



A PRINTABLE PRACTICE

Ground, Clarify, Voice

A practice for the equinox turn.

WHAT YOU'LL NEED

- Smoky Quartz
- Danburite
- Ruby in Fuchsite
- Something to write with
- A few minutes where no one needs you

THE FULL PRACTICE

STEP ONE

Ground *Smoky Quartz*

- 1 Find a seat with both feet flat on the floor, or stand with your feet hip-width apart.
 - 2 Hold a piece of Smoky Quartz in your dominant hand, or set it on your knee with one hand resting on top of it.
 - 3 Breathe in through your nose for a count of four. Hold for a count of four. Breathe out through your mouth for a count of six. Repeat four times.
 - 4 On the last exhale, press your feet into the floor and notice three points of contact: your feet, the seat beneath you (or the ground under your standing feet), and the stone in your hand.
 - 5 Stay here for one full minute before moving to Step 2. If your mind wanders back to the conversation ahead, return to the count of your feet on the floor.
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STEP TWO

Clarify *Danburite*

- 1 Pick up the Danburite and hold it at your chest or against your forehead, whichever feels more natural.
 - 2 Close your eyes for thirty seconds and name the feeling on the surface. Am I angry, anxious, or hurt? Write down whichever one lands.
 - 3 Ask what's underneath that feeling. Am I afraid? Disrespected? Do I feel helpless or powerless? Write down whichever one lands, even if it's different from what you expected.
 - 4 From that feeling, the one underneath the first one, let the first, easiest answer to "What do I need here?" surface. This is usually the small ask, the one that costs the least. Write it down.
 - 5 Ask the question again: "What's underneath that?" Write down whatever comes, even if it contradicts the first answer.
 - 6 Ask one more time: "And underneath that?" This third answer is usually the real one, the one that's been harder to say.
 - 7 Circle the third answer. That's what carries into Step 3.
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STEP THREE

Voice *Ruby in Fuchsite*

- 1 Hold the Ruby in Fuchsite and say your circled answer out loud, alone, before you say it to anyone else.
 - 2 Say it plainly. Skip the apology, skip the explanation, skip the part where you soften it before anyone's even heard it. Say the need itself: "I need ___."
 - 3 Say it out loud three times.
 - 4 Keep the stone in your pocket, or set it where you can see it, while you have the conversation or send the message.
 - 5 If the conversation doesn't go the way you hoped, the practice still worked. Saying it clearly was the goal, not controlling how the other person responds.
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The Energy Within

theenergywithinkc.com · Shop Smoky Quartz, Danburite & Ruby in Fuchsite: energywithincrystals.com

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