



CRYSTAL IMMERSION JOURNEY

A FREE 7-day CRYSTAL EXPERIENCE with Lori A Andrus

Get to know your crystals with ancient shamanic practices.

1. What was your intention for working with your crystal?

2. Re-read your responses to the intention setting ritual and pay close attention to questions two and three where you wrote about the changes you would like to experience in your life and how your life would be different if one of those changes were made. Highlight what jumps out to you and make note of those highlights here:

3. Re-visit your experience photographing your crystal . . . what insights came forward? Write the big a-ha's here:

4. Re-read your nature time reflections. What things jump out from there today? Write them here:

5. Re-read your meditation reflections. What things jump out from there today? Which of your senses feels the strongest? Which one felt the most challenging to connect with? Write your highlights here:

6. Re-read your research reflections. What things jump out as the biggest a-ha's / insights from there today? Write them here:

7. Re-read your shamanic journey reflections. What things jump out as the biggest a-ha's / insights from there today? Write about them here:

8. Re-read each of your answers above. Circle a short phrase or word that jumps out from each reflection. What is the theme being shared by your crystal?

9. How is your crystal inviting you to experience and create your life differently?

10. What changes or shifts can you make to integrate this new way of being?

11. Now re-read the ways you recognize you can begin to shift your day to day life. Select 1 one way that you can begin to put into practice each day. Keep it simple! The simpler the better and the easier it will be to make lasting change in our lives.

- Once you've selected one practice, tune in and feel it in your body. How does it feel to commit to it? Does it feel empowering? If not, then re-visit your ideas and go through your list feeling into each one, identifying the one that feels the most empowering.

Once you're sure of your practice, you are going to activate your crystal to support you in integrating this practice. You will do this by . . .

- Attuning to it in your body. Let yourself really feel it.
- Then, just as you did on day 1, use your breath to blow the essence of your practice and the invitation for your crystal to help you, into your crystal.
- Repeat this three times.
- Ask your crystal how it would like to work with you going forward . . . does it want to be placed by your bed, on an altar, carried with you in your pocket, worn, etc.
- Follow through with its guidance, continue to welcome its messages and wisdom, and most importantly have fun!

Shine brightly, my crystal loving friend!

xoxo, Lori