

# Introduction

My name is CJ Lee and I am the owner of Cosmic Healing With CJ. My energy healing practice is located here at The Dream Maker.

I am a Reiki Master/Teacher, Spiritual Alchemist, Sound and Energy Healer/Facilitator and Meditation Practitioner.

I am certified in a multitude of healing modalities and techniques, to include, Crystal Healing.

My love affair with crystals began in 2018.

Crystals are an amazing gift from the Universe/God/Creator to assist us and the planet in raising our frequency and balancing out energies.

## CRYSTAL HEALING 101

Saturday, 3  
September 2022 at  
1:00 p.m. to 3:00  
p.m.

Presented by

CJ LEE

Cosmic Healing  
With CJ

[cosmichealingwith  
cj.com](http://cosmichealingwithcj.com)

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# Crystals & The Controversies

Spirituality vs.  
Religion  
Science vs.  
Placebo Effect  
Good vs. Bad

The Secret...  
It's Up to You!





## How Do I Work With Crystals?

Wear Crystals as  
Jewelry

Wear Crystals in  
Your Pockets or Bra

Meditate With  
Crystals

Place Crystals  
Around Your  
Home/Office/  
Bedroom

Place Crystals in  
Your Vehicle

Create Crystal Grids  
for Specific  
Manifestations





## CJ's Must Haves Beginner's Crystals

Clear Quartz

Rose Quartz

Amethyst

Citrine

Flourite

Labradorite

Black Tourmaline

Selenite

Shungite





# Clear Quartz Crystals

The ULTIMATE Crystal

A “Master” Crystal

Brings Clarity

All Chakras

Mind, Body, Soul

An Amplifier

High Vibrational

Great for Feng Shui

Inner Healing

Spiritual Growth

Connection to Higher  
Dimensions & Other  
Realms





## Rose Quartz Crystals

The LOVE Crystal  
Unconditional Love

Heart Chakra

Self Love

Compassion

Nurturing

Promotes Peace

Calming

Good for Relationships

Paired with Clear  
Quartz Amplifies the  
Love & Accelerates  
Healing





## Amethyst Crystals

The MASTER Healer  
Crystal

Assists with Physical  
Healing (Pain Back  
Pain; Migraines, etc.)

Astral Protection

Assists Insomnia

Cleanses Auric Field

Calm and Peace

Enhances spirituality  
and intuition

Crown Chakra  
primarily but does heal  
all chakras

Meditation





# Citrine Crystals

The SUCCESS Stone  
The Merchant's Stone  
The Money Stone

Prosperity

Abundance

Solar Energy

Joy

Positivity

Clarity

Strength

Mood Uplifter

Solar Plexus





# Fluorite Crystals

The GENIUS Crystal

Absorbs and Transmutes  
Negative Energy

Provides Mental Clarity

Facilitates Smoother  
Communication

Brings Focus and  
Attention to Detail

Memory Recall

Unblocks Stagnant Energy

Spiritual Detoxification

Flushes Out Toxins

Peace and Calming  
Energy





# Labradorite Crystals

The MAGICAL Crystal

Psychic Protection

Embrace your Limitless  
Potential

Access Higher States of  
Consciousness

Break Limiting Beliefs

See Beyond the Veils

Illumination

Lighting Up Your Path

Activates Third Eye

Connection to the  
Elemental Realms

Relieves Anxiety and  
Stress





# Black Tourmaline

Blocks Electromagnetic  
Frequencies (EMFs)

Grounding

Prevents Negative Energy  
from Entering Space

Transmutes Negative  
Energy

Balance & Security

Cleanses the Mind of  
Negative Thought  
Patterns

Highly Protective

Root Chakra





# Selenite

The CLEANSING  
Crystal

Clarity

Peace

Calm

Connect to Higher  
Realms

Cleanses Negative  
Energy

Cleanses Other  
Crystals

Emotional Stabilizer

Truth & Honesty

Raises Vibration





# Shungite

The HEALING  
Meteorite

Rare Black Stone from  
Russia

Kills Bacteria and  
Viruses

Purifies Water

Reduces Stress

Reduces Inflammation

Shields EMF emissions

Improves Sleep

Assists With Overall  
Wellness





## Crystals & The Chakra System

Crystals and the chakras are energetic symbionts; a connection of the greater energy field and establish our place within it.

Crystals are tools that can help attune our chakras and bring them back into alignment.

Working with crystals and chakras will be different for each and every person. The important piece is awareness and allowing your intuition to guide you.





## Crystals & The Earth Chakra

Connection to Earth

Black kyanite is the most highly recommended stone to use for connecting with your earth star chakra.

Any dark earthy stones like onyx, black tourmaline, black or snowflake obsidian, and red or green jasper can assist you.

