



Agate

LIFE NOURISHES ME!

Agates are earth stones. Overall, you are being asked to gentle, nourish yourself, too allow your inner strength to shine. You need personal healing in order help bring the outcome you desire.

Take the focus from what you want to what you need. When you can do this the answer to your question is 'Yes'!

How to Use Agate for Healing

Wear Agate as a necklace or jewelry for ongoing, every day support.

Place Agate in your environment, to support specific activities, like work.

Meditate while holding Agate to receive deep insight, guidance, and healing.