



MAKE YOUR OWN DAMN MAGIC

A Little Crystal Magic



OCTOBER 2023

LAVA



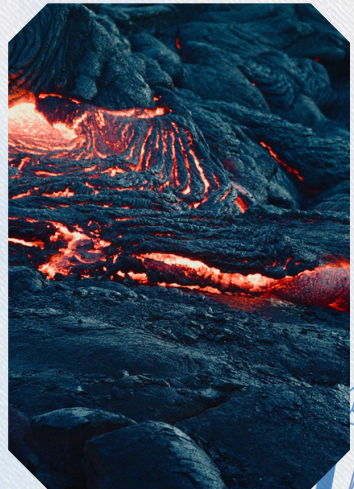
Hello Magic Maker!

As we embrace the essence of Lava in this transformative month, we find ourselves drawn to the elemental power and ancient wisdom that this fiery stone embodies. Lava, much like the molten heart of the Earth, surges with raw energy, reminding us of the perpetual cycles of creation and destruction.

At the core of this month's collection lies Lava, a gem born from the depths of the Earth's fiery cauldron. With its connection to volcanic forces and its grounding influence, Lava offers a profound connection to the primal energies of our planet. Just as volcanic eruptions reshape the landscapes, Lava encourages us to unearth our inner strength and reshape our lives in alignment with our true purpose.

Join us on this elemental journey as we unveil the treasures within this box—three Black Agni Maniite Tumbled Stones, a Crystal Grid to channel your intentions, and a Lava Bracelet. Let the molten depths and solid grounding of Lava guide you through a path of inner alchemy, transformation, and newfound resilience.

If you are new to the world of crystal healing, fear not, for you are embarking on a journey of discovery in the right place! In our monthly Crystal Of The Month Kit, we provide you with crystals charged with Reiki Healing Energy by our Master Reiki Healer & Founder, Shereen. Alongside these crystals, you'll find exercises and rituals that will help you tap into the unique powers of each stone. We'll dive deep into the world of Lava, from its basics to advanced practices, empowering you to harness your own magic with these fascinating gems.



This month, we extend a heartfelt invitation to explore the captivating world of Lava, a gem that pulsates with elemental power and ancient wisdom. Lava is not just a stone; it's a direct link to the primordial forces that shape our planet and our destinies.

Lava, born from the molten heart of the Earth, embodies the raw energy of creation and transformation. Its journey from the depths of volcanic eruptions to its solid form symbolizes the ever-evolving cycles of existence. As you delve into your Lava crystals, let the fiery spirit of this stone awaken your inner strength and resilience.

Beyond its fiery origins, Lava has deep roots in grounding and centering energies. It offers a connection to the elemental forces that underpin our world, reminding us of our own connection to the Earth's core. Lava invites us to reshape our lives, just as volcanic eruptions reshape landscapes, by tapping into our inner courage and authenticity.

Throughout history and across diverse cultures, Lava has been revered for its transformative and grounding qualities. Its energy provides stability during times of upheaval and encourages us to harness our inner fire for positive change. As we navigate the treasures within this month's collection, we encourage you to embrace the transformative and grounding energies of Lava, letting them guide you on a path of inner alchemy, resilience, and renewed purpose.



WHAT IS LAVA AND WHAT ARE LAVA'S BENEFITS?



Lava, hailing from the depths of the Earth's fiery core, is a gemstone with an intriguing blend of raw power and transformative potential. Formed from molten lava that has cooled and solidified, Lava is known for its porous and rugged texture. It serves as a tangible reminder of the elemental forces that shape our world.

The benefits of Lava extend beyond its volcanic origins. This stone is revered for its grounding and stabilizing properties. It offers a sense of security and connection to the Earth, making it a valuable ally in times of change and uncertainty.

Lava is often associated with the primal energy of fire and rebirth. It encourages personal growth, inner strength, and the shedding of old patterns. Just as volcanic eruptions reshape landscapes, Lava invites you to transform your life by tapping into your inner fire and embracing change.

In the realm of crystal healing, Lava is considered a stone of courage and resilience. It assists in releasing pent-up emotions and provides a strong foundation for personal growth. Its porous nature also makes it an ideal carrier for essential oils, allowing you to combine the benefits of aromatherapy with the grounding energies of Lava.

As we explore the world of Lava in this month's collection, we encourage you to harness its transformative and grounding energies. Let Lava be your guide on a journey of inner strength, resilience, and renewed purpose.





WHERE DOES LAVA COME FROM?

Lava, born from the Earth's fiery depths, emerges from volcanic eruptions in various corners of our planet. It is a stone that carries the elemental essence of the Earth's core, making its origin story a testament to the planet's raw power.

Volcanic regions worldwide yield Lava, with some notable sources including Hawaii, Iceland, Italy, and Indonesia. Hawaii, with its active volcanoes like Kilauea, provides an abundant supply of Lava stone, known locally as "Pāhoehoe" or "A'a." This molten rock solidifies upon contact with the cool ocean waters, forming the unique Lava stones used for jewelry and spiritual practices.

Iceland, a land of geothermal wonder, also offers Lava stones created through volcanic eruptions. The Lava fields of Eldfell and Krafla are among the sources of this ancient stone. Italy, home to iconic volcanoes like Mount Vesuvius and Mount Etna, presents another backdrop for the formation of Lava stones. Indonesia, a nation marked by its volcanic landscapes, contributes to the global availability of Lava.



MOHS HARDNESS:

Lava, shaped by the intense heat and pressure of volcanic forces, possesses a Mohs hardness that can vary but generally falls within the range of 2 to 6 on the Mohs scale of mineral hardness. This places Lava stones in the category of relatively soft minerals. While they may not be as hard as some gemstones, they still hold significant durability and strength, making them suitable for various purposes, from jewelry crafting to spiritual practices.



