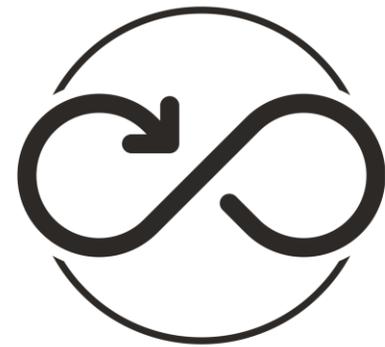


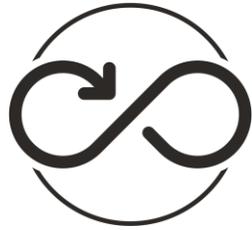


CRYSTALS & YOU



Heart2 Soul Connection
ANIMAL COMMUNICATION AND HEALING

INTRODUCTION



Heart2Soul Connection
ANIMAL COMMUNICATION AND HEALING

As an Animal Communicator and Reiki Master, crystals have become a huge part of my practice in terms of healing both animals and their guardians alike.

This brochure is aimed at the beginner who would like to know a little bit about crystals linked to their birth month. It may also serve as a good basic guide in terms of your crystal selection.

In my opinion however, the best method to choose your crystal is always going to be by listening to your intuition, however.....if you really want to choose crystals dependent on your birth month, then this little guide is just for you!

Happy reading!

Gayle



JANUARY: GARNET

Garnet is the main stone for those born in January, and is the stone for celebrating a 2nd wedding anniversary.

Origin

Garnets are found in Kenya, Namibia, Tanzania, and the Czech Republic.

Colours

Red, pink, green, orange, yellow, brown, black.

Healing Properties

Renowned for their powerful energizing and regenerating qualities, garnets offer several healing benefits:

- **Strengthening instincts:** In times of crisis, garnet proves invaluable by enhancing your survival instincts.
- **Courage and hope:** This stone has the remarkable ability to infuse courage and hope into seemingly hopeless situations.

Unlock the mysteries of crystals in my **Crystals & their Magic** online workshop and dive deeper into the world of crystal knowledge.



FEBRUARY: AMETHYST

Amethyst is the stone used to celebrate a 6th wedding anniversary and a favorite in the Crowns of Royalty.

Origin

Amethysts are found around the globe including the USA, Britain, Brazil, Mexico, Russia, Sri Lanka; Uruguay, East Africa, and India.

Colours

Purple to lavender.

Healing Properties

Beyond its aesthetic appeal, amethyst boasts remarkable healing qualities, nurturing both body and mind:

- **Mindful tranquility:** Immerse yourself in the calming embrace of amethyst, an antidote to sadness and a soothing balm for the mind.
- **Spiritual essence:** Amethyst, a stone with deep spiritual roots, serves as a conduit for higher realms and elevates your spiritual journey.

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MARCH: AQUAMARINE

Aquamarine, a stone of serene beauty, is given on the 19th wedding anniversary and embodies the enduring tranquility of love.

Origin

Aquamarines are found in the USA, Ireland, Brazil, Mexico, Russia, Zimbabwe; Afghanistan, Pakistan, and India.

Colours

Green-blue.

Healing Properties

Known for its transformative power, Aquamarine resonates with courage, embodies the resilient nature of enduring love, inspires strength in the face of challenge and offers a sanctuary for the soul:

- **Tranquility in the midst of chaos:** The calming energies of Aquamarine reduce stress and bring tranquility to the chaos of everyday life.
- **Soothe the mind and soul:** Beyond calming the mind, Aquamarine extends its soothing touch to nurture the spirit within, providing a gentle balm for sensitive souls.

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APRIL: DIAMOND

The brilliance of diamonds, a gemstone given on the 60th and 75th wedding anniversary, symbolizes enduring love and the timeless purity of commitment.

Origin

Diamonds are found in Africa, Australia, Brazil, India, Russia, and the USA.

Colours

Clear white; yellow; blue; brown, and pink.

Healing Properties

Diamonds are eternal symbols of purity, reflect commitment, and offer multiple healing properties beyond their captivating brilliance:

- **Love and clarity:** Diamonds have transformative powers as they not only bring love, but also illuminate the path to clarity in relationships.
- **Holistic well-being:** Beyond their aesthetic appeal, diamonds are believed to contribute to overall well-being, helping to treat glaucoma and promote brain health.

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MAY: EMERALD

Emerald is a gemstone given on the 55th wedding anniversary. Beyond its ornamental appeal, this crystal is revered for its inspirational essence and the virtue of patience.

