

feeling is healing

your spiritual schedule

21-days of clearing + reprogramming with crystals

<p>day 1</p> <p>from emotionally drained to rejuvenated</p> <p>your crystal is: CITRINE</p> <input type="checkbox"/>	<p>day 2</p> <p>from stuck to moving forward</p> <p>your crystal is: BLOODSTONE</p> <input type="checkbox"/>	<p>day 3</p> <p>from worried to calm</p> <p>your crystal is: UNAKITE</p> <input type="checkbox"/>	<p>day 4</p> <p>from sad to happy</p> <p>your crystal is: AMETHYST</p> <input type="checkbox"/>	<p>day 5</p> <p>from alone to supported</p> <p>your crystal is: ANGELITE</p> <input type="checkbox"/>	<p>day 6</p> <p>from frustrated to satisfaction</p> <p>your crystal is: HEMATITE</p> <input type="checkbox"/>	<p>day 7</p> <p>from disappointed to content</p> <p>your crystal is: PINK OPAL</p> <input type="checkbox"/>
<p>day 8</p> <p>from lost to in control</p> <p>your crystal is: PYRITE</p> <input type="checkbox"/>	<p>day 9</p> <p>from anger to love</p> <p>your crystal is: ROSE QUARTZ</p> <input type="checkbox"/>	<p>day 10</p> <p>from grieving to healing</p> <p>your crystal is: RAINBOW OBSIDIAN</p> <input type="checkbox"/>	<p>day 11</p> <p>from discouraged to hopeful</p> <p>your crystal is: AMAZONITE</p> <input type="checkbox"/>	<p>day 12</p> <p>from afraid to fearless</p> <p>your crystal is: TIGER'S EYE</p> <input type="checkbox"/>	<p>day 13</p> <p>from confused to crystal clear</p> <p>your crystal is: CLEAR QUARTZ</p> <input type="checkbox"/>	<p>day 14</p> <p>from stressed to at peace</p> <p>your crystal is: BLUE LACE AGATE</p> <input type="checkbox"/>
<p>day 15</p> <p>from uncertainty & untrusting to trust</p> <p>your crystal is: AMETHYST</p> <input type="checkbox"/>	<p>day 16</p> <p>from negative to positive</p> <p>your crystal is: JADE</p> <input type="checkbox"/>	<p>day 17</p> <p>from not like yourself to in sync</p> <p>your crystal is: AGATE</p> <input type="checkbox"/>	<p>day 18</p> <p>from irritable to go with the flow</p> <p>your crystal is: AQUAMARINE</p> <input type="checkbox"/>	<p>day 19</p> <p>from powerless to powerful</p> <p>your crystal is: LAPIS LAZULI</p> <input type="checkbox"/>	<p>day 20</p> <p>from worthless to worthy</p> <p>your crystal is: CARNELIAN</p> <input type="checkbox"/>	<p>day 21</p> <p>from trapped to liberated</p> <p>your crystal is: MALACHITE</p> <input type="checkbox"/>



**energy
muse**

If you have it in your collection, in addition to the crystal of the day, bring your Selenite and Black Kyanite to your spiritual workout. Or if you don't have the crystals, that's okay! You will still benefit from the daily session. Commit to showing up for yourself every day for 21 days. See you there!