

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 Green Aventurine Bracelet**.

Green Aventurine is known as the **Stone of Opportunity**. It is cherished for encouraging growth, confidence, prosperity, and new beginnings. Wear it with faith, a positive mindset, and a clear intention to make the most of its supportive energy.

Best Day to Start Wearing

Wednesday is traditionally considered the most suitable day to begin wearing your Green Aventurine Bracelet.

Before wearing it for the first time:

- Hold the bracelet in your hands.
- Close your eyes for a few moments.
- Take a few deep breaths.
- Set a clear intention for growth, success, abundance, or the goal you wish to achieve.

Which Hand Should You Wear It On?

You can wear your Green Aventurine Bracelet on either hand, depending on your intention.

Left Hand - To Receive

Wear it on your left hand if your intention is to welcome luck, abundance, opportunities, emotional healing, and positive energy into your life.

Right Hand - To Manifest

Wear it on your right hand if your intention is to take action, build confidence, achieve goals, attract success, and turn opportunities into results.

Tip: Choose the hand that best matches your current intention. Wearing it consistently with faith and a positive mindset is what matters most.

Create Your Personal Intention

Before wearing your bracelet each day, silently repeat your intention three times.

Example:

"I welcome new opportunities, confidence, success, and abundance into my life."

Feel free to create an intention that reflects your own goals and dreams.



Want to Know What Your Future Says About Money?

As a Kreem Veda customer, you can get a **FREE Personalised 10-Year Kundli & Palm Reading** to better understand your:

- Career
- Wealth Opportunities
- Personal Strengths
- Future Possibilities

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

How to Recharge Your Bracelet

Selenite is traditionally used to help cleanse and refresh the energy of crystals.

Simple Charging Steps

To help maintain a positive connection with your bracelet:

- Place it on a Selenite Charging Plate for 6–8 hours, preferably overnight.
- You may also leave it in gentle morning sunlight for a short time.
- Recharge it every 2–4 weeks, or whenever you feel it needs refreshing.

Things to Avoid

To keep your bracelet in good condition:

- Avoid perfumes, soaps, lotions, and harsh chemicals.
- Remove it before swimming or bathing.
- Avoid dropping it on hard surfaces.
- Store it in a clean, dry place when not in use.
- Avoid letting others wear your bracelet regularly.

★ Is This Bracelet Suitable for Your Horoscope?

Every person has a unique birth chart, and not every crystal is equally suitable for everyone.

Our team can help you understand whether Green Aventurine is a good match for your Kundli and recommend the most supportive crystal for your personal journey.

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Frequently Asked Questions

How long should I wear the bracelet?

You can wear your bracelet throughout the day. Regular and consistent use is recommended.

Can I wear it while sleeping?

Yes. You may wear it while sleeping or remove it at night if you find it more comfortable.

Can I wear it with other crystal bracelets?

Yes. Green Aventurine pairs well with many other natural crystal bracelets.

How often should I recharge it?

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

What if the bracelet breaks?

Natural stones may wear or break over time. Many people believe this can mark the end of the bracelet's spiritual journey, though this is a traditional belief rather than a scientific fact. You can replace it whenever needed.

A Secret Most People Never Discover...

Many people wear crystal bracelets for years without knowing whether they are wearing the crystal that best matches their personal energy and life path.

Choosing a bracelet that aligns with your birth chart and personal intentions can make your spiritual practice feel more meaningful and focused.



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."

★ 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

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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