

## *Session Four*

By now you will be used to the attunement processes and hopefully feel quite confident when you connect with the crystals. You are I hope trusting your intuition and what you feel/see/experience. The experience of carrying the crystal around with you certainly deepens the impressions you get when attuning to the crystal energy. We are moving on now to blue lace agate and lapis lazuli.

The mp3 attachment for blue lace agate will be a little shorter this time. You already know how to prepare yourself energetically for connecting with a crystal and the attunement process will be more of a short journey. So Enjoy!

### *Blue Lace Agate*

Blue lace agate is a lovely pale blue chalcedony quartz with beautiful wavy white lines running through it. Blue chalcedony itself does not have the lines through it. Just looking at blue lace can make us feel calm and dreamy - but not always . . .

Listen to the mp3 recording and journey with blue lace. Then experience the energies by carrying it with you and sleeping with it for a few days to a week and let me have your impressions. Remember to be open - to listen - to observe

**Be One with your crystal.**

### *Lapis Lazuli*

Do not confuse lapis with sodalite. Lapis lazuli is usually a rich deep blue with some white which is calcite and veins or flecks of iron pyrite which you will see as sparkly within. Ancient Egyptian women wore ground up lapis as eye makeup. To them lapis was highly prized. Although they are both deep blue crystals sodalite and lapis energies move in a very different way. You will know the difference when you attune to lapis and experience it!

So now please listen to the mp3 recording and enjoy the journey with this most majestic and beautiful crystal.!