



MAKE YOUR OWN DAMN MAGIC

# A Little Crystal Magic



JUNE 2023

KYANIITE



Hey there, Beautiful!

As we embrace the radiance of summer and the world around us blossoms with infinite possibilities, we are thrilled to present a box brimming with enchantment and transformation. Life, much like a vibrant dance, is ever-evolving, and sometimes we require a gentle nudge to embrace its ever-changing rhythm wholeheartedly.

In the realm of nature's boundless wisdom, precious crystals stand as steadfast allies on our mystical journey. These shimmering treasures possess ancient energy and bestow upon us profound guidance and unwavering strength, urging us to step beyond the confines of our comfort zones and manifest a destiny resplendent with brilliance.

Prepare to immerse yourself in the depths of this month's captivating box, as we have thoughtfully curated an assemblage of crystals that will ignite inspiration, uplift your spirit, and empower you to embrace the winds of change.

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 Box, 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 Kyanite with you!. Kyanite is a versatile crystal that enhances communication, soothes the mind, supports emotional healing, stimulates intuition, balances energy centers, and aids in spiritual connection. Its properties promote clarity, tranquility, and overall well-being.

Before delving into the profound meanings and benefits of Kyanite, let us take a moment to explore the realm of crystals and the transformative power they hold.



## WHAT ARE CRYSTALS EXACTLY?

Crystals are different minerals extracted from the earth. Each crystal radiates with a different energy frequency, and those energy frequencies of the crystals are often used in crystal healing.

By connecting with your crystals, allowing the energy frequencies of the crystals to interact with your own life energy, the crystals can improve the flow of life energy in your body, increase the vibes you send off into the universe, dissolve and heal energy blockages in your body, cleanse and remove low-frequency vibes as well as offer protection from low-frequency vibes. The possibilities with crystal healing are endless because when you combine the frequencies of different crystals in crystal grids, you can find a solution to any issue.



## 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 box 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 an 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 Kyanite  
and its accompanying items of  
this month's box?



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

Kyanite belongs to the silicate mineral family. It is classified as a member of the aluminosilicate subgroup, which is characterized by its composition of aluminum, silicon, and oxygen atoms. Kyanite is specifically categorized as an anhydrous aluminum silicate mineral.

Kyanite is most commonly found in shades of blue, ranging from pale sky blue to intense deep blue hues. However, it can also occur in other colors such as white, gray, green, and rarely, yellow or pink. The blue variety is the most sought after and recognized color of Kyanite.

Kyanite is a versatile crystal that offers a range of metaphysical benefits to support overall well-being. Its energy is known to enhance communication skills, fostering clarity, confidence, and empathy in self-expression and interpersonal interactions.

With its soothing and calming properties, Kyanite promotes tranquility, alleviating stress, anxiety, and tension, while nurturing a sense of inner peace. It can aid in emotional healing, releasing and healing emotional wounds to restore emotional balance.





Kyanite also serves as a catalyst for intuitive and psychic development, stimulating the Third Eye Chakra and deepening spiritual awareness. By aligning and balancing the energy centers, Kyanite harmonizes the overall energy system, promoting flow and vitality.

During meditation and spiritual practices, Kyanite facilitates deep states of relaxation and connection to higher realms, allowing for spiritual growth and exploration.

Individual experiences with Kyanite may vary, so it is essential to trust your intuition and connect with the crystal in a way that resonates with you personally.







## WHERE DOES KYANITE COME FROM?

Kyanite is a mineral that is widely distributed across different regions of the world. It can be found in various countries, each with its unique geological characteristics. Kyanite deposits are commonly discovered in Brazil, where it is found in the states of Minas Gerais and Bahia. Nepal is another significant source of Kyanite, particularly in the Dolakha and Jajarkot regions. In India, Kyanite is mined in the states of Jharkhand and Orissa.

The United States is also known for its Kyanite production, with notable deposits located in North Carolina and Georgia. Other countries where Kyanite can be found include Switzerland, Kenya, Myanmar (Burma), and Australia. These regions are known for their specific geological formations and conditions that are conducive to the formation of Kyanite. The mineral is typically found in metamorphic rocks, such as schists and gneisses, and is often associated with other minerals such as quartz and mica.



