



## CRYSTALS FOR COMMUNICATION

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“Say the right words with the right emphasis at the right time... oh, you can make men weep, or cry with joy. Change them. You can change people’s minds just with words. . .” —*Doctor Who*, “The Shakespearean Code”

Words have power. With the right words you can clearly express yourself, brighten a person’s day, or give unique insight into a situation. You can make a positive impact on somebody’s life, encourage people to reach for their dreams, give support to a friend, or make a wonderful impression that leads to many future opportunities. The wrong words, on the other hand, can lead to confusion, damage a relationship, or inaccurately express your inner thoughts. Sometimes lacking the vocabulary to speak up, defend your position on a topic, or express yourself can be devastating. Every word you speak and write, whatever the situation, represents you. It communicates to others what you want them to know, what you think, and how you feel.

Yet how often is it difficult for us to find the right words to express our thoughts, our emotions? Communication is one of the hardest things to do on this earth because it is so easy to be misunderstood and so hard to truly express our inner truth. This article lists a few crystals and their helpful vibrations to aid with both written and verbal communication. Hopefully they will help you to speak your truth no matter what the occasion is.

### AMETHYST

Amethyst is well known for opening the crown chakra. In doing so, it allows you to receive inspiration for speeches and essays more easily. It clears energy blockages throughout your body for energy to flow easily. It can also provide energy, giving you an extra boost when needed. Overall, it is an excellent crystal for communicating with the divine or receiving spiritual guidance while conveying information.



### Suggested Uses

- \* Place it under your pillow the night before a presentation/writing an assignment for guidance.
- \* Wear it as earrings while communicating with an audience or receiving inspiration for a written work.
- \* Keep a piece by you while writing.

### AMETRINE

Ametrine is a combination of Amethyst and Citrine in one stone. It is wonderful for communication, specifically public speaking, because it brings out assertive and outgoing qualities in the user.

### Suggested Uses

- \* Wear it as a necklace, earrings, or pendant while communicating with an audience or receiving inspiration for a written work.
- \* Hold it in your hands or place it in a pocket while speaking.

### AQUAMARINE

The vibration of Aquamarine provides a cooling and soothing effect very similar to water. It creates a bridge between the heart and throat chakras so that you can clearly vocalize what you are feeling. The gentle energy of this crystal is wonderful aide for speaking truthfully and compassionately. Aquamarine stimulates creative expression.

### Suggested Uses

- \* Wear it as a necklace or pendant close to your throat chakra.
- \* Meditate or lay down with it on your throat chakra before speaking or writing.

### BLUE CALCITE

Blue Calcite is an energetically gentle crystal that works well with lighter vibration crystals for the throat charka. It protects sensitive people from the harsh impact of high stimulus energy so they can communicate without disturbance. An inspirational stone, it helps you uncover the words to convey your message.



### Suggested Uses

- \* Wear it as a necklace, pendant, or earrings
- \* Hold it in your hands or place it in a pocket while speaking.

### CELESTITE

Celestite opens the throat, third eye, and crown chakras. As a result, your thoughts are clear and your connection with higher realms is at its best. It allows you to transmit and receive information so you can speak your truth. Stress and worry are dispelled as this soft and light energy works with you to achieve your goals.

### Suggested Uses

- \* Keep a piece by your work place to help you while you speak and write.
- \* Place it under your pillow the night before a presentation/writing an assignment for guidance.
- \* Meditate with it before speaking or writing.

### CITRINE

Citrine is a wonderful stone for mental processes. It aides thought processes such as clarity of thought. It sparks creativity and imagination for your communication.

### Suggested Uses

- \* Wear it as a pendant, preferably closer to the naval.
- \* Keep it in pockets close to the waistline during public speaking events.

### GOLDEN TOPAZ

Like other yellow stones Golden Topaz boosts the solar plexus. It improves concentration and clears the mind. Notably, Golden Topaz helps the user manifest desires. Thus, using it can help you achieve the best outcome you can imagine.

### Suggested Uses

- \* Meditate with it before speaking or writing while visualizing your intended outcome.



- \* Keep it in pockets close to the waistline.

### HELIODOR (GOLDEN BERYL)

Heliodor channels spiritual energies into physical reality. It works on the crown and solar plexus chakras to clear away frustration and infuse the user with mental strength. Excellent for knowledge and learning, Heliodor expands your awareness to give you a broader perspective. This stone aides with self confidence and assertiveness, excellent qualities for verbal communication.

#### Suggested Uses

- \* Place in a pocket close to the waistline.
- \* Wear it as a pendant or earrings.

### KYANITE

Kyanite works as an energy conductor: It increases your mental stamina, eases away energetic blocks for new perspectives, and creates an energetic bridge for communication. It enhances your intuitive abilities to guide you to the right words. Kyanite is exceptional for singing and communicating to large crowds.

#### Suggested Uses

- \* Sleep with it under your pillow to aide you at night.
- \* Wear it as a necklace or pendant.
- \* Meditate with it before speaking.

### TURQUOISE

The greener tones in this crystal make it perfect to use for the throat and heart chakras. Turquoise brings emotional balance to its users and empowers the shy and timid. Not only does it help you to communicate from the heart, but it allows easier communication with spirits.

#### Suggested Uses

- \* Wear as a necklace, pendant or bracelet.
- \* Keep it in a pocket when conveying heartfelt thoughts and emotions.
- \* Meditate with it before speaking, writing, or trying to receive spirit communication.



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