

# Embracing the Change Crystal Medicine Bag

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Suggestions, best practices and more about how to embrace the change  
with trust and positivity by wearing your Crystal Medicine Bag

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*Discomfort is the only way that open the doors of your Temple.  
Trust your pain, it's the magic vessel that takes you to your authentic self.*

# Summary

The information that your Crystals bring

You Crystals explained

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The information that your Crystals bring

I'm open to all the wisdom,  
trust, love and positivity  
I can get from  
this transformation.

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# You Crystals explained

## ATLANTISITE

(STICTITE IN SERPENTINE)

### ***Keywords***

Learning that facing the change is totally possible for you

Leaving expectation overcoming anger and resentment creating space for joy and positivity

Learning that you can't control the reality, you can only embrace it

Taking advantage of everything life has to offer, instead of fear of the future.

The exceptional combination of Stichtite and Serpentine creates this beautiful and rare stone. Atlantisite is an exceptional support in every transitional and changing moment. With its double frequency Atlantisite leads you to melt old anger, resentment and bitterness, and then shows you the way to evolution, progress and change.

***Main energetic area: Heart Seed and Soul Star Chakra.***

# ALMANDINE GARNET

## ***Keywords***

Inspiring energetic and psychological activation

Overcoming sadness and discouragement

Awake the energy flow from the roots.

Almandine Garnet supports you in finding new energy and courage to face this moment remaining present and focused on the present moment, especially if you feel yourself fragile and poorly radiant.

***Main energetic area: Root Chakra.***

# Compendium Crystal

keep it with you during the night

## SELENITE

### ***Keywords***

Creating a space of relaxation among thoughts

Calming the overactive mind supporting the global vision (over-analytical one)

Regenerating body and mind

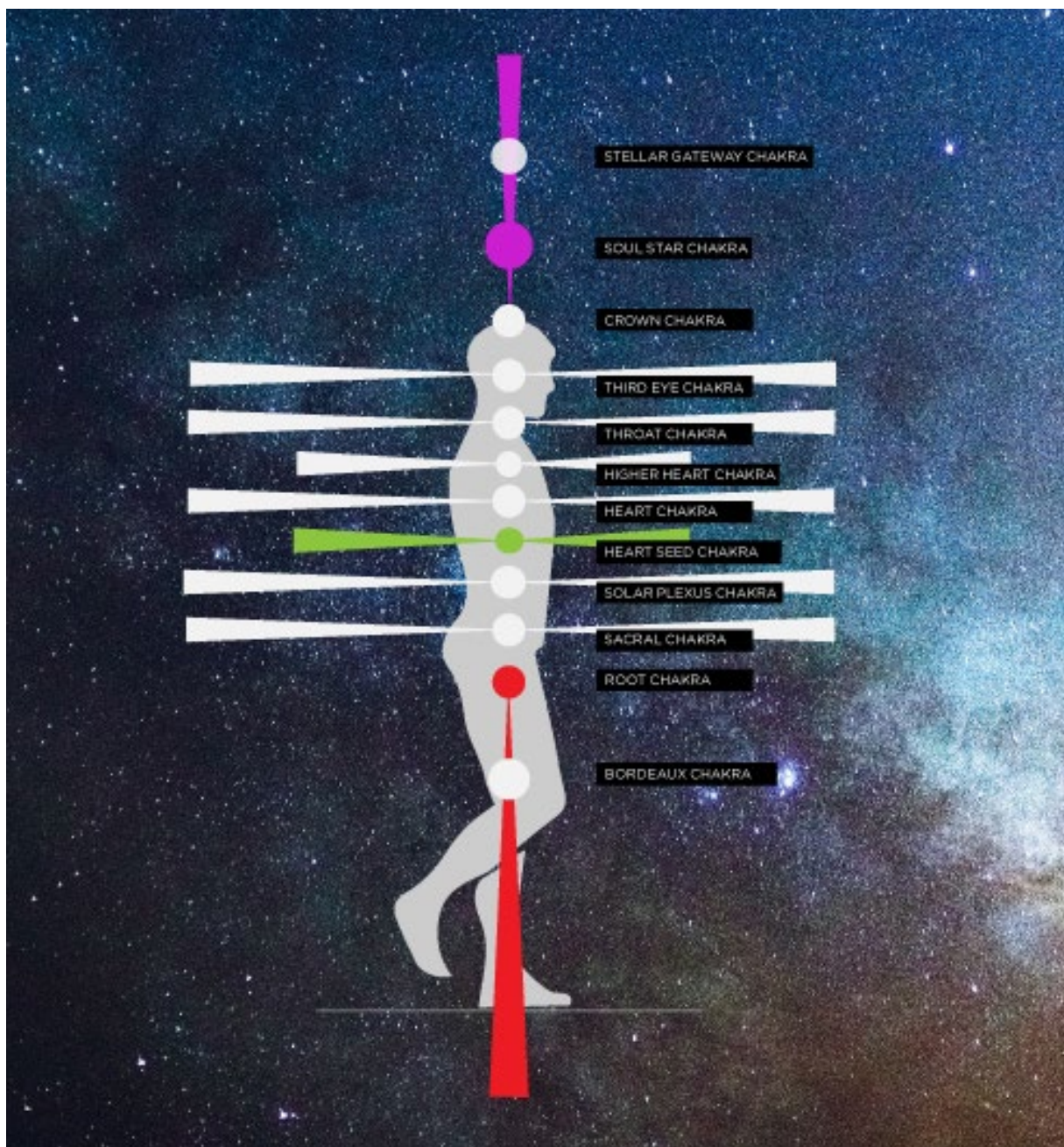
Selenite helps you to draining anxiety and stress removing heaviness from the mind. It's assists you in finding inner calm and clarity, especially when you need a support in learning and meditation.

