



CRYSTAL WABI SABI

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Wabi Sabi is an aesthetic originating from Japan which values the beauty of simplicity and imperfections. It supports the idea that perfection is overrated; details like worn paint or not perfectly blended colors give character and beauty to items. I learned first hand that Wabi Sabi aptly describes how we should search for crystals.

Last year I was fortunate enough to travel to Howe's Caverns in New York. The caverns were cool (literally and figuratively), but one of my favorite parts of this visit was the gift shop. The gift shop had a crystal section and I was in love. I was particularly drawn to all the Selenite crystals: towers, rods, spheres, eggs, they had a wide variety of shapes and sizes to choose from. So, with all of the options available to me I wanted to choose the "perfect" Selenite crystal.

Unfortunately, because many guests didn't know the metaphysical value of the crystals, not all of the crystals were handled gently. Those closest to the edge of the shelf were more worn and damaged, and consequently not as aesthetically pleasing. In my quest for the "perfect" Selenite I wanted to get one of the least touched, more aesthetically pleasing options.

However that was not meant to be. The crystals that gathered my attention most were two smaller well used and chipped Selenites. They felt so sad and hurt that I just couldn't bear to leave them behind, even though they didn't look as pretty as some of the others.

Now I am so grateful I made the choice to bring them home with me. After cleaning and charging them energetically they have become my favorite Selenite pieces. They are unbelievably strong and willing to help me with any physical, mental, emotional, or spiritual challenges I have. The positivity and inner shine they exude easily brings a smile to my face.



This experience taught me that a Wabi Sabi approach to picking crystals is best. Size and aesthetics do not detract from the strength or usefulness of a crystal, but they might have prevented me from finding the right crystals for me if I wasn't open to looking past the surface.