



CRYSTALS & GEMS

A Beginner's Guide

ABSTRACT

Applying the Wisdom of the Earth through the use of crystals, gems and minerals

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What Are Crystals?

What Is the Difference Between Crystals And Gems?

Characteristics and classification

The traditional classification in the West, which goes back to the ancient Greeks, begins with a distinction between precious and semi-precious; similar distinctions are made in other cultures. In modern use the precious stones are diamond, ruby, sapphire and emerald, with all other gemstones being semi-precious. This distinction reflects the rarity of the respective stones in ancient times, as well as their quality: all are translucent with fine colour in their purest forms, except for the colourless diamond, and very hard, with hardnesses of 8 to 10 on the Mohs scale. Other stones are classified by their colour, translucency, and hardness.

A crystal or crystalline solid is a solid material whose constituents (such as atoms, molecules, or ions) are arranged in a highly ordered microscopic structure, forming a crystal lattice that extends in all directions. In addition, macroscopic single crystals are usually identifiable by their geometrical shape, consisting of flat faces with specific, characteristic orientations. The scientific study of crystals and crystal formation is known as crystallography. The process of crystal formation via mechanisms of crystal growth is called crystallization or solidification.

The word crystal derives from the Ancient Greek word κρύσταλλος (krustallos), meaning both "ice" and "rock crystal", from κρύος (kruos), "icy cold, frost".

Examples of large crystals include snowflakes, diamonds, and table salt. Most inorganic solids are not crystals but polycrystals, i.e. many microscopic crystals fused together into a single solid. Examples of polycrystals include most metals, rocks, ceramics, and ice. A third category of solids is amorphous solids, where the atoms have no periodic structure whatsoever. Examples of amorphous solids include glass, wax, and many plastics.

Despite the name, lead crystal, crystal glass, and related products are not crystals, but rather types of glass, i.e. amorphous solids.

Crystals are often used in pseudoscientific practices such as crystal therapy, and, along with gemstones, are sometimes associated with spellwork in Wiccan beliefs and related religious movements.

What are Gemstones?

A gemstone (also called a gem, fine gem, jewel, precious stone, or semi-precious stone) is a piece of mineral crystal which, in cut and polished form, is used to make jewellery or other adornments. However, certain rocks (such as lapis lazuli and opal) and occasionally organic materials that are not minerals (such as amber, jet, and pearl) are also used for jewellery and are therefore often considered to be gemstones as well. Most gemstones are hard, but some soft minerals are used in jewellery because of their lustre or other physical properties that have aesthetic value. Rarity is another characteristic that lends value to a gemstone.

Apart from jewellery, from earliest antiquity engraved gems and hardstone carvings, such as cups, were major luxury art forms. A gem maker is called a lapidary or gem cutter; a diamond cutter is called a diamantaire.



How Does Crystal Energy Work To Heal Our System?

Our entire bodily system is merely energy that manifests through various patterns and densities. Our thoughts and our feelings are a part of this system and their varying densities have an influence on the wellbeing of this whole system. Although each of us is an individual, the forces of creation have used the same patterns that work the same way in all of us: they keep our hearts beating, our blood flowing, and so on. When all of these patterns work together, in harmony and balance, we feel good and healthy.

Poor health is experienced when these patterns are disrupted. From aches and pains through to serious issues are all signs that our energy patterns are disrupted. Even conditions that are referred to as dis-ease are a result of this. Nature has the ability to heal itself, but we often distort this ability for harmony with our own thinking patterns, our attitude and the damaging behaviours we practice.

When this lop-sidedness occurs, we take to the art of healing to correct it. Lately, many people have gone back to more natural methods of healing.

Natural healing focusses on employing methods that can tune our energy back to health, almost like a tuning fork. However, it does not fix the issue but rather sets the ball into motion that will challenge us to make the necessary changes to realign ourselves to our natural organic patterns.

Gemstones and crystals radiate the necessary patterns that are pure and consistent. Their resonance is unmatched in structure, balance, wavelength and frequency. It is for this reason that they are often preferred to bring about harmony in our lives.

Elements of Attraction

Setting out on your journey to balance your system with crystals can sometimes be a daunting task, at other times it is just plain confusing. Having worked in a crystal and esoteric gift shop, I have often met people who came to me with absolutely no idea which stone(s) to use or how to recognise the best stone out of a pile of rocks.

Here are a few ideas that you can use when you set out on finding the rock that's right:

Meditate and tune in: Before you start your search or shopping expedition, relax. Take some deep breaths. Calm and center yourself. Try to clear your mind of clutter.

Crystal Journal: If you are looking for a crystal to help you with a specific issue, think of it, or even write it down in your crystals journal before you leave the house. Clearly state your intention and the universe will be more likely to provide it for you.

If you don't have anything specific in mind, however, and you'd like to stay open to any crystals that might be waiting for you, simply look around and be receptive to the impressions you get from holding or looking at the crystals.

