



Julie's Tarot Reading

6 Crystals for Autumn

Welcome back to your essential crystals for the month of October; as Autumn sets in these crystals will help support you during the shorter days & colder nights.

1. Carnelian

This beautiful red stone is known for its vibrant energy & metaphysical properties. Carnelian is renowned for its warmth, strength, courage & creativity as well as healing properties such as emotional balance & physical health.

2. Labradorite

Labradorite is the stone of transformation & inner magic; making it perfect for Autumn themes of change & personal evolution. As the leaves change, so can your mindset & spiritual growth.

3. Pink Tourmaline

Pink Tourmaline helps release stress, worries, depression & anxiety. It can be used in partnership with Black Tourmaline to diffuse obsessive behaviour. This beautiful crystal is one of the most loving stones providing comfort in times of stress.

4. Obsidian

Obsidian is a powerful stone for transformation & personal evolution particularly during the transformative months of Autumn. Acting as a mirror, it reveals hidden truths & helps you release old patterns. This stone is very grounding & protective; it help will help you to face your shadow side & clear out emotional blockages.

5. Citrine

Citrine assists in personal growth & manifestation; this pretty stone helps you to recognise your accomplishments & aids in personal transformation, supporting self confidence, making it the perfect stone to evolve towards your goals.

6. Smoky Quartz

This crystal is a grounding stone that helps the release of old patterns & emotional baggage. This is the perfect stone to use during the transformative Autumn months which encourages us to let go of any negative patterns.

Smoking Quartz assists us in clearing out what no longer serves us & supports an emotional transformation, grounding you as you make space for personal growth & new beginnings. |

Authors Word

I hope you enjoyed this article; just a reminder that I will be recording a special Halloween video on You Tube; so keep an eye on my channel for this all signs reading.

Till then take care of you.