

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 **Clear Quartz Bracelet**.

Clear Quartz is known as the **Master Healer**. It is commonly associated with clarity, positive energy, focus, balance, and spiritual growth. Wear your bracelet with faith, a positive mindset, and a clear intention.

Best Day to Start Wearing

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

For the best experience:

- Wear it in the morning after bathing.
- Hold the bracelet for a few moments.
- Set a positive intention before wearing it.

Which Hand Should You Wear It On?

Left Hand

- Receive positive energy
- Improve clarity and focus
- Enhance inner peace
- Strengthen intuition
- Support spiritual growth

Right Hand

- Express yourself with confidence
- Stay focused on your goals
- Take positive action
- Manifest your intentions
- Share positive energy with others

Choose the hand that feels most comfortable and aligns with your personal intention.

Set Your Personal Intention

Before wearing your bracelet, silently repeat a positive affirmation such as:

"I welcome clarity, positive energy, wisdom, and success into my life."

A clear intention helps you stay focused on your personal journey.

★ 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

Clear Quartz is believed to absorb and amplify energy. Regular cleansing helps keep it energetically refreshed.

Simple Charging Steps

- Placing it under the morning sunlight for 15-30 minutes
- Keeping it under the moonlight overnight, especially on a Full Moon
- Placing it on a **Selenite Charging Plate**
- Keeping it near your meditation or prayer space
- Setting a fresh positive intention after cleansing

Recharge your bracelet every 2-4 weeks, or whenever you feel it needs refreshing.

Things to Avoid

To keep your bracelet in its best condition:

- Avoid contact with harsh chemicals and perfumes.
- Remove it before bathing or swimming.
- Avoid dropping or hitting it against hard surfaces.
- Keep it away from excessive heat for long periods.
- Store it in a clean, dry place when not in use.

Treat your bracelet with care and respect.



Is This Bracelet Suitable for Your Horoscope?

Clear Quartz is commonly associated with clarity, healing, focus, positive energy, and spiritual growth. Many people wear it regardless of their zodiac sign. However, every individual has a unique birth chart.

With your **FREE Personalised 10-Year Kundli & Palm Reading**, our team can provide personalised spiritual guidance based on your birth details and help you discover whether Clear Quartz is the most suitable crystal for you.

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

Frequently Asked Questions

Can I wear my Clear Quartz Bracelet every day?

Yes. It is suitable for everyday wear.

Can I wear it while sleeping?

Yes. Many people wear it while sleeping, while others remove it for comfort. Choose what feels best for you.

Can I wear it with other crystal bracelets?

Yes. Clear Quartz is often worn with other crystals because it is believed to amplify their positive energy.

How often should I recharge it?

Recharge it every 2-4 weeks, or whenever you feel it needs energetic cleansing.

Can anyone wear Clear Quartz?

Yes. It is commonly worn by people of all ages who seek clarity, focus, balance, and positive energy.

A Secret Most People Never Discover...

Many people wear crystals for years without knowing whether they are actually wearing the crystal that best matches their birth chart.

Choosing the right crystal can make your spiritual journey more meaningful and personal.



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.

Your Complete Selenite Plate Guide

Discover how to use and care for your selenite plate for everyday spiritual practice.

Thank you for choosing the **Kreem Veda Selenite Charging Plate**.

Selenite is known for its association with **cleansing, clarity, peace, and positive energy**. It is commonly used to **cleanse and recharge crystal bracelets, Crystal malas, pendants, rings, and other spiritual items**, helping them feel refreshed and ready for everyday use.

Best Day to Start Using

You can begin using your Selenite Charging Plate on **Monday, Thursday, or any day that feels meaningful to you**.

How to Use the Selenite Plate

Simply place your crystal bracelet or other spiritual items on the Selenite Plate for **4-8 hours or overnight**. Use it regularly to help keep your crystals energetically refreshed.

Set Your Personal Intention

Before placing your bracelet on the plate, take a quiet moment and focus on your intention.

You may say:

"May this bracelet be filled with positive energy, peace, clarity, and divine blessings."

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How to Recharge Your Bracelet

Selenite is naturally believed to cleanse and recharge energy, but you can still refresh your bracelet regularly.

Simple Charging Steps

Using the Selenite Charging Plate is simple:

- Place your crystal bracelet or spiritual item on the Selenite Plate.
- Leave it on the plate for 4-8 hours or overnight.
- Set a positive intention while placing your bracelet on the plate.
- For an extra energy refresh, you may place the Selenite Plate under gentle moonlight occasionally.
- Use the plate whenever you feel your crystals need an energetic cleanse.

Things to Avoid

- Do not wash the Selenite Plate with water, as Selenite is a soft natural mineral.
- Avoid dropping or scratching the plate.
- Keep it away from prolonged moisture or humidity.
- Do not place very heavy objects on the plate.
- Store it in a clean, dry, and respectful place when not in use.



Is Your Bracelet Suitable for This Selenite Plate?

A Selenite Charging Plate can be used to cleanse and recharge most crystal bracelets and spiritual items.

However, not every crystal bracelet is the ideal match for every individual. Your birth chart may indicate that a different crystal is better suited to your personal energy and life goals.

If you would like to know whether your current crystal bracelet is the right one for you and can be effectively used with this Selenite Charging Plate, our team can provide a **FREE Personalised 10-Year Kundli & Palm Reading**. We'll help you understand whether your current crystal is suitable or recommend one that better aligns with your horoscope and intentions.

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

Frequently Asked Questions

How do I use the Selenite Charging Plate?

Simply place your crystal bracelet or other spiritual items on the plate for 4–8 hours or overnight.

What items can I recharge?

You can recharge crystal bracelets, malas, pendants, rings, tumbled stones, and other small spiritual items.

How often should I use the plate?

You can use it as often as you like. Many people recharge their crystals once a week or whenever they feel the energy needs refreshing.

Can everyone use a Selenite Charging Plate?

Yes. It is suitable for anyone who wishes to cleanse and recharge their crystals and create a peaceful spiritual space.

How often should I recharge it?

Recharge your bracelet whenever you feel guided, or at least once every few weeks with positive intention.

A Secret Most People Never Discover...

Many people wear crystals for years without knowing whether they are actually wearing the crystal that best matches their personal energy.

Since every person's birth chart is unique, a crystal that works well for one person may not always be the ideal choice for another.

Choosing the right crystal based on your birth details can help you make a more informed spiritual choice.



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