



Why Reiki Bracelets

I make energy bracelets as a way to offer my clients a physical form of the power of Reiki in hope they bring a sense of abundant love and empowerment. Each one is custom made for the receiver with focused prayer and sealed with Reiki energy that was intended for them. Bracelets are made of semi precious stones/crystals which were cleansed using healing techniques including smudging, salt purification and full moonlight. Our hands are an extension of our heart center. We receive and give from our hands. The effect of the vibration of crystals and your affirmation in this place is amplified because of that.

Meaning of beads

The word “bead” comes from the Middle English word “bede” which means “prayer.” Prayer beads are still used today in many religions. Reiki wrap bracelets are made so that the stone beads can move along the string. You can use this as a calming sensory tool to move back and forth (this is great for kids and adults!) and/or you can use it as your own prayer beads by moving them and saying a prayer such giving thanks and praise, and/or asking for a blessing for the physical manifestation of an affirmation. Full crystal bracelets are made so when the slightly stretch you will have some movement between beads.

Instructions for use:

Before you put your bracelet on, take a moment to say hello to your body and listen to what it says back to you. Roll it on your hand- do not pull and stretch it! If you have a wrap bracelet, you can adjust it by pulling the ends. As you put on your bracelet, state your affirmation and connect to the energy and power carried in your words. Smile! It seals it in. :)

When you take your bracelet off, take a moment to check in with how your body feels, observe without judgement. Be aware of and acknowledge the divine spirit that is in you. Taking off your bracelet is a reminder to give thanks for the peace and protection which is with you always. Think of a blessing you have and send gratitude to the Divine Spirit. Thank your body for helping you.

Crystal Beads Available. This list is not inclusive.

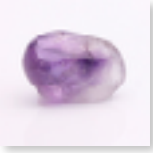
Amazonite (creams/browns/tans/light blue: earth neutral colors): A communication truth stone that helps you to find balance when communicating with yourself. It reminds you to connect you to the divine and helps you just listen. It dispels anxiety and feels sweet, light and peaceful. It physically





balances body, mind and spirit by clearing meridian energy lines and helps you feel energetic and calm at the same time.

Subtle body: emotional, spiritual



Amethyst (purple quartz): A spiritual stone that cleanses your aura and connects you to spirit by clearing and opening your sixth (third eye) and seventh (crown) chakra. Amethyst's vibration is high, helping bring one out of lower vibrations of quick to anger, anxiety, addiction, and trauma through divine intelligence and cerebral thought. Clears "brain fog" and control energy which allows wisdom to be received. Amethyst brings a neutral place of peace, so one can observe, acknowledge and release their emotions without being controlled by them. Amethyst is a historic and very special crystal, if you have just one crystal you may want to make it an Amethyst. An all around healer whose song is strong but sweet and beautiful. Subtle body: emotional, mental and spiritual



Baltic Amber (maple or yellow natural resin): Amber warms and enlivens our entire skeletal and muscular systems. It famous for it's natural pain relieving qualities and has been used throughout history for this purpose. When you wear amber, micro doses of succinic, a natural analgesic (pain reliever), get absorbed through your skin. This also boosts our immune system. Wear amber for any skeletal/joint or muscle pain in your body, nervous system disorders and detoxification. It is an effective complementary treatment for chronic pain, rheumatism, arthritis and fibromyalgia. It is perfect for teething babies (to wear as a necklace- not to be put in their mouth).



