

THE CRYSTAL BASICS

Crystals, how can they help me? You ask. Well in more ways than you realise.

Crystals are precious gems and minerals found within the earth, the heart of the earth. They vibrate and emit an energy that is subtle yet influencing in many different ways. Ultimately how a crystal can help you all comes down to which crystal picks you. Yes, that's right, crystals choose you!

If you are new to or just beginning your discovery of crystals, generally you may have been drawn to an Amethyst – the purple one, a Clear Quartz – the glass looking one, or possibly a Rose Quartz – the pink one. These 3 crystals emit the strongest yet gentlest energies to get you started. Crystals can also be found in jewellery; pendants, earrings & bracelets with the same rules applying.

Before you start using crystals there are a few things you might like to know;

- When the time is right you will be drawn to the exact crystal that you need at that time.
- Cleansing, clearing and charging your crystal is an important step in connecting with and helping it work only for you.
- Recharging your crystal on a regular basis will also help to keep it/them at an optimum healing capacity.
- You can never use them enough

THE INITIAL CLEARING, CLEANSING & CHARGING YOUR CRYSTAL

Let's start with the Cleansing, Clearing and Charging of your crystal. The most important thing to remember it all comes down to your intention. What do you intend to achieve or have your crystal achieve for you? Once you get your crystal home, place it under running water for 5-10 seconds to wash away any unwanted energies. Now, touch it, feel it, play with it. Hold it to your heart, in your non dominant hand and send it love from your heart. Mentally or out loud tell the crystal what you want it to do for you. A few examples might be; "Help me to feel confident and courageous." "Help me to trust my intuition and follow my guidance." Or "Help me to heal my heart by seeing the love within every situation." You get the idea. Keep holding it to your heart and sending it love for at least 1min or more. Now it is charged and ready to be of service to you. Carry your crystal on you whenever you feel the desire or need to, by placing it in your pocket, or maybe in your bra (ladies). Otherwise placing it on your desk or in a place you regularly walk by, like your altar or bookcase even.

Which brings me to a Question: Can other people touch my crystal? Well the answer to this is completely up to you. Bear in mind however that all crystals absorb energies as well as emit energies, so if you have charged and programmed your crystal to your vibration, having someone else handle it will more than likely affect its energy. If someone admires your crystal and handles it without your consent you can easily cleanse and recharge it again.

RECLEANSING & RECHARGING

There are various ways to cleanse and recharge crystals, remembering it's all about intention;

Moonlight – this is a very effective and easy method. Place your crystals outside the night before or on a full moon and keep them outside overnight. Place them on the earth to absorb the earth energy and be cleansed by the moonlight. It doesn't matter if it's cloudy or clear – it's your intention remember. I recommend this method every so often, as the moon is a very feminine energy and it will help balance your crystal(s).

Sunlight – the same principals applies to this method except during the day, and I suggest only for 2-4 hours at most. As crystals come from with the earth the sun can be a little intense. This is a masculine energy transfer.

Earth – Bury your crystals in the ground or a pot, so you remember where they are. Keep them in the earth for 2-4 days. Once out of the ground rinse them off under running water and reprogram them. This method takes a little longer but is very powerful.

Smoke or Incense – this is a very quick and easy method. By holding your crystal within the smoke of an incense stick or smudge stick, you are effectively clearing away the negative energy absorbed by the crystal.

Angelic energy – The angels love to help you with anything! You just need ask. There will be more on this later.

Remembering to reprogram your crystal(s) after cleansing them by any method will help to maintain they're power.

TOP 10 CRYSTALS & THEIR HEALING PROPERTIES

Ok, so let's find out how a crystal can help you. While there are many beneficial uses for these magical gems, it is important to keep in mind that they are recommended as an enhancement and not a replacement for medical attention.

We will start with the top 10 or the most popular crystals to start with, beginning with

- **AMETHYST** – Chakra placement -**Third Eye**
Calming, protective jewel; excellent meditation tool; accelerates development of your psychic abilities. Purple in colour
- **CARNELIAN** - Chakra placement -**Sacral**
Creates harmony between your mental focus & creative inspiration, allowing your vision to be actualized; wonderful touchstone for artists. Orange/brown/ochre in colour
- **CITRINE** – Chakra placement - **Solar Plexus**
This is a Power alignment tool that works with your Higher Self to heal old patterns; increases self esteem and attracts abundance. Yellow/clear in colour

- **CLEAR QUARTZ** – Chakra placement -**Crown**

Draws blessings of all kinds to your life; believed to bring the stars into your soul; enhances your spiritual awareness & intensifies the awakening process; harmonizes energies. Clear to cloudy. The clearer it is the more masculine the energy, the more cloudy the more feminine the energy.

- **HEMATITE**

Enhances your personal magnetism, optimism, will, & courage; strengthens your physical & etheric bodies; acts as a grounding tool. Metallic silver/grey in appearance.

- **JADE** – Chakra placement - **Heart**

A Prosperity stone that also aids with health, assists with past life recall & ancient wisdom, especially in Asian traditions. Greens of various shades also white.

- **RED JASPER** – Chakra placement - **Base**

A colourful family that works with your chakras to balance, recalibrate, and heal; soft energy nurtures & enhances organizational skills & quickens project completion. Solid Red/ brown colour

- **ROSE QUARTZ** – Chakra placement - **Heart**

Facilitates heart-healing openings to emotional connection on all levels; focuses energy on self-love; fosters inner peace, tranquillity, & healing. Soft pink tones.

- **TIGER'S EYE** – Chakra placement - **Solar Plexus**

Enhances connection with your personal power & strengthens your resolve; improves insights & softens stubbornness; fosters self-confidence. This is a magnificent brown and yellow striped stone, almost like a cat's eye.

- **SODALITE** – Chakra placement - **Throat**

Helps you release control issues; increases psychic awareness; wonderful third-eye stone. A blue stone with white and black dispersed through it.

CHOOSING A CRYSTAL

Crystals can be found at many new age or alternative book stores and retail shops. You may be attracted to a colour of a crystal or even the energy of a crystal will draw you in. If you are having trouble deciding which crystal is right for you. Close your eyes. Breathe slowly and deeply for 2-3 breaths then open them again, whatever catches your eye first is the one for you! Once you accumulate a collection of crystals for yourself, your knowledge and self awareness will also help you choose which crystal will be right for you at any given time. Trust your intuition.

Please feel free to share this information with those you love & care about.

If you haven't already done so, join the Balance Heart Facebook page for regular oracle messages on your home page as well as events and information updates.

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