Origin

Emeralds are found throughout the world, particularly in Colombia, Brazil, Afghanistan and Zambia.

Colours

Light green to a deep rich green.

Healing Properties

Emeralds not only symbolize enduring love but are also renowned for their therapeutic attributes including:

- **Infectious healing:** Emeralds are believed to facilitate recovery from infectious diseases, offering a natural and holistic approach to wellness.
- **Inner well-being:** Embracing the entire spectrum of wellness, emeralds are thought to have a positive influence on sinuses, lungs, heart, spine and muscles.

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JUNE: PEARL, MOONSTONE & ALEXANDRITE

June, a month of celebration with three birthstones, with Pearl standing out as the timeless gemstone capturing the essence of purity and sophistication. Pearl is given on the 30th wedding anniversary.

Origin

Natural saltwater pearls are the most expensive of all pearls and are commonly found in the Gulf of Persia and coastal areas of northern Australia, Indonesia, the South Sea and Panama.

Colours

Creamy white.

Healing Properties

Beyond their aesthetic appeal, Pearls are revered for their various holistic healing attributes:

- **Digestive harmony:** Pearls are believed to help maintain digestive well-being, providing a natural and balanced approach to gut health.
- **Cardiovascular support:** Recognized for their positive influence on the heart, Pearls are associated with promoting cardiovascular health.
- **Eye wellness & skin enhancement:** From a holistic perspective, Pearls are thought to contribute to eye health, promoting clarity and visual vitality, and offering a radiant and youthful glow to the skin.

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JULY: RUBY

The resplendent ruby is a 40th wedding anniversary gift and symbolizes passion, love and lasting commitment.

Origin

Ruby is found in Myanmar, Thailand, Vietnam; India, and parts of the USA.

Colours

Pinkish red to blood red.

Healing Properties

Beyond its visual appeal, Ruby is valued for its potential to enhance holistic well-being, including:

- **Increased energy & concentration:** Ruby is believed to boost energy levels, fostering a sense of vitality and heightened concentration.
- **Detoxification:** Embrace the detoxing potential of Ruby, as it is thought to help purify the body and promote internal cleansing.
- **Improved circulation:** Ruby has been associated with promoting better circulation, contributing to overall cardiovascular health.

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AUGUST: PERIDOT, SARDONYX, SPINEL

In August, three birthstones take the spotlight: Peridot, Sardonyx, and Spinel. However, Peridot stands out as the primary birthstone and is given on the 16th wedding anniversary.

Origin

Peridot is most commonly found in the USA, China, Myanmar, Pakistan, and Africa.

Colours

Lime green.

Healing Properties

Known as the stone of compassion, Peridot is believed to bring good health, restful sleep and peace to relationships by balancing emotions. Its primary healing properties include:

- **Rejuvenation:** Peridot acts like a tonic as it heals and regenerates tissue.
- **Metabolism and skin boost:** Peridot's benefits extend to strengthening metabolism and promoting healthier skin.

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SEPTEMBER: SAPPHIRE

Traditionally gifted on the 45th wedding anniversary, Sapphire is a gemstone that exudes timeless elegance and significance.

Origin

Sapphire is found in Myanmar, Czech Republic, Brazil, Kenya, India, Sri Lanka, and Australia.

Colours

Captivating shades include blue, yellow, green, black, and purple.

Healing Properties

Known as the Wisdom Stone, Sapphire is revered for its profound healing attributes:

- **Emotional balance:** Sapphires aid in alleviating depression, fostering emotional equilibrium, and promoting a sense of tranquility.
- **Enhanced concentration:** The gem stimulates concentration and focus, making it an excellent companion for those seeking mental clarity.
- **Optical wellness:** Sapphire is believed to benefit the eyes, contributing to visual health and clarity.
- **Stress alleviation:** Embrace the soothing energy of Sapphire, as it works to alleviate stress and promote a sense of calm.



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OCTOBER: OPAL & TOURMALINE

Originally the sole birthstone for October, Opal took center stage until Tourmaline joined the lineup as Opal was deemed to be too feminine, bringing a new dimension to this captivating month. My focus, however, is on the timeless Opal which is a wedding gift for the 14th anniversary.

Origin

Opals are found in Australia, Mexico, Peru, South America, Britain, Canada, the USA, Honduras, and Slovakia.

Colours

Opals display a mesmerizing array of colors, including white, pink, beige, black, blue, yellow, brown, orange, red, green, and purple.

