



HOW DO YOU FIND THE RIGHT CRYSTAL?

By Lourdes Lebron

Crystals are a wonderful aid not only to our psychic development but also our healing process, our mental and emotional well-being. Since ancient times, crystals have been revered for their various abilities. Kings and queens wore crowns covered in gems; gems used not only for their beauty, but their powers, such as protection. The ancient Egyptians had scarabs made out of gems, knowing that they could influence the people who wore them.

THE BASICS

Crystals come in many forms. They are available in the "rough" which is the form they are found in nature. This is the strongest form crystals are found in. Many minerals are tumbled so that they end up smooth and rounded out. These types of crystals are perfect for meditating and are also used in crystal therapy. A large amount of crystals are cut in various shapes and designs. These are used in jewelry and for decorative purposes.

SEARCHING FOR A CRYSTAL

How do you find the right crystal for you and your specific purpose? To find the right crystal it is better to search in person. Pick up a crystal and hold it in your hand. Does it feel hot, feel like its vibrating, or give you an overwhelming sense of calm? These are signs the crystal may be right for you. If it gives you a sharp uncomfortable feeling, feels slimy, turns icy cold, or feels painful, it may not be the right crystal for you.

If it is not possible to search in person and you can only search via internet, trusting your intuition and working with a reputable dealer is highly recommended. If, when searching via internet, you choose a crystal which is not for you don't worry. I find that I may pick out a crystal online for myself and it ends up being for someone in my family or a close friend.



When searching for a crystal, keep in mind what you want the crystal for. Do you need a calming or energizing crystal? Healing or psychic development? To help with a specific chakra or protection? Below is a general guideline on what type of energies you may feel from a crystal. Just a reminder, this is just a guideline and you may find that you might feel something very different. Please go by your own intuition. We work best when following our own senses.

ADDITIONAL NOTES

Drinks called elixirs are made by placing water and a crystal in sunlight for a few days. The liquid formed from this combination assists in bringing about a positive change in a person's health and vitality. Please consult one of the crystal references as to which crystals are water soluble and safe to use as an elixir.

CRYSTAL GUIDELINE

Red crystals: Energizing and Grounding

- * Jasper
- * Red Tiger's Eye
- * Ruby
- * Garnet

Orange: Creativity and Sexuality

- * Carnelian
- * Mexican Fire Opal
- * Copper
- * Orange Calcite

Yellow: Power and Strength

- * Citrine
- * Amber
- * Yellow Calcite
- * Tiger's Eye



Green: Healing

- * Malachite
- * Emerald
- * Peridot
- * Aventurine
- * Emerald

Blue: Communication

- * Aquamarine
- * Blue Lace Agate
- * Kyanite

Indigo: Intuitive Ability

- * Lapis Lazuli
- * Sapphire
- * Amethyst

Purple: Spirituality

- * Amethyst
- * Charoite
- * Tanzanite

To sense the energy of crystals, I have a playlist on YouTube that sends the vibrations of the stones through the video. Here is the [link](#).