



CRYSTAL GUIDE

BEGINNERS

JILL WATERS

Crystals are amazingly versatile; they amplify and raise vibrations helping us to experience a greater awareness of our own energy. They can be used in every area of our lives in a multitude of different ways for an unlimited number of issues. Whether we are looking to soothe a headache, boost confidence, increase our wealth, lose weight, improve our communication skills, enhance our memory, protect our environment, or any number of other things we want to change in our lives, crystals are here to help. All we need do is be in their presence so we can bring our energy field into resonance with theirs. Just carrying a piece of clear quartz in your pocket can expand your aura and raise your vibe.

In 1992 I was gifted a Crystal by an amazing lady, Mrs Lancaster, she was a Medium and quite an instrumental part of awakening. One bright spring morning I went for a reading and was discussing my inability to quieten my mind whilst trying to learn to meditate, Mrs Lancaster just smiled "Here take this, breathe and heal, it will all fall into place" and she placed an Amethyst into my hand. That little piece of Amethyst spoke to me, and my healing journey began.

I am an Intuitive Energy Worker and have been a Master of Crystology since 2002, I believe that you have everything you need within yourself and crystals can help you connect to the love, joy, hope, peace and understanding that resides within your Soul. Let's begin our journey with Crystals and look at how they can benefit your Mind, Body, Spirit, overall Well-Being and enhance our lives.

Let's begin our journey.....

All Crystals purchased from Glow are cleansed, energised and enhanced with Reiki energy before you receive them. However, over time they will pick up negative energy and you will need to cleanse, re-energise and programme your crystals.

Cleansing Your Crystals

Smudging (with incense or sage) - Smudging is a very quick and efficient way of cleansing gemstones. Simply burn the smudge stick or incense and pass your stones through the smoke. This will clear the stones of all negative energy.

Reiki - Reiki energy will cleanse and energise your crystals, simply hold a crystal in your hand allowing the Reiki energy to flow. If you are Reiki II or Master, you can use Reiki symbols.

The Moon - A full moon and a new moon are especially powerful for cleansing and recharging your stones. You can place them outside or on a window sill at these times. Don't worry if it's cloudy the moon's rays will still energise the crystals.

The Sun - The sun is also a very strong energetic way to cleanse your stones. Be mindful as some stones will fade in the sunlight and don't worry if it's cloudy the sun's rays will still cleanse and energise the crystals.

Mother Earth - Crystals come from the earth, so placing them directly into the earth for 24 hours will naturally cleanse all negative energies and re-energise them.

Singing Bowl or Chimes - If the stones are small you may put them into the singing bowl. Place bigger stones close to the bowl, then set your intentions and play the bowl for a few minutes.

Other Crystals - Placing your stones on a large quartz cluster, an amethyst or selenite bed will clear negative energies and re-energise the stones. However, you must remember to regularly cleanse and re-energise the quartz cluster to ensure it retains its cleansing and re-energising powers.

Running Water - Holding your gemstones under clear, purified water will cleanse and recharge them. Please be mindful some crystals don't like water!

Attuning & Programming Your Crystals

Take time to connect, sit in a space where you won't be distracted and simply hold or place hands around your Crystal. Breathe deeply and slowly, when you are ready bring your attention to the Crystal, notice any sensations you may be feeling, thinking, seeing or hearing. When you are ready dedicate its energies and your intentions to the highest good, then state your goals, desires and intentions clearly and specifically, "I wish to program this crystal to....". Remember each crystal has its own unique energy and metaphysical properties so a simple "I program this crystal to work for my highest and greatest good" is an easy and powerful intention.

Crystals In Your Everyday Life....

A Crystal in your pocket

The more contact you have with a crystal the more aware you'll be of its energy. You can carry a crystal with you in your pocket or purse and pull it out whenever you need to centre yourself or bring your attention back to the intention you're working towards.

Jewellery

When crystals touch our skin especially for a prolonged period of time the healing properties of the crystal will raise your vibration, renew your energy and infuse your aura. You and your crystal will become as one.

