal physically, the image, or just connecting through the astral realm, and then wrote what it had to say, including action recommendation. I then created the image with the help of AI, the crystal and my channeled message. I made sure the energy was right with each card. I then added affirmations to boost the work of the energy within each of the cards. You can just read it or you can integrate the energy further into your life through affirmations and action. The 'call to action' was received through the crystal I channeled, not my own personal recommendation, so use your own discernment and do what feels right for you. I am not liable for anything you choose to do in your own time. ♥

Happy healing! And most importantly, have fun!  
Enjoy!  
(And if you do I would love for you to leave a review)

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## **Agate - Moss Agate**

**Keywords:** grounding, inner peace, earthly connection.

**Channeled Message:** "Rest yourself in mother nature's palm. Let her do the work of gently cleansing you and lifting you of burdens keeping you feeling stagnant and stuck. Allow the earthly webbing energies to surround you. Hold you. Urging you to remember why you are here. Find peace here. Return here whenever you feel too overburdened by the world and need some time to find your inner peace and inner wisdom and sanctuary again. Allow me to support you, ease your immediate worries and create this place of serenity. Wrap yourself in my earthly webbing. Feel your cheek press against my polished, hard surface, as you lay down, all of your worries, fears, and doubts start to be absorbed into me, lifting you from their hold and presence and leaving you feeling calm, supported and connected."

**Affirmations:** "I allow myself to rest in an earthly embrace." "With each breath I release negativity and embrace inner peace and connectedness" "I ground myself in this moment drawing strength and stability from the earth."

**Call to Action:** Rest my child. Ground. Connect. Remember. Be.

## Amazonite

**Keywords:** Inner truth, communication, deep harmony with self.

**Channeled Message:** "You were meant to be heard, you were meant to be seen for exactly who you ARE. Do not minimize yourself, do not believe those inner monologues that declare you aren't good enough to be just as you are. The fear of being judged and perceived is stifling your energy's creative ability to flow through you. Stop allowing yourself to strangle your authentic truth. Speak freely, sing as loudly as you can and enjoy the freedom that comes with true expression of one's truth. You are ready. You are ready to be heard and seen for exactly who you are. Do not repress yourself any further. Emotions are meant to be felt and released not pushed down and stifled. Allow yourself the freedom of expression and you will watch your life drastically change for the better. You are meant to shine brightly so stand the hell up and fight to be free of the chains you have created. Insights are awaiting your deep knowing presence. You are capable of resolving any of the issues or obstacles that end up in front of you."

**Affirmation:** "I speak and live by my highest truth." "I speak my truth with confidence and compassion." "I release fear and embrace my inner strength" "I set boundaries and protect my energy because I love myself." "I let go of self doubt and embrace my inner power."

**Call to Action:** Speak your truth now. Transform. Become. Embrace. Be free. Be YOU. Never apologize for being you. Trust yourself and your path.

## Amber

**Keywords:** light, warmth, healing, happiness, ancestral knowledge.

**Channeled Message:** "Nurture your presence in this life that you live. Accept warmth and understanding without needing to know 'why'. You are connected to the earth, the sun and the stars. You are an incredible being and you are in a place where you need to just accept that you are radiant like the sun, as flexible as falling leaves, and as immovable as a mountain if you choose to be. Understand that you have the power and ability to create such magic, stability, warmth and all that you desire in this lifetime. If you want to be well, be well. If you want to be happy, be happy. If you want to be rich, allow prosperity to flow to you. Approach the world with warmth and you will find that your experience on this plane will match what you put into it. Protect and cleanse your energy field and decide to make every day a day that you choose warmth, healing, and creation. Your higher self and other energies are looking out for you. Allow yourself to feel protected and whole in this moment. You are supported."

**Affirmation:** "I radiate warmth, light and positivity." "I am connected to ancient wisdom and trust its guidance." "I release negative energy and welcome peace and renewal." "I am resilient and rise above challenges with grace." "I connect to the wisdom of the trees and my ancestors before me." "I attract \*insert what you want to manifest\*"

**Call to Action:** Feel the warmth radiating around you and within you. Feel the presence and support of your ancestors and this planet. Allow yourself to be protected and supported. Focus on the warmth, growth and possibility of all that is and all that is to come.

## **Amethyst**

**Keywords:** Divine connection, spiritual growth, protection, purification.

**Channeled Message:** "You are of the divine. You are made of stars and light. You are an energetic being with the ability to access hidden knowledge. Let me guide you, strengthen your gifts, your intuition, your abilities. Allow me to calm your mind and connect you to higher levels. Feel the tension leaving your shoulders, your face, your jaw, your eyebrows. Feel the energy and messages of your divine consciousness coming through to you. Do you hear them? The whispers? Follow your intuition and start reaching for higher places. Once you unlock the ability to see past your current desires or thoughts you will be able to access so much more deeper healing, deeper knowledge and understanding. Protect your presence, keep your mind sharp and your energy sharper. Now is the time to start utilizing the power that you have access to. Will you accept my call? Connect to your innate divine power and release all of your limiting beliefs and limiting stories that are keeping you confined to where you are stuck. Allow yourself to find stillness, strength and power within your divine body and connect to the light force energy that is available for all to touch. Let it clear you of unwanted energy, let it draw out your blocked energy and heavy emotions, as well as your self-destructive patterns & bad habits. Step into the energy of renewal and co-creation with the universe.  
Surrender."

**Affirmation:** "I am calm, I am kind, I am of the divine." "I release negative thoughts and welcome healing and peace." "I am grounded, centered and open for spiritual development and enhancement." "My dreams bring healing, insight and inspiration." "I am safe, protected and supported no matter where I am."

**Call to Action:** Breathe, believe, and co-create. Open up to divinity. Work on spiritual enhancement, spiritual growth, and psychic growth. Focus on connecting to the divine and protecting your energy.

## **Angelite**

**Keywords:** angelic communication, serenity, self-expression

**Channeled Message:** "You are not alone. You are never alone, even when you feel as though you are alone, you are supported. Your angels, guides and ancestors are with you, watching over you. Find peace with how you exist in the world. Allow your voice to flow freely and express yourself with authenticity, compassion and kindness. Your guides want you to pay attention to their signs and presence. Know that you are always supported by those who have passed on and you always have a group of companions on your journey; human, animal and other. Feel my soothing energy start to relax you and open you up to this calm, open space of communication and existence. Allow your guides to flow through me and to you with ease and reciprocity. Accept this with open arms and gratitude. Be well and find peace."

**Affirmation:** "I am surrounded by the love and protection of my guardian angel and guides." "I trust the divine guidance I receive and follow it with an open heart." "I release fear and welcome divine support into my life" "I feel the presence of my guides, angels and ancestors with me."

**Call to Action:** Start listening and connecting to your guides and loved ones above. Who might be trying to get your attention? Believe and know you are divinely supported. Pay attention to signs and synchronicities.

## Apache Tears

**Keywords:** emotional cleansing, protection, releasing heaviness, deep grounding

**Channeled Message:** "your wounding and baggage are weighing you down. Allow me to release some of the weight. Release yourself from your binds created by emotional traumas, deep seated fears and limiting beliefs. Feel the emotions dropping into your stomach and eating their way down through your feet. Allow your worries to sink away. You may be resisting dealing with these emotions because of how heavy they are however in order for you to move forward in your life you must break those chains and accept, feel and allow the energy to move through you. By resisting feeling you only create great barriers and blockages. You need the energy to flow freely to release. Let me help you. Allow my energy to process your grief, pain, and suffering to turn it into something greater. Once you deal with that stuck, heavy energy you will be surprised what doors open up for you "

**Affirmation:** "I release all emotional pain and allow myself to heal with grace." "I am grounded, entered and anchored in the present moment." "I trust in the healing process and embrace the journey toward emotional freedom" "I allow myself to heal, feel and let go of all that no longer serves me."

**Call to Action:** Start to let go of the past. Forgive yourself. Heal your heart. Go to therapy. ALLOW healing. Release.

## Apatite - Blue Apatite

**Keywords:** access to knowledge, higher perception & mental body clarity

**Channeled Message:** "Seeing many paths and realities is what I do, helping you see the many paths, ideas and knowledge available to you. Ethereal in nature I ask that you approach your current situation or life standing with curiosity, openness and with a new perspective. If you had the ability to create or access anything what would it be? Do not limit yourself and your circumstance with thoughts that are of a lower frequency, become inspired to dream bigger and think outside of the box. What is holding you back? Expand your awareness of the situation or your life path. There is more information at your disposal and you are more than capable of accessing it. What lessons were you meant to learn to set you into motion towards a higher path, a more authentic path. Use your creativity, inner wisdom and utilize connecting with other beings to heighten your perspective."

**Affirmation:** "I am open to new ideas and ways of thinking that expand my consciousness." "I am in tune with my intuition and am open to receiving higher guidance and new perspectives." "I allow my creative energy to flow freely." "My imagination guides me to newer heights."

**Call to Action:** Open up to more possibilities. Branch out. Allow other beings to come into your field of consciousness to promote new perspectives. Meditate on your situation and goals.

Dream bigger.

## Apophyllite

**Keywords:** interdimensional awareness, connection with spirits, the self and pure creation.

**Channeled Message:** "Holy Stone of connection, direct line to above, divine energy intervention, soft brushes of confirmation. Nudging you towards your highest path.

Seeing 'sources' blueprint and grand design at your fingertips. A beckoning to return to the divine energy that is your purist self. Pure intentions, pure of heart, following your destiny while simultaneously creating it. Looking through the windows to other realms you see that there is much more than is currently understood. Awareness expanding your gift of inner and outer sight is enhanced tenfold. Feel your crown and third eye opening to see all that is available to you. Spirits are beckoning you. Attune to all that is around you. The earth spirits, animal spirits, angels, higher beings, higher frequencies, alternate and current realities. Allies all around you. Embrace the sight. Embrace the awareness. Feel the new awareness permeating your consciousness at a rapid speed. You are connected."

