



Aromatherapy by  
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# Crystal Grounding for Anxiety

A calming crystal ritual using Amethyst & Rose Quartz

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When anxiety rises, a few quiet minutes of intentional stillness can help guide the body and mind back towards balance. This gentle crystal practice combines grounding breathwork with the calming ritual of holding crystals.

## Which Hand Holds Which Crystal?

- **Left Hand — Rose Quartz**  
Traditionally associated with emotional comfort, softness, reassurance, and heart-centred calm.
- **Right Hand — Amethyst**  
Traditionally associated with mental clarity, calming anxious thoughts, and releasing nervous tension.

## Simple 5-Minute Grounding Practice

- **Find a quiet space** and sit comfortably with both feet on the floor.
- **Hold the crystals gently** — rose quartz in the left hand, amethyst in the right.
- **Breathe slowly** — inhale for 4, pause for 2, exhale for 6.
- **Focus on sensation** — notice the weight, texture, and temperature of the stones.
- **Allow your thoughts to settle naturally** without forcing yourself to relax.

## Optional Variation

Some people enjoy placing the rose quartz over the heart area while continuing to hold the amethyst in the right hand. This can feel especially comforting during emotional overwhelm.

*Crystal work is deeply personal. There is no perfect method — trust your own experience, intuition, and what feels calming to you.*