



MAKE YOUR OWN DAMN MAGIC

A Little Crystal Magic



MAY 2023
ANGELITE

Hey there, Beautiful!

As summer approaches and the world around us blooms with possibilities, we wanted to bring you a box filled with enchantment and transformation. Life is a constant dance of change, and sometimes we need a little nudge to embrace it fully.

Nature, in all its wisdom, has gifted us with remarkable crystals, our steadfast allies on this magical journey. These sparkling treasures hold ancient energy and offer us the guidance and strength we need to step out of our comfort zones and create our own dazzling destiny.

So, get ready to dive into this month's box, where we have curated a collection of crystals that will inspire you, uplift you, and empower you to embrace the winds of change. Together, let's harness the wisdom of these precious gems and unleash our inner magic to create a life that's truly extraordinary.

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 Angelite with you!. Angelite is a unique crystal known for its soothing and calming properties, promoting inner peace and tranquility. It is also believed to enhance communication with angels and spirit guides, facilitating spiritual connections and intuition.

And now, before we dig into the meaning and benefits of Angelite let's check out what are crystals and how to heal with crystals:



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!



WHAT IS ANGELITE AND WHAT ARE ANGELITE'S BENEFITS?

Angelite is a captivating crystal that belongs to the anhydrite family, displaying a beautiful blue color. Its allure goes beyond its physical appearance, as it offers a range of metaphysical benefits. One of the primary advantages of Angelite is its ability to instill a sense of tranquility and calmness. It gently soothes the mind, alleviates stress and anxiety, and promotes emotional healing. With Angelite, individuals can experience deep relaxation and tap into their inner peace.

Another notable quality of Angelite is its association with communication and spiritual connection. This crystal is believed to enhance communication with angels, spirit guides, and the spiritual realm. By activating the throat chakra, Angelite facilitates clear and compassionate expression, enabling effective communication both within oneself and with others.

Additionally, Angelite is known to heighten spiritual awareness, intuition, and psychic abilities, allowing for a deeper connection to higher realms and the guidance they offer.





Angelite's benefits extend to supporting meditation and astral travel. Its serene energy creates an ideal environment for meditation, promoting a harmonious and peaceful state of mind. When used in astral travel practices, Angelite assists in accessing higher dimensions and connecting with angelic beings. It serves as a conduit for receiving spiritual insights and guidance, enhancing the overall spiritual exploration experience.

Furthermore, Angelite aids in balancing and aligning energies within the body. By harmonizing the energy centers, or chakras, Angelite promotes a sense of overall well-being and alignment. It can help clear energetic blockages, release negative emotions, and restore balance and harmony to the entire system. This balancing effect contributes to a greater sense of vitality, clarity, and wholeness.

Individual experiences with Angelite 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 ANGELITE COME FROM?

Angelite is primarily sourced from Peru, specifically from the region around the city of Lima. The deposits of Angelite in Peru are known for their high quality and abundance. Angelite is formed through a process of sedimentation, where gypsum-rich rocks undergo gradual transformation over millions of years. The result is the formation of the mineral anhydrite, which is then cut and polished to create the beautiful blue Angelite crystals that are treasured for their metaphysical properties.

In addition to Peru, smaller deposits of Angelite can also be found in other countries, including Germany, Poland, Mexico, and the United States. However, Peru remains the most significant and well-known source of this captivating crystal. The mining and extraction of Angelite in Peru have played a significant role in making it widely available to crystal enthusiasts and spiritual practitioners around the world.



MOHS HARDNESS:

Angelite has a Mohs hardness of approximately 3.5 to 4. This means that it is relatively soft compared to other minerals. The Mohs hardness scale measures the scratch resistance of minerals on a scale from 1 to 10, with 1 being the softest (e.g., talc) and 10 being the hardest (e.g., diamond). With its hardness falling in the lower range, Angelite should be handled with care to avoid scratches or damage. It is important to keep in mind that even though Angelite may have a soft hardness, it can still be treasured and enjoyed for its metaphysical properties and aesthetic appeal.



CHAKRAS ANGELITE CONNECTS BEST WITH:

Angelite is known to connect best with the Throat Chakra and the Third Eye Chakra. Its affinity with the Throat Chakra, situated at the base of the throat, stems from its ability to facilitate clear and authentic communication. Angelite's soothing energy opens and activates the Throat Chakra, enabling individuals to express themselves with honesty and compassion. It supports effective communication, assertiveness, and the ability to convey one's truth gracefully.

Furthermore, Angelite resonates strongly with the Third Eye Chakra, located in the center of the forehead. This chakra is associated with intuition, psychic abilities, and spiritual insight. Angelite's gentle vibrations help to stimulate and align the Third Eye Chakra, enhancing intuitive faculties and expanding psychic awareness. By working with Angelite on or near the Third Eye Chakra, individuals can deepen their connection to inner wisdom, receive spiritual guidance, and develop their visualization skills.

Through its connection with these chakras, Angelite offers a harmonizing and balancing influence on the energetic centers of the body. It supports clear communication and authentic self-expression, while also expanding one's intuitive and spiritual capacities. By incorporating Angelite into chakra-focused practices or wearing it as jewelry, you can harness its energy to promote throat chakra activation and intuitive development, facilitating a greater sense of alignment and spiritual growth.





