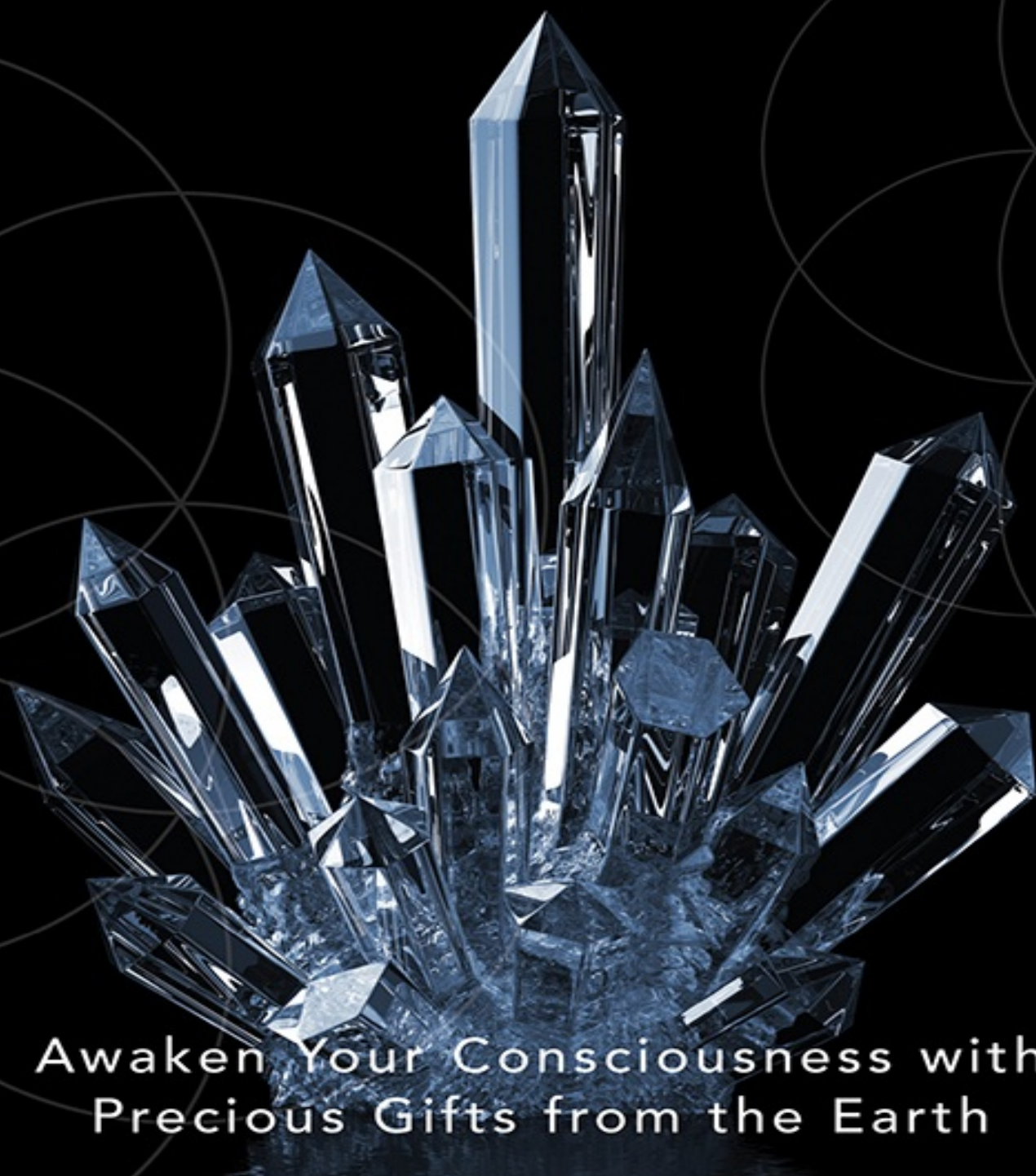


CRYSTALS

..... BEYOND BEGINNERS



Awaken Your Consciousness with
Precious Gifts from the Earth

Author of The Essential Guide to Crystals, Minerals and Stones

MARGARET ANN LEMBO

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MARGARET ANN LEMBO

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Life's many twists and turns led me into the world of quartz crystals and gemstones in the mid-1980s. I would like to acknowledge the stock market crash of 1987 that turned my world upside down and ended my mortgage banking career, which catapulted me into opening my store, The Crystal Garden. Thanks to Carol Lonsdale, who was my business partner for the first seven years of my business. With her support and friendship, The Crystal Garden was founded and now has been in business for over thirty years.

I am grateful for the customers of The Crystal Garden. I am thankful for the staff at my store. Their teamwork and dedication allow me the time to write and share what I've learned so far.

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This book is dedicated to
The Crystal Garden in Boynton Beach, Florida.

Caution In all circumstances, crystals, gemstones, and rocks are to be used externally only. Do not use them internally. Do not place them in liquid that you intend to drink. The use of crystals, gemstones, and rocks, which includes energetic healing, is *not* a substitute for traditional medicine. Energetic healing is a complementary practice to enhance a plan of action established by a professional health-care practitioner.

Do not ingest gemstone essences or aroma-energetic mists. Do not drink any water that has had rocks, gemstones, or crystals soaking in it, as unknown and potentially poisonous minerals can leech out of the stone into the water. Likewise, do not ingest anything to which you have added essential oils or other types of nondrinking liquids.

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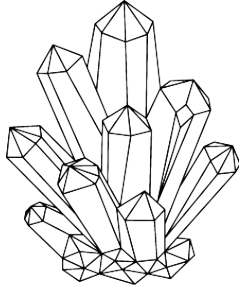
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Introduction

Have you been looking to deepen your knowledge of how to incorporate crystals, gemstones, and rocks into your everyday life and spiritual practice? There are so many wonderful uses for these precious gifts from the earth. In this beyond beginner's book, I delve into many different ways you can put the power of crystals to work for you. From gemstone essences and crystal alignments to charm bags and crystal grids, you will discover a way to personalize your use of crystals to focus your intentions and support your positive affirmations. For now, let's take a look at the use of crystals, past and present, which provides the foundation for our work with these sparkling treasures.

Historical Use of Gemstones

The stories and lore associated with the use of crystals and gemstones throughout the ages are wide and varied. The use of crystals in jewelry and cosmetics dates back to the Sumerians of ancient Babylonia and the ancient Egyptians. Gemstones and crystals also played a part in the daily and religious lives of other ancient people from Mexico, Greece, and China. In biblical lore, the breastplate of Aaron, the high priest of the Israelites, contained a different gemstone for each of the twelve tribes of Israel: carnelian, chrysolite, emerald, turquoise, sapphire, amethyst, jacinth, agate, clear quartz, beryl, lapis lazuli, and jasper.

Many of the associated uses of gemstones that were established over the millennia include luck, protection, abundance, wisdom, and more. Citrine, for example, came to be known as the “merchant’s stone” for its ability to manifest sales and abundance. Likewise, amethyst became dubbed as the “sobriety stone” because bearers of the stone were believed to have greater willpower. Green aventurine earned the nickname “shamrock of the gemstone kingdom” for bringing good luck and great fortune to those who wore it. However, the earliest uses of crystals likely extend even farther back than folklore. As soon as humankind began making tools and trinkets, it is likely they incorporated crystals and gemstones into them for various purposes. Notably, amulets have been used for protection and good luck since our earliest recorded history. While an amulet can be made of virtually any material, crystals bring the added benefit of their positive associations and intentions.

The Christian visionary and mystic Hildegard von Bingen (1098–1179) was well known for the application of crystals, tinctures, and herbs into natural healing. She believed that crystals, through the energy of water and fire, complemented other healing methods and had a blessing inherent within them for relieving symptoms of illness and treating disease as part as a holistic approach to healing. This mystic, who later became a Roman Catholic saint, was able to see that a crystal’s properties could help restore health and balance.

Another saint, Albertus Magnus (c. 1200–1280) was a scholar and a philosopher who later became known as the Universal Doctor. His knowledge included natural science, logic, rhetoric, mathematics, astronomy, and metaphysics. Drawing on his own observations, he wrote extensively about the natural properties of stones and used crystals as remedies.

Each of the stones themselves has a rich history of use. For example, the stone chalcedony (*kal-said-knee*) is named for the ancient seaport of Chalcedon in Asia Minor. Cylinder seals made of this stone date back to 2500 BC. Historically, chalcedony was sacred to the Roman goddess Diana. Because of its ancient roots, we know that blue chalcedony specifically allows us to tap into the power and innate wisdom of our ancestors. Copper, meanwhile, has been used for a variety of purposes for more than ten thousand years. Although it is generally an orange-gold shade, it also carries the vibrations of blue and green. The nature and properties of this metal increase our ability to tap into the cosmos to garner wisdom, knowledge, and surprising information, which can be applied to a spiritual practice of meditation, prayer, and/or contemplation. Due to its use as money, copper can encourage prosperous thinking, activating an ability to attract wealth and abundance. Copper also has a notable history of helping ease arthritis and similar diseases and imbalances.

