



MAKE YOUR OWN DAMN MAGIC

# A Little Crystal Magic



AUGUST 2023  
FLUORITE



Hello, Magic Maker!

As September unfolds before us, painting the world with the colors of autumn, we are delighted to introduce you to the star of this month's offering—Fluorite. Just like the changing leaves, Fluorite embodies the essence of transformation and growth.

In the heart of this September's collection lies Fluorite, a captivating crystal that resonates with the magic of change and courage. As we transition into a new season, let Fluorite be your guide, illuminating your path and encouraging you to step boldly beyond the familiar. Just as the autumn leaves transform into a symphony of colors, Fluorite invites us to embrace the ever-changing tapestry of our lives, forging a destiny that sparkles with brilliance.

So, let's embark on this enchanting journey together, as we explore a carefully curated selection of crystals that will ignite your inspiration, uplift your spirit, and awaken the dormant magic within.

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're thrilled to introduce you to Fluorite, a true marvel of the mineral kingdom. With its stunning array of colors and exceptional crystalline structure, Fluorite is your guide to a world of clarity, mental acuity, and inner harmony. This enchanting crystal is believed to activate the third eye chakra, opening the doors to intuition and higher wisdom, much like the mesmerizing dance of its colors in the light. Beyond its aesthetic beauty, Fluorite is your ally in achieving emotional equilibrium, offering support during times of change. It's not just a crystal; it's a symbol of transformation and growth, encouraging you to embrace the ever-evolving journey of life.



## WHAT ARE CRYSTALS EXACTLY?

Crystals, nature's precious gems, are born from the depths of the Earth, each resonating with a unique energy frequency harnessed in the practice of crystal healing. When you engage with these crystalline wonders and allow their energies to intertwine with your life force, they become catalysts for enhancing the energy flow within your body. They elevate the frequencies you emit into the universe, dissolving any lingering energy blockages that may hinder your path. Crystal healing isn't just about rejuvenation; it's a cleansing and purifying experience that shields you from the grip of negative energies. As you embrace the profound possibilities of crystal healing, you embark on a transformative journey towards inner well-being and harmonious existence.



## 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!



## WHAT IS FLUORITE AND WHAT ARE FLUORITE'S BENEFITS?

Fluorite is a stunning mineral composed of calcium fluoride. It is renowned for its wide range of vibrant colors, including purple, green, blue, yellow, and pink, often occurring in beautiful banded or layered patterns. Beyond its aesthetic appeal, Fluorite offers a multitude of metaphysical benefits.

One of the key advantages of Fluorite is its ability to enhance mental clarity and focus. It is often referred to as the "Genius Stone" for its capacity to stimulate intellectual abilities and aid in decision-making. By promoting clear thinking and organizing thoughts, Fluorite is an invaluable ally for students, professionals, and anyone seeking mental acuity.

Fluorite is also known for its harmonizing effect on the mind and emotions. It can help in reducing stress and anxiety, creating a sense of calm and emotional stability. This soothing energy makes Fluorite an excellent choice for meditation and mindfulness practices.



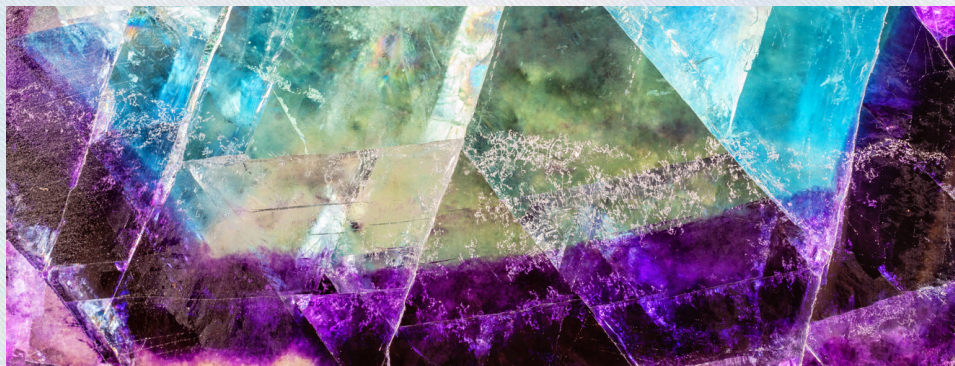




Furthermore, Fluorite is associated with the Third Eye Chakra, making it a powerful tool for enhancing intuition and spiritual awareness. It is believed to facilitate access to higher realms of consciousness, making it a valuable aid for those on a spiritual journey.

Additionally, Fluorite is often used for energy cleansing and protection. Its energy can help shield against negative influences and environmental pollutants, creating a protective barrier around the aura.

