

Recommended Crystal Shops in Bristol (UK):

<p>'Crystals' on Park Row (Manager is Sophie) 3 Lower Park Row, Bristol BS1 5BJ 0117 926 6729 Parking metres available on Park Row or NCP car park on Frogmore Street.</p>	<p>'The Loadstone' Victoria St, Bourton-on-the-Water, Cheltenham GL54 2BX 01451 820167 A treasure chest shop if you fancy a day out!</p>
<p>'World Fossils' (Owner is Johnny) St. Nicholas Market, Corn Street, Bristol BS1 1JQ 0117 9300504 NCP Parking on Queen Charlotte Street.</p>	<p>You will also find a myriad of Crystal shops in Glastonbury. Make sure you do the heart coherence exercise before you go asking for protection. Glastonbury is a wonderful place, but also a cocktail of energies!</p>

Crystal Purchase List:

9 Chakra Stones (about the size of a thumb, preferably with a flat side that will stay in position when placed on the body)

1 x Black/Brown/Dark Earthy colour as a grounding stone.

1 x Dark Earthy/Red/Brown colour as a root chakra stone.

1 x Orange/Coral colour as a sacral chakra stone.

1 x Yellow/Light Orange colour as a solar plexus chakra stone.

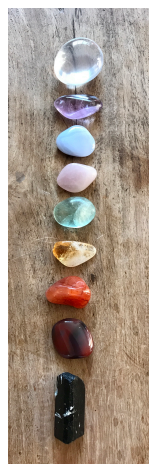
1 x Light or Mid Pink colour as a heart chakra stone.

1 x Light Green colour as a second heart chakra stone.

1 x Light or Mid Sky Blue colour as a throat chakra stone.

1 x Indigo Dark Blue or Purple colour as a third eye chakra stone.

1 x Clear/White/Silver/Gold/Rainbow or Magenta colour as a crown chakra stone.



1 Quartz Pendulum

Clear Quartz is best as your first pendulum, but if you are really drawn to any other then I will allow it! Rose Quartz or Amethyst Quartz can also work well for some people. The shape is up to you. The shop assistant can show you how to test if the pendulum works for you - enjoy! We will practise this more on the course...don't worry!



6 Quartz Points

These are clear quartz, having one end shaped in a point, about 4cm in length.

We will use them for layouts and extraction of energy, protection and intensifying energy. If you struggle to find these in a shop you can usually get them online very easily.



1 Control Crystal

This is the boss of your other crystals! So it needs to feel such. It can be any size (size doesn't matter, trust me!). But it needs to be something that you connect with, when held in your dominant hand. So think about how it feels when you hold it, you should get a sense that it connects with your innate intuitive healing power. When placed with the other crystals you have chosen, you should get a sense that it governs them with clarity and compassion, it is the 'tribe leader' if you like. You can spend as little or as much money as you want (or you may not get a choice in the matter!).

