

Section 7: Using Crystals in Meditation

Meditation is a practice that is beneficial for the mind, body, and spirit. It helps you to relax, clear your mind, reduce anxiety, release negative energy and unwanted thoughts. Using crystals for meditation is a way to help deepen your meditation, as well as achieve a specific outcome during your meditation. On a spiritual level, meditating with crystals can help to raise your consciousness and awareness, deepening your intuition and bringing insight.

You can use any stone or crystal for meditation. They are the tools that will help you start and maintain your meditation practice, move you into deeper states of meditation or help you set a specific intention. Incorporating crystals into your daily meditation practice is a good way to experience the beneficial effects of crystals simply by holding them in your hands, placing them near you, or wearing them against your skin.

When you meditate with crystals you may find all sorts of interesting things start to happen. You may start to feel better, healthier and emotionally stronger. You will feel more energized, peaceful and relaxed. Meditating will help your mind to be calmer and to allow yourself to think. Slowly, you will feel your life changing for the better.

Meditating daily will help to make life easier. It is an effective tool for helping you handle your life. During the silence of meditation, you can go into the deepest part of yourself and connect with something more powerful than you could imagine. Meditation is a direct lifeline to the divine and the universe.

Meditation is a practice that will affect all areas of your life. As your mind becomes more clear and peaceful, you will radiate that same energy out into the world and in turn be able to attract more positive, uplifting people and experiences into your life.

Meditating on a daily basis will help you to become less reactive to things in your life, and empower you to take ownership of the choices you make. Don't worry that you might be meditating wrong, the only wrong way to meditate is to not meditate at all. You might feel that you don't have the time to meditate, but meditation can give you more time as meditation practice will allow you to work smarter instead of harder and without all the stress.

Crystals, Stones, and Incense for Meditation

Harmonizers. Crystal harmonizers are polished into cylindrical shapes to hold during meditation. These tools have been used since the ancient Egyptian times to cure energy blocks and imbalances. To use, hold one cylindrical crystal in the left hand (yin) and one in the right hand (yang) so your spiritual vitality will be invigorated and balance restored.

Quartz Crystal. Quartz Crystals bring clarity to the mind and help you to become more focused and clear about your intentions. Quartz amplifies the energy of any other crystal, which makes it ideal to have for meditation. It is one of the best crystals for meditation because it can be programmed with your intention.

Selenite. Selenite helps to release energy blockages and negative energy to energetically cleanse your body. It protects your energy field, which allows you to safely practice meditation without over stimulating your energy body or chakras.

Palm Stones. Palm stones are a great tool for beginners or seasoned meditators. They fit nicely into the palm of your hand. As you are meditating, you want to hold one stone in each hand and feel the energy of each stone flowing into your body and calming your mind.

Incense. Sacred smoke helps to induce meditation. Pick an incense scent that resonates with you to help calm your mind as you enter into meditation. Frankincense Resin is a good choice.

Spheres. Crystal Spheres allow for the energy to emit in all directions. The perfect symmetry of the crystal sphere brings about balance, and peace into any environment it is in. They are useful for meditation, hold the sphere crystal in your hand for a deep sense of wholeness, as if you were holding the world in your hand. Spheres equally spread energy all around any space.

Meditating with Crystals

Meditate with a Crystal for Your Intention

It is beneficial to choose a crystal that contains healing properties or energies that are in line with what you want to achieve out of your meditation. Setting intentions and meditating with your crystal each morning enhances and magnifies your results. When your mind is focused on your intention from the stillness of your meditation and energy of the crystal, you will have better motivation and inspiration for achieving your goals or receiving certain energy.

How to Meditate with Crystals

After you have chosen your crystal, you are ready for your meditation. There is no right or wrong way to meditate, just as there is no right or wrong crystal to use with everyone's meditation being unique. The best way to utilize your crystals during your meditation is to hold them in your hands while you are meditating or lay the crystals on your body, ideally so that they touch the skin.

