



**A BEGINNER'S
GUIDE TO**
Healing Crystals



Diana Houston

A Beginner's Guide to Healing Crystals



A Beginner's Guide to Healing Crystals

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Introduction

Hi, I'm Diana Houston. You might know me as a writer from crystalsandjewelry.com, where I write about - you guessed it - crystal healing. This is the first book we (it was a team effort) have ever written, and it was the greatest experience!

So, welcome to our guide to healing crystals! Whether you're a complete newbie, or you already know a bit of background on healing crystals, we're here to teach you all there is to know about sacred gemstones and how to use them to enhance your life in various ways.

We'll cover the ins and outs on everything you need to know from how healing crystals work to how to choose the right stones for you, and everything in between.

Ready to get started on your crystal journey? Congratulations! Let's learn how to work with crystals and experience how they can enrich your life. We'll start by learning precisely what crystal healing is. So come with us on this journey into the wonderful world of crystals!



What Is Crystal Healing?

Crystals are created within the earth over thousands of years. They're formed from the plethora of minerals the earth offers, and under immense pressure, these minerals gradually produce beautiful crystals.

As these crystals have absorbed thousands of years of the earth's intense energy and vibrations, they're packed full of high vibrations and energy, offering healing properties to improve the lives of open-minded individuals.

Crystal healing is an alternative therapy that entails using such gemstones to bring balance and positivity to a person's life and mindset. This is because crystals are known to offer a stable and unchanging energy pattern, with each gemstone featuring a distinct frequency and vibration field that gifts them with unique properties.

Crystals work as tuning forks, inviting harmony and balance to the unstable energy field of the human body. They offer many benefits, but they predominantly focus on improving areas of mental welling, such as feelings of increased harmony, positivity, and focus. They can also work to improve immunity, sleep, and pain relief.

Traditionally, healing crystals are used to balance the chakras and charge the energy properties of the body to aim for a clear and positive energy field. It's believed that crystals heal and restore the energy that flows within you, which results in healing your physical body too. Later, we'll go through the seven chakras and how to balance them using healing stones.

Individual crystals offer specific energies that align with various areas of life. Shape, color, and type affect their influence significantly. Later in the guide, we'll discuss some of the most popular healing crystals used today.

What's the History Behind Healing Crystals?

Crystal healing is a historical tradition and has been around for centuries. The practice continues to draw in believers of all ages today.

There are over 200 references of crystals found in the bible, and they were a key focus of biblical life. Did you know that twelve crystals were worn on the breastplate of the High Priest Aaron, who was also a prophet and the brother of Moses in the Abrahamic religions?

Ancient Egyptians used crystals like Carnelian, Lapis Lazuli, Peridot, and Turquoise in their jewelry and other embellishments for both aesthetics and the energies offered by the gems. The Egyptians are believed to be among the first civilizations to have adorned themselves with healing crystals, with the predominant reason to prevent illness and negative energy.

Even Roman soldiers kept Tiger Eye stones with them to attract bravery in battle.

In many different cultures, crystals are used for significant events such as burials, rituals, and ceremonies. Our earliest ancestors always encouraged wearing and carrying crystals. Depending on the gemstones they picked, they could experience an increase in peace, calm, love, happiness, energy, confidence, and so much more.

But crystals aren't just loved by our descendants. In today's modern society, crystals have hit the spotlight, with superstars like Adele and Victoria Beckham singing their praises and speaking openly about their beliefs in crystal's energies and healing powers.

Today, healing crystals are popular at health spas and New Age health clinics. They're often used in massage and Reiki practices.

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Used in such environments healing crystals can help promote and encourage an ambiance of relaxation and calm. So, with an enduring interest in alternative therapies such as crystal healing, it looks like the practice is staying for the foreseeable future.



How Do Healing Crystals Work?

Healing crystals and their strong powers may sound like magic, but crystals have a scientific-sounding background. While crystals are still perceived as alternative therapy when it comes to healing, the explanation for how crystals possess their healing properties sounds very logical.

Crystals vibrate at a frequency, just like the cells in your body do. That means that when we're exposed to crystals, these various frequencies meet, working together to improve your physical, emotional, and spiritual balance.

Every living thing in the world is made up of energy particles, including crystals. Healing crystals exude compelling and lively energy, healing us to increase our energy levels to the same vibrational levels that the crystals possess.

Crystals boast the powers to transform, absorb, amplify, and transmit. Energy is everywhere and anywhere, and crystals are the ideal conduit.

The vibrations of crystals are even susceptible to change depending on the type of energy surrounding them. That means each stone offers a unique and distinct effect on each person, and every individual will experience a different kind of energy.

To explain in further detail, let's discuss one of the most popular healing crystals out there - Clear Quartz. This much-loved crystal has been on earth since time started, and ancient communities have used this crystal in many ways. This includes fashioned in defensive talismans, peace offerings, and attractive jewelry.

Today, Quartz comprises 12% of the Earth's crust, and it's used in almost every type of technology. This includes electronics, information storage, and so much more.

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So, think about it. If crystals can communicate via computers and electronics, then surely this vibrational energy can be transformed in other means?

With the strong connection to the earth and its worldly elements, it makes sense that crystals are universal. Especially since they've made an impact in almost every civilization and community before us.

Albert Einstein pointed out that everything in life involves vibration. Just like sound waves, your thoughts and ideas meet the vibrations of everything that manifests in your life. So, if you trust that crystals offer healing properties from the earth, the positive vibes of the stones will only enhance those beliefs.

Each day, at every moment, we have the autonomy to choose our thoughts. As we travel along on our spiritual journey, each day gives us new challenges along with beautiful beginnings.

Healing crystals let us soothe and quiet the chatter going on inside our heads, allowing us to reconnect with the sacred healing vibrations of our planet.

As you'd imagine, the higher we can increase our vibrations, the happier and healthier our body and mind will be. This is a natural state of being and living, and all living and mindful creatures should aim to be in tune with these energies for optimum health and happiness.

The earth provides us with gifts in the form of healing crystals. If we use them correctly, we can accept a happier, calmer, and tranquil state of being. Sadly, for most of us, everyday life is more stressful, complicated, and hectic than it was back in the day for our ancestors.

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Thankfully by learning how to use healing crystals the right way, we can drive our vibrations and positivity back up. Using healing crystals properly allows us to open our energy centers. These are also known as chakras. As mentioned previously, chakras are the different focal points in the subtle body used in various ancient meditation practices - but don't worry, we'll cover this later.

When a chakra is blocked, it can make life difficult. But when they're open, life is well filled with plenty of positive energy.

But what's the Scientific Evidence Behind Healing Crystal's Powers? Need some scientific evidence behind the power of healing crystals?

IBM scientist Marcel Vogel observed and grew crystals underneath a microscope. He realized that their shape altered to the form of whatever he was thinking about. Vogel concluded that such vibrations were the result of the constant assembling and disassembling of bonds between molecules.

Marcel also tested the metaphysical energy of Quartz crystal and proved that rocks can absorb thoughts like how tapes feed on magnetic energy to record sound.

Are Healing Crystals Safe?

Before you invest in crystal healing both emotionally and financially, you may be wondering - 'are healing crystals safe to use? After all, crystals hold a lot of power, and of course, you may be wondering if dealing with such high energy objects can go wrong.

But another great feature of using healing crystals is that it's pretty much impossible to cause any harm from practicing with them yourself.

Look at it this way. Suppose you have an issue you want to address using a specific healing crystal. Perhaps, by accident, you select a crystal that isn't suitable for helping with that problem. The worst that could happen is that absolutely nothing will happen.

The positives outweigh this negative in so many ways. So yes, healing crystals are safe to practice with. And compared to other alternatives, such as using prescription drugs for improving your mood and health, they're a very safe option. As we all know, choosing the wrong medicine can be dangerous for our health.

Some medical doctors encourage crystal healing to a fair degree. In many cases, they welcome it as a therapy that can promote relaxation, which is, in turn, therapeutic for mental disorders and stress management.

However, it's important to note that those seeking medication for a severe or life-threatening illness or disease should never rely on healing crystals for treatment. In such situations, a doctor should always be consulted.

Using a Crystal Healer

When it comes to officialities, crystal healers gain their roles by passing a certification course, which is often available over the internet from natural medicine universities and clinics. There aren't currently any state or federal laws that regulate or order the practice of healing crystals therapies specifically.

In some states, this type of treatment can be listed as massage or bodywork therapy. In such cases, crystal healers can be required to provide a license to offer their crystal healing services.

Non-profit organizations, including the National Certification Board for Therapeutic Massage & Bodywork, additionally administer voluntary board certification exams that provide certification for alternative healers like crystal healers. However, this is only in the cases that they fulfill specific criteria determined by the organization.

If you're using a crystal healer, then be sure to undertake some research. Like many objects used for healing and spiritual purposes, a crystal can only harm when found in the wrong hands.

Remember that a crystal healer uses gemstones as tools for their work, and an incredible crystal doesn't equal an incredible crystal healer.

The best course of action is to attain a recommendation for a crystal healer from one of their previous clients, if possible. Always speak to the healer about your goals and intentions before agreeing to any treatment, and make sure you feel comfortable working with them.

If you don't feel like you can trust them in everyday matters, then it's a clear sign you shouldn't trust them with your wellbeing and health.

What Can Healing Crystals Do for Me?

By now, you may be wondering exactly how healing crystals can benefit your life. The best way to harness their powers and energies is by manifesting your intentions and what you want in love.

Crystals are otherworldly gemstones that connect us to the planet as they're tangible and physical objects from the ground that contain potent vibrations. With every thought and intention, you make, these unique stones pick up your distinct vibrational energy and activity, amplifying the positive vibes and intentions you're emitting.

In the world of healing crystals, the energy from the rocks helps you travel along your spiritual journey as they work to safe-keep your intention and remind you of your special connection to the planet.

A well-planned intention is the starting point for healing crystals as the explicit and specific intentions that are part of your daily thinking become part of the energy.

Intentions And Crystals

So, what's an intention, and how do you make one? Well, as thoughts create vibrations throughout the planet, setting intentions in your thoughts is a powerful way to gain the happiness and well-being you strive for.

