

**Please Note:** You can choose to use any combination of the stones listed to create the desired result. Two or three of the suggested stones will be ample. There are many more stones you can add but this is a sufficient start with the stones outlined in the other document.

### ♥ Love ♥

Surround yourself with love. Replenish the heart energy attracting love from others as well as oneself. Releases emotional pain making room for new love and infusing positive energy.

-Prehnite -Rose Quartz -Clear Quartz -Blue Topaz -Blue Calcite

### ~ Abundance ~

Infuse yourself with abundance everyday. Attract prosperity and gifts of all kinds. Motivating Growth by clearing old patterns and energy that no longer work. Strengthens faith in oneself and trust in the universe.

-Carnelian -Citrine -Howlite -Prehnite -Pyrite -Red Jasper  
-Tiger's Eye -Blue Topaz -Amethyst

### ☆ Ascension ☆

Reawaken spiritual training and healing abilities with this combination of divine crystal energy. Negative energies gently drop away for new energy channels to develop. Experience tranquility, peace and serenity as we create heaven on Earth.

-Amethyst -Howlite -Kyanite -Clear Quartz -Selenite  
-Blue Topaz -Blue Calcite -Rose Quartz

### ) Dreamy (

Prepare to relax and dream with this "Dreamy" blend. It encourages deep peace and serenity as you fall asleep. It then stimulates enlightenment and spiritual vision as you sleep and enhances dream recall when you awake.

-Howlite -Selenite -Sodalite -Snowflake Obsidian -Amethyst

## ~ Sweet Dreams ~

Gets you in a state of peace and relaxation to gently cross over into sleep. This blend will not enhance dreams, but rather give you permission to sleep peacefully as your body and mind replenish and restore. It's like falling asleep in the arms of your angels, knowing that you are loved and watched over as you sleep.

▪Blue Lace Agate   ▪Prehnite   ▪Rose Quartz

## ∞ Healing ∞

Create your own Healing Sanctuary with this relaxing and therapeutic blend of divine crystal energy. Bring the body into balance and promote healing on all levels. Body, Mind and Spirit.

▪Prehnite   ▪Blue Lace Agate   ▪Prehnite   ▪Rose Quartz   ▪Clear Quartz  
▪Unakite   ▪Botswana Agate   ▪Red Jasper

## ◆ Vitality ◆

Awaken your senses with our Invigorating blend. Charged with crystal energy it stimulates vitality on all levels. This energetic blend enhances motivation, sharpens intellect and improves clarity. An exhilarating way to start the day!

▪Citrine   ▪Carnelian   ▪Pyrite   ▪Tiger's Eye   ▪Blue Topaz

## ~ Joy ~

Radiate Joy. Wash away your worries with this uplifting combination. Encourage optimism and promote enjoyment of new experiences. Bring joy to your heart, yourself and others as you radiate the sublime feelings of bliss.

▪Citrine   ▪Rose Quartz   ▪Sodalite   ▪Tiger's Eye   ▪Blue Topaz

## ☯ Peace and Balance ☯

Perfect for gaining clarity, balance and alignment. Peace comes for acceptance of self and finding balance in your everyday life. Good for all chakras or spray a mist to walk through. Useful before meditation.

▪Blue Lace Agate   ▪Botswana Agate   ▪Blue Calcite   ▪Carnelian  
▪Hematite   ▪Prehnite   ▪Red Jasper   ▪Selenite   ▪Sodalite

## ◀ *Cleanse and Clear Energy* ▶

This powerful combination will cut through the negativity and transmute it from your space. If there has been an argument, sadness, or dense energy, this is perfect to clear it.

Be sure to follow up with some light energy to infuse the space after you cleanse it.

▪Amethyst   ▪Hematite   ▪Kyanite   ▪Red Jasper   ▪Black Tourmaline

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