

INTRODUCTION TO CRYSTALS

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THE SCIENCE

All physical matter, including crystals and the human body, is made up of vibrating particles naturally arranged into different, geometrical molecular structures.

Due to their structure, crystals release vibrations at a constant frequency.

When crystals come in contact with your body, a transfer of energy occurs and frequencies in our body change to match the frequency of the crystal.



These energetic exchanges can be used to shift unhelpful physical and emotional states for you but also can help to raise the energy in your space, your home or even in your pets.

Crystals offer a helping hand to keep us present and in the moment.

They help support us when we are blocked, lacking in energy, feel slowed down or need calming.

There is evidence to suggest that crystals have been used in healing for around 6,000 years,

CLEAR QUARTZ



Clear quartz is one of the most popular and powerful stones. It is known as the Master Healer.

It absorbs, stores, releases and regulates energy and is excellent for unblocking.

Quartz helps to magnify the energy of other stones and in healing is a master healer.

It stimulates the immune system and brings the body into balance.

Clear quartz is powerfully protective and so is commonly used for greater protection, strength and clarity.

It dispels negativity and clears away negative energy.

Carry Clear Quartz in your pocket, purse or place under your pillow.

Quartz crystals are a great tool for manifesting anything your heart desires, as they amplify your energetic vibration. It's best to use quartz when you're feeling good and have strong belief that your manifestations are on their way.

Meditate on or visualise your desires while holding quartz crystals. You can also place them on a photograph or list of what you would like to manifest.



ROSE QUARTZ



Rose quartz is the crystal of unconditional love and infinite peace.

It is the most important crystal for the heart and the finest healer for emotions.

Rose Quartz is calming, reassuring and excellent for use in trauma or crisis.

It gently draws off negative energy and replaces it with loving energy

If you want to attract love place Rose Quartz by your bed or in the relationship corner of your home (far right hand corner from main entrance)

In existing relationships Rose Quartz will restore trust and harmony and encourage unconditional love.

Wear Rose Quartz, especially over the heart, place it on the thymus gland or in the relationship corner of the room.

Rose Quartz crystals are a great tool for enhancing affirmations.



CITRINE



Citrine is the crystal for abundance, it teaches how to manifest and attract wealth, prosperity, success and all good things

It is warming and energising and an excellent crystal for recharging.

Citrine improves motivation, activates creativity and helps you develop a positive attitude and to look forward optimistically

It's a happy and bright stone that brings good luck, increases your personal power (by enhancing self-esteem, mental clarity, and willpower) and clears negative energy.

Carrying the power of the sun, citrine is one of the crystals that never needs cleansing

Wear citrine on your fingers or in contact with the skin. Place a piece in the wealth corner of your home or office (furthest back left point from your front door). Keep some in your purse, or put some in the till or cash tin of your business.



AMETHYST



Amethyst is one of the most famous crystals. It has a very positive, healing vibration

It develops and strengthens intuition, spiritual awareness and meditation ability. Amethyst promotes calm, balance, and expanded consciousness, repeling negative energy and attracting positive energy.

It also helps to clear old blocks.

Use amethyst in meditation to get in tune with your feelings, promote mental clarity, and calm your thoughts.

Place it in your home, office, or car to purify the space of any negative energy so you can thrive in your high vibe, calm and peaceful environment

Wearing or carrying Amethyst can help you keep a clear head as it balances your third eye, which helps you focus, calms your emotions and can help you sleep.



CARNELIAN



Carnelian is a stabilising stone.

It is excellent for restoring motivation and passion and is a great stone for creative people. It can be used to remove blocks that leave us feeling burnt out, uninspired, and stuck.

An excellent energy boosting crystal, Carnelian carries vitality and strength and helps align your energy back into balance.

If you find yourself feeling sluggish or run down wear or carry a piece of Carnelian. Placing a piece by the front door invites abundance into the house.

GREEN AVENTURINE



Green Aventurine is a comforter and heart healer, promoting wellbeing and bringing calmness and serenity.

It is useful to have if you are affected by others emotions or other people drain your energy.

Green Aventurine is also a very positive stone of prosperity and is known as a crystal of luck.

Wear or carry a piece to help relieve any stress or place a piece around the house.

Hold a piece in your hand while you visualise your dreams and desires or write them down and place a piece of Green Aventurine on top of the paper.

RECHARGING YOUR CRYSTALS

Think of crystals as living entities that need love, light, and fresh air!

Like other living things, crystals may benefit from sunlight. Sunlight can charge your crystals, resetting energetic frequencies that may have changed through interactions with various spaces and individuals.

However, some stones, including rose quartz and amethyst, may lose their pigment in the sun. So, it is best to cleanse those stones in the moonlight of a full moon.



RECHARGING YOUR CRYSTALS

Placing your crystals in a bowl of salt or brown rice will recharge them

You can rinse non-porous crystals underwater or burn sage or Palo Santo above a crystal to achieve similar effects.

Amethyst, Carnelian, Celinite or Citrine can all be used to cleanse other crystals.

With proper care, crystals will provide a lifetime of healing gifts for you and your loved ones.





RAW CRYSTALS

Raw/rough crystals haven't been smoothed, polished or shaped and are left in their natural form so their sizes, shapes and colours will vary – each piece is unique.

Some people feel a difference in energy from rough to polished crystals and feel that crystals in their raw/rough state are more powerful and better for someone who really needs an energetic lift and break through to be able to move forward.



RAW CRYSTALS

Because rough crystals have a powerful energy, when they are placed close to another crystal or the polished/tumbled stone of the same crystal, rough crystals can recharge the energy.