Use these crystals out in nature and meditate and ground





## Crystals & The Root Chakra

Red Jasper

Onyx

Black Tourmaline

Obsidian – All  
Types

Smoky Quartz

Garnet

Bloodstone

Angelite

Any red or black  
stones primarily





## Crystals & The Sacral Chakra

Carnelian

Orange Calcite

Citrine

Sunstone

Tiger's Eye

Amber

Moonstone

Aragonite

Goldstone

Any red, orange and  
yellow stones  
primarily

IrieDiva





## Crystals & The Solar Plexus Chakra

Yellow Jasper

Citrine

Tiger's Eye

Golden Healer

Pyrite

Sunstone

Yellow Topaz

Mookaite Jasper

Carnelian

Amber

Yellow Calcite

Any yellow, brown,  
crystals primarily





# Crystals & The Heart Chakra

Rose Quartz

Emerald

Rhodonite

Green Aventurine

Rhodochrosite

Amazonite

Green Jade

Malachite

Chrysoprase

Prehnite

Pink or Green

Tourmaline

Any green or pink  
crystals primarily





# Crystals & The Throat Chakra

Aquamarine

Lapis Lazuli

Amazonite

Sodalite

Blue Lace Agate

Angelite

Blue Apatite

Chrysocolla

Blue Kyanite

Celestite

Azurite

Larimar

Blue Calcite

Any Blue Crystals Primarily





# Crystals & The Third Eye Chakra

Amethyst

Lapis Lazuli

Labradorite

Sodalite

Azurite

Black Obsidian

Citrine

Clear Quartz

Iolite

Lepidolite

Moonstone

Purple Fluorite

Blue Kyanite

Turquoise

Dumortierite





# Crystals & The Crown Chakra

Amethyst

Clear Quartz

Selenite

Lepidolite

Howlite

Labradorite

Sugilite

White Agate

Rainbow Fluortie

Purple Fluorite

Lapis Lazuli

Moonstone

Charoite

White Calcite





## Crystals & The Soul Star Chakra

Tanzanite

Dream Amethyst

Rainbow Moonstone

Angel Wing Selenite

Selenite

Lemurian Seed Crystal

Labradorite

Angel Phantom  
Quartz

Aragonite Star Crystals

Scolecite

Apophyllite

Danburite

Kunzite





# Crystals & Their Uses

Healing Mind, Body,  
Soul

Clears Stagnate  
Energy

Transmutes Negative  
Energy

Raises Your Frequency  
Encourages Optimism

Assists With  
Manifestation

Ancestral Healing

Shadow Work

Karma Clearing





# Crystals For Protection

Black Tourmaline

Black Obsidian

Pyrite

Amethyst

Citrine

Clear Quartz

Emerald

Smoky Quartz

Selenite

Tiger's Eye

Hematite





# Crystals For Manifestation

Citrine

Black Tourmaline

Amethyst

Carnelian

Agate

Hematite

Moonstone

Black Obsidian

Pyrite

Jade

Clear Quartz

Garnet

Green Aventurine

Topaz

Red Jasper

Tiger's Eye

Peridot





## Crystals For Ancestral Healing

Bloodstone

Obsidian

Selenite

Amethyst

Lapis Lazuli

Smoky Quartz

Merlinite

Charoite

Lepidolite

Quartz with Time Link

Celestite

Hematite

Nummite

Black Tourmaline





# Crystals For Shadow Work

Black Obsidian

Labradorite

Lepidolite

Rose Quartz

Snowflake Obsidian

Black Onyx

Selenite

Lapis Lazuli

Smoky Quartz

Black Tourmaline

Amethyst

Hematite

Black Moonstone

Clear Quartz





# Crystals For Balance

Clear Quartz

Rose Quartz

Fluorite

Smoky Quartz

Black Tourmaline

Amethyst

Carnelian

Tektite

Hematite

Moonstone

Citrine

Moss Agate

Aventurine

Chrysocolla

Obsidian

Calcite

Tiger's Eye

Jade





## Crystals For Focus & Clarity

Black Tourmaline

Malachite

Green Aventurine

Fluorite

Smoky Quartz

Pyrite

Citrine

Amazonite

Tiger's Eye

Selenite

Clear Quartz

Hematite

Amethyst



A dark ceramic bowl with gold Om symbols and various crystals on a wooden surface. The bowl is the central focus, surrounded by several crystals of different colors and shapes, including a large yellow one, a green one, a blue one, and a purple one. The background is a soft, out-of-focus wooden surface.

# Charging, Cleansing, & Caring For Our Crystals





## Cleansing Crystals

Sage/Smudging

Sound Bowls

Tuning Forks

Chimes

Salt

Water for some stones (usually not the ones that end in ite)

Earth

Essential Oils

Divine White Light

Breath





## Charging Crystals

Placing them under the full moon for Feminine Energy

Place them in the Sun for Masculine Energy (careful Sun can change colors)

Soak them in Moon Water

Bury Them in the Ground

Give Them a Sound Bath

Burn Incense or Herbs Over Them

Immerse Them in Salt

Use Your Breath to Charge

Connect Them to Your Spirit Guides

Charge With your Right Hand and Intention





# Programming Crystals

Hold the crystal in your hand. (Your left hand, preferably, since your left side is your receiving side.)

Stand in natural light, either outside or next to a window.

Say aloud, "I dedicate this crystal to the highest good. I ask that it be used in love and light."

Then, program the crystal for a specific use. Think about what you want that crystal to support you with, whether it's landing a new job or speaking more kindly to yourself. While still holding the stone in your left hand, visualize and feel into what it would be like if you were to achieve that intention.

Once you've envisioned the crystal's purpose, finish the process by saying aloud: "I dedicate this crystal for the [your purpose]."

This is optional, but I also like to wear my stones on me for seven days to further connect with them. Personally, I find this is the best way to energize them.





## Crystal Myths

You can heal with crystals on your own.

Crystals are magical rocks.

The prettier and more polished the crystal is, the more powerful it will be.

There is only one way to cleanse your stones.

All crystals can be stored together.

There is a maximum amount of gems you should use at once.

There is only one specific way to connect with healing stones.

The crystal does the healing, not you.

If they break, you must get rid of it...Not necessarily.





# Crystals Fake or Authentic?

Strange Names

Over Saturation/Dyed

Perfectly Symmetrical  
Patterns

Know Your Retailer

Glassy Look and Feel

Air Bubbles

Mohr's Scale (Fake  
around 5 on hardness  
scale; Authentic around  
7) on hardness scale)

Common Fakes – Quartz,  
Turquoise, Moldavite,  
Amethyst





## Dyed Crystals

Dyed crystals are natural minerals which have been dyed a specific colour to visually enhance them. Blue howlite and dyed agate are the ones you'll see most often, and they're generally found in bead and craft supply stores.

*Energy compared to a natural crystal: 30%*

Not recommended for Healing as the energy is too muted; good for décor and space and craft projects





## Heat Treated Crystals

Heat-treated crystals are natural stones that have been heated to enhance their existing energies and colours. There's a popular misconception that heat-treated crystals aren't "real," but that's simply not true! Most citrine on the market has been heat-treated to bring out its vibrant gold and yellow colours, and almost all tanzanite is heat-treated as well. While heat-treating softens the energy of a crystal a bit, it certainly does not diminish it! Many crystal healers and reiki practitioners regularly use these stones and find them to be effective and beneficial.

*Energy compared to a natural crystal: 90%*





## Angel Aura Quartz

Aura quartzes is Clear Quartz with electrostatically bonding precious metals giving a synergistic blend of the properties of clear quartz and a unique spectrum of subtle energies on its own. This complex process creates an energetic matrix that amplifies and enhances the quartz energies to higher frequencies.

*Energy compared to natural crystal: 110%*

Uses: These Crystals are used in high level energy work and connecting to other realm and astral projection meditations. **Important:** there are many fake spray painted quartz masquerading as aura quartz. its important to energetically test.



# Crystal Shapes & Types







## Crystals – Roughs

These are naturally occurring rocks and minerals composed of assorted minerals. They are classified into three categories depending on how they were formed: igneous, metamorphic, and sedimentary.

Roughs may look similar but they vary widely in their chemical, physical, as well as thermal properties.

Raw rocks and minerals are a top choice among tumblers and collectors, especially the rare ones that exhibit unique colour patterns and inclusions.

They are also used in creating jewelry pieces, craft making, decorations, grids, and zen gardens.





# Crystal Tumbled Stones

Tumbled stones are small and meticulously polished pieces of rocks and minerals. They are made by placing rough rocks in a machine called a rock tumbler where they are tumbled for several days (along with abrasive grit) until they're smooth, shiny, and pleasing to the eye.

Because of their entrancing beauty, these eye candies run a whole gamut of uses in accessory making. Tumbled stones are used for jewelry making, crafts, and decoration. People make bespoke bracelets, necklaces, and other accessories out of them.

Tumbled stones are widely used in alternative medicine, energy healing, meditation, and ushering luck. Some people make a hobby out of owning and collecting unique specimens.





# Crystal Palm Stones

Using palm stones is one of the easiest ways to enjoy and benefit from the energies of our favorite crystals. Holding a palm stone creates a powerful connection between our being and the crystal's energy. Just holding a palm stone can give us moments of stillness and calm.