Aquamarine (light blue chip beads): Aquamarine is an optimistic stone calming stone that is associated with the sea and planet Neptune, ruling Pices. It is excellent for healing of the throat chakra and fosters creative communication (i.e. the ability to explain things in different ways so that others understand your message and are engaged by your charm. It's healing properties include boosting the immune system and it is also used for connecting to one's higher self. Subtle Body: Etheric, Mental



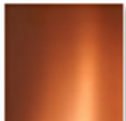
Blue Lace Agate (very pale blue/ etheric-cloudy white with thin rippled stripes): Balances emotional and mental energies so one can be happily content, peaceful and think clearly. A cool and calm stone that helps one have freedom from anxiety and anger. Blue lace agate immediately brings energetic relaxation. Fosters one's ability to speak their truth with faithful softness and an open heart. Opens communication for the purpose of understanding with compassion. Allows full listening and attention. Dispels illusions, judgements and assumption



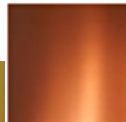
as Divine, truth, and wisdom flows freely in and out of the throat chakra. Connects the throat chakra to the crown and heart.



Blue Lapis Lazuli (small round, royal dark blue and white): A stone honored by ancient Egypt and religious leaders for its royalty and wisdom. It is connected to the third chakra (which is the wisdom/truth center) and the ocean. Healing properties include: strengthening the immune system, regulating the circulatory system and fostering relief to inflammation. Assists with vertigo, high blood pressure, insomnia and depression states. Blue lapis helps you to connect to your true self, where you have a divine abundance of resources and inner wisdom for the answers you seek. Brings awareness to what your choices are and truths associated with them so one can make divinely informed decisions. Assists in mindful decision making, leadership skills and adjusting to change.



Cooper color beads: a glitzy spark of spontaneous fun! Copper is one of the greatest conductors of electricity and is the symbol of the Goddess and planet Venus known to enhance psychic abilities and used throughout ancient history. Trust your intuition guided by the goddess for cooper understands and moves mysterious magnificent electricity in a way we as humans only have an theory about.



Cooper beads (bushed gold in color to minimize patina/turning green): Copper contains excellent healing and antimicrobial properties. Copper is an essential nutrient in our bodies. It is needed to survive and when worn, microunits of copper are absorbed into the skin. This reduces inflammation, relieves pain, assists with balance, and encourages the body to heal through regrowth of cellular tissue. Copper has other properties to foster out optimal health. It is one of the greatest conductors of electricity, our bodies are full of electricity and rely on electric signals. Almost every cell makes and uses electricity. Our heart beat, our brain functioning and the way our nerves pass messages are a few examples of this. There is more- Copper slows magnetic pulls and it shields against environmental pollution by absorbing radio waves and other electromagnetic waves. It was used throughout ancient history for these properties also also for health and safety (i.e. keeping water copper vessels made it safe to drink). It is the first “antimicrobial metal” registered by the EPA, which reports antimicrobial copper kills <99.9% of bacteria. Cooper jewelry and water vessels were found in all of the Egyptian pyramids. Copper is the symbol of the Goddess and planet Venus known to enhance psychic abilities.



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Citrine quartz (pale yellow): One of my favorite stones, associated with archangel Gabriel, the angel of communication who brings the strength of God. Citrine is an energizing stone that carries the power of the sun. Citrine brings vibrant joy, sparks your inner light and fosters faith to those that use it. Trust in optimism and visualize from that place, anything is possible. You have the power of manifestation. Heals the the base, sacral and solar plexus chakras and the connectivity between them.

Subtle Body: Causal



Garnet (dark red): This is an energizing, powerful, steady love stone connected to the root chakra. It is wise, slow and sexy in assured abundance and attraction. It immediately grounds and dissolves negativity and amplifies the power of other crystals and energy work. It helps one to initiate controlled, thoughtful action and express love in a higher vibration grounded in passionate earthiness, awe and gratitude. Aids in blood health and vitality. Encourages one to find pleasure in their daily life.

Subtle body: Etheric, astral



Gold color beads: a glamorous spark of spontaneous fun! The color gold is an empowering master healer and has complete understanding. It is associated with illumination, love, courage, passion, and intellect. Gold symbolizes the brightness of mid-day and all that is. You have abundance- go enjoy!



