



Crystal jewellery with purpose

You did it. You chose you.

Thank you for supporting a wellness business that empowers everyone to put their health and wellness first. Your health truly is your wealth.

Your crystal jewellery is so much more than a beautiful piece of jewellery. It is a reminder each day when you see or wear it to practice your Core Truth technique and make time for you and your wellness.

Welcome to the Core Truth community.

Your Raw jewellery will bring you
consciousness, awareness and
clarity.

The Core Truth Meditation Technique



Raw: Supports Healing

Technique: Meditation

1. Holding your crystal sit or lie down and get comfy.
2. Take a deep breath in for 4 counts and out for 8 counts.
3. Say out loud or in your head the below:

As I hold this raw crystal
I absorb all of the positive energy
I know I have everything I need within me
Allowing my full authentic self to shine
Locking in all of the positive energy
Letting go of all negativity, thoughts and stresses
Allowing my body and mind to heal
I am connected to my core truth
As I hold this raw crystal, I have all I need

4. Deep breathe in for 4 counts and out for 8 counts.
5. Start to move your fingers and toes and slowly come back into the room.
6. Take in all of the positivity whilst putting on your jewellery.



*Download your
technique to always
have it on you.*