## MOHS HARDNESS:

Kyanite has a Mohs hardness that typically falls within the range of 4.5 to 7 on the Mohs scale. The hardness of Kyanite can vary due to factors such as impurities, crystal structure, and the presence of mineral inclusions. The variation in hardness is influenced by the specific composition of the Kyanite specimen and its geological formation. In general, Kyanite is regarded as a relatively durable and moderately hard mineral. The Mohs hardness scale, which ranks minerals based on their ability to resist scratching, places Kyanite in a range that allows it to withstand everyday wear and tear. However, it is important to note that while Kyanite is considered hard, it can still be susceptible to fractures or cleavage along its distinct crystal planes if subjected to excessive force or pressure.





## CHAKRAS KYANITE CONNECTS BEST WITH:

Kyanite is a crystal that connects particularly well with the Throat Chakra and the Third Eye Chakra, but its energy can also influence other chakras in the body.

The Throat Chakra, located in the throat area, is associated with communication, self-expression, and the ability to speak one's truth. Kyanite's resonance with the Throat Chakra enables it to facilitate clear and effective communication, promoting honest expression, active listening, and the ability to articulate thoughts and emotions with clarity. It assists in breaking through communication barriers, supporting open and authentic self-expression.

The Third Eye Chakra, situated in the center of the forehead, governs intuition, perception, and spiritual awareness. Kyanite's energy stimulates and activates the Third Eye Chakra, promoting heightened intuition, enhanced psychic abilities, and the development of inner vision. It assists in expanding consciousness, deepening spiritual insights, and connecting with higher realms, spirit guides, and divine wisdom.

Additionally, Kyanite's harmonizing and balancing properties can have a positive influence on other chakras. Its energy flow helps to align and balance the entire chakra system, promoting overall energetic harmony and vitality.







## WHY SHOULD YOU USE KYANITE DURING CANCER SEASON?

Cancer season, which falls between June 21 and July 22, is associated with emotions, intuition, and nurturing energy. During this time, the energy of Cancer season can amplify these qualities in everyone, regardless of their zodiac sign. Here are a few reasons why Kyanite is well-suited for use during Cancer season:



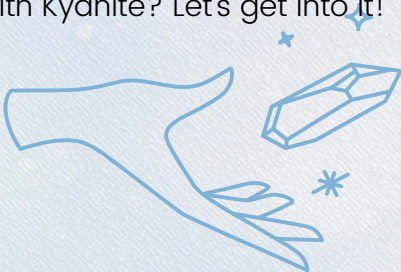
- **Navigate Your Emotions:** Kyanite, with its calming and soothing energy, can help individuals navigate the emotional tides of Cancer season. It supports emotional healing, promotes inner peace, and assists in finding balance amidst intense feelings. Kyanite can help individuals embrace their emotions, honor their intuition, and foster a sense of emotional well-being.
- **Tune Into the Moon:** Cancer is ruled by the Moon, and Kyanite's energy resonates well with lunar energies. The Moon represents the realm of emotions, intuition, and feminine energy. Kyanite's connection to the Moon can enhance and align with the lunar influence of Cancer season, facilitating emotional healing, intuition, and a deeper connection to the divine feminine.
- **Emotional Self Care:** Using Kyanite during Cancer season can aid in emotional self-care, promoting inner healing, and strengthening the intuitive abilities that are heightened during this time. It can provide a sense of comfort, nurturing, and support, allowing individuals to navigate the watery depths of their emotions with grace and resilience.



Cancer season, which typically spans from June 21 to July 22, brings forth a time of heightened emotions, intuition, and nurturing energy. As the Sun moves through the sign of Cancer, we are encouraged to delve deep into our emotional depths, embracing and exploring the full spectrum of our feelings. This season reminds us to prioritize self-care and compassion, creating a nurturing environment for ourselves and our loved ones. Our intuitive senses are amplified during this time, guiding us to trust our gut instincts and connect with the subtle energies around us. It is a season that emphasizes the importance of home, family, and creating a loving and harmonious sanctuary. By honoring our emotions, practicing self-care, and embracing our nurturing qualities, we can navigate Cancer season with grace and experience profound personal growth and emotional healing.

This makes Kyanite a supportive crystal companion during Cancer season, helping you navigate the energies of the season with grace, clarity, and a deeper understanding of themselves and the world around them.

