

## Day 6 – Stone Medicine for the Soul

Theme: Crystals + Simple Prescriptions

Crystals are energetic allies — subtle but powerful. Today is about noticing what you're drawn to and letting it support you.

### Today's Practice

1. Choose a Crystal (or Imagine One)

Let your hand hover or select what you're drawn to.

2. Hold at Heart or Womb

Close your eyes. Ask: "What do you want to help me with?"

3. Sit Quietly

Breathe with it for a few minutes. Trust the answer or feeling.

### Reflection Prompts

- What energy or sensation did I feel with this stone?
- What did it want to offer me?
- How can I work with this energy today?

### Optional Extras

- Place the crystal under your pillow tonight.
- Greet your crystal with love and show respect to this living thing
- Journal with the crystal beside you.