

# Session One

## *Rose Quartz and Moonstone*

So we begin with two beautiful and gentle crystals, rose quartz and moonstone. In the package you were sent you should have two rose quartz and 4 moonstones. You have more than one of each as you will be needing to place the stones in a configuration around you for the Crystal Journey that you will listen to later. It is probably a good idea to try attuning to rose quartz a couple of times before moving on to moonstone. Allow yourself plenty of time to absorb the energies of each crystal as you work with it.

### **Please begin with Rose Quartz.**

Rose quartz is made from a chemical composition of silicon dioxide plus magnesium, iron and sometimes titanium which gives it the beautiful pink colour. Rose quartz does not form prismatic crystals like clear quartz but grows in 'massive' style or chunks. Occasionally rose quartz will appear to have a 'star' held within it which is caused by an inclusion of titanium oxide – this is known as asterisation. Rose quartz can be almost a pale lavender through to pale pink and deep pink. Sometimes rose quartz is known as Love Stone.

### **Notes on attunement (sensing the crystal energy)**

Always make sure you are grounded and centred within a quiet place where you won't be disturbed before you begin.

Make sure that your crystal is cleansed and ready to be used.

Keep a notepad and pen beside you so that you can write down your impressions of the crystal's energy when you have finished.

**Please listen now to the Mp3 recording of your first attunement to Rose Quartz.**

## *Moonstone*

Moonstone is a member of the Feldspar family. You will find that its action and way of working with you will be different from Rose Quartz. Feldspars often have an oily irridescent shimmer to them when you turn them in the light. Another feldspar crystal is labradorite. Moonstone comes in a variety of different colours. Pearly white, through to pink, pale green even and peach to brown. Moonstone is wonderful to work with through your dreams although beware that your dreaming may be extremely vivid! Again moonstone is found growing massively amongst other rocks and minerals., it does not form individual crystals.

### **Attuning to Moonstone**

When you are ready to attune to moonstone, please make sure that you are comfortable and in a quiet place where you will not be disturbed. We shall run through the grounding and centring procedure again and attune to moonstone in a slightly different way this time. You can repeat this process as many times as you wish. Make sure you have pen and paper handy if you wish to write down your impressions of moonstone after the attunement.

**Now please listen to the mp3 recording of the Moonstone attunement.**