



CRYSTAL IMMERSION JOURNEY

A FREE 7-day CRYSTAL EXPERIENCE with Lori A Andrus

Get to know your crystals with ancient shamanic practices.

1. Where did your crystal invite you to spend time together in nature?

Was this someplace new or someplace familiar?

2. What feels significant about this place today? . . . what jumps out to you, how did you see or experience this place differently?

3. What did you experience?

4. What elements are present there? (earth, fire, water, air)

What insight does that element offer?

5. Did your crystal share any messages, wisdom, or insights? What are they?

6. What emotions did you experience while connecting with your crystal in nature?

7. How does this experience connect with your intention?

8. Share your experience and insights with us in the Crystal Immersion Facebook group!

Shine brightly, my crystal loving friend!

xoxo, Lori