



MAKE YOUR OWN DAMN MAGIC

A Little Crystal Magic



JULY 2023
FLAME STONE
(YOOPERLITE)

Hello, Beautiful Soul!

As July unfolds before us like a canvas of endless possibilities, we're thrilled to present you with crystals that exude the essence of enchantment and growth.

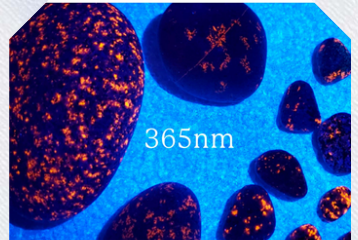
In the heart of this month's magical offering lies Flame Stone, a captivating crystal that holds the fiery essence of change and courage. Just like the vibrant summer sun, it illuminates our path and invites us to step beyond our comfort zones, forging a destiny that sparkles with brilliance.

So, let's embark on this enchanting journey together, as we explore a handpicked collection of crystals that will ignite inspiration, uplift spirits, and awaken our inner magic. Embrace the winds of change with open arms, for within the embrace of these precious gems, a life of extraordinary wonders awaits.

If you are a beginner in crystal healing, then you are starting in the right place!

Each month we will be sending you a Crystal Of The Month Kit, where we will include crystals, charged with Reiki Healing Energy by our Master Reiki Healer & Founder - Shereen, as well as exercises and rituals in which you can use your crystals.

We will cover everything there is to know about that crystal, and its various uses from beginner to advanced, and through each crystal, we will help you to create your own damn magic.



This month we are super excited to share Flame Stone with you! Flame Stone or Yooperlite, with its unique fluorescent properties and Sodalite mineral content, is believed to enhance intuition, promote emotional balance, and facilitate clear communication. It is often associated with activating the third eye chakra, providing access to inner wisdom and higher knowledge. Additionally, Yooperlite may offer protection and serve as a symbol of transformation and spiritual growth. And now, before we dig into the meaning and benefits of Flame Stone let's check out what are crystals and how to heal with crystals:

WHAT ARE CRYSTALS EXACTLY?

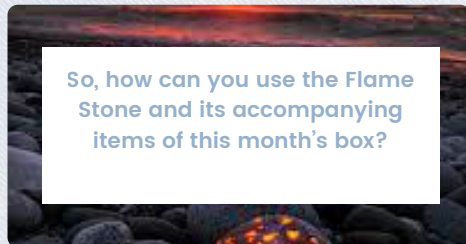
Crystals are natural minerals sourced from the Earth, each exuding a unique energy frequency utilized in crystal healing. When you connect with these crystals and allow their energies to merge with your own life force, they can enhance the flow of energy in your body, elevate the vibrations you emit into the universe, and dissolve energy blockages.

Crystal healing also purifies and cleanses low-frequency vibes, offering protection from negative energies. The versatility of crystal grids, combining different crystal frequencies, opens up endless possibilities for finding solutions to various issues. Embrace the boundless potential of crystal healing as you embark on a transformative journey of well-being and harmony.

HOW TO USE CRYSTALS?

The most important thing to remember is that every crystal has its own energy frequency. To use crystals successfully, you first have to study each crystal's properties. But, with so many crystals around it is very difficult to learn all their properties, energy frequencies, and uses, as well as how to combine crystals.

That is why we created this magical crystal healing kit just for you! We want to help you learn all there is to know about crystal healing, individual crystals, and how crystals can interact with each other, as well as how they interact with you. Through learning about each crystal individually, you will soon become a magical crystal healer, and you will attain a vast collection of crystals to help you heal and balance yourself!



So, how can you use the Flame Stone and its accompanying items of this month's box?



WHAT IS FLAME STONE AND WHAT ARE FLAME STONE'S BENEFITS?

Yooperslite, also known as "Yooperslites or Flame Stone," is a distinctive type of rock found in Michigan's Upper Peninsula. It gained popularity in 2017 when rock enthusiast Erik Rintamaki discovered its unique characteristic of fluorescing under ultraviolet (UV) light. This fascinating feature makes Yooperslite stand out among other rocks, as it emits a beautiful glowing effect in shades of orange, pink, and creamy colors under UV light. The term "Yooperslite" is a blend of "Yoopers," a term for residents of the Upper Peninsula, and "lite," short for luminescent, highlighting its enchanting glow.

Metaphysically, Yooperslite is associated with several benefits. Its primary mineral component, Sodalite, is known for its ability to enhance intuition and stimulate the third eye chakra. By working with Yooperslite, individuals may find an improved connection to their inner guidance and spiritual insight, allowing for enhanced psychic abilities and deeper spiritual experiences.





Emotionally, Yooperlite is believed to promote emotional balance and calmness. Its soothing energies may reduce stress, anxiety, and emotional turmoil, bringing a sense of tranquility and harmony to the user. This quality makes Yooperlite a valuable companion for meditation, mindfulness practices, and emotional healing.