When an individual has a clear purpose with a focus on their aspirations, dreams, and values, it helps that person live in the moment instead of being caught up with negative thought patterns. This is mainly those relating to the past.

Think of intentions as being like magnets. They attract what can make them come true. So, when you set an intention, you're taking the steps towards achieving the happiness and dreams you desire. When you set an intention, start by outlining goals that fit with your values, aspirations, and purpose.

What Matters to You?

As your values affect your actions and the way you behave in life, you'll need to understand and recognize what matters to you when making your intention.

What Do You Want to Change?

Most of us will agree that there are always areas in life that may need an upgrade or improvement. Consider how you can improve various parts of your life, such as your relationships, career, social life, community, health, and spirituality, to name a few.

When Do You Want to Achieve Your Goals and Why?

When it comes to creating your intention, the more specific you are, the better. When do you hope to achieve your goals? And why exactly do you want to make this change? Remember to be realistic too. It's unlikely that you'll meet the love of your life tomorrow, for example, if that's what you've asked for.

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How Will You Bring Your Intentions to Life?

One of the best ways to bring your intentions to life is to write them down. Be sure to write them down in the present tense, as if they're occurring now, and only establish what you want.

Write down your goals and what you're hoping to achieve in the end, and remember to add plenty of feeling and passion into it.



The Different Types of Healing Crystals

Now we've covered what an intention is, let's go through some of the different types of healing crystals and how they can benefit your life in different ways.

Crystals for Love

If you're looking for love, whether in a partner or within yourself, you'll know how difficult it can be to find. But introducing the right healing crystals into your life can make an enormous difference. Suitable crystals can create positive energies, attracting love to you, and opening your heart to possibilities.

Healing crystals can deter negative energies and bad memories. In turn, personal confidence is built, welcoming luck and love. In time, healing crystals can help you discover that special someone for life.

Rose Quartz



As the name and color suggest, Rose Quartz is all about love and relationships. Whether a romantic partnership, friendship, or any other kind of relationship, Rose Quartz helps restore and rebuild trust and harmony while enhancing close connections.

If you're going through a hard time, Rose Quartz is also known to provide comfort and tranquillity during painful periods of grief and sadness.

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It isn't just all about others, though. Rose Quartz also promotes love, respect, trust, and worth with the most important person in your life - you. As we all know, self-love is so vital in today's day and age.

Rhodonite



If you're suffering from relationship woes, Rhodonite may be the crystal for you. This gemstone welcomes healing, forgiveness, compassion, and helps the user release fear.

It shows its individuals how to work with the heart, helping to soothe the soul and balance uncomfortable emotions. Rhodonite is a calming, loving, and is a healing crystal that will encourage better decision-making when it comes to relationships. It also helps boost self-esteem and confidence.

Garnet



Garnet welcomes love, igniting adoration, and devotion from the soul. It helps to manifest what you desire when it comes to matters of the heart. Garnet is also a fiery crystal that symbolizes courage, passion, and energy. Plus, it speeds up recovery processes too.

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Sardonyx



For a long, healthy, and happy marriage, Sardonyx can assist. Sardonyx welcomes lasting happiness and stability into a marriage, improving relationships by encouraging integrity and virtuous morals.

Moonstone



Moonstone is linked to new beginnings and helps to promote inner growth and strength within the soul. If you're starting something new, the Moonstone eases those anxious feelings of stress and instability, so you can move forward with success.

Moonstone is also known to encourage positive thinking, intuition, and inspiration while welcoming success and good fortune.

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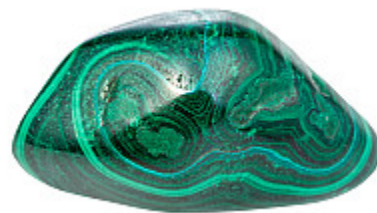
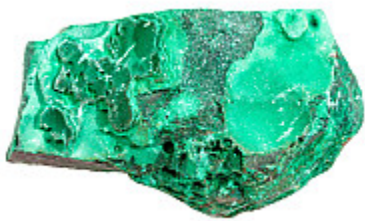
Rhodochrosite



Rhodochrosite welcomes unconditional love and tenderness into one's life. It takes care of inner security, self-worth, and emotional strength.

With help from Rhodochrosite, users feel empowered and strong enough to face and heal their past traumas. In particular, Rhodochrosite stone has the power to alleviate suffering, such as sexual abuse.

Malachite



Have you ever been hurt in love? Many of us have experienced pain in relationships, and that often makes it difficult to open up to the idea of new love.

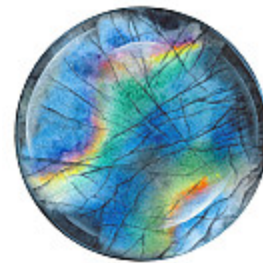
Malachite is a healing stone that can help in this aspect. Use it to help clear painful memories of past heartache, paving the way for new, positive romance. You may just meet the one.

Crystals for Anxiety, Stress, and Depression

Anxiety, stress, and depression are natural mental health responses to life situations where we may feel we are at the risk of harm. Sometimes we develop these mental health disorders even without a solid reason why.

With the right gemstones, crystal healing can help you relieve anxiously, stressed, and sad feelings, helping you to restore self-worth and acceptance of the world as a safe place. Here are some of our favorite crystals to help with these issues.

Labradorite



The Labradorite stone, also called Rainbow Moonstone, protects users from irrational fears, working to ease and calm unwanted worries. It also deters draining negativities by producing a negativity shield to protect you.

Labradorite also helps energize your intuition and boosts confidence within yourself. It links you with the energy of light, clearing, and opening each one of your chakras.

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Lapis Lazuli

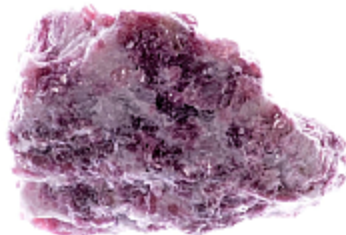


If you're feeling weighed down with emotional baggage and trauma, Lapis Lazuli is an ideal option for overcoming and clearing it. This stone improves your insight, awareness, and inner truth. The mind becomes unified, bringing clearness and clarity to both thoughts and speech.

Lapis Lazuli also educates the user on compassion and spiritual love. It's a fabulous choice for meditation, as it allows us to think deeply to reflect. This helps us realize what's important to us, invigorating the third eye chakra.

Lapis Lazuli is great for supporting and balancing the throat chakra too. So, wear it as a necklace for maximum effectiveness.

Lepidolite



Lepidolite is one of the most powerful crystals to use for anxiety. That's because it produces a calming sense of peace and serenity. It also contains natural lithium, which is sometimes used in anti-anxiety treatment.

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If you feel like you need to transform your life or make some positive changes, Lepidolite may be the ideal crystal for you. After using the stone, you'll feel relieved of worry and will feel more emotionally balanced.

Amethyst



The beautiful Amethyst is one of the most popular healing crystals out there. It offers protective, healing, and purifying powers. Use Amethyst to combat negative thoughts, replacing them with humility, sincerity, and spiritual wisdom. Amethyst is also known to help encourage sobriety and sleep, aiding issues such as insomnia.

Physically, the Amethyst improves hormone production, cleanses the blood, and helps relieve pain and stress. Amethyst is most effective when worn as jewelry, so keep an eye out for the stone embellished as necklaces, rings, and bracelets.

Selenite



Selenite is a much-loved purifying crystal that helps to cleanse the mind and welcome clarity. It can shift the darkness its user may feel, helping to release blocked and unwelcome emotions.

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Blue Lace Agate



Blue Lace Agate is a soothing stone that offers tranquillity, peace, and patience. As a healing stone, it promotes relaxation too. If you have issues building trust with others and having self-confidence in yourself, Blue Lace Agate can help with this also.

Shungite



Shungite is renowned as the miracle stone, offering relief from anxiety and stress while also deterring electromagnetic frequencies. Plus, it purifies, heals, and cleanses your aura.

As a protective stone, Shungite is ideal for encouraging transformation, amping up your energy levels, and improving your overall health. Use it to ground you down to earth. To take the dark emotions lingering from your past and transform them into light, positivity, and happiness.

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Chalcedony



Chalcedony is the scientific term relating to a variety of microcrystalline Quartz Agates. However, in healing crystal terminology, it means the type of light blue microcrystalline Quartz. The stone features a calming blue hue and is slightly transparent.

Chalcedony balances the fifth chakra, otherwise known as the throat chakra. Individuals can wear a Chalcedony necklace featuring a chain resting it around throat height, which will encourage wearers to speak their truth and to stand up for their beliefs.

A versatile stone, Chalcedony, also helps provide a voice to creative ideas. Those working creative jobs may like to wear Chalcedony stones as earrings or necklaces while they're conducting their creative roles.

If you're feeling stressed, worried, or anxious, a Chalcedony stone can also help you ease your negative thoughts.

Career, Workplace, and Self-Improvement

If you're feeling uncertain at work or are wanting to progress in your career, there are plenty of healing crystals to give you that much-needed confidence and boost. Here are some of the most effective.

Jasper



The smooth and shiny Jasper is known to be the 'supreme nurturer.' This stone helps empower the spirit and supports you during stressful periods in life by encouraging you to fully show up.

Jasper helps you avoid soaking in negative vibes, instead of promoting feelings of courage, quick thinking, and confidence with you. If life feels overwhelming, these traits are helpful when faced with tackling essential issues.

Carnelian



Carnelian encourages assertion without being too harsh and aggressive. If you're having issues at work, this stone works wonders to give you a boost in confidence to help you tackle difficult tasks. Use it for ambition, energy, and action.

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Carnelian is also helpful for fertility and sexual confidence. Set it on your chest to blaze passion into your love life.

Bloodstone



This powerful and dramatic-sounding crystal lives up to its name. Its focus is to help cleanse the user's blood by rejecting bad environmental energies and boosting circulation.

Bloodstone promotes selflessness, creativity, and idealism while encouraging you to live within the moment rather than the past. This stone is also known to remove feelings of irritability, aggressiveness, and impatience.