These round-shaped stones are excellent for relaxation, meditation, and crystal healing. The palm stones' design makes it easy to carry them with us.

We can use them in lots of ways and can also be beautiful home decor elements when we display them at home, in our workspace, or meditation room. Clean your palm stones periodically. Certain palm stones have protective effects when we wear them as amulets and talismans.

Carrying palm stones with powerful protective energy in your pocket, purse or your handbag makes it possible to be protected from harmful energies and influences.

You can also place these stones with a beautiful oval or round shape in your home or office to create a pure and safe environment.





## Crystal Worry Stones

Worry stones have been around for centuries—and for good reason. These compact rocks couldn't be easier to keep on hand, ready to grab whenever worry should strike. They're wonderful when you're feeling stressed, soothing to the touch, and an excellent addition to your self-care routine. Curious to learn more? Here's everything you need to know about worry stones.

A worry stone is a small, smooth stone (often made from a crystal or gemstone) that is shaped like an oval and has a thumb-shaped indentation. The object of worry stones is to rub the thumbprint back and forth as a way to calm the mind.





# Crystal Points

A crystal point is the sharp pinnacle or end of a crystal. It can either be on one or both sides. In technical terms, crystal points are called 'terminations.' All crystals, large and small, can have a single or double terminations.

Points on a crystal that resulted from natural processes are called natural points. They are often a result of mining or weathering. Rough, untouched crystals may have a single or misshapen point.

However, some natural crystals don't contain any points at all. So they are shaped and polished either manually or through a machine to give them terminations and to enhance their appeal. Thus, polished crystal points are made.

Both natural and polished points are used as energy tools in crystal rituals. They are beneficial in radiating light, manifesting intentions faster, and releasing positive energies.





# Crystal Clusters

A cluster (also called druze) is a group of crystals that formed or grew together. It can grow on the surface of rocks or minerals, or along the interior cavity of a geode. It consists of several crystal points embedded in one base.

Clusters can either be tiny or huge – some are less than an inch tall while others can be more than one foot.

They are commonly used in energy healing. With its multiple points, one crystal cluster is believed to release vast amounts of positive energy into a space.

In the world of feng shui, this natural wonder is placed in different parts of a home or office to absorb negative energies. Clusters can also be used as decorative materials.





# Crystal Wands

Crystal wands are a vital tool in spiritual rituals. Since ancient times, shamans and metaphysicians have been using wands for healing, cleansing, and purification.

Made of a variety of materials, crystal wands are said to have the ability to focus or direct energy through their tips in one direction.

Crystals can occur naturally in a cylindrical or wand-like shape. But many commercial crystal wands today are shaped and polished by artisans. A wand can be pointed on one end and round on the other.

It can be long or short. It can also be shaped to be pointed or rounded on both ends. Some wands can be wider at one end and tapered at the other.

Different stones have unique energies and properties, so you may need to use more than one wand to invoke different kinds of healing.





# Crystal Spheres

Spheres (popularly known as crystal balls) can be made from different types of crystals. They are formed from a massive crystal that is cut into a polyhedron, then grinded into a rough sphere.

Afterwards, the sphere is placed in a polishing machine where it undergoes an extensive polishing process with the use of increasingly fine abrasives.

The earliest use of crystal balls traces back to the first century. For millions of years, crystal balls have primarily been used by psychics, mediums, and soothsayers (an old English word for speaking the truth) as a tool for fortune telling, scrying, and clairvoyance.

Spheres are also popular for their ability to stimulate the flow of positive energy in chaotic environments. They also assist in uplifting a person's energy field, thereby improving their wellbeing.





## Crystal Pyramids

A pyramid catches energy from the universe through its apex and stores this energy in its core. It has a square base and four triangular faces that represent the four cosmic elements namely air, water, fire, and earth.

Pyramids are believed to generate a massive energy vortex that has the power to heal, rejuvenate, and purify people, objects, and surroundings. This sacred shape can also raise intentions and vibrations.

Many crystal healers believe that among the greatest benefits of the pyramid is that it can widen your consciousness. It even opens your eyes to the changes occurring in your body at this present moment, allowing you to better cope with them.

Gemstone pyramids also assist with increasing your vibration and frequency.





# Crystal Geodes

Geodes are spherical to irregularly shaped rocks that look like the usual rock on the outside but tell a different story on the inside.

Interiors of geodes are made of beautiful contrasting clusters of minerals (commonly Quartz, Calcite, and Agate) in a variety of eye-popping colors. They can be as small as a few centimeters (vugs) to several meters in length (cathedrals).

Geodes are so marketable in the jewelry and gemstone industry. Tiny ones are worn as jewelry, while sawn and polished ones are used as bookends or decors.





## Crystal Eggs

Crystal healers believe that egg-shaped crystals are a powerful tool for people who desire to start a new chapter in life.

They bring about 'miracles' and 'magic' that smoothen transitions and complete transformations.

Eggs also represent fertility and robust life force. If you're looking to preserve your youthfulness and enliven your sexuality, crystal eggs are beneficial for you.





## Crystal Cubes

Many crystals are found in a cubic formation. The cube shape is associated with the root chakra.

Meditating with cubic crystals will help to ground your energy and reconnect you with the powerful energy of the Earth.

By placing cubic formations in each of the four corners of a room, you will seal, protect, and ground the energy of your space.





## Crystal Obelisks

These are also standing point shapes, with four sides that meet at a center point. An obelisk will also have a square base for standing. T

he obelisk shape originated in Ancient Egypt, and was used as a marker for accomplishments, and to honor the gods or the sun. In Ancient Egypt, obelisks were erected in pairs, symbolizing the importance of balance.

In modern times, obelisks have been used as markers of importance. This shape also has a strong, stable upward energy, and so would be a great choice to place on top of a written affirmation or desire.

Beacons of protection and antennae to detect divine signals headed in our direction

Amplifier of Intention





## Crystals on Matrix

Raw crystals can grow embedded in a rock or mineral. When they are extracted, the host material may still be attached. There are also cases when the host material also occurs within the crystal itself. When the host material becomes part of a crystal, the material is called a matrix.

Depending on the rock or mineral, a matrix can improve the hardness and durability of a crystal. It also increases the beauty and appeal of the crystal.

It is rare to find a crystal that has blended spectacularly with its matrix. So a crystal on a matrix that displays a great combination of colours is more desirable and likely costs more than your average crystal specimen.

Crystals on matrices are used in healing and decoration.





## Crystal Hearts

When it comes to appeal and healing properties, nothing is as powerful as heart-shaped crystals. It is the right crystal to work with to augment a range of intentions including love, passion, happiness, and enthusiasm.

The crystal heart supplies the needed energy to realize these intentions.

All heart-shaped crystals are said to have the ability to cleanse, unblock, and energize your heart energy field known as the heart chakra.





# Crystal Platonic Solids

The Platonic Solids help address internal and external problems by tapping on the power sources of creation and manifesting a new life. These are the cube (also called the hexahedron), the octahedron, the tetrahedron, the icosahedron, and the dodecahedron.