**Affirmation:** "I feel a deep connection to my higher self and the universe" "I am a multidimensional being fully aware of my infinite power and wisdom." "I channel the love and wisdom of interdimensional beings into this reality." "I embrace the vastness of my soul's existence across dimensions."

**Call to Action:** Start opening up to higher frequencies and wisdom that is of other realms. Start to connect with the spirits of the land, animals and angels. Foster a relationship with all that exists. Remember.

## **Auralite 23**

**Keywords:** activation of divine blueprint, blessings, balanced awakening, union with higher self, clear your aura and space.

**Channeled Message:** "Purification. Now is the time to start purifying your space, self and environment in order to foster deep connection with yourself and development of your own deep personal power. You are a powerhouse of a human being. You are absolute magic. You know this deep in your soul. Cleanse yourself of your clutter; mind, body and spirit. Clean your space, minimize distractions. The clearer the space, the clearer the mind, the easier to navigate your personal, external and otherworldly experiences. Recognize the blessings all around you young one. Realign to your life's true purpose without letting the material things get in the way. This is a great time of personal evolution for you, physically, emotionally, mentally and spiritually. Take your time, do this properly, and open up and align to your divine blueprint."

**Affirmation:** "I release all that no longer serves me and welcome profound spiritual transformation." "I am protected and supported as I explore the depths of my spiritual evolution." "I trust divine timing." "I clear out any unwanted energy to make room for my destiny to unfold."

**Call to Action:** Personal activation. Map out your life. Clear your energy field. Determine your life path. Connect to your higher self. Heal your emotional body.

## **Aventurine: Blue Aventurine**

**Keywords:** self-discipline, inner strength, intuition, responsibility, accountability.

**Channeled Message:** "You are in control of your life experience. Your intuition strengthens as my energy permeates your awareness but you have always had the strength and ability to create your dream life. I work slowly at integrating your awareness and intuition allowing you to take accountability over your own life and to see where you are holding yourself back or making excuses. Your patterns and bad habits will reveal themselves when working with me so that you carry that inner wisdom and start harmonizing with your higher self and highest path. Gently asking you to get your 'ish together. As soon as your habits and excuses make their way into your awareness it is your responsibility to claim your power and make those changes that are needed. Anything that remains is also a choice. Lean into psychic and spiritual attunement. I can help you concentrate on your goals, abilities and vision. I can bring some peaceful insightful energy so that you may feel ready, empowered and capable for change. My job is to soothe, allow, and bring awareness & inner strength. Your job is to become more self aware and get up and LIVE."

**Affirmation:** "I am disciplined and focused, staying committed to my goals and dreams."  
"I am fully accountable for my growth and trust in my ability to succeed." "I have the strength to make positive changes and release limiting habits."

**Call to Action:** Stop making excuses. Take accountability for your life. Guide yourself to success. Follow your intuition. Refrain from holding yourself back. Make peace with yourself and your decisions.

## **Aventurine: Green Aventurine**

**Keywords:** growth, optimism, confidence, abundance, good luck, zest for life.

**Channeled Message:** "Release attachments and focus on joy! Feel the breeze against your skin! Feel your heart opening with enthusiasm for the spice of life. Life is a miracle, a gem, an adventure! Breathe in the sweet feeling of lightness and enthusiasm for the road ahead. This is your sign of good luck and enjoyment. Hope. Enthusiasm. Optimism. Prosperity. Joy. Belief in something greater. Trusting the universe. Welcoming the earthly experiences that are at your disposal. Spend a little bit of time today 'sniffing the flowers.' Inhale your coffee deeply. Savor the taste of a home cooked meal. Revel in the beauty that is life. Look at the world with 'green aventurine' coloured glasses. With a little more sparkle and admiration."

**Affirmation:** "I welcome joy, abundance and opportunities with an open heart." "I am lucky, the universe constantly brings blessings into my life." "I am a magnet for prosperity, success and good fortune." "I see beauty and potential in every moment, big or small."

**Call to Action:** Experience all of the joy the world has to offer. Lean into optimism and an abundance mindset. Savor all of life's delicacies. Dance in the rain. Gaze at the moon. Enjoy the sun and stars. Create light and magic in your life.

## **Azestulite - White Azestulite**

**Keywords:** DNA & Light Body Activation, spiritual awakening, vibrational ascension, light beings, light worker.

**Channeled Message:** "You are an absolutely powerful light being. You are linked and have access to vast amounts of energy and light source information beyond your current comprehension. Buzzing with absolute pure Azestulite energy the mind can open up to receive downloads from other light beings. You are about to be submerged into some holy waters and coming out anew. This is a summoning to walk a path connected to light beings. Dissolving negative attachments to your current storyline, obliterating anxiety, depression and limiting beliefs, allow the pure white Azestulite light to blast through your body and call forth unity between your body, mind, and spirit. Pure Expansion and Enlightenment."

**Affirmation:** "I allow my DNA to awaken and transform, unlocking ancient wisdom within me."  
"I am illuminated by the light of the Azez, awakening my highest potential." "I am connected to the cosmic grid, receiving and transmitting pure light."

**Call to Action:** Allow the light activation to take place. Seek enlightenment and vibrational ascension through the light beings. Allow light to flow through you, to change you.

## **Bloodstone**

**Keywords:** strength, adversity, perseverance, courage.

**Channeled Message:** “You are capable of getting through anything you are faced with. Times may be a little hard but may this be your gentle reminder that you have made it through every single trial you have gone through; and you will make it through this next chapter. I am here to bring you this moment of calm, support and solace. You may feel weak and unprepared but I am here to remind you you are not weak. May I lend you strength until you can find your own, vitality until you have made it through the hardest days, and courage to face this chapter of your life head on. If you are feeling alone this is your reminder to remember that you are a part of something greater than you can even imagine. You are so incredibly valuable and important and you being here sends ripples further across this universe than you can even imagine. Ground yourself into the moment. Don’t allow your emotions to dictate your next step. Become your own sword and shield. Protect your energy and go forward. You are loved and supported. You CAN do this.”

**Affirmation:** “I am strong, grounded, and capable of overcoming any challenge.” “I release fear and embrace the steady strength within me.” “I have the power to transform challenges into opportunities for growth.” “I draw strength and courage from the infinite energy of the earth.”

**Call to Action:** You are not alone. It will be okay soon. You can do this. You are strong. You are brave. You are more powerful than you know. Take it easy. Ground yourself. Take care of yourself. Remember your strength. This is your sign that you will see the sun again. Find hope and hold on to it.

## Calcite - Orange Calcite

**Keywords:** creativity, joy, playfulness, confidence, inspiration.

**Channeled Message:** "Basking in a beautiful, joyful orange light. Surrounded by vibrancy. Peace and joy surrounding your heart. Extreme pleasure with your life circumstances right now or in the near future. Inspiration and creativity are flowing to you in abundance. The ability to create and experience such a full beautiful life is right at your disposal.

Open up to the beaming, vital energy of the sun. Feel the sun caressing your skin and inspiring everything that you do. Contentment, brilliance, and the ability to see the world anew will provide you with the support and perspective to break through those creative blocks and mental barriers or obstacles that previously seemed challenging or impossible. Your mind moves around with ease, finding new inspiration, insight and solutions to what you are in need of right now. Lean into this vibrant, expansive energy and start creating, start a new chapter and allow the light, bubbly energy to fuel your life. Fill your own cup and share that energy with others. You are a light beacon of hope and happiness. Enjoy it."

**Affirmation:** "I am open to new ideas and allow my creativity to flow effortlessly." "I am energized, motivated and excited to take on life's opportunities." "I am a magnet for positivity, abundance, miracles and fulfilling experiences."

**Call to Action:** Dance, sing, and be free. Look at a problem with a new perspective. Allow divine insight to help you on your path. Be joyous and content.

26 Allow a burst of energy to guide you.  
Start new projects or finish current projects.

## **Carnelian**

**Keywords:** action, fiery energy, determination, 'take the leap'.

**Channeled Message:** "You can do this. There has been a project or 'leap' from your current situation that you have been thinking about making. Take the leap of faith. Start the project. Get busy and dive into your work and passions. Manifest your dream life. Make that big change. This is your time to harness your energy towards taking action towards your goals. No more waiting, planning or thinking, now is the time for ACTION. Here is your boost. Map out your trajectory and take flight. Use the fiery energy of Carnelian to inspire and light a fire under that butt to start working on your passions. No more excuses. Time to get into alignment. If you want to attract something or someone to you, now is the time. Shine brightly, put yourself out there, and light up the night. This is your talisman of success and bounty. Cheers."

**Affirmation:** "I am filled with vibrant energy and unstoppable determination" "I am motivated, focused and ready to take action." "I am deeply connected to my inner fire and allow it to inspire my journey" "I release procrastination and embrace action with focus and confidence."

**Call to Action:** Do the thing! Take the leap. Use that fiery energy. Follow your passions. Create the change. Don't let you hold yourself back.

## Cinnabar

**Keywords:** magic, transformation, alchemy, manifestation.

**Channeled Message:** "I am the master transformer. The master manifestor. The connection to your divine self. Your direct line to your highest self and divinity.

Are you ready for the biggest upgrade, the biggest change and the biggest shift of your life? Now is the time for your largest spiritual awakening yet. Allow me to guide you, renew you, completely alter you. This is alchemy. This is the beginning. The transmutation of your older self to your newer self. You will be able to manifest whatever you want, break through barriers at a rapid speed and accomplish a great amount.

Remember that this is a very divine energy you are accessing so in this time if you are attempting to use that spiritual upgrade in a selfish or negative way you will find yourself left without. Plan your next steps wisely. Spend time visualizing this new you. Step seamlessly into an upgraded version of yourself. You have the ability to shift multiple realities right now. Shift into your most prosperous reality. Focus on what you can do in your life to support yourself and others.

Remember that this moment is a gift and you can either utilize it or squander it."

**Affirmation:** "I wield the power of creation, reshaping my reality to reflect my highest vision." "I unlock the secrets of transformation and embrace infinite potential." "I claim my role as a master alchemist, crafting a life of beauty, power, and transformation."

