



CRYSTAL FOR JANUARY 2023

RED Garnet

Chakras:

Root , Sacral, Solar
Plexus + Heart



Courage
Creative Energy
Vitality
Abundance
Flow
Motivation
Protection

Elements:
Earth, Fire



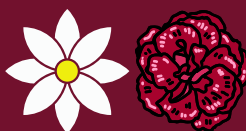
Essential Oil:
Ginger



Zodiac: Capricorn
Dec 22-Jan 20



Flowers:
Bloodroot, Carnation



"I am nourished and supported by Mother Earth.
I am safe, protected and guided in this world."



CRYSTAL FOR JANUARY 2023

Garnet

A look at Garnet (Spessartine) for January energies.

Physical protection, emotional shielding, creative, sexuality, attraction.

Chakras: Root, Sacral, Solar Plexus <-- Very grounded, earthy, to do with things in the "here" and now.



An excellent stone for highly creative people. It allows you to tap into your emotions and use them as a source of inspiration. Spessartine Garnet resonates with creative energies of the Universe. It encourages expression of the Source of creation through bringing ones dreams and visions into reality.

Garnet is a great motivator. It is said that when you work with Garnet for manifestation, be prepared for your desire to come into being more quickly than you might have anticipated.

Garnet magnifies the vibration of the sacral chakra emphasizing creativity and sexuality. It draws from the Solar Plexus as well, lending power to one's will. Spessartine Garnet really gets things moving and is therefore a potent tool to be used carefully and skillfully, yet with a sense of confidence and joy.

An often overlooked crystal for empaths, one of Spessartine Garnet's true assets lie in its protective abilities, shielding you from the intense emotional energy of others, it helps to clear one's auric field of disharmonious elements that might otherwise linger and effect your natural balance.

It encourages optimism, confidence, daring and action. It can be a great help for those who are experiencing creative blocks.

Pairing with Spessartine Garnet:

Spessartine Garnet's energies are magnified by Russian Phenacite, Zincite, Orange Calcite, Carnelian, Heliodor, and Golden Labradorite. Pairing with Tsavorite creates a very powerful energy for financial prosperity. Combining with Rose quartz and Rhodolite Garnet can attract new love.



CRYSTAL FOR JANUARY 2023

Garnet

MEDITATIONS

Week 1

Begin working with a red Garnet.

Sit in mediation with a Garnet in your left hand and cup your right hand under your left hand.

Take three cleansing breaths. Sit with a straight spin but allow your body to relax. Let go of the day and go within.

Bring your focus to your hands...allow yourself to receive the crystal's message. Even if it's as simply as your hands are warm, heavy, cool, or light. Maybe you sense something in your body? In your gut, in your heart? Take note of where.

Continue this practice for 3-5 nights.

Journal what you get.



Week 2

Sit in mediation with a Garnet in your left hand and cup your right hand under your left hand.

Take three cleansing breaths. Sit with a straight spin but allow your body to relax. Let go of the day, any stresses, and go within.

Bring your focus to your hands...once you have connected with the crystal and it feels right move your hands with the crystal to the heart. Sit with it there allowing it to tell you what it has to say.

Continue this practice for 3-5 nights.

Journal what you get.



CRYSTAL FOR JANUARY 2023

Garnet

MEDITATIONS

Week 3

Sit in meditation with a Garnet in your left hand and cup your right hand under your left hand.

Take three cleansing breaths. Sit with a straight spin but allow your body to relax. Let go of the day and go within.

Bring your focus to your hands as we have done in the previous two meditation exercises with our Garnet. Allow yourself to connect with the Garnet in your hand(s). When it feels right, bring your hands and the crystal to your heart. Listen. When you are ready, place the crystal at or near the Root Chakra, rest your hands in your lap or on your knees. Sit in silence and listen. Continue this practice for 3-5 nights. Journal what you get.

I hope you enjoyed this information and the meditations!

Many Blessings

— Alexis

Ascend Healing Arts, Crystals + Mystical Gifts

www.ascendhealingarts.com | www.ascendgifts.com

FB & IG: @ascendcrystalshop

Ascend Healing Arts | Ascend Crystals | Classrooms for the Soul.



Root Chakra & Garnet Meditation Placement



Air



Aquarius



Capricorn



Earth



I am Safe



Muladhara

Root (base) Chakra

The energy center at the base of the spine, connects to our sense of groundedness as well as instincts of survival. When off balance, it can make us feel low energy, alienated from ourselves and others and easily angered. When in balance, it makes us feel secure, stable, full of health, energy and vitality.

Place Garnet in your left hand, Heart, and Root Chakra

