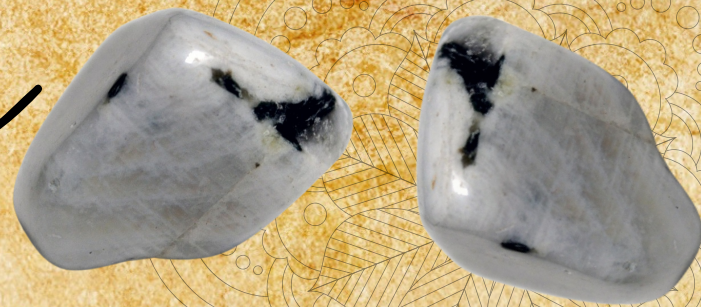


Moonstone



HEALING PROPERTIES

Moonstone is a stone for "new beginnings", inner growth and strength. It calms emotional instability and stress. Moonstone taps into and enhances intuition, psychic abilities and clairvoyance. This stone encourages inspiration, abundance and luck in romance and business matters. Moonstone promotes the cultivation of compassion and empathy. The energy of the moon, divine feminine, creativity and intuitive power is activated by the moonstone. Moonstone embodies tranquil energy that also invites healing.

HOW TO USE MOONSTONE

If you want to focus on trusting your intuition, lie down and place a Rainbow Moonstone at your Third Eye chakra. If you want a reminder of your goals and manifestations, use Moonstone tumbled stones. Whenever you are doing your daily routine and happen to see or feel your stone in your pocket or purse, you will be reminded of your goals. If you want to relieve stress, hold a pair of Moonstone spheres, one in each hand, like a stress ball.

According to the Feng Shui Bagua map, you can place Moonstone crystals in the "New Beginnings and Family" corner of your room. If you want to release a calming energy throughout your space, place your Moonstone spheres at the "Health" area of your room. Access the feminine divine by meditating with Moonstone eggs. Empower your self-confidence and protection during your travels by wearing Moonstone jewelry. Relieve tension and anxiety from your body and replace it with positive vibrations by using Moonstone massage stones. For a good night's sleep, place Moonstone pyramids at your bedstand or polished Moonstone under your pillow. Bring out your Moonstone crystals whenever there is a lunar event to connect with the Moon and strengthen your healing powers. Placing Moonstone in the office or workspace activates creativity in our careers.

HOW TO CLEANSE & CHARGE MOONSTONE

It's a good idea to regularly clean and charge your crystals, as you would any other objects in your home. For moonstone, it is recommend to charge this crystal under the moonlight. It's especially effective to charge moonstone on the full moon or new moon. There are many ways to cleanse a crystal, such as, visualizing white moonlight surrounding the crystal with the intention that the moonstone will be cleared of any negative energy. You can also smudge the moonstone with sage, palo santo or other smudge stick.