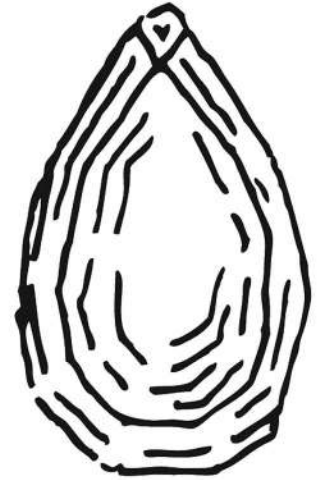


# Carnelian

Carnelian belongs to the group of chalcedony, and these in turn belong to cryptocrystalline quartz. They usually have a beautiful orange - reddish color.

**Origin:** Its history dates back 4,500 years, and it has been found in Indonesia, Brazil, India, Russia (Siberia), and Germany.

**Main uses:** Energy, stimulation, empowerment.



## Cleanse + Activate

To physically clean the carnelian stone, place it under the tap with running water for one minute. To cleanse it spiritually, immerse it in sea water or salt water for an hour. Salt will absorb the negative energy of the stone. Then take it out of the water, dry it, and let it be charged with the energy of the sun for a few minutes.

Activate your carnelian stone through meditation. Light an orange or red candle, enter a state of relaxation (such as following the above guided meditation) and connect your solar plexus with the solar energy of this stone. Trust the process and give thanks for the energy exchange.

## Other uses

Carnelian helps restore energy balance, since it has a balancing effect that helps to eliminate negative vibrations around people or living spaces. It is mainly used to correct energy flow problems in the upper body, especially those of the solar plexus.

It is commonly used for achieving professional success, calming tensions in decisive meetings, and to give mental clarity when making an important decision.

Its red color has been associated with life and power, but also with love and sex. Therefore, carnelian stone is used to revitalize sexual impulses, to activate fertility, and to maintain a stable and lasting relationship.