Healing Properties

Opal, with its mystical allure, holds various therapeutic powers including:

- **Psychic and mystical visions:** Opals are believed to induce psychic and mystical visions, unlocking a realm of heightened intuition.
- **Protective energies:** Serving as a protective stone, Opal is associated with love and passion, creating a shield of positive energy.
- **Will to live:** Opal is thought to improve the will to live, infusing vitality into one's spirit.
- **Support for Parkinson's disease:** Some believe that Opal provides support for individuals dealing with Parkinson's disease.

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NOVEMBER: TOPAZ & CITRINE

Originally the exclusive birthstone for November, Topaz later welcomed Citrine as an accessible alternative. The focus, however, is on the timeless Topaz, usually given for the 23rd wedding anniversary.

Origin

Topaz is found in the USA, Mexico, India, Australia, South Africa, Sri Lanka, and Pakistan.

Colours

Golden yellow, brown, blue, clear, red pink and green.

Healing Properties

Symbolizing enduring love and the passage of time, topaz is also known for its healing powers:

- **Soothing and stimulating:** Topaz has the unique ability to soothe, heal, stimulate, and recharge, promoting a sense of vitality.
- **Promoting forgiveness:** Embrace the transformative power of Topaz to promote forgiveness and nurturing a compassionate heart.
- **Aiding digestion:** Topaz is associated with aiding digestion, contributing to overall digestive well-being.
- **Nerve strengthening:** Known for its nerve-strengthening properties, Topaz offers support in times of stress and strain.

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DEZEMBER: TURQUOISE

Traditionally exchanged on the 11th wedding anniversary, Turquoise, known as a symbol of protection and enduring love.

Origin

Turquoise is found in the USA, Egypt, Mexico, China, Iran, Peru, Poland, Russia, France, and Afghanistan.

Colours

Turquoise crystal colours range from the signature turquoise hue to soothing greens and blues.

Healing Properties

Turquoise, the captivating sea-green stone of the ancients, represents wisdom, tranquility, protection, good fortune, and hope and is known for its healing powers:

- **Protective energies:** Turquoise is revered as a protective stone, creating a shield against negative energies.
- **Meridian and energy field strengthening:** This gemstone is known for its ability to strengthen the meridians in the body and enhance subtle energy fields.
- **Eyesight support:** Turquoise, especially beneficial for the eyes, is believed to offer support to individuals with cataracts and contributes to overall eyesight health.



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WHAT'S NEXT?

If this **Crystals & You brochure** has piqued your interest in crystals, and as a beginner, you're unsure where to begin your crystal journey, then my **Crystals & their Magic online workshop** is tailored just for you.

Workshop Topics

1. **Intro to Crystals & Ancient Civilizations:** Embark on a fascinating journey exploring the world of crystals and their historical connections to ancient civilizations.
2. **Crystals & their Partnering Essential Oils:** Discover the harmonious synergy between crystals and essential oils, unlocking a realm of holistic well-being.
3. **Crystal Shapes & Their Specific Uses:** Uncover the unique properties and applications of different crystal shapes, empowering you to choose crystals with intention.
4. **Grounding Stones:** Explore the grounding energy of specific stones and learn how they can anchor you in the present moment.
5. **How to Cleanse Your Stones:** Master the art of cleansing and maintaining the energy of your crystals for optimal benefits.

Workshop Dates

Saturday, 2 March 2024

or

Saturday, 1 June 2021

4-hour online workshop, limited to a maximum of 8 participants per workshop.

[Click here to find out more about my Crystals & their Magic online course.](#)

SUMMARY: UNVEILING THE TIMELESS HARMONY OF CRYSTALS

Crystals have been used for millenia, both for their aesthetic appeal and for their therapeutic qualities. In addition to their aesthetic appeal, modern applications extend to cutting-edge technology, notably quartz in computer processor production and the versatile role of quartz sand in ceramics and glass manufacturing.

However, the true enchantment lies in exploring the magical healing facets of crystals. Delve into this mystical realm by enrolling in my transformative **Crystals & their Magic** online workshop.

Email info@heart2soulconnection.com to secure your place in this online course to deepen your connection with crystals.

Uncover the secrets and ancient wisdom that crystals hold, as we embark on a journey to understand their healing powers and mystical essence.



THANK YOU

Should you have any inquiries regarding the **transformative influence of crystals, the enchantment of Reiki, and how these practices can benefit you and your pets**, please feel free to reach out to me any time.



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