Jade is another good example. Due to its strong association with ancient China, this is the perfect stone for connecting more deeply with Eastern philosophies and cultures for spiritual development. Revered, too, by the Mayan culture, jade is a beneficial stone in rituals and ceremonies, or as an altar piece for prayer and meditation.

Crystal Use in Modern Times

Crystallography, the scientific study of the properties and structure of crystals, has provided humanity with enormous benefits. In discovering how to work with and manipulate the properties of crystals, scientists have made technological advancements that have brought us helpful devices such as radio, liquid crystal display (LCD), digital electronic circuitry, microphones, musical instruments, sonar, ultrasounds, and mobile phones. Synthetic gemstones, specifically rubies, have been used in “solid state” lasers; they are actually called ruby lasers.

The discovery of *piezoelectricity* (the generation of electricity or of electric polarity by placing a crystal under stress) by Pierre and Paul-Jacques Curie in 1880 opened a doorway to today’s tech-driven smorgasbord. Most, if not all, electronic devices use the piezoelectric energy of quartz crystals. This is a type of energy that is stored in solid matter, such as a crystal, and released under mechanical stress. Quartz crystals were used in the earliest radio receivers and were at the heart of telecommunication equipment in the 1940s. Today, we know that we can tune into certain radio channels or stabilize a particular frequency to receive a broadcast. When we apply that same basic principle to our connection with the spiritual realm, we can use a quartz crystal to help us stay focused during meditation by stabilizing our frequency or to tune into cosmic forces by “turning the dial.”

The bridge between science and spirit was reaffirmed by a prolific scientist named Marcel Vogel (1917–1991). Vogel was a senior research scientist with IBM for twenty-seven years. An expert in luminescence, phosphor technology, magnetics, and liquid crystal display, Vogel developed a variety of products, including fluorescent crayons and the psychedelic colors popular in posters. He received more than one hundred patents for his inventions, including the magnetic coating for the hard disc drive. Most notably, Marcel Vogel reaffirmed the power of the mind and thoughts, and the power of love to heal and rebalance the body. Through his extensive research into the use of intention combined with the qualities of clear quartz crystals, he discovered that thought can be infused

through the use of intention and the pulsed breath (forceful expulsion of the breath, which you will learn more about in [CHAPTER 1](#)) transmitted and stored within crystals. I personally studied with Vogel, during which time he demonstrated the results of his research. Vogel discovered that thoughts can be pulsed, transmitted, and stored within a crystal. With these discoveries, the use of crystals and gemstones for healing and rebalancing body, mind, and spirit became more mainstream.

Your “Beyond Beginner” Use of Crystals and Gemstones

In this beyond beginner’s guide, I approach the study of precious and semiprecious stones from an advanced metaphysical perspective. While you’ve likely been working with stones for some time now, you will learn more ways for using gems as everyday tools in your spiritual and personal empowerment practices. In [CHAPTER 1](#), you’ll learn about clearing and smudging your crystal collection as it continues to grow, using herbs, resins, and even smokeless alternatives.

The power of intention, positive thought, and the use of affirmations will be emphasized throughout the book and introduced to you in [CHAPTER 2](#). You’ll garner a deeper understanding of choosing gemstones for specific intentions, from romance and money to intuition and protection. In [CHAPTER 3](#), you will learn how to use the energy of your positive thoughts with the crystals and essential oils to amplify your intention—and how to make gemstone essences and crystal-infused aromatic mists.

Geometry will play a part in deepening your connection with the gemstone kingdom in [CHAPTER 4](#), when you’ll learn about combining crystals in grids and crystal intention pouches to help you design your reality in all arenas of life.

In [CHAPTER 5](#) we’ll delve into the often sought-after chakra balance and alignment experience, so you’ll know the stones to choose to realign your energy centers. This information dovetails right into your ever-evolving spiritual

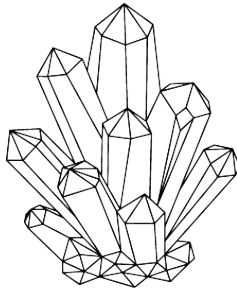
practice and personal awakening in **CHAPTER 6** where you'll read about and release negative energetic cords of attachment.

Gemstones that are perfect for various careers and professions are revealed in **CHAPTER 7**, which provides an avenue for you to gain a better understanding of yourself and people in all walks of life. In chapter 8, the matching crystal vibration for each sign of the zodiac, and the matching gemstones for the numbers 1–9 and master numbers are outlined and explained for the numerology fans.

As you move through the book's various topics and practices, keep in mind that a stone's qualities are pretty consistent, regardless of the specific practice you use it for, so a stone that's listed for use with a crystal grid, for instance, will also be useful for a charm bag if the qualities described match up with your intentions. So go ahead and mix and match your stones and crystal practices!

As we have learned through science and know intuitively, there is much beyond what we can see with our eyes. It's time to tune into that frequency and turn the page.

[contents]



CHAPTER 1

Choosing and Prepping Crystals

Crystals and gemstones are transformative tools that are found all throughout the world. Choosing and prepping the stones that align with your intentions and desires can be exciting! They can help you in your spiritual, mental, emotional, and physical personal development. Based on metaphysical principles, they can assist you in staying focused on your intentions to create and maintain positive change in your life.

The word *metaphysical* pertains to that which transcends the physical. It encompasses what the physical and scientific world cannot define, but we know exists from our intuition and observation. Everything is energy, and all energy has a vibration. Crystals also have energy and vibration, and each vibration is based on the stone's color and the manner in which the stone formed in the earth.

Types of Stones

As a brief review, here is a basic listing of names and categories of stones you may come across.

Aggregate: A mixture of minerals that could be manually separated from one another.

Chalcedony: A family of stones including agate and jasper; composed of tiny or microscopic quartz.

Crystals: Minerals with smooth sides, points, and edges.

Fossil: The preserved remains, partial or whole, of a once-living organism.

Gemstone: A broad term that includes both organic materials and man-made, inorganic, gemlike materials.

Igneous rock: A rock formed from cooled lava/magma.

Inorganic: Composed of or made from minerals; not animal or vegetable in origin.

Metamorphic rock: A rock that has been changed by heat, pressure, or other natural means.

Mineral: A naturally occurring inorganic material containing chemical, physical, and optical parts.

Obsidian: Natural glass formed during the cooling of volcanic lava.

Organic: Composed of or made from leaves, roots, and other plant or animal material.

Quartz: Silicon dioxide that crystallizes and is also found in masses. It exists in many forms and colors—examples include amethyst, citrine, smoky quartz, rose quartz, and rock crystal quartz.

Rock: A mineral aggregate.

Sedimentary rock: *A rock formed by the deposit of material at the earth's surface and within bodies of water.*

Beyond the category type, each and every stone has a spiritual component to help you further develop your spiritual connection. Likewise, each stone has a mental use that aids in maintaining focus and clarity, an emotional use that can

help you deal with feelings and unblock underlying challenges, and physical uses that range from supporting the healing of your physical body to helping you fulfill your physical needs, like money and career.

How to Grow Your Crystal Collection

There's a good chance that you've already collected some crystals and gemstones. You may have chosen them simply because you liked how they looked, which is a great reason to choose a stone. However, you'll now want to approach the stones with your intentions and a few additional considerations in mind.

You don't need to spend a lot of money to build your collection. The most affordable stones, as you probably know, are the small tumbled stones sold by most metaphysical stores and rock shops. These are often in small glass bowls or containers designated to each particular stone. Generally, the larger the stone, the higher price tag. I recommend starting a collection of tumbled stones, which will be the easiest on your wallet.

As you are looking through the tumbled stones (and the larger stones, if you wish), think about what you want to attract or change in your life—in other words, what do you hope to accomplish by working with the crystal you will choose? Contemplate what you will think about every time you touch or look at the stone. Do you want the stone to help you with your studies and help you get better grades? Do you want to feel better about yourself? Do you want to feel better about making friends or how your friends and family treat you? Do you want to perform more efficiently at your job? You can use a stone to help you with any part of your life—with your thoughts (mental), feelings (emotional), body (physical), or your connection with the spirit realm (spiritual).

Continue looking at the various stones. Allow your higher self to be naturally attracted to one of them. Go ahead and choose the stone by color and how attractive it is to you. If you think a stone is pretty or if it piques your interest in some other way, pick it up and see if you like the way it feels in your hand. Ask yourself, *“How does this stone make me feel?”*

Begin your crystal work by using your intuition and feelings about the chosen stone without searching out its description. After you've made your purchases, use this book to look up the myriad ways your particular stones can work for you. This information will shed light on why you were attracted to the stones you chose and the many ways you can use those stones to further awaken your awareness. It will also help you understand how they can assist you or affect you on all levels—spiritually, mentally, emotionally, and physically.

