

Crystal Attunements and Experiences - DO NOT LOOK UP INFO IN BOOKS UNTIL YOU'VE CONCLUDED YOUR OWN EXPERIENCE

Please use this format to write about each new crystal you experience and email to me at gwyneth@crystalheart.org.uk

Crystal Name

Dates of Attunements

Please write about your first attunement:

Please write about your second attunement:

Crystal Experiences:

How did the crystal feel to you generally?

How do you think it affected you emotionally? Mentally? Spiritually?

Did you get any physical reactions?

How did it affect your dreams and sleep?

In brief describe the energy of this crystal from your attunements and experiences.