

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 Rudraksha & Sphatik Bracelet**.

This bracelet combines the sacred energy of **Rudraksha** with the pure clarity of **Sphatik (Clear Quartz)**. Together, they are traditionally associated with inner peace, positive energy, mental clarity, spiritual balance, and emotional well-being.

Wear your bracelet with faith, positive thoughts, and a clear intention. Let it remind you each day to stay calm, focused, and connected to your higher purpose.

Best Day to Start Wearing

You may begin wearing your bracelet on **Monday** or **Thursday**, as these days are traditionally considered auspicious.

Before wearing it for the first time:

- Hold the bracelet in your hands.
- Sit quietly for a few moments.
- Say a short prayer or positive affirmation.
- Wear it with gratitude and a peaceful mind.

Which Hand Should You Wear It On?

Left Hand

- Inner peace
- Positive energy
- Mental clarity
- Spiritual growth
- Emotional balance

Right Hand

- Stay focused on your goals
- Express confidence
- Take positive action
- Strengthen discipline
- Share calm and 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 each day, silently repeat a positive intention such as:

"May my mind remain peaceful, my heart stay positive, and my actions bring good into my life."

A sincere intention can help you stay mindful throughout the day.

★ 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 spiritual significance by following these simple steps:

- Keep it in a clean and respectful place when not wearing it.
- Hold the bracelet quietly while offering a short prayer or positive affirmation.
- You may chant "Om Namah Shivaya" or simply focus on your intention.
- Occasionally place it under the soft light of the morning sun for a short time.

Recharge it whenever you feel guided or after emotionally challenging situations.

Things to Avoid

To help maintain your bracelet:

- Avoid exposing it to perfumes, chemicals, or harsh soaps.
- Remove it before swimming or bathing.
- Avoid dropping or hitting it against hard surfaces.
- Store it in a clean, dry place when not in use.
- Treat it with respect and positive intention.

★ Is This Bracelet Suitable for Your Horoscope?

The Rudraksha & Sphatik Bracelet is commonly associated with peace, protection, clarity, positive energy, and spiritual growth.

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

If you would like personalised guidance based on your horoscope, receive your **FREE Personalised 10-Year Kundli & Palm Reading** from the Kreem Veda team.

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

Frequently Asked Questions

Can I wear it every day?

Yes. You may wear it daily with a positive mindset.

Can I wear it while sleeping?

You may, but many people prefer removing it at night for comfort.

Can I wear it with other bracelets?

Yes, if it feels comfortable and meaningful to you.

Can anyone wear this bracelet?

Yes. It is commonly worn by people of all ages and backgrounds.

What if my bracelet breaks?

Many people simply replace it with a new one and continue their positive intentions.

A Secret Most People Never Discover...

Many people wear crystals and spiritual bracelets for years without knowing whether they are actually wearing the ones that best suit their personal energy.

Your birth chart and palm can provide deeper insights into your natural strengths, life path, and the spiritual combinations that may be most suitable for you.

Receiving personalised guidance can help you make more informed choices for your spiritual journey.



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.