As you work with the solids, you allow yourself to become the channel of energy through which a new and better reality will take place. The solids are said to liberate you from your present problems and help you transition to your evolved state.

Think of them as switches that you flick to activate a new reality.





## Crystal Animal Carvings

Calling all lovers of animals and crystals, you're really in for a treat!

You can now combine your two passions with your favorite crystal formed into the shape of your favorite animal.

As we know different crystals withhold different spiritual meanings and healing powers. Similarly animals carry meaning, wisdom and power, with different animals owning varying symbolism.

Combine the two together and collect crystal animals's, not only do you get a thoroughly unique and interesting object but you are have a deeply symbolic and powerful crystal in your possession.





## Crystal Skulls

Crystal skulls are among the most sought-after crystal shapes in the New Age.

While they may look peculiar at best and creepy at worst, these cleverly crafted crystals are thought to deliver life-changing benefits.

Crystal skulls are also known for enhancing psychic powers. The vibrational energy that skulls release are believed to be similar to the electromagnetic waves of the brain which are responsible for thought processing.

As a result, people who meditate with crystal skulls derive insight and knowledge. Some people even report experiencing premonitions and psychic visions in the presence of the skulls.





# Crystal Pendulums

A pendulum is an excellent tool, and you can use it to have the answers to almost any question that you may have about life, love, health, money, and other aspects of your life.

However, it can only answer yes or no questions. You will need to be creative when working for the answers that you need so that they're not confusing or have multiple meanings.

The uses of a pendulum are almost limitless. If there's a question that you need answers to, you can always seek the help of your pendulum.

Crystals enhance the use of a pendulum based on the energy of the crystal you choose to work with.





# Crystal Jewelry

Necklaces

Bracelets

Earrings

Pendants

Waist Beads

Anklets

Rings





## Crystal Grids

Crystal grids are an incredibly powerful energy tool to use when manifesting your desires, goals and intentions. At the most basic level, a crystal grid is an arrangement of crystals in a specific layout, designed for a specific intention. When it comes to defining what is a crystal grid and what isn't, the key is to understand how and why the crystals are placed the way they are. If a group of crystals are set up thoughtfully and intentionally together, that could be considered a grid. If they are simply placed near each other without a purpose or goal, that might not necessarily be a grid.

You may be asking yourself, what is the difference between using individual stones and creating a crystal grid? The power of a crystal grid comes from the union of energies created between the healing stones, sacred geometry and your intention. The combination of the power of crystals in a geometric pattern and multiple crystal energies working together greatly strengthens your intention and allows you to manifest results much faster than you would be able to otherwise.

How to use a crystal grid depends on what your goal or intention is, as each grid can be designed for a different purpose or goal. Whatever your goal may be, you can create a powerful combination of crystals into a grid to hold your intention and manifest it.





# QUARTZ CRYSTAL FORMATIONS





# Crystal Generators

Generator crystals are the most popular type of a polished crystal point. These crystals can be clear, cloudy, or both, and can contain inclusions or rainbow-like iridescence. Like their name implies, Generator crystal points generate massive amounts of powerful healing energies.

They have a pyramidal or conical shape, with six equilateral sides or faces that meet at the tip of the termination. Generators are made of different types of crystals, but Clear Quartz is the most popular crystal generator.

They are typically used as an energy tool in crystal rituals. In many cases, these crystal points are used to amplify the energies of other crystals, radiate light, manifest intentions more effectively, and release positive energies to people and environments.

To tap into their powers, Generators are held during meditation sessions or placed in certain parts of a room that need energy cleansing. People also use them as the centre point of a crystal grid, or a geometric arrangement of various crystals to combine their powers.



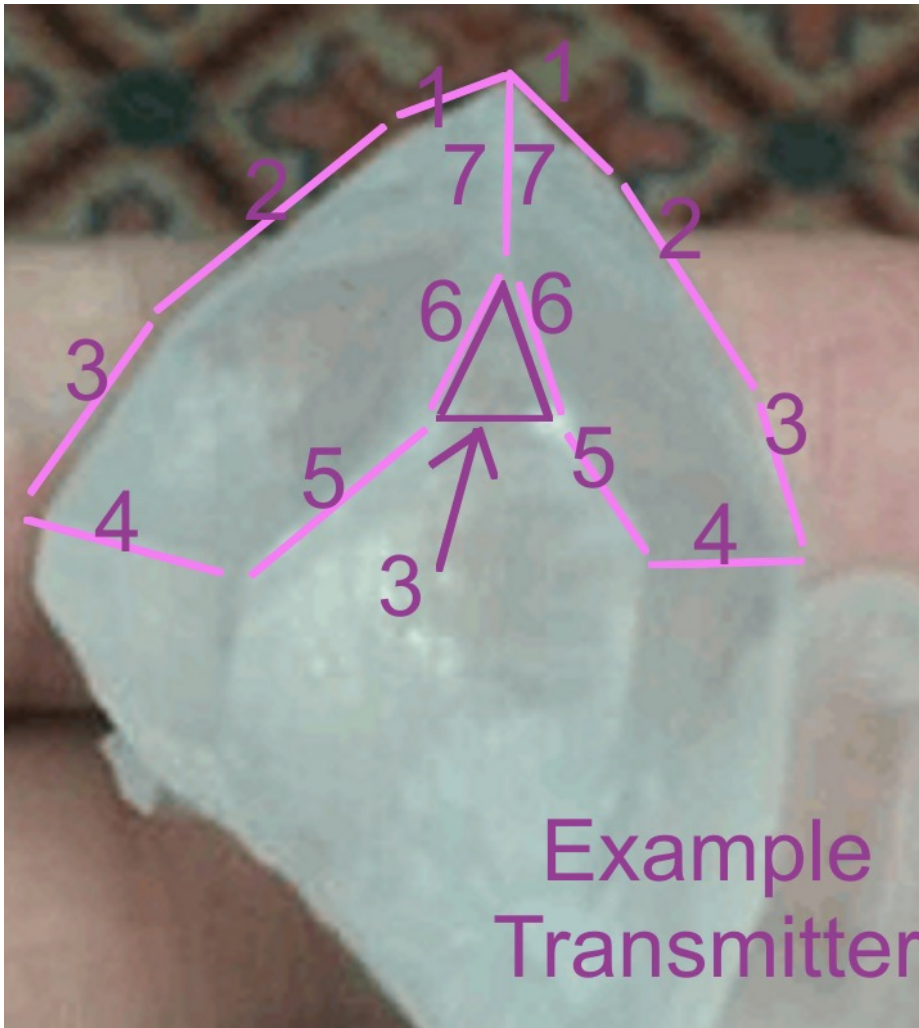
# Crystal Transmitters

Basically, a Transmitter (7-3-7) quartz crystal is two Channeler faces side by side with a triangle in between (7-3-7).

