

RESILIENT AF CRYSTAL KIT

A CRYSTAL KIT
TO HEAL
A BROKEN
HEART



Hello there Beautiful!

We know that the world is a mess right now. And we have all been stretched to the limit in the past year. And when you don't have inner peace, especially when the world is in chaos, then creating your own damn magic is almost impossible.



Breakups suck. No matter who breaks up with who, both parties walk away feeling the sting of failure. Of course, it is not always for the best that a relationship doesn't work out. Sometimes the break up lasts forever, sometimes you get back together, but either way that break was necessary. Something was broken within the

relationship and the time on your own will only give you the clarity to figure out how to move forward in alignment with your higher self and highest good. The tricky part about this is that this last point is super hard to see right in the throes of heartbreak.

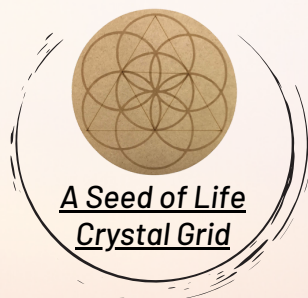


BUT, it doesn't have to be that way. You are a freaking magic maker and there's nothing in this life that with a little bit of intention and magic, you can't overcome.

You are resilient af and you got this! It's time to rise, pull yourself up, make your own damn magic, and move forward in alignment with your highest purpose.

If you're eager to get rid of the old and in with the new by creating the vital energies that will promote healing and strength to get over your break up then we've curated the perfect set of tools for you in our Resilient AF Kit. With that said, let's start getting resilient af.

We have included a Rose Quartz Bracelet, a Tumbled Malachite Crystal, a Palo Santo Stick, four pieces of Clear Quartz Points, a Pink Ritual Candle, Ritual Candleholder, and A Seed of Life Crystal Grid - in this kit.



Below you will find more information about each item, a few ways for you to use it when you need to enhance your resilience and mend your broken heart, and the best scenarios for when to use it.

Also, we've put together a super-powerful resilient af ritual if you need a super dose and have to use all the things. Enjoy the ride! Chat us over at www.mylittlemagicshop.com if you have questions.

[Rose quartz Bracelet](#)

[Why Rose Quartz?](#)

[We chose Rose Quartz because....](#)



Rose Quartz represents love, self-love, self-acceptance, passion, nourishment, and well-being. If you are seeking to journey inwards and awaken self-love as well as accept all the pieces of yourself, then Rose Quartz will bring you profound insight. Although it radiates with gentle energy, its energy is more than enough power to help you unwind all negative patterns and blockages that keep you from loving yourself genuinely. If you are looking to find your soulmate, then Rose Quartz is perfect because it simply attracts love in all aspects of your life.

Rose Quartz is also an excellent crystal for helping you nourish and strengthen your current love relationships. It offers insight into the deeper issues, understanding, and acceptance when used to balance a love relationship between loved ones. Working with Rose Quartz long-term, as well as wearing it will ultimately help you become gentler, kinder, and more loving.

- [When Should I Wear My Bracelet?](#)

All day, every day. Probably not in the shower. Your Rose Quartz Bracelet not only brings you all the healing and nurturing 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 anxious, tired 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 healing me. I am resilient. I am strong. I am healing." on each bead. Once you get all the way around the bracelet, then put it back on for further healing. Breathing and repeating affirmations are easy ways to quickly to calm

yourself and enhance your energy shield when you are feeling overwhelmed.

- [Do I Need To Cleanse My Bracelet?](#)

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.

[Malachite Tumbled Crystal](#)

[Why Malachite?](#)

[We chose Malachite tumbled stone because....](#)



Malachite represents transformation, personal growth, healing, and protection. Malachite's power lies in its energy signature that is so gentle, yet so powerful. By prodding into the deepest layers of yourself, Malachite gently dissolves negative patterns, blockages, and especially emotional blocks caused by past trauma. In a way, Malachite resembles a spiritual guide that shows you where you have been going wrong all along, and furthermore, it helps you gain the strength to break off those patterns.

Malachite is also a well-known crystal for helping in opening our Heart Chakra and opening ourselves to greater universal love. By doing so, it can give you the courage to take emotional risks, which will result in your benefit.

- [When should I use my Malachite Tumbled Stone?](#)

You can use Malachite when you want to focus on developing self-care and self-love. Lay down in a comfortable position, take 5 calming breaths, relaxing deeper with each breath.

Place your Malachite on your chest, between your breasts. Sit with the Malachite in this place for as long as you feel comfortable, pushing away any thoughts and focusing on your breathing. When you are ready, share your gratitude with the universe. Repeat whenever you need clarity.

