

## **Basic Crystal Guide**

### **What are Crystals?**

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Crystals are minerals formed in various places over a long period of time. As it forms it begins to pick up the energy of the surrounding area. So if it forms outside it will pick up the sun rays, the energy of nature, if it forms in a mountain it will pick up surrounding vibrations and so forth. This will give the crystal its particular quality and colour. The colour normally corresponds to the colour of our chakras (energy centres) see guide below. The crystal carries with it differing frequencies that can help to match the polarities of the chakras. We can use them for healing and protection.

#### **Programming and cleansing crystals**

As mentioned above crystals tend to soak in the energy around them, if you using crystals then its important to keep them cleansed. Crystals can remember negative as well as positive energies and so will sometimes need to be cleansed. For instance, an amethyst will actually help to cleanse a room of negative energies (eg. anger) but this means that the amethyst, which will retain an element of that negative energy, will itself occasionally require cleansing.

#### **What gives individual stones their characteristics?**

Different stones have different energetic properties. With a little practise and intuition, anyone can interpret the immediate characteristics of a stone. For example, red is the colour of action, and red stones can invigorate and enliven in the same way that the blood in your body gives you life. White or clear stones such as quartz may help you to see more clearly. Purple stones may assist in transformation and change. You need to start to trust your on intuition, we all have a sense of knowing what is right for us including crystals, we have just been overwhelmed with the noise and clutter of modern living.

## **Types of Crystals**

### **Single terminated wands**

These have a single point at one end and a rough or rounded edge at the other. They are used widely in healing, cleansing and meditation and as jewellery.

### **Chunks**

Chunks are rough crystals. They can be good for enriching a room's atmosphere, for holding during meditation or simply carrying in your pocket.

### **Clusters**

Clusters consist of a group of small crystals that have naturally grown joined together. Clusters can be excellent for enriching a living environment or workplace. Depending upon their properties they can cleanse, invigorate or calm an atmosphere.

### **Cut and shaped crystals**

Cut crystals are crystals that have been cut and polished into shapes such as pyramids, wands or spheres, which can make them very attractive. If they are well-cut the energy of the stone can be maintained and sometimes amplified.

### **Tumblestones**

Tumblestones are small stones, rocks or crystals that have been tumbled over each other many times with increasingly finer abrasive until the sides become smooth and shiny.

## **How do I choose a crystal?**

You can go to a crystal shop and ask for help in selecting your crystal shop or you can go and feel them and see which one you are attracted to. If you know which one or more of your chakra is out of balance then you can buy one that matches the polarity of the said chakra.

Mostly it's best to buy one that you resonate with. If a crystal is not right for you, you will end up losing it or breaking it. For this reason start with buying cheaper types until you are used to using them on a more regular basis.

Crystals will also get lost when the energy changes with you.

## **Healing with crystals**

Different **crystals** have different energies and properties, and between them can affect mental, physical, spiritual and emotional aspects of ourselves. Simply holding the right crystal at the right time can bring about a change in our attitude and well-being. You don't necessarily need to look up the meaning each time you do this. Over time you may acquire a number of crystals - just take hold of the one you feel drawn to.

The right crystal can affect the energy of an environment, and the energy it holds can influence you whether you simply hold it in your hand or place it by your bed or on the mantelpiece. Crystal healers use their knowledge of the stones and of the patient in the healing process. There are various methods of healing with crystals, such as placing crystals on and around a person while they are lying down, or using a wand or point to focus love, energy and intent on the other person in a way that relates specifically to their ailment and needs.

## **Cleaning your crystals:**

Clearing a gemstone or crystal is key right after purchase. It may have many things attached to it on its way to be yours. A cleared crystal will feel bright and positive. If it feels hot and heavy, it probably needs to be cleared.



## **Water**

One of the easiest and quickest way is to wash them under the tap and put the intention that you are cleansing the frequency of any bad energy.

## **Reiki**

You can clear the crystals negative energy by doing reiki, either touch at level I or using symbols at level II.

Sea salt is the best way to clean your crystals. It will dispel any disease and negativity. It is also used as a psychic and physical disinfectant. It can be mixed with water or used dry. Place the stones in the container and let them soak overnight. If you are lucky enough to live by the ocean, you can bring the salt water in a jar and soak your crystals in it overnight.

The light of the moon is also a powerful cleansing agent for stones. Place the stones outside during a full to new moon. Place necklaces in tree branches where the moon will be sure to hit them. The waning moon is a good time to dispel any negative energies from the stone.

You can charge them in the sun light however the sun can fade the intricate color from the stones. It can also cause cracking or internal damage if they are left out too long in the sun. Smudging your crystal with herbs such as sage, sandalwood, frankincense, or myrrh can also help cleanse them.