**Call to Action:** Manifest, create, break through blockages, no excuses!

## Citrine

**Keywords:** mental clarity, creativity, trust, light, wish fulfilled.

**Channeled Message:** Take " a deep breath in... and out. Visualize: breathe in some beautiful, healing and joyful yellow/golden light, and breathe out all of the grey/black negativity and junk you have been accumulating over the past while. Watch all of that negativity leave your body and feel your shoulders drop a little, relaxing as the tension and negativity leave your body. That's it. That's better. Clarity. Clear your mind. Your imagination is the key to manifesting and creation. Visualizing can open so many doors for you. Let's try it now. Visualize my soft, glowing energy wrapping around you, like a warm hug. Take a few more deep breaths. Now tell me, what is the first thing that comes to mind when I ask, "what brings you joy?"  
Awareness.

I now want you to make a wish. Any wish. Imagine your wish is in front of you, hold your hands out in front of you, palms up and ready to hold your wish gently and safely. Imagine your wish as a ball of energy with many sparkles shining within. Now, similar to when a dandelion goes to seed we will end up sending this energy to the universe but not quite yet. Use your imagination and visualize your wish as if it has already happened, as detailed as you can, truly FEEL it. When you feel the energy of your wish build to completion, thank the universe for your wish and release that energy to the world. You can even blow into your hands as you would a dandelion to truly send your wish into the world. Now relax and allow the universe to create in your favour. Enjoy every moment."

**Affirmation:** "I align with the energy of the sun. I feel its warmth, comfort and bright energy." "I trust in my ability to manifest my dreams with clarity and confidence." "I release my doubt and shine my light brightly into the world." "I exist in peace, joy and simple lightness."

**Call to Action:** Make a wish. Manifest. Use your imagination often. Play. Have fun. Focus on joy.

## Danburite

**Keywords:** angelic connection, quiet the mind, freedom from stress, peace.

**Channeled Message:** "Fill your mind with silence. Quiet the chaos of the mind. Too many chattering thoughts, stresses and worries. Allow me to gently quiet your mind, releasing you from your worries and anxiety. You attract what you put your mind to, instead of the chaos and worry spend some time in silence clearing your mind so you are more capable of hearing the divine guidance from your angels and guides. How can you hear them over the chatter? If you are struggling mentally right now remember that I have the ability to aid you in summoning peace. This is an angelic rescue. You are in dire need of some reprieve from your own mind. Find ways to bring yourself peace. Meditate, journal, release, LET GO of what you cannot control and what no longer serves you. Take a bloody breath and allow your angels to assist you in calming. If you don't have a piece of me (Danburite), ask your angels for help. Your angels cannot help if you do not ask and you cannot hear us if your mind is at a constant state of stress. Relax now young one. Lean into a peaceful rest. Do what you can and let the rest fall away."

**Affirmation:** "I release all emotional burdens and welcome healing and peace into my life." "I am deeply connected to my higher self and the divine." "I let go of fear and embrace peace and serenity within me." "I release all that no longer serves me, creating space for joy and light."

**Call to Action:** Let go. Find peace. Rest is needed.

Take a breath. Meditate. Self-care.

Ask your angels for help.

## **Dioptase**

**Keywords:** forgiveness, compassion, healing of traumas and karmic patterns, release.

**Channeled Message:** "Your heart is in need of some deep healing and deep release my dear. Too long have you held on to the pass and the deep pains that you acquired along the way. Let me free you from your burdens. I aim to awaken compassion in you. Compassion and forgiveness for yourself. Allow me to replace the pain and hurt with a wholesome, healing energy. Allow the anger and hurt you hold onto caused by others to leave your heart and open up to the feeling of release. Holding on only hurts you. Any frustrations, jealousy, anxiety and suffering; **RELEASE.** Allow the awareness of the cords that need to be cut to flow into the front of your mind. Any situation or person that comes to mind, release them. Release their hold over you. Understand that your resentment, your hurt and anger only strengthen their power over you. Release it and take back your power. They may not deserve forgiveness but you do. Forgive yourself for not knowing what you know now. Forgive yourself for allowing the suffering to continue longer than it needed to. Destroy the bonds holding you to the past and move forward, lighter and more empowered. Prepare for deeper healing. Feel my energy permeating your heart and flowing through the rest of your body. Release. Let Go. Live."

**Affirmation:** "I release past wounds and open my heart to profound healing and renewal." "I am worthy of love, forgiveness, and compassion" "I let go of resentment and embrace the liberating energy of forgiveness." "I am resilient, strong, and capable of creating a life filled with love and harmony."

**Call to Action:** Relinquish the hold that your past has on you. Forgive yourself and others. Awareness of victim mentality. Karmic release. Let go of all that no longer serves you. Heart healing. Focus on compassion and kindness. Self compassion.

## **Epidote**

**Keywords:** release negativity, attracting what you emanate, powerful generator.

**Channeled Message:** "You are a powerful energetic being. You are currently attracting what you put out into the world so be very careful with the energy that you give others. If you emanate joy and abundance you will get that back tenfold, if you emanate attitude and spite you will also get that back tenfold. Now is the time to release any negative energy and start omitting the energy you would like to receive. Lean into love and generosity and steer clear of jealousy and negativity. This is a bittersweet time in your life where you are capable of creating the most magical and masterful life, but you also have the capability of creating more stagnancy and sorrow. Ground yourself, lean into your true gifts and allow this to help you find the silver lining. Turn away from hopelessness and judgemental thoughts and embrace the true potential of this magnifier. Heal, raise the vibe or fall further. The choice is yours. Reap what you sow."

**Affirmation:** "I embrace the amplification of my strengths and release self doubt." "I align my thoughts, emotions and actions with my highest intentions." "I align with my higher self." "I choose positivity, compassion and kindness."

**Call to Action:** Step up. Realize that you reap what you sow. Reflect upon what you put into the world. Are you looking through a negative lens or a positive lens?

## **Empowerite**

**Keywords:** personal power, full embodiment, strength, confidence.

**Channeled Message:** "You are an empowered being. Breathing light and creation into the world. You lack the ability to see how truly powerful you are. Lean into confidence and start accepting your powerful presence. Whatever you want to do, put your entire being and commitment into it. You are fully in command of your life experience and this is a calling to become aware of that. You are wholly empowered and when we allow ourselves to experience true empowerment we can do things that were previously were unable to do. Completely releasing self doubt will free you from limitations you may not have been aware of. Know who you are and be courageous enough to be fully authentic in that self and you will truly be an unstoppable empowered being. It is time to come home."

**Affirmation:** "I know who I am." "I am empowered to create the life I desire." "I free myself from self doubt and take back my power." "I am a beacon of strength, resilience and confidence."

**Call to Action:** Lean into your power. Dream big and then dream even bigger. Take a leap of faith. Trust your divine inner power. Realize that you are an empowered being.

## **Flint**

**Keywords:** creating structure, self-discipline, honesty, practicality.

**Channeled Message:** "Ground yourself completely in the physical world. Now is not the time for spiritual, airy, light vibes. Now is the time for grounding into your physical body and getting extremely clear on what you need to dedicate your time and energy to. Stability is needed. You are depleting your energy faster than you are recovering it. Spending too much time in the emotional/mental/spiritual realms can exhaust you. Without proper care, dedication and focus you can lose sight of what is truly important in the moment. Be honest with yourself. Are you truly focusing on what is most important? This is your calling to bring yourself down to earth so that you can best utilize all of your angelic and spiritual experiences and focus your energy into maintaining a proper balance. Nutrition, exercise, sleep, water, meditation. Where are you in need of some extra focus? The more grounded and rooted you are in your body, your truth and your work, the more you will be able to leave behind your past wounds and drama and move forward with exercised precision."

**Affirmation:** "I release mental clutter and embrace focused, purposeful thinking." "I am rooted in the present moment. Balanced and secure." "I am deeply grounded and connected to the stabilizing energy of the earth." "I am clear on what I want to accomplish." "I am honest and practical."

**Call to Action:** Get real with yourself and your current needs. Get your head out of the clouds. Focus your attention. Steer clear of drama. Connect to your physical body to maintain alignment.

## **Garnet**

**Keywords:** strength, security, release mental attachments, ancient roots.

**Channeled Message:** "Settle down and take a seat. The time to settle into the earth and learn it's deep wisdom is now. You have been unsettled recently. Deep fears, anxieties and pressures are ruling your experience. You have lost touch with your root. The root of who you are as a society. Before technology there were connected beings. Now there is disconnect and weakness.

Strengthen your roots. Centre and ground yourself. Take care of your physical needs. Protect your energy and relearn why you are here. You are meant to be focused on the body. You are meant to be still so you may receive the guidance of your ancestors. Focus on strengthening your roots. Build a foundation of health and wellness. When you genuinely root yourself, feel connected to the earth and feel secure in yourself and your environment you will prosper. Find safety within yourself. You are safe. You are protected. You are divinely guided. You just need to settle down to listen."

**Affirmation:** "I am deeply grounded and rooted in my own body and self" "I feel secure and know I am divinely protected" "I am safe, secure and protected in all areas of my life." "I take care of my mind, body and spirit."

**Call to Action:** Nourish your body. Find security. Focus on stability. Know you are loved and protected by your ancestors. Heal the root chakra. Focus on building a solid foundation of the self. Learn more about your ancestry.

## Gem Silica

**Keywords:** goddess energy, clairvoyance, joy, peace, power, deep feminine.

**Channeled Message:** "Speak eloquently, speak your truth, empower yourself with divine feminine, goddess energy. Express yourself in your most authentic way. In past realities you were a divine goddess, powerful priestess or acolyte who held immense power, respect, honor and a deep understanding of the energies of the world. Open up to that innate power and access it in this lifetime. Allow my light energy to fill your heart and open your third eye. Allow me to mend some of the grief that has settled deep in your chest, opening you up to expansion and deeper love for yourself and your authentic feelings. Sing, pray, chant and use your voice to empower, release, and to destroy any barriers preventing you from accessing and sharing your truest form of expression. Regardless of your gender or identity, allow the goddess energy to flow through you and activate your inner power to facilitate growth, healing, divine communication and access to higher goddess energies. Blessed be."