Symbolic Significance: some stones have a symbolic connection, or qualities and attributes that have been ascribed to it through customs and tradition. Familiarise yourself with these qualities when you want to choose a stone for a particular working.

Physical Attraction: does the crystal appeal to your senses? There is nothing wrong with choosing crystals that are strikingly beautiful or crystals that seem to scintillate, sparkle, and shine. Physical beauty is the reason most people are attracted to crystals in the first place. You should know, however, that some of your most powerful, most usable crystals might not strike you as attractive.



Size: You might want to concentrate on collecting crystals of a certain size so you can keep your entire collection together.

If you do not have a lot of space to keep the crystals, or you would like to carry them around with you – maybe for a travelling altar – then smaller tumbled stones would be the answer. If, however, you would like to charge a room with the energy, then bigger is better.

Intuition: Is there a particular stone calling to you? Does it feel like it has your name on it? You might feel especially drawn to some crystals but not others. Pay attention to these messages, as they are coming from your intuition.

You might feel especially drawn to some crystals but not others. Pay attention to your intuition: do you feel some stones that seem to be calling to you?

Good vibrations: If you are choosing crystals from a large bin or a box (such as a scratch patch full of tumbled stones) you can simply reach in and feel around. The stone that feels best in your hand is probably the one you are looking for.

Pendulum dowsing: Some people like to use a pendulum to dowse for their crystals. These are generally available from any crystal or New Age shop and come in many shapes, sizes and forms. Practice dowsing at home, first and get to know your pendulum, before you go out to make your selection in a shop.

Waiting patiently: Your next stone will find you. Sometimes all you have to do, is wait for it. Let your family and friends know that you have an interest in crystals. You could end up with more stones than you know what to do with, but that is okay! Time to pass some along and pay it forward. Most metaphysical healers who work with these stones have the tendency to pass them around to whomever needs them. A friend once told me that crystals are multi-dimensional, and they will disappear from your space when their work is done.

Getting to Know Your Crystals

How do you learn what an individual crystal can do? How can you discover its specific strengths, its properties, and its gifts?

Go right to the source: the crystal. The easiest, most efficient way to know your crystals is to spend time with them.

- **Hold your crystals:** When you add a new crystal to your collection, simply hold it and ask, "What do you have to teach me?" Yes, it is a little hooky spooky—but you might be pleasantly surprised by the answers you receive.
- **Carry your crystals:** Whether you are heading off on a world cruise or a trip to the corner market, take a few crystals with you in your pocket or your purse.
- **Get your mojo working:** You can tuck small crystals into a medicine pouch or mojo bag. Tie your medicine or mojo bag to a string and wear it around your neck, tucked underneath your shirt.
- **Wear your crystals:** You may already own some gemstone jewellery. You can also buy crystals that have been drilled so that you can hang them on a chain or a velvet cord, crystal beads for stringing, or wire wraps and cages so you can wear your crystals as jewellery.
- **Keep your crystals in sight:** Keep crystals on your desk, your nightstand, by your phone, or on your kitchen table.



- **Set the stage:** As you start to surround yourself with crystals, you will probably want to put them in obvious places, such as bookshelves, coffee tables and fireplace mantles.

Whatever you do, do not treat your crystals like an ordinary rock collection. Avoid tucking your stones into little boxes with tissue paper liners and reference tags – unless, of course, you plan to have an exceptionally large collection, in which case you could put a tiny removable sticker with a numbered key on the bottom of each one, corresponding to notes and records in your crystal journal. But do try to avoid the temptation to close your crystals up in drawers and cabinets. Crystals cannot work their magic if they are in storage. The whole point of having crystals is to enjoy them, even when you are not actually holding them.



Crystal Vibrations

Crystals and Colour

You can tell a lot about a crystal by its colour and the magical way that a crystal interacts with light. In fact, colour may be the single most important factor you will need to know in order to work with crystals.

Since the 1600s, when Isaac Newton used a prism to split sunlight into a rainbow of colours, scientists have recognized that light is a form of energy. That energy travels in waves, and the distance between each light wave is measured in terms of wavelength. Every wavelength has its own colour—red, orange, yellow, green, blue, indigo, or violet.

In a way, colour is an optical illusion. In the physical world, there are no colours—just light waves of different lengths. What is more, there are no colours in a darkened room. But where there is light, some objects absorb some wavelengths and reflect others. Red objects absorb every wavelength except red, which it reflects. Blue objects absorb every wavelength but blue. Yellow objects reflect only yellow light.

In other words, we do not really see colour; we see light. The colours we perceive are simply reflections of light in the visible spectrum.

When you can see all the wavelengths of the visible light spectrum at once, you perceive white. Technically speaking, white is not really a colour at all; rather, white is the combination of all colours in the visible light spectrum. For that reason, visible light is sometimes called "white light." In the same way, black is not a colour, either. Technically speaking, black is simply the absence of any wavelength in the visible light spectrum.

For being colourless, however, black and white hold important symbolic significance, both in metaphysics as a whole, and in the more specialized field of crystallography. That is because all colours are imbued with traditional symbolism and significance.

Once you know those associations, you can go far in your work with crystals. In theory, you could even build an entire crystal collection based on nothing more than colour and hue.

- **White** is the colour of higher thought and higher consciousness. White symbolizes spiritual matters—pure, clean, and untainted by the dirt and debris of physical existence. White represents intuition and psychic ability. White also symbolizes innocence and purity. Use white crystals when you want to reflect on spiritual issues.
- **Black**, on the other hand, symbolizes heavier issues. Obviously, black can be very grounding; the earth beneath our feet is dark and solid. But the colour black can also represent grave forces like negativity and grief, and secret, dark emotions like anxiety and depression. Black is the colour of mourning.

Black is also the colour of night when physical objects are obscured by darkness and our conscious thoughts succumb to the wild imaginings of our subconscious minds. You can use black crystals when you need to work with the darker forces of nature, like destruction and upheaval.

Normally, black absorbs every colour in the spectrum of visible light. At the same time, however, a polished black surface is highly reflective. (Most scrying surfaces, used for gazing until psychic visions appear, are black.) Black is the colour to use when you want to reflect on information that seems hidden, secret, dark or obscured, or when you want to reflect on yourself, your situation, or the people around you. You can also use black crystals on a



spiritual and symbolic level to reflect unwanted thoughts, emotions, energy, and behaviours back to their source.

- **Grey** is a blend of black and white. A grey stone or crystal might remind you of a cooling shade, respite from a burning sun. On the other hand, a grey crystal might also represent the fog that can cloud your vision, smoke that obscures your sight, or the shadows that haunt your dreams. Use grey crystals when you want to cool down a situation, clear the fog of inconsistent thought and emotions, or explore your shadow issues.
- **Red** is the colour of passion. It is the colour of blood coursing through your veins, sustaining your energy, and your essence. Red can represent anger or alarm—but it can also represent the fiery heat of love, the flames of desire, and sexuality, fertility, and creativity. Red can put you on alert—it can warn you of danger or compel you to stop in your tracks. Use red crystals when you feel especially passionate about an issue, or when you are dealing with matters of life and death.
- **Pink**, a lighter, softer shade of red, represents more subdued passions. Shades of pink and rose are soothing, calming, even healing. They stir feelings of empathy, acceptance, friendship, and forgiveness. They may also inspire love and romance. Use pink crystals when you want to find peace, harmony, and tranquillity.
- **Orange**, a combination of red and yellow, combines passion and radiance, and reminds us of sunsets and warm tropical isles. Orange is the colour of vitality and enjoyment—which means that orange crystals can help you feel energetic, vigorous, alert, and physically healthy.
- **Yellow**, like the sun, is radiant and bright—so bright, in fact, that it is often associated with intellectual ability. Yellow crystals can make you think better, focus more intently, and concentrate on the task at hand. You can also use yellow crystals when you want to express your innate optimism, radiance, and brilliance.
- **Green** is the colour of nature, fertility, growth, renewal, and creativity—as well as the colour of material abundance, prosperity, manifestation, and financial success. Green is both the colour of the garden and the colour of a U.S. dollar bill. Use a green stone if you want to grow plants—or grow your bank account.
- **Blue**, the colour of the sea and the sky, inspires tranquillity. Blue is also associated with meditation, intuition, and psychic ability. Use blue crystals when you want to connect to the deep sea of consciousness, or when you want to soar to new heights for inspiration.
- **Indigo**, the colour of the midnight sky, symbolizes deep contemplation, wisdom, self-mastery, and spiritual realization. Use indigo crystals when you want to access cosmic wisdom.
- **Violet** is the colour of royalty. Violet once adorned emperors, kings, and queens, and the colour represented their leadership and sovereignty over others. As a result, all purple shades connote luxury, wealth, and sophistication.
- **Brown** is the colour of the earth. It symbolizes grounding, stability, and the potentials inherent in fertile soil. Brown is also practical. Use brown stones and crystals when your goal is to be more grounded or when you would like to plant the seeds of new growth in your life.
- **Clear crystals**, like transparent windows to the soul, remind us of the importance of clarity in both thought and vision. Use clear crystals when you want to think clearly or focus sharply on any issue. You can also visualize clear crystals filling with any colour to use as substitutes for other coloured crystals. Clear crystals can also amplify the energy and properties of other crystals.
- **Rainbow** crystals—clear crystals that refract light like a prism—reflect every colour of light in the visible spectrum. When you hold a rainbow crystal, you hold a sliver of the summer sky



in your hand. Rainbow crystals remind us that we can reflect all the colours of the rainbow. They represent balance, harmony, and a bridge to other worlds. They also symbolize promise, hope, forgiveness, and cleansing, like a rainbow after a storm.

Crystals In Their Natural Form

The next aspect that I feel is important to consider, is the **natural** shape and appearance of a stone. Some are spikey and pointy, while others are jagged and sharp. Not all crystals are formed under the same conditions so the environment and conditions in which they were formed will have an influence on their appearance. It is this physical appearance that influences the effect of its metaphysical resonance.

- **Artemis** crystals, also known as candle crystals, are long, thin, clear quartz crystals with sharp, undamaged points. Like all wand-shaped crystals, Artemis crystals can help you direct your energy, focus your thoughts, and materialise your hopes and dreams. Artemis, the twin sister of Apollo, was the ancient Greek goddess of the hunt, and her crystals can be especially useful if you want to work on behalf of animals.
- **Barnacle** crystals are covered, partially or completely, with delicate, smaller crystals-like barnacles clinging to the hull of a ship. Barnacle crystals are good for family, group, and community issues, especially if you are concerned about cooperation and trust.
- **Bridge** crystals, which are sometimes called penetrator crystals, are small crystals that run through a larger crystal. You can actually see a bridge crystal running through the body of the main crystal and sticking out on either side. Bridge crystals act like a bridge between worlds or a bridge between yourself and other people.
- **Cerridwen** crystals have a large, five- sided facet at their tip or termination. They are named after the Celtic goddess Cerridwen, keeper of the cauldron of wisdom, inspiration, rebirth, and transformation. Like their name- sake, Cerridwen crystals can be used for inspiration, intelligence, and knowledge, and invoked as a source of wisdom and counsel, or as a force for justice.
- **Channelling** crystals are clear quartz crystals that typically have at least one large seven-sided face on one side of their tip and a triangular, three-sided face on the other. Some channelling crystals are also ordinary pieces of clear quartz wrapped in copper wire. While channelling crystals make good tools for meditation, many people also believe that channelling crystals can help them channel wisdom and enlightenment from their spirit guides, guardian angels, unconscious minds, and higher selves. When you work with a channelling crystal, try to remain open to in- sights and inspirations that seem to come from nowhere.
- **Chips and pieces** of larger crystals have the same properties as their parent stones. Crystal chips and pieces are the perfect size to include in medicine bags and mojo pouches. You can also display them in decorative vases or bowls, or string them together for jewellery.
- **Clusters** are groups of crystals that have grown together on the same base, like miniature mountain ranges. Crystal clusters symbolize community-use them when you're dealing with issues of group cooperation, harmony, union, and friendship. They can also be used to cleanse other, smaller crystals-simply set the smaller crystals on top.
- **Curved crystals** have a natural curve or bend, which can remind you of the importance of staying flexible.
- **Devic temple crystals** are clear quartz crystals with rainbows of trapped air, water, and gas- commonly known as veils, foils, or fairy frost. Those rainbows, in conjunction with external and internal fractures in the crystal, tend to make the stones look like ancient temples,



complete with stairways and doorways. Some people believe that devic temple crystals can facilitate communication with nature spirits like devas and elves.

- **Dolphin crystals** are small crystals that seem to ride along the base of a larger stone. Dolphin crystals are playful, but they also represent communication with animals, un-conditional love, loyalty, gentleness, and the importance of protecting and nurturing other living things.
- **Double-terminated crystals** are naturally faceted on both ends because they grow in clay or gas bubbles, rather than on a base. The dual terminations allow energy to flow in both directions, which makes double-terminated crystals a good choice if you want to share your energy with another person. They also symbolize balance between two people, or between the body and the spirit, or between the conscious and the subconscious mind.
- **Dow crystals**, also known as trans-channelling crystals, are named after JaneAnn Dow, a noted crystal healer and the author of *Crystal Journey*. The tip or termination of a Dow crystal has six faces - three of which are large faces with seven sides, while the other three are smaller faces with three sides each. Dow crystals work both for channelling and transmitting energy. They also are regarded as master crystals because they have the ability to both teach and heal.

Carved and Polished Crystals

Crystals come in a wide range of shapes and sizes – some natural and some augmented with a little help from modern technology.

- **Cabochons** (pronounced Ka-bow-shawn) do not have facets. They are carved into a dome shape on one side, while the opposite side is flat. They are then glued or fixed to a cab tray or bail and worn in jewellery. The most popular jewellery items for cabs are rings and pendants.
- **Amulets** – rocks can be carved into tokens and charms, and worn for good luck. Most of the time they are worn to ward off evil.
- **Eggs** – symbolising the cosmic egg, they represent fertility, potential, new development and the early stage of creation. The shape also invokes a sense of safety from outside elements.
- A **Heart shaped** stone represent romantic love and emotional healing.
- **Massage wands** are exactly as their name describes. These fit into the palm of the hand, with one end being rounded for massaging the body, while the other is pointed for the use of acupressure, reflexology or chakra healing.
- **Obelisks** are four-sided pillars that terminate in a pyramid shape. They can discharge tension and high-pressure energy through its tip. It can also draw energy from the upper atmosphere and ground that energy.
- **Pyramids** can draw spiritual energy through its apex and ground it solidly at its base.
- **Skull shaped** crystals tend to have an eerie appearance. They take the form of miniature human skulls and are said to have been amazing supernatural powers.
- **Spheres and crystal balls** are three-dimensional circles. They symbolise the cyclical nature of life and the spherical construction of the universe. They remind us of unity and completion, and events coming full circle.
- A **Talismans** is an ornate, carved objects. They comprise of engraved metal which are ornamented with carved crystals and stones. These are worn for luck.
- Certain crystals are carved into small statues representing an animal or mythical beast such as a dragon. They are called **totems**, and often displayed on a desk, mantelpiece or in a display cabinet.



- **Tumbled stones** are naturally rough stones that have been placed in a special tumbling machine. The tumbling of several pieces together in this special tumbler, chafes and smooths the surface of each piece, allowing its true colour and hidden beauty to shine through.
- **Vogel-cut** crystals are quartz cut into the shape of the Kabbalistic tree of life, a symbolic diagram that illustrates the structure of the universe.
- A **worry stone** is a flat stone that has a shallow groove carved into one side. Just as the name implies, when you are anxious or worried, you can hold a worry stone in the palm of your hand and rub it back and forth with your thumb to calm down.



Preparing and Programming

Cleansing your Crystals

Many crystals need a bit of recharge after having used them for a long period of time. They are like batteries and can become depleted. Not to worry: just plug them back in to another source of energy and let them recharge.

- **Sunshine:** The sun is our most obvious source of energy here on Earth. Just be careful as the sun can cause damage to a lot of crystals types. Some will fade, change colour, or lose their colour completely if they are exposed to direct sunlight, including amethyst, apatite, aquamarine, aventurine, beryl, celestite, citrine, fluorite, kunzite, rose quartz, sapphire, and smoky quartz.
- **Moonlight:** A safer option is the moon. Many people are able to notice a difference in the brightness of their crystals after having placed them in some moonlight. The light of a waxing or full moon, which symbolizes growth and fulfillment, is generally better for recharging than a waning moon, in which the orb's strength and power is on the decrease.
- **Burying your stones:** Since most crystals are mined or sourced from deep within the earth, it would make sense to bury them for a while to help them recharge. Place them inside a natural cloth bag, or even a recycled paper bag (NOT plastic!) and bury them. Place a marker at the exact spot to make sure you will be able to find them easily again.
- **Plant companions:** As plants and flowers grow, they energize the atmosphere around them. Tuck your crystals inside your pots and planters, and let them soak up the companionable energy of your healthy indoor greenery.
- **Smudging with White Sage:** Take some white sage and begin to burn it until a good strong smoke is coming from your sage. Hold the crystal, gem, pendulum, or piece of jewellery in this smoke for at least one minute and preferably three or four minutes. This clears all negative energies that have become attached to this stone but does not energize the gem or crystal. To re-energize the stone, place it in a window so it can be exposed to the rays of the sun and moon. Remember, they re-energize even when it's cloudy.
- **Cleansing By Using Your Intention:** For those who are practiced in using intent to make energetic changes, place the crystals or gems in front of you, focus your mental energies upon these stones, and ask the powers of the Universe to cleanse them of all negative energies and to re-energize your stones for their maximum potential. This method however requires much concentration and focus and you need to practice for some time to ensure whatever you are trying to clear is actually cleared.
- **Running Water:** If you live where you have access to good clear well water that is guaranteed to be free of chemicals, or running water from a creek or river that you know is not polluted, place your crystals and gems in a small container, and let the water run over them, preferably for at least two hours. This will cleanse and re-energize your gems and crystals.

Please do not use tap water, since it is full of chemicals. Be careful, though, because certain stones will actually dissolve in water, e.g. Red Selenite.

Charging your Crystals

After your stone has been cleansed using any of the above methods, it will need to be charged (or: programmed) to assign a purpose to it. Place the stone in your dominant hand when charging it (if you are left handed, hold it in your left hand). Imagine that the stone is being filled with healing energy while reciting a "charm" or intention. Some people like to recite their charm or intention three times over.



Here is an example of a charm that you can use:

*This wonderful stone is a precious gift
From our great and powerful Mother Earth
May this tone be imbued with energies of old
So it may be used for healing and giving one's spirit a lift.*

Storage of your Crystals

When your gemstones and crystals are not being used for healing or magical purposes, they should be placed in a secure location away from curious hands. Crystals that are being used to charge a particular space like a meditation room or therapy consultation room, does not have to be put away, but do take care that curious eyes and hands should be informed that your crystals are to be left alone. You don't want the time and energy you placed in the cleansing and charging of them to be neutralised by the energy of other people. You can place each individual stone into a silk or muslin drawstring bag. Then place the bags in a safe location, such as a closet or cabinet, until you are ready to use them again.

Once you have chosen a selection of healing stones, they always need to be charged (as per above) and then dedicated to a purpose.

Hold the crystals in your hands. Picture light surrounding them. Say out loud 'I dedicate these crystals to the highest good of all. May they be used in light and love.'

Programming your Stones

If you plan to do any metaphysical work with your crystals, you should program them with a fail-safe device—a guarantee, of sorts, that their power can only be used for good. While your intentions may always be pure, it's not possible to recognize all of the ramifications of every action, especially when other people are involved.

When you get a new crystal, simply cleanse it, clear it, and hold it in your hands. Then say the following verse, or improvise something similar, in your own words:

*Whether you help many,
Or whether you help one,
Your power will be used for good;
The process will harm none.*

On a more practical level, you can also program your crystals to help you reach specific goals. Whether you want to feel healthier, be more physically active, or find more satisfaction in your relationships, you can program a crystal to remind you of the life you want to lead—and help you bring that life into being.

You will have the most success if you program your crystals in positive terms, rather than negative. Try not to think in terms of things you want to eliminate from your life; instead, focus on the ideals and goals you want to achieve. If you want to lose weight, for example, don't program a crystal to help you eat less. Program one, instead, to help you exercise more and eat more sensibly. If you want to give up smoking, program a crystal to help you relax and spend more time in meditation, where you can experience the pleasure of simple, deep breathing. If you want to stop arguing with someone you love, program a crystal to help you find activities you can share and enjoy with friends and family members.



You can program a crystal to serve as a tangible reminder of a wish, a goal, or an intention. Programming a crystal is a lot easier than programming a computer, too. Here is a simple, step-by-step guide.

- 1) First, make sure that the crystal you're working with has been cleansed and cleared of any old programming that could interfere with the new schedule you have in mind.
- 2) Hold the crystal in your hand.
- 3) Visualize your goal or intention, clearly and in as much detail as you can muster. Picture exactly how your intention will look and feel. Imagine the sensations you will experience when it comes to fruition: sights, sounds, tastes, smells.
- 4) As you visualize your intention, imagine it flowing from your mind into the crystal, deeper and deeper with each breath you exhale.
- 5) At the same time, verbalize your intention. Put it in terms of an affirmation, and say it aloud. If you are programming your crystal for prosperity, for example, say, "Wealth, prosperity, and abundance are mine."
- 6) If you prefer, you can write your intention on a piece of paper and tuck it underneath your crystal overnight.
- 7) Carry the crystal with you, and whenever you are tempted to head for the office vending machines, touch the crystal for a reminder of your new, healthier lifestyle.
- 8) A programmed crystal also makes a lovely gift. You can tell the recipient that you chose the crystal for them to carry as a good luck charm, or for any purpose you have in mind.

Healing Ethics

Before you begin to share your crystal healing techniques with other people, you should be aware that using crystals to heal other people will put you in a position of power—power that you must be determined to use wisely and well.

Your primary objective should be to remember the advice of Hippocrates, the ancient Greek physician who said, "First, do no harm."

Ethically, healing can be a slippery slope. Unless you are a trained medical professional, you should never represent yourself as an expert health care practitioner or advisor—for your own legal protection, as well as the life, safety, and well-being of those you try to help. Be sure that you do not present yourself as something that you are not or make crystals out to be a magic solution to all of a person's ills—literally or figuratively.

Be especially aware that your role as a healer, even if you are just experimenting with various techniques, is a powerful one. Realize that when you pull out your crystals, whatever you say could seem to be coming from some higher source, and the words you use will carry a much greater weight than they would under normal circumstances. Do not make any promises you cannot keep, and don't say anything that could be misinterpreted. Be especially careful not to make any self-fulfilling prophecies. Do not ever predict – or even hint at – death, sickness, injury, or doom. Instead, put all your comments and suggestions in the best possible light.

Distance Healing

If you have another person's permission, you can place crystals around their picture or a map of their location to send healing energy to them from a distance. If you do not have their permission to send healing energy, it could be an invasion of their privacy—and an interference with their personal path. In that case, you could still send your love and good wishes by displaying your crystals with that intent.



Using your Crystals and Stones.

Now we know how to choose our crystals, cleanse, charge and program them. But how do we use them? What can we do with our crystals that will help to bring about the healing transformation that we seek?

How can we apply Crystal Healing?

Healing Grids and Layouts

The chakras are connected through a network of intersecting lines and pathways called meridians, with acupuncture points at every intersection. Your entire body, in other words, is a living, breathing, electromagnetic field—a complex grid of chakras, meridian lines, and acupuncture points.

You can use that grid as a framework for laying crystals and stones during a healing session. If you know acupuncture or acupuncturist, you can lay stones on the acupuncture points, or use crystal wands or generator points to move energy along the meridian lines.

You can also augment the body's built-in energy system with healing grids based on the patterns of sacred geometry.

- **Chakra grids and layouts:** Choose a simple, chakra-inspired pattern to start. Place a clear crystal above the head, and then work down, laying a colour-coded stone on each chakra, a black crystal below the feet, and a clear quartz point in each hand. Then activate the crystals by visualizing a white line of light connecting all the stones and enabling their energy to circulate freely through your client, in and around his or her own auric field. You can activate the energy with your hands or a wand-shaped crystal.
Do not forget that the chakras run through the entire body, not just the front. People who are getting crystal healing can lay on their stomachs or their backs.
Leave the crystals in place for five or ten minutes, or until they start to roll off. Then remove the crystals, one by one, starting with the hands and feet and moving toward the head.
While the crystals do their work, simply rest quietly, and breathe deeply. If you are doing a crystal healing session for another person, remind him or her to relax and breathe deeply, too.
You can devise your own grids, too. You can place them directly on the body, or simply use them in close proximity.
Most healing grids are based on simple geometric patterns, with one power stone in the centre and an array of other healing crystals in the rest of the grid. If you like, you can also use quartz points to link the crystals—energy will travel in the direction of their tips or terminations.
- **Sacred circle:** You might want to lay stones in the shape of a sacred circle, the symbol of unity and wholeness.
- **Spiral magic:** You could arrange your crystals in the shape of a spiral to represent the flow of energy through the universe.
- **Holy trinity:** You may want to group your crystals in groups of three, to represent holy trinities like the maiden, mother, and crone, or the father, son, and holy spirit. You can build a triangular-shaped grid of just three crystals, or you can try putting three crystals at the top and bottom of the grid, three in the centre, and three on the sides.
- **Four corners:** Try constructing a grid with a healing crystal at all four compass points. You might want each crystal to represent an element, such as earth, air, fire, and water, or a separate area of life, such as the intellectual, the spiritual, the emotional, and the physical. If



you plan to lie down in the centre of the grid, make sure that you are physically aligned with the cardinal directions—either north and south, or east and west.

- **Pentagram:** When people stand with their legs apart and their arms outstretched, they form a life-sized pentagram—a star with five points. It's a natural formation for a healing grid. The head is at the top, and the hands and feet complete the pattern. The pentagram is a symbol of all that is good about humanity.
- **The Star of David** is a popular design for healing grids and layouts. The two triangles that make up the star symbolize the union of matter and spirit.
- **Wheel of the year:** You might want to try your hand at a healing grid with eight crystals—one for each eighth of the year, based on the seasons and their midpoint cross-quarter days. If you want to add more stones, you could lay twelve—one for each month—or thirteen, for each full moon in a calendar year.
- **All-purpose grids:** You can develop grids for any purpose: prosperity, protection, creativity, or renewal. Simply choose crystals that correspond to your intention. You can set up grids around your house, in a garden, or inside your home. You can build grids on the ground or set them up on tables. You can put them under beds or massage tables or display them on an altar. You can sketch or print out a grid on a piece of paper, or lay them out by eye. You can make grids portable by building them in a container. You can use a plate, a ceramic dish, a tile, or a piece of wood. You can even stage crystal grids on top of other, larger crystals. If you want to minimize the movement of the crystals in your grid, fill your base with sand or peat moss first. You might even want to fasten your crystals to an actual grid, like a framework of copper wire. If you want to construct a complex grid, you might be more interested in creating a mandala. Generally speaking, grids are built and left alone to do their work, while mandalas are created as a form of focused, active meditation.

See also article at Crystal Vaults, explaining some more intricate gridding methods:

<https://www.crystalvaults.com/crystal-grids>

Healing Baths

There is almost nothing as relaxing—and invigorating—as a long, luxurious soak in the tub. Take your crystals into the bath, and you can literally drench yourself in their healing properties.

Stick with hard, quartz-based crystals that will not dissolve or lose their lustre in water. Clear quartz, rose quartz, snow quartz, and citrine are ideal.

Run the bath as you normally would. You can add bubbles or relaxing essential oils like lavender and chamomile, or even indulge yourself with a few floating flower petals.

Find yourself a bath pillow or roll up a towel to put under your head. Light candles, dim the lights, and turn on a favourite CD or a meditation tape.

Line your crystals up on the side of the tub so you can bring them into the water after you are already submerged. You do not want to toss them in before you only to step or slip on them as you try to get in. You also do not want to accidentally sit on a crystal and find yourself more imbued with its essence than you had ever intended.

If your crystals and stones are small and you worry that they could go down the drain, tie them up in a piece of cloth or slip them into a mesh or plastic bag. Their energy and essence will still be able to flow into your bathwater.



Healing Elixirs

Clear crystal elixirs are a fun way to incorporate the healing power of crystals in your everyday life and making them is remarkable simple.

- 1) First, choose a crystal that corresponds to the type of healing you would like to experience—spiritual, emotional, mental, or physical.
 - a. Clear quartz will make a good, all-purpose elixir, but you can also make more specialized tonics with coloured quartz stones, such as amethyst, carnelian, citrine, rose quartz, and snow quartz.
 - b. You might want to avoid using smoky quartz, because its dark colour comes about because of radiation.
 - c. You should also steer clear of soft crystals that will dissolve or degrade in water.
 - d. Do not use artificially coloured stones—the dyes could be toxic.
 - e. Do not make elixirs with metallic stones. Galena, for example, is primarily lead, which no one should consume. Other stones could contain aluminum, arsenic, barium, cadmium, copper, lead, or mercury. Even in trace amounts, such metals could be dangerous.
- 2) Once you have chosen a safe crystal for your elixir, clean it, in the literal sense of the word. Use a wet washcloth and a little dish soap. Scrub the crystal and rinse it thoroughly.
- 3) As you clean your crystal physically, also cleanse it psychically. Imagine that the soap and water you use are purifying it of any negative energy.
- 4) Then put your crystal in a plain glass jar or glass bowl. It really should be very plain: labels, words, designs, or patterns on the jar could imbue your elixir with additional properties, so peel off the label unless you intentionally want to bless your elixir with a specific wish, such as "harmony," "balance," or "wellness." Feel free to write the word on the jar or add a label of your own creation.
- 5) Fill the glass container with purified water, spring water, or distilled water, and cover the top of the jar with plastic wrap or a clean piece of cloth.
- 6) Put the container outside 24 hours. You may even want to charge your elixir with the power of a particular planet or constellation—simply put it in view of the celestial body of your choice.
- 7) Once your elixir has absorbed the power of your crystal, the sun, the moon, or the stars, remove the crystal with clean tongs.
- 8) Half fill an amber bottle with your gem essence, and then top up with vodka or brandy. This is considered the mother tincture and will keep for a year. Store the remainder of the essence in a refrigerator.
- 9) Now take another smaller amber bottle, and fill it half full with the mother tincture and top it up with purified or distilled water. This is you DOSAGE bottle.
- 10) I recommend taking 10 drops of the elixir under the tongue 3-4 times a day. It is best to take it before, rather than after, a meal. How long to take the mixture is up to what you are treating and how you feel, but it is usually best to finish the bottle.
- 11) Add the elixir to your bath water; apply directly to aching muscles or other areas of your body.
- 12) You can also add some of the mother tincture to a spritz bottle, topping it up with water and spraying it around your aura or a room.



Where can we apply Crystal Healing?

Healing Humans

It is quite easy to apply crystals for healing to a human being. They can be carried around or placed around the body in any formation (see the section on crystal grids).

My favourite method is to wear a crystal as a pendant, tucked under my shirt. It is believed that the crystal has to be in contact with the skin of the wearer, and some people stick them to their person with cellotape or plaster.

Crystals can also be placed under or around the bed, under the pillow or next to the bed on the nightstand. Just make sure the crystal's energy will help you sleep, and not interfere with your sleep. Rose quartz is a favourite for many, as it has a very soothing and calming effect.

Hold a crystal in your hand while you meditate, or take it as an elixir. Place it around the room where you need to work or study and allow the stones to do their work.

Healing Plants

You can boost your plants' health, growth, colour, and strength by putting crystals **in their pots** or watering them with **crystal elixir**. Almost any crystals you feel drawn to intuitively will work—although you should be aware that soft stones like calcite, celestite, lepidolite, and malachite can be damaged by water. Soft stones can also leach into the soil. If they are large or numerous enough, the addition of new minerals into the soil can affect the pH balance and affect plant growth in ways you might not have intended when you planted crystals in the soil.

But that is just the beginning! There are so many exciting ways to use crystals in and around the garden.

- You can set up crystal **sentinels** at the entry to your garden, or cairns—pyramid-shaped piles of stones—to serve as focal points for energy.
- Create your very own sentinels by piling stones into **cairns**. These are pyramid-shaped piles of stones and serves as focal points of energy.
- Create a **medicine wheel** in your garden, or design an astrological layout in the centre of your garden.
- You could surround your garden with protective **crystal guardians**, charged with intention to keep deer and rabbits out.
- Traditionally, green moss agate is said to be the gardener's stone, but all green stones, which symbolize health and growth, are good choices for a garden.

Healing Pets

Crystal healing is not limited to humans; you can adapt any of the techniques in this course to work with your animal friends. Use your crystals exactly as you would on humans, making a few adjustments for both safety and practical reasons.

- Your dog or cat might lie still while you **place crystals** on or around his body.
- If your pet will not sit still, or a friend asked you to send healing to their pet, you could use a photo or image of the animal to perform **distance healing**. Place your crystals around the image of the pet or animal and activate the healing through some focus and intention.
- You can also **wrap crystals** with wire and attach them to collars as pendants. Please be conscientious that cats and dogs are very active and can accidentally snag the pendant on a fence or branch.
- Sew small stones into their **pillows and pet beds**.
- Did you know: there are special **water bowls** that will turn your pets' water into drinkable gem water or a crystal elixir? Alternatively, you can create your own by placing water-safe crystals



in their bowl. Just make sure the rocks are big so they won't get lapped up by accident, and end up going down a throat. Amethyst is very popular for dogs because it helps to calm and soothe them and they won't bark incessantly or unnecessarily.