The Crystal Meditation

1. Find a quiet space where you feel comfortable and relaxed.
2. Sit quietly with the crystals close by.
3. Close your eyes and quiet your mind, focusing your attention on your breathing.
4. Pick up the crystals and hold them comfortably in your hands.
5. Imagine your energy and awareness going into the stones, feeling the energy of your crystals.
6. Imagine white light and breathe that in, letting the energy of the crystals fill your mind and permeate your senses.
7. Visualize your intention.
8. Relax your mind and body. Sit with the crystals as long as you can.
9. When you are finished and you are feeling completely relaxed and at peace, complete the grounding process by seeing all aspects of your awareness coming out of the crystal and into your body. Feel yourself connecting with the Earth and your body.
10. Open your eyes and take a few deep breaths.

Crystal Meditation

It is best to meditate when you will be free of distractions and interruptions. Find a quiet space in your house, turn off your phone and anything else that might distract you. Play some soft music, place the crystals around you and light a candle if you want.

Set a timer. Start with 5-minute sessions and make your way up to 20 minutes a day if you can. Concentrate on your breathing, breathing in deeply through your nose and out through your mouth. Exhale out anything you no longer want to hold onto, feelings such as anger, anxiety, fear, and stress. Imagine that you are breathing in light. Visualize a white ray of light above your head, showering you with its light beams. Continue to breathe out any unwanted energy and breathe in light.

With the crystals placed around you, choose a crystal to focus upon and allow yourself to explore the crystal with all of your senses. Connect with the crystal and be aware of the crystal. Close your eyes and take 3 deep breaths in through your nose and out through your mouth. If you find yourself being distracted or

your thoughts beginning to wander, focus again on the crystal. Feel the weight and energy of the crystal, and use it as an anchor to shift your focus back onto your meditation.

It is important to repeat the meditation daily, no matter how little time you have to spare. The meditation will feel different on some days compared to others depending on the crystal that you choose to work with. One day you might feel energized, while another day you will feel happy, calm and peaceful. All feelings are acceptable, you'll want to go with them and not try and block the unpleasant ones, as they will eventually pass.

Crystal Grid for Meditating with Crystals

Laying stones or crystals on your body allows the healing properties of the crystals to activate that area of your body. Creating a crystal layout on your body can help you meditate and heal simultaneously. Use crystals to help with chakra healing. See which chakra you need to heal the most and try meditating with a crystal grid on your body.

Invoke Deeper States of Meditation with Crystals

Certain crystals work well to open the higher consciousness of your mind. The most powerful crystals are usually blue gemstones, purple crystals, and white crystals. These colors are associated with the higher chakras that allow you to clear your mind, live your truth and receive wisdom from the Universe. The following are some good crystals to try.

Amethyst. Amethyst crystals stimulate the crown chakra and calm your thoughts, making them a wonderful healing crystal to meditate with. Amethyst can bring clarity to the mind and help you to become more in tune with your feelings by getting to know yourself on a much deeper level.

Azurite. Known for its ability to clear the mind, this crystal helps you access your inner wisdom. It expands your mind so you can focus and zero in on what is important. When your mind is busy and it's hard to think straight, meditate with Azurite to get focused.

Celestite Stone. One of the most popular Celestite uses is in meditation because it helps smooth the transition into a peaceful state of awareness. May help you to tap into your psychic and intuitive abilities. Use during meditation to encourage you to receive messages, guidance, and inspiration from the spiritual realm.

Lapis Lazuli. This stone helps to enhance your awareness, insight, and truth. It is a healing crystal that has existed since the beginning of time. Lapis Lazuli is an excellent tool to deepen your meditation during your yoga practice.

Labradorite. This crystal deepens your meditation and raises your consciousness. It stimulates your inner awareness, bringing you closer to discovering your true self. It helps you to unfold your true-life purpose and uncover your destiny.

Lepidolite. This crystal helps to relieve anxiety, soothe your thoughts and bring calm to your mind. It is great for meditation when you are feeling anxious, stressed or worried, as it brings ease to overwhelming thoughts and guides you back to your natural state of being.