**Affirmation:** "I embody the energy of the divine goddess, radiating grace, wisdom and strength." "I align with the sacred feminine energy within, allowing my inner goddess to shine." "I am deeply connected to the divine realms, receiving insight with clarity and purpose."

**Call to Action:** Communicate effectively and authentically. Clear any blockages in your emotional body or psyche preventing you from expressing your true self. Step into your power. Allow the goddess energy to flow through you.

Focus on living from a place of joy and peace.

## Healerite

**Keywords:** broad-spectrum healing, 'impossible' healing, expansion, subtle-matter energy, beliefs.

**Channeled Message:** "Are you ready to accept profound healing? Imagine your body as a fluid being able to adapt and overcome through an infusion of energies interacting with your atoms on a cellular level, making your body malleable to your will. Many lessons could be learned from me but for now let's break down the limitations of the human mind. If you could heal any ailment with your mind would you?

Then why haven't you? Self-healing is absolutely possible. Your body is made up of a liquid crystal matrix. Allow the energies to permeate your liquid crystal body matrix and make the shifts necessary to utilize energy healing to the fullest extent. This isn't just to stimulate the body healing itself, it is also to stimulate spiritual awakening and development. When you believe fully that you are whole, strong and complete you are far more capable of making the actual change needed to repair the mends in your psyche, body and aura. At this point your mind will start arguing and validating your injuries & ailments but that is the opposite of what you need. That is the ego telling you it's impossible to heal due to 'x,y, and z'. Your ego is trying to keep you comfortable and safe. Break through that and attempt the 'impossible.' What do you truly have to lose? If you do end up feeling better that would only benefit you. Can you break through the fear of identity loss and let go of the identification long enough to try. You may now choose to attempt a new perspective or stay in your current reality."

**Affirmation:** "I am healed, strong and full of joy." "I trust in my body's natural ability to heal and restore balance." "I am supported and nurtured by the energy of Healerite, bringing healing to all levels of my being." "I release stress and tension, allowing my body to heal and regenerate."

**Call to Action:** Stop identifying with weakness and focus your attention on healing at an energetic and cellular level. Imagine yourself healed and whole. Reflect upon what you would feel or think if you miraculously didn't have the struggles that you do now. What would that mean about your reality? What would it mean about the stories you have been telling yourself? Have you been carrying a narrative that should be released? Start making little perspective shifts on your capabilities and abilities. Address fear and your ego. Dare to believe in the 'impossible.' Relax your shoulders, unclench your jaw, feel the tension leaving your body and instigating your healing.

## **Howlite**

**Keywords:** silence, sleep, calm, rest, soothing.

**Channeled Message:** "The sleepest, most soothing energy. If you are in need of rest then you can lay here a while. Soak in the serene, silent energy of Howlite. Calming, regulating, wholesome. Rest, solace and comfort are needed. Time to prioritize the calm, soothing energy. Whether you are in need of a new coping mechanism, a little escape from the world, or just a moment to relax all of the muscles in your body... I am where you will want to be. Relax on a bed of Howlite. Feel the smooth rock surface against your cheek, feel the calm, soothing energy lulling you into a deep, deep peaceful state. Your body will relax so deeply that it will feel like you are floating in a cloud. Working with me can even give you a little body buzz. A cool embrace. A place to stay when you need to feel safe and worry free. Come to me when you need some peace. Or a sweet lullaby."

**Affirmation:** "I am calm, centered, and at peace with myself and the world around me." "I release stress, anxiety, and worry, allowing peace to flow through me." "I embrace stillness and find serenity in the present moment."

**Call to Action:** Find some time to relax. Allow all of your muscles to relax. No distractions. Get cozy. Rest is needed. Healthy coping mechanisms are needed. Release stress.

## Hypersthene

**Keywords:** visionary awareness, self discovery, accepting one's shadow.

**Channeled Message:** "There is something that you need more insight on. You are in need of more answers, a new perspective or some new information that can help you make the most aligned decisions.

Visionary insight and aiding in psychic visions and awareness is my priority. The messenger, the key and the channel for understanding, awareness and healing of the separation of one's self and their shadow self.

Until one is fully aware of their shadow self and accepts those harder parts of themselves, one cannot truly accept and move forward in the most enlightened way, nor can they make the most educated decisions

to achieve their goals and live according to their highest path. Becoming aware of any psychological problems and any unconscious habits will undoubtedly help you find the answers or information you need to continue moving forward in this moment.

Now may be a good time to heighten your awareness.

Ask and you shall receive."

**Affirmation:** "I embrace self reflection as a tool for growth and transformation." "I am patient and kind with myself as I uncover deeper truths within." "I trust my intuition to guide me toward clarity and truth."

**Call to Action:** Therapy. Healing. Deal with your past trauma. Stop avoiding the hard stuff. Need to inspect the situation further. Need to get more familiar with your shadow self.

## Jade - Nephrite Jade

**Keywords:** good luck, prosperity, abundance, health, longevity.

**Channeled Message:** "This is your sign that things are about to start going your way! Now is the time to focus on abundance, prosperity, health and wealth! Wholesome growth is around the corner. The flow of energy is about to turn towards you. Expect to receive some money, good news or overall good luck. This is the energy of affirmation! Focus on enjoying life to the fullest and doing what brings you joy and happiness. Put some energy into skin care since you will be absorbing a lot of renewed energy. Let go of that scarcity mindset. Let go of fear and doubt. Go forward with enthusiasm and know that you will succeed. Looking for a new job? You will find it. Hoping to meet someone special? Already on their way. Need some extra money? The solution is on its way to you. Focus on gratitude for all that you currently have and know in your heart that more is on the way."

**Affirmation:** "I honour my journey and trust in the abundance the universe provides." "I am a magnet for good fortune, success and joyful opportunities." "I am grounded and supported, knowing as am safe and secure."

**Call to Action:** Release stress. Exist in excitement. Open ups to abundance and opportunity. Enjoy.

## Jasper - Brecciated Jasper

**Keywords:** broken becoming whole, mental clarity, focus, resilience, emotional strength.

**Channeled Message:** "Lean on me when you need someone. I see your value even if you do not. My name holds a great deal of importance. It reminds us that although we may feel broken down and struggling, those pieces can be transformed into something beautiful. Society puts a ridiculous amount of pressure on people to be, feel and act a certain way but I want you to know that you are beautiful just the way you are. You are perfectly imperfect. Your broken, sharp jagged edges are going to come together into a beautifully unique work of art and you need to stick around to see the full process. Brecciated Jasper is made up of many fragmented pieces coming together as a whole, and it is no less valuable. Allow me to be the eye and visionary. I see what you will become and it is worth the wait, I assure you. Ground yourself, find a way to hold on until the hard parts pass. You are going to be in the best chapter of your life before you know it and one day you will look back at the process and understand why some pieces had to break so you could fit exactly where you were meant to be."

**Affirmation:** "I am stronger than I realize, and I will get through this moment. ." "I am not alone- support and love surround me, even when I can't see it." "I allow myself to release the past and step into a brighter future." "I give myself permission to rest and take care of my needs." "I am worthy of love and healing no matter what I am going through." "I am compassionate with myself and treat myself with kindness."

**Call to Action:** Find support. You are valued. You are so freaking worthy of existing. Speak to someone if you need. The best chapters of your life haven't happened yet. Wait for the magic to happen. I love you.

## Jet

**Keywords:** protection, purification, grounding, removal.

**Channeled Message:** "Have you been feeling a little spacey, distracted or agitated lately? If you have been feeling a little scatter brained, unfocused and drained of energy now would be a good time to focus on shielding, clearing your aura and protecting that energy. I cleanse and charge up your aura with ease allowing you to feel more connected and grounded. When I am needed it is usually for a reason. Time to get seriously grounded and protected. Time to filter out any impurities in your life. If you are surrounded by or consuming some form of toxins, now may be the time to reduce the time you spend using harsh chemicals or heavily fragranced items. You need to be incredibly honest with yourself. Whatever comes to mind when looking at this card is likely something that you need to work on removing & clearing from your life."

**Affirmation:** "I release negativity and embrace change." "I am safe, secure and shielded from harmful energies." "I am anchored in the present moment, supported and grounded."

**Call to Action:** Energetically cleanse your space. Focus on quitting bad habits. Reduce your use of harsh chemicals. Be completely real with yourself. Ground yourself and protect your energy. Clean your harm. Start over fresh.

## Kunzite

**Keywords:** divine love, emotional healing, heart opening, release, receptivity.

**Channeled Message:** "Gentleness, compassionate and kind, that is the way of Kunzite. Light and uplifting, gentle and whole, the light violet, pink energy caresses the heart with gentle care. Healing heartbreak and easing heartache. -Urging you to love yourself and others as deeply as possible. Open up to the energy and allow your heart to communicate more freely. If you have been feeling lonely my energy will offer comfort. If you have been feeling sorrow my energy will uplift and assist you in focusing on the small joys that are always around you, sometimes you just have to look hard enough. Occasionally this loving energy has lessons to bestow but that is unique to each person. For now let us just take this as a sign that you need a little more joy and celebration in your life. When you allow yourself to experience joy, and when you seek out joy specifically and with intention, you will find that you notice more of it. That it begins to become attracted to you. When your heart opens you will be far more receptive and receptive energy also attracts a lot more joy, opportunities and happiness. Allow the energy to uplift you, you deserve it. Open up to all the possibilities. Do not let your heart limit you by shutting people and experiences out."

**Affirmation:** "I release past pain and welcome peace and forgiveness into my heart." "I am deserving of love, joy and emotional harmony." "I show my heart to open fully, welcoming love in all forms."