[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.

[Pink Ritual Candle For Cleansing](#)

[Why Pink Ritual Candle?](#)

[We chose Pink Ritual Candle because....](#)



Pink is the color of emotional well-being, sensuality, and matters of the heart. We chose a pink candle for you in this kit to help you heal your broken heart and for when you wish to grow in compassion and self-love, or attract the love of others. Forgiveness and reconciliation spells also call for gentle pink.

- [*How To Use Your Purple Ritual Candle?*](#)

Close your eyes and place the Pink Ritual Candle in front of you. Take a few deep breaths and really focus on letting go of anything that no longer serves you.

Focus on the emotions that arise, all that unsettling disturbance within you, all the cracks from your broken heart, all the pain, and sorrow, allow yourself to feel it - don't be scared. Allow it to come to the surface.

Then, take your Pink Ritual Candle and rub it from your forehead, then the back of your neck, and then on your chest. As you do these motions, ask the candle to absorb all negative emotions from you, all negative thoughts, every single negative thing that is within you, making you struggle with your heartbreak, and release it into the candle.

Feel the candle absorbing these emotions.



Then, ask the Universe to help you release and extinguish these emotions once the candle is lit. Take a few deep breaths. Ready? Light the candle and focus on its flames, and letting go of those three things. This can be very emotional for you, so allow yourself to experience all emotions, and visualize them burning out in the flames of the candle.

[A Super Duper Resilient AF Ritual with all the things....](#)

[Cleansing With Palo Santo Tools & Home](#)

[Absorbing Heartbreak Within With Candle](#)

[Meditating With Your Crystal Grid For Resilience](#)

Now that you are armed with what each of these tools is and some ways to use them, you are ready for our most healing and resilient af ritual ever. This is for when you really need to start a clean slate and need a big boost of support and resilience from the universe. 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.

Hold your Pink Ritual Candle in your hands, close to your chest, and then close your eyes. Focus on things stirring within you - painful emotions, painful thoughts, memories, old emotional wounds, heartbreak, traumas from relationships, sadness, or perhaps even fear and uncertainty.

Allow yourself to truly be completely vulnerable at this moment, and truly get in touch with everything that shakes you up, and keeps you from being your most magical self. We know this is super hard, however, think of it this way - you are bringing this up now, and letting it go forever, so that not only you can do harm to yourself.

In a way, by cleansing your deepest, darkest energy blocks, fears, pain, and heartbreak, you are protecting yourself from falling in the same old patterns, same old relationships, and same old heartbreak.

Then start rubbing the candle on your head, asking it to absorb every thought that no longer serves you or brings you happiness. Let all of that self-judgment, anxiety, worry be absorbed, and never return.

Then rub your candle on the back of your neck, and ask the candle to absorb any energy blockages within you. Then finally, rub your chest, asking the candle to remove all emotional blocks, pain, heartbreak, and old emotional wounds.

Then, light the candle and let it burn down completely to get rid of everything negative within.

Now that you finally have a clean slate - physically, mentally, emotionally, and spiritually it's time to enhance resilience to heartbreak. We will create a magical Resilient AF crystal grid!

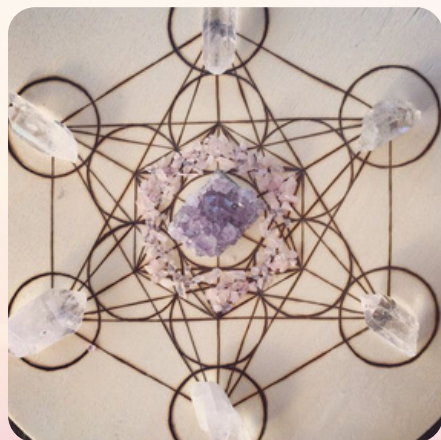


Take your Tumbled Malachite crystal and hold it in your palms. Close your eyes and take three deep breaths. Whisper to your Malachite "resilience". Then place it in front of you.

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



Then, touch your Malachite, and focus on visualizing the Malachite picking up on all your sorrow and heartbreak, sucking it all out, cleansing you from all that sadness. Then visualize it creating a protective shield around the gird. Then visualize the protective barrier getting bigger, enveloping you. Then visualize the barrier getting thicker, like gaining an extra layer. Then another. And another. Take a few deep breaths, as the protective shield becomes stable and set.



When you feel ready, open your eyes and take a few moments to thank the Universe for helping you become more resilient.

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 Resilient AF wherever you go, at any time!



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