

Your Complete Kreem Veda Bracelet Guide

Learn how to wear, cleanse, energize, and care for your bracelet the right way.

Thank you for choosing the **Kreem Veda 7 Chakra Bracelet**.

Your bracelet is designed to support balance, positive energy, emotional well-being, and spiritual growth. Many people wear a **7 Chakra** Bracelet to help bring harmony to the body's seven main energy centres while **encouraging inner peace, focus, confidence, and mindfulness**.

Wear it with a positive intention and allow it to remind you to stay balanced every day.

Best Day to Start Wearing

You may start wearing your bracelet on **Monday, Thursday, or Sunday**.

Before wearing it for the first time, hold the bracelet in your hands, close your eyes for a few moments, and set a positive intention.

Which Hand Should You Wear It On?

Left Hand

- Emotional balance
- Inner peace
- Positive energy
- Spiritual growth
- Chakra healing

Right Hand

- Express confidence
- Share positive energy
- Stay focused and motivated
- Take positive action
- Stay balanced

Choose the hand that feels right for your personal intention.

Set Your Personal Intention

Before wearing your bracelet, silently repeat your intention.

Examples:

- I am balanced and peaceful.
- Positive energy flows through me.
- I attract harmony and happiness.
- My mind, body, and spirit are aligned.

Your intention makes your daily practice more meaningful.

★ Want to Know What Your Future Says?

As a Kreem Veda customer, you can get a **FREE Personalised 10-Year Kundli & Palm Reading** to gain insights into your career, finances, relationships, strengths, and life opportunities.

Message us on  **kreem_veda** to get your reading!

How to Recharge Your Bracelet

Caring for your bracelet helps keep it meaningful throughout your spiritual journey.

Simple Charging Steps

You may refresh your bracelet's positive energy by following these simple steps:

- Keep it in a clean and respectful place when not wearing it.
- Hold the bracelet quietly for a few moments and set a positive intention.
- You may chant "**Om**" or simply sit in peaceful meditation.
- You can also place it under gentle morning sunlight for 10–15 minutes occasionally.

Regular mindful care helps you stay connected with your intention.

Things to Avoid

To help maintain your bracelet:

- Avoid contact with perfumes, chemicals, and harsh soaps.
- Remove the bracelet before swimming or bathing.
- Avoid dropping or pulling it forcefully.
- Keep it away from excessive heat and moisture.
- Store it safely when not in use.

☀️ Is This Bracelet Suitable for Your Horoscope?

The **7 Chakra** Bracelet is commonly associated with balance, healing, positive energy, inner peace, and spiritual growth.

Many people wear it regardless of their zodiac sign. However, every individual has a unique birth chart.

If you would like to know whether the **7 Chakra Bracelet** is the most suitable bracelet for you, our experts can provide **FREE Personalised 10-Year Kundli & Palm Reading** exclusively for Kream Veda customers.

Message us on  **kream_veda** to receive your complimentary guidance.

Frequently Asked Questions

Can I wear it every day?

Yes. The bracelet is designed for comfortable daily wear.

Can I wear it while sleeping?

Yes, although many people prefer to remove it before sleeping for added comfort.

Can I wear it with other bracelets?

Yes. You may wear it with other spiritual or crystal bracelets if you wish.

What if the bracelet breaks?

Many people simply replace it with a new bracelet while continuing their positive intentions and daily practice.

Do I need to chant a mantra?

No. A positive intention or a few moments of quiet meditation are enough. If you prefer, you may chant "Om" while wearing it.

A Secret Most People Never Discover...

Many people wear crystal bracelets for years without ever knowing whether they are wearing the one that truly matches their birth chart and life path.

Choosing the right crystal can help you align your intentions with your personal energy.



Complimentary Guidance for Kreem Veda Customers

As a thank you for choosing Kreem Veda, we offer you a **FREE Personalised 10-Year Kundli & Palm Reading.**

Simply message us on  **kreem_veda** with:

- Your name
- Date of birth
- Time of birth (if known)
- Place of birth
- A clear photo of your palm (optional)

Our team will prepare your complimentary personalised report to help you better understand your unique life journey.

Thank you for being part of the Kreem Veda family. We wish you love, peace, happiness and positivity in every step of your journey.