

Spring Crystals

Spring Clean Your Home's Energy

Notes

1. Can choose any day, but either this full moon (4/13) or the equinox (3/20) are ideal
2. Gather your materials (options: smoky/clear quartz or selenite, 417Hz music, or smoke clearing tools)
3. Open all the windows and doors.
4. Take a moment to get present and centered before setting an intention that your home's energy be refreshed. Optional mantra: "All that is stagnant and no longer serves the Highest Good of my home, me, or my loved ones is now released. Only that is aligned with our Highest Good may enter."
5. Starting at the front door of your home, move through every room in your home, either playing the music, scanning the walls with the crystals, or wafting the smoke through.
6. When finished, take another moment to finish releasing what no longer serves and give thanks for a cleansed space.

Beltane (1 May) Crystal Grid

1. Gather supportive crystals, a tealight and some flowers from your yard (or buy a bouquet).
2. Use a preprinted grid or create your own design.
3. Take a moment to meditate on your intention. Consider journaling on the questions: How are you creating the life you desire in this season of your life? How can you bring in more joy, happiness, play, and sensuality into your everyday life? What seeds are you planting right now and how will your life change in 6 months when they have been harvested?
4. Placing a candle in the center of your grid, begin using your intuition to place crystals, flowers, or other gifts from nature on the intersections of the lines or wherever you feel called to create your design.
5. Light the candle and take another moment to reflect on your desires and any new wisdom that was revealed during your practice.
6. Feel free to leave your grid out for as long as you like. (Be responsible with flames!)
7. When you are ready to dismantle your grid, take a moment to give gratitude to nature for providing fertile ground for our lives and dreams

Seed of Life

