

1. Gather all six of your Fluorite Octahedrons.
2. Cleanse the crystals. This can be easily done by holding them under running water while saying "I cleanse this crystal of any negative energy and dedicate it to the highest of all good". Alternatively, you can use another cleansing method of your choice such as sage.
3. Now find a quiet, safe place where you will not be disturbed for at least 15 minutes.
4. Set the six crystals up in a circle with a large enough space in the center for you to sit. Don't worry about perfection here. As long as the crystals surround you, it's perfect. If you are sitting on a soft surface, such as a bed, you may want to sit first and then place the crystals around you.
5. Sit in the middle of the crystals and get comfortable.
6. Now close your eyes and try to quiet your mind. Let thoughts move through – do not pay attention them. Instead, hold a picture in your mind of the soothing violet and teal green colors of the crystals.
7. Relax and allow yourself to really explore the patterns of the crystals you've placed. No need to open your eyes and look at them. Just let them drift into your mind as you remember them.
8. Remember to keep breathing. Inhale deeply through the nose and then exhale softly through the mouth.
9. Let the colors and shapes wash over you. Let them occupy your mind completely until they transform into what you want to see and where you want to be. This may be a soothing beach, surrounded by the warm sun, and a gentle breeze. Let the crystals guide you to where you need to be in order to recharge your inner batteries and find fulfillment.
10. Note that you can stop the meditation at any time by opening your eyes.
11. If you feel comfortable, ask the crystals a question. The answers will be coming from your inner self.
12. When you feel ready, thank the crystals and return your thoughts to the room around you. Open your eyes and stretch your arms out and above your head. Take a deep breath in through the nose, letting your belly expand as you do. Then exhale slowly out through the mouth and let your belly sink back down.
13. It is a good idea to keep a notebook for writing down any experiences. They may not immediately make sense, but after a few days or a week, you may see the pieces begin to come together.
14. Remember the crystals act as conductors of your thoughts and it helps you gain access to your own inner wisdom. The metaphysical energy they offer within the circle creates a protective bubble around you; allowing you to recharge, relax, destress, and find a sense of inner peace.