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· A · B · A · L · O · N · E    S · H · E · L · L ·

CALMNESS

*A storm may churn the surface of the sea, but the calm in the depths are constant. Whatever outer turbulence you experience, you always have access to an inner haven of calm. Indulge this blessing of tranquility by diving into your ocean. Gift yourself the time and space to listen to the rainbows and peace within you.*

When you gaze at this Abalone card, empty your mind and focus on the patterns of this gem. Think of nothing but its organic patterns and swirls of colours. Feel the blue spectrum and welcome its calming vibrations.

The abalone shell, also known as *haliotis*, is of a very hard substance. It grows into a large ear shape. It is rough on the outside, but the inside is lined with the iridescent rainbow of mother-of-pearl. The colourful patterns come in all the shades of the ocean and are soothing to the mind.

Born of the sea, the abalone shell is connected to the element of water and is associated with the zodiac signs, Aquarius, Cancer, Pisces and Scorpio. It resonates with the solar plexus, heart, throat and third eye chakras. Abalone shell can stimulate the third eye chakra, and encourages intuition and psychic awareness. Abalone can be very effective at times of high anxiety and for those with a nervous disposition. It calms, soothes and brings balance when we are traumatised or suffering from post-traumatic stress disorder.

**Divinatory Meaning:** Focus on the calm within and the rainbow beyond the storm. A rough exterior hides a gentle heart. Be quiet and listen ... to your loved ones, your intuition and the relaxing sounds of nature.

### Affirmations

Tension is melting away. I am filled with calmness.

I am at one with the blueness of the azure sky and the emerald green of the ocean.

I allow intuition to take over from anxiety.

I am relaxed because I know all will be well.



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GOOD FORTUNE

*Fortune is in the eye of the beholder. It's time to see your luck, and make your expectations bolder. With change comes chance. Embrace it with a fresh stance. Thrust your strength to the fore and advance! What you see may change with the light, but I am always Alexandrite.*

This precious gem, named after Czar Alexander, is a variety of chrysoberyl. It is described as 'emerald by day, ruby by night' as its colour changes depending on the light source. The colour of alexandrite can vary from a soft emerald or olivine green to a brownish or purplish red.

Alexandrite resonates with the heart and root chakras, the zodiac signs of Gemini and Scorpio, the elements of water and fire, and is the birthstone for June. Alexandrite is a perfect companion in times of change. It boosts self-esteem, acceptance, good fortune and joy.

This rare and beautiful stone will help to open the crown chakra and therefore help us to access the healing energies of the universe. Alexandrite encourages physical and emotional healing of the heart. Alexandrite is a magical, mystical stone, and receiving this card is a sign of good luck. Make the most of the auspicious energy available to you now.

**Divinatory Meaning:** A windfall or joyous surprise. A challenge becomes an opportunity. A change of heart. Acceptance leads to a powerful new approach. Luck is on your side. Go forward with confidence.

### Affirmations

I attract good fortune.

I am aware of my self-worth and feel confident.

My heart is open to joy and pleasure.

I feel the healing energies of the universe.



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SOBRIETY

*Temper your passions, guard your wishes, and await your ultimate desires. Though you tread the waters of sweet promise, be guided by your greater goals. I stay your hand, your mind, even your heart, but never your truth. Your purpose is your protection. I am Amethyst! My cup overflows with the nectar of life. Let us toast your wholehearted wellbeing.*

Amethyst varies in colour from deep royal purples to cloudy pale lavenders. It may be clear or milky quartz, or even a combination of the two which gives the crystal a banded appearance. Amethyst resonates with the third eye and crown chakras, the zodiac signs of Virgo, Sagittarius, Capricorn, Aquarius and Pisces, and the elements of air and water.

Amethyst has long been revered for its beauty. The ancient Romans and Greeks embellished their wine goblets with amethyst in the belief it would prevent drunkenness. It was also worn in religious ceremonies to protect from spiritual intoxication. Thus, it became known as a sobriety stone and used when logic, wisdom and temperance were required.

When worn in the navel, amethyst is said to reduce sexual desire. It can be used in business where shrewd thinking is a bonus. Amethyst is used by travellers and soldiers, and used to guard against attack and disease. Drawing this card indicates protection and strength are coming to you.

**Divinatory Meaning:** Rein in your impulses. A situation requires careful consideration. Rushing in now may lead to regret. Resist the temptation of a short-term pleasure. Be patient. A better option is worth waiting for.

### Affirmations

I am protected and safe.

My decisions are sober and wise.

I have control over my life choices.

I am focused and successful.

