



Crystal Reading Fact Sheet



What is a crystal reading?

A crystal reading is an intuitive interpretation of presenting energies matched to the energies of specific crystals. In relation to an individual, this is the scanning of a person's energy field to determine the most suitable crystals (four or five) to support them at that particular time.

How is a crystal reading accomplished?

The crystal reader will tune into your energy field. Keywords are received in relation to that individual and then a suitable crystal is assigned to the presented characteristic. For example: "Circulation" & Red Jasper. Once the information has been received, it is then reflected upon to ensure its accuracy.

What is the process?

The crystal reader will ask for a recent photo of you. This enables the reading to be undertaken remotely. Once the information is received and considered, a written report is compiled. A sample report is attached below. The process can take up to 5 working days.

Why Community Retreats?

The crystal readings are undertaken by Charlotte Coltman, who is fully insured as an energy healer. She uses crystals in her daily practice, Angelic Reiki healing as well as her service/community work. Charlotte is incredibly intuitive & reconnects with ancient wisdom to bring forth & support her knowledge. Like others, she is able to read crystals, & interpret the information held within them.

How do crystals support us?

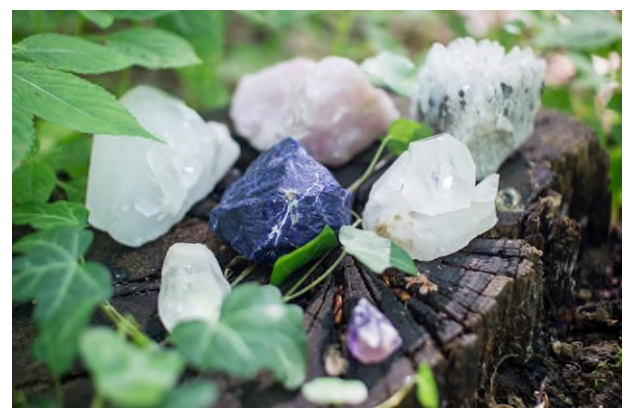
Crystals hold frequency. These frequencies can have a subtle yet positive impact on us. Different crystals offer different support e.g., rose quartz – self-love, amethyst – positivity. Key is connecting with the crystal & intuitively receiving. It is said the crystal chooses you!

Charlotte has written more in a weekly blog:

[Crystals - Community Retreats](#)

How to purchase a crystal reading:

[Crystals – Which ones are suited to you? - Community Retreats](#)





Sample Report: Crystals for Your Name - Date 2023

Onyx – Stability

As a basis for growth, we need stability, grounding and protection. Also called black chalcedony this stone support self-assertion, boost self-confidence and sense of responsibility as well improve rational thinking, logic, control and power of reasoning.

Red Jasper – Circulation

This is a wonderful stone for supporting us on our healing journey giving us strength & courage. It relates to our root chakra and survival mechanisms. Part of path is too clear these behaviours making way for us to live from the heart. A great stone to enhance circulation too. If you are one that experiences afternoon sluggishness this stone either nearby or worn as an amulet can assist us to power through these bouts of tiredness.

Tangerine Quartz – Honouring

This is a clear quartz with hematite. It supports wellbeing and joy, encouraging open-mindedness and hearty friendliness. It awakens interest and promotes creativity and like other orange crystals is related to the sacral chakra.

Red Tigers Eye – Worry

This stone supports life energy, helps overcome difficulties and carry out pragmatic solutions speedily and with determination. It can also help with exhaustion, circulation problems and lack of iron and promotes blood formation and oxygen transportation.

Clear Quartz – Magnifier

Clear crystal quartz, for which there are many varieties, enhances energy flow and hence has the capacity to magnify the energy of other crystals. It supports clarity and neutrality and strengthens one's personal point of view, improving memory and perceptive faculty, increasing awareness and brings clarity of thinking.

Crystal selection derived intuitively by Charlotte Coltman. Crystal description source: Healing Crystals by Michael Gienger