



CRYSTALS AND TOOLS FOR STUDYING AND CONCENTRATING

By Lourdes Lebron

Learning a new task or subject at school can be daunting at times. Taking upon a new project at work can not only fill us with dread, but stress too. It is at times like this that crystals and Reiki can help us with concentration, communication, and analyzing to make learning a much more gratifying and pleasant experience.

Unless otherwise noted, all of the crystals in the article can be worn as jewelry or carried in the pocket of pants/skirts/jackets. These stones may also be carried in book bag or handbag if they are close to the person using them. The energy will be received as long as the crystal is within the auric field of the person carrying it.

Before beginning to work with crystals start using Reiki video. Reiki for Clarity and Focus can help narrow down what needs to be studied. Reiki for Peace in a place can ease the tension that comes from worry, and Reiki for Studying can make learning easier and quicker.

If you or your children are worried about an upcoming, test, project, or deadline, staying calm will make the work more manageable. Burning a Lavender candle (in a fire proof container) with Lithium Quartz around it will bring tranquil vibes to a space. Crystals like Blue Lace Agate and Blue Calcite will support the peace in a room. A grid made up of these crystals will generate a sense of peace. [Here is a video that shows how to create a grid.](#) To learn more about crystals for stress [this link will take you another video that discusses this topic.](#)

If there is a subject that needs more clarity, working with Pyrite will help. Hematite can supplement Pyrite by grounding excess mental energy and bringing clarity to the energetic system. Amazonite's gentle waves can shed light on a problem while Aquamarine aids the integration of all the energy fields to allow greater ease of thought and words. Kyanite can assist with the physical manifestation of ideas and theories. For focus, Fluorite is a wonderful stone. It



acts like a laser to keep you zeroed in the challenges being faced. It can bring more “aha” moments to light. Scents like Rosemary and Peppermint can bring energy and make it easier to remember facts. They can be used not only as candles but as essential oils and in body lotions and creams too!

When working on strengthening the memory, Hematite, is a must have tool. It releases pent up energy in the mind and brings it down to earth. Hematoid Quartz will do the same with the added charge of Quartz to keep you interested in your topic. Blue Topaz can increase your attention span to allow you to be able to focus more. Fluorite will work well with Blue Topaz to enhance the minds capacity to integrate the new knowledge.

Creativity can be enriched by crystals such as Azurite and Carnelian. Azurite works with the Third Eye Chakra to open up intuitive abilities and Carnelian aids in creative expression. For inspiration try using Onyx too. Motivation can keep us going strong and Sunstone can boost this drive. This crystal brings uplifting and encouraging vibrations in to the energy field.

When expressing thoughts or ideas verbally to a group, Blue Lace Agate, Blue Calcite, and Blue Kyanite can all lend a helping hand. Each of these minerals facilitates the expressions of the mind in a clearer and more precise manner.

Intuition during an exam or project can be increased by using the vibrations of Apophyllite, Phenacite, and Amethyst. If the crystals vibrations are too strong to wear they can be placed on a desk or carried in a bag.

Spiritual assistance can be accessed by crystals like Celestite, Angelite, and Lepidolite. They should be held while saying a quick prayer or affirmation. After holding them, placing them nearby, will help keep the channels of communication open.

Although crystals can give you an edge while studying taking they work best as a complimentary to old fashion work. Minerals can boost your chances of success and can be part of a winning combination when test taking or trying to achieve new levels of mental accomplishments. Good luck on all your study and may crystals guide your way to stress free studying!



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