Based on my thirty years of observation, I recommend that you use your own intuition when choosing the stones you will add to your collection and which ones you will work with for any given situation or intention; you will innately know which stones are best for you. However, as a secondary resource, you can flip through this book and read about the various uses of the stones for specific practices, and check out my other books, *Chakra Awakening* or *The Essential Guide to Crystals, Minerals and Stones*, to help you decide which stones to work with for your personal reasons.

Often with our careful selection, we may be disheartened if a stone becomes “damaged.” However, when someone asks me what it means when a crystal breaks, I say it means that you have more crystals! Symbolically, for example, two pieces of kunzite (that were once one) can remind me that love multiplies and expands. Enjoy and use the stones that break or are chipped. They are still wonderful tools for you.

Intention & Pulsed Breath for Clearing Your Crystals

Because crystals naturally store the energies they come into contact with, you'll need to clear them of this energy when you first bring them home, and from time to time and after use. There are a number of ways to clear crystals. My preferred form is smudging, so we'll take a very close look at that method, but first we will review the simplest method: intention and the use of pulsed breath.

To clear your crystals, rinse them under tap water, imagining that any negativity or anything that isn't for your highest good is being washed away in

the flow of the water. A quick rinse under tap water is enough to clear the stone, as long as you keep your intention in mind. Avoid leaving crystals in water because it just might affect the polish or finish on your stone. Gently dry each stone with a clean towel, and then hold the stone in your hands. Focus on taking a deep breath in. On the held breath, set an intention that love, light, and well-being will be infused into the stone on your exhalation. Exhale forcefully onto the stone, knowing that the stone is storing the energy of your loving intentions.

The Practice of Smudging

Smudging is the traditional spiritual practice of clearing away negative mental energies, or thoughtforms, and other negative vibrations with the smoke of burning herbs, typically dried sage. The sage used for smudging is usually either high desert sage or white wide-leaf sage and is often bound into a bundle called a smudge stick. Other dried herbs, such as cedar, are sometimes added to the bundle as well. Loose dried herbs and resins (like incense sticks) can also be used for smudging.

The origin of the word smudge can be traced back to the fifteenth century. According to various dictionaries, “to smudge” means to dirty, soil, or smear something. This is not the manner in which we use the word with regard to clearing energies. In fact, it’s quite the opposite! Rather, the alternative meaning of “smudge”—a smoky fire, especially one made to drive away mosquitoes or to safeguard fruit trees from frost—is more closely aligned with our present use. Today, in the world of metaphysics and spirituality, it is common to use smudge or smoke to drive away pests that manifest in the form of negative thoughts or bothersome energy, and to make room for positive energy. In this case, the smoke safeguards one from negativity, rather than frost.

Because of its ethereal qualities and its tendency to rise toward the heavens, smoke has been used in spiritual practices for millennia. From China, India, and Southeast Asia to Europe and the Western world, the element of smoking herbs or incense is a part of many ceremonies. Native Americans and other indigenous cultures around the world have been using smudging in ceremonies and clearings for many moons.

Although some ceremonies are steeped in tradition and can be quite elaborate, a grand ceremony isn’t necessary to reap the benefits of this practice. All that you need are dried herbs or a smudge stick, matches, and a dish (such as an abalone shell) to catch or hold the burning embers. A feather to fan the smoke in the direction you want it to go is also a useful tool.

It is not necessary to make a lot of smoke to get the job done. Burning herbs in a small space with a smoke detector will likely set off the alarm, so practice using just enough of the materials to make smoke without creating a smoldering heap that is going to set off alarms and douse the space with sprinklers. Also, take great care not to start a fire with embers or flying sparks. Be sure to safeguard yourself and your space by taking the proper precautions.

Special Note: Regardless of whether you are clearing your space or your crystals, keep this in mind: The real purpose of smudging originates from the part of you that remembers your true nature, which is calm, peaceful, and happy. Smudging isn't simply the removal of negativity; more importantly, it is the remembrance of love, kindness, compassion, and true happiness. Remember your magnificence! Connect with the wisdom of your ultimate nature. Find inner strength, cultivate self-confidence, and serve others with your love and joy. Know that your existence is truly meaningful!

Smudging Objects

Our discussion here revolves around crystals, but do keep in mind that there will be times when you want to clear the energy of other objects, such as a piece of jewelry (with or without a gemstone), a book, a chair, or an antique. You do not know what sort of energy an item has accumulated during its journey to you, so go ahead and smudge it. Simply focus on the individual object, whether it's as big as a piece of furniture or as small as your new stones. As you smudge, imagine the energy of the object becoming clear; the herb is doing the trick of cleansing and blessing.

When & Why to Smudge a Space

Similar to the way energy builds up in crystals, gemstones, and other objects, it also builds up in a space. The vibrations of all the feelings, actions, words, thoughts, and emotions that occur in a space remain in the air, the walls, the closets, the furniture and equipment, and even the plants—that is, until you consciously clear it out. You need to smudge or clear your space when chaos is present, arguments abound, anger presents itself, or general feelings of agitation and frustration exist. If an argument just occurred, clear your space. If a person you live with is cranky, clear your space. If you encountered an unpleasant situation, clear yourself—yes, you can be smudged too!

How to Smudge

You can use either a ready-made smudge stick, make your own smudge stick, or use loose herbs. (Smokeless alternatives are also available; see the discussion on page 21.)

If you decide to use loose herbs or resins for smudging, you will need charcoal discs specifically made for this purpose and a fireproof dish to hold the burning herbs or resin. An abalone shell is often used for this purpose, since they are sturdy and represent the element water. When a shell is used, the vibration of all four elements—earth, fire, air, and water—is present. (The dried herbs or resin represent earth, the burning embers represent fire, and the smoke represents air.) When all four elements are working together, the cleansing effects are magnified. Place one piece of charcoal in the dish or shell, and ignite one section of it. Wait until the whole piece of charcoal has ignited, then add your herbs, herbal blend, or resin.

If you are using a smudge stick, there's no need for a charcoal disc. Just light one end of the stick and allow the edges to begin smoldering. Hold the stick over a dish, or more preferably, over an abalone shell for the full effect, to catch any wayward embers. Remember, the herbs only need to smolder. They should not be on fire after the initial lighting. Again, use caution, and practice mindfulness for fire safety. You may want to protect your hand with an oven mitt while handling the fireproof dish or abalone shell. Have a plan for how to extinguish any embers that escape.

When the herbs are smoldering and releasing smoke, you are ready to clear the intended space, object, or items. If the embers go out during the smudging, simply relight the herbs until they are once again smoldering.

Tools for Smudging

There are various items you can use for smudging, including herbs, resins, sacred wood, and even smokeless options. We will cover each of these categories here.

Herbs

The following dried herbs have a long history of use with regard to smudging. Used singularly or in combination, they are powerful tools to help clear away negativity and make room for good things to come. Many of them are available as essential oils as well. Pure essential oils of sage and sweet marjoram, for instance, are key components in Smudge in Spray, a smokeless liquid smudge blend.

Sage is the foundation for most of the smudging or clearing blends; it is the cornerstone herb for clearing out negative energy. In fact, this herb alone is effective in clearing away negative thoughtforms and vibrations. There are many types of sage, but my preferences are wide leaf white sage and high desert sage. Wide leaf white sage is the one I use most often for its powerful energy, and high desert sage with its smaller leaves and twiggy nature is my second choice.

Cedar is a purifier and calls forth good energy. This herb is often found in combination with sage in smudge sticks. It is used by some for bringing in the vibration of Christ consciousness and mindfulness—a clear spiritual connection. It is an herb for protection. A Native American elder once taught me that he doesn't use cedar to cleanse as much as he does for praying and invoking the energy of Great Spirit. Cedar preserves all that is good and blessed.

Lavender, as part of a smudge blend, helps bring in positive energy to replace the negative energy as it is being cleared away. It offsets the negativity by immediately bringing in the positive energy in the same moment that the negative is booted out. If you don't bring the positive in right away, the negative energy that is accustomed to being there has a tendency to pop back in! I use the lavender buds in a smudging blend of dried herbs. Lavender—whether in its fresh, dried, or essential oil form—calms the body, mind, and spirit. A relaxed being is better able to invite the blessings and love in and accept their presence.

Osha root, also known as lovage, is a Native American herb in the parsley family that is found in the high mountains of the Southwest. The root is the most potent part and is used for many ailments. I've heard medicine men and women refer to it as Bear Root. Medicine people may keep a piece of the root in their

medicine pouch, and I've even noticed that some keep a piece in their mouth between their gums and cheek. In a smudge blend, osha root amplifies the effect of clearing away undesired thoughts, feelings, or negativity. You can also keep a piece on your person to ward off negative energy. It is a beneficial tool if you feel that you are being psychically attacked.