In summary, Fluorite is a versatile crystal that offers mental clarity, emotional balance, enhanced intuition, and protection from negative energies. Its vibrant colors and harmonizing properties make it a cherished gem in the world of crystal healing.







## WHERE DOES FLUORITE COME FROM?

Fluorite, the mesmerizing mineral known for its vibrant colors and unique properties, is sourced from various corners of the globe. China stands as one of the world's leading producers, with its Inner Mongolia and Hunan provinces yielding prized Fluorite specimens. Mexico boasts significant deposits in states like Durango, San Luis Potosi, and Chihuahua, while the United States contributes to the Fluorite supply, with notable sources in Illinois, Kentucky, Colorado, and New Mexico. Canada, particularly Ontario and Newfoundland and Labrador, adds to the global production, often in association with other minerals. Germany's Black Forest region, England, and several other countries, including Russia, Spain, South Africa, Argentina, and Morocco, also contribute to the worldwide availability of Fluorite, each region offering its unique charm in the form of these enchanting crystals.



## MOHS HARDNESS:

Fluorite has a Mohs hardness of 4 on the Mohs scale of mineral hardness. This places it in the category of relatively soft minerals compared to others on the scale. While Fluorite is not as hard as some gemstones and minerals, it is still valued for its beauty and metaphysical properties. It should be handled with care to prevent scratches and damage, especially when used in jewelry or crystal grids.





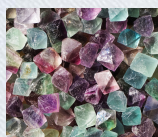
## CHAKRAS FLUORITE CONNECTS BEST WITH:

Fluorite, with its captivating spectrum of colors, holds a versatile connection with multiple chakras. Its association with the **Third Eye Chakra** is profound, as it enhances mental clarity, intuition, and the ability to tap into spiritual insights, opening the gateway to higher consciousness. Additionally, Fluorite, especially the deep purples and violets, resonates harmoniously with the **Crown Chakra**, aiding in spiritual growth and enlightenment.

For matters of the heart, Fluorite extends its influence to the **Heart Chakra**, particularly the green varieties, fostering emotional healing, compassion, and harmonious relationships. In the realm of communication and expression, the **Throat Chakra** benefits from Fluorite's energy, especially the blue and blue-green shades, promoting clear and authentic self-expression. It helps individuals communicate their thoughts and emotions with confidence and clarity.

Fluorite's connection with the **Solar Plexus Chakra** is evident through yellow Fluorite, empowering self-confidence, personal strength, and creativity. This crystal can be a valuable ally in manifesting intentions and desires. Meanwhile, orange Fluorite finds resonance with the **Sacral Chakra**, the center of emotions and creativity, offering balance and stimulation of creative energies.

Lastly, the grounding qualities of Fluorite may extend to the **Root Chakra**, instilling a sense of stability and security. Its connection with various chakras makes Fluorite a versatile tool for energy alignment and healing, allowing individuals to choose the specific chakra or intention that suits their unique needs.







## WHY SHOULD YOU USE FLUORITE DURING VIRGO SEASON?

Using Fluorite during Virgo season (8/23 to 9/22) offers a harmonious alignment between the energies of this earth sign and the metaphysical properties of the crystal. Virgo, characterized by its attention to detail, practicality, and analytical nature, often benefits from the calming and clarifying influence of Fluorite. Here's why Fluorite is an excellent choice during Virgo season:



- **Enhanced Mental Clarity:** Virgo energy is known for a focus on sharing our minds and analytical abilities. Fluorite, with its ability to enhance mental clarity and focus, complements this natural trait. It can help us become more in tune with the push of Virgo season through better organizing of our thoughts, making more sound decisions, and excelling in tasks that require precision.
- **Emotional Balance:** Virgo season may bring a tendency to overanalyze and worry. Fluorite's soothing energy can assist us in maintaining emotional equilibrium and reducing stress and anxiety. It encourages a calm and rational approach to challenges, allowing for more effective problem-solving.
- **Practicality and Organization:** You can thrive in Virgo season when you create orderly environments and seek to improve efficiency. Fluorite's energy can aid in organization and time management, helping you streamline your tasks and projects for maximum productivity.
- **Enhanced Communication:** During Virgo season, we need to communicate our ideas clearly and effectively. Fluorite's association with the Throat Chakra can be beneficial.



- cont'd...It promotes clear and authentic self-expression, making it easier to convey their thoughts and intentions.
- Spiritual Growth: Virgo season can also be a time for self-reflection and personal growth. Fluorite's connection with the Third Eye and Crown Chakras can enhance spiritual awareness and inner wisdom, supporting in your journey of self-discovery and self-improvement.
- Protection from Negativity: Virgo season might bring about a sensitivity to your environment which can sometimes lead to absorbing negative energies. Fluorite's protective qualities can help shield you from such influences, allowing you to maintain a positive outlook.

