

Crystal Temple - Soul Journey FAQ

I have a question:

For course related questions, please add them to the comments on that week's course pages. Alternatively you can email Gemma at: hello@gemmapetherbridge.com

Can I have the dates and time for each Live Call?

Week One: Thurs 19th Oct - 7-9.30pm

Week Two: Thurs 26th Oct - 7-9pm

Week Three: Thurs 2nd Nov 7-9pm

Week Four: Thurs 9th Nov 7-9pm

Week Five: Thurs 16th Nov 7-9pm

Week Six: Tues 21st Nov 7-9pm

Week Seven: Tues 28th Nov 7-9.30pm

What is the Zoom Link for each class?

We will use the same Zoom link throughout the course. This is it:

<https://us02web.zoom.us/j/85802146131>

What do I need for each class?

Each week you will need a pen and paper or the journal page. A bottle of water or herbal tea. Then please go to each week's [title page](#) and you will find what crystal you need that week. The only other thing you need is your cleansing kit, matches and your cacao for week one.

Will there be replays?

Yes with 48 hours of each class the replay will be uploaded to that week's course content. You will be able to find it under 'video replay'.

How do I submit questions in advance?

Each week there will be a lesson page named 'Q&A Questions'. Please go there and submit your questions in the comments. During the lives Gemma will answer questions from people attending the live first. Then she will check the course page for extra questions.

How do I make the Cacao?

Ingredients

- 10g Cacao
- 250ml Spring Water
- Coconut Sugar (optional)

Vegetarian Milk: You can also use vegetarian milk. In this case you don't bring the milk to a bowl first. Instead you heat it slowly then start adding the cacao.

Instructions

1. *Pour the spring water into a saucepan and bring to the boil.*
2. *Once the water is boiling, turn the heat down to a simmer and add your cacao.*
3. *Stir gently with a wooden spoon or whisk until all the cacao has dissolved fully.*
4. *Making sure to keep the heat low, so that the cacao never boils. Just gently simmers.*
5. *You will know when the cacao is ready once it starts to thicken and you see the beautiful cacao butter rise to the top. **The longer and slower you take to cook up your cacao, the creamier it will be.***
6. *Sweeten to taste with coconut sugar if desired.*
7. *Pour into your favourite Cup and enjoy.*

Note: If you have mental health concerns, heart problems, are pregnant or could be, please drink hot chocolate or herbal tea instead.

I do not like or cannot drink Cacao - What can I do instead?

You might consider Hot Chocolate or Herbal Tea instead.