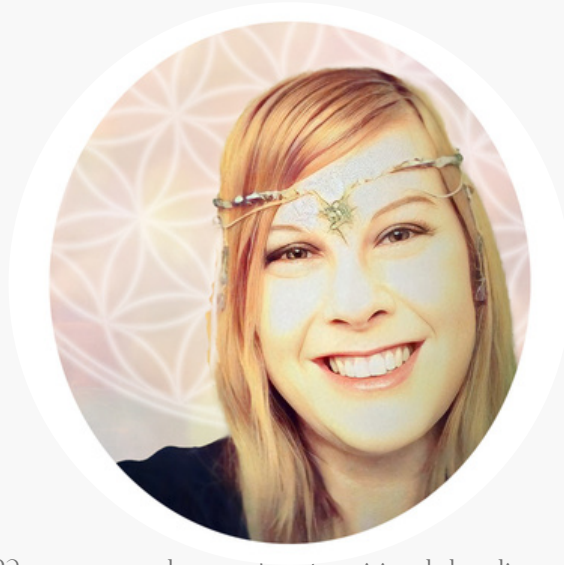


THE LIGHT OF LEMURIA
HEALING ACTIVATION
of Remembrance & Forgiveness



THE FAERY STAR
TEMPLE

REMEMBER WHO YOU ARE...



Joanna has devoted more than 23 years to the path of spiritual healing, with nearly 20 years of professional experience in energy-based modalities and holistic practice. Her work bridges the mystical and the practical — rooted in earth-based traditions, plant medicine, sound healing, and subtle energy work, while supported by extensive formal training and certification.

At the heart of Joanna's practice is a deep relationship with the natural world. She works in alignment with the wisdom of plants, stones, sound, and the living energies of land and spirit. Through this connection, she gently supports others in releasing what no longer serves, restoring balance, and reconnecting to their own inner guidance. Joanna does not position herself as someone who "fixes" or overrides another's path. Instead, she holds compassionate and grounded space for healing to unfold organically — guided by intuition, experience, and respect for each individual's sovereignty.

Her work weaves together modalities including:

- Plant Wisdom Medicine — flower essences, herbal preparations, and aromatherapy
- Sound Healing — crystal singing bowls, drumming, and tuning forks
- Reiki (Usui & Karuna) and energy balancing
- Shamanic healing practices and soul integration work
- Crystal healing and elemental energy work
- Spiritual life coaching and holistic wellness support

Joanna offers private sessions and classes in Arizona, as well as virtual sessions for clients worldwide. The Faery Star Temple is an extension of this calling — a sanctuary created as an act of service, gratitude, and care for those navigating change, grief, awakening, or renewal.

www.hedgefaeryherbals.com / www.thefaerystartemple.com
earthandskyspirit@gmail.com



The truth of Lemuria lies within the memories that we can recall at a Soul level. This remembrance is what activates our spiritual awakening to this lost ancient civilization. Those who feel that deep seated connection have a longing within their hearts to return; a remembrance of something lost that remains.

Light of Lemuria is a visual and vibrational healing activation inspired by the gentle, heart-centered current often associated with the ancient civilization of Lemuria — a symbolic golden age remembered as a time of unity, compassion, and deep harmony with the Earth.

In this offering, the imagery is layered with healing sound to create a soft field of remembrance and emotional release.

Lemuria, as it is approached here, is not a historical claim but a spiritual archetype — representing a state of consciousness rooted in love, forgiveness, and collective harmony. It invites us to remember who we are beneath fear, division, and forgetting.

Lemurian Seed Crystal Energy

Lemurian Seed Crystals are distinguished by their ladder-like striations that carry encoded wisdom or ancient knowledge. They are often associated with:

- Heart-centered awareness
- Divine feminine balance
- Emotional healing
- Cellular remembrance
- Gentle activation of inner knowing
- Compassion and forgiveness

In this activation, the Lemurian Seed Crystal is honored as a symbol of remembrance — a crystalline library of love-consciousness, waiting to be accessed through presence rather than effort.

Dolphin Current

Dolphins, long associated with emotional intelligence, joy, and ancient oceanic wisdom, surround the crystal in this artwork as guardians of fluidity and heart resonance. Their presence evokes forgiveness, playfulness, and the ability to move through emotional waters with grace.

THE ARTWORK:

The artwork within I use throughout The Faery Star Temple in my videos and workbooks, was born from a vision held in my heart and lovingly brought into form through layers of digital imagery using Photoshop.

My creative process often unfolds in gentle stages — weaving together multiple textures, light currents, and subtle elements until the image begins to feel alive. In recent works, I have continued this layering practice using Photoshop and Procreate while exploring new tools that allow the artwork to evolve even more intuitively.

For me, each piece begins as a feeling — a quiet inner image seeking expression. The true creation happens in the space of intention, devotion, and love.

It is my hope that as you move through this imagery, you feel not only its beauty, but its blessing — that it brings a softening to the heart and a sense of peace within your own inner landscape.



Suggested Tips

- MAKE YOUR ENVIRONMENT A SACRED SPACE FOR YOU
- FIND A COZY QUIET SPACE WHERE YOU CAN ENJOY THE VIDEO AND THE SYMBOL ACTIVATION
- BE COMPASSIONATE WITH YOURSELF AS THE ENERGIES INTEGRATE
- DRINK PLENTY OF WATER
- RECORD YOUR EXPERIENCE ON THE NEXT PAGES IF YOU WISH

RECORD YOUR EXPERIENCE

After your activation, be sure to take notes on your experience. This way you can look back and gain more insights at a later time after the energies have had time to integrate.

DATE:

WHAT DO I WANT TO REMEMBER ABOUT THE EXPERIENCE?

HOW DID I FEEL AFTER THE ACTIVATION? DID I EXPERIENCE ANY EMOTIONAL OR PHYSICAL SENSATIONS OR IMAGERY?

DO YOU FEEL A CONNECTION TO LEMURIA?

IF SO, HOW MIGHT YOU HONOR THAT IN YOUR OWN LIFE?

ADDITIONAL NOTES:

A large, empty white rectangular box intended for additional notes, occupying the majority of the page below the 'ADDITIONAL NOTES:' heading.

ABOUT THE FAERY STAR TEMPLE

The Faery Star Temple is a living sanctuary of freely offered healing music, rituals, meditations, and earth-rooted teachings created for these tender and transformative times. Woven from the seven-pointed Faery Star and guided by reverence for land, spirit, and subtle energy, the Temple holds offerings in plant wisdom, stone medicine, animal kinship, sound healing, sacred compost, and deep remembering. It is not a course to complete or a path to follow perfectly. It is a place to rest. To release what no longer serves. To reconnect with your own sacred medicine.

New offerings are added slowly and intentionally, guided by seasonal rhythms and inspiration, allowing the Temple to grow organically — just as all living things do.

All core offerings within the Temple are freely given as an act of service, gratitude, and care for the collective. You are always welcome to enter.

The Faery Star Temple - Sanctuary

In addition to the online Temple, Joanna is now opening The Faery Star Temple Sanctuary, an intimate healing studio devoted to one-on-one sessions, small group circles, Reiki trainings, sound baths, and earth-based classes. Rooted in over two decades of healing practice, the Sanctuary is designed as a warm and steady space for restoration, release, and deep alignment. Private sessions are available by appointment. If you feel called to work more personally, you are warmly invited to learn more and connect.

CONTACT INFORMATION

www.hedgefaeryherbals.com

www.thefaerystartemple.com

earthandskyspirit@gmail.com