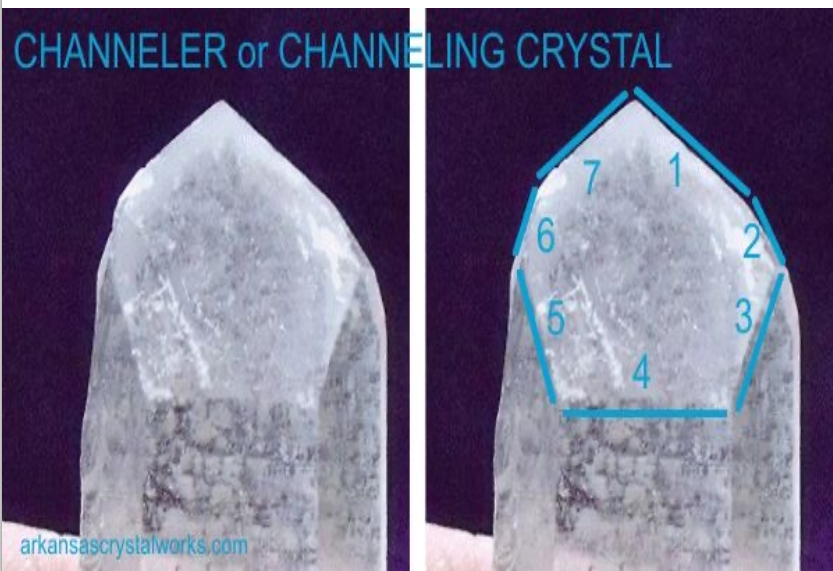
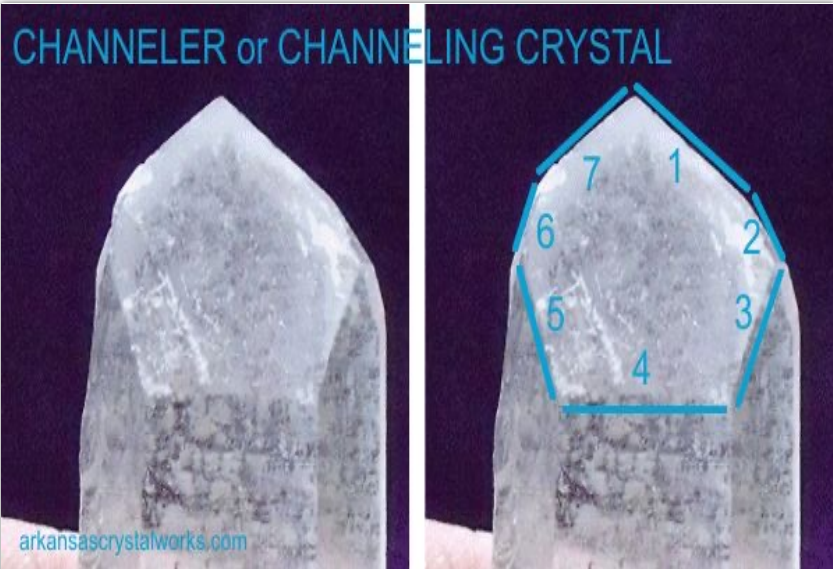
The main 'face' or front is actually the 'three' between the two seven-sided faces. The two seven-sided faces will be close to the same size.

Sometimes one of the two faces is much larger than the other. I call these Transmitter crystals with a Channeler orientation.

Transmitter (7-3-7) quartz crystal works much like Channelers, only double! They help you access higher wisdom, either in the form of your Higher Self or Spirit Guides, or even Angels.







# Crystal Channelers

This configuration is known by a few different names. Channeler / Channeling / 7-3 quartz crystal. In order to determine if your crystal is a Channeler or Channeling crystal, you must count the edges of the faces (that's where the 7-3 comes in).

If it is a Channeler, the main face will have seven edges. Directly behind that seven-sided face, there will be a three-sided face (triangle). Channelers or Channeling crystals help you access higher wisdom, either in the form of your Higher Self or Spirit Guides, or of Angels.

Channeler / Channeling / 7-3 quartz crystal brings love and light from beings in the higher realms.



# Crystal DOW Channelers

Dow / 7-3-7-3-7-3 quartz crystal is an example of a crystal with two names for the same configuration. They are called both "Dow" (named after Janeann Dow) as well as "Trans-Channeler" (because these crystals are both Channelers and Transmitters in configuration), it is more commonly referred to as "Dow".

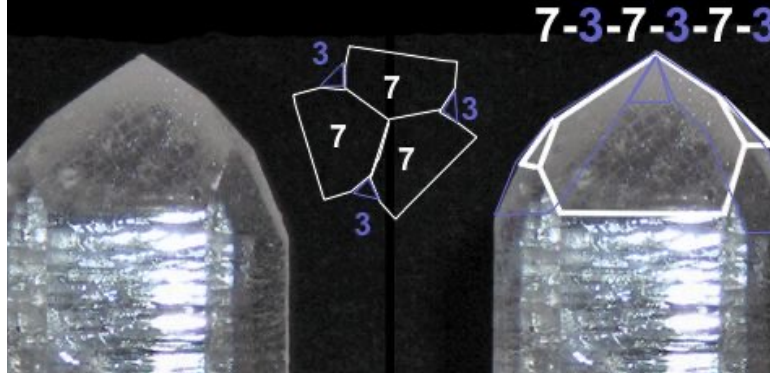
A Dow quartz crystal has three seven-sided faces with a triangular face between each of them. The sides of the six faces will look like 7-3-7-3-7-3.

A perfect Dow / 7-3-7-3-7-3 quartz crystal (Trans-Channeler) will have symmetrically-sized faces and a centrally located point.

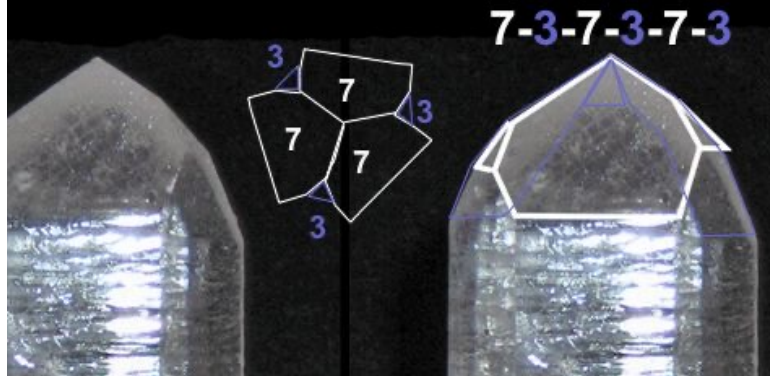
Many are uneven in symmetry, but the count will be correct. Dow quartz crystal combines the qualities of the Transmitter and Channeler crystal.

Dow / 7-3-7-3-7-3 quartz crystal provides a connection with the self and Universal Truth. They have a special energy about them that is sharp, clean and direct.

IS THIS A DOW?  
Behind this 7-sided face  
will be two 7-sided faces  
separated by a 3-sided face



IS THIS A DOW?  
Behind this 7-sided face  
will be two 7-sided faces  
separated by a 3-sided face







# Crystal Twins

The twin crystal has two cessations at the very same end, which have established from only a single base.

