

21 Day Journey with Your Crystals

DAY

Name of crystal:

Shape of crystal:

Color:

Smooth or Rough (noting any markings, grooves, or facets):

Translucent or opaque:

Any additional notes:

What intention did you set for the crystal:

*You can use this one: "Please send Reiki energy to this crystal for its highest good. Please send Reiki energy to this crystal so that I can have understanding, knowledge, and a good working relationship with it. Thank you."

What experiences did you have while sharing Reiki with this crystal?

Did you channel Reiki energy to this crystal?

Were you able to meditate with this crystal?



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Name of crystal:

What was your experience meditating with this crystal?

Were you able to make a connection with the crystal?

Did you receive any images, thoughts, songs, or affirmations during your connection to the crystal? If so, write them down:

Did you experience any sensations while connecting with your crystal such as, thinking of a taste, smell, a sound, or as though you were being touched? If so, please write them down:

Were you drawn to place this crystal on any chakra or near a chakra?

Any additional thoughts regarding this crystal: