

Getting to Know Your Crystals and Stones

- ♥ Crystals and stones are not simply inanimate objects. They carry a consciousness connected to God, Goddess, and All That Is. Before each Reiki/Angelic session begins, I invite you to set the intention to consciously connect with the consciousness of the crystals in the room, the crystals surrounding you on the table, and the crystals you hold in each hand. I then activate and attune the crystals to your energy field, allowing them to support your healing, alignment, and energetic balance.
- ♥ Crystals have always been here to assist humanity and the planet in awakening, ascending, and expanding in consciousness. They help lift our vibration, support our spiritual growth, and assist us in meditation, protection, guidance, and healing.
- ♥ Crystals and sound tones can also be used to help balance the body's energy system. During your session, I attune the crystals to your energetic field to assist in opening, balancing, and supporting your chakra energy centers.
- ♥ Crystals help amplify your thoughts, feelings, and intentions. They can support energetic shifts and help bring the body, mind, heart, and spirit into greater harmony.
- ♥ When you wear or carry a crystal or stone, it may help support your energy field, bring balance, and assist in releasing heavy or negative thoughts and feelings.

Selecting a Crystal

- ♦ The best way to select a crystal or stone for yourself is to go to a crystal store and allow yourself to be guided. Notice the first crystal that seems to call to you. Trust your inner guidance and follow what you feel drawn toward.
- ♦ Hold the crystal in your left hand and feel its energy. Notice if it feels calming, warm, tingling, comforting, or uplifting. If the energy feels good to you, this may be the crystal that has something to share with you.
- ♦ If you do not feel anything in your left hand, try holding it in your right hand. If there is still no clear sensation, continue holding the stones that call to you the most. Sometimes a crystal may even create a slight rocking motion in your hand. If this happens, pay attention — that crystal may be choosing you.
- ♦ Crystals can hold the energy of others, so it is wise to clear them, especially when you are in a crystal shop. You can set the intention to clear the crystal, then gently blow on it three times, intending that any held energy be released and returned to Divine Light.

After clearing your crystal, hold it in your hands and say:

*"I clear this crystal
of all held energy
and return it to its
natural light, balance,
and harmony."*

Clearing and Charging Your Crystals

- ♥ Once you bring your crystal home, it is helpful to clear and recharge it before using it for meditation, healing, protection, or energetic support.
- ♥ Crystals can hold energy from the people and environments around them. Clearing your crystal helps release any stored or stagnant energy, while charging it helps restore and strengthen its natural vibration.
- ♥ You may charge your crystals in sunlight to bring more life-force energy into them. This energy will remain within the crystal until you are ready to work with it during meditation, healing, or protection practices.
- ♥ You may also use crystals with focused intention to send loving, supportive energy to another person. This is sometimes referred to as mental or energetic connection.

Common Clearing Methods



Moonlight

Place your crystals under the light of the full moon overnight to gently clear and recharge them.



Smoke Clearing

Pass your crystal through the smoke of sage, palo santo, cedar, or incense while setting the intention that all held energy be released.



Sound Clearing

Use a singing bowl, bell, chime, or tuning fork over or near the crystals to clear and reset their energy.



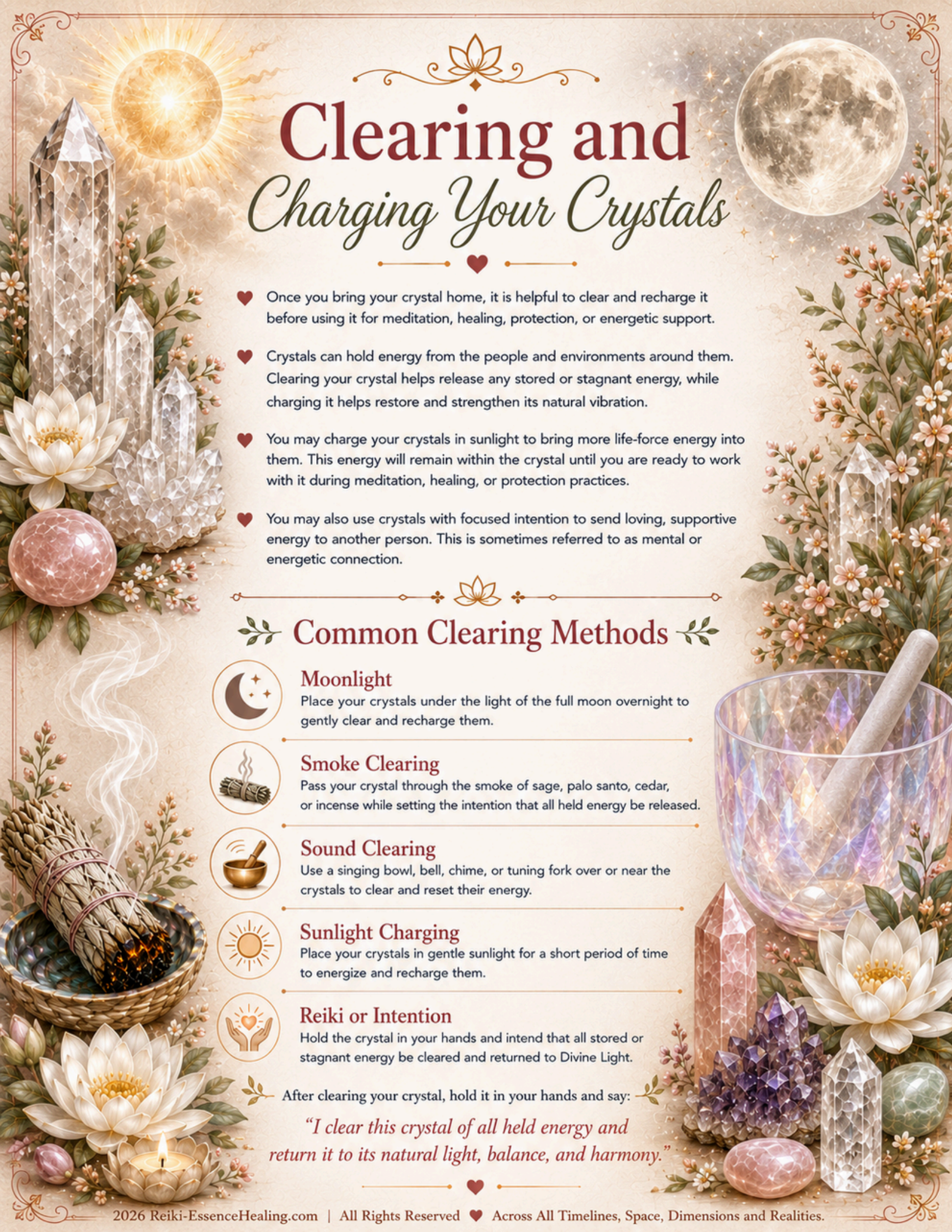
Sunlight Charging

Place your crystals in gentle sunlight for a short period of time to energize and recharge them.



Reiki or Intention

Hold the crystal in your hands and intend that all stored or stagnant energy be cleared and returned to Divine Light.



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