***Main energetic area: Third Eye (Back) Chakra.***

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# How Chakra System interacts with your Crystals

The frequency of your Crystal remedy works to expand, reinforce and balance your Roots Chakra, Heart Seed and Souls Star Chakra.





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# How to work with Giardinoblu Medicine Bag

## *During the Day*

Make sure to wear your Crystal remedy every day.

You can wear your Medicine bag under clothes or as a necklace, choose the way that resonates better with you.

Crystals work by using subtle frequencies, keeping them as close as possible to your skin, avoiding to store them in your bag, is essential.

Your Crystal Medicine bag is your secret power. You can intentionally connect your frequencies and intentions to your Crystals in every moment of the day, no matter where you are or what you're doing.

### **THE ACTIVE LISTENING**

Taking care of your stones and process is the most powerful way to boost your journey with your Crystals and achieve the maximum result in a shorter period of time.

Consecrating to the “active listening” a few moments of the day is a way effective than wearing your Medicine bag in a “mechanical way”.

## HOW TO CONNECT YOUR INTENTION WITH THE FREQUENCY OF YOUR CRYSTALS WHEN YOU WANT

When the moment you're living is challenging you, just connect your intention with the energy of your Crystals.

Be fully there, without expectations or judging. You're absolutely free to use the technique you're most familiar with.

The more we intentionally work with your stones the more they work.

As modern science and quantum physics declare, intention creates energy that is able to give instructions to the molecules leading them to achieve specific purposes.

[If you want to dive deeper in sensing the energy of Crystals, check this article>>](#)

### *During the Night*

Put your medicine bag in a safe place during the night.

If you want, you can place your Medicine Bag over a plate of Shungite. Its frequency realigns the structure of your Crystals, so you're sure they're cleansed as soon as you need to wear them during the day.

Even if you don't wear your Medicine bag during the night, your Crystal remedy still supports you.

The moment of sleeping is key to maintaining the balance and overall wellbeing. When you sleep, keep your Selenite inside the pillowcase in a way it is as close as possible to your skin.

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# How to cleanse your Crystals

Accordingly with modern physic and science, we now that everything physical stores memories in the form of frequencies.

What that makes Crystals unique is that they're able to store frequencies much longer than anything else.

That's why cleansing practice is so key if you use Crystals for spiritual healing. You need to remove everything that doesn't belong to the natural being of your stones before working with them.

If not, you have very poor results, or new blocks end up to rise within the energy field.

## 5 MOST EFFECTIVE METHODS TO CLEANSE CRYSTALS

### RUNNING WATER OR RAIN

Rinse the Crystal under running water, asking it to expel unclean and dirty energy. Do that until you feel your crystal is clear.

When you rinse your Crystal under the water, visualize a ray of white light that works to align the natural information of it.

However, pay attention to the stones that need a different cleaning method, water can damage them. They're Chrysocolla, Angelite, Azurite, Cerusite, Chalcopyrite, Hematite, Magnetite, Pyrite, Selenite, Ulexite and Vanadinite.

### SOUND

That's the most effective technique. That's the same technique I use before shipping any Giardinoblu Healing Jewels.

Feel free to use Tibetan or Crystal singing bowls, every tone or size is great. The sound combined with your intentions remove negative energies from your crystals. You can use this method with any stone without restrictions.

#### NATURAL SMUDGE

Exposing the crystals into incense or burning smoke is also an excellent way to purify them. I choose this way, especially for more than 4 stones. It always a great idea to burn incense to purify not only your Crystals but the environment and your own aura.

