

# BLACK TOURMALINE

GROUNDED, STABLE, LOVES AND RESPECTS  
NATURE. IS PRACTICAL, AND TAKES THE SAFE  
WAY IN LIFE.

## WHAT CHARACTERISTICS DO YOU EMANATE?

WRITTEN BY REBECCA FULLER

Typically a black tourmaline personality, when in proper balance you have abundant energy and good health. You are comfortable in your own skin, you feel grounded, comfortable, safe and secure, and happy with your job / career. People look to you as a reliable, trustworthy person, and they come to you for sound advise.

### AFFIRMATION

"I CHOOSE TO LIVE FULLY  
WITHIN MY INTEGRITY  
CULTIVATING A LIFE OF  
HEALTH AND HAPPINESS."



# FEELING OUT OF BALANCE?

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How do you know when you are out of balance and need additional support?

You may feel nervous, paranoid, fixed on materialism, and find yourself dominating others, and others are doing what they can to avoid you. You either find yourself craving unhealthy foods, or neglecting self-care. You have no sense of belonging, fear of change, and have a problem setting and holding boundaries.



USE THIS AFFIRMATION TO BRING BALANCE:  
"I AM A DIVINE BEING OF LIGHT, I AM PEACEFUL, PROTECTED, BALANCED AND SECURE."

Bring the following Crystals into your life to bring balance :

**Black Tourmaline** to ground yourself and connect to planet Earth and get you out of your head and heart.

**Rose Quartz** to amp up your self-love, therefore your self-care. Love yourself enough to set boundaries and protect your own energy.

**Clear Quartz** to bring clarity about what is really important to you, vs getting caught up in materialism and quick fix techniques.

**Orange Calcite** to bring creativity into you life, your kitchen, your passions, your business, and other areas you need to be creative.

NEED CRYSTALS? WE HAVE PLENTY, SO CONTACT US AT [INFO@CRYSTALSOUJOURN.COM](mailto:INFO@CRYSTALSOUJOURN.COM) FOR A QUOTE AND TO PLACE AN ORDER.