Fluorite



Fluorite amplifies your mental abilities and increases your creativity. Plus, it assists with organizing and managing new information so the mind can avoid any unwanted distractions.

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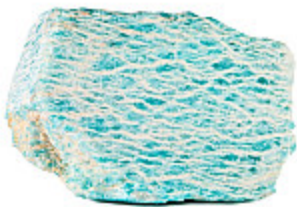
Citrine



Welcome joy, wonder, and happiness into every part of your life with Citrine. Release negative feelings and traits from your life, such as fear, and replace them with optimism, warmth, mediation, and clarity.

If your brain needs a boost, Citrine also helps improve mindful qualities, including creativity and concentration. Wear Citrine in your jewelry or set in your fingers or close to your throat for the best effects.

Amazonite



Do you find yourself continually flaking on your friends? Then it may be time to grab a piece of vibrant Amazonite. This colorful stone helps with accountability and progression.

Use Amazonite to transform your intentions into a reality, rather than just sitting back and hoping for things to change.

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Tiger's Eye



In need of a motivation boost? Then this dazzling golden gemstone may be the crystal for you. Tiger's Eye helps you diminish feelings of fear, anxiety, and self-doubt.

Whether you're worried about career issues, matters of the heart, or anything else, Tiger's Eye will lead you to harmony, helping you to make the right decisions.

Clear Quartz



Clear Quartz is an excellent stone to use for beginners, as it's considered to be the 'master healer.' Clear Quartz amplifies energy in many ways, such as by absorbing, storing, and regulating it.

It's also known to help with concentration and memory. Physically, clear crystals such as the Quartz boost the immune system and balance out the body. It's often teamed with other stones such as the Rose Quartz to work together to improve both of their abilities.

Hold a piece of Clear Quartz in your hand when creating an intention for the best results.

Energy and Grounding

Have you experienced a lack of energy? Or perhaps you're feeling a bit tense and need some grounding. Don't worry - these powerful rocks are here to bring you back down to earth.

Black Tourmaline



Black Tourmaline is one of the most potent protective stones out there. It will deter negative energy, helps you remain grounded, and relieves tension and stress.

As well as cleansing the body and mind of anxieties and negative thoughts, Black Tourmaline also helps protect you from electromagnetic pollution too.

Ruby



The enchanting Ruby assists in restoring vitality and energy levels. So, if you're feeling burnt out, this may be the gem for you.

The Ruby helps enhance sensuality, sex, and intellect for individuals. It also helps welcome self-awareness and the realization of truth to a person's mind.

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Traditionally, Rubies were also used in ancient times to help rid toxins from the blood and to boost the circulatory system.

Black Onyx



Black Onyx is renowned for its soothing and protecting powers. It defends against negative energies. However, it also works to soak in and calm those energies, say if you have a short temper, or are lacking in self-control.

Black Onyx also produces a gap between you and other people's energy. If you feel that you need to rebalance your root chakra, Black Onyx works well to help you remain grounded and calm.

Hematite



Hematite works to ground you, helping you feel yourself after a period of disconnection. It helps with self-control and mental clarity and calmness.

Use the Hematite to banish confusing thoughts, leaving you feeling more balanced, calm, and centered. For the best results, wear Hematite as jewelry that touches your skin. Be sure to wash it regularly, though.

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Black Obsidian



Black Obsidian is intensely protective and helps the user create a shield against both physical and emotional negativity. The Black Obsidian also helps encourage qualities of strength, clarity, and compassion to help you discover the self within you, while also helping you tackle emotional blockage.

Physically, Obsidian can help with digestion and detoxification. It can also help lessen pain and cramps. Black Obsidian reflects negative energy straight back from its source, cleansing and purifying negative energy persistent in your aura.

It shields users from both self-inflicted and environmentally induced negativity and pessimism, leaving your soul feeling stable and relaxed.

Girasol Quartz



Girasol Quartz stone is otherwise known as Girasol Opal or Milky Quartz. However, it shouldn't be confused with Clear Quartz, which we've already discussed.

Girasol Quartz is often used to lessen tension found in both the body and mind. It also has powers to enhance creativity, thoughtfulness, and focus.

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Smoky Quartz



Smoky Quartz is a versatile crystal that's used for many reasons. However, by coating you with a layer of protection, focusing around your aura, it mainly deters negative energies. By doing this, it blocks emotional attacks and electromagnetic waves.

By using Smoky Quartz, you can beat negative feelings of depression, anger, jealousy, and fear.

Consider wearing Smoky Quartz in your jewelry to shield you from negative energies as you go about your day.

Luck and Prosperity

We all need a bit of good luck now and then, and these unique healing crystals are here to help. Choose one of the gemstones below to welcome luck, prosperity, and fortune into your life.

Jade



Jade is famous as a stone that brings good fortune and reverses bad luck. This green gemstone helps you welcome a positive and happy attitude, encouraging you to picture new and exciting possibilities for yourself.

Known as the 'lucky stone,' Jade encourages harmony of the mind, body, and stone. Wear it close to your heart as a pendant to invigorate your center.

Sapphire

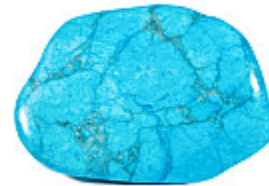
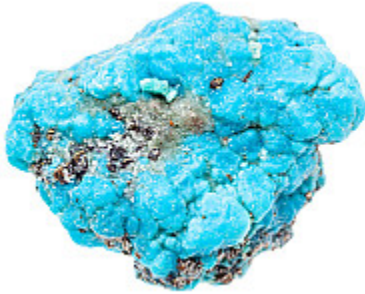


This regal blue stone represents wisdom and royalty. Sapphire welcomes prosperity, happiness, and tranquillity, while also expanding the mind to attract beauty and intuition.

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When it comes to physical health, the gemstone is renowned for healing eye problems, cellular levels, and blood disorders. It also helps reduce mental issues such as depression, anxiety, and insomnia.

Turquoise



This pretty blue stone is packed full of energy that helps mend the mind, body, and soul. Turquoise is often regarded as a good luck charm, helping you balance your emotions while also letting you discover your spiritual surroundings. Physically, turquoise boosts the respiratory, skeletal, and immune system.

Aventurine



Aventurine is also known to welcome luck, especially when it comes to taking a chance on money and finances. Plus, it assists with personal growth and intellectual progression.

Lace Agate

Lace Agate is otherwise known as the stone of abundance. Use it to manifest decent fortune with its properties of optimism and abundance.

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Pyrite



Hoping to heal your finances? Then look to Pyrite to help you build your riches. Place a Pyrite healing stone into your purse so that every time you peek inside, you're reminded of the prosperity in your life.

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Sleep

For many of us, when we try to sleep, our brains will whirr as the relentless problem-solving machines that they are to catch up and assess the demands and responsibilities of daily life.

With our heads trying to process experiences like unresolved personal dramas, unfinished workplace to-do lists, and draining family issues, it can be more than challenging to catch that much-needed shut-eye we all crave.

The fascinating thing about insomnia is that usually, it's our brain's way of staying alert to seek peace and resolution about an issue that's upsetting us. But we can't fix a problem from the same mind space that concocted it.

Suitable crystals can help promote balance in our minds, shifting us from our polarised headspace so that we can escape and discover calm and neutrality. Here are some of our recommended healing crystals to induce a better slumber.

Rose Quartz



Not just used for love and relationships, Rose Quartz also possesses the potent healing powers to help calm emotions. Rose Quartz helps improve the user's quality of sleep by regulating the body's flow, lessening restlessness, and combatting negative feelings of overwhelm. Keep it by your bedside as you snooze to let the Rose Quartz work its magic effectively.

A Beginner's Guide to Healing Crystals

Howlite



If you have trouble getting enough shut-eye, use the calming Howlite stone to relieve insomnia. Plus, its strong powers help users to remember dreams and eases anxiety.

Celestite



The peaceful Celestite stone is versatile. It can soothe pain, relax muscles, and assist with mental issues. It also helps quiet the mind, resulting in a deep, relaxing, and rejuvenating slumber.

What Are the 7 Chakras in Your Body?

As mentioned earlier, chakras are energy centers that sit along your spine. The seven key chakras are the root, sacral, solar plexus, heart, throat, third eye, and crown chakras.

These chakras are linked to physical and emotional issues within the body, and learning what's happening with your chakras is an effective way to understand your mind, physique, and spirit.

According to Ayurvedic teachings and other Eastern traditions such as within yoga and Buddhism, the energy of the body exists with the physical body, and both need a balanced flow of life energy.



A Beginner's Guide to Healing Crystals

The seven chakras are whirling swivels of spiritual power, moving parallel with the body's vital energy channel. Keeping these energetic and busy pathways cleansed and activated is crucial for overall wellbeing physically, emotionally, and spiritually. When each of these energy centers is aligned, balanced, and refreshed, you become motivated and centered yourself.

To understand which chakras are unbalanced, pay close attention to which chakras respond when you're feeling stressed or anxious. Check to see if you pick up any patterns of recurring problems or even illnesses, which help you understand which of your seven chakras are out of stability.

Once you learn which chakras you want to focus on, you can use specific healing stones to rebalance and open each chakra. Each of the seven chakras offers a vibrational frequency that links with a different color. In crystal healing, the chakras meaning pairs with a specific set of emotional, physical, and spiritual problems.

When you team certain crystals with chakras in the body, the structure of the crystals works to assist your healing intentions, helping restore and rebalance the energy of the body by clearing blockages. Cleansing and clearing the seven chakras also deliver balance to overactive energy while strengthening weaknesses.

So, what exactly are each of the seven chakras, and what are the healing stones to use for them?

Root Chakra

If your root chakra feels unbalanced, you may be displeased with your body size or shape. Perhaps you believe you're out of control when it comes to running your life, and you'd like to be more grounded.



If your root chakra is overactive, you may feel like you have a temper issue. You may also become tense and angry at the smallest of issues.