You can also bury them in the dirt. This method is used for deep cleanings. Simply dig a hole and place the crystal in with the point down, and cover. Place some kind of marker so you don't lose your stone. The amount of time needed is up to you and how you feel the crystal is recharging. You can also use flower pots for this as well.

## **Guide to Crystals**

**Agate:** This stone is made of tiny flecks of quartz in ribbons. It is waxy and soft and always translucent. It helps to build self-confidence. Also, it helps with left and right brain balance.

**Amazonite:** This stone is representative of prosperity. It helps to open the heart, throat, and solar plexus chakras. It increases your self-esteem and helps you to communicate better.

**Amber:** Clear or orange petrified tree sap is the charm of this stone. It helps in past life work. The stone gives the person mental acuity, confidence, and a balance in their thinking. It can help with depression and bringing forth a positive attitude.



**Amethyst:** This stone is for dream recall. It can help enhance psychic abilities. It reduces nightmares when worn at bedtime. It is considered the master healing stone.

**Aquamarine:** This beautiful stone has the calming energy of the sea. It can be used for protection when traveling, particularly if you will be on water. It helps to clear blocked communication and assists in verbal wording.

**Beryl:** This stone helps in filtering out distractions, relieving some stress, and can help to bring peace to your mind. Most times, these stones are used for harmony and balance.

**Bloodstone:** So named because this stone was at the foot of the cross where Jesus' blood dropped on it. It is used for calming and tranquility. It attracts good luck and is correlated to honesty and integrity.

**Calcite:** This crystal comes in many vibrant colors. It is used with the joints, cleansing the organs, and helping with memory. This stone will keep you anchored and help you feel comfortable no matter where you may be.

**Citrine:** A versatile stone, this one is mostly used for mental and emotional clarity and memory issues. It never has to be cleansed of negative energy, because these stones are quite positive. Most importantly, it can help us rid those negative feelings and assist us in accepting events the way they are.

**Diamond:** Ignore the monetary value and look at its properties. With other stones such as aquamarine, it can actually boost the stone's power. Some say that the blue inside the color spectrum of the stone can actually help with glaucoma. It was used as a detoxing stone in ancient times.

**Dioptase:** A deep blue-green crystal, it helps the heart chakra release negativity and heal itself. It promotes sincerity and emotional balance and its healing can go deep into the earth.

**Emerald:** A symbol of love and good luck, this stone is used for harmony and peace. It also helps with depression and insomnia. **Fluorite:** This stone has every color of the rainbow, usually translucent in



appearance. It is used as a balancing stone. The stone is also used to heighten psychic ability and spiritual connections.

**Garnet:** Ranging in a multitude of colors, this stone heightens creativity and helps with the circulatory system. The brighter the stone is, the better it will work for you. It is used for help with exhaustion, strengthening blood, hormone balance, and fertility. It also helps us open up to others.

**Geodes:** These are rock like on the outside and contain a crystalline structure on the inside. They usually contain forms of quartz, amethyst, and citrine. It helps with pursuits of math and assists in the decision making process.

**Gold:** This is an all purpose type of gem. If placed in the sunlight for a time, it will become positively charged. It can help with degenerative diseases and chemical imbalances. It imparts an assertive energy to the wearer.

**Hematite:** This shiny stone is used for grounding and encourages survival instincts. It also helps to enhance memory, give mental clarity, and give the wearer a sound sleep. It deflects negativity and restores balance. It was used by the ancient Egyptians for hysteria and anxiety.

**Iolite:** This stone is a bluish lavender color. It represents truth, peace, and living at a higher awareness level. It is one of the best stones to use in psychic healing and spiritual activities. It can help open your psychic abilities and expand upon them> It is mostly used for meditation and astral travel.

**Ivory:** Use this stone ONLY if you are drawn to it as it comes from elephants and walruses. It is used in the ailments of bones and joints. It will help make you become more in tune with animals and nature.

**Jade:** This stone is used for health and wealth. It sends out a gentle, steady healing energy. It comes in a variety of colors and can be used on the chakra that corresponds with its color. This stone can help mellow your existence and rid you of negativity. It is a very protective stone.



**Jasper:** This stone will work for practical solutions in your life. Its energy is used for grounding and protection. Jasper comes in a rainbow of colors. Native Americans used Jasper to help them connect to the spirit world and protect them while they traveled.

**Kyanite:** Used for grounding and tranquility, this stone comes in several colors. It is used for visualization, dream interpretation, and meditation. It is also said if this stone is carried around in the pocket for a time, it will align all the chakras back to where they are supposed to be.

