

August 16th Sunday Rune and Card Reading



It's Calcite Week!!

In celebration of the A-Z of Emotional Health online store opening this month, each week during August, I have been drawn to use some of the stunning Crystals that will be available in the store and this week we are tuning in to three amazing Calcite Crystals.

In the BIG AUGUST SUMMER DRAW, as well as the usual monthly FREE Private Reading and a First Edition Pack of The Art of Manifestation Oracle Cards I will also be drawing names from our Youtube Subscriber email list and giving away various Crystals as well. If you are not yet on the Subscriber List you can join it here. <https://bit.ly/3eVBv1E>

You only have to join once to be in every monthly draw.

Reading no. 1 – **Blue Calcite.**

Blue Calcite is said to soothe frayed nerves and lower anxiety. It's gentle penetrating energy clearing any negativity through the encouragement of rest and relaxation. It is also said to align with the third eye, bringing insight and profound awareness that helps to build a strong connection between mind and emotion.

For myself, if I am feeling particularly vulnerable, I like to use Blue Calcite alongside Black Obsidian. The Obsidian brings the protection and energy of the Warrior Spirit, whilst the Blue Calcite brings a calming influence, filtering out any negative vibrations, sending a higher vibrational energy back into the universe.

Reading no. 2 – **Green Calcite.**

Green Calcite is sometimes known as a memory stone.

The energy of this stone is said to connect with the Heart Chakra and the Higher Heart Chakra, supporting healing within the emotional, spiritual, physical and mental realms, thus offering opportunity to assist in the healing and resolution of any historic or challenging memories.

I find that when I sit with this gorgeous crystal I automatically begin to view life and my situation through the eyes of compassion. I can therefore begin to see my situation differently and in overriding past perspectives I find myself holding past memories in a far more objective and forgiving light.

Reading no. 3 – **Red Calcite.**

Red Calcite is associated with an enthusiasm and passion to live life to the full. Full of vitality it is said to not only enhance and empower a passion for life but its energy is said to simultaneously

ground and centre us, bringing protection and affirming strong boundaries, easing any lethargy or confusion of direction.

It is also said to be a major ally when dealing with people who consistently step over our boundaries or have unrealistic expectations as to what and how much we should be giving them!

For myself, when I find myself trying to spin too many plates at once resulting in my going around in circles and not really attending to anything, this powerful stone will help me to put the brakes on without losing any energy, I can then get focused and apply myself to each task with passion and renewed vitality.

Associated with the Root Chakra it can play a powerful role in supporting our capacity for conscious manifestation.