To heal the root chakra, try using red and black crystals. These can include Red Garnet, Red Jasper, Smoky Quartz, Black Onyx, and Hematite. Due to the colors of the crystals, these stones can all help you rebalance your root chakra.

After using such stones, you'll feel more grounded, satisfied with your shape, and confident within yourself.

Sacral Chakra

If you're feeling tired and unmotivated, it may be that you're experiencing a low energy flow through your sacral chakra. You may feel lethargic and even sad or depressed, deprived of any joy in your life.



An overactive sacral chakra can also lead to extreme frustration. This may result in you ending up in tears far too often than you'd like.

Of course, a blocked sacral chakra is no fun at all. To clear this chakra center, try using stones such as Carnelian, Orange Calcite, Tiger's Eye, and Sunstone. Once your sacral chakra is balanced, you'll soon experience feelings of euphoria, happiness, motivation, and inspiration once again.

Solar Plexus Chakra

An inactive solar plexus chakra will leave you feeling powerless and out of control, especially if you're under pressure. You may experience feeling butterflies in the stomach - but not in the right way. Perhaps you feel like you've dropped the reins to your life and can't grab hold of them again.



However, if your solar plexus chakra is overactive, you'll feel the opposite. You'll experience the uncontrollable desire to control everything and anything about your life, like a 'control freak.'

To balance your solar plexus chakra, look for yellow gemstones. These include Citrine, Yellow Jasper, Rutilated Quartz, and Pyrite. Once your solar plexus chakra is balanced again, you'll feel motivated, concentrated, and content with your life decisions.

Heart Chakra

If you're having issues in close relationships or are feeling distanced or unattached to the people you love and care about, this may suggest that your heart chakra is weak. If your heart chakra is instead overactive, perhaps you find yourself feeling overly emotional. You may also feel like you're becoming attached to people quickly.



To improve your heart chakra, opt for green and pink heart chakra stones. These include Chrysoprase, Aventurine, Rose Quartz, or Rhodonite. Try meditating with these crystals, opening your heart to all the love that surrounds you.

Once your heart chakra is refocused, you'll emit all kinds of love. Your relationships will become more loving, healthier, and filled with hope.

Throat Chakra

If you suffer from a weak throat chakra, you'll feel unable to express yourself how you truly desire and how to speak your truth. However, if your throat chakra is overactive, you may speak before you've had the chance to think. This can create unnecessary arguments filled with spouting hurtful words.



When the throat chakra is unbalanced, you'll find that you can't convey your feelings and thoughts well, resulting in miscommunications and irritations. To heal the throat chakra, opt for throat chakra crystals such as Chalcedony, Lapis Lazuli, Angelite, Sodalite, Blue Apatite, and Aquamarine and meditate with them.

Third Eye Chakra

Found below the crown chakra between the eyebrows is the third eye. This chakra is otherwise known as the brow energy center. The third eye relates to increased intuition and creativity.



If you feel you're suffering from a lack of clarity, or you have issues accepting the truth within yourself or in situations, it may be a sign that your third eye requires a cleanse.

In crystal healing, indigo colored crystals like Lapis Lazuli, Sodalite, and Fluorite energize inner wisdom, welcoming self-knowledge.

If you feel out of control in organizing your life, or can't picture the future, then your third eye chakra may be underactive. On the other hand, if your third chakra is overactive, you may suffer from nightmares and poor sleep during the night.

You may feel confined in an emotional rut, closed off from progression and new ideas. You may also feel unsure of your 'gut feelings' as if your intuition is off.

To heal your third eye chakra, choose third eye chakra crystals such as Lapis Lazuli, Angelite, Amethyst, Fluorite, and Lolite. Lie down on your back and set them over your third eye. Then, take a deep breath, relax, and let the crystal work its magic.

Crown Chakra

Found at the top of the head, the crown chakra leads to all other chakras in the body. That's why most crystal healers start with a crown chakra cleanse before looking at any of the other chakras.



If your crown chakra is unbalanced, you may experience an inability to think clearly, especially if you're under stress. You may feel like you're navigating life without a clear purpose or path, which may make you feel lost and out of control.

To heal your chakra crown, opt for crown chakra gemstones. These include Clear Quartz, Amethyst, Selenite, and Moonstone. These crystals all help to balance and align the crown chakra center.

When the crown chakra is balanced and clear, there's a clear path to spiritual growth and enlightenment. Linked to the color violet, as mentioned, Amethyst stones are ideal crown chakra cleansers. Place them on the forehead to transform negative and self-defeating thoughts and feelings into positivity and transcendence.

What Are the Chakra Colours?

Once you understand the chakra symbols and meanings linked with various colors in the spectrum, you can delve deeper into crystal healing. You'll be able to choose your healing crystals better, which in turn helps you cleanse your chakras more effectively.

Let's start at the top. The crown chakra relates to violet or white. These are two colors that encourage a higher consciousness and enhanced spirituality.

Traveling further down the body, the third eye chakra links with dark blue or indigo. The latter promotes clarity of thought and inner wisdom. The color blue also welcomes a sense of calm and tranquillity like a gentle stream, ocean, or another body of water.

Lighter hues of blue are also calm and soothing and relate to healing properties that widen and activates the heart and throat chakras.

Green is another color that links to the heart chakra. Green represents unconditional love and relaxed and open communication.

Just below the heart chakra is the solar plexus chakra. This links to yellow healing stones such as Citrine that possess qualities such as optimism and self-awareness.

The sacral chakra is represented by the color orange, which promotes creativity and fertility.

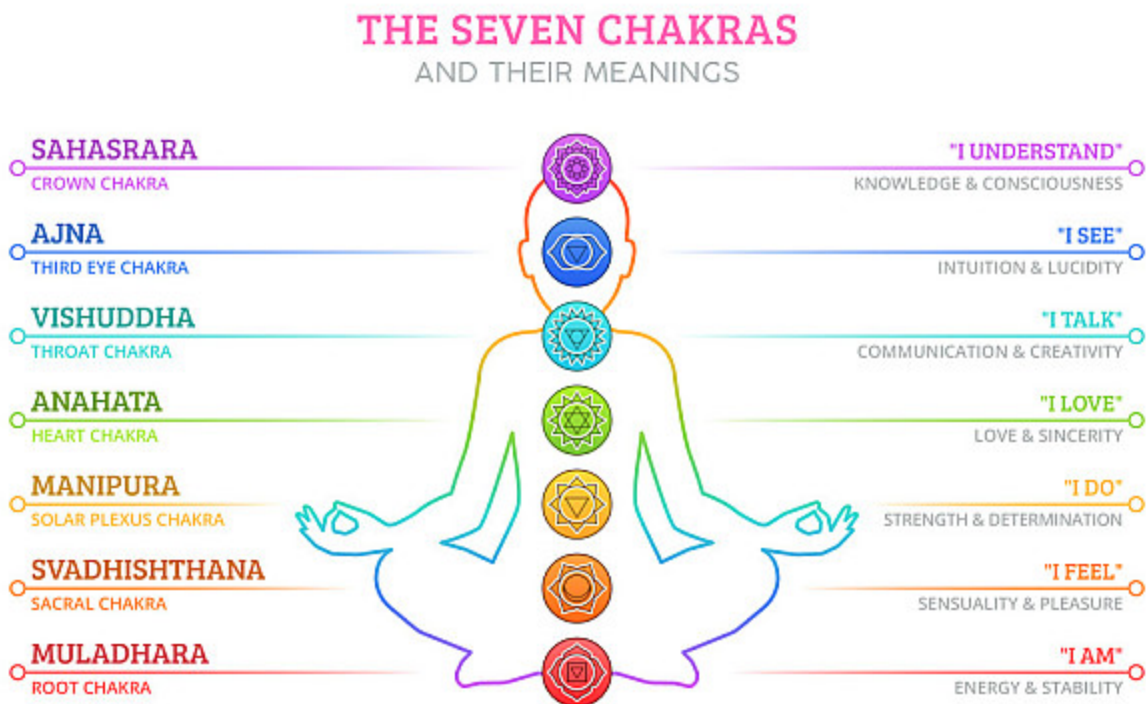
The base chakra can be any stone that helps you feel close and connected to the earth. That's why it relates to red, the shade that symbolizes the life force of the body.

A Beginner's Guide to Healing Crystals

How Do I Test the Seven Chakras?

Using our above guidance, select the most suitable crystal for each energy center. If you're working with someone else, ask them to hold each chakra crystal one at a time.

Next, using muscle-testing practices, concentrate on your hands as you hover them over the other person. As you focus on each of the seven chakras, notice if you experience feelings of warmth, coolness, or weakness in the energy fields.



How Do I Rebalance All of the Chakras At Once?

To rebalance and cleanse all seven chakras at once, opt for a full-body chakra cleanse. To do this, start with a healing layout using the linked chakra stones set on every energy center. Then place a crystal on each of the seven chakras of the body, beginning with the crown and finishing at the root.

Whichever crystals you select, we suggest using a Smoky Quartz stone at the bottom of your feet and around your sides and head. This layout helps to craft a protective sphere encasing your body to resist negative energy.

The purifying and robust energy will boost the effectiveness of all the stones used. During this cleanse, be sure to breathe in and out in a constant rhythm. Then, close your eyes and picture the bright and beaming white light of the crystals that exude and flow into each chakra of your body, working to restore balance and strength.

Try your best to maintain this position and mental state for between 10 to 20 minutes. Aim to be mindful and aware of each energy center by using your inner sight within your mind.

Picture the colors of each chakra. They should be clear, vibrant, and distinct. They should spin quickly and move smoothly. If your chakras are still misaligned, they may start to turn too fast or flow within your mind, and the colors may be faded, patchy, or discolored.

After starting with your root chakra, work on the seven chakras individually one at a time, picturing the color, size, and spinning speed. Note whether the edges are smooth or blurry.

What Are the Birthstones?

It's believed that when you're born, your body possesses a natural vibration that links to the universe that you're part of. If this natural vibration can always be recreated and carried around with you, your life will flow better and will make more sense.

One way to do this is to carry or wear your birthstone. This is because these powerful stones reproduce the vibrations of the stars and planets at your time of birth.