These dual crystals support balance, relationship harmony, clear communication and cooperation. Twin crystal points can help you attract friendship, a loving relationship or a soulmate. They also help you develop telepathic abilities. Twins strengthen the telepathic connection between you and your soulmate, known or unknown.

They assist you to connect with your partner on a deeper level, understanding soul agreements or any karmic lessons you are learning together. Personally, they help balance and integrate masculine and feminine (yin and yang) energies within yourself.





# Crystal Tantric Twins

Tantric Twin Quartz have two terminations sharing the same crystal body. These are sometimes called a **Soulmate Crystal** or **Twin Flame Crystal**. This form is very rare and they often sell at extremely high prices if you can find them. Like a regular twin crystal, they are two crystals that are joined together from the base. The difference is that the crystals will be the **same height (length)** or very close to it.





# Crystal Double Terminated Points

Double Terminated quartz crystal have a termination on both ends. These crystals grow from a 'seed' molecule of silicon dioxide in clay and grow outward in both directions. They are not formed on a matrix.

The energy in these crystals flows in both directions as well.

Double Terminated quartz crystal promotes psychic ability and dream recall (because they send as well as receive) and are also used for balance.

They are useful in any application in which you want the energy to flow in both directions.



# Crystal Imprints and Keys

Imprint quartz crystal has indentations or marks left on the sides or faces of a crystal where they grew in close proximity to another crystal.

Imprint quartz crystal shows how something is affected by outside influences (usually other people). The original structure adapts to its environment as outside influences (associations with people) change its shape or form.

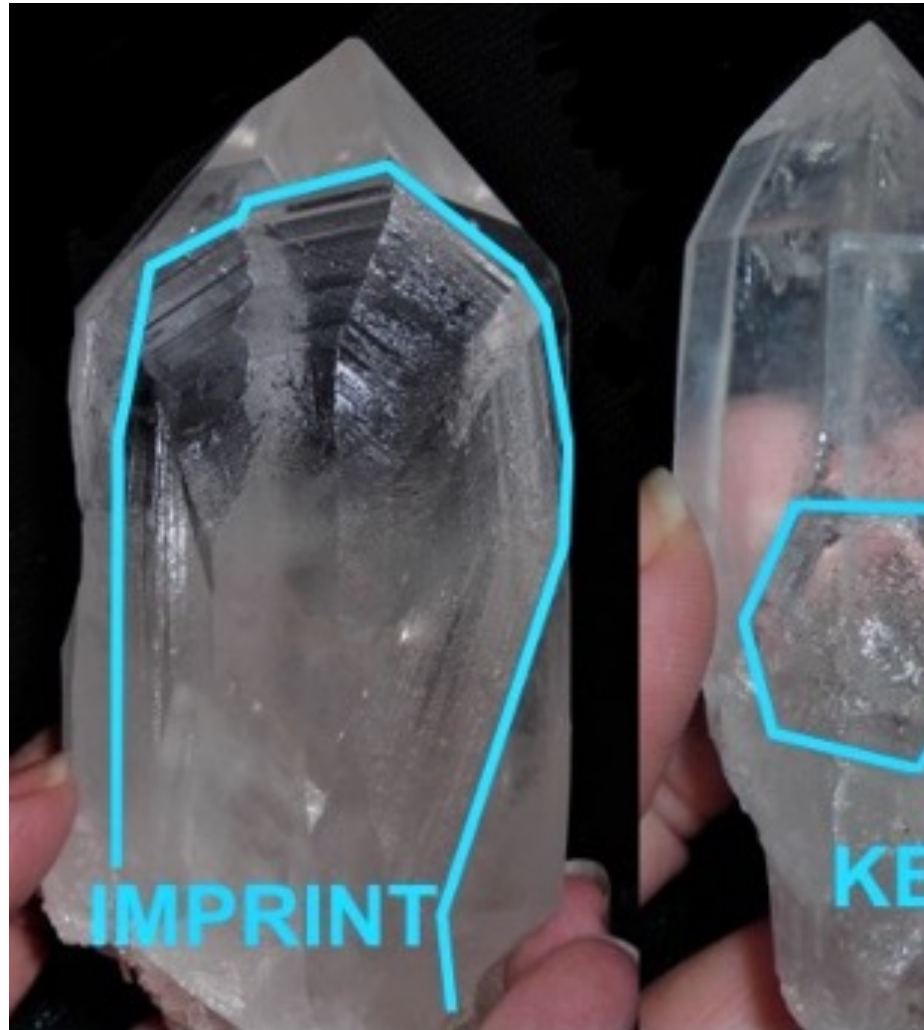
This allows for growth and change, while still maintaining the crystal's basic inherent truth and beauty.

Key quartz crystals have indentations on them left by another crystal. They help you unlock answers to questions you may have.

Do you need help in accessing an answer which has previously been blocked to you? The energy of a Key quartz crystal can help you to find an easier, more direct way in.

Imagine this as easily opening the lock on the front door and walking right in (rather than having to check all the windows for one that is unlocked, climbing through, scraping your elbows and knocking your head).

Ease of access is what Key quartz crystal energy brings us.







# Crystal Record Keepers

Record Keeper / Recorder quartz crystal has triangular markings on the faces. They seem to be three-dimensional, but they usually can't be felt with your finger.

You have to hold a crystal at just the right angle in order to see the Record Keeper.

Usually they are very sharply edged, equilateral triangles; however, I have seen them with rounded bottoms as well (more arrowhead shaped), which I call non-traditional.

It is said that a Record Keeper / Recorder quartz crystal will find its way to the person who needs the information it contains.

Record Keepers contains special wisdom which is accessed via a portal rather than burned into the crystal like a CD.





# Crystal Trigonic Quartz

A Trigonic Record Keeper quartz crystal is an upside-down Record Keeper that you can easily feel and see.

They are like tiny Keys, except that they are shaped like a Record Keeper (triangle) and the flat 'bottom' of the triangle is at the top, the point is facing down (or toward the center of the crystal).

These markings may be present on the faces, sides or even bases of a crystal. They are rare.

Trigonic Record Keeper quartz crystal is a crystal of transition. They are good for soul retrieval and can work as a key to the future. They have an interesting and unique energy. I think they feel like a traditional Record Keeper on steroids





# Crystal Scepters

A Scepter quartz crystal looks like a king's scepter in that there is a central 'rod' which appears to be topped or capped with another crystal. The key feature to look for in a Scepter crystal is what I would call the 'neck'. It is the little ledge of facets at the bottom of the 'capping' crystal where it attaches to the 'rod' part of the crystal.

We each have an inner regal part, or True Self. It is that piece of us which is untouched by our human path and reminds us of who we are and from where we come.

Just like wielding the scepter as King or Queen, the Scepter quartz crystal helps to remind us of who we are, why we are here, and helps establish a firm connection to the 'True Self'.

Because Scepter quartz crystal is associated with power and regal authority, they give us courage to take action.





# Crystal Manifestation Quartz

Manifestation quartz crystals have small points formed completely within a larger point; these are quite rare.

