

24th May Sunday Rune and Card Reading



This week I was drawn to connect with the energy of Three Crystal Wands.

Reading no. 1 – Clear Quartz

Quartz crystals are known as "master healer" crystals. Stimulating the immune system and bringing the body into balance, they are said to draw off negative energy of all kinds, neutralising, balancing and revitalising the physical, mental, emotional and spiritual planes. Enhancing our psychic abilities, Clear Quartz is said to harmonise all our chakras and amplify energy and thought.

Reading no. 2 – Sodalite

Sodalite is said to bring rationality and crystal clear thinking at times of emotional overwhelm. I personally find it really valuable to carry this powerful little wand during my meditation if my mind is clouded by FOG. As in Fear Obligation and Guilt!

Sodalite is said to bring articulation and enables us to speak clearly, calming any anxiety and feelings of panic, and supporting us in building self-esteem and self-worth. It is also said to boost our immune systems!

Reading no. 3 – Amethyst

A crystal of great power and energy, it is said that Amethyst will connect you to Spirit and the Divine. Heightening our intuition and our psychic abilities I find this wonderful little wand immediately disperses stress, sadness and grief through a profound sense of deep connection and belonging.