**Call to Action:** Open your heart. Focus on Love and Joy. Acquire a 'Glass half full' mentality.

## **Kyanite**

**Keywords:** inner bridges, true abilities, breaking through limitations and blockages.

**Channeled Message:** "You are special. Your self doubt, and lack of self worth is preventing you from seeing your own true talents and inner abilities. When you are stuck looking outside of yourself you tend to miss all of the incredible parts of yourself. This is your stopping point to refocus on grounding yourself. Once you ground yourself fully in your body, all the way down to the soles of your feet, you can start mending those inner bridges, wounds and blockages that are preventing you from seeing your true capabilities. You need a strong sense of self and a strong foundation to start working on building up any skill set or spiritual abilities. Placing a piece of Kyanite at your feet and a chunk of selenite at your crown is the best way to channel through your energetic blocks and refocus your energy on your own gifts. Replenishing your sense of self, grounding yourself and blasting through blockages that are preventing you from accessing higher potentials. Working with me will leave you feeling grounded, replenished and refreshed.  
Ready to conquer anything."

**Affirmation:** "I am free of fear and doubt, embracing the flow of grounding energy and acceptance into my life." "I release blockages and allow energy to flow freely through my body and spirit." "I am deeply connected to the earth, myself and my abilities and talents."

**Call to Action:** Get grounded. Get down to the nitty gritty healing and break through blockages keeping you from facing your fears and realizing your inner strengths and abilities.

## Labradorite

**Keywords:** magic, protection, dreams, transformation.

**Channeled Message:** "You are so incredibly strong. You are POWERFUL. You are full of limitless potential. If you want to change something in your life you have the power to do so. Our limiting beliefs and mindset prevent us from realizing how truly magnificent and powerful you are. My message for you is to simply create. Step into your power, manifest to your heart's content and become the person you are destined to be. If you want to be more confident, realize how incredible you are and step into your confidence. If you are hoping to start a business but are too afraid to start, do it anyway. Your potential and your ability to learn, grow and try again are what make you a powerhouse and pure magic. When you allow yourself to simply BE you will realize that all of the mind chatter, all of the excuses and all of the fears will rise and then fall away. You can either latch on to those emotions, feelings and thoughts, or you can TRANSFORM and UPLEVEL. This is your time to shine. Make it so."

**Affirmation:** "I embrace the magic within me and trust in my limitless potential." "I am a powerful creator, capable of manifesting my dreams into reality." "I release fear and embrace change as my path to my highest growth."

**Call to Action:** Create. Change. Make your own path.  
Let go of fear.  
Step into your power and magic. Be you!

## Lapis Lazuli

**Keywords:** inner vision, royal virtues, honesty, authenticity.

**Channeled Message:** "You are of the divine. Step into your power and be incredibly honest with yourself. What are you currently putting into the world and does it match your god/goddess energy potential? Straighten that crown, meditate and get really clear on what you want to put into this world; energetically, creatively, materialistically, and visually. We all have something very special and unique to offer the world but sometimes we forget what an absolute divine being we are and we waste our efforts on the surface fears and doubts that cloud our judgement. Now is the time to take yourself on an inner journey and rediscover the 'king' or 'queen' that has been buried deep down. Invoke divine inspiration and truly uncover what is keeping you stuck and allow yourself to receive the answers you need. No more blocking Source out because you are afraid of the answers. Own it and own your life."

**Affirmation:** "I honour the wisdom within me and allow it to illuminate my path." "I radiate confidence and self assurance, sharing my unique perspective with the world."

**Call to Action:** Step into your regal, authoritative energy. Be truly honest with yourself In the ways you are holding yourself back. Lean into confidence and empowerment.

## Larimar

**Keywords:** cooling, calming, inspirational, divine femininity, nurtured wellbeing, pure inner peace.

**Channeled Message:** "Peace, gentleness, virtue and eloquence. Eating into a gentle and humble confidence with ease. Setting boundaries and owning your unique talents and abilities. You have entered a state of knowing and emotional healing. You have claimed your power and are moving with the flow of divine energy and fluidity in purpose and life. You allow your purpose to unfold as it may and you accept the cleansing of fear, anger and stress.

Releasing judgement and the ego's stories that once were fact but are now just a voice to be released. Stepping into this knowing and cooling, calm energies will allow you to live a life full of peace and inner connectedness. You waited a long time to be here and now you have made it. Feel the cool, calming energies of Larimar ease you into a state of pure light and ample opportunities. Into a state of flow and reciprocity. No demands, no striving, no anticipating. Just accepting, allowing, and inner peace. Rest here, thrive here and arise renewed. You have waited a long time to get here, but it was worth the wait."

**Affirmation:** "I am calm, centred and at peace with myself and the world around me." "I am deeply connected to the flow of life and trust in the process of my journey." "I trust in the wisdom and direction of the universe and allow it to flow to, through and around me effortlessly."

**Call to Action:** Lean into deep relaxation. Listen to your inner voice, your intuition. Feel into your existence. Let go of all that ails you. Restore. Adapt. Go with the flow and allow energy to flow through you and to release from you. Allow natural manifestation and find a sense of deep inner peace. Enjoyment. Fulfilment. Cool, peaceful, bliss. Curate a deep and complete trust that the universe is as it should be.

## Lepidolite

**Keywords:** mindfulness, presence, stress relief, releasing anxiety and worry, comfort.

**Channeled Message:** "Oh hun, give me some of your worries and stress. Let me send you some comfort and allow me to assist you in calming those frayed nerves. Shhh my sweet child. You are safe. Return to me when you are in need.

This fear and this anxiety you feel are eating away at you. Release it to me. Take 5 deep breaths my love. Breathe deeply in, hold for two seconds and then release slowly. Just know that any turbulence in your life that occurs, you are fully capable of handling it and dealing with what life throws at you. Stressing ahead only means you have to endure it for longer. Focus on the now. Focus on what is directly in front of you. What is tomorrow's is meant for another day. I offer you support and reassurance that everything will end up working out exactly as it should. Allow your body to let out a sigh of relief. If it doesn't feel like authentic relief, keep sighing until your body truly believes it is safe."

**Affirmation:** "I trust that I can handle whatever life throws my way. I have in the past and I will again." "I trust my ability to overcome challenges and to grow stronger each day." "I welcome stillness and trust in the power of rest and renewal." "I am resilient and capable of creating the life I desire."

**Call to Action:** You are safe. Take a moment to ground yourself and focus on safety and relaxation. Take deep breaths. Focus on what is in your immediate space. Count how many round objects are in your vicinity. How many purple objects are there? Okay, more deep breaths, and then do something that brings you peace. Read a book, play a game, enjoy a bath. Focus on enjoyment of what you can at the moment, even if it is just the feeling of a soft blanket against your skin.

## **Magnetite**

**Keywords:** balance polarity, awaken hidden potential, ground loose energies.

**Channeled Message:** "Holy, you are in need of a rebalancing. Hum. Just hum. Feel the reverberations ground you into the present moment. You are in dire need of some balance in your life. Balance of the physical and spiritual, masculine and feminine, high and lower energy. A strong effort in balancing your energy is needed. Having too much of one frequency can really weigh you down or gave you spaced out. If you find that you sent getting things done, if you sent reaching your goals or loving write to the potential you know you could be, this is why. If you are too logical, lean into creativity. If you are too imaginative and in the dreaming stages, lean into organization and delegating tasks to yourself. Seeking out your imbalances will help you figure out what you are missing or what you are ignoring in your life. Balance out those imbalances and you will see a huge shift in your reality."

**Affirmation:** "I am balanced and harmonized, aware of my strengths and weaknesses" "I release extremes and welcome the steady flow of harmony." "I honour the balance between my inner world and the outer world."

**Call to Action:** Regulate your nervous system, get organized or get creative. Focus on creating balance and awareness in your life. Equality. Your mood swings are telling you something.

## **Malachite**

**Keywords:** sovereignty, leadership, confidence, creativity, overcoming fear and past trauma.

**Channeled Message:** "you are sovereign. You are a dreamer, a healer and a master manifestor. Your power is in your uniqueness. Once you allow yourself to open up to this reality where you are aware of your power you will start to create a huge shift in your reality. Allowing your heart and passions to guide you. Once you realize your uniqueness is your divine right and your divine power and purpose in this world, you will be unstoppable. Overcoming that fear and doubt will be your mission. Healing your heart through affirmations, passionate work, prayer and pure divine trust and belief is how you will step into your shining era. The era of truth and power. Lean into confidence, take responsibility for your success and break through your fear and biased limitations. Be free, be loving, be kind and be true to you."

**Affirmation:** "I stand fully in my sovereignty, embracing my inner power and truth." "I release the weight of fear and embrace my natural ability to shine." "I lead with integrity and courage, knowing my truth lights the way forward." "I am a fearless creator, turning my visions into reality with confidence and ease."

**Call to Action:** Step into your creative and leadership qualities to create the life you want. Let go of fear. Follow your heart. Step into your power. Heal from your past and move forward confidently.

## **Merlinite - Black Merlinite**

**Keywords:** meditation, deep unconscious, 'all that is', shamanic journeying.

**Channeled Message:** "I am 'all that is'. I am the I AM. I am the connection to your divine self, I am also the divine self. I am of you and around you. I can connect you to your ancestors, connect you to yourself, take you on a journey or many. I am your direct line to nothingness and everything. If you need to find connection, silence, clarity, space; I am your guide. Entering the great unknown takes courage and bravery. If you are standing on the edge but are unsure as to whether to take the leap or to find another way, lean into me. If you are uncertain if you are on the path that you should be, lean into me. If you are overwhelmed with life and all of the challenges, obstacles and opportunities, lean on me. I offer you the chance to find peace in the great expanse of space. Pure nothingness can lead to the best bouts of inspiration, the most peaceful retreats, or the option of divine safety. What do you need?"

**Affirmation:** "I am connected to All That Is." "I am deeply connected to the mysteries of the unseen, embracing the magic within me." "I release fear and welcome the lessons that come from exploring the shadow self." "I am protected and empowered as I explore the depths of my soul."

**Call to Action:** Enter the void. Begin a journey or pause your journey to rest. Why are you here? What do you desire? Do you desire connection, communication, rest or answers? Meditate with black merlinite. Ask for guidance, direction, peace or divine sight.