Yooperlite's glowing nature is seen as a symbol of transformation and growth. Its radiant fluorescence represents a bridge between the physical and spiritual realms, making it a popular choice for those seeking spiritual awakening and expansion. As a stone of transformation, Yooperlite encourages individuals to embrace change, let go of the past, and embark on a journey of personal growth and self-discovery.

Furthermore, Yooperlite is believed to offer protection from negative energies and psychic attacks. Its luminescent glow is thought to act as a shield against negativity, promoting a sense of safety and security. This protective aspect makes Yooperlite a sought-after crystal for energy work, spiritual protection, and aura cleansing practices.





WHERE DOES FLAME STONE COME FROM?

Yopperlite, renowned for its captivating fluorescent properties, is primarily found in the Upper Peninsula of Michigan, USA, near the shores of Lake Superior. The region, known for its unique geological features and mineral-rich landscapes, has become the exclusive home of this remarkable rock. The name "Yopperlite" pays homage to the locals, affectionately called "Yoopers," who inhabit the area, and its luminescent quality that astounds when exposed to ultraviolet light.

The formation of Yopperlite is closely connected to the geological processes that shaped the Upper Peninsula over millions of years. The rock's composition includes Sodalite, a mineral responsible for its characteristic glow under UV light. Yopperlite's fluorescence is a captivating display of nature's wonders, drawing visitors and rock enthusiasts from far and wide to witness this stunning phenomenon.



MOHS HARDNESS:

Yopperlite is not a mineral with a defined Mohs hardness rating. Instead, Yopperlite is a colloquial term used to describe a specific type of rock found in the Upper Peninsula of Michigan, USA. It is a combination of Sodalite (a mineral) and Syenite (an igneous rock). Since Yopperlite is not a single mineral with a consistent composition, it does not have a specific Mohs hardness rating.

However, Sodalite, which is a component of Yopperlite, has a Mohs hardness of 5.5 to 6, and Syenite typically has a hardness ranging from 6 to 7. These values can give you a general idea of the overall hardness of Yopperlite, but keep in mind that the actual hardness may vary depending on the specific composition of the rock.



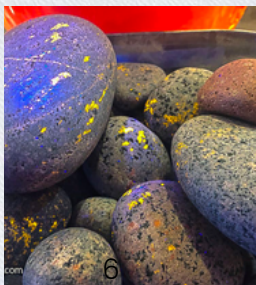
CHAKRAS YOOPERLITE CONNECTS BEST WITH:

Yooperlite or Flame Stone is a remarkable crystal that connects with multiple chakras, including the Third Eye Chakra (Ajna Chakra), Crown Chakra (Sahasrara Chakra), and the Throat Chakra (Vishuddha Chakra). Its captivating composition, which includes Sodalite, allows it to resonate with the Throat Chakra, the energy center governing communication and self-expression.

With its Sodalite component, Yooperlite promotes open and authentic communication, enhancing the ability to express oneself with clarity and confidence. It empowers individuals to speak their inner truths, fosters effective communication, and encourages a deeper connection with one's inner voice and personal authenticity.

In addition to its connection to the Throat Chakra, Yooperlite's luminescent and mystical qualities link it to the Third Eye Chakra, supporting intuition, inner vision, and spiritual awareness. Moreover, its association with the Crown Chakra facilitates spiritual growth, higher consciousness, and a profound connection with divine wisdom.

The combined energies of Yooperlite, including its Sodalite aspect, create a powerful synergy that helps align and balance the Throat Chakra alongside the higher chakras. By working with Yooperlite, individuals can tap into their intuitive abilities, express themselves more openly, and explore spiritual realms, making it a versatile and valuable crystal for enhancing self-expression, spiritual growth, and communication on all levels.





WHY SHOULD YOU USE FLAME STONE DURING LEO SEASON?

During Leo season, Yooperlite can be a potent and supportive crystal to harness the energies of this vibrant astrological period. Leo season, which typically falls between July 23rd and August 22nd, is associated with the confident, expressive, and passionate traits of the Leo zodiac sign. Using Yooperlite during Leo season can bring several benefits:



- **Self-Expression and Confidence:** Leo season is all about embracing your true self and expressing your uniqueness. Yooperlite's connection with the Throat Chakra encourages open and authentic communication, empowering you to speak your truth with confidence and assertiveness. It can help you find the courage to share your ideas, passions, and creativity with the world.
- **Leadership and Courage:** Leo is known as the "lion" of the zodiac, symbolizing strength, leadership, and courage. Yooperlite's luminescent properties can inspire you to step into your power, take charge of your life, and lead with charisma and enthusiasm. It can boost your self-assurance and encourage you to take bold actions.
- **Enhancing Intuition:** Leo season may bring moments of introspection and self-discovery. Yooperlite's connection with the Third Eye Chakra can enhance your intuitive abilities, providing insights and guidance on your spiritual journey. This crystal can help you tap into your inner wisdom and higher consciousness, aiding in self-reflection and personal growth.