CHAKRAS LAVA CONNECTS BEST WITH:

Lava, born from the fiery depths of the Earth, primarily aligns with the Root Chakra and the Solar Plexus Chakra, establishing a connection that empowers both the physical and energetic aspects of your being.

The Root Chakra, located at the base of the spine, anchors you to the Earth's energy and instills a sense of stability and security. Lava's grounding properties resonate harmoniously with the Root Chakra, helping you feel rooted and centered amidst life's challenges. It provides a solid foundation, instilling confidence and a strong sense of self, making it an excellent choice for those seeking inner strength and stability.

Simultaneously, Lava connects with the Solar Plexus Chakra, situated in the upper abdomen. This chakra governs personal power, self-esteem, and creative energy. Lava's fiery essence fuels the Solar Plexus Chakra, boosting self-confidence and courage. It encourages you to embrace your inner fire, ignite your passions, and take bold actions in pursuit of your goals. The Solar Plexus Chakra's alignment with Lava promotes the harmonious expression of your unique talents and creativity.

By connecting with these chakras, Lava fosters a balanced synergy between your foundational stability and your personal power, allowing you to navigate life's challenges with confidence and vitality. This connection empowers you to harness your inner strength and creativity to achieve your aspirations.





TYPES OF LAVA



Lava, in its natural diversity, offers several types with distinct attributes and energies to support various intentions:

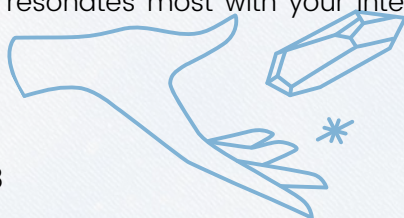
1. **Basalt Lava:** Basalt lava is one of the most common types, originating from volcanic eruptions. It's prized for its grounding properties, making it an ideal choice for enhancing stability, strength, and endurance. Basalt lava encourages you to connect with the Earth's energy and remain steadfast in the face of challenges.

2. **Vesicular Lava:** This type of lava contains voids or vesicles created by gas bubbles during cooling. Vesicular lava represents transformation and inner growth. It encourages you to release stagnant energy, fostering a sense of renewal and rejuvenation. It's an excellent choice for those on a journey of self-discovery and personal transformation.

3. **Pumice:** Pumice is a lightweight, porous type of lava rock formed during volcanic eruptions. Its airy structure symbolizes cleansing and purification. Pumice assists in releasing emotional baggage and negative energies, creating space for a fresh start and clarity.

4. **Obsidian:** Although not a traditional lava rock, obsidian is born from volcanic activity and shares some characteristics with lava. It's known for its powerful protective properties, shielding you from negative energies and enhancing self-awareness. Obsidian can reveal hidden truths and promote personal growth.

Each type of lava has its unique symbolism and energetic qualities, allowing you to choose the one that resonates most with your intentions and desired outcomes.





HOW TO USE THE LAVA FROM YOUR BOX?

Welcome to a grounding and purifying ritual with the elemental energy of Lava. In this sacred practice, we'll connect with the earth's stability and use the transformative properties of Black Agni Manitite to release what no longer serves us. Prepare to cleanse your spirit, ground your energy, and set intentions for peace and calm.



STEP 1: Setting Your Grounding Intention



- Begin by finding a quiet and comfortable space.
- Hold the three Black Agni Manitite Tumbled Stones in your hands and close your eyes.
- Take a few deep breaths to center yourself.
- Visualize roots extending from your body deep into the earth, anchoring you firmly.
- Say aloud or in your mind, "I am grounded, connected, and one with the earth. I release all that does not serve my highest good."



STEP 2: Creating Your Purification Grid

Place the Crystal Grid before you. As you arrange the stones on the grid, visualize it as a powerful symbol of purification. Start by placing one Black Agni Manitite Stone in the center of the grid, representing your intention to release negativity. Then, place the other two stones in a triangular pattern around the center stone. As you do this, visualize these stones absorbing and transmuting any negative energies that surround you.



STEP 3: Charging Your Lava Bracelet

- Now, take the Lava Bracelet in your hands.
- Hold it close to your heart and close your eyes.
- Visualize a soothing, calming energy radiating from the bracelet. As you move your thumb across each lava bead, state your grounding and calm intention clearly and confidently. For example, "I am grounded and at peace." Repeat this for each bead on the bracelet, infusing them with your intention.



STEP 4: Activating the Grid

- Return your attention to the Crystal Grid.
- Place your hands over it and visualize a bright, purifying light flowing from your heart into the stones.
- Imagine this light expanding, covering your entire space, and enveloping you in a protective cocoon of positivity.
- Feel the cleansing energy of the stones working harmoniously with your intention.



STEP 5: Closing and Gratitude

To conclude the ritual, thank the earth's energy, the stones, and your higher self for their guidance and support. Close your eyes, take a final deep breath, and release it slowly. Know that you are now grounded, purified, and aligned with a sense of calm and inner peace. Carry this energy with you throughout your day.

As you conclude this transformative Lava ritual, take a moment to honor the profound connection you've established with the Earth's elemental energies. Feel the grounded stability within you, akin to the solid foundation of a mountain, unwavering in the face of life's challenges. The purification you've invoked through the Crystal Grid and the soothing calmness imbued into your Lava Bracelet are powerful allies on your journey towards inner harmony.

May the Earth's grounding presence and the transformative power of Lava continue to bless your life with stability, purification, and tranquility. You are a beacon of balance, and your journey towards wholeness is an ongoing adventure. Happy Magic Making!!!!



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

Happy healing!
With love, the MLMS team xoxo