Your birthstones are drawn towards you and work to boost your aura, which is the energy force field that surrounds you. Your birthstones will protect and look after you in many ways - physically, emotionally, mentally, and spiritually. Birthstones are also known to boost your body's healing powers too.



By carrying around your birthstone, you're meant to possess more energy, recover from illness more quickly, and feel healthier both emotionally and mentally. With the help of your trusty birthstone, you'll be ready to tackle life's everyday issues and strains.

If you've been neglecting or have been unaware of your birthstones your whole life, you've likely been missing out on both cosmic and metaphysical advantages.

The theories of the link between specific birthstones and calendar dates first originated from The Chaldeans, who lived in Mesopotamia around 4000BC. The Chaldeans were known for studying the stars to predict the future. During this time, The Chaldeans recorded links between the planets and gemstones.

A Beginner's Guide to Healing Crystals

Use your birthstones to help you connect with the energy of your birth and improve your life goals. You can either choose your birthstone by month or select one from your zodiac sign.

Whatever option you go for, there are various birthstones to opt for. Choose all that align with your birth or opt for the one that makes you feel the best.



A Beginner's Guide to Healing Crystals

Birthstones by Month

As you learn more about birthstones by month, you may discover some conflicting information. This is because various lists are featuring different combinations for the traditional or ancient birthstones compared with the modern birthstones.

These are the monthly birthstones widely accepted today:

Month	Birthstones
January	Garnet
February	Amethyst
March	Aquamarine, Bloodstone
April	Diamond, Clear Quartz
May	Emerald, Chrysoprase
June	Pearl, Moonstone, Alexandrite
July	Ruby, Carnelian
August	Peridot, Sardonyx
September	Blue Sapphire, Lapis Lazuli
October	Opal, Pink Tourmaline
November	Yellow Topaz, Citrine
December	Turquoise, Blue Topaz, Tanzanite, Zircon

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Birthstones by Zodiac

There are also plenty of Zodiac stones that link to each birth sign. To help you choose the most effective and powerful for crystal healing, here are a list of the birthstones that best improve the qualities of your astrological sign.

Zodiac	Months	Birthstones
Capricorn	December 22 - January 19	Amber, Amethyst, Hypersthene, Labradorite, Pyrite, Sodalite
Aquarius	January 20 - February 18	Angelite, Emerald, Lapis, Larimar, Sugilite, Unakite
Pisces	February 19 - March 20	Amethyst, Aquamarine, Charoite, Moonstone, Rose Quartz, Turquoise
Aries	March 21 - April 19	Aventurine, Bloodstone, Chrysocolla, Citrine, Jasper, Ruby
Taurus	April 20 - May 20	Agate, Aragonite, Lapis, Rhodonite, Rose Quartz, Selenite
Gemini	May 21 - June 20	Agate, Citrine, Garnet, Jet, Moonstone, Selenite
Cancer	June 21 - July 22	Calcite, Emerald, Feldspar, Howlite, Moonstone, Rhodochrosite, Tourmaline
Leo	July 21 - August 22	Amber, Onyx, Labradorite, Peridot, Rhodonite, Sunstone
Virgo	August 21 - September 22	Amazonite, Carnelian, Charoite, Hawks Eye, Sapphire, Sardonyx
Libra	September 23 - October 22	Lava, Lepidolite, Moldavite, Prehnite, Quartz, Tourmaline
Scorpio	October 23 - November 21	Aventurine, Garnet, Hematite, Malachite, Obsidian, Tourmaline
Sagittarius	November 22 - December 21	Fluorite, Sodalite, Stibnite, Tektite, Turquoise, Zoisite

How Do I Choose a Birthstone?

As you can see, there are plenty of birthstones to select. With so much choice, it can be overwhelming to choose a birthstone.

When you look over the options, you may feel attracted to specific names, colors, or crystal healing properties. Go with what feels natural and start with the birthstone that speaks to you the loudest.

Once you've collected a selection of birthstones and have worked with them, you'll begin to have a better understanding of which energize you best. Remember, like choosing any healing crystal, your preferences and needs are likely to change as your life situations alter.

That's why it's a good idea to have a couple of birthstones on hand. Birthstones are so subjective to everyone, so you must make your own decision as to which birthstone works for you at a particular time.



Where Do I Buy Healing Crystals?

At this point, you may be wondering - where's the best place to buy healing crystals? The good thing about the metaphysical becoming more mainstream is that today healing crystals are available to purchase all over. Once upon a time, healing crystals were difficult to obtain. But nowadays crystals are sold online and in metaphysical stores.

If you're considering buying online, simply pop 'where to buy crystals near me' into Google, and it should display a section of shops that sell a diverse selection of healing stones. You'll come across many that specialize in selling healing crystals.

Plus, there are plenty of options online too. Head to Etsy and explore the online crystal shops for some excellent options.

When choosing healing crystals, you should always buy them from a reputable supplier. Once you take them home, it's essential to cleanse them of any unwanted or negative vibrations they may have soaked up. We'll go through how to do this later.

Use your intuition when it comes to choosing and using healing crystals. If one day it feels strange or uncomfortable owning a particular crystal, then you should probably give it away.

As you change in life, you'll be attracted to different crystals that will help you in different ways. However, of course, many will remain with you to bring you peace and tranquillity for a long time.

How Do I Choose My Crystals?

With so many crystals to choose from, it can be a bit overwhelming to make a choice.

First, identify what you feel is missing in your life before looking at what each stone can do for you. This helps you decide what you want instead of simply choosing from what's available.

Crystal and healing experts often state that the crystal chooses you rather than the other way around.

When faced with a selection of stones, let your intuition guide you. When you enter a shop, walk around the room, and observe the crystals. Notice if any stand out to you.

Perhaps a sparkling crystal catches your eye, or maybe you feel a physical pull towards a particular rock. Maybe you can't stop staring at a beautifully carved piece of Amethyst. Or perhaps you can't seem to put down a glorious Clear Quartz stone.

Your inner subconscious knows what it wants, and it will help you reach the crystal that's suitable for you.

Take your time when surrounded by many crystals and look at each one. You'll feel drawn to particular crystals.

Whether it's the vibrant colors, unusual shapes, or intriguing patterns that attract you, each crystal emits distinct vibrational energy that wards off negative energy and clears blockages in a unique way.

The Signs You've Found the Right Crystal for You:

- You can't take your eyes off it
- You can't put it down once you hold it
- You look at the same types of crystals every time you browse

Once you've chosen a crystal to hold, you can create a connection with it. Place the crystal in the palm of your hand and think quietly of your intention.

Do you notice curious sensations such as the rock being hot or cold or feelings of calmness and peace? If so, these are all signs that this individual rock is ideal for your needs and desires. Such vibrations also help identify any issues or challenges that you're currently facing.

If you feel positive when you hold a particular crystal in your hand or when it touches your skin, get ready for the opportunity to heal with this specific gemstone.

Remember, discovering the right stone for you is like any practice of wellness. It requires training as you clear your mind and consider your mind and body balance.

You'll be drawn to different types of crystals at different times in your life, depending on your needs and desires at the time. This is only natural, and you must trust the process. In many cases, crystals know us better than we know ourselves.

Combining Crystals

When it comes to combining crystals, there's no right or wrong answer. If the selection you've chosen works for you, then it's right.

Your crystal spiritual journey is your own, and like every individual, you'll need a unique combination of crystals that you're drawn to at different times in your life.

A Beginner's Guide to Healing Crystals

Experiment with different types of crystals and see what feels right for you.

A good idea is to keep a journal or to write down the different combinations of crystals you're working with, and how they affect your day and your feelings.



What Shapes of Crystals Are There?

The shape of a crystal may also affect its powers, the way it works, and what it's used for. So, when choosing your crystals, you may want to consider the shape too. Here are some of the most popular forms crystals are available in.



Raw

As it sounds, raw crystals are ones that haven't been cut, polished, or tumbled in any way. They're usually cheaper than other shapes, but lots of people prefer the natural look. Plus, they're available in lots of different sizes too.



A Beginner's Guide to Healing Crystals



Single Terminated Wands

Crystals that are single terminated wands feature a point at one end, with either a rough or rounded edge on the other end. They're also known as crystal towers because they can offer powerful and

grounding feng shui energy to the location they are set. They can lift and cleanse the energy around your home, office, and any other spaces you leave them.

Such crystals are often used in healing, cleansing, meditation, and fashioned as jewelry.

Chunks

Chunks are crystals that don't have any notable facets. These types of crystals work well to improve the atmosphere within a room, for holding during meditation practice, or solely for carrying on your person.



Clusters

Clusters are a grouping of smaller crystals that have naturally grown together. Sometimes the crystals grow over one another, creating a beautiful finish. As such, clusters look fabulous decorating various rooms in the home and office, from the lounge to the kitchen to the bedroom.

Depending on the particular properties of the crystals grown, they can cleanse, invigorate, or calm an environment.

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Tumblestones

Tumblestones are small crystals, stones, or rocks that have been tumbled together consistently with a fine abrasive. This results in stones that are smooth, shiny, and pretty to look at.

Tumblestones are extremely popular in the world of healing crystals. This is mainly because they offer an all-purpose set of healing stones, and they infuse positive energy and vibrations in every direction.



Due to their small size and attractive appearance, many people like to keep a crystal tumblestone in their pocket or handbag to carry the energy of the stone around with them throughout the day.

Tumblestones also work great placed around your meditative space. That's whether they're set in your bedroom, lounge, yoga studio, or elsewhere. They can even be left in a pretty bowl in the bathroom, both beautifying the room and emitting positive energy.

As tumblestones are small and compact, they can also be set anywhere on your body to target any of your chakras.

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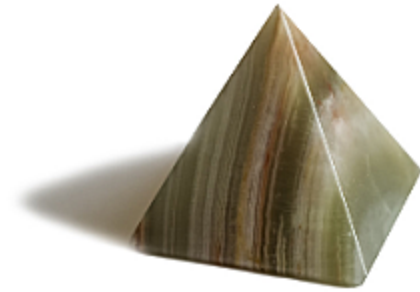


Cut Crystals

Cut crystals are stones that have been neatly cut and polished into shapes. These can include anything from pyramids, wands, or balls, which give them an attractive and slick look. If cut crystals are well-trimmed and looked after, the energy of the stone can be preserved or even amplified.

