HAPPY AF CRYSTAL KIT

A CRYSTAL KIT TO PROMOTE JOY & HAPPINESS







Hello there Beautiful!

Finding inner joy is one of the most wonderful feelings in the world. Awakening the capability within your very soul to appreciate each beautiful, magical moment of your life, with pure joy in your heart is one of the biggest steps that you can take in awakening your own damn magic.

As such, happiness, joy, and learning to appreciate every single precious moment from our lives is ultimately the highest spiritual achievment we can hope to achieve.

That's why we created the most magical set of tools yet, in our Happy AF Kit - to help you achieve a state of joyous exuberance in every moment in your life!



If you're eager to get rid of the old and in with the new by creating the vital energies that will promote joy then we've curated the perfect set of tools for you in our Happy AF Kit. With that said, let's start getting happy af.

We have included an <u>Opalite Bracelet</u>, a <u>Fluorite Crystal</u>, a <u>Palo Santo Stick</u>, <u>three pieces of Clear Quartz Points</u>, a <u>Purple Ritual Candle and RItual Candleholder</u> - in this kit.



Below you will find more information about each item, a few ways for you to use it when you need to cleanse & protect, and the best scenarios for when to use it.



Opalite Tumbled Stone Bracelet Why Opalite? We chose Opalite because....



Opalite or Opal is a well-known crystal for its ability to enhance calmness and help you maintain emotional balance. Many practices use Opalite in meditation to achieve the ultimate balance and harmony, especially when it comes to stabilizing your emotional body. Opalite is amazing when it comes to relieving stress, enhancing calmness, and healing old emotional wounds.

Opalite is the perfect crystal to help you stabilize mood swings, and enhance inner strength and will - making it the best crystal to work with when you are in need of enhancing inner joy and happiness.

Opalite is excellent when you need calmness, balance, relaxation, or enhancing your inner strength. If you are seeking more harmony in your life, meditating with Opalite is sure to help you dissolve blockages that are keeping you from achieving inner serenity. Opalite is also known for meditations that focus on healing and balancing emotions, and meditations for enhancing inner joy.

• When Should I Wear My Bracelet?

All day, every day. Probably not in the shower. Your Opalite Bracelet not only brings you all the joyful and calming energy we just shared above but by wearing it, it is interacting with your energy field, bouncing negative vibes off of you. PLUS, when you charge it with an intention, just looking at it reminds you of said intention and how the universe is working on it for you.

• What Else Can I Do With My Bracelet?



When you're feeling restless, upset for no reason, or perhaps you just feel down you can take your bracelet off and use the beads to repeat the mantra "The Universe is calming me. I am joyful and happy." on each bead. Once you get all the way around the bracelet, then put it back on for further happiness enhancement.

Breathing and repeating affirmations are an easy go-to to quickly to calm yourself and enhance your positive energy when you are feeling overwhelmed.

• <u>Do I Need To Cleanse My Bracelet?</u>

Yes, try to do this daily. Pick a time that you will remember. Jump down to the Palo Santo Stick to learn how.

Palo Santo Stick
Why Palo Santo?
We chose sustainably sourced Palo Santo because....



When Should I Use Palo Santo?



Anytime you need an immediate energy change. Our sense of smell is the ultimate tool to lift our spirits. The wood from this ancient tree is known to freshen the air, chase out bad vibes and lift our spirits. We recommend lighting this bad boy up first thing in the morning to start your day and last thing at night to make room for a peaceful slumber.

- Waking Up With Palo Santo

If you're looking for a new morning ritual this should be a good starting point! When you are ready to begin your day, light your Palo Santo allowing the smoke to waft through the air. Walk around your home and ask that anything that does not belong here leave. By combining the Palo Santo smoke with politely asking for any energy that is no longer serving you to leave, you are essentially forcing shit you don't want out of your space.

This ritual also puts us in a place of control and grounding. We do not need to allow anything not serving us in our space and can simply ask it to leave and it will. Next, just go start your day like the BOSS you are.

- Getting Ready for Bed with Palo Santo

Similar to how you started your day, light your Palo Santo stick. Once it's good and burning, instead of cleansing your space, you are going to cleanse yourself. Make circles around yourself, allowing the smoke to grace all of your body. Even the bottom of your feet and the top of your head. Yes, you will look a little silly. But, who cares if looking silly keeps you calm af. While you are allowing the smoke to penetrate your energy and body, ask that all that does not belong to you be released. Try to imagine any negative feelings you are holding on to, tumbling out of your body and down into the ground. Once you are finished, don't forget to ask the universe for gratitude.

