

## **CRYSTAL & STONE CARE**

### **NEW CRYSTALS / STONES**

**1. SELECTING STONES-** Select your stone / crystal (I use the terms interchangeably) for its attributes that are attractive or beneficial to you or loved one. Make sure the stone fits the purpose you seek and that it “feels” good to you when you hold it your hands.

**2. CLEANSE-** Always clean Before Use. See instructions below.

**3. DEDICATE-**Dedicate the purpose for your stones. Focus the energy by holding your stone in your hands, concentrate, and say out loud *“I dedicate this crystal to the highest good of all & use it in light & love for healing & protection.”*

**4. ATTUNE-** Program the specific purpose for your stones use. Hold in it your hands, consider what you seek: (love, healing, etc. be very specific) & tune into your stone and concentrate on your purpose. When ready, say out loud *“I attune this crystal for (your very specific purpose).”*

### **CLEANING CRYSTALS / STONES**

There are many ways to cleanse, here are some suggestions.

**SALT WATER BATH-** Great for quartz & quartz-like actual “crystals” either points, clusters or tumbled stones such as clear quartz, smoky quartz, rose quartz, amethyst, etc. Add salt to a glass bowl with warm water. Immerse crystal with the intention to wash away all negativity. Soak for several minutes or days; then remove, rinse & pat dry.

**SUN / MOON CHARGE-** Place stone for a few hours in the light of the sun or moon to recharge it. Make sure stone will not fade or discolor in sun.

**SMUDGE-** Smudge stones with smudge sticks or incense. Focus on clearing negativity.

**HERB / RICE SOAK-** Place stones in a bowl or bag filled with dried brown rice and dried herbs & flowers and soak for a day or more. This helps to balance energy & energize stones.

### **USING YOUR CRYSTALS & STONES**

- Always use Clean Stones, keeping positive energy flowing and “charges” the stones.
- Use your stones with positive & beneficial intentions. They can be used with several methods of healing- meditation, chakra alignment, etc.
- Store your stones in a silk or satin scarf or drawstring bag. They can be displayed within your home or office to aid to balance energies and remove blockages, allowing for good health & prosperity.

### **CRYSTAL MEDITATION**

There are numerous positive benefits to regular meditation with crystals. Seeing is in the believing! To start, you will need to have quiet time-*undisturbed*- no phone, TV, etc. for several minutes. Light a candle or incense if desired. Sit in a comfortable chair with your crystal in your hands. As you look at your stone, slowly breathe deep breaths, releasing tension. Envision breathing in positive energy and letting go of the negative. When you are ready, close your eyes and feel the vibrations passing through your hands in and around your body. Meditate for as long as you feel comfortable. When you are finished, open your eyes and put the crystal aside. Place your feet firmly on the floor to ground your self to the earth (you can hold a smoky quartz or boji stone) envision the connection. Drink a glass of water or tea and relax for a few minutes before you continue with your day.

