

Crystals

Crystals are amazing healing tools and the best way to work with a crystal, just like people, is to form a relationship with it. Crystals respond to love and their purpose is to help us heal, they love to serve.

Each crystal carries with it a different vibration that corresponds to a different chakra. Within each crystal there exists a spirit or deva and by connecting with this deva, you will receive guidance for healing.

Crystals are the earth's DNA, a chemical imprint for evolution. They are miniature storehouses bearing the memory of powerful forces that shaped it. Their crystalline structure can absorb, conserve, focus and emit energy. They are built from 7 possible geometric forms: triangles, squares, rectangles, hexagons, rhomboids, parallelograms, or trapeziums. Each crystal has its own frequency, which gives it its energy.

Crystal healing, based on the transfer of energy from the crystal to the body, or vice versa, removes blocks and benefits specific areas of the physical or emotional body in accordance with the healing property of the crystal. Crystals know if you love them! Yes, it's true, you can build a wonderful relationship with your crystals. Some people even hear them speak to them. Wearing crystals or having them near you can have amazing effects on you. Like everything in this course, the more you believe in it the more real it will be for you.

CLEANSING CRYSTALS

There are a few different ways to clean your crystals. You will need to do this on a regular basis (every 2 or 3 months or more often if necessary), especially if you have them programmed to recharge the intent.

1. Place them on an amethyst bed.
2. Place them in a bowl of purified water so that they are totally immersed, and then sprinkle sea salt in the bowl and leave overnight. Rinse with cool water the next day and let them air dry on a towel.
3. You can hold the crystal under cold running water and with your mind, see it being cleansed.
4. Put a few drops of essential oil on the crystal such as lavender, eucalyptus and rosemary and rub them with a soft, clean cloth.
5. Smudge them with a sage stick.
6. Pass them through the light of a candle.

I recommend putting crystals under the full moon light to charge them with the feminine energy. Likewise, if you place them in the sun for a full day they will hold the male energy. Never put your crystals out to charge during an eclipse.

PROGRAMMING CRYSTALS

Once the crystal is cleansed you can program it for any purpose you desire:

1. Open up and clear your mind of all thought, take a deep breath and center yourself.
2. Hold the crystal in your left hand and bring down white light into your crown chakra.
3. Think of the intention you wish to program this crystal with ie: to clear your home of any negativity.
4. Communicate this intent and blow the white light 3 times into the crystal.
5. Feel the crystal holding the program and exclaim with intent, "And so it is."

Chakra	Crystal	Function
Earth Star	Smoky quartz, Obsidian Hematite	Clears negativity, grounding, focus on present moment Detoxifies, helps with arthritis Promotes balance aides blood problems
Base	Mother Earth stone, Muggleston Obsidian Carnelian Tiger's Eye	Stimulates life force & will to live, nurtures For energy, balance, security & strength For grounding & protection Restores vitality and motivation, enhances sexuality Encourages optimism and discipline
Sacral	Chrysoprase Rose quartz Fluorite	Stimulates fertility & balances male, female energies Emotional healing of any abuse Encourages emotional well being Draws off negative emotions
Solar Plexus	Rutilated quartz Labradorite Citrine	Helps to strengthen will Heals digestive disorders Helps manifest abundance, helps with addiction issues, boosts self confidence
Heart	Rose quartz, Chrysoprase, Aventurine Rhodonite	Promotes unconditional and self love Heals broken hearts Instills tenderness and fosters love Helps you feel loving, stay in your heart
Throat	Sodalite Lapis Lazuli Turquoise	Cleanses lymph system, harmony between conscious and unconscious minds Balances throat and encourages power of the spoken word Helps articulate emotional issues, linking intuitive inspiration with self-expression
3 rd Eye	Fluorite, Aquamarine Labradorite Moonstone Lapis Lazuli	Promotes concentration, draws off chaos Helps connect to Higher Self Reduces stress & anxiety, highly spiritual Balances emotions, enhances intuition Promotes serenity & spiritual attainment, draws off a headache
Crown	Selenite Clear quartz crystal Amethyst	Promotes oneness with the Universe Amplifies and transmits higher frequencies Protective & highly spiritual. Calming