## **Mystic Merlinite**

**Keywords:** creating through magic, wholeness, infinite possibilities.

**Channeled Message:** "A surge of magic pulses through you, energy and vitality running through your veins. You are full of potent, pure creative energy. Once you open up to the raw magic of pure creation in the dream realm (daydreaming) then you open yourself up to access the "Magician" archetype energy. Embody that energy. You can then use your power, knowledge, skill and ideas to make such great changes for yourself and the world around you. Part of you is stuck in the past. Whether that be a past life, past karmic cycle, or your current reality's past. Now is the time to activate your own innate power and break free from your limiting past, increase your self awareness, and embody your inner Magician. You already have access, you just need to use the tools that are already at your disposal. Not just spiritual tools, spiritual tools, physical tools and your mind. Move forward in alignment."

**Affirmation:** "I honour the wisdom within me and I trust my intuition to guide me to new heights." "I welcome Mystic Merlinite's energy to enhance my spiritual and intuitive gifts." "I step into my Inner Magician mindset and accept my powers of transformation." "I feel my power and I allow my power to awaken to its fullest potential."

**Call to Action:** Connect and channel your inner Magician Archetype. Use all of the tools at your disposal to heighten your awareness and lean into your true potential. Find clarity, power and confidence to create, be and thrive.

## Moldavite

**Keywords:** rapid spiritual evolution, cleansing and protecting, synchronicities.

**Channeled Message:** "Listen and watch for the signs. Your angels, guides and light beings are rapidly trying to move you towards your highest good. They are working to make you aware of all of the things you need to let go of; situations, relationships, places, or items... You can begin to awaken to a vast spiritual realm full of possibilities but the tighter you hold on to your old life, the more the shift will hurt. Transformation can sometimes require some intense heat, and the most unique and beautiful outcome will rise from the ashes. Allow the warm, hot energy of Moldavite to burn away anything that is no longer serving you, allowing you to rise into power and begin anew. This energy heals the heart and any unnerving patterns allowing you to have more breakthroughs. If you are in need of a breakthrough or change this may be your sign that you are holding on too tightly to something that is inhibiting you from reaching the higher potentials."

**Affirmation:** "I rise to my potential and allow anything that no longer serves me to fall away." "I embrace transformation, trusting that it leads me to my highest potential." "I allow this moment to be a catalyst for change."

**Call to Action:** Stop resisting change. Do not hold yourself back from your highest good. Watch for signs and synchronicities. Let go. Allow the transformative properties of Moldavite to make your path forward more clear.

## **Morganite**

**Keywords:** divine love, compassion, open your heart, divine love.

**Channeled Message:** "Divine love is a frequency that is so transformational. If you learn how to access the vast ocean of abundant cosmic love and divinity you wouldn't ever feel alone, less than, or unworthy. The connection you can feel when accessing the divine love that is readily available to you will release many of your burdens keeping you feeling small and unloved. Allow my energy to cleanse you of all burdens, pain and harmful resolve. Let me submerge you in the flow of cosmic and divine love that flows around you. Once you access the rivers of my energy you cannot possibly feel alone and unsupported. If you are drawn to me that is a clear sign you need to bask in my energy. You are a divine and whole being, worthy of love and success. Your heart is heavy, rest within my healing rivers. Surrender to the power of divine love, recovery, cleansing and uplifting, soul cleansing, abundant love. Feel your pain washing away and a slow and steady pink aura washing over you, comforting you and cleansing you. Stay here, connect with this energy and replenish your cup whenever you need it."

**Affirmation:** "I cleanse and refresh myself using the divine, cosmic flow of ultimate love." "I open my heart to unconditional love, allowing it to flow freely through me." "I am surrounded by loving, nurturing energy that supports my growth." "I welcome divine support and embrace the higher guidance of compassion."

**Call to Action:** Connect with the energy of the ever available flow of universal, divine love. Allow yourself to rest and rejuvenate yourself here. Connect to this watery, light filled realm whenever you are in need of connection, refreshment, support or lightness.

## **Nebula Stone**

**Keywords:** feeling at home in your body, light being, aspirations and possibilities.

**Channeled Message:** "I, Nebula, pull you back into your divinity and ground you into your body. You are filled with warmth and enoughness. You are a light being, placed on this earth for a reason. Awaken to that reason. Feel your purpose permeate your body from the top of your head, down to the tips of your toes. You now have the courage to align with your purpose. Focus on the possibilities you see through your third eye to propel you into your next transformation. You are a vessel filled with divine light and purpose. Knowing this can set you free. All of the merciless every day, petty worries now feel obsolete. You are stepping into your inner knowing, your inner power and understanding. Connected in the physical realm you see your true light and are ready to share it with the world. Remember who you are."

**Affirmation:** "I am aligned with the cosmic flow of energy, uniting heavenly realms and earthly realms within me." "I embrace the synergy of my mind, body and spirit, harmonizing them as one." "I release fear and limitation, welcoming expansive thinking and infinite possibility."

**Call to Action:** Ground into your sense of self, your purpose and your light beingness. Feel at home on this earthly plane while remembering you are pure power and divinity. What worries, thoughts, or judgments are you spending your energy on that wouldn't truly matter if you stepped into your divine purpose?

## Nuummite

**Keywords:** journey to the core, self mastery, ownership, depths of the unconscious, releasing the 'victim'.

**Channeled Message:** "Deep inner power lies within. When you try to control external environments and forces you give away your power. My energy helps you take your power back and ground yourself into the reality that is your inner power. Journeying to the core of yourself is like digging through all of the layers of the earth. Seeking understanding of all of your layers and taking ownership for where you are now. This Journey to the depths is not a journey for the weak. With self discovery comes self awareness, acceptance and actualization that leads to empowerment over your own circumstances. Your self claimed "powerlessness" is just that, self claimed and self owned. It is easier to lean into a victim mentality than it is to take ownership of the way your life has gone. Are you ready to recognize the truth? Are you ready to journey down into the layers of the unconscious? Can you recover your power and understand that it is you that holds the reigns of your life? You must honor and integrate the parts of you that you are not fully aware of for you to be truly effective in shining your light into the world. Stop hiding, stop fearing the unknown, and start your journey."

**Affirmation:** "I acknowledge my shadow self, embracing all parts of me with compassion and understanding." "I dissolve illusions and welcome the clarity that comes from honest self-reflection." "I am resilient and courageous, discovering new paths of wisdom through introspection." "I release victim mentality and own my personal power."

**Call to Action:** Notice the ways you play into victim mentality. Do shadow work and self reflection practices. Have you been making excuses for yourself? What are you refusing to admit about yourself or your circumstances?

## Opal: Violet Flame Opal

**Keywords:** purification and protection of the Violet flame, emotional balance, witch wound healing.

**Channeled Message:** "Open up to the communication of angelic beings and spirit guides and guardians. You are being asked to focus and channel your energy into purifying and protecting yourself, seeking clarity and breaking free of the matrix. (Whatever that may mean for you). The Violet Flame is an incredibly powerful purifying and cleansing energy. I embody that energy but also have another message within. Healing of the witch wound. Healing of the fears that keep you from sharing your magic with the world. Allow the purple flame to burn away the fears that stifle your personal magic. Encouraging you to speak your truth, manifest through your words, song and energy. Igniting creativity, power and resolution to be your most powerful, authentic self."

**Affirmation:** "I trust in my inner power to heal, uplift, and illuminate my path forward." "I honour my spiritual evolution, cherishing each moment of growth, discovery and awakening." "I allow the purple flame to burn away all of my fear and doubt, cleansing me of negativity, and allow it to protect me."

**Call to Action:** Purify and cleanse yourself and your space. Define what breaking free of the matrix means for you. Own your power. Notice where you need some inner healing; to accept your shadow self and claim your power.

## Prehnite

**Keywords:** depression, inner peace, support from nonphysical beings, you can do this.

**Channeled Message:** "It is time to get up my child. You have been dormant for too long. There is still fight in you. Persevere. Take me with you so that you do not need to battle your demons on your own. Allow me to be a direct line to your inner willpower and inner fighter. If you are not feeling like you can go forward at this time, allow me to fight alongside you. My soothing heart energy can lift you a little and allow you to see where you are needing to focus your energy to create that strength and sort out the dissonance that is preventing you from getting up again. This is not you, there are energies clashing inside of you, draining you of your energy and life force. Allow the dissonance to release its hold on you. Sort out what needs to be done and what can be left until another day. Do one thing to get yourself out of the hole you have dug. After you do the thing, rest, recoup and then go again. You can do this. You are a warrior. I stand by you."

**Affirmation:** "I release shame and guilt, welcoming forgiveness and kindness into my life." "I am strong enough to overcome this moment." "I deserve a life free from the chains of suffering and the heaviness of despair. I open myself up to the light."

**Call to Action:** Fight another day. Tackle ONE thing (big or small, probably start small). You are not this struggle. You can recover. You can fight. You are not alone.

## **Prophecy Stone**

**Keywords:** prophetic visions, strength and determination, shamanic journey awaits.

**Channeled Message:** "Dive into the realm of the unknown. Sink into the feeling of deep, deep peace and quietness. Allow me to take over your third eye with visions of your life, yet to come. Fill me with your dreams and aspirations and allow me to show you the many ways they can unfold. Your guides are around. Animals and light beings alike. Let us share what we know. Share what we see. Expand your inner vision and pay attention to your dreams. This is the time of the divine messengers. The energy of the seer. Viewing the threads of fate and watching them unfold in due time. Strong messages are awaiting you. Sink into my energy, allow a trance-like experience to wash over you, body and mind. Feel the vibrations starting at the base of your skull, radiating in behind your forehead and all the way down to your heels and toes. May I be your ally on a shamanic journey or a journey into the depths of yourself. I am your guide. Follow me.

**Affirmation:** "I honour the visions and intuitive messages I receive, knowing they hold deep wisdom and guidance." "I align with the energy of the Prophecy stone to understand life's deeper currents." "I am ready for prophetic visions and I openly welcome them into my life."

**Call to Action:** Shamanic journey is needed. Trust your gut. Allow in prophetic visions or dreams. Start paying attention to your dreams or your waking visions.

