



## CRYSTAL SKULLS FOR: DAY OF THE DEAD / DIA DE LOS MUERTOS

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The Day of the Dead is primarily celebrated in Mexico and other Latin American countries. The tradition originated from Mayan rituals where skulls were kept on altars as symbols of death and life after death. Taking place during the month of August, Dia de los Muertos was a time to remember and honor our ancestors. When the Spanish took over the region, the celebration was moved to November 1<sup>st</sup> and November 2<sup>nd</sup> to coincide with All Saints Day and All Soul's Day. Energetically, this day is now occurring when the veil between the worlds is thinnest and the ability to communicate with those who have passed on becomes easiest.

Celebrations honoring the dearly departed vary for each person and home. Visits to the cemetery where candles and flowers are placed on the grave are typical. Some cemeteries even hold candlelight vigils for this purpose. People may have picnics near gravesites inviting their loved ones to join them in spirit. Home altars are often created and are composed of such items as pictures of loved ones, candles, flowers (especially marigolds), incense, and sugar skulls. For dinner, candles and flowers are placed at the dinner table with an empty place setting reserved for loved ones who have passed. Toys and sugar skulls are given to children to remind them that death is a positive part of the cycle of life. A shot of Tequila may be enjoyed by those in attendance to honor the adults who have passed into spirit.

If you wish to bring this commemoration into your home, you can use crystal skulls to honor those who have transitioned. Below are some tips on how you can incorporate these particular crystal shapes into your personal remembrances on the Day of the Dead.

**DINNER** – For dinner, you can serve the favorite foods of those who have passed on and share treasured memories of your loved one's life. Tell stories about happy memories you may have experienced with those people you will



always cherish. Pass a Rose Quartz skull to everyone in attendance and ask them to infuse it with their love for the person/s you are honoring. By passing this skull around in a clockwise manner, you are filling it with lots of love and happiness. Keep this blessed skull in the Family gua of your home (middle left section of the home in relation to the entrance door according to Black Hat Feng Shui, which views the home as a 9x9 grid) to infuse your home with happy memories, or place it by a photo of one of your loved ones as a way to always share loving experiences.

**CRYSTAL** – You can carry a Quartz Crystal skull in your pocket or wear one as a pendant. When you touch it remember the good times and love associated with that special person/s.

**ALTAR** – You can set up an altar to commemorate your loved ones by placing flowers, a picture or pictures of those who have passed, corn bread or sweet bread, and a crystal skull on a small table or even just a portion of a shelf. Burn incense and spend a few minutes talking with their spirit and update them about what is going on in your life.

**MEDITATION** – A crystal skull can be used as a focusing tool to communicate with loved ones. Hold a Clear Quartz, White Aventurine, Lapis Lazuli, or Amethyst skull while meditating or use it to focus on as a visual aid. Ask your loved ones to join you for a few minutes of peace and tranquility.

**CRYSTAL GRID** – You can make a grid using Rose Quartz skulls by placing them in the four directional positions (North, South, East and West) surrounding a Clear Quartz crystal skull. Place Clear Quartz points in between the skulls to increase the power of the grid. You can also place a picture of your loved one underneath the skull in the center of the grid and infuse the crystals with your love.

**PARTY** – If you are having a party for Halloween or for the Day of the Dead, crystal skulls can be given away as party favors. Invite everyone to enjoy this tradition by sharing a crystal skull and a bit of the history of Dia de los Muertos with them!



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