

# How to Select & Use Your Crystals



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Hi. If you are reading this, it means you are interested in crystals! Welcome to the amazing, wonderful world of crystals. Beyond being beautiful, they can be a powerful ally in your protection, manifestation and healing.

But if you are new to this, it can also be overwhelming. Don't panic! You don't have to be an expert to get tremendous value from your crystals. So let's get started.

First, there is no right or wrong way to use crystals to improve your life. So feel free to let your intuition guide you. But to help you along, here are some tips and tricks!

### **Where to Start!**

One of the most common questions I hear is, "how do I pick a crystal?"

I often answer, "let the crystal pick you!"



I will then often get a confused look like, *'what? How is the crystal going to pick me?'*

Well that's an interesting experience. Often when you come into a crystal store and walk past rows and rows of crystals, you will be drawn to a particular stone for no obvious reason.

Your attraction doesn't necessarily make sense, but it catches your eye and your heart. And you **know** that is your Crystal!



One of the reasons may be that it's in the same frequency zone of what you're trying to accomplish.

Everything has a frequency. So if you're looking to find a new job or to manifest more money in your life, or to find your soul mate, then the crystal that closely matches that frequency is going to start to resonate with your frequencies and the two of you will find each other.

I know it sounds crazy! But trust me on this one. You'll know it when it's your crystal. I've had lots of customers leave the store and then come back in a panic and hope that nobody has bought their crystal because they just have to have it!

You can also refer to the guides that we provide in store, or research on the internet for crystals that have historically been used for certain things.

If you're trying to manifest money, for example, then there are some crystals that have specific frequencies that can be helpful in that endeavor. Some examples would be a citrine or aventurine or several others.

*Citrine Cluster*



You can start there and then within those broader categories, then refine your selection to the specific crystal that resonates with you.



**Ok You've Selected a Crystal, Now What Do You Do With It!?**

You can always fashion jewelry from your new crystal, or you might enjoy holding them while meditating or praying.

“Pocket rocks” are always great to keep around for a quick reminder or to calm you down and get you grounded.



You can place them under your pillow or close to your bed to stimulate dreams. Some crystals can be very powerful dream



creators, so if it becomes too vivid or uncomfortable, move them away from your bed or reduce the number of crystals you have around during sleep.



You can set crystals around your workstation or around your home. Have the intention they form a grid of protection and

raise the energy in your home or office. Having crystals around allows you to enjoy their beauty *and* their subtle energies!



### **Let Them Help You Clear Negative Energy**

You may choose to add healing or protective crystals to your clearing techniques and ceremonies. The frequencies of the



different crystals can help strengthen your aura, keep you focused and help raise the vibrations in the space you are clearing.

### **Clearing, Charging & Programming**

If you do want to use crystals for clearing negative energy, they will be more effective if they have been cleared, charged, and programmed.

It is simple to do and recommended no matter what you are doing with your crystals.

## **Crystal Clearing**

One tried and true way to clear crystals is with salt water. Get a container you will not be using later for food and throw in a handful of salt. Fill it with enough water to completely cover the crystals.

Soak them for at least 30 minutes. Rinse them in clear water to remove all traces of the salt. Rub gently if appropriate and envision any dirty energy is being lifted off and properly disposed of. Pat them dry.

*Caution: not all gemstones can tolerate salt water. Check before soaking them. You can*

*also smudge your crystals. Light your smudge and waft the smoke around your crystals to clear them.*

## **Charge Your Crystal**

To charge your crystal, you can hold it and pray over it, set it out in bright sun, an electrical storm, full moon, or bury it overnight. You will definitely want to mark



where you bury it, as more than one crystal has been lost this way!

## **Program Your Crystals**

To program your crystal, hold it and focus your attention on the crystal. Say, “Crystal, listen to me.

Strengthen my aura and protect me from psychic contamination.” Or whatever simple



command you wish your crystal to do for you. If you want all your crystals to do the same thing, you can program them together. If not, work on programming each one individually.

There you go! Your crystals are now cleared, charged, programmed and ready to help you in your life.

You can use them in your space or carry them in a pocket or wear as jewelry. Here are a few that you might consider for protection.

**Obsidian** is a powerful protection crystal. It helps clear, strengthen, and protect your aura.

It is very helpful against psychic attacks. Obsidian has



a lot of Earth energy. It's easily programmed to form a barrier of protection to prevent unwanted energies from entering your space or your aura. Place it on your workstation, one on either side of a door or by a window. Program it to form a protective shield that prevents anything evil from entering.

**Black Tourmaline** is very grounding and possibly the most powerful stone for psychic protection against negative energy.





**Rose Quartz** is known as the stone of Love and can help keep your heart chakra open while being protected.



**Amethyst** is an excellent choice to connect to the Divine, protect your aura and shield you against negativity.

### **When They Stop Working**

Just like a sponge, crystals can get dirty and need to be cleaned to be most effective.

When they stop working, they need to be cleansed, charged and reprogrammed.

## Crystal Breakage & Loss

It's always heartbreaking when our favorite crystal breaks or gets lost. Take heart. When a crystal breaks, it is often a sign that the



crystal (or you) is ready to change. The old structure is done, finished or no longer useful or workable. A lost crystal may indicate you no longer need it as much as someone else does.

Thank the crystal and know that another new sparkle buddy will show up in your life at just the right moment!

So that's it! Have fun with your new crystal(s) and share photos with me on Facebook and our other social media platforms.

~Susan



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