

The following information is provided to enhance the enjoyment of your talisman. No medical advice is being offered by providing this information regarding the traditional lore surrounding the materials used in your piece.

My meditation began with you joining me in my garden. You were dressed in a long, flowing gown and had long hair and we stood together talking for short while. Then you were in an area of green plants with many flowers blooming. There were many trees all through the area, but they didn't block the sunlight, which was everywhere. You were twirling around a tree like a child would spin around a pole on the playground, leaning out from it, bending your body, holding with one hand and going round and round the tree. You were very serene and the garden area was very peaceful. A cloud passed overhead, casting a shadow as it went, but not diminishing the sunlight in other areas. As it passed you, a path appeared through the plants.

Intention: Staying in the heart chakra

The following symbolism occurs in the vision:

Plants – spiritual development; growth or potential for growth; caring, loving nature

Flowers – kindness; compassion; pleasure; perfection; spirituality; overcoming grievances

Forest – transitional phase

Trees – new hopes; growth; desires; strength; stability; concentrating on one's own Self development and individuality

Cloud – impending emotional eruption

Dress – feminine outlook; feminine perspective on a situation; freely experiencing the feminine

Spiral – new ideas; creative powers

Sunshine – expecting emotional breakthrough; headed on the right track

Overall, the vision shows you taking time for the Self. You should use the time for inner reflection, final clearing of emotional issues, gathering new ideas and further exploring intuition. An emotional breakthrough will occur, after which your path for the future will be visible to you.

To assist you in this work, your Higher Self requested the following materials for your talisman:

Rose quartz – water element; heart chakra – shifts the heart to higher vibration frequencies in Love-based physiology; stronger, more stable heart; bathes one in enlightening frequencies; calms the mind; releases fear, worry, and past emotional trauma

Silver – earth element; all chakras – self containment; inward reflection; helps explore the inner emotions and intuition

Onyx – earth element; root chakra – grounding

Fox – trusting in intuition; trusting the senses to guide one

The star is my logo which is always a grounding stone (black onyx for yours). This symbolizes our connection to Mother Earth (grounding) and the Divine Universe (star).

If you are wearing jeans, I find a talisman fits nicely in the small fifth pocket. This keeps it in your energy field and also protects it from damage; otherwise, keep it in any pocket, or pinned to a waistband. You can also put it under your pillow or on the nightstand when you sleep. Remember, the more it is within your aura, the more benefit you will receive from it.

I have included a brochure on cleansing your talisman. This can be done when you feel it is needed. As it absorbs negative vibrations in its work, it will need to be refreshed. Sometimes a talisman will cleanse itself...with a trip through the wash or “disappearing” for a day or so.