

Raising Self-Esteem Crystal Medicine Bag

Suggestions, best practices and more about
how to learn to raise your self-esteem and recognize your power
by wearing your Giardinoblu 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 allow myself
to trust my emotions
and respect them.

They're my truth,
they need to be shared.

You Crystals explained

YELLOW OPAL

Keywords

Giving you the permission to trust your power and gift

Learning self-confidence and positivity

Defining your priorities

Finding the necessary trust and vigor to face new adventures

Learning to trust yourself

Yellow Opal contains a high percentage of water. This allows you to fluidify your energy feeling the flow within the entire body densifying the program of self-awareness.

Yellow Opal helps you in turning the heaviness of your self-sabotaging emotions into a fluid trust that makes you able to focus your intentions and actions on your authentic potentials, abilities, and values.

The information that Yellow Opal brings is delicate and extraordinarily deep. In fact, it needs one week at least to be integrated into the emotional field.

I recommend cleansing your Yellow Opal quite frequently because it retains dusty energy more rapidly than many other stones.

Yellow Opals, like all Opals, love water, so you can go with this method if it resonates nicely with you. As an alternative, you can try the sound.

If you want to know more about Cleansing methods, check this.

Main energetic area: Solar Plexus – back irradiation

MAHOGANY OBSIDIAN

Keywords

Letting that Mother Earth sustains and feeds you

Activate the energy flow from the roots draining tensions from the spine

Overcoming self-judgment

Celebrating the miracle of life every day in everything simple

Learning to be here and now.

The frequency of Mahogany Obsidian is soft, however, as for all crystals with an amorphous crystalline structure, it gives you unlimited freedom to integrate its knowledge without any restrictions.

Mahogany Obsidian shows you the pleasure of here and now proving that you can trust Mom Earth that always sustains and feeds you.

With Mahogany Obsidian you know that you have easy access to an infinite source of pure energy every moment of your day, the energy of Mom Earth. Now you can overcome stress, anxiety and tension more efficiently and easily.

Main energetic area: Root Chakra

BLUE CALCITE

Keywords

Overcoming shyness

Firmly say your truth with clarity and compassion

Coherence between thought and action

Blue Calcite supports you in declaring your truth by instilling calm and relax. It shows that your truth deserves and needs to be shared. The sweet frequency of Blue Calcite is exceptionally beneficial to support in living your own truth in thoughts and actions.

It's recommended, especially when you had worked to free your Throat Chakra in the past, but with poor or any results.

Blue Calcite supports you in freeing charisma and spontaneity assisting you in shifting your emotional perspective opening new space of healing, raising trust and positivity.

It's a wonderful stone also for kids.

