



# Julie's Tarot Reading

Crystals for January 25

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As we enter a brand new year these crystals will serve to help you through Aquarius season, these crystals may help promote calm & healing in your daily life.

## 1. Garnet

Garnet promotes friendship & trust. This lovely crystal helps with anxiety, depression & emotional turmoil, help overcome trauma, letting go of negative emotions & promoting emotional stability. Garnet is also known to protect against negative energy & help in crisis situations.

This crystal is said to strengthen relationships & inspire love & devotion. Garnet is said to ignite creative passion & overcome creative blocks. It is also said to boost self-confidence & self-esteem. It has also been said to help bring the seven chakras back into alignment.

## 2. Amethyst

Amethyst provides the user with more confidence & promotes calm. Known as a protective gem, it has the power to reduce anxiety, calm frazzled nerves & restores spiritual balance. If you struggle with clarity, this stone enhances emotional regulation.

## 3. Aquamarine

Aquamarine helps promote clear communication & emotional balance; It is said to be a crystal which helps people connect with their inner selves, the divine feminine energy & o helps people communicate with their guardian angels.

At is also believed to help with stress, anxiety relief & to be a source of calming in tense situations. This crystal provides protection & courage; manifest their goals & dreams by facilitating communication between the conscious & subconscious minds.

## 4. Amazonite

The soothing vibration of Amazonite is said to have calming properties & is sometimes called the "peacemaker stone". Some believe that wearing Amazonite jewelry can help you access its calming energy.

## 5. Black Moonstone

Black Moonstone is said to protect your aura from negative energy & promote emotional stability & inner peace. This stone is calming, grounding & encourages creativity & patience.

This beautiful stone can awaken & develop your psychic potential & inspire compassion. It is also thought to help you maintain a clear head & make rational decisions.

## 6. Anhydrite

This stone is considered a stone of communication & believed to promote self-expression & clear communication. It helps ease tension, stubbornness, stress & anxiety, bringing inner peace & serenity, helping to achieve emotional balance & overcome negative behaviour & release energy blocks.