#### EARTH

If you have a private garden, find a quiet place there to bury your stones for 24 hours or more. Make sure to put the necessary signs to successfully unearth your stones.

#### SHUNGITE

If you're not familiar with subtle energies and you can't feel when your Crystal is cleansed, a Shungite plate will do the job for you.

Put your Crystals on a plate made with Shungite for 24 hours, the vital energy of this unique stone will re-establish the alignment and the coherence of the energetic structure of your Crystals and Stones.

### **THE “HOW” IS NOTHING WITHOUT YOUR FULL INTENTION & PRESENCE**

The way you use to cleanse your Crystals is just a “the tool”, your intention and presence are key. So, whatever technique you choose, make sure to be fully present during the ritual connecting your intuition to your Crystal if not you don't have any result. Trust your body and visualize the pollution that goes away from your Crystals until they're radiant and free again.

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# How long you need to work with your Crystals

I recommend to keep working with your Crystal remedy until you feel you can deliver its information, purpose and message independently.

If, at some point in your journey, your Crystals don't spread the same energy of the beginning, but you still need to work with them (you can't deliver their information, purpose, and message independently) it's because your Crystals may need to be cleansed.

If you're not sure, work with your Crystals for one month at least, then book a private Crystal consultation to know your next step.

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# Best practices during the journey

In addition to that, having a regular sleep-wake circle and establish healthy pleasures (eating and drinking clean) is fundamental to deliver your real potential, especially in every changing process.

Mind that spiritual healing is a life journey. Don't be too rigid with yourself, allow you to learn enjoying every moment.

Progress is the goal, not perfection.

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# Additional activities to boost your purpose

The Crystal remedy that you find in your Medicine Bag supports you in rising and balancing your Root Chakra, Heart Seed Chakra and Soul Star Chakra. However, Crystals are not magic pills, and if you really want to evolve, you need to declare to yourself and Universe that you want to reach your purposes by taking actions.

Here's you find some of the activities you should try to dive deeper, embrace this change with positivity, trust and enthusiasm.

## **ADDITIONAL ACTIVITIES TO BALANCE AND REINFORCE YOUR ROOT CHAKRA**

To raise and balance your Root Chakra, I suggest practicing all of the moderate activities that allow you to reconnect your mind with the body.

You can practice dance, aerobic activity, hatha yoga, jogging or any physical exercises.

The main point is maintaining regularity without exceeding. Always listen to your body.

Allow yourself to push your limits without overdoing.

I recommend you also to find a great therapist and do some sessions of massages.

## **AFFIRMATIONS YOU CAN WORK WITH JUST IF YOU FEEL THEY RESONATE WELL WITH YOU WITHOUT CAUSING EMOTIONAL CONFLICTS OR INNER TENSIONS**

Mum Earth sustains me in everything I need

I love my body and I trust its wisdom

Being here is safe for me.

## **ADDITIONAL ACTIVITIES TO OPEN AND BALANCE YOUR HEART SEED CHAKRA**

To open and balance your Heart Seed Chakra I deeply encourage you to try

- Pranayama or any other breathing exercises. When you breathe in, your shoulders remain down and your belly comes up. When you breathe out, your belly comes down entirely.
- Journaling, painting, singing or any other free and creative activity that allows you to give a shape to your feelings. Nobody should judge you, yourself neither. When you feel that what you express is true, you did a great job. Nobody can judge your work from the outside, especially at the beginning of this practice.

**AFFIRMATIONS YOU CAN WORK WITH JUST IF YOU FEEL THEY RESONATE WELL  
WITH YOU WITHOUT CAUSING EMOTIONAL CONFLICTS OR INNER TENSIONS**

I love myself and others

There's an infinite space of love inside me.

## **ADDITIONAL ACTIVITIES TO OPEN AND BALANCE YOUR SOUL STAR CHAKRA**

Visualization

Close your eyes, and see yourself with the most beautiful flower you ever seen in your hands. Notice every detail of this beautiful and delicate flower, from the regular to the smallest one. Notice how it feels on your fingertips and on your skin.

Smell it.


Now, open your hands and let the flower go with a smile on your face.

You're grateful and free.

**IMPORTANT:** When you work to raise and reinforce your Soul Star Chakra, always mind to maintaining a good level of grounding and intentionally activate and balance your first Chakras (Root, Sacral, Solar Plexus and Heart Seed). Mind that overstimulation of the Soul Star Chakra without maintaining a great connection with the body is a form of intoxication of the consciousness.



*Enjoy your journey  
and be grateful every step of the way.*



*all Love*  
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