As you may guess, crystal pyramids are shaped like Egyptian pyramids featuring four triangular sides.

These crystals are popular due to their powers to hold and disperse positive vibes around you. They also offer the ability to stabilize vibrations from the earth while improving and projecting energies from the top of the pyramid.



Crystal Pyramids

The best place to set crystal pyramids is the southwest and central spots within your home for overall positive energy. But to welcome harmony, good fortune, and prosperity, place your crystal pyramids in the corners of your home.

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Crystal Balls

Crystal balls diffuse positive energy evenly in every direction in a living space. This results in magnificent vibrations that are experienced everywhere in a room, and not just in one area.



Crystal balls offer the powers to slow down and neutralize negative or unbalanced energies.

If used with care and love, they can help open an individual's third eye chakra because crystal balls link to the earth, moon, and other planets found in our vast solar system.

You should set your crystal ball in a place that requires a high level of light and fresh energy. If you have a center table in the middle of a light and breezy lounge, for example, that would be ideal.



What Do I Do With My Crystals?

You've got your crystals - but now what?

One of the most critical parts of using healing crystals is setting your intention and applying it to your gemstones. For your healing crystals to work, you must set them a job and a purpose. After all, crystals want to work with you, but you must tell them what to do for you.

When you connect with your programmed gemstone, it will help you remember and recognize your goals more clearly.

Programming Your Crystal

To program your crystal with your intention, you must first cleanse it. There are several ways to clear your crystal, and you can choose the method that resonates with you the most. We'll get onto how to cleanse your crystal more thoroughly later, but for now, here are a few options.

You can choose to submerge your crystal within the smoke of a burning sage stick, Frankincense resin, or Copal incense. You can also place your gemstone under the shimmering light of the sunshine or the full moon for at least four hours. Or, you can bury your crystal into the earth so it can absorb the earth's energy once again.

If you have a smaller crystal, you can move it on top of a Clear Quartz crystal or a Selenite crystal. This way, you can clear and cleanse it using the powers from the other stones.

A Beginner's Guide to Healing Crystals

Once your crystal is cleansed, take it and place it in your hands. Close your eyes and take three deep breaths, thinking about your faith, the earth, and what makes you happy in life. By manifesting such positive thoughts, you can connect to your highest vibration.

Your highest vibration may link with a religious or spiritual belief, God, or perhaps a divine power that's even bigger and greater than you.

While connected to your highest vibration, request that your crystal is cleared of all negative or unwanted energies or any previous programming. You can say this aloud or within your head, depending on what feels right to you.

A suggestion is to say, 'I request that the highest vibration of love and light connect with my highest self to clear all negative and unwanted energy or any previous programming. I request that this crystal understands the intention of ...' and finish the sentence by adding three personal intentions for your crystal.

Finish the programming by repeating 'thank you' three times. By repeating this three times, you highlight that what you're requesting already exists within the universe.

If any of the following occur, try using the crystal for short periods while you adjust to the energy. If they persist, remove the crystal from your routine altogether. You can always try to use the crystal later and can opt for a gentler crystal featuring similar energy in the meantime:

- Spikes and dips in energy levels
- Feelings of discomfort
- Anxiety
- Light-headedness
- Nausea

Carrying Crystals

Keep your crystal's energy with you every day by carrying them around with you. For example, you can tuck them into your pocket. Some women like to tuck their healing crystals into their bra so that they're close to their heart and lungs at all times of the day.

Crystals in the Home

Leaving crystals around your home is a great way to soak up the positive energies. After all, if you're present in the energy field of the crystal, the energy is going to boost your frequency.

There's no wrong or right place to set crystals in your home, but on a bedroom desk or nightstand is a popular spot.

Meditation and Yoga With Crystals

Meditating with crystals can be an effective way to unblock the chakras and to encourage free-flowing energy. Meditation, much like sleeping, allows the body and mind to calm completely. That means it's an ideal state to welcome a crystal's healing energies.

By incorporating crystals into your practice, you can amplify the benefits of both your meditation and healing crystals. This allows you to fall into a deeper level of peace.

To start, select the crystals for the chakras you're working on. You may like to cleanse them, mainly if you haven't used them in a while. We'll get to methods on cleansing crystals later in the eBook.

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Once you've prepared your crystals, the next stage is to decide where to meditate with them. If you've meditated before, perhaps you already have a favorite spot. If you're a newbie, then try to find somewhere quiet and cozy where you'll be left undisturbed.

Many people enjoy lying down on their bed or sofa for ultimate comfort, but others prepare to rest on a straight-backed chair. It all comes down to preference.

Set your intention for the crystal and keep it tucked into your hands, holding it. Look at the crystal and absorb every detail. Gaze upon the crystal's hue, shape, and texture, and thank it for entering your life.

Then, close your eyes and begin to breathe deeply and steadily. Continue to focus on the crystal sitting in your palm and welcome your meditative state. It's time to relax and let the crystals work their magic.



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While you may not notice anything out of the usual at first, your aim is to embrace the crystal's energy. This can happen in several ways.

For example, you may experience the crystal vibrating within your palm, you may picture flashing images in your mind, or you may suddenly become over wash with clarity about an issue in your life. If you experience any of this, then you know the crystal is doing its work. Some individuals notice a tingling sensation while practicing, while others may experience an overwhelming sense of calm.

Once your meditation session has finished, be sure to thank your crystal for its help. That's whether you feel like you've gained clarity and assistance during that meditation or not. Then, be sure to store your crystal safely. We'll get onto how to store your crystals later if you're not too sure of the best practice yet.

For the best results, try using a guided mediation for the chakra you're focusing on.

Many people also like to bring their healing crystals to their yoga practice. Place them near your mat to absorb the energies as you stretch, or you could even set them on your body during savasana.

Sleeping with Crystals

Soak up the powers of your crystals as you snooze by placing them under your pillow before you go to bed at night. Alternatively, place them close to you on your bedside table. As the crystals are so close to you as you sleep, you can still benefit from the energy as you snooze.

Before you head to bed, first hold your crystals in your hand and think about any issues you have in your life. This act means that when you sleep with the crystals underneath your pillow, the crystals will help your mind relieve any problems while you doze.

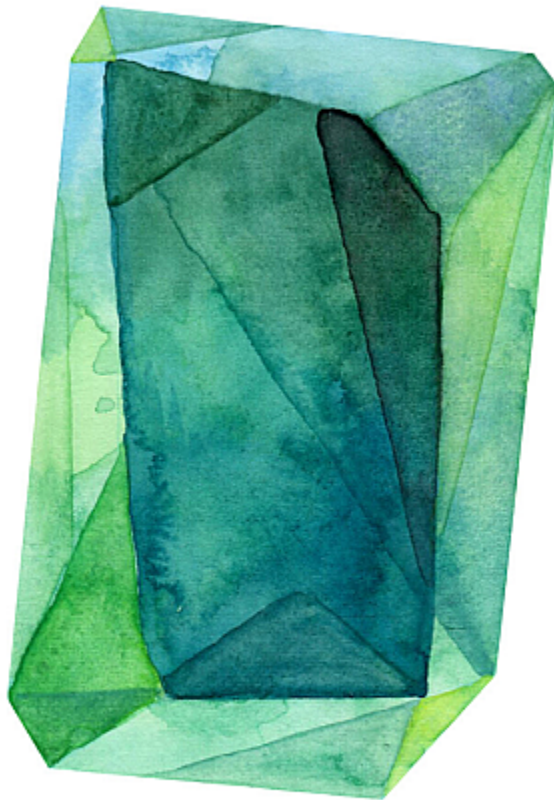
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A good bet is the Selenite stone, as it's one of the most effective at helping with sleep issues.

Bathing with Crystals

Make bath time even more special by placing some of your favorite crystals within the water. Remember, though, not all crystals are supposed to be in the water, so make sure to check first.

For ultimate detoxification and calm, consider using Shungite, or pop a piece of Rose Quartz underneath the bubbles to practice self-love.



How Do I Use Certain Crystals?

Certain crystals can be used in specific ways for better results. Here are some of the most popular healing crystals and how to use them.



Clear Quartz and How to Use it

Clear Quartz is an excellent option for beginners and helps to further amplify your intention. A versatile crystal, Clear Quartz magnifies the vibrations of gemstones around it too. Clear Quartz can even help cleanse and re-energize other crystals due to its strong cleansing powers and its ability to counteract negative energy blockages.

To use Clear Quartz, sit quietly with the crystal, and allow its white light to attract positive energy to your body. Think about your intention for the stone and let yourself trust in the power of the energy and vibrations exuding from the crystal.

Selenite and How to Use it

Selenite is another powerful healing crystal used for cleansing, as it offers a positive flow of vibration and energy between the user and the rest of their crystals in their collection.



To use Selenite, move the crystal down the body, starting from the top of the head and down to the feet. This method allows negative energy to be removed from the body, clearing the surrounding aura. Continue this cleansing ritual until you feel refreshed and rejuvenated and full of positive feelings.

Afterward, you'll feel a repaired sense of balance, and more connected to the universe.



Amethyst and How to Use it

Amethyst is known for its strong spiritual properties. A beautiful shade of purple, the Amethyst looks beautiful placed around the home and works as an effective meditation stone as it encourages inner strength and offers spiritual protection.

When thinking about your intention, place the Amethyst close to you to exude peaceful and calming radiation. Amethyst also works well when paired with yoga and meditation practices.

Citrine and How to Use it

Citrine is a transparent, yellow variety of Quartz that harnesses the power of the sun. Infused with light, the Citrine sits perfectly in a windowsill exposed to sunlight. With infusions of natural light, the Citrine becomes restored full of strong vibrations.



The Citrine is one of the most renowned stones for manifestation, making it an ideal option for beginners hoping to transform their intentions into reality.

