

## Angelite Meditation Instructions



### Angelite Daily Practice for Receiving Guidance

- Sit in a quiet place in a comfortable position.
- In your journal, write out the question you have for your guides on a blank page, then set the journal next to you.
- Hold the Angelite in your non-dominant hand to receive guidance and wisdom.
- Close your eyes and take several slow deep breaths.
- Either out loud or in your mind, describe your situation to your guides and ask your question.
- On the next exhale, imagine sending this question out to the Universe.
- Then allow several minutes for any insights to arise. Try to resist letting your brain search for answers or try to figure it out.
- Ask your question again, sending it out to the Universe.
- Then sit in quiet for several more minutes to receive wisdom.
- Make sure to take notes about the thoughts, feelings, and insights that arose for you.
- Repeat this process daily until you feel you have received the guidance you need.
- Also, keep in mind that when you ask for guidance you may not receive it right away during the meditation. Keep your eyes open for signs in your daily life and write them in your journal.

### Angelite Spontaneous Practices:

These are practices to aid you when you need help - Right Now. If you are in a situation in which you need quick guidance or support from your guides.

- **Invite** (Receiving Hand) - If you need some quick direction. Hold the Angelite in your non-dominant, receiving hand. Quickly ask your question, even if it is “What do I do now?” Then allow your gut reaction to be your guide. Note the first impressions that come to your mind and use that to help navigate your situation.
- **Release** (Sending Hand) - If you know you’re going to be in a situation in which you’d like support from your guides. Hold the Angelite in your dominant, sending hand and ask them for help during this upcoming situation. As you exhale, send out the request to the Universe.
- **Just Be** (Receiving Hand) - Sometimes it’s helpful to just BE. To know that your guides are there for you. Sit with Angelite in your Receiving hand wherever you happen to be. Just breathe. Invite your guides to just sit with you and to soak in their supportive energy.

For more detailed information about Daily and Spontaneous Crystal Practices, read my book “Crystal Wisdom: Unearthing the Power of Gemstones for Positive Life Change”

<https://crystal-wisdom.com/books/>