



## "SPICE" CRYSTALS

By Lourdes Lebron

Many of us have specific crystals for certain goals and intentions. Like many cooks, these stones are the foundations of our recipes, and we are very familiar with how to use them. I have a group of crystals that I call my "Spice" crystals. These are the crystals that add an extra touch of energy to my crystal combinations and make them stand out from the crowd.

One of my first "spices" is Hematoid Quartz. I like to add this to any of my grounding recipes. It brings in the earth's vibrations with Hematite, but adds spiritual energy with the Quartz. It works very well when used in between the Base and Sacral Chakras.

Tangerine Quartz is another crystal with Hematite, but this time the Hematite is bonded to the outside of the stone. Love using this stone whenever working on abundance and prosperity. I place it on grids in between the cardinal positions. It boosts the energy of the grid by adding the earth element.

Tourmalated Quartz adds zest to many of my jewelry pieces. Its protective qualities make it a must have for anything shielding. Visually it adds dimension and vibrationally it boosts my other stones.

Another great crystal for seasoning is Rutilated Quartz. I have come to love this crystal through the years. It adds lightness and joy to many of my concoctions. When a grid or layout needs an additional "je ne se quoi" quality, I add Rutilated Quartz.

Last, but not least are Herkimer Diamonds. These little beauties pack a punch. A little goes a long way. One or two are all you need to raise the roof. Adding one to the Crown Chakra and Earth Star Chakra can really take you into outer space.



Now you have my list of “spice” crystals — what are yours? How can you use them in different “recipes” to boost your crystal energy work? Experiment and you may find a new use for an old favorite, or find a brand new crystal to use!