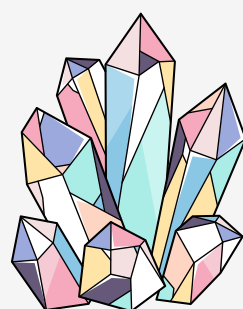


A BEGINNERS GUIDE TO CRYSTALS



CHOOSING A CRYSTAL

Choose by sight or hand scanning.
Activate your palm chakra by clapping hands.
Scan over the crystals, asking them who would like to work with me.
See if one feels different to the others.
Trust your instincts.



CLEANSING

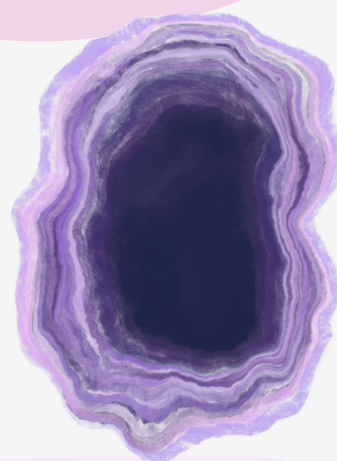


Cleanse the crystal before and after each use.
Use sound such as bells, clapping, singing and singing bowls. Cleanse with air such as breath or incense / sage.
Some crystals can also be washed.

BONDING

Hold the crystal in your hands and ask it to share its energy with you.

Bless the crystal for the highest good for all of time.



COMMUNICATE



Hold the crystal in your hand or hold to your body. How does the crystal make you feel?
Do any words or images come into your mind. Ask the crystal for guidance.
You can also place it under your pillow for guidance in your dreams

WHERE TO PLACE YOUR CRYSTAL

Crystal jewellery is a lovely way to carry a crystal and receive healing.
Keep in your bag or pocket.
Place in the center of the room to cleanse the space. Trust your instincts.



HOW DO CRYSTALS WORK?

Crystals have a stable vibration and resonate on the same frequency as colour and your chakra energy centers.
Our bodies vibration begins to stabilize around crystals and allows your body to heal itself.



GRATITUDE

Thank the crystal for working with you.
Cleanse it and place it away with care.

Thank you for reading our crystal guide.

