

The Creation Fertility Guide to crystals associated with [Creation Fertility Wrist Mala Bracelet](#)



Crystals and stones can be carried or worn as jewellery to maintain focus, maintain mental clarity, emotional stability and physical balance and is one of the most simple and effective ways of utilising their healing force. Gems including crystals have been worn for thousands of years, for example carnelians has been worn since Ancient Egyptian times.

Instructions for Mala Chant Beads

The wrist mala within this pack is exclusive to Creation Fertility, imprinted with healing love and made by hand from the fertility stones carnelian and moonstone.
Wear it daily.

To chant using the wrist mala:

Mala beads are used to count mantra recitations. They help you focus. The goal is to feel the mala beads with the fingers, recite the mantra and visualise the outcome at the same time.

To use your mala, hold it gently in your left (receiving) hand, with the beads between your index finger and thumb. Start counting with the first bead after the "guru" bead. Each bead marks one recitation of the mantra, or affirmation, and each round of the mala will offer 21 recitations.

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When jewellery is designed and worn consciously for a purpose it is not only a work of art but empowers the wearer, mingling its intentions with the human electromagnetic field thereby increasing vitality and focus. This is all intensified through the vibration of mantra chant or visualisations (within the Creation Fertility Guidance Cards and Creation Fertility Toolkit). The Creation Fertility Yogic wrist mala has been created using the sacred stones **carnelian and moonstone**. These stones together provide balance and harmony, representing yin and yang, earth and lunar energy. This wonderful piece of jewellery is hand made by Tibetan Buddhists and programmed by Justine Evans of Creation Fertility using lunar energy and healing intention. Whilst originally it was designed to support all fertility journeys it seems to have evolved to serve all women who are wishing for new beginnings and hormonal balance. Here is a little more information on the crystals

37. Moonstone

The stone of new beginnings. Because it is associated with lunar energy, this stone affects the reproductive cycle and helps alleviate menstrual related tension and disorders whilst soothing and stabilising female energy and the emotions.

Visualisation:

Place the mala made from moonstones and carnelian on the sacral chakra point just below the tummy button. Visualise your womb and reproductive organs in a positive form - full of energy, vibrant, healthy and warm. Your body is preparing itself ready for conception and to maintain a healthy fertilised embryo.

Stone: Moonstone.

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Moonstone:

With its watery pearly white sheen the crystal moonstone is believed to soothe and balance the emotions to help control emotions without judgement – in effect neutralising negative thoughts and feelings. The moonstone is believed to help open the heart and subconscious mind, aiding the release of emotional patterns, remaining focused and positive whilst realising the ability to give and receive. Moonstones are associated with the goddess Diana, and legends say that its brightness increases around the full moon because it is so strongly associated with lunar

energy. During a full moon the stone's power is at its peak, believed to support physical hormonal and emotional equilibrium whilst strong enough to reunite lovers and heal the wearer.

According to Indian mythology, moonstone came into existence after a battle fought between Lord Vishnu and Bali, the demon god. In India the moonstone is considered a sacred gem and thought to be lucky if given by groom to his bride and is supposed to arouse passion when exchanged between lovers.



35. Carnelian

You have drawn the carnelian stone - the stone of the sacral chakra, of warmth and reproduction. Carnelian is believed to boost fertility, and promote sacred sex and planned reproduction. It stimulates, balances, and heals womens reproductive systems; the uterus, ovaries, fallopian tubes, cervix, vagina, and helps women to value and respect their life-making ability.

Visualisation:
Touching the carnelians on the mala, spend some time daily, mindfully thinking about its benefits and imagining it balancing your reproductive system and warming your womb ready for conception and a positive pregnancy.

Stone: Carnelian

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The red-orange of the **carnelian** represents the sacral chakra, and has evolved with the cycles of the earth, becoming one of the power stones of the ages. Carnelian is the gem of the earth, of Pachha Mamma and stimulates a deep love and appreciation of nature and the gifts of the earth, symbolising strength and beauty. It represents the golden-orange dawns of new beginnings, red sunsets, and the deep richness of the fertile ground. It is believed to teach you to find your own path and utilise your own personal power. Carnelian serves as a grounder of energies, a manifester on the physical plane. It is good for people who are looking to complete a project, ensuring they remain in the present focusing their

mind on higher intentions and goals.

It is a good stone to place around the naval (sacral chakra) and for aeons believed to support hormonal and fertility issues. The red-orange stimulates the sexual chakra and assists in blood purification to cleanse the reproductive organs and release energy blocks stored in this area which may be preventing a successful conception and pregnancy.

To find out more about mantra chant take a look

[Two week wait and Mantra Chant](#) (Om Namaha Shivay)

[Chanting and Fertility](#)

[Learn Meditation](#)

You may also be interested in [Creation Fertility Toolkit and Products](#) and always remember to look at my [Blog](#) for information on crystal programming and how to care for your wrist mala plus workshops and events.

References:

The Healing Power of Crystals: Magda Palmer

The Power of Gems and Crystals: Soozie Holbeche

Crystal Enlightenment, Katrina Raphael

Justine Evans ND, BSc.Nut Med Fertility Expert and Founder of Creation Fertility. Justine's expertise lies in her multi-dimensional approach to health, blending western nutritional science with traditional alchemy and yogic philosophy. Connect with nature and nutrition to become baby-ready. Draw on eastern philosophy, raise kundalini through chant and call your future baby! Based in Twickenham. Justine Evans is a Registered Naturopath (ND) with a B.Sc in Nutritional Medicine, an Asyra™ Health Screening Clinician, Complementary Therapist (1997) and Reiki Master/Teacher.

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