## **Pyrite**

**Keywords:** masculine energy, action, confidence, creativity, "do it!".

**Channeled Message:** "As the stone of manifestation, courage and confidence I come with the message of "just do it! Go for it! Take the leap! Take action!" Allow your creative juices to culminate to something great. Take on a "can do" attitude and start moving forward. The Chariot card in Tarot is what comes to mind. The energy of moving forward with confidence and determination. Ride the high of confidence and determination right across the finish line. Get excited and get pumped for all that you can do. You are being given the access to the extra vitality to conquer your goals. Tap into it whenever you are needing a boost or when you are stuck in a rut. Be persistent and play the leading part. Be assertive. You got this."

**Affirmation:** "I confidently step into my power knowing I have all I need to succeed." "I release self doubt and cultivate the courage to pursue my deepest desires." "I call upon the energy of Pyrite and channel it to feel renewed, strong and motivated."

**Call to Action:** ACTION. Take action. Get hyped. Lean into confidence and creativity. Manifest. Keep the drive high. Use this as your sign to get going and make the most of your energy and time!

## Pyromorphite

**Keywords:** enhanced assimilation, digesting information, releasing toxicity, tough love self-care.

**Channeled Message:** "Now is your time to release the burdens of your past and to gain new information and insight to finally help yourself cast out any bad habits or negative aspirations holding you back. This includes your eating and dietary needs. This does not mean to fall into a diet mentality, this means taking care of your microbiome and making sure you get enough probiotics and micronutrients. This energy supports you in clearing out toxins from your physical body as well as the spiritual. I am a powerful healing ally but you are the one who needs to take the first step and to do the work. The focus is prioritizing your health; physically, mentally, emotionally and spiritually. If you don't start with the physical then you absolutely cannot take proper care of the mental or emotional, which impacts the spiritual. If there are any external forces impacting you in this way, allow them to be removed and banished now. Feel my energy permeating your consciousness. Feel the energy soaking into every fibre of your being. Make the changes you need to see."

**Affirmation:** "I release all physical, emotional, and energetic toxins that no longer serve my wellbeing." "I release any emotional residue stored within me, freeing myself from burdens of the past." "I take care of my body, mind and spirit, no more excuses."

**Call to Action:** Time to let go of that baggage. Assess all areas of your life and decide where you need to make the change. Love yourself enough to make those changes you know you need but have been avoiding.

## **Rhodochrosite**

**Keywords:** forgotten gifts, self love, compassion.

**Channeled Message:** "Remember who you are. You have been allowing your personal cup to get too empty. You have forgotten what makes you special!

There is no one on this earth who has the exact same gifts as you. You are uniquely you. You need to remember what makes you incredible! Is it your sense of adventure? Your imagination? Your sense of humour or the way you go about life? You are spending too much time trying to blend in when you should be leaning into your personal gifts. Stop abandoning yourself for others. The longer you keep living to please others the more you lose touch with yourself. Work on healing your heart, forgiving yourself, healing emotional wounds and remembering how freaking incredible you are. Let your colours shine through. Find the courage to be yourself. You are amazing."

**Affirmation:** "I welcome my inner child with open arms, honouring their feelings, needs and dreams." "I am gentle with myself, treating my inner child as a treasured friend who deserves care." "I embrace my individuality and let my true colours shine brightly in all that I do."

**Call to Action:** Focus on healing your inner child. Start doing the things that used to bring you joy as a child. Singing? Drawing? Imaginative play? Reading? Dancing? Figure out what your dreams were as a child and start making those happen. LOVE

## Rose Quartz

**Keywords:** love, light, enlightenment, awareness, releasing fear of judgement, self-compassion.

**Channeled Message:** "Releasing fear of being one's self and connecting to divine love and light energy. Ultimate divine love and light frequency feels so incredibly light, refreshing and soothing. A gentle hug when you need it the most. A subtle reassurance that you are doing a good job. A light refreshing energy when you need space to breathe away from stress. The energy of the lotus lies within Rose Quartz. When you are doubting your self worth or afraid of judgment of others, remember everyone else feels the same way. The people around you are just as worried about what you think. Feeling just as unworthy. The more love and assurance we spread, the easier it will be to accept it ourselves. Having compassion for our own journey and the journey of others is imperative to spread this energy. Humbly accept this energy and go forth with renewed energy. Know that the most beautiful flowers can't see their own beauty, they can only gaze at those around them. Remember the light within when you start doubting. If you can't access that light yourself, allow my energy to assist you."

**Affirmation:** "I am worthy of love, beginning with the love I show myself." "I release the fear of judgment, knowing my worth is not defined by others." "I open my heart to universal love, letting it illuminate my path and calm my spirit."

**Call to Action:** Release judgments and fear of judgement. Focus on uplifting yourself and others. Realize and work on your self-worth. Allow light and love to permeate your being, feeling its gentle energy refresh and uplift you.

## Scolecite

**Keywords:** inner peace, interdimensional travel, shifting timelines, heightened awareness.

**Channeled Message:** "I am a gentle otherworldly energy. I seek awareness and understanding just as you do. I connect you to other realms of existence and communication so that you may have more answers that you seek. I can guide you along inner or outer journeys. I can assist you in connecting to your higher self, guides, or other beings not yet discovered. When you are drawn to me you are experiencing a download of higher connection and a subtle shift in energy. Quantum leaping and shifting timelines may be in your near future. Allow this ethereal, otherworldly energy to expand your awareness. Feeling the most calm you have felt. This calm, heightened space is where you will access the higher realms. You have access to ancient and even future civilizations through this calm, meditative state. Take advantage of this energy and the abilities that come with Scolecite. You can reach great heights if you only access what wisdom and knowledge is available to you."

**Affirmation:** "I immerse myself in the subtle energies of the universe, decoding messages from distant galaxies." "I embrace Scolecite's gentle frequencies, anchoring cosmic knowledge into my heart and daily life." "I experience the most tranquil meditative trance to receive information and communication from higher beings."

**Call to Action:** Have you ever thought about astral travel? Quantum leaps? Timeline shift? Communicating with higher beings? If so, maybe now is your time to shine.

## Shattuckite

**Keywords:** intuition, mediumship, psychic, possibilities, throat chakra.

**Channeled Message:** "If you are seeing me then you have a calling. You have a calling that is greater than you. Your talents are meant to be shared with the world.

You have messages and talents that you are squandering. Take your talent and share it with those in need. If you have considered mediumship, tarot reading or doing some form of divination professionally, do it! If

you are noticing weird things like a lot of synchronicities, start listening! You are being sent messages from source, ones from beyond, and your guides. If you want to do something, do it! Stop putting off and start leaning into your skills and talents. Share your truth. Are you afraid of judgement? Are you afraid of not feeling good enough? Imposter syndrome?

These are all thoughts and fears and not the truth. I feel the fear clawing at your throat chakra. Your voice is being silenced by fear. Open up to your talents, stop waiting, start listening and start doing. It starts with being honest with yourself and deciding to speak your truth regardless of the fear. Focus on opening yourself up and sharing your voice."

**Affirmation:** "I trust the energy of Shattuckite to enhance my spiritual connection and communication."  
"I open my throat chakra to empower communication of my deepest truths." "I no longer hold myself back." "I trust the communication I am receiving."

**Call to Action:** Work on psychic development. Be honest with yourself. Stop holding yourself back.

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Trust yourself.

Start taking the leap to share your voice.

## **Shiva Lingam**

**Keywords:** sacred balance, blessings, spiritual harmony, positive energy, good luck.

**Channeled Message:** "You are about to be blessed with positive experiences and miracles. Everything is falling into alignment for you. You will have an unexpected breakthrough and experience spiritual alignment on your soul path. Your intuition is going to skyrocket and you will receive downloads with how you want to proceed. Your future endeavours are divinely protected. This is your sign that good luck is on the way. Be grateful for all of your current blessings and know that more are on the way. Be grounded in your sense of self, and your beliefs, so that you may experience the most out of this energy. You must be devoted to yourself and your success for this energy to be best utilized. If you do not have a firm sense of self and sense of direction your blessings may be scattered and less direct. I see you. You are deserving of these blessings. Open up your heart so that you may receive them. Know your sacred worth."

**Affirmation:** "I am connected to the source of all life, feeling empowered, purposeful and at peace." "I open my heart to the blessings of the universe and am grateful for all that is to come." "I stand in unity with all aspects of myself, integrating mind, body, and spirit." "I am blessed and ready for success."

**Call to Action:** DO shadow work. Get clear on your goals, dreams and the WHY. Know yourself well enough to see how you may be blocking yourself from your blessings.

## Sillimanite

**Keywords:** bringing order from chaos, self-discipline, self-mastery, focus.

**Channeled Message:** "Time to look in a mirror my friend. How have you been manifesting stagnation? How have you been preventing yourself from growth at this time? What are you trying to manifest but struggling to bring to fruition? Now is the time to get super clear on what needs change and what is no longer working for you. This is a wake up call. I am here to completely obliterate those excuses that you are making and to thrust you forward into self actualization. Your life needs order to move forward. Are you waking up at the same time every day? Should you be? Are you fueling your body with enough energy to get through the day? Are you hydrating your body, mind and soul? Probably not. I come into the light when you are refusing to make change. Lack of choosing is still a choice, the choice to stay the same. So choose differently."

**Affirmation:** "I transmute my chaos into self discipline and order." "I rise to the challenge of my life, letting go of excuses and limitations." "I claim my personal power, knowing I am purely responsible for my growth and success." "I trust my ability to learn, adapt and evolve, becoming the master of my own destiny."

**Call to Action:** No distractions. Get on a routine or schedule. No excuses. Start working in your favour and not against yourself. No BS.

## Smoky Quartz

Keywords: transmutation of negative energies, negative self-talk, inspiration.

Channeled Message: "The way you talk to yourself is a huge indicator of where you are in your life. We need to ground that energy and transmute it into a more positive mindset and more compassion. How are you to accomplish your goals if you do not believe you are worthy of them? When you talk down on yourself you are limiting your own capabilities. You are adding weights where there need not be any. Allow me to remove some of the negative self-talk and to support you on your journey. Many would not consider me a self-love stone and yet I am a very powerful helper in that department. We attract what we believe we are worthy of so in order to manifest bigger and better things we must work on how we think and speak about ourselves. To love oneself truly is to uplift oneself. Let's work on being kinder to ourselves and start releasing the weight that is only burdening us. Clear it all out. You are supported on this journey."