Sweetgrass is a wild long grass found in low-lying or wet areas in North America. Also known as vanilla grass or buffalo grass, it has a sweet fragrance, as its predominant name suggests. Typically it's braided and dried. Many Native American tribes use sweetgrass for purification, smudging, and prayer. It smolders when it burns and provides a sweet scent, which is pleasing to most. Sweetgrass attracts good spirits, and its scent brings in loving energy.

Resins

Resin is a sticky and usually aromatic plant substance that burns easily. It is used for spiritual cleansing in pretty much the same manner that dried herbs are used. To smudge with resin, a few nuggets are burned over a charcoal disc in a fireproof dish. The stream of aromatic, cleansing smoke will clear any negative vibes from the air or object. The following are a few of the more common types.

Amber is tree sap resin. It is helpful for maintaining a sacred space and setting healthy boundaries. Just like the fossilized gemstone amber, this resin keeps energy suckers at bay. Burn this resin in your home to keep away people who show up uninvited, overstay their welcome, or continuously borrow your stuff instead of buying their own.

Copal is a golden or white resin from the Ceiba tree that clears out negativity and brings in positive spiritual energy. It has been documented that copal use dates back as far as the pre-Columbian Mesoamerican civilizations. I personally became familiar with copal during my visits to Mexico for sacred sites tours, as well as Native American church ceremonies. This resin is beneficial for prayers, ceremonies, blessings, and clearings.

Dragon's blood comes from the resin of a tree native to the Canary Islands and Morocco, as well as from a rattan palm found on Indonesian islands. Just as the name infers, it is a dark-red resin that hardens much like the resin forms of frankincense, myrrh, and copal. The droplets of the dried resin are rolled into balls for the market. My first purchase of dragon's blood was the size of a softball! I had to take a hammer to it to break it up into smaller pieces and powder for use in the smudging blend. The powdered form can be burned on charcoal and can be incorporated into candles, lotions, soaps, and stick incense. Some consider dragon's blood the strongest protection herb you can find. It is said to have aphrodisiac qualities, but its main purpose is protection. This resin can protect you from annoying challenges that may arise when you are in large groups of people, like at a fair, trade show, airport, or convention.

Frankincense is tree sap resin from the *Boswellia sacra* tree. Frankincense instills spiritual energy in an area by raising the vibration of the space. This

higher vibration naturally removes any lower energy, clearing away what is no longer for the highest good and replacing it with higher vibrations. This scent also brings forth the vibration of love, compassion, and kindness in alignment with Christ consciousness or Buddha consciousness. The essential oil derived from this resin is commonly used to maintain a deep meditative state. In a blend, frankincense enhances purification and strengthens the ability to focus on a single intention: love.

Myrrh is a reddish-brown resin that comes from the sap of the *Commiphora myrrha* tree. Myrrh is a gum that is also a fixative and strengthens the vibration of other resins or oils it is combined with. Said to call forth the Holy Spirit or Great Spirit, myrrh oil has been used for more than four thousand years and was traditionally used as an embalming agent and anointing oil/resin in the Eastern Orthodox Church. Interestingly, among a variety of uses, it was also used for seduction. Today, when myrrh is added to a smudge blend, it brings Spirit into your space.

Sacred Wood

There are two common woods used for cleansing: palo santo and sandalwood. These burn without the need for charcoal discs, but you should still burn them in a fireproof dish. A small piece is all you need.

Palo santo is a sacred wood. Translated from Spanish, palo santo means “holy wood.” It was used for centuries by the Inca as a spiritual remedy for purifying and cleansing. My first encounter with palo santo was while I was training with a Peruvian medicine man. He burned it as he opened the circle to share what he knew about spirituality and spiritual healing. The stick of wood is lit, and then the smoke that arises from it can be moved into your energy field to clear misfortune, negative thoughtforms, and “bad spirits.” Palo santo reestablishes balance and peace within the environment. It is often used in meditation practices. While it is an excellent space cleanser, I prefer to burn a palo santo stick separately from my smudge blend—probably because it is such a calming and soothing scent with such powerful energy.

Sandalwood is a fragrant wood from trees found in Nepal, India, and Hawaii that retains its scent for a long time. Mala beads (prayer beads used to keep track of mantras chanted) are often made of sandalwood. This wood and its oil are often used in spiritual rituals. The scent helps focus the mind during meditation and prayer. As part of a smudging blend, it instills peace and encourages spirituality within a space. The scent of this wood can also be an aphrodisiac.

Smokeless Alternatives

While smudging is traditionally associated with smoke, it isn't always feasible or safe to burn herbs or resins. A smokeless alternative to smudging is especially useful in places where burning a bundle of dried herbs would be inappropriate, such as emergency rooms, sick rooms, airplanes, office buildings, and cars.

Many of the cleansing herbs and resins mentioned above have essential oil counterparts that can be combined with water in a spray mister and spritzed around in the same manner as smoke to purify and cleanse. Pure essential oils of sage, cedar, and other cleansing oils, such as pine and lavender, are quite

effective. Adding vibrational essences of sacred sites, holy water, and Florida Water, as well as flower essences and gemstone essences (see page 52), further seals in the intention of clearing away negative energies and inviting in positive ones.

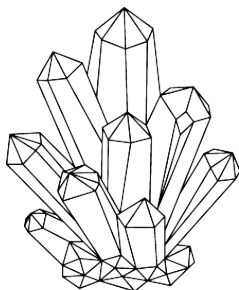
A large part of the practice of clearing a space is based on intention and prayer. The herbs, resins, or oils are tools that amplify the intention. However, the aromatherapeutic use of quality essential oils is particularly effective for smudging because aromatherapy works through the olfactory nerve and the brain's limbic system, uplifting the emotions and enhancing the experience. Our sense of smell is ten thousand times stronger than any of our other senses. The body immediately sends the message to the subconscious mind through the limbic system (which is in charge of our most basic needs), imprinting the scent into our memory banks and strengthening the feelings of well-being. So, while smudging is a spiritual practice, the use of essential oils adds positive physical effects to the experience. The scent particles activate the feel-good centers of the brain, which strengthens the intention to clear away negativity and replace it with blessings and well-being.

You can make your own liquid smudge to spray in the air as an alternative to burning. You can choose from and/or combine any of the essential oils and essences mentioned in this section. Simply allow yourself to tune in and create your own personal liquid smudge spray.



Whatever method you decide to use to cleanse your crystals, do be sure to take extra care when you bring new crystals into your home. You may even want to smudge the area where you will keep the crystals or the container that you plan to keep your stones in. When you clear away negativity or stagnant energy, you make that much more room for wonderful things to enter! When your crystals have been cleansed, it's time to establish crystal clear intentions, which we will be discussing next. It's your intention that creates your reality, and the crystals you work with will amplify your intentions.

[contents]



CHAPTER 2

Crystals, Meditation, and Mindful Manifestation To create the life you want, your focus must be on what you *do* want, not on what you *don't* want. Whatever you focus on becomes your reality. In other words, all of your conscious thoughts and feelings—as well as the subconscious ones—create the life you are currently living. This basic principle is at the heart of most universal laws, including the law of attraction and the laws of physics. The use of crystals, mindfulness, meditation, and intention can come together in our attempts to achieve whatever goals we are trying to manifest in our lives.

Intention and the Power of Affirmations

In life, we all want to be happy, we want to feel loved and safe, and we want to enjoy abundance and prosperity. Additionally, many of us want to increase our intuition and ability to express who we truly are and deepen our connection to Spirit. Whatever it is we want in life, if we really want to attract it and live the life we envision, we need to clarify our intentions and focus on them.

Everything is created through intention. Our intention is expressed through our thoughts, actions, words, and deeds. Our intentions vibrate out into the world and return to us in the form of our personal reality. Therefore, if you want your life to reflect your highest potential, it is important to set an intention for what you desire and to focus on the positive.

When a gemstone is paired with a daily affirmation, or a positive intention for the day, the stone amplifies that intention and helps you maintain your focus on what you want. In my work with color and crystals over the course of three decades, I've found that to use a stone most effectively, it is best to associate an affirmation with it. Therefore, the more information you have about the qualities associated with various stones, the more creative you can be when pairing up these helpful tools with your intentions to improve and make changes in your life.

Keeping in mind that our thoughts create reality, we obviously want to think good thoughts for the best results in life. An affirmation is a positive thoughtform (the manifestation of mental energy) that we can focus on throughout the day and send out into the world. A daily affirmation practice is self-empowering and can foster success in any area of life. When you make a positive assertion or a declaration of intention, maintain mindfulness or awareness of your thoughts, and take the appropriate action to achieve the results, life tends to flow more easily! When you pair that daily affirmation practice and positive thinking with crystal work, your results will be amplified.

