

Section 5: How to Use Crystals

Crystals work whenever you are around them. You don't need to do anything special to benefit from crystals. They can help you and your home, all it takes is to display them on your desk, windowsill or shelf to enhance your life and sense of well being. Placing crystals around your house can also have a healing effect on your house plants and your pets too. To treat pets you can place crystals in their water bowl or pet bed, or attach the crystal onto their collar.

Intention

One of the most popular ways to use crystals is in setting intentions. Intentions are like magnets, attracting what will help to make them come true. Setting intentions is a powerful way to help you achieve happiness and fulfillment. They provide you with insight into your aspirations, values, and purpose and allow you to live in the present moment while still aiming towards achievements. Your goals are the desired outcome, and setting an intention is a way that guides you to that, even if the goal is never reached it should be a positive experience.

When setting intentions, you want to say your intention out loud, aligning your heart and mind to create a meaningful purpose to fill your day. You want to be specific with what you want to achieve when you hope to achieve it and why.

A good practice is to set an intention each morning to help you stay focused and centered throughout the day, even when your day becomes stressful. Start your morning by energizing your intention with the crystals that compliment your intention. Your intention can also be used as a daily mantra that you repeat to yourself throughout the day to stay focused on your goals even as you go about your regular routine.

What is an intention?

Thoughts create vibrations throughout the universe, which makes setting intentions a powerful tool for achieving happiness and well-being. Having a clear purpose provides you with insight into your aspirations, dreams, and values. It also helps you to live in the present moment instead of being caught in negative thought patterns. Intentions are like magnets. They attract the things and people that will help make them come true. Setting an intention is a powerful tool for achieving happiness. Crafting an intention starts by setting the goals that align with your aspirations, purpose, and values.

You want to decide what matters to you. Your values drive the actions in your life, and you'll need to recognize what truly matters to you if you want to find fulfillment. Explore areas of your life that need an upgrade. Consider how you

can improve your career, community, health, relationships, social life, and spirituality.

Bring your intentions to life. Make sure you write them in the present tense, as if they are happening now, and affirm only what you want. You should also write down your goal, the end result of what you wish to manifest. Put your feeling into it.

You want to be clear with your Intentions. Think about something you want to improve. A simple way to clarify your intention is to write down 5 goals that you have and pick just one to take action on today.

3 Ways to Work With Crystals and Intention

Now that you have your intention, there are three ways that you can work on it with your crystals. You can choose one of these ways to work with your crystals, or if you really want to strengthen your energy to get results, you can practice all three.

1. **Carry Your Crystals.** Carrying your crystal in your pocket or purse means that it's always there as a reminder to you when you need to take a moment, get back in touch with its positive energy and to find your center.

2. **Wear Your Crystals.** Wearing crystals allows you to soak up their energy throughout the day. Crystal jewelry keeps you on track by vibrating with the energy of your intention and goals.

3. **Place Crystals In Your Space.** Placing crystals in your space is great for creating an energetic atmosphere that suits your intention. It provides a visual reminder of the intention and goal you are committed to bringing about.

Crystals to Use With Your Intention

If you are looking for some inspiration in choosing which crystals to pair with your intention, the following are some of the crystal combinations you can use.

Balance. Carry a Hematite stone. Place Shungite in your space to balance and neutralize the energy.

Calm. Carry Amethyst with you. Place Apophyllite in your home to cut through anxiety with uplifting vibes.

Clarity. Carry Amethyst for intuition enhancing energy. Place Selenite in your home to help clear the fog of stuck or stagnant energy.

Creativity. Carry a Carnelian stone. Place Tiger's Eye wherever you create, such as your kitchen or workspace.

Finances. Carry a Citrine stone in your wallet to help manifest wealth. Place Pyrite on your desk to encourage an abundant mindset.

Fresh Start. Carry Moonstone to help you recognize your full potential. Place Chrysocolla where you can see and get inspired each day.

Health. Carry an Apatite stone and meditate holding Selenite Harmonizers. Place a Selenite Lamp in your home to cleanse and uplift the energy.

Love. Carry a Malachite stone. Place Rose Quartz in your bedroom.

