



Crystal Karma



Crystals, Jewellery & Gifts for the Spiritually Minded

Feature Crystal: Amethyst

Each newsletter I will provide you with interesting facts about a particular crystals. This issue, I have chosen one of my favorites Amethyst.

Amethyst is a very popular crystal, most people are drawn to its beautiful purple colour. When you wear an amethyst or have one on your table, you may look at it & feel an sense of serenity simply by admiring its beauty. However there is a lot more than meets the eye with this special crystal.

For those of you who are into Angels, Amethyst is also connected to Archangel Michael, a strong & protective Angel.

The healing properties:

This calming, protective stone is an excellent meditation tool that accelerates the development of psychic abilities. (source: Doreen Virtue, crystal therapy).

When you meditate, it turns thoughts away from the

mundane into tranquility & deeper understanding. (More on meditation on p. 2).

Amethyst dispels anger, rage, fear and anxiety. Alleviating sadness & grief, it supports coming to terms with loss.

Amethyst also releases tension & eases headaches.

(source: Judy Hall The Crystal Bible)

Try this simple remedy for a headache. Put an amethyst tumble stone in the fridge for a while until it's just cold. Or hold it under running water for a while until you feel it is cleansed and cool. Then place or gently massage the cool stone on your forehead or where ever the pain is. Hold the intention in your mind that the crystal will draw out the pain to relieve your headache & also reduce any stress you are experiencing. Also great for sinus relief and those dreaded puffy eyes.

For insomnia or nightmares,



Amethyst Cluster.

Prices start from only \$10.



Amethyst Candle Holder Newsletter Special \$24.

place under your pillow. This is a great one for the kids too. Get them involved in helping themselves get to sleep with their own special crystal.

Just arrived! Beautiful new pendants in Amethyst. "New Stock" email to follow shortly!

Issue no. 1 August 2006

Inside this issue:

Feature Crystal: Amethyst 1

Cleansing your crystal 1

Programming your crystal 2

Meditation 2

What's new at Crystal Karma 3

Crystal Karma's web site 3

Newsletter articles by request 3



Use the full moon's energy to cleanse your crystal.

Cleansing your crystal.

Crystals have the amazing ability to absorb negative energies, that's their job. Therefore the first thing you must do when you purchase a crystal is to cleanse it to remove any energy left from previous people who have touched or held your crystal. Here are some of my favorite methods to cleanse your crystals:

- * Placing the crystal in the sunlight for a few hours or overnight when there is a full moon.
- * Certain crystals have the ability to cleanse other crystals. If you keep a Carnelian in a bag of tumble stones you will never have to cleanse them. A small crystal can also be placed on a clear quartz cluster and left overnight.
- * You can also visualize your crystal surrounded by light which purifies and reenergizes it.

After a period of time you may notice that your crystal does not look or feel the same as it used to. That's when you need to cleanse it again.

Which ever method you choose it is very important whilst cleansing that you hold the intention in your mind that you are cleansing your crystal of all negative energies, leaving it clean, pure, reenergized & most importantly making it YOURS!

(source: The crystal Bible, Judy Hall).

Programming your crystal.

So your crystal is cleansed..... The next important step is to dedicate and program your crystal for the purpose for which you wish to use it.

Hold the crystal in your hands. Picture light surrounding it and say out loud: "I dedicate this crystal to the highest good of all. May it be used in light and love".

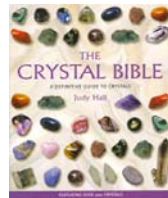
To program your crystal, hold it. Let yourself be open to higher guidance. Consider the purpose for which you wish to use it. For example: if you wish to attract love and romance

into your life program a rose quartz. If you wish to have a crystal that you can hold to relieve stress and tension, program an amethyst. To help you heal from a cold (good this time of year!) program Labradorite or fluorite. To boost your immune system program a clear quartz.

Once you have decided what you wish to program your crystal for, attune to the crystal. When you are totally in tune, say out loud: "I program this crystal for [your purpose]. Then put the crystal in a place where

you will see it frequently or keep it in your pocket. Every time you hold or see your crystal your subconscious will also remember the "programming" you gave to it, making your crystal even more powerful!

For a fantastic crystal guide I recommend "The Crystal Bible" by Judy Hall for \$29.95.



Email or call me if you would like to order a copy.



Meditation.

With the hectic pace & demands of modern life, many people feel stressed and over-worked. It often feels like there is just not enough time in the day to get everything done. Our stress & tiredness make us unhappy, impatient and frustrated. It can even affect our health. We are often so busy we feel there is no time to stop and meditate! But meditation actually gives you more time by making your mind calmer & more focused. A simple ten or fifteen minute breathing meditation, as explained below, can help you to overcome your stress & find some inner peace & balance.