To choose the crystal that best fits your positive thoughts and intentions for the purpose of amplifying that intention, simply look at your collection of crystals (and gemstone jewelry if you have some) while holding that thoughtform in mind. Which stone or color does your eye naturally gravitate toward? Pick that gemstone and formalize your intention. For example, let's say you want to

improve your friendship with your friend Beth. Choose any stone among your collection that you are naturally attracted to, then immediately form an intention: “This stone reminds me that I am improving my friendship with Beth.”

Then, every time you look at the stone, touch the stone, or even think of the stone, remember, “Every day my friendship with Beth improves; our relationship keeps growing stronger and closer.” Also imagine or visualize some specific ways you can improve that relationship. Then start thinking about how you might initiate that change or improvement. Finally, take the action and make it so! The idea here is to stay focused on your intention or goal, and use your crystal for support and amplification of your intentions.

Integrate the power of positive thought into your daily life as often as you can. Your chosen stones will serve as important reminders if you keep them on your person or put them in places where you are bound to see them. Wherever your thoughts go, action follows and results are established. When setting an intention, it is always beneficial to add the caveat that the outcome be for the highest good of all concerned.

What Interferes with Manifestation?

When it comes to the law of attraction, you might think, “If I sit on my couch and think, talk, and feel, all my dreams will come true!” Unfortunately, it isn’t quite that simple most of the time. While manifesting *is* actually fairly simple, it seems to elude people who have self-esteem-sabotaging subconscious programs running beneath the surface of their consciousness that prevent them from achieving great things.

This subconscious programming is not unusual. I’ve facilitated private sessions for hundreds of people over the years, and I’ve experienced that the majority of them have negative beliefs swirling around in their subconscious, interfering with their ability to attract what they say they want. For example, a client may come in feeling stuck in life and wanting to move forward with her plans, but we may discover that as much as she consciously says she wants to take the next step, she’s up against a hidden belief that tells her she will fail. In

some cases, these negative beliefs are related to past-life experiences; in other cases, the belief systems were installed in our programming during our formative years. This is not much different from having a corrupted software program running in the background of your computer. It prevents the computer from operating optimally.

If you feel like something in your subconscious is preventing you from attracting what you want into your life and manifesting your true desires, try setting an intention to bring these beliefs to the forefront of your consciousness. The idea is to then remove that old programming through further personal self-awareness work and various therapies as needed. Crystals can help amplify your desires so you can start attracting what you want, while you work on weeding out those old beliefs. Any troubling thoughts that might be getting in the way of your progress are no match for these sparkling treasures from deep within the earth. Meditation and mindfulness in combination with crystals can also help.

Making Use of Meditation and Mindfulness

If you've ever meditated, you know that meditation takes practice, practice, and more practice. While meditation is a personal experience for each practitioner, the ultimate goal of most forms of meditation is to empty the mind of thoughts, thereby allowing for a quiet mind. This state of a relaxed mind or no thoughts is sometimes referred to as *no mind*.

When you sit down to meditate, it is beneficial to begin by focusing the attention on the breath—the inhalation and the exhalation. The exercise of putting all your awareness on your breath pulls all the attention away from your thoughts, because essentially your brain can only do one thing at a time. Because you breathe naturally without any thought, when you shift your attention to observing the in breaths and out breaths, you are able to relax your mind and become oblivious to the mind's incessant chatter.

To further maintain a focus on your breath, choose a crystal to hold during your meditation practice to amplify your intention. A clear quartz point works

well. Allow the crystal to rest easily in your hand, and while you observe your inhale and exhale, set the intention to clear your mind of thoughts.

Focusing on the in and out breath is just one way to meditate. Other forms include contemplation and guided imagery. Although contemplation and imagery involve thoughts and/or visualization, they are both viable methods to practice the process of quieting the mind. In my crystal work, a favored type of guided meditation is a chakra-balancing crystal alignment. In this type of meditation, various crystals are positioned on and around the body with the intention of balancing the chakra system—the energy centers that affect the mental, emotional, physical, and spiritual bodies. (See chapter 6 to learn more about this method of meditation.) Meditation and mindfulness go hand in hand. Mindfulness is a practice of staying present in the moment. It also includes being aware of the specific thoughts streaming through your consciousness. Being truly present in the moment heightens your awareness of what is happening around you in any given situation. This *situational awareness* is a sort of peripheral vision of present circumstances. Mothers and teachers are particularly adept at maintaining this awareness, which is usually referred to as “having eyes on the back of your head.” Mindfulness is an important ingredient in the practice of quieting your mind. It’s the contemplative part of the meditative process. Again, crystals are the perfect companions on your journey to *no mind*. Hold a celestite, angelite, or lapis lazuli gemstone with the intention of maintaining mindfulness and staying present in the moment. The light blue energy of the celestite and angelite brings heavenly peace and attracts your angels to aid in the process. Lapis lazuli is a dark royal blue with flecks of golden pyrite, so it’s an ideal gemstone to calm inflammation or agitation while helping you to remain grounded and present.

Mindfulness Practice

What Are You Thinking?

Sometimes we aren’t conscious of the thoughts we are having. A practice of observing your thoughts (or becoming conscious of them) and shifting your

awareness to what really matters to you is the first step in designing your personal reality. When you set the intention to know yourself better and to be more aware of your thoughts, you are in a better position to remove the thoughts that are no longer working for your highest good.

Sit comfortably and hold, wear, and/or gaze at a crystal. Allow the crystal to help you focus on your thought patterns so that you can become fully aware of what you are thinking about. The thoughts rolling around in your consciousness create your reality. Your intention, powered by your crystal, can help you decide what changes you need to make.

When you begin to get clarity on the individual thoughts in your stream of consciousness, you can start to do some house cleaning. When you observe the thoughts that are taking up the most room, you will realize why certain life circumstances are predominant and others seem to be lacking or missing in your life. Perhaps you have an unconscious habit of thinking, “That person is a real pain in my neck” or “When I speak, I feel like I am not being heard.” Check in with yourself. If you have frequent neck or throat pain, then it is likely associated with those repetitive messages, at least partly. This is just an example, but if you do relate to this, choose a mindfulness stone associated with the neck or throat area, such as blue lace agate or angelite to help you break that habitual pattern or belief system.

You can also link a specific crystal to a specific intention with regard to your mindfulness and meditation practice. Need to reduce your mind chatter? Place fluorite octahedron or an apophyllite point on the center of your forehead. Need a reminder to meditate? Hold the chosen crystal in your hand, gaze at it, and think, “*This crystal helps me deepen my meditation.*” Other crystals and gemstones that are good for meditation include agate, black tourmaline, clear quartz points, hematite, lapis lazuli, pyrite, sapphire, and sodalite.

Matching Up Crystals with
Intentions & Positive Thoughts Crystals, minerals, and stones

are tools for focusing your thoughts on your intentions and goals. Just as you might light a candle to help you focus on your intention, or tie a string around your finger to remember something, a gemstone can provide that same nudge. The idea is to use crystals alongside two other key tools: visualization and imagination. Intentions and positive thoughts are the products of both. You can energetically match up your intentions and thoughts with crystal and gemstone allies to help you focus on major life concerns and bring what you desire into your life. In this way, crystal intentions amplify the beneficial effects of the law of attraction. We all basically want to attract the same things in life. There are six main areas that are most important to the majority of people. These are: • Friendship, love, relationships, and romance

- Health and well-being
- Money, creativity, and motivation • Safety and protection
- Happiness and self-confidence
- Intuition and communication

For each of these areas of life, there are a number of crystals to choose from to assist you with your intentions. Although each life category in the sections to follow includes a listing of recommended crystals, minerals, and stones, I encourage you to use your intuition when choosing your crystals. When you've established your intention, incorporate the crystal into your life in one of the following ways: • **Wear the stone in a piece of jewelry.** When you've set your intention, if you have a piece of jewelry with your chosen crystal in it, such as a ring, bracelet, earrings, or a necklace, incorporate it into your wardrobe. You can even wear matching color clothing.

• **Bring your rocks to bed.** Place a smooth tumbled stone under your pillow or inside your pillowcase before going to sleep. You can also place it on your nightstand or under your mattress, or hold it in your hand as you fall asleep. A crystal grid on your night table or around your bed may be beneficial as well.

- **Create an altar or grid of gemstones.** A crystal altar is simple to create. Simply choose a space in your home, like a countertop, a windowsill, or a table. Either place the crystals in a bowl or create an attractive display or geometric formation with your intention in mind. There is a feeling of accomplishment and divine connection when we make a ritual out of working with gemstones. Find out more about creating a grid in [CHAPTER 4](#).