Positivity. Carry an Angel Aura Quartz stone. Place a Citrine Point or Amazonite crystal on the window sill.

Protection. Carry Selenite to clear and protect your energy. Place a piece of Black Tourmaline by the front door of your home.

After selecting your crystal or crystal jewelry, you are ready to set your intention with the crystal. This helps to align your energy with the energy of your crystal to ensure that you are both working toward the same goal.

Be sure to get specific about what it is you want to achieve with the help of your crystal. Use affirming words like I am or I have that help to actualize your intention. The following are some examples of intentions for crystals.

I attract and radiate the energy of love.

I am a money magnet.

I am abundance.

My mind, body, and spirit are healthy.

I release my stress and fill myself with the energy of light.

How Long To Work On an Intention?

It is recommended to work with crystals and your intention for 40 days. It might seem like a long time, but this is the amount of time needed to create lasting changes within your mindset. To help you track your progress, you can keep a journal and write down any realizations that surface over the 40 days. When you create an Intention action plan for yourself and commit to the work you are doing with your crystals, the possibilities are limitless.

Elixirs

Crystal elixirs made from immersing crystals in water are just one of the ways you can benefit from the healing effects of crystals. Drinking a crystal elixir can be effective in treating certain conditions.

To make, start by cleansing the crystal you will be using. Place the crystal in a glass or a glass container of water. It is preferable to use alkalized, distilled or mineral water from a pure source, but tap water will also do. Cover the glass container and/or place the container in the fridge and leave overnight. During this process, you want to focus your intention on what you want the crystal elixir to do. You can enhance the elixir by placing the glass container in the light of the sun or the moon, or by surrounding the container with quartz crystals. Once the elixir is ready, you can drink it, or use it topically over the next 24 hours. Three different crystals you might try include Amethyst, Quartz or Rose Quartz. The Quartz elixir will taste fresher than plain water, whereas the Amethyst will have a metallic taste and the Rose Quartz will be slightly bland.

Crystal Centerpieces

If you have a large crystal you can display it as a beautiful and a powerful centerpiece. A large crystal centerpiece can change the energy in the room, benefiting everyone in the space.

Crystal Geodes

Crystal Geodes are a lovely addition to your environment. They are especially great in living rooms or communal areas. Geodes offer protection for homes and help to cleanse/clear/change the energy in a room.

Placing Crystals in Your Environment

Placing crystals in your environment can help you achieve more happiness or better relationships. Place the appropriate crystals around your space to benefit from their energy. Make sure to keep the crystals free from dust and cleanse on a regular basis for best results.

Energy and Balance

Place Amethyst and Quartz Crystal clusters in your environment to help energize the room that they are in. Everyone in the space will feel more relaxed. Work well in living rooms and communal spaces.

Quartz Focusing Light

Outside on a sunny day or in a brightly lit room take a natural quartz crystal 1-2 inches in size and hold it above the open palm of your hand. Point the point of

the crystal towards your palm. Move the Quartz Crystal slowly in a clockwise circle above your hand. You will see a point/line/area of light moving around your palm as you move the crystal on your hand. The light will vary in brightness from one crystal to another. You might feel your hand start to feel a warm, or cool, or slight tingling.

Programming a Crystal

Once you choose a particular crystal with an intended purpose in mind, you want to spend some time connecting with the crystal. Take a closer look at the crystal, observe its color, size, shape and how it reacts with light. Hold the crystal in your hands, close your eyes and think about how it feels. Become aware of the crystals flat, smooth, sharp and pointed parts. Think about how the crystal makes you feel, and the physical sensations in your hands. Hold the crystal up to your ear and listen to it. Many people hear the physical vibration of a crystal. For crystals without an elixir warning taste the tip of the crystal with your tongue. Lastly, use your sense of smell to get an even greater sense of the crystal.

Once you've gotten to know your crystal, focus on the intended purpose of the crystal. Hold it in your hand and focus on whatever it is you want it to do. Sit quietly with your thoughts and imagine that your thought is going directly into the crystal. Do this for about 5 to 10 minutes.

Repeat the programming. Ideally, you want to repeat this process each day for two weeks. Ask your crystal to help you with whatever it is you have programmed it for. After programming each day you can carry the crystal with you.