Green Quartz (large sea green): A luck stone, brings abundance and stimulates creativity. It is associated with your heart chakra and brings in amusement and fun. Helps to clear out other people's stagnant energies that you may be holding space for. By doing this it helps you help others because you will have more of your own power and the experience will be cheerful, enjoyable and foster prosperity. You are loved. You are blessed. Subtle body: all



Hematite (shiny silver metallic): A loyal knight, that heals and protects. Dispels negative energy and radiation, including EMFs. Helps one to deeply connect and be grounded to nature. The Earth is mainly made of iron as is hematite. It has a natural magnetism and helps you attract what one is intending to manifest. This is considered an essential crystal for many spiritual practitioners. It brings physical energy, endurance and courage to act and peace. Subtle body: Etheric



Howlite (white with gray streaks): A guide stone to calm the mind and body to a state of protected, tender openness. This stone is classically used as a sleep aid and is associated with the crown chakra. It dissolves anxiety by assisting in



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an easy letting go of illusions and it quiets overactive mind so one can truly rest. Through rest we can facilitate good health and receive wisdom. This stone balances calcium levels and is connected to the wellbeing of bones, teeth, hair, muscles, glands and nerves. Eases pain and helps one say goodbye to bad habits/addictions. Subtle body:



Jade (green): A stone connected with abundance, good luck, wealth and youth. It is used to symbolize purity and is a stone also used for protection, especially protection of the heart. It is a wonderful stone to use for friendship.

Subtle body: Astral, Emotional, Etheric



Pink Jade (center stone bright, magenta/hot pink): Jade in any color is famous for the luck it brings and is associated with health, resources and abundance. Pink jade is used for improvement of fatigue, asthma, elimination of toxins, adrenal health and emotional stability. One is safe from the pull of negativity when they are in a fun, cheerful state. Encourages “the spark” and fast-paced youthful curiosity leading to adventures in both friendships (with other and self) and romantic relations. Deepens the connection between those in long term relationships, encourages the excitement and fun within the ebb and flow of the chase and surrender.




Rainflower Jade (turquoise and black): Jade in any color is famous for the luck it brings. It is associated with health, resources and abundance. Rainflower jade has a special story associated with it: A Chinese monk looking for insight prayed to God for several days in solitude. As a result, God rained flowers from the sky and when the flowers touched the earth they turned to rainflower stones. Green rainflower is associated with the heart chakra and also has particles of quartz which aid in clearing out what no longer serves you. Legend has it that on Rainflower stones, there are etched symbols of animals and nature which can guide us to answers to our questions. Rainflower Jade reminds us to have faith, pause, be still and listen with a quiet mind, an open heart and open eyes




Jasper (green, blue, earthy tones that are light or even slightly transparent): A nurturing spirit stone bringing courage through healing and wisdom. Jasper can help clear electromagnetic pollution and environmental radiation. It brings balance to opposing forces so they can just be. Jasper facilitates and protects harmony. We can be many different things with many different thoughts. Harmony is beautiful and feels whole/complete.




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Red Saflower Jasper (Maroon and slate): All Jasper brings harmony and balance to all aspects of life. It allows acceptance without fear. Jasper is known as a supreme nurturer which brings courage, healing and wisdom. It can help clear electromagnetic pollution and environmental radiation. Red Saflower Jasper is connected to the root chakra (the place of stability and security). It is used for grounding/ centering which allows for quieting obsessions of the mind for free communication with your higher self and God. Balances sexual energy. Used to bring relief to trauma or tension. Cools anger and drives honest, patient reflection. Improves vision. Meditate with red jasper to receive helpful insights leading to the changes that are needed to make progress with your goals.



