

## *Session 3*

### **Carnelian**

Carnelian is a kind of banded agate. It is a microcrystalline quartz from the chalcedony family of agates. Carnelian comes in a beautiful orange/brown colour and is sometimes also known as sard or orange/apricot agate. Carnelian is often used in jewellery. It is very ancient and is one of the stones that ancient peoples traded in. Vast amounts of it were moved across Europe and used as a precious stone to trade for items.

Carnelian has a very strong energy. Its properties are many and varied. It works with us in many different ways. The most obvious reactions we may get from it will often be physical or emotional but it is very valid as a spiritual crystal also.

Please cleanse your carnelian and listen to the Mp3 recording of your attunement to carnelian. Do this as many times as you wish to and make a few notes.

Spend a week if you can experiencing carnelian by carrying it around with you. Try sleeping with it at night although you will probably find that its energy is too strong for sleep!

## *Green Aventurine*

Aventurine comes in a variety of colours. Sometimes orange, red or blue – but most commonly available as green. Aventurine is again a form of Microcrystalline quartz. You will see within it sometimes tiny little sparkles of mica contained within it. Green aventurine can appear as pale through to a very dark green. It is not the same energy as ordinary green quartz. Green aventurine is most often used in crystal healing due to its beautifully soothing green colour.

The name aventurine is said to be derived from the Italian a ventura which means ‘randomly spaced’ – referring to the sparkles of mica contained within.

Please make sure your crystal is clean and listen to the Mp3 recording of the attunement to green aventurine. Listen as many times as you wish and make notes for yourself.

Spend a week experiencing the qualities of green aventurine and take notes of your interactions and feelings.

When you are ready – please listen to the Crystal Journey No 3 using the two carnelians and green aventurine. Place the crystals as indicated on the body pdf.

I look forward to hearing about your experiences and feedback.