



Earth Alchemy Sheet: Calmness & Serenity

Theme: Releasing anxiety, quieting the mind, and finding peace within the present moment.

Gemstone Energy

- Blue Lace Agate ~ Soft communication, calm expression, gentle release
- Lepidolite ~ Emotional balance, restful sleep, soothing transitions
- Amethyst ~ Spiritual peace, clarity, and connection to higher calm

Tip: Hold your stones during deep breathing or place them near your bed to encourage tranquility and rest.

Yoga for Serenity

Grounding Poses:

- Child's Pose (Balasana) ~ Calms the nervous system and centers energy
- Legs Up the Wall (Viparita Karani) ~ Promotes relaxation and circulation
- Seated Forward Fold (Paschimottanasana) ~ Releases tension and promotes surrender

Journal Prompts

- What helps me feel truly safe and at ease?
- How can I create more moments of quiet in my daily life?
- What does "peace" mean to me right now?
- How can I show myself compassion when life feels overwhelming?
- Where in nature do I find a reflection of calm?

Mantra

"With each breath, I soften, release, and return to peace."

Practice slow breathing ~ in for four, out for six ~ allowing your body to follow your breath into stillness.

Like the ocean after a storm, your energy now smooths into still waters. Calmness isn't the absence of movement, but the presence of balance. A quiet harmony between your soul and the world around you.

Disclaimer

Earth Alchemy Sets offer gentle guidance on healing practices that can help with certain ailments. These practices and stones are supportive tools and are not intended to replace professional medical guidance.

For additional resources, visit our website at www.EarthWhisperingHealing.com