As well as placing your Citrine stone next to the windowsill to bathe it within the sunlight, you can also pop a piece on top of a written list of your dream manifestations to help transform them into reality much quicker.



Rose Quartz and How to Use it

Rose Quartz is the most popular heart or love stone. Its powers encourage unconditional love, making it the ideal stone to improve platonic, familial, self, or romantic love.

To use Rose Quartz, you'll need to conduct a self-love ritual to set the mood and romance yourself. To begin, cleanse the Rose Quartz using one of the methods mentioned below, such as with running water, or by burying it in the earth.

Afterward, dress in comfortable and loose clothing that makes you feel free, open, and sensual. To set the right atmosphere, light some fragrant incense or diffuse sweet-smelling oils.

Some great incense choices include honey rose, jasmine, cinnamon, ginger, rose, lavender, basil, lemon, and lime. These fragrances are all aphrodisiacs and will fit the ritual well. Many individuals also find the scent of warm vanilla pleasing too, which pairs well with cinnamon for an atmosphere filled with soft, sensual, and delicious vibes.

To add to the atmosphere, why not decorate the room with a bunch of beautiful blooms filling a vase, or play some soothing instrumentals? Don't be afraid to go all out.

Once you've set the mood, relax, and use your favorite oil or lotion to massage your skin. Then, when you're ready, take your Rose Quartz in your dominant hand and embrace the sensual vibes filling the room and from the crystal.

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Let the feeling whisk you away as if you were perched on a pink cloud. As you welcome the energy, say to yourself, 'I am unconditional love' repeatedly until it feels right to stop. This can take any time from as low as three to six times, or up to three to six minutes of speaking - it depends on the individual.

Picture the light emitting from your hand into the crystal, filling it with loving energy. Afterward, lie down and set the Rose Quartz on your chest for around six minutes, soaking in all the love you're giving yourself.

Whatever you do, always set your intention before using your healing crystals. Tell them what you need from them and ask them to keep negativity away.



How Do I Care for My Crystals?

Your crystals will soon become important to you. So, it's essential to care for them the right way to maintain your connection and to ensure they're only radiating positive energies.

When we look after our crystals, we're looking after ourselves. We're asking energy that's negative or inharmonious with our lives and intentions to disperse quietly in a peaceful and healing way. When we take these small measures to remove such energies, we allow ourselves to connect with our crystals, ourselves, and with others on a better level.

Over time, the energies of the crystal weaken or become tired. This happens quicker, the more a crystal is used. Plus, crystals can pick up negative energies from the environment around them, which means they'll need clearing.

In this section, we'll outline some of the best ways to clear negative energy from crystals. We'll also show you how to care for crystals once you take them home.

Remember, whatever method you choose to cleanse and charge your crystals, be sure that it isn't damaging. For example, water and abrasive methods shouldn't be used on soft and delicate stones such as Calcite.



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Once your crystal becomes exhausted or has completed a task, it can potentially break or even disappear for a period. So, be sure to give your crystals a rest occasionally to avoid wearing them out.

Taking Your Crystals Home

Once you've chosen your crystals, what you do next is also important. Many retailers offer a cleansing basin to help you cleanse your crystals of lingering energies absorbed, and this is usually a complimentary service. However, to be on the safe side, we'd recommend cleansing the crystals yourself too once you arrive home.

Incorporate some sea salt to the cleanse or burn some sage to ward off unwanted or negative energies.

You can also leave your healing crystals out to dry underneath the sun in the morning or the full moonlight to allow the light to filter through.

Storing Your Crystals

Of course, you'll want to safely store your precious crystals out of harm's way. Stop them from rubbing and becoming damaged by keeping them tucked into a silk cloth or set in drawstring bags. Not only does this protect them physically, but it protects their energies too.

If you have delicate or expensive stones, you might want to opt for something even more protective. This could be a beautiful little wooden trinket box, for example, or a set of drawers. These spots also help shield the crystals from fading from the sunlight.

How Do I Cleanse My Crystals?

When you first take your healing crystals home, you must cleanse away any negativity that they may have absorbed. As your crystals are likely to have traveled long distances, for example, from the source to the seller to the buyer, it's essential to make sure they're cleansed and ready to use.

There are several ways to cleanse your crystals. We'll go through some of the best options.

Run Under Fresh Water

Water is known to neutralize any negative energy within a crystal and return it to the earth.

Cleanse your crystals using water by holding your crystals underneath cold, running water from a tap. An even better idea is to rinse it in a natural source of water, such as a river.

Whichever option you go for, make sure the water is cold instead of warm or hot. You should also make sure that your crystal is completely submerged for up to one minute. When you remove your stone from the water, pat it dry gently.

This method of cleansing works well for hard stones such as Quartz but be wary with softer or more brittle types. These include Selenite, Kyanite, and Halite.

Submerge in Saltwater

Traditionally saltwater has been used to absorb negative and unwanted energy. If you have enough time to spend by the ocean, take a trip to the sea and collect a bowl of fresh saltwater.

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While this is the better, more natural option, you can also mix a tablespoon of sea, rock, or table salt into a basin of water.

For either option, place your crystal into the salt water and make sure it's fully submerged. Now it's time to play the waiting game. Soak the stone for around two days to thoroughly remove the negative energies.

When ready, remove from the salt water and rinse and pat dry.

This method is ideal for hard stones such as Quartz and Amethyst. However, don't use it on stones that are soft, porous, or contain traces of metals as the saltwater can damage the stones. Such stones you should avoid using this method on include Malachite, Selenite, Halite, Calcite, Lepidolite, and Angelite.

Leave in Brown Rice

An easy way to draw out negativity from a stone is to submerge it into brown rice. Simply heap dry brown rice into a bowl and bury your stone deep into the grains. Leave for around 24 hours and be sure to dispose of the used rice immediately after the cleansing ritual.

As you can imagine, the rice will have absorbed all the negative energy you were hoping to eradicate, so it's important to have it removed as soon as possible.

One of the best parts of this method is that it can be used for any stone, so it's a very versatile cleansing technique. However, protective stones such as Black Tourmaline, in particular, will benefit from this ritual greatly.

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Bathe in Natural Light

When it comes to cleansing crystals using natural light, it's best to use this method during specific points in the solar or lunar cycle. However, you can still use light to cleanse your stone at any time.

Use both moonlight and sunlight to thoroughly cleanse any unwanted energy from your stone by setting it out before nightfall and bringing it in at around 11 am the following morning. This way, your stone can cleanse underneath the glow of both the moon and sun.

If possible, set your crystal directly onto the earth for extra cleansing. But, of course, make sure your crystals won't be disturbed by local wildlife or passers-by's.

Remember, it's important not to leave your crystal out any longer than this. Too much exposure to direct sunlight may affect the surface of your stone, affecting its quality.

Once your crystal has been exposed to natural light long enough, give it a gentle rinse to get rid of any dirt or debris. Then, pat dry.

This cleansing technique works well for most tumbled stones, but you should avoid using it on vibrant stones such as Amethyst that may become lightened by the sunlight. You should also choose another method for soft stones, including Celestite, Halite, and Selenite, that could potentially become damaged from adverse weather conditions.

Pass Through Sage

Sage is a plant known for its plethora of healing properties. Smudging your healing crystal with sage is meant to clear any inharmonious energies and to restore its natural vibrations.

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To cleanse your stone using sage, you'll need a fire-safe bowl, a lighter or matches, and loose or bundled sage.

If you can only smudge your rock indoors, make sure you're close to an open window. Otherwise, smudging outside is a better option. That's because it's easier for the smoke and negative energy to disperse - you certainly don't want to keep it contained within the home.

When you're ready to cleanse, light the tip of the sage leaf with the flame. Hold the sage in your nondominant hand and tightly hold your crystal before moving it through the smoke emitting from the flamed sage leaf. For the best results, allow the smoke to engulf the stone for around 30 seconds.

If your stone hasn't been cleansed for a while, or you can feel that the stone is full of negative energy, continue smudging for an extra 30 seconds.

This is another effective cleansing technique that can be used for any type of stone. This is even for soft and porous stones.

Heal Using Sound

Another way to cleanse your stone is by using sound healing. This method allows a single pitch or tone to cover an area, matching the same vibration as the tone.

To start sound healing, you can use chanting, singing bowls, a tuning fork, or even a pleasant-sounding bell. If the noise emitted is loud enough for the vibration to encompass the crystal, it doesn't matter precisely what key the sound is. Keep the noise coming for around five to 10 minutes for the best cleansing results.

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This method is perfect for collectors who possess a large volume of crystals that would otherwise take a while to cleanse individually. Not only can it reach all the stones in the vicinity, but the method works for every kind of crystal too.

Use a Larger Stone

If you own large stones such as Quartz clusters, Amethyst geodes, and Selenite slabs, these work wonderfully for cleansing smaller crystals. However, be sure to make sure that the large stone is cleansed itself and isn't holding onto negative energy to pass on.

Simply set your stone directly inside or on top of one of the larger stones. The bigger stone's powerful vibrations should then remove any negative or inharmonious energies found in the smaller stone.

Leave the stones together for around 24 hours for the best results. The good news is that any small stone can be cleansed in this method too.

Use a Smaller Stone

Certain stones contain natural clearing powers that can help cleanse your other stones. These stones include Carnelian, Clear Quartz, and Hematite.

As these small stones are usually quite small, you may need to have more than one to effectively clear other stones.

Set the clearing stones into a small and compact bowl, then place the crystal you'd like to cleanse on top of them. Leave for 24 hours, and voila! Your stone will be cleansed and cleared, ready for use.

Again, this cleansing method works for all stones, making it a versatile and useful technique.

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Apply Breathwork

Breathwork is another easy cleansing method. Place the stone into your dominant hand, then think about your intention before deeply inhaling through your nose.

Bring the crystal close to your face and exhale short and powerful breaths through your nostrils and onto the crystal to elevate it to its highest vibration. Use this breathwork method for around 30 seconds on each stone.

While this is a quick and easy way to cleanse stones, it's only suitable for small stones.

Visualize

Visualization is considered as one of the safest ways to cleanse crystals. However, it can be slightly intimidating for some people.

