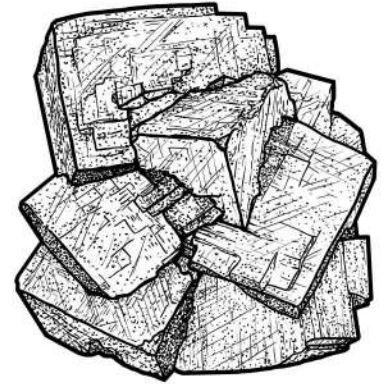


# Fluorite

Fluorite can be found in different types and varied colors. It is known as the “genius stone” for its connection to the powers of the mind.

**Origin:** Fluorite is the mineral form of calcium fluoride and it is found mainly across Europe and the United States.

**Main uses:** Concentration, awareness, protection.



## Cleanse + Activate

Fluorite will not dissolve in water. Dip a clean toothbrush in cold water and brush gently with hand soap or mild dish detergent.

Light a yellow candle. Sit in a quiet place. Close your eyes and relax by breathing deeply. Free your mind of any thoughts, and let a sense of tranquility bring your attention to your stone. Feel its harmonious and stabilizing energy, letting it into your heart and mind.

You can charge it under the moonlight or sunlight but do not leave it in the sun for more than 15 minutes as to avoid it losing its shine.

## Other uses

In meditation, it allows access to the higher aspects of the mind.

Place a piece of fluorite stone on your neck, this will provide you with emotional well-being and serenity.

Place it in front of you while you meditate. Fluorite can allow you to remain impartial and act clearly when an inconvenience arises.

Place a fluorite on the navel, for ten minutes a day, lying down and in a state of relaxation, to enhance willpower and creative power.

Fluorite cleanses the aura and expels negative energies. Use it to ground and integrate spiritual energies, and to boost your intuitive powers.