



HOW TO USE CRYSTALS



YOUR PORTAL TO INNER HEALING & LOVE

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Crystal healing is an ancient practice that harnesses the energy of crystals to promote physical, emotional, and spiritual well-being.

This beginner's guide will walk you through the essential steps of selecting, cleansing, and using crystals for various healing purposes, including enhancing energy, promoting relaxation, and attracting abundance.

Selecting Your Crystals

1. Research and Intuition: Start by researching the properties of different crystals and their healing qualities. Trust your intuition when choosing a crystal; often, the one you are drawn to is the one you need the most.

2. Intentions: Determine your specific intention or the purpose for which you want to use the crystal. Different crystals have unique properties, so match your intention with the crystal's attributes

3. Physical Examination: Inspect the crystal for any flaws, cracks, or impurities. A high-quality crystal should feel smooth and have vibrant colors.

4. Personal Connection: Hold the crystal in your hand and see how it feels. You may sense energy vibrations or warmth, indicating a strong connection.

Cleansing Your Crystals

Cleansing removes any stagnant or negative energies that the crystal may have absorbed over time. Here are some common methods:

- 1. Water Cleansing:** Rinse your crystal under running water (natural sources like a river or stream are ideal but tap water works) while visualizing the impurities being washed away. Ensure that your crystal is water-safe; some can deteriorate in water.
- 2. Salt Cleansing:** Place your crystal in a bowl of salt (preferably sea salt or Himalayan salt) for a few hours or overnight. This absorbs negative energy. Afterward, rinse the crystal thoroughly.
- 3. Sunlight and Moonlight:** Leave your crystal in direct sunlight for a few hours or under the light of a full moon overnight. This method both cleanses and charges the crystal with positive energy.
- 4. Smudging:** Pass your crystal through the smoke of burning sage, palo santo, or cedar, which cleanses it with sacred smoke.
- 5. Sound Cleansing:** Use sound vibrations from a singing bowl or a tuning fork to cleanse your crystal. Simply strike the bowl or fork and hold the crystal nearby.

Once your crystals are cleansed and attuned to your intentions, you can incorporate them into your daily life for healing purposes:

- 1. Meditation:** Hold your crystal in your hand or place it on your body during meditation to enhance focus, clarity, and spiritual connection.
- 2. Carry as a Talisman:** Keep a small, pocket-sized crystal with you throughout the day to benefit from its energy and protection.
- 3. Crystal Grids:** Create a crystal grid by arranging stones in a specific pattern to amplify their combined energy for a particular goal, such as attracting abundance or love.
- 4. Wearable Crystals:** Wear crystals as jewelry or keep them in your pocket to experience their energy throughout the day.
- 5. Bedside Healing:** Place crystals under your pillow or on your nightstand to enhance relaxation and promote restful sleep.
- 6. Chakra Healing:** Use crystals to balance and align your chakras by placing them on the corresponding energy centers on your body.

Remember that crystal healing is a personal journey, and the experience with each crystal may vary.

Trust your intuition and explore different crystals to find the ones that resonate with you and support your well-being. Over time, you will develop a deeper connection with these beautiful gifts from the Earth.

OUR CRYSTALS



BUBLEBEE JASPER

A beautiful and rare stone. Great for healing and inner transformation



DESERT ROSE CRYSTAL

Possibly one of the most unique crystals. Great for confidence, resilience & determination. A must have for every altar



SNOWY DRUZY AGATE

such a pretty stone. Great for calmness, relaxation as well as when dealing with grief