**Labradorite:** Usually a metallic iridescent stone, it helps the wearer to share their strengths with the people around them by helping them to relate better to others. Don't clean this one with salt.

**Lapis Lazuli:** This beautiful stone comes in many hues of blue. It will help to organize and quiet the mind. It gives us total awareness and insight into our dreams. It can help to increase psychic ability and spiritual purity. Wear close to the throat.

**Malachite:** This stone has a steady flow of electromagnetic energy. It is used in healing and can clean the auric field by absorbing negativity. Place in all four corners of a room to cleanse of toxins. The stone must be cleansed daily. It will also help to amplify the positivity in your life, so use when you are feeling down or depressed.

**Meteorite:** A solid brown to black mottled stone, it helps with greater awareness of your surroundings. These stones are in tune with the cosmos' energies and can help raise our own energies to a higher level.

**Moonstone:** This stone comes in a variety of colors. It honors the Goddess in all women and also aids in dieting, meditation, and Psychic awareness. It can help give us greater flexibility and calmness in our lives.

**Nephrite:** This stone has creamy type colors. It has a steady energy and helps to mellow one's existence. It can also assist the wearer in ridding themselves of negativity. It is a protective stone and helps the body filter out any toxins.



**Obsidian:** This stone is formed when hot lava is poured into water. It has a strong grounding property and reduces the need for escape from life. It help to dissolve anger and fear and converts it t flexibility.

**Onyx:** This stone helps to balance and ground the wearer. It is used for centering the person to connect with higher powers. It can help to banish grief and enhance self control. It also brings balance to the body and good for people under mental and emotional stress.

**Opal:** This sparkling stone amplifies feelings or buried emotions. It gives us the ability to be more spontaneous.

**Pearl:** These stones are symbolic of a pure heart and innocence. It is used in balancing the emotions. It is a very nurturing stone, but it will hold negativity until it can be cleansed. They help to stabilize the mind and stimulate the heart. It is also said pearl powder can be used on the skin like a skin cream for wonderful effects.

**Peridot:** This stone is a visionary stone and is used for health and wealth. It assists us in connecting to our destinies and in understanding the purpose of our existence. It can help the body release toxins and with mental cleansing.

**Petrified Wood:** It is said to help the skin and muscle tissue. This stone helps you become more aware of all things in nature. It also can assist the wearer to connect with past life experiences and issues and bring them to light so they can be dealt with in this life.

**Quartz:** There are so many different kinds of Quartz and in a rainbow of colors. It is known as the most versatile healing stone. It is used for harmony and sending guidance to others. The stone is also used in balancing the Aura. Rose Quartz is said to amplify the love of life to others from the wearer.

**Rhodonite:** Tis is called the stone of love. It calms the heart and helps with grounding and balancing. It will allow us to focus on tasks and gets rid of confusion. It can also help in spiritual healing and communication.



**Ruby:** This deep red stone helps with blood sugar levels and re-energizing after going to exhaustion. It will amplify the wearer's positive and negative energies, so be careful. It can also bring anger to the surface very fast. The stone will help with healing and enhances the psychic ability and insight.

**Sapphire:** A dark blue stone, it helps in communication, insight, and intuition. It is most strongest when placed next to the skin. It helps to lessen tension and align the physical, mental, and spiritual realms. Black Sapphires are the most protective.

**Selenite:** This is a type of gypsum stone with white striated crystals. It is used to work against the effects of cancer and helps to stabilize people that have epileptic episodes. The wearer must visualize the warm light bringing energy and healing to them. It may also help with issues of letting go.

**Silver:** This shiny stone can help with issues of mental and emotional cleansing. It helps by giving a balance to your emotions. The stone is good for those with diminished memory and irrational fears. It is a less assertive stone than most others.

**Sodalite:** This crystal is recognized for its healing and meditation powers. It can help the wearer express themselves better due to the connection with the Throat chakra. It can assist you in being more objective and less critical of others and everyday happenings.

**Tanzanite:** This is a rare blue violet stone. It is a stone of magic that accentuates spiritual awareness and insight. It is also used in relieving depression. So named because it was found in Tanzania, this gorgeous stone helps to dispel negativity.

**Tiger's Eye:** This stone is widely recognized and is used for money, courage, and luck. It amplifies thinking and helps you to bring your ideas to reality. It is used for centering and grounding and helps us recognize our strengths and weaknesses. It was known as the true balancer of Yin and Yang in ancient China.

**Zircon:** This stone comes in all colors, but is a clear crystal most of the time. It helps the wearer to see universal truths and have a connection with all that is. It helps to relieve depression and insomnia. It also was used back in history as a poison detoxifier.