Kiwi Jasper (sea-foam cloudy green with black spots): A nourishing stone, bringing strength, faith and power to those who desire to help themselves, others and our Earth. Prepares one for battles ahead so they will enter and endure with calmness, faith and endurance. This stone elevates mood and brings balance (i.e. embracing the ying and yang). This stone helps one to accept differences are necessary and that everything is a part of a greater good and wholeness. This stone is a reminder of the Serenity prayer: “ God grant me the serenity to accept the things I cannot change, the courage to change the things I can and the wisdom to know the difference.” Jasper facilitates and protects harmony. Harmony is beautiful and feels whole/complete




Laprodite: A connection stone that helps one access their intuition, knowledge about opportunities, possibilities and solutions to problems. When one is connected they can enjoy the present moment and fill their heart with hope, gratitude and happiness. Can work with every chakra and is known for protecting one's aura and strengthening their energetic field. Dispels illusions and brings comfort to ones connection to their destiny/purpose. Encourages the balance of emotions for happy action. Laprodite is your friend who plays your song, gets you to wake up, dress up, feel beautiful, go out and have a great, carefree time. Subtle body: all




Larimar (sky blue natural). Also known as “stefilia's stone, Atlantis Stone and the Dolphin Stone,” is associated with the magic of the ocean and dolphins. It is only found in the Caribbean's Dominican Republic. Larimar was formed after volcanic lava interacted with copper deposits. Larimar clears energy blocks between soulmates, boosts fertility and soothes the mental and emotional body, which then in turn allows healing to manifest in the physical body. This is a wonderful, stabilizing healing stone for those experiencing mental health challenges such as depression, anxiety, grief, bipolar, and panic attacks. Opens energetic channels so one can feel the love God has for them. Encourages a fully peaceful heart, which engages in loving self talk and helpful actions. Guides




one to treat themselves and others with respect, compassion, kindness and gentle love. Promotes wisdom, calm courage, faith and acceptance. A true love stone that helps the wearer discover their own truths/higher self so they can connect to others fully.




Lava is formed from magma rising from Earth's center, this stone represents holy fire which purifies and heals. This stone is connected to the root chakra within you and deep within Mother Earth. It helps you to feel rooted and stable and drives creation. In order to create anything, even if it is a new idea, there is a time needed to destroy. The nature of this stone helps one to feel calm during change, trust cycles. "Go with the flow" without the need to "get ready." Just go- You are ready as you are, go with ease. Picture lava moving, steady and powerful without anything that can control it. It burns and covers any barrier as if it was not even there. You can connect and feel part of that flow. The security is in the inevitable movement. Due to their porous nature, lava stones are often used for placing a drop of essential oil for aromatherapy purposes. They can hold their scent for several days.



Moonstone (cloudy/clear iridescent glow with opal shine): A healing stone, connected to water and the moon energy which is all knowing, mysterious, and manifesting. This stone connects you to Goddess energy including the rhythm, ebb and flow, the tide, and cycles of life. It's vibration is enchanting and brings fertility (for pregnancy and ideas) and renewal. Balances hormones and promotes connection and harmony with nature and ourselves. Fosters passion, clear memory, confidence with patience and trust in the unknown. Please take gentle care of this stone, it is more soft and can be damaged with negligence, symbolic of the need to be aware of how you treat and care for yourself. Drink plenty of water and bring awareness and love yourself as a creator in your life. You embody the divine feminine. Subtle body: emotional



Obsidian (dark stone with creamy shine): A grounding and protective stone that helps balance digestive system and assimilates unacceptable truths. Helps you be ready to accept and see what was previously hidden by the ego, society or others. Associated with the base, sacral and crown chakras, Subtle body: mental



Opalite/ Tiffany Stone (milky, iridescent): manmade glass resin made of metal and Dolomite (a sedimentary rock, variant of limestone, rich in calcium carbonate and magnesium, essential nutrients our body needs). An uplifting, gentle and fun stone that soothes tension and the chatter of the mind. Opalite is used by a variety of healers due to it's crisp, simple vibration which boosts inner strength. Balances moods, balances daytime and nighttime energies, and helps



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with transitions. Fosters kindness, be kind to yourself. Reminds us that humans can create beautiful things given our resources. You have divine inspiration.



