



# A Guide to Using Your Crystals

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As a Life/Soul Coach & Crystal Healer, I am often asked questions about how to use Crystals.

I hope the information below will help answer these questions and help you to confidently use your Crystals.



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*Discover how you can use Crystal Energy for  
advancing your spirituality and personal  
healing*

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Crystals are naturally formed. They are created from minerals deep inside mother earth. Each crystal has a unique healing property derived from the minerals from which it is created.

The use of Crystals in healing is an ancient and powerful art. Our earliest knowledge of this art comes from the ancient Egyptians, more than three thousand years ago. For them, crystal stones and gems were important components of a doctor's healing repertoire.

## 5 Steps to getting the most out of your Crystals



### 1. Cleansing & Clearing Your Crystals

Crystals have a tendency to absorb the energies around them. Your crystal can hold negative energies and imprints, so it needs to be cleansed when you first receive it, after wearing it, and whenever you use it for healing purposes.

Some crystals such as Citrine & Kyanite are self-cleansing whilst other crystals such as Clear Quartz & Amethyst can cleanse other crystals. Quartz is great to work with because it has the wonderful property of focusing and amplifying energies that are sent to it.

To cleanse your crystals the best ways are to hold the crystals in your hand and visualize white light clearing and cleansing your stones and restoring them to their highest vibration. Ask your crystals “to be cleared of unwanted energies and ghostly imprints and restored to their highest vibration.” I often then gently blow on them and say ‘thank you’ three times.

Another simple and effective way is to smudge them using a sage stick or incense. Simply light the sage stick and run the crystals through the smoke or allow the smoke to flow over the crystals by fanning the smoke with your hand.

There are other ways in which you can cleanse crystals and we the quick reference guide below will help give you some ideas. For more detailed information see our [MAGICK OF CRYSTALS](#) online course.

## The most common ways to clear your crystals:

What determines whether these methods work for you is your belief system and your intention. Any of these methods will work; it is up to you to find those that feel most effective to you.

With each method, it is suggested that you visualize the negative energies and other programming leaving your crystals to be transmuted by the highest Source of Love and Light.

### **Water:**

You can hold your tumbled stones under running water to remove negative energies. Using visualization with intention can help this process. Hold the intention and ask that all negativity is washed away and the crystal be energized with pure love & light. Ask that the crystal be returned to its highest vibration.

Many people like to use salt water or salted water, as salt is a very cleansing mineral. You can fill a bowl of water, add salt, and then place your crystal in it. (Do not put crystals that are fragile in water).

Make up your own crystal cleanser spray with essential oils and/or flower essences mixed with filtered water. The aura cleansing sprays that can be added to an atomizer and wave your water safe crystals over the top of the mist. Sandalwood, citrus, Ylang Ylang, lavender, Cedar are among the oils that can be used.

### **Earth:**

The source of our beautiful crystals is of course Mother Earth. For this method, you can either bury your stone in your backyard, (make sure you mark the spot), for a few days to give them a rest and clear them.

You can also put some soil in a container, and place your stone within it.

Small crystals can be cleared by leaving them on a large crystal cluster, either clear Quartz or Amethyst or using a Selenite wand. Another way to use the resources of mother earth.

### **Breath:**

You can cleanse your stones energetically by visualize yourself blowing clear, white light into each stone. Use as many breaths as it takes until you feel that the stone is and clear and cleansed.

### **Sunlight and Moonlight:**

The Sun and moon act as powerful purifiers. Place your crystals directly on the earth or in a natural container (ie not plastic) for 24hrs. That is a solar and lunar cycle. You can also put them on your window sill.

### **Sound:**

Toning, bell -ringing, drumming, chanting and other clearing with sound can also be effective and enjoyable. Playing healing music and chants of various kinds vowel sounds are often used. "OM"

With any crystal work, always remember that your intention holds the key to what you can do with your stones.



## 2. Intention & Programming

Once cleansed you need to set your intention or program your crystal for its use with you.

Hold the crystals in your hands, take a three deep breaths and allow energy to flow through you through your hands and into the crystals. In your mind or out loud state what you would like this crystal to do for you and ask this of the crystal. Imagine what you would like the crystal to help you with. Then say "thank you" three times.

When you have cleansed your crystal and programmed it with your intention, they are ready to be used to bring healing and balance to your being. You can then wear them, or use them in crystal layouts for healing.



## 3. Meditate With Them

Regular meditation has endless health benefits as well as spiritually nourishing.

But one of the most important scientific benefits is how it releases stress. It will free you up from anxiety, worry and stress. It also enhances our ability to connect with our intuition, our Soul speak.

Using crystals in meditation (either sitting or moving) amplifies the benefits of meditation, especially if you use crystals that are aligned with calming. ie rose quartz, blue lace agate, black tourmaline etc

Additionally, crystals help you stay centred and grounded as they give the mind a task to stay focused on the crystal and keep you in the moment as you breathe.

Simply hold the crystal(s) in your left hand – receiving energy whilst meditating.

When sitting and meditating, you can use your [Chakra](#) coloured crystals and lay them out in front of you in the order of the Chakras. The closest crystal is the base chakra and the furthest away is the Crown Chakra. When lying down, place the corresponding crystal on each Chakra on your body.

Each crystal colour has its own energy that resonates with the corresponding energies of the Chakras. ie. Throat Chakra is blue so use blue coloured crystals like Blue Lace Agate

The Chakra online course provides a complete guide to [Balancing your Chakras with Crystals](#).



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## 4. Carry Your Crystal With You

This is a personal preference and there are some places that you can carry them that enhances the intention.

Most people tend to carry their crystals with them - either in pockets, underwear or clothing, or purses/handbags. This allows you to have crystal energy surrounding you wherever you go during the day. The closer the crystal is to your body and skin the better.

Jewellery is another great way to have your crystal with you at all times and close to your skin.

If you can't carry them with you, have them on your desk or in your house to bring this amplify the healing energy into your day to day living.



## 5. Make a Crystal Elixir

Add 'tumbled' crystals to filtered water to enhance your energy from within. The energy of the crystals passes to the water and when you then drink the water you are changing your vibration in tune with the crystal and its 'healing' properties.

Crystals can enhance the vibrational energies of your water. They can be used alone or in combination. You just need to choose a crystal that will support you on your healing journey. For more information on how to choose a crystal see the [CRYSTAL HEALING](#) online course.

Please Note: crystal elixirs are not meant to replace any medications that you may need to take for medical reasons. Never use crystals that are dyed or radiated and only use 'tumbled' or polished crystals.

I hope you have found this guide useful

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