They have a special energy to them that is difficult to describe. It is almost like a pregnancy, or a feeling of expectation inside. There is fullness in the energy a Manifestation point exudes.

Manifestation quartz crystals are powerful for manifesting, which should come as no surprise.

They may assist in the manifesting of many things, but for the best results, it is wise to focus on a single desire at a time.





# Elestial Quartz Crystals

Elestial / Elestiated quartz crystal has natural terminations over the body and face of an etched and/or layered crystal.

What does that mean? They really aren't in the shape of a point. They are layered all over with self-healed looking surfaces.

Sometimes points are what I call 'elestiated'. To me that means it is a point that isn't quite all point, and isn't quite all Elestial, but sort of a combination of the two.

Elestial / Elestiated quartz crystal has a soft, loving energy. They usually feel angelic to me. I work with them when I want to connect to an angelic energy all around me. Their energy is less focused, more amorphous (having no definite form, without shape).





# Tabular Quartz Crystals

A Tabby / Tabular quartz crystal is a thin, flat crystal with all six sides intact. They are just like the crystal points we are familiar with except they have grown in a 'squished flat' shape.

To 'qualify' as a Tabby, they should be no more than half as thin as they are wide (2 to 1 ratio).

For example, if a crystal is one inch wide it needs to be no more than one-half inch thick (it can be less) in order to be called a Tabby.

Tabby / Tabular quartz crystals are good helpers with communication. I remember this because they are shaped like a tablet.





# Cathedral Quartz Crystals

Cathedral quartz crystal (also called Lightbrary) are comprised of a main point surrounded by smaller points, some of which merge into the main point.

If you can imagine a sand castle, that's what these crystals look like. The surrounding points may not be whole (as in crystals attached side-by-side), but instead are actually merged into the main crystal.

Cathedral quartz crystal (Lightbrary) are extremely powerful Lightworkers and are full of wisdom. They transmit very high vibration and can be used to raise your vibrational frequency.

It is said the smaller points contain information from the Akashic records, I am told (by my crystal Guide, Venus) that they work more like portals to information rather than 'storage' facilities.





# Lemurian Seed Quartz Crystals

The textbook definition of a Lemurian Seed crystal is associated with a specific formation. Three alternating, heavily stepped, laddered or striated sides, which are often Laser Wands (though not always), and which usually have clarity and a specific strong energy.

What I have come to understand, however, is MANY MANY crystals were 'seeded' by both Atlantis and Lemuria, in crystal 'farms' if you will. They were placed in the best areas for optimal growth and energetically tended.

Therefore, technically speaking, many (if not most) crystals could technically be called 'seeded' Lemurian crystals. TECHNICALLY speaking. However, what we now have is a specific TYPE of crystal which we have all agreed to call 'Lemurian Seed Crystal'.





# Self Healed Quartz Crystals

Self Healed quartz crystal is crystal which has been broken from the matrix and started to re-seal their broken end with new growth.

A Self Healed quartz crystal looks like it has scales or triangular layers.

Self Healed points also present as crystals that were broken in half but sort of 'glued' back together with new growth.

Self Healed quartz crystal is good for healing, and they have sturdy, optimistic, persistent energy. They are not quitters!





# Empathic Warrior Crystals

Empathic warrior crystals are crystals that somewhere along the line have sustained a bit of damage; whether to the point itself or elsewhere along the crystal. In other words, a less than perfect crystal. It has been said that such crystals bring with them more energetic healing power, especially for people in need of their own healing due to some damaging event that took place in their own lives. Certainly these less than perfect in appearance crystals still have much to offer. Empathic quartz crystal is any broken, chipped or otherwise "damaged" crystal.

Empathic crystals bring out compassionate feelings in us. The crystal picks up this empathy and amplifies it.

Often the biggest lesson of Empathic quartz crystal is to remember to be compassionate and empathetic to our OWN chips, dings and perceived flaws.

Most especially to remember we are still beautiful, whole, lovable and worthy. This is especially needed when we would usually otherwise judge ourselves harshly for what we view as imperfections in ourselves.

If you find it easy to forgive, excuse or even love others' flaws but are intolerant of them in yourself, an Empathic quartz crystal may be just what you need.





# Phantom Inclusions In Quartz Crystals

Phantom quartz crystal is caused in the main crystal when a mineral present in the solution has drifted down onto a crystal point during its growth. The mineral is subsequently grown over (trapped inside) with more clear crystal forming around it.

The phantoms present may be partial or complete. A Phantom will exactly mirror the actual terminating point of a crystal; if it doesn't, then you can be sure the termination has been polished or altered.

Phantom quartz crystal is good for past-life work. The metaphysical properties of the minerals present are enhanced or amplified by the quartz. The properties will vary depending on what the mineral is (for example chlorite, hematite, etc.).





# Quartz Crystal With Isis Face

A Five-Sided (Isis) Face quartz crystal is a five-sided face on a crystal point. This is the Isis Face. Usually, the edges are symmetrical (the top two edges roughly match each other and the bottom two edges match as well).

Five-Sided (Isis) Face quartz crystal usually has a distinct powerful feminine energy even if the point appears very clear and masculine.

They usually feel majestic and feminine (much as you would expect a Goddess such as Isis to feel).

Five-Sided (Isis) Face quartz crystal can help you connect to all empowered Goddess energy, (not just the Goddess Isis).





# Quartz Crystal With Window Portal

A Window / Time Link quartz crystal is a crystal with an extra diamond-shaped facet. By counting the facets or faces on the crystal, you will determine if you have more than six. If you do, you have a Window. This is a difficult crystal to read. It may take some practice to master this skill. They are one of the most commonly misidentified crystal configurations.

Window / Time Link quartz crystal can help in accessing other realms, as well as for accessing our own soul (window to the soul).

You may work with a window as an entry point (a way to get into an area). Window crystals also provide another point of access to an area that you might not have considered.

Example Right Activation Window  
Time Link to the Future



# Quartz Crystal With Window and Right Timelink

A Right Activation Window / Time Link to the Future is an extra facet that leans to the right. It looks like a parallelogram leaning right.

They also may be sliver-thin or thick. It may remind you of a forward slash on a computer keyboard.

Right Activation Window / Time Link to the Future crystals help connect to the future and they also activate right brain functions (such as creativity, imagination and daydreaming).

Just as with the Left-Activation Crystal, use the crystal of the hemisphere you tend to use less, and once you attain balance, use both together.





# Rainbows in Quartz Crystals

Rainbow quartz crystal has rainbows inside due to fractures.

Rainbow quartz crystal is optimistic and happy. They remind us that we are loved and they remind us to look for the gifts our traumas bring us.

Sometimes Rainbows appear on the surface between two closely connected (fused) crystals.

Metaphorically, this can represent how a relationship with a closely-attached-other can bring us Rainbows. Often the fusing of the two crystals produces a surface on which Rainbows like to ride. The relationship with the closely-attached-other creates a Rainbow to be explored and honored while the two are connected.



