

# A Guide to Using 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.

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.

Another simple and effective way is to smudge them using a sage stick or incense

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 [Crystal Healing Certified Online Course](#) or purchase this [PDF](#) of further information.

**The most common ways to clear you 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



Earth



Breath



Sound



Sunlight and Moonlight



Sage



## 2. Intention & Programing

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.



## 3. Meditate With Them

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.



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.

Our [Crystal Healing Certified Online Course](#) provides a complete guide to balancing your Chakras with Crystals.



## 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.



## 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.

For more information on Crystals Elixirs - Sign up for the [Crystal Healing Online Certified Course](#) OR purchase this individual [PDF module of learning](#)

*Disclaimer: Crystal & Energy Healing is a complementary therapy and is not a substitute for appropriate medical care. Always seek medical advice when and where appropriate. All content contained in this guide is for informational purposes only.*