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







## HOW TO USE THE KYANITE FROM YOUR BOX?

In your box, you will find a Blue Kyanite Tumbled Stone, and to help you further tune into speaking your truth, a Blue Kyanite Pendant. Today we are sharing with you magical healing rituals to help you create your own damn magic with Kyanite:



### STEP 1: PREPARATION

#### Prepare your Sacred Space!

It's time to create a magical ritual to tap into the vibrant energy of Cancer season! We are going to embark on a captivating ritual that will awaken and align your Throat and Third Eye Chakras!

- First, find a serene and cozy nook where you can immerse yourself in the magic of this experience.
- Keep your cherished Blue Kyanite tumbled stone and the mesmerizing Blue Kyanite pendant close at hand.
- Take a moment to shake off any distractions and prepare to dive into the realm of elevated vibrations!
- Now, take a few deep, calming breaths. Feel free to light any calming scents you have.



### STEP 2: CLEANSING

#### Cleanse and Charge Your Crysta Friends

Before beginning the ritual, it's essential to cleanse your energy and the space around you. You can use a smudging tool like sage or simply imagine a white light surrounding you and your tools. Feel the purifying smoke or energy clearing away any stagnant or negative energies, creating a clean and sacred space for your ritual.



- Hold your Blue Kyanite Tumbled Stone and Blue Kyanite Pendant in your hands and take a moment to connect with their energy.
- Visualize them being bathed in a cleansing and purifying light. You can also use a smudging tool like sage or pass the crystals through the smoke to clear their energy.
- Feel their vibrant energies aligning with your spirit.



### STEP 3: INVOCATION Center and Ground Yourself

Now it's time to connect with all this good Cancer energy by centering and grounding yourself!

- Close your eyes and take a few deep breaths.
- Feel your body connecting with the earth beneath you.
- Visualize roots growing from the soles of your feet, grounding you to the Earth's core.
- Feel mother earth's energy entering your body from your feet all the way up to the top of your head and back down.
- Allow yourself to become centered and present in the moment.



### STEP 4: CHAKRA ACTIVATION Throat Chakra Activation

- Take your Blue Kyanite Pendant and hold it to your throat area. Close your eyes and repeat the following affirmation or create one that resonates with you:

"I express my truth with clarity and confidence. My voice is a powerful instrument for positive change. My Throat Chakra is open and aligned, allowing authentic communication to flow effortlessly."

- Visualize a vibrant blue light radiating from your throat area, clearing any blockages and allowing your voice to be heard.



- Take a deep breath, and with a big smile, envision a soft blue light emanating from the stone, enveloping your throat chakra and infusing it with clarity and self-expression. You can now express your emotions kindly and clearly.
- Feel free to wear this pendant to not only remind you of this intention but to also bring your this energy of throat chakra healing.



## STEP 5: CHAKRA ACTIVATION

### Third Eye Chakra Activation

- Take the Blue Kyanite Tumbled Stone and hold it in the center of your forehead, where the Third Eye Chakra is located. Close your eyes and repeat the following affirmation or create your own:

"My Third Eye is open and awakened. I trust my intuition and embrace my inner wisdom. I see clearly and perceive the truth in all situations."

- Visualize a brilliant indigo light expanding from your Third Eye, enhancing your intuition and opening your spiritual vision.
- Sit in silence for a few minutes, allowing the energies of the crystals and the affirmations to integrate within you. Feel the alignment and activation of your Throat and Third Eye Chakras. Express gratitude for the guidance and insights received.



## STEP 6: EXPRESS YOUR GRATITUDE

### Affirm Your Magic

As our ritual draws to a close, let's take a moment to express our gratitude for the insights, energies, and blessings received this Cancer season. Let's acknowledge your Kyanite for its assistance and presence.



- Gently hold your Kyanite to your heart and thank them for their assistance.
- Give yourself a big hug! You're all done!

Just a little note, remember to trust your intuition and modify the ritual to suit your personal preferences and energetic resonance. Regular practice of this ritual can assist in opening and harmonizing your Throat and Third Eye Chakras, allowing for clear communication and expanded intuitive abilities.

And that's all for this month's crystal ritual! Please enjoy tapping into the energy of Cancer season with this meaningful ritual.



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

Happy healing!  
With love, the MLMS team xoxo