

# Jade

Throughout history, jade has been used as a talisman to attract good fortune and foster protective energies, symbolizing a bridge between the physical world and spiritual realms.

**Origin:** Jade is sourced from countries such as Myanmar, Guatemala, New Zealand, and China.

**Main uses:** Protection, Tranquility, Wisdom, Balance.



## Cleanse + Activate

To clean jade, rinse it under running water for one minute. To cleanse it spiritually, submerge it in sea water or salt water for an hour. Salt will absorb the negative energy of the stone.

Activate jade by meditating with a green candle in a quiet space, focusing on the heart chakra to connect with its calming energy. Trust the process and maintain gratitude to enhance emotional balance and healing.

## Other uses

Incorporate jade into your daily routine by placing it in your living or workspace to create a calming environment and promote a continuous flow of peaceful energy throughout your day.

Wear jade as a piece of jewelry, such as a bracelet or necklace, to keep its soothing energies close and enhance personal tranquility and spiritual protection throughout the day.

Place a jade stone on your work desk or in your home, fostering a space of harmony and attracting good fortune and prosperity.

Use a jade roller in your morning or evening skincare routine to integrate its calming spiritual energy into your self-care practice.

Carry a small jade stone in your pocket or purse as a touchstone, allowing you to ground yourself and reconnect with your intentions whenever you feel stressed or unbalanced.