

The Many Uses of Crystals

Crystals can be used in so many different ways to benefit your life and well-being. Here are just a few. They create balance in your life as well as cleanse blocks from the chakras. They can also help keep you connected to your soul path.

While crystals come in a myriad of shapes and sizes, they all have vibrational properties to clear unwanted energy.



What's important to know is the purpose behind your intention in their use.

If going to work and focus is needed for a presentation, you might want to put a tumbled stone of fluorite in your pocket which helps promote mental clarity or a blue calcite to calm nerves and lessens anxiety.

The crystals I prefer to use on the chakras are:

Root - Red Jasper, Garnet, Tiger's Eye, Hematite, Bloodstone, Black Tourmaline or Smokey Quartz

Sacral - Carnelian, Peach Moonstone, Orange Calcite, Golden Topaz, Amber

Solar Plexus - Citrine, Yellow Jasper, Yellow Calcite, Yellow Aventurine

Heart - Rose Quartz, Morganite, Kunzite, Rhodonite, Rhodochrosite, (*Green Aventurine, Malachite, Olivine, Green Fluorite, Emerald)

Throat - Blue Quartz, Blue Calcite, Sodalite, Blue Lace Agate, Aquamarine, Amazonite, Larimar, Blue Tiger's Eye

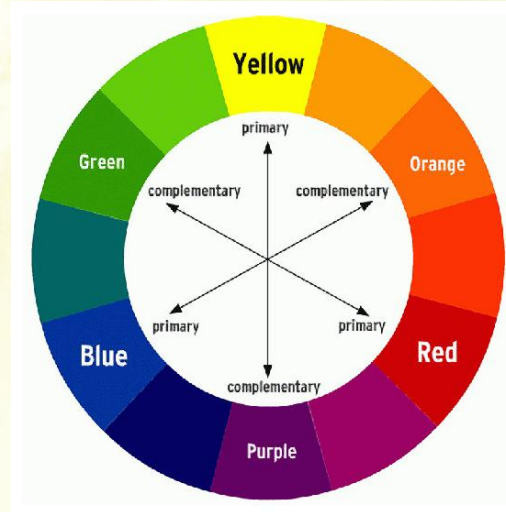
Third Eye - Azurite, Lapis Lazuli, Sodalite, Amethyst, Ametrine, Charoite, Labradorite

Crown - Amethyst, Sugilite, Selenite, Labradorite, Clear Quartz

For overall clearing, use a Selenite wand.

**NOTE: If doing a crystal balancing on your body, the green crystals listed above may be included as well. I personally don't use green crystals on the body as green signifies growth and if there are any unknown, underlying conditions, they may cause issues.*

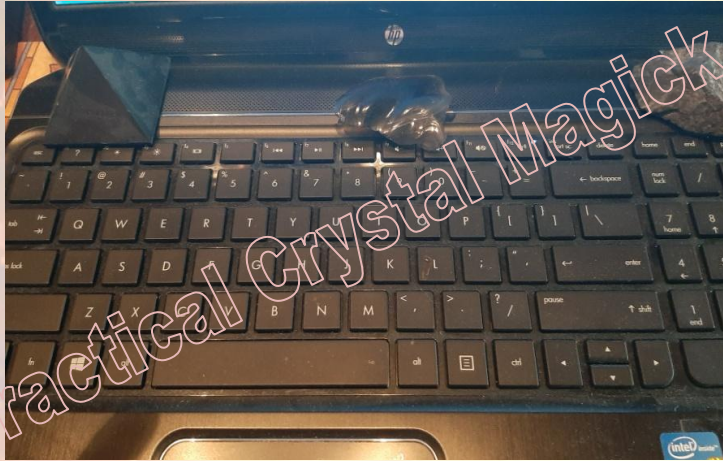
If chakra energies are excessive, meaning having too much energy (reflected by anger, aggression, excessive sexual energy), you can use a crystal of the opposing color to counter-balance the energy that is present. For example, for the Sacral Chakra (signified by the color Orange), Blue can be used to counter-balance any excessive energy.



Other Uses for Crystals

As mentioned in the talk, a mini-grounding can be done to channel energies into the Earth and out of the body. In this photo, I'm using a long Black Tourmaline in between my feet, and one on each foot as well as Smokey Quartz in front of the toes. (It was an extremely stressful day!) Normally, all you need are two stones, one in your hand and the other between your feet.





For EMF Protection, for those teleworking, it is recommended to place Shungite or

Obsidian in front of the monitor.

The EMFs coming from all the technology surrounding us creates an excess amount of positive ions that can cause headaches as well as turn into free radicals within the body and can damage cells.



One of the other modes of protection I have while teleworking is a Salt Lamp. Directly in front of it is a small burner for a leaf or two of sage as well as an Amethyst crystal.

