



Stress Management & Relaxation Crystal Stone Grid

Center: Lepidolite Mica & Scolecite

Star: Aquamarine

Triangle: Girasol

Dot: Rose Quartz

Open Circle: Lithium Quartz Point

Square: Amblygonite

Outside Circle: Amethyst Elestial

The crystal kingdom can be very helpful to those folks who are sensitive to subtle energies, especially as it relates to relaxation and blissing out after a long week at work. The stones I grab when I am feeling anxious and stressed out tend to have lithium in them. Lithium's energy feels like it goes into the hard edges of your emotional state and makes those edges fuzzy and less defined. It has almost a comfortably numbing and dampening sensation when you're experiencing overwhelming and harsh emotional states.

This grid is helpful to put you in a more tranquil and chill state of mind. It could be used for simply adding a warm and fuzzy underlayer to your evening to help you unwind, or it can be used as a meditation grid. It would absolutely help you to attain and maintain the slightly altered state that is desirable for meditation or for energy work.