

How do Gem Elixirs Work?

Just as the rocks and soil of this planet provide structure and stability for the growth of the plant kingdom, gem elixirs stabilize and restructure our energy systems so that our physical bodies can maintain their balance as the consciousness within us grows and expands. Gem elixirs carry the energetic imprint/vibration of the mineral kingdom.

Gem elixirs serve as anchors, embodying changes in consciousness by stimulating the release of tension accumulated in our energy field and body due to physical, mental, and emotional stress.

They cleanse, activate, and recharge the chakras and subtle bodies (etheric, emotional, mental, spiritual). By facilitating our optimal function, gem elixirs make it easier for us to maintain stability during spiritual growth. They regulate our inner flow and energy alignment, enabling our body to restore its natural balance and resilience, promoting a grounded, relaxed, and comfortable state.

We call an infusion made from the energy imprint of a specific mineral a gem elixir or gem essence. Our gem elixirs are made in the pristine nature of Alaska in environments that support and align with the vibration of the stone. These supportive environments include bogs, meadows, rivers, glaciers, and glacial lakes.

The elemental energies of Alaska deliver the healing qualities of gem elixirs to a person's energy field in a perfectly balanced package, making the transformation occurring easy to integrate.

As our vibration increases, our bodies need support to embody the energetic changes. If we neglect the vibrational needs of our bodies, we risk overextending our inner resources, creating an imbalance that hinders our ability to integrate change.



Our energy body and physical body need to be in sync. This is where gem elixirs play a vital role! Gem elixirs provide a reassuring support system as they help our physical body align with the increasing vibration of our energy body.

Gem elixirs carry the life force, energy or energetic imprint of crystals and gems. They are NOT essential oils and do NOT contain any physical material. The energy of the stones communicates / resonates with our energy, as we are energy ourselves as well.



HOW TO USE:

Take 4 drops under the tongue or in water 3-4 times daily

The standard dosage is four drops, four times a day, but we urge individual testing to arrive at the correct dosage amount and frequency. Please note that the frequency, or the number of times that the essences are taken, rather than the amount that is taken, increases the strength of effect (note: 4 times a day is often enough and most effective).

Take the Elixir at least 3-4 weeks.

External Use—Elixirs can also be used externally by blending them with massage oils, lotions and creams, or as a special addition to your bath. They may also be broadcast into your environment by placing several drops in an indoor fountain, a humidifier, or by preparing a misting or spritzer bottle.



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