Crystal Grids are discussed everywhere these days. Here are a couple of examples of grids I have. This is a photo of my Protection Grid in the center of my home. I 're-energized' it every Full Moon. The center crystal is a Quartz point, surrounded by four large Black Tourmaline and other smaller quartz points as well as Rosemary and Cinnamon for additional layers of protection.



Here is a small grid for clairvoyance, psychic visions and expanding consciousness. Stones used are Apophyllite, Rose Quartz hearts, small Quartz points along with some small stones for grounding.

These photos from my yard reflect various ways I've employed the use of crystals to create peace and calm: a Buddha with various stones, a Rose Quartz to add calm and a few more scattered on a small table.



All of them help to promote a peaceful outside atmosphere in my yard.



If you look close, you will see four small rose quartz hearts. This plant was having trouble and I didn't want to lose it. So I added Rose Quartz to help send it love and strengthen it.

I use crystals quite a bit with the plants in my yard to help strengthen them in the hot Phoenix summers. Be mindful of which ones might fade. Also, Quartz should never be left outside in direct sunlight as it can start a fire (they're used in lasers you know!)



One of My Favorite Crystals!

I would be remiss if I didn't share this information. Favorite crystals are very subjective as each person will resonate with crystals that feel good to them based on their specific energy. Besides the standard chakra crystals, one that I feel no home should be without is Selenite!

You can never have enough Selenite!



Selenite vibrates at a very high frequency and promotes peace, calm and clarity; it removes energy blockages and elevates the spirit. It can be used for space clearing to shift energy within the home



It is known as the Goddess Stone as it was named after the Greek Goddess, Selene.

Charge your Selenite under the Full Moon.

A sphere will disperse energy all around a room, a wand can 'erase' energy attachments around

the body and chargers can help cleanse energy from jewelry and other stones.

For Aura cleaning, take a small Selenite wand, hold it about 6 inches from the body and beginning at the top of the head, slowly move it down in front of the body then the sides and back of the body as far as you can reach.

Imagine the Selenite cutting away all the stress and anxiety from your day. This is an amazing way to remove blockages of energy from your physical self.



Create an Intention Box

What do you want to draw into your life?

Tools Needed:

- *Pretty Container or Box*
- *Several crystals of your choice (consider researching which crystals work best for your intention)*
- *A piece of paper*
- *Your affirmation / intention*

Be Specific! and Be careful what you ask for!

You might consider 'layering' to add more power to your request. Layering involves adding other modalities. For example, you could use a drop of your favorite essential oil to rub onto your crystal or add Reiki energy by using a specific symbol or drawing one on a piece of paper and adding it to your Intention Box.



Here is my Prosperity Box complete with Citrine on top. I save all \$5 bills instead of spending them and at the end of the year, I have a nice stash to use for presents.

*Use your creativity (2nd Chakra)
and come up with other uses!*

Cleansing Your crystals

There are multiple ways to energetically cleanse your crystals. Always gently wash them before using them because you don't know how many hands have handled them and you want to clear all that energy. But make sure your newly purchased crystals can be put under water. Search online to see which ones should not be. Typically any in the Quartz family and over a Mohs hardness of 6 can be put under water.



Here are several ways to



energetically cleanse your crystals: under the Full Moon.; sage smoke (I prefer loose sage) in that way you can



use a small amount; incense or a singing bowl or bury them in the Earth (potted plants do nicely so



you know where to dig it up.)

Thank Your Crystals

We all like to be thanked for the work we do and crystals are no different. The more gratitude you show and the more you work with them, the more they will be willing to work with you.

Show Gratitude to the Earth

MaMa Earth is a Mother to us All!



(I absolutely love this image from SheKnows!)

And I believe Gratitude should be shown to her every single day for all she does for us. Just think, we are all made of the same things the Earth and Stars are made of - all the same minerals -the same things in the Milky Way!

Truly, we are All One!

Final Thoughts

There are a few select crystals I use to help me sleep. These again are very subjective - see what works for you. Most of those usually mentioned keep me up instead of helping me sleep. I use Blue Lace Agate, Blue Apatite and Amethyst. I'm allergic to Lavender so I use Jasmine flowers, my favorite scent, all in a mesh bag along with Mugwort for dreams by the side of my pillow.

Rose Quartz is a wonderful crystal to use as a facial roller at night for a facial massage, and can be purchased pretty much anywhere. For a Green Aventurine roller, it would be a morning pick-me-up with an extra boost of energy.

If you have pets, be sure to never leave crystals around them unattended. They have chakras too, you know! Cats love to roll on them as they can sense the energy in the crystals but dogs like to chew - not good!

Crystal Blessings!

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