



## CRYSTALS FOR THE CROWN CHAKRA

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The Crown Chakra is one of seven main energy centers located in our body. Located at the top (or crown) of the head, it governs your spiritual progress. Consequently, when you have a desire to learn more about spirituality, destiny, meditation, energy work, or other subjects along those lines opening your Crown Chakra will enhance your experience and open you up to more possibilities than previously thought possible. It broadens your way of thinking and can really shift how you view the world and your place in it.

Crystals are an excellent tool to use when working with your Crown Chakra. Whether your knowledge about chakras is beginner or advanced the following crystals can support and guide you in your journey towards spiritual enlightenment.

### AMETHYST

This crystal is probably the best known for aiding the Crown Chakra. It not only opens and purifies this chakra, but protects against the influence of negative energies and enhances spiritual awareness.

### CHAROITE

Charoite has a very gentle energy that is excellent for introducing beginners to spiritual work. It is an excellent crystal to use while you are sleeping because it seamlessly releases old energy patterns while integrating higher vibrational energies into your body.

### CLEAR QUARTZ

The best all-around crystal, Clear Quartz cleanses your energy body and amplifies all other crystal and healing work you do. Because of its ability to focus and concentrate your thoughts and energies, you can achieve your goals faster with this crystal in your arsenal.



## HOWLITE

Although not usually recognized as such, emotions are an important aspect of working with the Crown Chakra. Changes in temperament and strong emotional outbursts can occur when you open yourself to spiritual energies, but Howlite will ease you through any releases or necessary self-expressions during this process.

## LEPIDOLITE

Lepidolite is another crystal with gentle vibrations. It does not overtly open the Crown Chakra, but works through the subconscious. As a result, it is wonderful for staying calm, dealing with transitions, and astral traveling.

## RUTILATED QUARTZ

The strands inside Rutilated Quartz perfectly represent how this crystal creates channels for spiritual energy to flow through your body. By aligning chakras and balancing the auric field it enables you to access more intuition and spiritual guidance than before.

## SELENITE

Well known for clearing toxic energies from the body Selenite also resonates strongly with the Crown Chakra. By clearing away negative energy it allows higher vibrations to permeate through your chakras and aura.

## SUGILITE

This crystal is wonderful for integrating intuition and spiritual guidance into your daily life. It not only opens the Third Eye and Crown Chakras, but encourages lucid dreaming so you become more spiritually aware at all times of the day.

## WHITE CALCITE

White Calcite is a soft (energetically and on the hardness) crystal which can clear your mind of noise and clutter. The effects become more apparent the longer you use it. Consequently it is one of the best crystals listed in this article to use for meditation or focusing on a particular task.



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