

Meditation is a great practice to help us be MORE PRESENT. This makes it easier for us to adequately hold space when we are healing and attuning to crystals.

Meditation can be done in many different ways and I feel its best to find what suits you the most.

Transcendental Meditation - repeating a mantra, word or sound.

Visualisation - focusing on a candle flame or coloured object and then seeing it and focusing on it with your eyes closed.

Simply being silent and entering a silent space within for several minutes.

Focus on your heart centre and ask the question 'who am I?'

Whatever your meditation practice - you are focusing on being more present and most importantly accessing the right side of the brain which helps us be more intuitive and creative.

