

**Let go, these gems will help you,**

Who?

Everyone has something to let go, to transform ...

Why?

The opposite of letting go is holding on. If you hold onto certain things for too long, both physically and emotionally, mentally and / or energetically, your growth and personal development will stagnate.

*"To keep you have to let go first."*

When?

If you hold all the 'strings' (too often) in your hands.

The following gems can support you in this letting go process:

Letting go of control: *Amethyst* and *Fossilized coral* will support you



*Amethyst* works especially mentally when you have many plans ahead of you and do not trust the divine "coincidences", "help" or you have doubts that everything will work out on its own. Then wear *Amethyst*, it helps you to restore confidence in the 'divine'.



***Fossilized coral*** helps you to be patient with developing people. She teaches you to look (back) with love at everyone's (own) process.

If you have dark thoughts!

***Smoky quartz & Snowflake obsidian*** help them to let go of negative beliefs.



***Smoky quartz*** helps to free yourself from negative beliefs, allowing you to no longer see the world through a 'smoke screen'. Also can ***Smoky quartz*** help to release smoke addiction.



***Snowflake obsidian*** is suitable for people who experience the world as very dark. The "snowflakes" in the dark obsidian symbolize the "stars of light in the dark". ***Snowflake obsidian*** allows you to see these bright stars in the dark.

If you suffer from stress, if you have performance pressure or if you want to run away

***Lepidolite & Morganite***



***Lepidolite*** helps you to stop worrying about the opinions of others and to shape your life according to your own wishes.



***Morganite*** helps you to let go of performance pressure and flight behavior (which secretly have many similarities) so that you can freely do or not do something if you do not feel good about yourself!

Negative emotions, let them go with: ***Carnelian & Malachite***



***Carnelian*** makes you feel, experience and express (suppressed) emotions. Your body fluids can also be moved again.



*Malachite* helps to activate your kidneys, detoxify and release negative emotions.

If you feel limited: *Danburite*, *Jade* and *Labradorite* supports you in letting go of friendships, relationships and responsibilities.



*Danburite* supports you to walk your own (spiritual) path in the light in love. If you feel limited in your growth, help yourself with *Danburite* you loosen and let everyone find their own way.



*Jade* helps you identify potential energy thieves, follow your own dreams, and let go of limiting relationships and friendships.





***Labradorite*** warns against emotional overload, it shows what your responsibility is and which is no longer. ***Labradorite*** helps in letting go of responsibilities that no longer serve you.

***Mayan Crystals: Spodumene and Andes Opal***

You want to buy a release stone and you can't decide?

What you find ugliest, or dislike, in these photos

is the gem that supports you the most in your transformation!

Click the **bold** words to go to the corresponding gem at [\*\*GemstoneShop.nl\*\*](http://GemstoneShop.nl)

If you cannot find what you are looking for, please send an email with your wishes to [\*\*info@gemstoneshop.nl\*\*](mailto:info@gemstoneshop.nl)

***GemstoneShop.nl***

Inspiring greeting,

*GemJudith EG*

©Stichting Edelsteen Inspiratie - [\*\*GemstoneShop.nl\*\*](http://GemstoneShop.nl) - [\*\*GemJudith .com\*\*](http://GemJudith.com)