



## CRYSTALS FOR SPIRIT COMMUNICATION

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There are many times in life when we feel stuck, unsure of what direction to take next or how to resolve a certain situation. I always suggest looking inward for answers first. I am a firm believer that we all carry the answers we seek inside ourselves. Even so, sometimes we are so close to our own situations that we cannot see the answers clearly. At these times we need help; guidance and clues to the best available option.

I find that some of the best helpers we have are spirits from the other side, whether they are angels, spirit guides, members of our soul family, or any of the numerous spiritual aides available. But how do we connect with a spirit to gain this help? And how can we make sure we get the clearest information possible?

Sometimes the clearest way to get the information you need and to connect with a spirit, is to meditate with crystals. You can also ask for signs throughout the day and carry crystals with you that day. Certain crystals facilitate spiritual awareness, spirit communication, and clarity to help you receive and understand the messages given to you.

All of the crystals described below can be held in your hand while you meditate, placed under a pillow while you sleep, or worn as jewelry throughout the day to gain insights about your life. The important aspect of this process is that you use crystals in the best way for you personally. If you are more of an auditory or sensory learner then you might want to meditate while holding the crystals. If you are more visual you might want to use the crystals under a pillow while you sleep or carry them with you throughout the day. Just make sure that you do what feels best for you. Spirit communication is always a personal journey.

During and after the communication process please hold a grounding stone for approximately ten minutes (two examples given at bottom of article).



Grounding crystals raise the amount of energy being received from the earth and stabilize your vibrations so that you are not lightheaded or dizzy (always a strong possibility) after communication. A clear head always helps when ciphering through any messages you have received.

## CONNECTING TO THE SPIRIT REALMS

### AMETHYST

Amethyst opens up the upper chakras, clearing the energy pathways. It helps alleviate anxiety and impatience so you can concentrate better during meditation. A wonderful aid for spiritual journeys, it helps the user gain greater insights while protecting the user. It is particularly powerful for dream messages.

### ANGELITE

This crystal is especially good for communicating with angels. Angelite is a facilitator for connections and communications with the divine. It promotes spiritual awareness and raises your spiritual senses, enabling you to open yourself to new information.

### APOHYLLITE

Apoyllite is fantastic for communicating with spirits. It connects you with spirits, enhances meditation practices, and helps you to remember dreams which have messages from the other side. It also boosts your intuition, aids mental clarity, and increases your concentration so you can achieve those “aha” moments afterwards. Definitely a crystal worth having!

### BLUE LACE AGATE

Well known for aiding the communication process, Blue Lace Agate is amazing for spirit communication. It balances your emotions so that you can more easily raise your energy to receive information from spirits.



## CELESTITE

Celestite opens your connections to higher realms. It begins to do so by helping you relax, clearing away thoughts, worries, or stresses you might have. Then it strengthens your link to higher beings, particularly angels. A very soothing stone, it can gently transition you into a dream state and help you recall and interpret the information you gain.

## CHAROITE

This crystal is wonderful for channeling and communicating with spirits. It helps you connect with the divine by enhancing your natural intuitive talents. Often we receive messages through sights, sounds, and impressions. Whether meditating or going through the motions it will help you to receive information from spirits.

## CLEAR QUARTZ

Clear Quartz is the ultimate amplifier. It boosts the energy of any crystal you use and concentrates your energies towards your goal. Not only does it do this, but it also creates a bond with the spirit realm in and of itself. It acts as a fantastic channel for higher beings and helps you sense and commune with those spirits.

## PHENACITE

This crystal is incredible for meditation. Not only does it cleanse your energy field, but it focuses your mind and increases your awareness. You'll definitely be able to receive intuitive messages when using this crystal.

## SELENITE

Selenite is probably my favorite crystal to use while preparing to communicate with higher realms. I primarily use it to cleanse my aura, but it is a fantastic aid for spirit interactions. It also promotes dream recall.

## GROUNDING YOUR ENERGIES AFTERWARD



## JET

Jet is especially protective during travels, both of the physical and spiritual kind. As a grounding stone it helps bring you back to earth so you are not as lightheaded after your adventure.

## OBSIDIAN

Obsidian protects your aura and grounds you. It also brings wisdom to your thoughts and helps your intuition, a wonderful stone to use when going over messages you have received from the other side.

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