WHY SHOULD YOU USE ANGELITE DURING GEMINI SEASON?

Using Angelite during Gemini season can be particularly beneficial due to its harmonizing properties that align well with the energetic qualities associated with the Gemini zodiac sign. Here are a few reasons why Angelite is well-suited for use during Gemini season:



- **Communication Enhancement:** Gemini is an air sign known for its excellent communication skills. Angelite, with its connection to the Throat Chakra, supports clear and effective communication. It can assist you in expressing your thoughts, ideas, and emotions with clarity, eloquence, and authenticity. By using Angelite, you also can enhance their communication abilities and promote harmonious interactions with others.
- **Emotional Balance:** Gemini season can bring about a whirlwind of mental activity and heightened emotions. Angelite's soothing and calming energy can help you find emotional balance and tranquility amidst the busyness. It assists in reducing stress, anxiety, and emotional turmoil, allowing you to navigate your emotions with greater ease and equanimity during this dynamic period.
- **Flexibility and Adaptability:** Gemini season is known to push us to strengthen our adaptability and versatility. Angelite's energy resonates with the mutable nature of Gemini, supporting our ability to embrace change and go with the flow. It encourages a flexible mindset, adaptability to new situations, and an openness to diverse perspectives and experiences.

- **Spiritual Connection:** Gemini season is an ideal time for intellectual exploration and learning. Angelite's connection to the Third Eye Chakra enhances intuition and spiritual insight, enabling you to tap into your higher wisdom and connect with your spiritual self. It can support you in seeking knowledge, expanding your intellectual horizons, and engaging in spiritual practices or meditation for personal growth and self-discovery.

Gemini season, which takes place from May 21 to June 21, is a time for communication, information gathering and intellectual exploration. This makes Angelite a supportive crystal companion during Gemini season, helping you navigate the energies of the season with grace, clarity, and a deeper understanding of themselves and the world around them.

By incorporating Angelite into your daily practices, Geminis can benefit from its calming influence, enhanced communication abilities, emotional balance, adaptability, and spiritual connection.

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





HOW TO USE THE ANGELITE FROM YOUR BOX?

In your box, you will find an Angelite Tumbled Stone, and to help you further tune into your own inner guidance, a special Angelite Frankincense Spray. Today we are sharing with you magical healing rituals to help you create your own damn magic with Angelite:



STEP 1: PREPARATION Get Ready to Shine!

It's time to create a magical ritual to tap into the vibrant energy of Gemini season! Find a cozy and peaceful space where you can let your spirit soar. Make sure you have your trusty Angelite tumbled stone and the sparkling Angelite frankincense spray close by. Take a moment to shake off any distractions and get yourself in the mood for some high vibes!

- Now, find a quiet and comfortable space where you can perform this magical ritual without interruptions.
- Next, set your Angelite tumbled stone and your Angelite frankincense spray within reach.
- Then, take a few deep breaths to center yourself and clear your mind.



STEP 2: CLEANSING Wave Goodbye to Negativity!

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.



STEP 3: INVOCATION

Summon the Gemini Energy

Now it's time to connect with all this good Gemini energy by setting a thoughtful intention!

- First, hold your Angelite tumbled stone in your hands and close your eyes.
- Set your intention to connect with the energy of Gemini season and to harness its qualities of communication, adaptability, and intellectual growth. Feel free to write it down.
- Next, speak or think a simple invocation, such as:

"I call upon the energies of Gemini season to guide and inspire me."

"May I embrace clear communication, adapt to change, and expand my intellect."

"I welcome the wisdom and opportunities that this season brings."



STEP 4: CRYSTAL ACTIVATION

Let Your Voice Soar!

Time to activate your magical vocal cords!

- Place the Angelite tumbled stone on your throat area, just above the collarbone. Feel its cool touch awakening your communication superpowers.

- 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.
- Take a few moments to breathe deeply, allowing the energy of the Angelite to flow into your throat chakra, empowering your communication abilities. This magical glow envelops your throat chakra, empowering your voice to express your truth with clarity and charm.



STEP 5: AFFIRMATION

Affirm Your Brilliance, Spritz and Sparkle

- While still holding your Angelite tumbled stone, recite an affirmation that aligns with the qualities you wish to embody during Gemini season. For example: "I embrace clear communication and express myself with authenticity. I adapt to change with grace and welcome new opportunities for growth." or "My mind is open and receptive to new knowledge and ideas."
- Close your eyes and lightly mist the Angelite Frankincense Spray above your head, allowing the gentle mist to settle over you.
- As the mist falls, visualize it purifying and energizing your aura, enhancing your connection to the Gemini season's energy.
- Inhale deeply and allow the aroma of frankincense to further elevate your spiritual and mental clarity.





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 this gemini season. Let's acknowledge the Angelite tumbled stone and the Angelite frankincense spray for their assistance and presence.

- Gently hold the Angelite tumbled stone 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 Gemini season with this meaningful ritual.



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



Happy healing!
With love, the MLMS team xoxo