

Nicole found it years ago at a flea market. It was beaten up, broken, and barren looking, but Nicole saw past its flaws and took it home. My friend put it in her sacred space, where she gave it love and positive energy over the years. I kid you not, the crystals slowly but surely started to repair and look better overall. I watched this crystal go from bleak to beautiful. I saw it with my own eyes. We forget that crystals are from the earth and that they carry energy. Like a plant or anything else containing life, they can heal and grow. I was honored when Nicole gifted me this crystal. It now lives in my sacred space under the Fairy Tree. Every time I walk by it I think of her. I love it.

The best thing about crystals is that they kind of find you. I personally don't like to buy crystals online. I enjoy the process of going to a store with an open mind and waiting to see what speaks to me. I'll hold each crystal, read about its properties, and let my spirit guide me toward a connection. In a funny way it's not much different from adopting a puppy or kitten, where you'd seek out a mutual bond rather than pick a pet based on looks alone.

my favorite

HIGH-VIBRATION CRYSTALS



ROSE QUARTZ.

For your heart chakra.

Carry one on you or place it near you: in your pocket, by your bed, in your car, wherever makes you happy.



SMOKY QUARTZ.

This is for protection and

grounding. Excellent to have by your bed at dreamtime; you will never see me traveling without one in my pocket.



HEMATITE.

Another excellent crystal

for grounding. For big meetings and overwhelming situations, always carry some hematite.



AMETHYST. *Calming, opens intuition and your third-eye*

chakra. I sometimes lie down and hold this crystal during a nap or place it under my pillow. This is overall vibration increasing and intuition opening.



CLEAR QUARTZ. *Like the white candle, clear quartz can be programmed with any intention you desire!* Incredible for cleaning the aura and bringing clarity of mind.



LABRADORITE. *Visionary,*

expansive, the seer stone. This is a protective and magical crystal that can open up your intuition. My favorite one! I have one I carry with me and a large one in my bedroom as well.



UNFORGETTABLE: BLUEBERRIES

One thing you'll always find in my house is a big ol' basket of blueberries. Evie will eat an entire carton if the opportunity presents itself. Blueberries are a simple and delicious treat all on their own. Every time I eat one I marvel at how incredible nature is to have created this burst of fantastic flavor in such a tiny, beautiful sphere. I am especially happy to eat them by the handful, knowing researchers have found that blueberries may help protect the brain. I might think twice when my daughter requests an additional scoop of ice cream, but I'll never say no to a second helping of blueberries.

This pudding is sure to be a crowd-pleaser at your place. Every ounce of it is beneficial to your brain and body.



brainy blueberry-cardamom chia pudding

MAKES 2 SERVINGS

- 1/2 cup chia seeds*
- 3/4 cup organic coconut milk*
- 2 cups fresh organic blueberries*
- 2 tablespoons fresh lime juice*
- 1/2 cup maple syrup*
- 1/2 teaspoon ground cardamom*

Combine chia seeds and coconut milk in a bowl. Place in refrigerator and chill for at least one hour (the easiest thing to do is to make this in the evening and let stand overnight).

Place chia-coconut mixture in blender or food processor and add blueberries, lime juice, maple syrup, and cardamom. Blend until smooth. Garnish with blueberries and serve.



TAKE WITH YOU

Here's the honest truth about my breakup: Yes, I carried a rose quartz in my bra and yes, I took herbal supplements to help me heal, but also my mom flew in to be by my side and I called my friends late at night to sob into their ears. You need to embrace it all and allow everything positive and productive to be part of the process. It is very important to surround yourself with people who lift you up, make you feel loved and appreciated. At any delicate time in your life, it's important to take special care of yourself. Staying healthy has always helped me move forward and stay in a positive light.

A woman with dark hair, wearing a white, sleeveless, backless dress with a lace-like pattern on the bodice, is sitting on a white chair on a brick patio. She is looking over her shoulder towards the camera. The background shows a white-framed glass door leading into a house, and a wooden lattice screen to the right. The scene is brightly lit, suggesting daytime.

CAN'T LIVE WITHOUT MY . . .

- ▲ **WHITE T-SHIRTS.** I have no less than fourteen favorite white tees!
- ▲ **BODYSUITS.** Those with short sleeves, long sleeves, no sleeves . . . To me a bodysuit paired with jeans and heels or sneakers is the ultimate look.
- ▲ **COZY SWEATER**
- ▲ **LONG CARDIGAN**
- ▲ White goes-with-everything **SNEAKERS**
- ▲ At least one really great pair of **JEANS**
- ▲ A superflowy **HIPPIE-STYLE DRESS**