

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.

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.

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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.



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