



CRYSTAL IMMERSION JOURNEY

A FREE 7-day CRYSTAL EXPERIENCE with Lori A Andrus

Get to know your crystals with ancient shamanic practices.

1. What is happening in your life right now? Be real. Be raw. Let your heart speak.

What is bringing you the greatest joy?

What are your greatest challenges?

2. What shifts or changes do you desire to make in your life?

3. If you made 1 of these changes how do you imagine you would experience life differently?

Now engage all of your senses.
How do you imagine this new experience of life to Look?

Sound?

Taste?

Feel (physically, emotionally, spiritually)?

Smell?

4. Why is experiencing life this way important to you?

5. Our transformation is ultimately fueled by how we desire to feel. Re-read each of your feeling descriptions. Feel each one being activated within you. Invite one desired, strongest feeling to emerge. Describe that feeling?

This feeling is the core of your intention. Re-write that feeling into the form of an intention. I encourage you to begin this phrase with the words 'Crystals show me . . . ' and to write it as a declaration or invitation for the crystals to reveal wisdom and insight around your intention. For example: Crystals show me my unique gifts. or Crystals show me how to live my life with love. Crystals show me how to live life with joy.

6. Now that you have set your intention, your first step in bringing it to life is to share your intention in a safe and sacred space. This space is being held in the Crystal Immersion Community Facebook group. Join us here: <https://facebook.com/groups/crystalimmersion> . . . and share your intention with us! We would love to hold that vision with you!

Shine brightly, my crystal loving friend! xoxo, Lori