- **Place gemstones around your home and office.** Keep the crystal that aligns with your intention on your desk as a reminder. Place the chosen stones on windowsills, countertops, end tables, coffee tables, and so on.

Friendship, Love, Relationships, and Romance

Relationships are at home in the heart chakra. That's why the main colors associated with this category are pink and green. Other colors are representative of this category as well. Pastel blue stones maintain peace and serenity and promote good communication. Yellow gems enable the ability to establish boundaries with ease and grace and to maintain self-confidence. Red stones impart sensuality, sexuality, and passion to the relationship.

This category is very broad because it covers all forms of relationships. In fact, we are all in relationships with everything and everyone. This includes acquaintances, family, friends, business associates, coworkers, romantic partners, and our sweetheart or significant other. All types of relationships need attention and cultivation. It is healthy to want to be nurtured, and it is healthy to want to be nurturing to others. One key in any good relationship is the equal giving and taking. It is crucial to be equally responsible to receive as well as give.

Amazonite: To help you to know your own truth and to help you communicate your truth with ease and grace. *Positive Affirmation: I live my truth and honestly communicate what is on my mind. I am heard.*

Angelite: To invite angels into the connection you have with each other. As Kahlil Gibran—a Lebanese writer, poet, and visual artist, and author of *The Prophet*—said, “Let the winds of the heavens dance between you.” Angelite encourages feelings of peace and tranquility. With angelite on hand, call on

the angels to help you with your emotional upsets. *Positive Affirmation: I feel calm and at peace. Inspiration from my angels and spirit guides comes to me constantly.*

Blue lace agate: To orchestrate your life with divine timing, help relationships, and create synchronistic experiences. It is important to be on the same page with each other the majority of the time in order to keep the relationship flowing. Blue lace agate improves your ability to communicate with others and speak your truth. Use it when you want to be heard and truly understood. *Positive Affirmation: I am always in the right place at the right time. It is easy for me to express myself. I am understood and understand.*

Blue calcite: To help you find your voice in a relationship and find the right way to express feelings. It is a perfect stone to have nearby if the conversation you are having might create a change in the relationship. Calcite makes you more aware of what you say and how you say it. The vibration coming through your voice says as much as, if not more than, the words being said. *Positive Affirmation: I am impeccable with my word. I speak with love and kindness.*

Citrine: To bring joy, laughter, and self-confidence. Allow the yellow ray of this stone to shine light on your ability to integrate and understand the depth of your relationship. Citrine, the yellow variety of quartz crystals, can help you identify which issues are small enough to let go and which are worth confrontation without anger or hostility. *Positive Affirmation: I am confident and courageous. It is safe for me to be powerful!*

Emerald: To maintain an open heart. Emerald is useful for healing emotions with an infusion of love. This stone opens your heart to give and receive. Gaze into this gemstone and imagine Divine love enveloping you. Embrace your emotions and allow the green rays of this gemstone to open your heart fully to love. Use this gem to activate compassion, mercy, divine love, and tolerance. *Positive Affirmation: I attract kind and courteous people. I earn unlimited income doing what I love.*

Golden calcite: To bring clarity and confidence. This stone can connect you with the center of your personal power and help you develop a strong sense

of self, which always contributes to a healthy relationship. This stone serves as portal through which unusual spiritual truths are revealed, resulting in new realizations and perspectives. Use it to remember your magnificence. Let your light shine so brightly that your friend or sweetheart can't miss recognizing it. *Positive Affirmation: I recognize my self-worth. My internal brilliance shines. I have the courage to be all that I can be!*

Green aventurine: To open the heart to divine love, good connections with all life, and a balanced and healthy view of the world. This green stone helps you make the connection between the earth and your heart. Green aventurine brings good luck and all the good vibes necessary to establish a healthy relationship. Green aventurine is an earthy stone that will help you stay grounded in your relationship. *Positive Affirmation: My heart is the center of myself and I intend love in all that I do, say, think, and feel. I am so incredibly lucky!*

Green calcite: To integrate all that is involved in your relationship and to help you feel courageous enough to express yourself if you are having a change of heart regarding the manner in which you interact with each other. The soft green vibration of green calcite opens your sacred heart to receive love from the spiritual realm. This stone encourages tolerance, compassion, and understanding. *Positive Affirmation: I remain grounded and focused, even when the world around me changes.*

Green tourmaline: To bring a strong feeling of true love and loyalty into your relationship. Green tourmaline helps you improve your demeanor and attract new friends or a romantic partner. This stone reminds you that in order to bring more romance into your life, you must learn how to enjoy your own company. Determine what makes you happy and use this stone to attract relationships that will provide loving companionship or a mutually satisfying romance. Green tourmaline is very helpful for career relationships and the relationship you have with money. *Positive Affirmation: My actions are heart-centered, and I allow love in my life.*

Malachite: To help you recognize patterns in a relationship and to help you understand if any of the patterns need to change or shift in order for that

relationship to be happy. This stone reminds you that as patterns are repeated in relationships again and again, there is a lesson to be learned. This stone helps you grow emotionally, as well as mentally and spiritually, as you recognize these emerging patterns. *Positive Affirmation: I recognize repetitive patterns. I choose patterns of love, compassion, and kindness.*

Pink calcite: To bring gentleness, kindness, and a strong friendship into your romantic relationship. Pink calcite opens your heart chakra so that you can release prior feelings of hurt or fear. This stone can assuage feelings of anger and frustration. It is also a good stone for children who cry or whine often. Give one to a grumpy friend and watch his or her energy transform. *Positive Affirmation: I am blessed with nurturing vibrations wherever I go! I am gentle with myself. I enjoy loving relationships.*

Pink tourmaline: For kindness and compassion in your romantic relationship. Pink tourmaline's primary vibration for the emotional body is nurturance. This stone is useful whenever you need an injection of unconditional love, which starts with first loving yourself unconditionally. The stone comforts you when you are emotionally vulnerable. Employ this stone to discover what unconditional love means, how it feels, and what to do to actualize it for yourself. *Positive Affirmation: The energy of my own loving vibration nurtures my thoughts and feelings. Unconditional love is mine, today and always.*

Rhodochrosite: To bring self-confidence and love into the partnership. Rhodochrosite helps you overcome verbal, mental, and emotional abuse by jogging your memory toward a positive affirmation any time negative thoughts of the past arise. *Positive Affirmation: I am grateful for the courage to be all I can be! I am love.*

Rhodonite: To heal sorrow or sadness from past relationships. Rhodonite helps to restore balance to your emotional body after a period of grief following a loss or disappointment. This rosy gem also offers grounded support during a time of heartache and sorrow. Allow the gentle pink energy to help you carry on as you journey through a period of unhappiness. Use this stone to feel love. *Positive Affirmation: I easily nurture myself. I attract*

nurturing people into my life. I cultivate a deeper relationship with myself. I am happy.

Rose quartz: For kindness, compassion, thoughtfulness, and to help you think as a “we” instead of an “I” in your relationship. Rose quartz is the perfect stone to help you attract romance and love into your life. It aids in attracting your soul mate. *Positive Affirmation: I am compassionate and kind. I give love to others and readily accept theirs in return. I accept my perfect partner in life!*

Ruby: To encourage a healthy sex life. Ruby increases your passion for life when used with conscious intent. Use ruby to help you take steps to improve your endurance and overall health. Recharge your energy centers and renew your passion for living a vibrant life. *Positive Affirmation: Vital life force flows vibrantly through me. I am strong and healthy. I am grateful for a healthy sex life.*

Ruby in fuchsite: To encourage you and your partner to engage in nurturing sensual activities. It vibrates with the energy of spiritually aligned romantic love. Ruby in fuchsite is a reminder that you are capable of profound feelings of love and well-being. *Positive Affirmation: I am blessed with a great partner. I willingly share my love and my life with that person.*

Tabular quartz: For good communication, which is key to a healthy relationship. Tabular quartz is a clear quartz crystal that looks flatter than most quartz because two of the six sides are much wider than the other four. It is ideal for communicating directly from your heart and mind to the heart and mind of another through the use of mental images. This stone amplifies effective listening skills and communications skills. With this stone in hand, you are better able to transmit the feelings associated with the words you are speaking to improve the communication between yourself and another person. *Positive Affirmation: When I speak, people listen and understand me. I communicate from my heart to the hearts of others.*

Unakite: To maintain balanced emotions for calm experiences in your relationship. With its pink and green energy, unakite reminds you to set your intention on love, compassion, and kindness. *Positive Affirmation: My*

emotions are balanced. I am able to observe my reactions to others in an objective and loving way. Love allows me to awaken my consciousness.

