

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 Selenite Bracelet**

Your **Selenite Bracelet** is more than just a beautiful piece of jewellery. Selenite is widely known as a crystal of **purity, peace, clarity, and positive energy**. Many people wear it to create a calm environment, clear unwanted energy, and support emotional balance.

Wear your bracelet with faith, gratitude, and a positive intention.

Best Day to Start Wearing

You can begin wearing your Selenite Bracelet on **Monday, Thursday, or Friday**.

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 positive intention.

Which Hand Should You Wear It On?

Left Hand

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

Right Hand

- Share positive energy
- Stay calm and peaceful
- Express yourself clearly
- Maintain emotional balance
- Inspire positivity in others

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

Set Your Personal Intention

Hold your bracelet and repeat silently:

"I welcome peace, clarity, positivity, and divine light into my life. May my mind remain calm and my heart stay balanced."

Repeat this three times before wearing your bracelet.



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

- Keep it in a clean, peaceful place overnight.
- Place it near incense or a diya during your prayers.
- Hold it while meditating.
- Recharge it with your positive intentions.

Avoid soaking Selenite in water, as it is a soft natural crystal.

Things to Avoid

To keep your bracelet in good condition:

- Avoid water for long periods.
- Avoid perfumes and harsh chemicals.
- Remove before bathing or swimming.
- Handle gently to prevent scratches or cracks.
- Store it separately from harder jewellery.

☀ Is This Bracelet Suitable for Your Horoscope?

Selenite is commonly associated with **peace, clarity, cleansing, 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 **Selenite** is the most suitable crystal for you, our team can provide personalised guidance based on your horoscope.

Get your **FREE Personalised 10-Year Kundli & Palm Reading** and discover which crystals may best support your journey.

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

Frequently Asked Questions

Can I wear my Selenite Bracelet every day?

Yes. Many people wear it daily to maintain peace, clarity, and positive energy.

Can I wear it while sleeping?

Yes, if it feels comfortable. Many people enjoy wearing Selenite during rest for a calming effect.

Can I wear it with other crystal bracelets?

Yes. Selenite is often paired with other crystal bracelets as part of a personal crystal collection.

Can I get it wet?

It is best to keep Selenite away from water because it is a naturally soft crystal.

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.



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.