

August 2nd Sunday Rune and Card Reading



As I was preparing for today's readings, having just recorded the Astro-energy update for August, I found myself tuning in with the incoming energetics and was particularly drawn to the energy and influence of three Crystals, all of which in their own unique ways will support us in using the incoming energy as a source of empowerment over the coming month.

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 - **Aragonite.**

Aragonite is known as a stone of strength and support. It is said to align with the Earth Goddess, keeping us anchored and grounded, particularly during times of transition and sudden change.

I find this powerful little stone brings me a sense of safety generating feelings of reliability and consistency, even if the world around me is feeling unsettled.

Reading no. 3 – **Kyanite.**

Kyanite is said to align all Chakras creating an inner balance that dispels any blockages, helping to move energy through our physical body.

This magical little stone is said to encourage and enhance our psychic abilities, enabling fluent channelling of divine guidance.