- Cleanse Your Crystals with Palo Santo

Palo Santo is an excellent tool to use when you need to smudge your crystals to restore them back to their optimum state. Crystals, like any other material object, collect a bit of everything it comes across.

Just like you need a shower every day, to rinse the dirt you have unconsciously collected throughout the day, crystals need cleansing to release all the emotions you've thrown at them.

Once they are clear, they are able to help you out that much more. When cleansing with Palo Santo, it's as simple as just allowing the smoke to touch all areas of the crystal's surface with the intention that the crystal is restored to its highest state of being. That's all! Easy as pie.

Fluorite Pyramid
Why Fluorite?
We chose Fluorite because....



Rainbow Fluorite is one of the best crystals in the crystal healing world for enhancing inner tranquility, joy and calmness. Wearing a bit of Fluorite helps you to strengthen your inner resolve, and instead of becoming blindly responsive when you are upset or stressed out, it gives you a moment of stillness.

A moment of tranquility to catch your breath and make a conscious choice to grow and resolve instead of falling back into old, stressful, low-frequency patterns.

As such, it is often said that Fluorite is known as "The Rainbow Breaker Of Chains" of the crystal world because it helps you to break out of patterns that no longer serve you. Fluorite is also used in meditations for inner harmony, and for spiritual growth because it connects with the upper chakras.

If you feel like you have lost your path, and you are unsure where to head next, or even where a door might be open towards your future and personal growth, then working with Fluorite can be a profound experience.

Fluorite helps to enhance connection with the Universe, allowing you to connect to your higher purpose, enhancing your intuition and connection with your higher self, allowing you to find your true calling and path in life. Through enhancing inner stillness and connection, Fluorite opens the path for infinite joy in your life.

• When should I use my Fluorite Pyramid?

Fluorite is such a beautiful crystal with enhanced duality - it promotes inner strength and will, calmness, and enhances joy. Whenever you are in need of enhancing positive energy, inner calmness, or inner strength, you can team up with your Fluorite Pyramid.

First off, close your eyes and take a deep breath. Breathe in and out. Focus on your body. First the top of your head, then slowly start working downwards - feel your face, back of your head, your neck, your shoulders, arms, torso, hips, legs, and feet. Pay special attention to each part of your body and notice how you feel.

Whenever you feel uneasy around a specific part of your body, note that down mentally - because there you will be placing your Fluorite to enhance healing and positive energy flow in that area. Alternatively, you can just place your Fluorite on each of your chakras to restore balance to them and stimulate them to enhance positive energy and inner joy.

Before you do so, focus completely on your intention of healing, hold your Fluorite in your palm, and feel its energy. Then whisper to it three times, as you hold your intention of healing and road opening in your mind: 'joy'.

Then, simply place the Fluorite on your chakras or body parts that feel off, and take ten deep breaths as you focus on your intention.

Clear Quartz Points
Why Clear Quartz?
We chose Clear Quartz because....



Clear Quartz has a unique ability to also dissolve negative vibes which is why it's perfect for cleansing purposes as well. Not only that but also Clear Quartz is a well-known crystal for its ability to heighten frequencies and help us manifest our dreams into reality. If you feel like your life path has been blocked and you weren't able to make progress with your goals, or you are feeling a little lost and unmotivated when trying to achieve your goals, then Clear Quartz will help you cleanse and find your path towards manifesting your own reality.

Wearing a bit of Clear Quartz can also help you to keep negative vibes away, enhance the positivity and joy frequencies within you and it will also help you to discover the path towards manifesting your magic.



• How To Use Clear Quartz Points?

While their primarily most widely known purpose is to use them in crystal grids, because the very shape of points is to connect and enhance, that's not their only use.



Placing a crystal point in each room in your home can help you to enhance the overall positive energy in your home, and cleanse any negative, or stale energy in your home. Adding a clear quartz point to your purse/backpack or in your pocket is an amazing way to keep bad vibes away, and feel more joyful. And lastly, whenever you feel like you are completely out of whack, and need the extra healing, we recommend taking two of your clear quartz points, place each in each palm, close your eyes, and take a few deep breaths, feeling the energy of clear quartz and allowing it to remove blocks, and enhance the positive energy flow within.