Onyx (shiny black): A security stone. This stone is magnificent for banishing fear from the heart and fear trapped in the physical body. Assists in developing healthy thought patterns and rhythm, allowing self confidence to flourish. Perfect for helping to establish healthy habits and schedules. A steady, solid, and stable protector that shields/exposes unwanted surprises. Onyx encourages one to be thoughtful and prepare accordingly to maintain security through any change. Known as the “warrior stone,” protecting you from negativity. Connected to the root chakra. This stone is lovely when used during meditation, organizing, journaling or when working with your planner/calendar.



Raw Pyrite (heavy silver cube): A power stone. Shields all forms of negative energy so one may truly have the power of manifestation. Stimulates wise intellect so that one can be purposeful and careful in creating their life. This happens first through mindful thoughts and then self directed supportive actions.



Orange Aventurine (disk shaped orange stone with square cut on the surface): A good luck stone, assists in bringing calmness and manifesting joy and abundance. Automatically clears and balances your sacral chakra which allows individual creativity to flow resulting in original ideas. Heals sexual trauma, renews the reproductive space and the spleen. Lights your spectacular imagination. Use this stone for intricate, detailed visualization meditations and for relief of migraines. Brings a state excitement, trust and flow. Brainstorm from a place where you are one with the divine and allow the blessings you visualize to manifest. Subtle body: Etheric, emotional



Orange Agate (orange/brown): A healing stone. This crystal helps you to let go and release energy blocks and things that drain your energy. By assisting in grounding and connecting to the earth, it helps you effortlessly identify things that *do* serve you. These can be thoughts/ feelings, habits, people/things in your current surrounding environment. It helps you let go of anger, bitterness or pain by fostering divine motherly love, compassion, and courage. It is nurturing, happy cheerleader.. a kiss after a fall, a push out of nest with a smile and a little laugh to send you on your way. Emotional traumas are sent out and filled with love and a bouncy light heartedness. Increase self confidence and a release of tension is felt. You got this, You feel oneness. “He’s got the whole world in his hands” would be a song this crystal would sing. You belly and mind will feel at



ease which lets you heart chakra feel safe to open. Agate helps one to connect through long distances in time and space. Subtle body: all



Rhodonite (pink and black): This is a supportive stone that helps you ground negative energies and attract love into a situation. The meaning of the name is related to roses. Roses open their sweet soft petals but have thorns of protection. Rhodonite helps you gracefully forgive and remain strong in your truth. Brings insights softly, as neutral information that can be processed without judgement or criticizing yourself. Love can conquer all with beautiful kindness. Painful emotions, stress and fear will pass- remain in your truth lovingly. You are loved and protected, breath with ease. Stressful situations are temporary and are opportunities for growth.



Rose Quartz (soft pink rectangle): A wonderful healing stone of lighthearted, powerful and soft, *pure love*. This crystal helps you happily embrace an open heart to attract true love into your life: manifested in a new or current relationship with yourself and other loved ones, a project or a place- a patient love that nurtures your emotional, mental, spiritual and physical needs and brings calmness and wellbeing. Balances your heart and throat chakra. Subtle body: emotional, mental and astral



Raw Sapphire (almost denim blue, faceted disk shaped): A protection stone, associated with the blessings of Planet Saturn- brings organization, promotes healthy boundaries, wealth and understanding on the order of things in our life including karmic agreements. Sapphire helps one gain clarity, calm focus and concentration with ease while promoting communication. Stimulates the connection/ communication with your higher self. Healing properties are related to the glandular system, nervous system disorders, eyesight, fever, ulcers and mental health. Moves one toward positivity, self-motivation and self-fulfillment. It's motto is "I can do it.. I have all I need, I will finish in perfect time and I will be rewarded." You don't need to feel rushed, everything is in perfect order and time.

Subtle body: emotional, astral.



Red Lightning Agate (cloudy white, brown, maroon red):

A energizing stone to increase vitality, connected to the root chakra. Agate is a mentioned in the Bible and is wonderful for grounding- bringing stability, resources and abundance. Used as a warming protection stone and to clear energy blocks. It's energy strengthens one's will, endurance, and courage and sharpens vision. Agate helps one to connect through long distances in time and space. Sharpens the mind and helps one to let go of bad habits. This stone's motto is "keep going."