This is because the more you understand and are in tune with yourself, the easier it is to transfer your energy to the stone you'd like to clear. If you're not in tune with yourself, then the process will be complicated.

To take the challenge, begin by placing your stone within your hands and closing your eyes.

Visualize your hands filled with a bright, white, and radiant light. Imagine the light surround the stone, watching it grow brighter and more beautiful in your hands. Picture the impurities flushing out of the crystal, leaving the stone to glow with a renewed and refreshed purpose.

Keep going with this vivid visualization until you can feel the crystal's energy shift. This should take around one minute per stone, and the method can be used on any crystal.

How Often Do I Need to Cleanse My Crystals?

You may be wondering how often you'll need to cleanse your stones. Putting it simply, the more you use your crystals, the more energy they collect, so it depends.

A good rule of thumb is to cleanse all your stones at least once a month. But if a stone is feeling heavier than usual, it's a good idea to cleanse it as it may be carrying negative energies.

Remember, you don't need to wait a designated amount of time between cleansings. Go with what feels right for you and your stones.

What's the Best Method for Cleansing Crystals?

With so many different methods for clearing stones, it may be overwhelming to choose a technique. There isn't a best or more preferred way to clear stones. It's whatever method resonates with you, your practices, and your crystals.

Remember that whatever works best for you may not work as well for others, and vice versa. Always pay attention to what feels right for you as an individual.

What Should I Do With My Crystals After They've Been Cleansed?

Once your crystals have been cleansed, find somewhere mindful to keep them. Some good spots include near windows or plants to allow them to absorb natural healing energy. However, as mentioned, be careful as to which stones you place in sunlight as with time, this can affect the quality.

Otherwise, place the crystals around the home, office, or any other space that fits with your intentions.

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Remember, it's not just about the physical care of the crystals. For crystals to work effectively at their best, you must mentally remove any negative energies or skepticism you may have about their powers. For the crystals to work their magic, you must respect their abilities and have trust in them.

How Do I Charge My Crystals?

It's easy to get confused between cleansing and charging crystals. However, there's a vast difference between cleansing and charging your stones.

While cleansing refers to removing the stone of any unwanted or excess energy it may have absorbed from its surroundings, charging refers to programming your stone and telling it what your intentions are and what you expect from it, as explained earlier.

Put simply, you're infusing your crystal with a single intention by charging it. While we touched upon a few ways to charge your crystals earlier, now we'll go through some of the various methods of charging a crystal in more depth.

Visualization

The visualization charging method is like the visualization clearing method, except there's more of a focus on your intentions for the crystal.

To get started, place the crystal in your non-dominant hand. Then, close your eyes and picture a bright white light surrounding both you and the crystal. Speak to the stone with your dream intention and request its help and guidance to achieve it.

Bury into the Earth

Burying certain crystals is a great way to immerse them into the earth to recharge. If you have crystals such as Rhodonite and Rose Quartz, leaving them to charge within the soil of a garden will give them the energy burst they need.

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Be careful not to use the same method for softer or more delicate crystals, though, as the earth can affect their quality.

If the earth leaves your crystals physically dirty, then most crystals can be cleaned using lukewarm water and gentle soap. Use a soft toothbrush to cleanse deeply into any crevices or corners. Again, be careful with any soft or fragile crystals to avoid any damage.

Bathe in Natural Light

Crystals can also recharge using celestial light sources, depending on the type. Healing stones such as Carnelian, Sunstone, and Citrine can be placed within a flowing beam of sunlight or moonlight to give them that much-needed energy boost.

Other stones, such as Moonstone and Amethyst, charge better under the glow of moonlight. That's because, as mentioned, some crystals like Amethyst can fade in the sun, affecting the quality of the stone.



How Else Can I Use Crystals?

While crystals look beautiful on their own, a great idea is to purchase them as accessories so you can have another use for them too. After all, while the main benefit of crystals is their healing powers, they look beautiful also.

Not only do crystal accessories look nice, but they help radiate positive energy. Let's have a look at some ways to wear crystals on your person or how to decorate your home with them.

Jewelry

From rings to earrings to necklaces, there are many ways to fashion stunning crystals into jewelry. By wearing your crystals on your person often, you can soak up the positive vibes wherever you are.



Crystal Bracelets

Crystal bracelets are one of the most popular healing crystal products available today. These bracelets are crafted using authentic gemstones. The beads of a bracelet can all be sourced from one stone, or they can be from various crystals to target every chakra.

By wearing a crystal bracelet, positive vibrations are transferred from the stones into the skin and deep within your spiritual chakras. Wear your crystal bracelet on your leading hand for the best effects. So, if you're right-handed, keep the bracelet on your left hand, and vice versa.

Crystal Amulets

As discussed, each healing crystal possesses specific healing powers that correspond to an individual's aura. When a healing crystal is worn as an amulet, the primary function of the jewelry is to protect the body, repelling negativity. Depending on your personal needs, crystals chosen for an amulet should work to heal, repel negative energy, or amplify positive energy.



Crystal Prayer Malas

Many people opt to wear crystal prayer beads, known as crystal prayer malas, around their neck so that they rest against the heart. This helps inspire many kinds of positive feelings in a close and comforting way.

Crystal beads help unite the powers of prayer, traditional beliefs, and the powers of gemstones together. We recommend that you pursue the ancient yogic practices of setting your intent onto your crystal prayer beads using the power of your thoughts and their energies.

Then, be sure to wear your crystal mala beads around your neck or your wrist to help transfer energy based on your requirements to fulfill your inner chakras. Crystal prayer beads generally represent inner peace and tranquillity, but with a strong and powerful mindset, they can help you achieve even more than you'd imagine.

You can also keep your crystals close to you daily by merely carrying them around with you. Choose the crystal that works for your needs that day and wear them anywhere on your person from your pocket to your purse to your bag.

Coasters

By choosing coasters that are fashioned with genuine gemstones, you can welcome balance and harmony to radiate throughout the home. Such coasters are ideal for people who want to be surrounded by good energies daily every time they step into their abode.



Sex Toys

There are many sex toys fashioned from crystals to mix healing and sexual energies to provide moments of pure sexual pleasure healthily. Crystal sex toys are incredible tools often used by people who have experienced a sexual rut and require some confidence to help them open up.

Pipes

These days you can even smoke out of hand pipes that incorporate crystals into the design. Crystal pipes are often smooth, easy to use, and sturdy. Usually, such pipes are used by people who use medical marijuana to assist with a health condition.

Water Bottles

Crystal water bottles have become more prevalent in recent years, with crystals being merged into the water bottle design. In most cases, a gem pod sits within a well-crafted glass bottle, so that the water first drunk surrounds a healing crystal. Such products are said to promote wellness, beauty, and balance. And bring your crystal water bottle along to your next yoga session as a great conversation opener!

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Ornaments

Ornaments crafted from crystals can amplify their energy. While they're more expensive, they also work as beautiful decorations for the home. Plus, you'll soak up the energy whenever you spend time at home, which for many, is quite a lot.

Crystal Healing Trees

Crystal healing trees are popular ornaments fashioned with healing crystals. Not only are they beautiful to look at, but they can also do a great deal of good for you and your home.

Decorate your living spaces with crystal healing trees to utilize the powers of chakra healing, welcoming positive energy throughout the home. That way, you can encourage the healing crystals to benefit both you and the rest of your family.

As healing crystal trees mimic a tree growth from the earth, the energy moves from the soil through the branches and throughout the home. So powerful and effective, healing crystal trees are one of the best ways to diffuse positive energy throughout the house.



Place these pretty tree ornaments in the southeast corner of your home to welcome the energy and positivity required to help you improve your financial situation. For success in your career, set it in the northwest corner of the home instead.

Crystal Healing Angels

Healing angel ornaments are another much-loved item created from healing crystals. They're highly recommended by spiritual experts such as astrologers and tarot card readers. Many people who practice astrology, tarot card reading, or any other type of supernatural reading tend to set crystal angels around them to help them seek guidance.

Everyone knows how special guardian angels are, so as far as both spiritual and emotional protection and guidance are concerned, not much compares to a beautiful guardian angel ornament crafted from powerful healing crystals. With carved wings that bend into hearts, crystal healing angels distribute love and provide calming energies and vibrations that infuse your living space.

With practice and patience, crystal healing angels can even help you reach your true guardian angels.



Should I Get a Crystal Healing?

If you're interested in crystal healing but don't feel comfortable choosing your crystals or conducting healing on yourself yet, it may be a good idea to seek a professional healer. This is an empath who is well-practiced in the art.

By meeting a healer, you'll have the right crystals carefully selected for you by an experienced healer. As well as that, you'll gain the benefits from experiencing the healer's energies that combine with the vibrations of the crystals, resulting in a potent dose of energy.

Once you experience crystal healing in this way and have spoken to your healer about crystal healing on yourself, you'll likely feel more comfortable cleansing, programming, and directing the stone's energies yourself in the future.

You'll discover that as your knowledge in healing crystals grows, you'll be able to intuitively select the right crystals to suit your requirements.

As mentioned earlier on in the eBook, when choosing a crystal healer, it's always recommended to let your instincts guide you. Listen to your gut. It's that all-knowing feeling in your lower stomach, otherwise known as the solar plexus.

If you feel drawn and connected to a healer, then that's excellent news, and you should feel comfortable going ahead with your session. If you instead feel wary or uncomfortable, then it's a sign to walk away and look elsewhere. After all, if you don't feel calm and secure during your crystal healing session, the stones are unlikely to work their magic.

Have Faith in Your Healing Crystals

If you choose and use healing crystals with some skepticism, they're unlikely to emit the positive energies and vibes you're hoping for, and likely won't do you any good. They won't do you any harm either, they simply won't provide the benefits that you're hoping for.

An open mind is crucial for welcoming the positive qualities that beautiful healing crystals offer. Whether you're hoping for positive energy or you're seeking specific healing powers for a problem, there's no harm in opening your heart and mind and giving healing crystals a good go. If you go into the process in the right way, you'll sure to be pleasantly surprised.

Love & Light...