Meditation

Meditation is extremely beneficial for every part of our being, our mind, our body and our spirit. It helps us to relax, clears our mind and releases negative energy and unwanted thoughts. Using crystals for meditation is a powerful tool to deepen your meditation, as well as achieve a specific outcome, setting intentions or goals during your meditation. On a spiritual level, meditating with crystals can help to raise your consciousness and awareness, deepening your intuition and bringing insight. Any stone or crystal can be used for meditation, I will guide you through the benefits of each Crystal under the individual headings.

Breathwork and Crystals

Breathwork is an active meditation that by occupying the mind creates space for the body to heal physically, emotionally and spiritually. This is a practice that can aid in letting go of old beliefs, traumas and fears as well as connecting you to clarity, inspiration and a greater sense of self. The beauty of breathwork and crystals is that they heal on energetic and physical levels. For example, breathing with rose quartz is a very transformative practice. This is a powerful meditation to do when you want to call more love and softness into your life or when you're going through challenges in relationships. This is also a beautiful practice to teach children as the breathwork will support their intuitive nature and they can quickly tune into the calm energy that rose quartz carries.

Crystals In Your Home Or Workplace

I love Feng Shui. Feng Shui is the Chinese system of spatial arrangement to create harmony and flow of energy within a room or building. Combining Feng Shui with the healing properties of Crystals creates a powerful yet somewhat subtle way to attract positivity and serenity into your home, enhancing the vibration of your home as well as strengthening your personal energy field.

An altar is also a special, sacred place where you keep your collection of healing crystals, spiritual tools and meaningful items. It is a sacred way to invite spiritual energies into your space and reinforce your intention. A sacred space, a "Zen Den", a place where you can feel at peace, a place to meditate and connect.

Wellbeing within the workplace or office crystals can be used for those busy stressful times when life is taking a toll on your mental or physical health, or the negative energy from a co-worker is draining you. You can create a sacred space at your desk where you can seek moments of clarity and peace, as well as protecting you from the effects that all of the tech devices in the office can have on your spirit.

Crystal Grids

Crystal Grids are an incredibly powerful and beautiful way to manifest your dreams, goals and intentions. The power of crystals, sacred geometry and your intentions create a means for generating, amplifying and focusing energy. I use Crystal Grids in every area of my life. At home I use the art of Feng Shui to place Crystal Grids for abundance in all areas of health, wealth, prosperity, protection, sleep etc, as well as in the workplace.

Bathing With Crystals

Bathing with crystals is the height of relaxation. It allows you to put yourself first, setting aside a moment of time that is exclusively about recharging, cleansing, centring and aligning your life force energy. Pause the negative cycle that leads to bad feelings to inspire bad decisions and give yourself a moment to unload, reconnect and let go. So, create that perfect ambience, light some candles, turn off the lights, use some of Glow's Room Spray or Bath Oils to fill the room with beautiful scents of essential oils. Choose your crystals – be mindful some crystals don't like water - Place them along the rim of your bathtub, you could place them in alignment with your chakras, or choose two crystals to hold in your hands, or even one to place over your heart. Be creative. I personally place crystals in the bath to set an intention for the water especially at a Full and New Moon. As you lay in the bath, focus on your breath, imagining yourself bringing in new and releasing the old. Visualise your mind as being one with the water. Relax to the sight of candlelight dancing on the water before and flickering against your sparkling crystals. Breathe and heal!!

Crystals and Yoga

Placing crystals on or around your yoga mat helps create a tranquil space for you to practice. You can even place crystals on your body during savasana to encourage a deeper state of meditation.

Crystals And Journaling

Using crystals to guide your journaling is a way to form a deeper connection with your own intuition and the universe, it's a powerful way to refocus and ground your energy as well as enhance your creativity. Amethyst enhances intuition, spirituality and meditation. It helps develop a deeper understanding of life, promotes mental clarity and a stream of consciousness. So you would set your intention, by holding the crystal in your non-dominant hand against your heart ask that it "To work for your highest and greatest good", place it by your journal, focus on this crystal as you write your inner monologue. The amethyst will enhance your intuition and guide your pen.



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