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Raw Ruby (mauve pink, solid in color palette): A protective energetic stone associated with the sun and grounded passion bringing weightless sensual pleasure. “Energy vampires” are banished and one’s heart is allowed to be safe, free and happy. Ruby detoxifies the body and assists the health of the reproductive, adrenal and lymphatic system and promotes spiritual vitality. Balances and grounds mental and spiritual energies with universal truth and vitality. One can use ruby in kundalini work. (note blue conundrum is sapphire and the red variety is known as ruby)
Subtle body: mental, spiritual



Raw Sapphire (almost denim blue, faceted disk shaped): A protection stone, associated with the blessings of Planet Saturn- brings organization, promotes healthy boundaries, wealth and understanding on the order of things in our life including karmic agreements. Sapphire helps one gain clarity, calm focus and concentration with ease while promoting communication. Stimulates the connection/ communication with your higher self. Healing properties are related to the glandular system, nervous system disorders, eyesight, fever, ulcers and mental health. Moves one toward positivity, self-motivation and self-fulfillment. This is very related to the act of communication (to self and others). Sapphire gives strength and clarity to one’s voice, especially when used to demand justice/fairness and respect. It let’s the system work for you instead of against you. Sapphire’s motto to share is: “I can do it.. I have all I need, I will finish in perfect time and I will be rewarded.” You don’t need to feel rushed, everything is in perfect order and time. Balances emotional and spiritual energies. (note blue conundrum is sapphire and the red variety is known as ruby)



Shungite (jet black): A grounding protection stone that is made mostly of carbon, a building block for almost all life. (fun fact: Graphite, coal, and diamonds are formed from carbon). Shungite is one of the most effective stones for blocking EMFs and also healing the damage they do to the energetic body. Shungite is connected to the root chakra and balances the feminine and masculine energies/right and left sides of the body. You are safe and have all the resources and support you need.



Tiger eye (dark brown and gold): A grounding and protection stone that integrates the first, second and third chakra . It brings courage by amplifying the vibrations of clarity, certainty and effortless focus. If it had a motto, it would



be “I got you.” It is unwavering in it’s vibration of protection and brings luck.
Subtle body: Astral, causal



Blue Tiger eye (iridescent dark blue): This is a protection stone associated with the fifth chakra (communication; communication with yourself, others, Spirit and Earth) Like golden tiger eye, It brings courage by amplifying the vibrations of clarity, certainty and effortless focus. Blue tiger eye brings these traits to one’s ability to communicate- this is both listening (with the whole body) for true understanding and expressing authentic messages with ease. Communication happens on a variety of levels, spoken words, gestures, facial expressions, tone of voice, telepathic, writings, art and physical movements/gestures, like dance. We must remember to communicate thoughtfully and openly with our self and our body not just with others.



Turquoise: An all inclusive healing stone that strengthens the organs and auric field. Turquoise is connected to the planet Jupiter, ruling the sign on Sagittarius It brings success, abundance, prosperity and happiness. It protects from environmental negativity and connects one to the Divine spirit energy. Tourquoise has been used throughout history, by people such as by the Egyptians and the Native Americans during highly spiritual ceremonies. It carries the frequencies of wisdom and trust in the Divine plan and heals on all levels.



Wooden bead: Wood represents strength, beautiful transitions, permanent change and connectivity to mother earth while unwaveringly reaching to the heavens. Symbolizes experiencing the cycles of life with acceptance; not judgement. If you haven’t read “The Giving Tree” by Shel Silverstein please put it on your soon to get wish list.



The symbol of God’s love for us forever, He is with us always. The light of that love in you shines bright and lifts and heals others (even in ways that may be unknown). The prayers said in the past by your loved ones are working everyday and the prayers you say for others will be with them always.

Other charms are available upon request or you can send in your own