



TOP 5 CRYSTALS FOR THE ASCENSION TIMES

Simple techniques for
working with them to light
up your life.

By Adrienne Goff

AURALITE: VIOLET FLAME CRYSTAL



Magnificent Auralite is a truly phenomenal find from Canada's sacred Cave of Wonders. They are 1.2 Billion year old Amethysts with Chevron phantoms, rich in rare inclusions. The average specimen has at least 17 of the following 23 powerhouse elements and minerals: Titanite, Cacoxenite, Lepidocrosite, Ajoite, Hematite, Magnetite, Pyrite, Goethite, Pyrolusite, Gold, Silver, Platinum, Nickel, Copper, Iron, Limonite, Sphalerite, Covelite, Chalcopyrite, Gialite, Epidote, Bornite, Rutile

Auralite forms a very personal connection with you and guides you to a oneness experience or realization. It helps you to scan yourself and become aware of areas that are not in alignment. It helps you to clear your blockages and attracts to you necessary resources for forward movement.

It's the perfect antidote for stress, anxiety, panic attacks, tension, depression, anger, lower emotional states, and headaches. It brings in higher energies of peace and calm, and helps you to unwind any areas of constriction.

Work with Auralite to activate the heart through etheric chakras. It is the perfect assistant for meditation, astral travel, past-life regression, connecting with angels, and invoking the Violet Flame energy (which transforms any negative energy, old patterns, or blockages into purified light).

Violet Flame Bath: Cleanse your Auralite and fill the bathtub with warm water. Point your Auralite at the bathwater and call in St. Germaine. Ask him to infuse the water with Violet Flame energies while you consciously direct this energy through the crystal and into the water. Place the Auralite in the bath, and then enter. Soak for at least 20 minutes, and allow the Violet Flame Bath to transmute any lower energies and fill you with higher dimensional light.

AJOITE: SPIRITUAL NURTURER



Ajoite is a gentle, yet powerful crystal with beautiful spiritual activation abilities, that is found in only two locations: Madagascar and Arizona. It activates the heart through etheric chakras, and it has a special resonance with the Divine Feminine energies, Mother Earth, and the Goddess.

On the emotional level, Ajoite offers wholesome, nurturing energy. She soothes and heals old wounds, anger, difficult emotions. Ajoite also cleanses and releases negative emotional patterns, grief, and pain by showing you the higher lessons in these experiences.

On the spiritual level, Ajoite clears all levels of the aura, balances and heals all chakras, aligns light body to the physical, and activates throat chakra for channeling high level spiritual info and teachings

Divine Feminine Download: Cleanse your Ajoite and then place it on your heart. Call to yourself the Divine Feminine energies and any specific Goddesses or Feminine Masters that you feel a connection with. Ask to meet and connect with an ascended feminine aspect of your higher self. Meditate, relax, and allow your inner Goddess to activate.

PINK TOURMALINE: HEART HEALER

Pink Tourmaline is a high vibration stone for the heart. It is a top carrier of the feminine ray, and it emanates soft, comforting energies of nurturing and safety. It helps you be more gentle and vulnerable. Pink Tourmaline tells us, “It is safe to open your heart.”

The Lithium content in Pink Tourmaline provides a calming energy that treats stress, worry, anxiety, and depression. Stones with lithium also activate the third eye and intuition.

Pink Tourmaline has a striated formation, which means that it has parallel grooves recessed down the length of the stone. This makes it a channel of high frequency energies, which can purify and transform dense emotional patterns into a lighter vibration. It can also seal and repair holes in aura from past emotional trauma.

Heart to Heart: Think of someone who you feel you need to do some heart healing with. Cleanse the Pink Tourmaline, call in spirit, and merge with your higher self. Call in the higher self of the person, and imagine that they are right in front of you. Hold the Pink Tourmaline at your heart, horizontally, so one end is pointing to your heart, and the other end is pointing to theirs. Send them a transmission of higher love by flowing your heart energy through the Pink Tourmaline, which purifies and amplifies it. When you feel complete, be open to receiving a transmission of higher love from their heart, through the Pink Tourmaline, to your heart.



LIBYAN GOLD TEKTITE: ROYAL JEWEL



Libyan Gold Tektite formed as a result of a meteorite crash and is found in the Sahara Desert in Libya and Egypt. It is a glassy material, similar in composition to Moldavite, another powerful tektite. It carries intense energies, while strongly activating and energizing all systems of the body and all of the chakras.

It is a key to the Akashic records, and is especially useful in recovering knowledge associated with ancient Egypt and connecting with the ET's who influenced them (the Sirians). It can help you dissolve and release cords from the past.

Libyan Gold Tektite has a strong solar plexus resonance. It is associated with rapid manifestation, personal power, boundaries, and connecting with your inner royalty.

Manifest like an Egyptian: Call to yourself any aspect that is a master at manifestation, and particularly any Sirian or Egyptian guides you may have. On a note card, write down something wonderful that you would like to manifest in your life, in the form of a present tense affirmation. Place the note card on top of your solar plexus, with the Libyan Gold Tektite on top of it. Go into meditation and fully visualize your manifestation coming true, using all of your senses. Allow yourself to fully feel all of the positive emotional energy that comes with receiving and creating exactly what you desire. When you are done, put the note card with the Libyan Gold Tektite in a special place of honor, and revisit this exercise often.

NUUMMITE: SHAMAN STONE



Nuummite is a magical and ancient stone from Greenland, 3 billion years old, with flashes of iridescent color.

Nuummite gives you access to your inner power and personal magic. It provides you with energetic protection, and connects you with the core of the Earth and of yourself. It is also a great choice for connecting with the Devic or Elemental realms.

Nuummite is a perfect journey stone that you can use to move you into altered states of consciousness.

Perhaps its greatest gift is self-mastery. Work with it for exploration of the psyche and subconscious, soul-retrieval, and clearing your etheric blueprint of past-life injury or trauma.

Light up the shadows: Cleanse the Nuummite, surround yourself in white light and invoke your inner Shaman or Magician, then place Nuummite on the 3rd eye. Close your eyes and imagine that you are in a movie theater with your angels and guides, then hold the intention that a scene from the past that you are ready to face and heal will play on the screen. Be open to witness what comes, knowing that you are safe. Once you see it, call upon your own power to change it. You can flood the scene with light, alter the events so that a better and higher outcome happens, or whatever feels right. Know that you have just rewritten the past!

ASCENSION LAYOUT

- ◆ Cleanse and clear all stones
- ◆ Place Auralite at the crown or third eye chakra
- ◆ Place Ajoite on the throat chakra
- ◆ Place Pink Tourmaline on the heart chakra
- ◆ Place Libyan Gold Tektite on the solar plexus or sacral chakra
- ◆ Place Nuummite on the root chakra
- ◆ Optional: Place Hematite in each hand and one below the feet
- ◆ Leave in place for at least 15 minutes, relax and meditate. Allow these powerhouse minerals to open, activate, and clear your energy system while sharing their powerful gifts with you.



SOURCES



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