Main energetic area: Throat Chakra – back irradiation

Compendium Crystal

keep it with you during the night

SELENITE

Keywords

Calming the activity of analytical mind

Sleeping peacefully

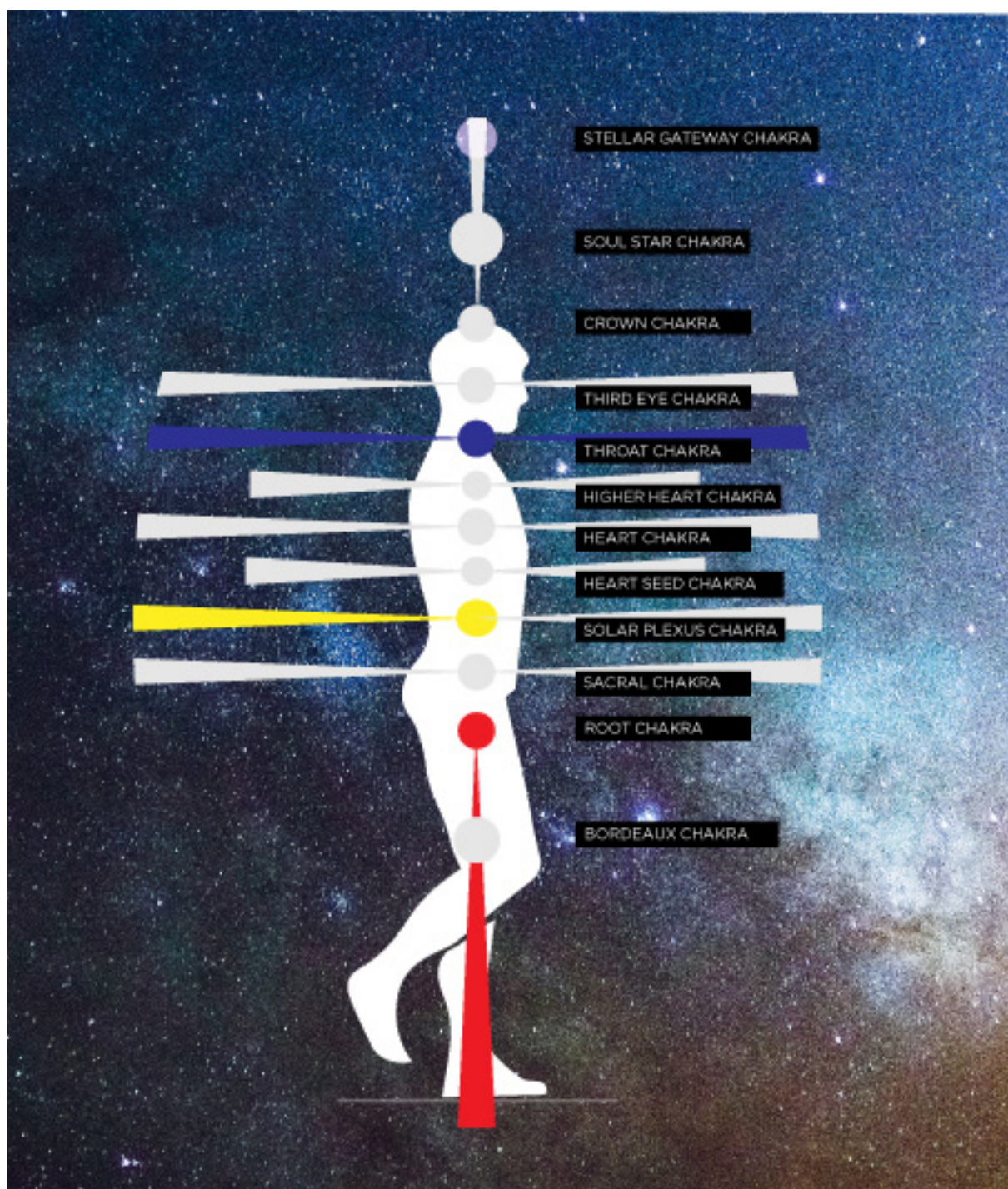
Regenerating, soothing, reassuring.

Selenite helps you in finding a vast, luminous and relaxing place of peace within you. Selenite teaches you how to calm an overactive mind that wants to control everything anticipating events and situations.

It's extremely helpful to find a restorative and regenerating sleep.

How Chakra System interacts with your Crystals

The frequency of your Crystal remedy works to expand and balance your Roots Chakra, your Solar Plexus (Back) Chakra and your Throat Chakra.



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.

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.

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.

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.

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, Solar Plexus and Throat Chakras. However, Crystals are not magic pills, and if you really want to evolve, you also need to declare to the 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, forget about excuses and start to manifest what you want in life.

ADDITIONAL ACTIVITIES TO OPEN AND REINFORCE YOUR ROOT CHAKRA

To re-establish a deeper connection with your roots, I encourage you to connect you with everything belongs to your physical body.

You can book some massage sessions, do Hatha yoga or any moderate physical activity.

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

This place is safe for me

Mum Earth supports me, she gives me everything I need.

I love my body and I trust its wisdom.

I exist and I'm real.

ADDITIONAL ACTIVITIES TO OPEN AND BALANCE YOUR SOLAR PLEXUS CHAKRA

To open and balance your third Chakra I deeply encourage you to start to work with your emotions by feeling them within your body.

- Anytime you feel stress or anxiety, localize it within your body. Ask to your feeling:
Where you're located
What's your shape? What's your color?
What you're trying to say me ?
Bow to her with your intention, it's taking the message of your body
Then bring your breath there. And with the breathing make that contraction flatter, smoother and fresh. Bring light there.
Now your pain become a pure source of clean water.
Your tension become part of the flow.
Keep breathing and smile.
Thank your pain for the message, now you're ready to take action.
- Work on the different aspects of shame.

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

I honoring my power

My fire burns all the fears and block

I can do everything I want

ADDITIONAL ACTIVITIES TO OPEN AND REINFORCE YOUR THROAT CHAKRA

There're many activities you should try to open your Throat Chakra finding the freedom and the joy to declare your truth and learn to listen (yourself and others)more.

- Do regular exercises for the neck and shoulders, ten minutes per day will be great.
- Use journaling, tell stories, use your favorite creative channel to give a physical shape to your power. You can also speak loud or singing.

The important thing for all of these activities is that you have to practice beyond any judgment. Nobody has to sentence if you did good or bad, these are their opinion, and you don't care about them.

The focus is on your truth, and when it's true, everything is magnificent and helpful for growing.


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

I say what I do listening everything around

My voice is necessary

Truth is necessary and always right.

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



all Love
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