Incorporating Fluorite into daily life during Virgo season can be a valuable practice for those born under this sign or anyone seeking to align with the energies of this earthy and analytical period. Whether used as jewelry, carried as a pocket stone, or placed in the living or workspace, Fluorite can enhance clarity, emotional balance, and overall well-being during this time.

Are you excited to make your own damn magic with Fluorite? Let's get into it!







## HOW TO USE THE FLUORITE FROM YOUR BOX?

In your box, you will find one large Fluorite Tumbled Stone, a Howlite Chakra Elastic Bracelet, a vial of Lemon Oil, a Yellow Ritual Candle, and a Palo Santo Stick. Today we are sharing with you a magical healing ritual to help you to enhance mental clarity, boost personal power, and promote a sense of empowerment:



### STEP 1: PREPARATION

#### Get Ready to Bring on the Magic!

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. Take a moment to settle in and ready to tune into your magic!

- Set up your items on a clean surface, placing the Fluorite tumbled stone at the center.
- Light the Palo Santo stick and let the fragrant smoke cleanse your space.
- Take a few deep breaths, inhaling positivity and exhaling any tension or doubt.
- Visualize any negative energies dissipating, breathing deeply.



### STEP 2: GROUNDING

#### Settle in and ground yourself

Hold the Fluorite tumbled stone in your hand and close your eyes. Visualize a bright, clear light surrounding you, creating a protective and empowering shield. Next, 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 Mental Clarity

Now it's time to unleash your confidence and mental clarity!

- First, take a drop of Lemon Oil and place it on your fingertips.
- Gently anoint your temples, the top of your head, and your solar plexus (right below your ribcage) with the oil. As you do so, affirm your intention for clarity and empowerment.
- Next, rub a bit of the point into your yellow candle and place it gently on a plate or in a candle holder.
- Finally, light your Lemon anointed Yellow Ritual Candle while focusing on your intention for mental clarity and empowerment. Imagine the flame as a beacon of wisdom and strength.



### STEP 4: CRYSTAL ACTIVATION Boost your magic!

Time to amplify the energy of your crystals!

- Hold the Howlite Chakra Elastic Bracelet in your hands.
- Close your eyes and imagine the white Howlite beads filling with calming and balancing energy.
- Say aloud or in your mind: "With this bracelet, I invite the serenity of Howlite to calm my mind and balance my chakras, allowing me to embrace the power of Fluorite."





- Next, place the Fluorite tumbled stone on your Third Eye Chakra, located between your eyebrows.
- Close your eyes and breathe deeply, allowing the Fluorite's energy to merge with your own.
- Visualize a vivid violet light emanating from the Fluorite, dissolving any mental fog and filling your mind with clarity and purpose.



## STEP 5: AFFIRMATION Affirm Your Magic



With the vibrant energy of Fluorite and the calming qualities of Howlite, you hold the keys to unlock your inner wisdom and empowerment. Whenever you seek mental clarity or a boost in self-confidence, invite the Fluorite's energy into your space. Hold the Fluorite tumbled stone in your hand or place it gently on your Third Eye Chakra, and affirm the following empowering statements:

- "I am clear, focused, and empowered in my thoughts and actions."
- "I trust in my inner wisdom to guide me on the right path."
- "My mind is a wellspring of creativity, and I express myself with confidence."

As you repeat these affirmations, visualize your Third Eye Chakra radiating a brilliant indigo light, cleansing your thoughts and paving the way for clarity and insight. Feel the Fluorite's energy merging with your own, bolstering your self-assuredness and deepening your connection to your inner wisdom. Embrace this newfound clarity and empowerment as you journey forward on your path.







## STEP 6: EXPRESS YOUR GRATITUDE

### Affirm Your Confidence and Personal Power



As our ritual during Virgo season comes to its conclusion, let us pause to express our heartfelt gratitude for the wisdom, clarity, and empowerment we've received today. We extend our thanks to the Fluorite gemstone and the Virgo energies for their guidance and presence.

Hold the Fluorite tumbled stone close to your heart and offer your gratitude for its guidance and assistance throughout this ritual. Feel the energy of Virgo, the sign of meticulous detail and practical wisdom, infusing your intentions.

Now, as we conclude our sacred practice, let's ground ourselves. Place your hands gently on the earth, visualizing roots extending from your feet deep into the ground, anchoring you to the stability and wisdom of Mother Earth. Embrace this sense of grounding and stability.

And thus, we conclude this month's crystal ritual, knowing that you have the power to customize and adapt these practices to suit your own intuition and preferences. Trust in your inner guidance, and feel free to adjust the steps or incorporate any additional elements that resonate with you. As we move forward into the energies of Virgo season, may you carry the wisdom and clarity gained from this ritual with you on your journey.



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



Happy healing!  
With love, the MLMS team xoxo