

An introduction to crystals – Nature’s helpers

Crystals have always had a special relationship with humankind; they have been used since ancient times as decoration, jewellery and charms. They’ve also been used for healing, protection and self-development, and for connecting with the spirit realms.

Crystals form deep within the womb of the earth, in the darkness and heat, slowly growing as molten rock cools. These children of the earth come in many shapes, sizes, textures and colours, providing us with a huge range of energies to enjoy and work with in our lives. Crystals are not just rocks - they have an organized molecular structure that allows them to hold wonderful energy vibrations which interact with our spiritual energy bodies and our souls.

Ancient crystal lore regarded crystals as gifts from the gods, **designed to help humanity and the earth to grow.**

Crystals were used for healing by either placing them on the body or wearing them as jewellery. Wands made of crystal were used by healers to focus **Universal Energy** into the aura and body of their patients, and ‘crystal elixirs’ were made to enhance health and well-being. The positive energies of crystals were also used to attract success, abundance, confidence and love. Even today, we wear diamonds to attract and express wealth, and rubies to attract and show love.

The use of crystals to enhance everyday life is experiencing a revival, and it’s no longer unusual to see someone place a crystal next to a computer or a television to protect against low level energies. Crystals are as powerful in modern times as they were in the past, and geologists are still discovering new types of crystal - new gifts to humanity, to help us and to be our companions in our growth and development.

Crystals are safe and easy to work with; simply inviting them into your life brings in positive vibrations, and as you start to explore and experiment with their beautiful energies they can become lifelong companions and helpers.

There are three main ways to choose a crystal: by using your intuition, choosing by colour, or by using a book to identify the crystal whose energies will support your projects. Sometimes a crystal will come into your life as a gift; these are particularly important ones as they specifically want to work with you.

To choose a crystal using your intuition, simply close your eyes, and when you open them pick up the first crystal which catches your attention. Another method is to hold the crystal in your receiving hand – your left hand if you are right handed and your right hand if you are left-handed - and see if the crystal feels warm. If it does, the crystal is responding positively to your energies.

You can also choose your crystal by colour. You may find a particular shade of pink or blue calls to you, and you must have it! This is because this colour vibration is lacking in your aura, or because a particular chakra or energy centre needs this particular colour energy. Blue crystals will help you to express yourself more easily,



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find your direction in life and communicate better with others. Pink crystals will open your heart to unconditional love, and bring emotional healing.

Once you have chosen your crystal, you need to 'cleansed' and 'charge' it. One of the most exciting abilities of crystals is that they can absorb low energy vibrations. This means that they can be used to cleanse a room and lift the vibration, or clear old, stale patterns from a person's aura. Once they've absorbed the energy, crystals then need to be cleansed to keep them running at peak efficiency.

Crystals which you buy in shops will have picked up the vibrations from people entering the shop, and so will need a good clean. Tumbled stones can simply be held under a running cold tap for a few minutes and then dried naturally in the sunlight to recharge them. Or you can hold a crystal in your hand and imagine it filled with light, and dedicate it to the 'highest good'.

Once you have cleansed and charged your crystal, it's ready for use. You'll need to repeat this process regularly for all crystals except quartz, which self-cleanses.

Try experimenting with different crystals and write down your feelings and the ideas you receive about them. This will help you to connect with your crystals and start to trust your intuition. Try placing a **Quartz cluster** in a stale and dark area of a room, and see if you can feel the change in energy as the crystals lift the vibration.

You can also try placing one next to any electrical equipment, and see if you notice a change in the way the surrounding energy feels. Quartz crystals are also really good at protecting and strengthening the aura, so carry one in your pocket and see if it helps you get through a difficult day without feeling run-down or exhausted.

If you want to bring more abundance, success and energy into your life, try carrying a yellow **Citrine** crystal, or place it with your bank statements and bills!

Wear or carry a pink **Rose Quartz** crystal to open your heart and create loving relationships, or orange **Carnelian** and red **Jasper** crystals to awaken your sensual and sexual energies!

Crystals can also be used to open your psychic abilities, and help you to connect to the Divine through meditation. To open to your psychic abilities, lie quietly for 15 minutes with a deep blue **Lapis Lazuli** crystal on your brow. Relax and open to the energies of the crystal, and repeat often. Try holding a purple **Amethyst** crystal in your receiving hand, or place it on your brow, to help you still your thoughts in meditation and prayer, and to connect you with the Divine Source. You may also like to try placing it under your pillow to help you sleep peacefully.

As you work with your crystals, you'll start to get to know their properties and the positive effect they can have on you and on your environment, as well as on the people around you. The subtle and mysterious world of crystal energies is there for everyone to explore and enjoy, and they can bring you the most wonderful healing and bright, uplifting energies.



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Want to find out more about using crystals?

See Miranda's 'Crystal awareness course' published by Esoteric Entertainments Ltd
> www.esoteric-spirit.co.uk/2_wkshp.htm

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