Purple Ritual Candle For Enhancing Inner Joy Why Purple Ritual Candle? We chose Purple Ritual Candle because....

This beautiful purple candle in enhanced with the power to enhance inner strength, positive energy and help in finding your own spiritual path.

The color purple is often associated with royalty and mysticism, often symbolizing the positive changes we create when we start walking our personal, magical, spiritual path.

How To Use Your Purple Ritual Candle?

Close your eyes and place the Purple Ritual Candle on your chest and hold it there. Take a few deep breaths and really focus on enhancing healing and happiness. Focus on the positive emotions that arise within.

Then, take your Purple Ritual Candle and hold it close to your chest, asking it to absorb and enhance these positive vibes.

Ask the Universe to make all of these positive emotions into even more positive vibes that will manifest in your life spiritually, emotionally, and physically.

Take a few deep breaths. Ready? Light the candle and focus on its flames, and focus on visualizing happiness enhancing in every area of your life.



Take a few deep breaths. Ready? Light the candle and focus on its flames, and focus on visualizing abundance enhancing in every area of your life.

A Super Duper Happy AF Ritual with all the things....

<u>Cleansing With Palo Santo Tools & Home</u>
<u>Setting The Intention For Enhancing Happiness With Your Candle</u>
<u>Meditating For Attracting Abundance Of Joy Crystal Grid</u>

Now that you are armed with what each of these tools is and some ways to use them, you are ready for our most happy af ritual ever. This is for when you really need to pull up the big guns and ask for the Universe to help you attract positive energy in every aspect of your life. Are you ready to call on the big dogs? Let's go! We recommend that you read this through fully, trying to commit the meditation to memory, then actually perform the ritual.

Get to a quiet place you won't be disturbed, put all your tools in front of you. Light your Palo Santo.

Take three big, deep breaths in. Through the nose, out of the mouth. Then envelop all of your tools with the smoke of Palo Santo. Once you cleanse your tools, it's time to completely get rid of negative vibes in your home. Go to one of the corners of your home, and begin to move along the right wall with your Palo Santo. Continue to the next corner, and the next room, and all the corners in all of your rooms in your home. When you feel you've finished,

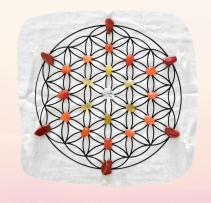
open the windows to let the smoke and the negative energies out, and then settle down. Catch your breath. Breathe in and out. Allow your breath to return to normal. Place your Palo Santo on a plate or something fireproof. We do not need to burn your house down while meditating, that's not a fun distraction.

Close your eyes and place the Purple Ritual Candle on your chest and hold it there. Take a few deep breaths and really focus on joyful memories, and memories when you were at the top of your creative wealth. Focus on the positive emotions that arise within. Then, take your Purple Ritual Candle and hold it close to your chest, asking it to absorb and enhance these positive, exuberant vibes. Ask the Universe to make all of these positive emotions into even more positive vibes that will manifest in your life spiritually, emotionally, and physically.



Then, light the candle and let it burn down completely to send your intentions to the Universe.

Now that you finally have a clean slate - physically, mentally, emotionally, and spiritually, and your intentions are set it's time to attract positive energy and enhance it in all areas of your life. We will create a magical Happy AF crystal grid!





Take your Clear Quartz points and hold them in your palms. Close your eyes and take three deep breaths. Whisper to the first Clear Quartz point "balance", to the second one "enhance" and to the third one "healing". Then place your Clear Quartz points around the fluorite. One at the top, and two at the bottom sides of the fluorite pyramid.

Then, touch your fluorite, and focus on visualizing the fluorite radiating with light, abundant energy, filling up your entire space, your entire heart, your entire body, completely enveloping you. When you feel ready, open your eyes



and take a few moments to thank the Universe for helping you enhance joy in all areas of your life.

The last step is to say your intention or affirmation on each bead of your crystal bracelet until all beads have been touched. Put the bracelet on and then feel Happy AF wherever you go, at any time! Make sure you repeat your intentions on your bracelet's beads daily!







Sending you sooo much light, love, and magic! We are rooting for you. Love you a long time,

Shereen & the My Little Magic Shop Team

***Disclaimer: This is not to be a substitute for medical advice. If you are feeling like hurting yourself or others, please contact 911 or a hospital for support.