Try this simple breathing meditation:

1. Find a quiet and comfortable place. Sit in a chair or on the floor with your head, neck and back straight but

not stiff.

Try to put aside all thoughts of the past and the future and stay in the present.

2. Become aware of your breathing, focusing on the sensation of air moving in and out of your body as you breathe. Feel your belly rise and fall, the air enter your nostrils and leave your mouth. Pay attention to the way each breath changes and is different.

3. Watch every thought come and go, whether it be a worry, fear, anxiety or hope. When thoughts come up in your mind, don't ignore or suppress them but simply note them, remain calm and use your breathing as an anchor.

4. If you find yourself getting carried away in your

thoughts, observe where your mind went off to, without judging, and simply return to your breathing. Remember not to be hard on yourself if this happens.

5. As the time comes to a close, sit for a minute or two, becoming aware of where you are. Get up gradually.

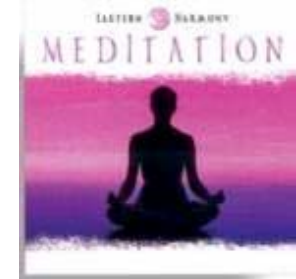


Special points of

Interest:

- Amethyst fades in the sunlight.
- Crystal tumble stones are now available. Prices range from \$4 to \$8. If you want a particular crystal, simply email me and I will find one for you!
- For muscular aches, place a crystal in the sun until it is warm then massage the area gently with the warm stone. The healing crystal combined with the energy of the sun works wonders! Malachite is my favorite for this one!

New range of CDs have just arrived!



You will love listening to this beautiful CD. Nine instrumental tracks designed to help you achieve a deeper state of Meditation. Total running time 59.18 mins.

More CDs available: Sleep, Bath Time, Pregnancy, Stress Relief, Healing, Sensual massage, Reiki, Yoga and relaxation.

All CDs are at the special introductory price of \$10 each. Discounts for multiple purchases.

Please email me for details.

What's New at Crystal Karma.

For those of you who are not aware. Crystal Karma Party Plans now offer readings by a very gifted clairvoyant.

Christine Lubeck has been a practicing clairvoyant for 5 years and has been training for 10 years to get remarkably clear information.

Christine offers readings through spirit guides with the aid of Tarot, Angel and Lovers cards. Past Life through pendulum and Psychometry (the handling of an object using its vibrations to pick up information about its history).

As the hostess of a party you will receive:

* **An extended reading valued at \$45.**

* **a free surprise crystal gift.**

* **15% discount off your order for party sales above \$100.**

* **20% discount for party sales above \$300.**

PLUS an additional 5% discount off your order for each party booked on the day/evening.

Crystal Karma Party Plans are very relaxed with no pressure selling. Learn all about crystals & how they can be used for empowerment & healing. Choose from a stunning selection of crystals, Jewellery, candle holders, oracle cards, healing/motivational books & CDs and much more.

During the party your guests will also have the opportunity to receive a private reading for only \$15. Please email me for more information.

Book a party for August and receive a FREE "Sleep" CD from my new range.



Crystal Karma's Web Site

Please bear with me as I am in the process of upgrading my web site.

It's a lengthy process but the end result will be a fantastic site that I will do my best to keep up to date with exciting new stock.

Newsletter articles by request.

In my next newsletter I'd love to dedicate a section to answer any questions or provide information on a particular subject or crystal.

So if there is a crystal you would like to know more about or perhaps you would like to know what crystal best suits a particular emotional or physical ailment.

Please email me and I will do my best to answer your questions.

Next month I will devote a section to children and how they can benefit from using crystals.

If you know of anyone who would like to be on my emailing list to receive newsletters and new product specials, please forward their email address to me.

I do hope you have enjoyed reading my first newsletter and I welcome any comments or suggestions you may have.

With Love and Light

Rochelle

Crystal Karma

Web site: www.crystalkarmapartyplan.com

Email: crystalkarma@optusnet.com.au

Phone: 0419 137 902

Bentleigh Market Sunday mornings

I now have a permanent spot at Bentleigh Market (in the car park of Bentleigh Station) every Sunday morning. Come and say hi, I'm just in from the front entrance.

Exciting new range of books, CDs & Jewellery coming very soon!!

JUST ARRIVED!
Doreen Virtue's Messages from your Angels Oracle cards. \$24. Stocks are limited so don't miss out!

