



Intention: Self respect

My personal beliefs are reflected in this brochure. I offer the enclosed information for your consideration. Any use you choose to make of this information is at your own discretion. Nothing stated herein is meant to imply any medical advice.

325 Chandler Ave., Elmhurst, IL 60126

Phone: 630-530-5176

Fax: 630-359-4691

E-mail:

[rmcalpin@hearthstonecreations.com](mailto:rmcalpin@hearthstonecreations.com)

Website: [www.HearthstoneCreations.com](http://www.HearthstoneCreations.com)

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# Hearthstone Creations



**Handmade jewelry  
to enhance your spirit**

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**Understanding Intentions**

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## What is an Intention

An intention is a statement of the vibration energy effect desired for the creation to which it is attached. They are selected through a meditation that requests the specific intention for that piece.

Materials, especially stones, work on multiple levels...spiritual, emotional, or physical... to heal or support energy. There are many potential combinations for the intention, so the meditation process allows each piece to reveal its purpose.



Intention: Following Shaman path

## Developing the Design

Each pieces is specially created to provide benefit to the wearer. This benefit comes from the interaction of the vibration energy of the materials with a person's energy. This includes the energy of the colors and symbols as well as the stones and other natural materials selected.

My personal sense of design, color and balance is utilized to create the jewelry, always honoring what I am being guided to make. The result is wearable art that can support and enhance the energy around it.



Intention: Creating space

## Choosing the Best Piece

Traditional lore maintains that when one is drawn to a stone it indicates a need for the healing it can offer. The glow of discovery when we read the intention for a piece that particularly attracts us...that Aha moment of recognition and acknowledgment...is so rewarding! To choose a gift, ask for guidance, hold the recipient in your heart, and you will be drawn to a selection to enhance their spirit.

## Cleansing

There are many ways to renew energy in stones. Pick one that appeals to you, being sure to consider the other materials in the piece. For example, do not choose water if your piece is strung on leather. Select a method included in this brochure or check our website, just be aware that some methods are not advised for certain stones. Some should not be exposed to extended sunlight. Others react to salt or chemicals that may be present in water.

**Smoke (Smudging):** Choose a smudging herb such as sage or sweetgrass, or use your favorite candle or incense. (I like frankincense.) Be sure to use a fireproof container for burning the herbs. Pass the talisman several times through the wafting smoke to refresh the vibration levels of the stones, refreshing the intention at the same time by asking your guides, angels, or Higher Self to restore the intention of the piece. Use whatever wording resonates with you and finish with an expression of thanks.

**Music:** If you have access to a piano, place the talisman on the piano. While holding down the right pedal, play every key, black and white, from one end to the other. (This requires a full 88 keys, not an electric keyboard.) Wait for all sound to dissipate. Repeat the process twice more, alternating the direction of play. You may



Intention: Standing up