

A Crystal
to be:still with
Clear Quartz

Clarity – freedom – communication

Ordinary, yet extra ordinary. A crystal to clear the mind and improve your connection to the world around you. We move at such a pace, moving from one task to another or one part of our day to the next without coming up for breath. Without pausing or noticing what it is that we truly need. We can miss what our heart, our mind and our bodies are whispering to us and before long those whispers become louder and louder until we are forced to stop, exhausted, frustrated, burnt out and disconnected.



Adding a crystal to your self-care tool kit is simple and provides an anchor back to the present moment. This is a crystal thought to bring balance to the body, to heal physical ailments and stimulate the circulatory and immune systems. Easing headaches and exhaustion by enhancing energy flow.

What to do with clear quartz...

Known as **THE** everyday crystal (which must be why I'm so drawn to it!), clear quartz is extremely versatile, very pretty and can add real value (simply) to parts of your day.

Home: An ideal spot in your **home** for your clear quartz crystal would be wherever you need and want focus, concentration and a feeling of a quieter, clearer mind. I have a little tumblestone on my **kitchen window** as a clear reminder to me of my phone and work boundaries when I am with my girls in full on mum mode. Why? Because distractions work both ways right. We can seek distractions when we are attempting to focus on our work (washing up, eating, making far more tea than we ever even want!) and then similarly work and technology distracts us when we are in our down time, our family space, our 'me time.' Each causing disconnection and a feeling of being foggy headed and exhausted.

Work: I keep a quartz point in my **lap top bag** for all of my computer time (I can easily become distracted and flit from one task to another)

Wear: it as a bracelet or necklace to maintain balance and harmony which can be especially useful when you're feeling off centre, lacking clarity in general or about something in particular or just as a reminder to breathe well (which in turn reduces that foggy headed feeling). Use Clear quartz when you **meditate** to filter out distractions and connect to your soul, your true self. Notice if you have been stuck lately, perhaps words have felt impossible to get out so communication hasn't flowed – towards yourself and others.

OK, so where can you pick crystals up from?

Local shops – google 'crystal shops' Here are some of my local favourites



Online – I love buying from this company owned by 2 sisters – their crystal passion is incredible!

A little side note when ordering online: check where your crystals are coming from to minimise environmental impact due to shipping.