## Crystal Clusters

Cluster quartz crystal consists of points growing together on a matrix. Some Clusters grow on a sandstone matrix, others on all quartz, and still others may grow from a 'seed' of crystal (like a mass of double terminated points).

Clusters are good for helping with group dynamics. Families, co-workers, anywhere a group of people might need help in getting along.

Cluster quartz crystal is also good for raising the vibrations in an environment and bringing light and energy into that space.





Crystals Are  
Sentient &  
Hold Ancient  
Information

Crystals Are  
Portals to  
Higher  
Dimensions  
and Realms



## Crystals and Accessing Information



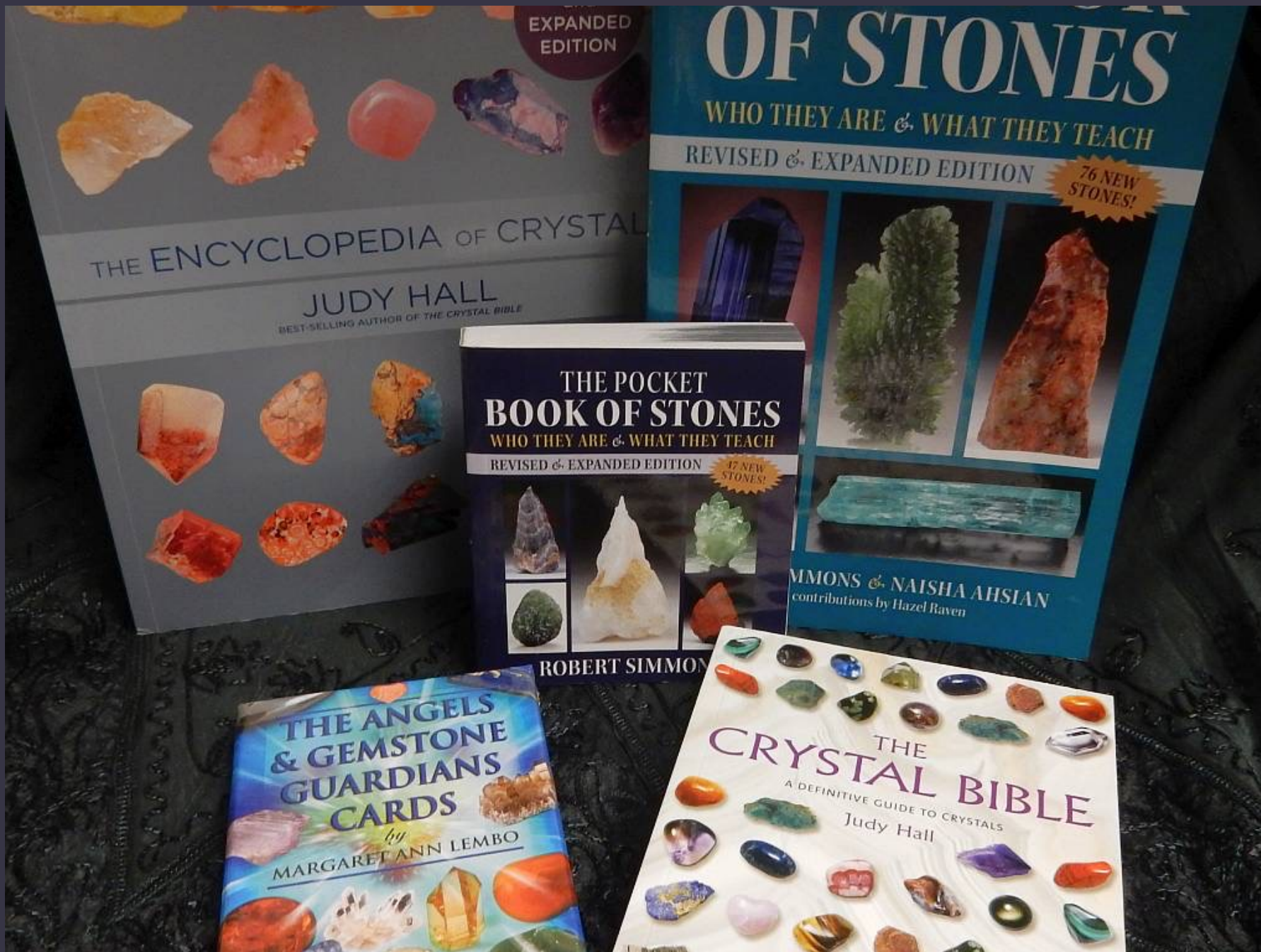


Crystal  
Power &  
Your  
Responsibility



The Power of  
Your Intention  
&  
Manifestation  
&  
Responsibility





## Best Crystal Books

The Book of Stones

The Judy Hall Crystal Bible Collection – All of Them

Crystal Muse – Heather Askinose

Love is in the Earth – A Klaidescope of Crystals





## Best Crystal Tarot & Oracle Decks

Judy Hall – Crystal  
Oracle Deck

Collette Baron-Reid –  
Crystal Spirits Oracle  
Deck

Doreen Virtue- Crystal  
Angels

The Crystal Stones  
Deck

The Crystal Power  
Tarot Deck

Crystal Visions Tarot  
Deck





## Is Moldavite For You?

Moldavite was named by Armand Dufrénoy after the town of Moldauthein in Bohemia. Moldavite is also called “The Holy Grail Stone” and has a high vibration and intense frequency. It’s also nicknamed “The Stone Of Transformation” as it’s an amazing transformation crystal.

Crown Chakra

Third Eye Chakra

Heart Chakra





## Is Moldavite For You?

It has a powerful energy to help with spiritual awakening, transformation and spiritual healing. However, it is not always simple to use.

Moldavite has a strong energy to assist you with connecting with the Divine mind. This helps with moving you forward spiritually to a higher level.

Align with their heart chakra as well as their third eye,

Improve memory and brain balancing characteristics,

Use as a Talisman that could bring good fortune,

Wear around your chest of the necklace to assist with the heart chakra for love and relationships





## Alternatives to Moldavite

Tektite

Malachite

Blue Kyanite

Libyan Desert Glass

Selenite

Meteorite

Labradorite

Amethyst

Lemurian Quartz

Tibetan Quartz

Herkimer Diamond

# Let's Find Out What Your Favorite Crystal Wants to Tell You!



- Get Out Your Favorite Crystal
- Hold In Your Left Hand
- Deep Breath In/Deep Breath Out (3 times)
- Meditate and Ask Your Crystal Its Name or Purpose For You
- If You Already Know Its Name and Purpose, Ask It What Is Its Message For You Today
- Don't Judge the Word or Phrase– Just Write It Down...It Will Make Sense Later!



# Let's Pull a Crystal Oracle Card!



- Meditate on Your Question
- Deep Breath In/Deep Breath Out (3 times)
- Select Your Card
- Hold It Until Everyone Gets Their Card
- Then Turn Everyone Turn Their Card Over to Reveal Their Message
- Write Down the Card and the Meaning
- You Might Want to Get This Crystal and Work With It

?Questions?

CJ Lee

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