- **Positive Energy and Joy:** Leo is ruled by the Sun, and its season is often associated with vitality and joy. Yooperlite's radiant appearance and energetic properties can infuse you with positivity and uplift your spirits. It can help you embrace the joyful aspects of life and spread warmth and light to those around you.
- **Embracing Creativity:** Leo season ignites creativity and encourages self-expression through artistic pursuits. Yooperlite's connection to the Throat Chakra and Sodalite can support your creative endeavors, inspiring you to explore your talents and share your artistic expressions with confidence.

As you embrace the Leo season's energies of self-confidence, leadership, and creativity, Yooperlite can serve as a powerful ally to enhance your self-expression, intuition, and overall positive outlook. Working with this captivating crystal can amplify the transformative energies of this astrological period and help you shine brightly like the Leo sun!

Are you excited to make your own damn magic with Flame Stone aka Yooperlite? Let's get into it!





HOW TO USE THE FLAME STONE FROM YOUR BOX?

In your box, you will find two Yooperlite Tumbled Stones, and to help you ignite the magic of your voice, a special Opalite Pendulum. Today we are sharing with you a magical healing ritual to help you free your voice and channel your creativity:



STEP 1: PREPARATION

Get Ready to Bring on the Creativity!

You know we always like to set sacred space before doing any ritual. So, go to your sacred space or find a cozy and peaceful space where you are truly comfortable and won't be disturbed. Make sure you have new Flame Tumbled Stones and your Opalite Pendulum close by. Take a moment to settle in and ready to tune into your magic!

- Feel free to light some incense or a scented candle to further relax you.
- Next, set your Flame Tumbled Stones and your Opalite Pendulum within reach.
- Then, take a few deep breaths to center yourself and clear your mind.



STEP 2: GROUNDING

Settle in and ground yourself

Sit or stand with your feet firmly planted on the ground. Take a few deep breaths, inhaling positivity and exhaling any tension or negativity. Visualize roots growing from your feet into the Earth, grounding and centering you. Feel the supportive energy of the Earth beneath you.



STEP 3: INVOCATION Summon Your Creativity

Now it's time to connect with the most creative part of your being by setting a thoughtful intention!

- First, holding your Flame tumbled stones in your hands and close your eyes.
- Envision the last time you were your most creatively free self. Do not judge how long ago this was or how it turned out. Just see yourself lost in the creative flow.
- Now, tune in a little deeper. While envisioning yourself in that past moment, see your sacral chakra (right below your belly button) light up a brilliant orange. Then imagine some of that energy flowing out of your body of the past and directly towards you and into the stones in your hands.
- Next, speak or think a simple invocation, such as: "I invite this most sacred creative flow to enter my body whenever I hold these stones".



STEP 4: CRYSTAL ACTIVATION Unleash Your Creativity!

Time to amplify the energy of your stones!

- Place your Flame Tumbled Stones in front of you.
- Next, hold your Opalite Pendulum between your thumb and pointer finger directly above your stones, ask that this creative energy be amplified and connected to your stones.



- Take a deep breath, and allow your pendulum to move as it wishes until it finishes. If you find that the pendulum isn't moving much, that's okay, you can give it a gentle swing.
- When it has stopped moving, take a few moments to breathe deeply.



STEP 5: AFFIRMATION Affirm Your Creativity

With the energy of Flame Stone aka Yooperlite and the magnification of your creative energy from the Opalite pendulum, when you are ready to tackle a creative project or need a little creativity boost, feel free to either hold your Flame Stones in your palms or place them directly on your Sacral Chakra. You can also try one of these affirmations that empower your creativity and self-expression. For example:

- "I am a creative being, and my ideas flow effortlessly."
- "I embrace my unique voice and speak my truth with confidence."
- "I am connected to my inner power, and I make my own magic."

As you repeat an affirmation, visualize your sacral, throat, and third eye chakras glowing with vibrant energy. Feel the creative force within you awakening, and imagine yourself fearlessly expressing your ideas and passions.





STEP 6: EXPRESS YOUR GRATITUDE Affirm Your Brilliance, Spritz and Sparkle



As our ritual draws to a close, let's take a moment to express our gratitude for the insights, energies, and blessings received today. Let's acknowledge the Flame Tumbled Stones and the Opalite Pendulum for their assistance and presence.

- Gently hold the Yooperlite Tumbled Stones to your heart and thank it for its assistance.
- Now, you can close the ritual by grounding yourself. You can do this by placing your hands on the ground, envisioning roots extending from your feet into the earth, and feeling a sense of stability and grounding.

And that's all for this month's crystal ritual! Please remember that rituals can be customized to suit your preferences and intuitive guidance. Trust your intuition and feel free to modify the steps or add any additional elements that resonate with you. With that said, please enjoy tapping into the energy of Leo season with this meaningful ritual.



We hope that you have enjoyed this
month's box!



Happy healing!
With love, the MLMS team xoxo