Affirmation: "I speak to myself kindly and compassionately." "I release the burdens of negativity and open up to love and gentleness." "I transform fear to courage, allowing my spirit to flourish." "I am resilient."

Call to Action: Work on changing your negative self talk into positive self talk, mindset change is needed, be kinder to yourself, treat yourself with grace.

## **Sodalite**

**Keywords:** breakthrough, intuitive insight and abilities, inner wisdom.

**Channeled Message:** "You did it! You conquered a block and now are ready to open up your intuitive abilities. You have cleared the path for more growth and development. You are now beginning to allow your inner wisdom to guide you to new heights. Trust yourself and trust in your inner abilities to navigate the challenges ahead with ease and clarity. You are ready to turn every day's experiences into meaningful lessons. Each day you grow and enhance your spiritual and intuitive gifts so that you may progress further along your intended path. Know that you will continue breaking through energetic blockages that have, in the past, kept you feeling alone and lost, but with your newfound wisdom and intuitive abilities you are able to demolish any of the blocks that are in your way. Obstacles will no longer be as infuriating as they once were. Trust yourself. Know that you are on the right path and making incredible progress. Enjoy and appreciate this breakthrough."

**Affirmation:** "I trust my inner voice, allowing my intuition to guide my decisions and actions." "I welcome mental clarity, allowing me to solve problems with ease and creativity." "I honour my inner wisdom, confident that my intuition leads me in the right direction."

**Call to Action:** Move forward with determination and renewed faith in yourself. Follow your intuition and inner wisdom. Allow your inner wisdom to guide you in all that you do. Trust yourself. Meditate if feeling lost, the answers are within.

## Spinel

**Keywords:** grounding, new hope, encouragement, revitalization.

**Channeled Message:** "I feel like you are tired. I am here with renewed strength, determination and hope. You have been through some trying times, you have been learning, healing and growing through some dark nights, and you have made it here. Rest your weary eyes and awaken renewed with hope and an eagerness to take on anything that comes your way. You are a powerhouse and everything you have been through has helped create such a resilient, incredible being. Releasing the past and it's draining energy we step into the next chapter of our lives, even more ready to take on what comes next. This is your rebound, your release, your 'shake it off' moment. I am your symbol of your strength, determination, and excellent endurance of all that life throws at you. This is where you should feel like a badass. Rest, wipe your hands clean and keep going!"

**Affirmation:** "I am grounded and steadfast, confidently moving forward with determination." "I harness my inner courage, turning fear into fuel for positive change." "I choose empowerment over doubt, forging my own path with strength and purpose." "I have high hopes for the future."

**Call to Action:** Know that you are a badass. Rest, let go, and start again. Keep pushin on! Ramp up the hope and determination.

## **Spiralite Gemshells**

**Keywords:** preservation, impact, link to sea life or water, ripple effect.

**Channeled Message:** “Your impact on this world is going to be way more vast than you know. You may not see it but a single drop can ripple for miles. Your voice matters, you are meant to shine, write, dream big and create and share ideas! What you are doing matters more than you know so it is important that you keep approaching the world with creativity, kindness and the ability to adapt to what happens around you. There is beauty in letting your life unfold magically, and on its own. Much like how a river twists and turns, life has many curves and you never know when someone will be impacted by your natural flow. A smile can save a life, a piece of art can light up a room, a story can create a safe sanctuary for those who need it. Simply by sharing your story, you are rippling out into the world. You don’t have to do anything special, you just need to be you and shine to your fullest potential. It is in your DNA to be a light for others. You may be someone’s stability, someone’s inspiration, someone’s safety or security. Feel at one with yourself and those around you. You are pure magic. Go with the flow and change the world.”

**Affirmation:** “My presence is enough.” “I send ripples into the universe just by existing.” “I honour my inner treasures and allow myself to shine brightly.”

**Call to Action:** JUST. BE. YOU. Show up and do something you want to do with your life.

## **Tangerine Quartz**

**Keywords:** play, childlike wonder, joy, creativity, everyday pleasure.

**Channeled Message:** "I am here to remind you to never stop playing. Explore the world with wonder in your eye. Make work fun. Bring joy to others and yourself by honouring your inner child in play. There is so much joy to be had in all aspects in life if you just take the time to play and explore. Approach exploration with fearless curiosity. Focus on creating joy and making your inner child happy. Dance in the rain, splash in puddles, play in the sand, make a wish on a dandelion. Do everything with passion and a spark for life. Add a little sparkle to everything you touch and leave every space a little brighter than when you walked in. If you are going through a more solemn time than just making sure to rest, watch a movie, don't take life so seriously. Learn as you go and continue with an open heart and mind. If you keep a good memory in your pocket and a sense of humor every day, then nothing can get you down."

**Affirmation:** "I love boldly and playfully, celebrating the vibrant energy within me." "I engage with my inner child and open up to wonder and curiosity." "I follow my joy and take inspiration from play."

**Call to Action:** Play. Have fun. Give in to your inner child. Chase joy and inspiration. Don't take life too seriously. If you fall down, get back up and laugh it off.

## **Thulite**

**Keywords:** affection, kindness, ultimate heart centring, pleasure, love from within.

**Channeled Message:** "I have the power to sway those around me with the power of happiness and community love. When one speaks sincerely and from the heart they inspire those around them. Taking self-love and sharing it with others has the same effect. Water yourself with love, generosity and kindness so that you can flourish and spread the energy wherever you go. You have the power to touch people's hearts in a way that you may not realize. Being raw and vulnerable creates a sense of safety and trust that fuels abundant love and acceptance. Any aching heart needs only to be fixed by love. Not love from an external source, but love internally. When you love yourself fully and stop seeking it externally you radiate acceptance, love and a pure joy that heals your heart and those around you. Identify where you are allowing your heart to be swayed by others and remedy it. Simply live for joy and love and you will create just that."

**Affirmation:** "I welcome Thulite's loving energy into my heart, allowing it to inspire courage, authenticity, and compassion as I share my truth and embrace life's joys."

**Call to Action:** Love yourself. Stop seeking external validation. Share love and joy. Be vulnerable and radiate accepting, authentic and open energy.

## Tiger Iron

**Keywords:** physical healing, focused will, physical energy, strength.

**Channeled Message:** "Your body is your vessel. Without proper maintenance you won't be able to accomplish all of your life goals and dreams. Sometimes you may feel like your engine light is on, is it? If it is... you may need to consider fixing whatever the problem is and doing your best to take care of yourself. Some blockages keeping you stagnant are energetic or emotional blocks, however, some are indeed physical blocks such as inflammation, malnourishment and hormonal imbalances. When you are experiencing these imbalances they affect a whole lot more than your physical body, they also affect your mental health and your energy levels, just to name a few. I will assist you with a strong supportive energy to help motivate you to take that step and start conquering some of those much needed solutions. Taking care of the human body, and the human experience, requires a lot of upkeep and many people find that difficult. If you are one of those people allow my Tiger Iron strength and determination to deep into your muscles and bones giving you that little boost you need to take control of what you can. You may not be able to fix everything but you can most certainly try to improve your current circumstances. Heal, grow, thrive."

**Affirmation:** "I stand tall, fortified by Tiger Iron's strength, ready to make the changes I need." "I make improvements on my physical health every day." "My body heals with every step I take." "I grow stronger every day."

**Call to Action:** Focus on your physical health. Eating enough, drinking enough water, incorporating movement into your life. Strength training will do wonders. Increase your survival rate. Fill up your tank!

## **Vanadinite**

**Keywords:** accomplishment, work ethic, creativity, discipline.

**Channeled Message:** "This energy is of the worker, the creator or the entrepreneur. Whether you work for someone else or for yourself you are in need of a push, a boost, if you will. You are in a stretch that requires more focus and determination. Even if it is for a creative project, cleaning your house, or finding a job. Clear thought, organization and drive are all of the energy of Vanadinite.

Reduce distractions in your work space, put your phone away, and allow my energy to help free you of your creators block. If you need silence, I can help silence your mind. If you need inspiration, I can inspire. If you need energy, I can share my vitality. I will enable you to accomplish those goals and get shit done, with boundless energy. I am the instigator of change; I change habits, work ethic, energy and adaptability. I can do nothing if you do not connect to me, open up to me, and allow my energy to flow through you. So let it be."

**Affirmation:** "I allow the energy of Vanadinite to inspire me, energize me, and allow me to focus on finishing the tasks at hand." "I am energized and ready to take on any challenge." "I have the discipline, desire and initiative to complete anything I set my mind to."

**Call to Action:** Finish your work. Start and complete a new project. Let your creativity shine. Advance in your career. Create an art project. Write a book. Finish something you have started but keep putting off!

## Variscite

**Keywords:** inner peace, strong foundation, deep inner knowing, clarity, healing.

**Channeled Message:** "My energy is that of a soft glow, a warm breeze or a cool touch. I calm and centre one's energy so they can best approach life from a peaceful and calm space. I facilitate deep inner and emotional healing. Encouraging tranquility and joyful peace. I open you up to receive, to let go, and to observe. I steady your emotions so that you have more awareness, more space between observing and deciding. I create synergy between realms, spaces and energy bodies. I move with your breath and help you to expel what no longer serves you. Complete harmony. I require deep presence, without judgement. Flow and flexibility. Simplicity and clarity. If you are feeling weighed down you may need to focus on your breath, begin an observing practice and connect with me. Mindfulness is your friend. Shift toward a more mindful and present existence. This will bring you much more light, freedom and authentic joy. Find peace with stillness, and if you struggle then connect with me. I will release you from your burdens and surround you with peace and light. Blessed be."

**Affirmation:** "I am calm, harmonious and full of love and light." "I live a life of simplicity and clarity" "I am mindful and present with everything I do." "I accept, I observe, and it brings me inner peace."

**Call to Action:** Mindfulness, observation, inner peace. Flexibility. Release.