Watermelon tourmaline: To help you remember that love is the center of your connection with each other. With its pink and green energy, watermelon tourmaline is the ultimate heart chakra stone. This stone epitomizes the Divine, as the cosmic forces accept you with unconditional love and embrace all aspects of your human nature. *Positive Affirmation: My heart is open to giving and receiving love. Every word I say and thought I think travels on the frequency of love.*

Health and Well-Being

The phrase *health and well-being* represents physical wellness as well as mental and emotional alignment. Inner peace and calm are the keys to a healthy, balanced life. The stones listed here can be used to help you maintain your awareness of your habits of health, and to help you create a stress-free life.

Covellite: To keep emotions balanced. When used with conscious intent, this stone helps when you are dealing with anger and frustration. It helps you to gradually accept the emotions you are feeling, embrace them, and then allow them to help polish your spirit and personality. *Positive Affirmation: I am blessed with good health, peace, and calm.*

Epidote: To assure you that all of your basic needs are met, with an abundance left over to share with others. It helps you relax into the knowledge that nothing is lacking. Use this stone to increase good health, abundant wealth, and the ability to love fully and completely. *Positive Affirmation: My thoughts and actions create beneficial results. I am healthy and abundant. All that I need is available to me.*

Green aventurine: To help you stay focused on eating healthy and exercising regularly to maintain a healthy heart. Green aventurine aligns you with the right health care and practitioners. Use it to maintain focus on the fact that you are in optimal health. *Positive Affirmation: I am healthy, whole, and complete. I am aligned with optimal health.*

Ruby: *To align you with your core inner strength. This gemstone, due to its hardness and red energy, revs you up with the fuel required to live life to the fullest. This is a good stone to keep on your person when you are healing, to encourage vitality and endurance. Positive Affirmation: Vital life force flows vibrantly through me. I am strong and healthy.*

Rutilated quartz: To improve your energy level. The red and golden rutile inclusions enhance your physical endurance. This stone adds chi or life force to the body, mind, and spirit. Some legends say that this stone slows the aging process. *Positive Affirmation: I am grateful that my vital life force provides me with the energy and motivation to live life to the fullest!*

Sodalite: To balance rampant emotions. Sodalite supports efforts to reduce inflammation in the body, helping to relieve inflammatory conditions such as headaches and muscle strains. This stone also helps support efforts to reduce acid in your system for a more healthful acid-alkaline balance. It also supports your efforts to lower your blood pressure. *Positive Affirmation: I am relaxed and all is well. I sail through life on calm, nurturing waters and enjoy good health.*

Money, Creativity, and Motivation

Money is often at the forefront of someone's consciousness. This is because all that's involved in living on this planet, including food, shelter, and water, requires that we have enough money to obtain them. The focus of this section is not only on manifesting money, but also on manifesting the creativity and motivation it takes to earn plenty of money—with some to spare and share! It takes great courage to be wealthy. Are you ready to be abundant and have financial freedom? Take some time with these gems and get clear on your intentions.

Citrine: To amplify the courage and confidence to be prosperous and live your career passion to the fullest. Citrine is known as the merchant's stone. Keep this stone, along with a green aventurine, in your wallet, pocket, piggy bank, cash drawer, or wherever you keep your money, to remember your intention to accept prosperity, abundance, wealth, and good fortune into your life.

Positive Affirmation: Prosperity abounds in my life. Goodness multiplies. Whatever I desire, imagine, and passionately act upon becomes a reality.

Garnet: For motivation and to take charge of a situation and make things happen. It is a good stone to work with when you are in the process of manifesting. Use this gem when you need to ground your intentions and take action. *Positive Affirmation: I am determined. All my needs are met. I am grateful for all my creative and business skills. I earn unlimited income doing what I love.*

Green aventurine: For good luck and good fortune. Green aventurine is the shamrock of the gemstone kingdom, so hold onto it and form the intention that you are very lucky. This stone of good fortune can amplify your intentions to create more abundance in your life. *Positive Affirmation: I am so incredibly lucky! I have many blessings in my life. Abundance and prosperity are constantly flowing in my life.*

Jade: To amplify the blessings and prosperity you have. Jade is historically associated with good luck and favorable results. It reminds you to think positively and stay focused on good outcomes. It is also helpful for visualizing ideas. *Positive Affirmation: I am healthy, happy, and prosperous. I am extremely lucky. Good health is mine. I am grateful for all of the gifts that come into my life.*

Pyrite: To help strengthen courage and self-confidence. Such strength is needed to allow yourself to manifest money in your life through your creative efforts. Pyrite often forms in cubes and therefore has a geometrical connection to creating a strong foundation for anything you do. *Positive Affirmation: My confidence is rock solid. I focus on my intentions and take positive action to manifest my goals.*

Red tiger's eye: To help you to stay focused on the goal and deflect negative distractions. Red tiger's eye is a useful grounding force. It amplifies your business acumen and triggers your inner entrepreneur. With its ability to amplify your determination, it helps you think outside the box and implement your ideas into action. *Positive Affirmation: I have the courage and self-*

confidence to create my world. It is easy for me to take action. I earn unlimited income doing what I love.

Safety and Protection

Safety can be represented in many ways, but more than anything, safety is a feeling. It's knowing that you and your loved ones will be okay. Focus on the feeling of security, of knowing that you're protected. Now, with your imagination and a little creative visualization, see all those whom you care for in that place of safety with you. See yourself and those you love as protected, and know all is well!

Amethyst: For transformation and transmutation of challenging situations.

The purple vibe is powerful, so use this purple quartz crystal to set the intention that you are safe and sound. Remember that you can always choose to be divinely protected, and you will be. *Positive Affirmation: I am divinely protected. I am grateful that I feel safe and secure wherever I am and wherever I go.*

Black tourmaline: To deflect negativity. With negativity banished from your life and your consciousness, you automatically increase your feelings of safety. Black tourmaline is also helpful to deflect electromagnetic waves emitted by electronic devices. *Positive Affirmation: I am safe and sound. I am out of harm's way. I am enveloped in a sphere of goodness and well-being.*

Clear quartz: To amplify your intentions. Use it specifically to increase feelings of well-being and love. With your focus on the positive, you automatically set up your life to consciously create circumstances that are positive, safe, and rewarding. Clear quartz helps you stay focused on the goal at hand. *Positive Affirmation: I am a clear channel of love, light, and well-being. All is well in my life.*

Snowflake obsidian: To help you gain clarity from the contrast of life experiences. The white snowflake-like flecks in this black stone emphasize the enlightening nature it generates when the right intention is set. Find the lessons within the darkness and the light and move on. *Positive Affirmation: I am aligned with the light. I see myself, my situations, and others clearly. I easily transform the negative to the positive.*

Sodalite: For calling in help from the angelic realm when you need or want protection or feelings of safety. Use this dark blue stone with calcite inclusions to amplify Archangel Michael's presence with his blue energy and his sword of love and light. *Positive Affirmation: The protective energy of Archangel Michael surrounds me. I am divinely protected.*

Gold tiger's eye: To help increase your courage. With courageous energy around you, you are less likely to encounter negative or challenging situations. Gold tiger's eye also repels jealousy and bad intentions from others. *Positive Affirmation: I am safe. I have constant protection surrounding me. I have the courage and self-confidence to create my world.*

Happiness and Self-Confidence

Where is your happy place? A tropical beach, a desert oasis, a mountain retreat? Visit that place in your mind and then in your life. Imagination is fuel for happiness. Clarity of intention, determination, and action are the ingredients you need to design a happy life. You design your reality. Allow your mind to wander to all of the experiences you want to have, and imagine yourself joyful. The imagination and the practice of make-believe are powerful, so see yourself in your favorite place, doing your favorite things. Let your imagination be your ally to create a life of confidence and happiness.

Citrine: To activate self-confidence and joy. Use this stone to help you out of depression and relieve any feelings of inferiority or unworthiness. Citrine activates the golden flecks of light vibrating in your halo, which shimmers and connects you with your Divine nature. *Positive Affirmation: It is easy for me to expand my self-confidence and awareness of my personal magnificence. I exude joy, enthusiasm, and happiness. I shine my light.*

Clear quartz: *For any and all spiritual pursuits. This quartz carries within it the full spectrum of light. It transmits and transduces energy. Clear quartz is a crystal that essentially supports your overall well-being. Whatever you focus your attention or intention on while holding clear quartz will be amplified. It extends a hand of support to increase your ability to be successful in all endeavors. Positive Affirmation: I multiply goodness and*

well-being. It is easy for me to amplify loving kindness. I increase clarity, peace, and understanding in my life.

