

## 26<sup>th</sup> July Sunday Rune and Card Reading



In today's readings we are guided by the energy and influence of three beautiful Crystal Hearts.

### Reading no. 1 – **Agate.**

Agate is said to be one of the greatest stones for rebalancing and realigning ourselves in mind, body spirit and emotion.

Cleansing us from the inside out and reaching into our Aura I find that carrying this gorgeous little heart seems to centre my energy bringing a sense of safety and clarifying any indecision within my mind. Even if I arrive at a decision to wait until I am clear as to how to move forwards this stone always seems to bring me a sense of reassurance in any situation.

### Reading no. 2 - **Tiger Eye.**

Known as a stone of protection, Tiger Eye is said to bring good luck to the wearer.

I find this powerful little heart brings courage and an inner strength that helps me to remain focused and steady with a clear mind. Well worth carrying if you are going to enter conversations that require a strength of conviction.

Said to bring clear thinking and enhance strong willpower it is known to bring increased motivation and assist in overcoming any form of procrastination.

### Reading no. 3 – **Turquoise Howlite.**

Howlite is said to reduce anxiety and to bring the wearer or carrier profound emotional calm.

Known as an 'attunement' stone it is said to connect us to higher levels of consciousness. I have known it to be used with people who are struggling to slow down negative or repetitive thinking patterns that are inhibiting sleep and peace of mind, blocking clear decision making and focus.