Golden calcite: For when you want to be more optimistic. Associated with the solar plexus chakra—the place where we hold our self-esteem and positive attitude—this stone can connect you with the center of your personal power. With a strong sense of yourself, you can achieve anything you put your mind to. *Positive Affirmation: It is easy for me to establish healthy boundaries with others with ease and grace. I maintain focus on all that is good.*

Golden topaz: To raise your self-esteem and help you maintain focus on all of your good qualities. Golden topaz increases the courage you need to embrace the magnificent person you truly are and put good thoughts into action. This is a stone of positive energy. It is a helpful adjunct to raise you out of depression and renew your self-confidence. *Positive Affirmation: I have the courage to step forward with joy and enthusiasm. I see my path shining brightly before me.*

Peacock copper: To help you raise your self-esteem and encourage the development of a happy, optimistic outlook. The many colors of this stone increase your ability to be enthusiastic and spread sunshine and happiness. *Positive Affirmation: I confidently show my true colors to others. It is a fabulous feeling to be all that I can be! I am full of life-enhancing joy and goodness.*

Prehnite: To help integrate the spiritual teachings of the impermanence of all things into your everyday life. It aligns you with the vibrations of peace and renewal inherent in the constant changes of the Universe and releases the feeling of being challenged by them. This stone of transformation can help you see and feel how the end of certain conditions can be purposeful for the evolution of your body, mind, and spirit. *Positive Affirmation: I embrace new opportunities and new friendships. Great happiness is normal in my life. I have the support of good friends.*

Pyrite: To help you remember your magnificence and feel empowered. You are powerful, so use this gemstone to remember who you truly are and watch your self-esteem increase. Pyrite grows in block formations, and this stone

inherently offers a strong foundation to improve some of your core beliefs about yourself. Use this stone when you need the guts to set boundaries and stand up for yourself. This golden gem offers the opportunity to allow the reflection and expansion of the positive qualities within you. *Positive Affirmation: My confidence is rock-solid. I focus on my intentions and take positive action to manifest my goals.*

Sapphire: To increase inner strength and improve your self-esteem. With a greater understanding of yourself and the further inner exploration of your finer qualities, self-confidence increases and general happiness ensues. This calming stone also relieves anger and frustration. *Positive Affirmation: I have great poise and grace. I am wise. I have a clear view of the truth. I am grateful that I have mental clarity.*

Sunstone: For spiritual fortitude and self-confidence, so you can develop your spiritual gifts. Sunstone's luminosity offers mental clarity and connects you with positive thoughts. Just like the sun, this stone sheds light on obstacles and brings luck and good fortune. It is the stone of manifestation and of the power of the mind to create reality. *Positive Affirmation: I am self-confident and recognize my value and worth. I shine the light of compassion, kindness, and love from my heart.*

Intuition and Communication

Intuition and communication go hand in hand. You communicate without the use of the spoken word on a regular basis. Communication includes body language, facial expressions, and energy. Telepathy is a form of mental energy used for mind-to-mind and heart-to-heart communication; a lot of information and feelings are sent telepathically. Think of all the times you've thought of someone and then a short time later they call you or show up. Using both verbal and telepathic communication consciously will help you be a better communicator.

Amethyst: To stimulate the third eye and all six "clairs," or sensory gifts: clairvoyance, clairaudience, claircognizance, clairsentience, clairolfaction, and clairgustation. These are terms for the abilities to spiritually see, hear, know, sense, smell, and taste the truth. Use this purple-toned quartz to ward off nightmares and encourage sweet dreams and restful sleep. *Positive Affirmation: I use my intuition and follow my hunches. I pay attention to my dreams and interpret their messages easily.*

Apophyllite: To assist you in accessing the Akashic Records (the history of the cosmos), in past-life recall, in the ability to see and read the aura, and in spiritual healings. It is a stone to use to connect with Archangels Metatron, Sandalphon, and Seraphiel. Use it during energy-healing sessions such as Reiki to help you stay focused on allowing the Universal Life Force to flow through you. *Positive Affirmation: I meditate regularly. I am insightful. My connection with Universal Wisdom guides me daily.*

Celestite: For angelic or heavenly communication. Use this stone to quickly reach the angels when you need things in your life to be a little easier. This lovely stone helps you recognize the heavenly messages in everything, from billboards, TV shows, and news headlines to innocent eavesdropping, number sequences, songs, dreams, and the voice within. Celestite can be used for communication with loved ones on the other side as well. *Positive Affirmation: I hear, see, notice, and understand the messages from the angels. I interpret the signs from above with great accuracy.*

Kyanite: For activating your innate ability to communicate telepathically. The soothing blue shades of this stone align the spiritual being within you with the higher realms of consciousness, enhancing your ability to receive and transmit information on all levels. *Positive Affirmation: My chakras are balanced. I am balanced. My body is calm and relaxed. I receive Divine guidance simply and clearly.*

Labradorite: For meditation, lucid dreaming, psychic development, and spiritual awareness. It is a good stone for metaphysicians or those interested in New Age thought. It expands the awareness of the heart and mind. Labradorite is the philosopher's stone, helping you to examine the recesses of your mind. Use this stone to shine light on the knowledge and wisdom within you. *Positive Affirmation: I take the time for reflection. I observe how the world around me is a mirror of the world within me. I perceive life from a higher perspective.*

Lapis lazuli: To open the third eye and stimulate the intuitive senses when used with conscious intent. This is a good stone to help you remember your dreams and promote clarity during dreamtime. Use this stone to channel the other side, for mediumship, and to access the Akashic Records (the history of the cosmos). *Positive Affirmation: My entourage of angels orchestrates my life. I receive messages all the time and follow my internal guidance system. I follow my intuition.*

Lepidolite: To hone psychic skills, including channeling and mediumship, while fostering a reasonable hold on this reality. It helps you open up neural pathways in the brain to access higher realms of consciousness, as well as information from other realms of existence. *Positive Affirmation: I am calm. I am serene. Tranquility and peace are mine. I enjoy quiet contemplation on a regular basis. I attract loving, balanced friends and family into my inner circle.*

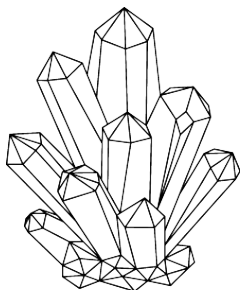
Selenite: To align yourself with higher consciousness—love. This gemstone is a heavensent tool that activates your connection to ancient wisdom and knowledge. Use it during meditation with the intention of aligning your awareness with spiritual master teachers, ascended masters, angels, and spirit

guides. With this stone in hand, allow your intuitive nature to meld with your intelligence, combining your knowledge with spiritual wisdom. *Positive Affirmation: I am aligned with the Divine. I am a spiritual being of divine love and divine light. I have access to the ancient wisdom stored within me. I have a quiet mind. It is easy for me to meditate.*

Seraphinite: To help you communicate with the angelic realm, including Archangel Raphael, by aligning you with the higher planes. Seraphinite is named for the seraphs, winged angelic beings in God's service. This stone helps you stay connected to the Divine spark within yourself, as well as with the outer aspects of God. This is a good stone to work with to stay grounded as you aspire toward enlightenment. *Positive Affirmation: I feel and know the Divine within and around me. My friends and colleagues are people of integrity. I have extraordinary good fortune in all aspects of my life. I am divinely connected to all life.*

Now you have some great ideas and tools to help you create vibrationally matching thoughtforms with the crystals you chose with a specific intention. Instill your thought and hold the vision for your personal creation of reality. Stay aligned and focused and you will find that life becomes so much easier. Next let's infuse our crystal work with further vibrational energy and aromatherapeutic properties.

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CHAPTER 3

Crystal-Infused Aroma-Energetic Mist

Like everything in our world, gemstones, minerals, and crystals have a vibrational signature that can assist us in rebalancing and realigning energetically and physically. A wonderful way to work with your crystals and receive the benefit of their support is to create gemstone essences—water infused with the vibrational energy of crystals, minerals, and stones. You can also add your gemstones directly to an aroma-energetic blend, which can also include other vibrational tools such as essential oils, flower essences, sacred site essences, and holy water, and then pair it with your intentions. Gemstones amplify the vibration of the emotional and mental attributes of an aroma-energetic spray, increasing the potential for healing, focus, and balance. Through inhalation and the vibrational signature of the spray in your aura, you will be able to experience a notable positive shift in yourself. So not only does the mist smell fabulous, it also feels fabulous!

Vibrations and Energetic Intentions

Regardless of the tools you use, creating change and bringing about healing still comes down to intention. To use any vibrational tool most effectively, it is best to associate an intention with it. Perhaps you are drawn to heal, not only yourself, but also to aid in the process of healing with and for others. In my case,

I have formed and maintained the intention that my own line of sprays be a contribution to Healing the Planet One Spritz at a Time.

The use of crystals or gems as vibrational essences is similar to the use of flower essences in Bach Flower Remedies. Flower remedies as essences are attributed to Edward Bach (more about that on [page 56](#)–[page 57](#)) and other flower essence aficionados. These remedies are based on the vibrations emanating from different types of flowers. Gemstone essences work the same way, which we will learn next.

Exercise

Making a Gemstone Essence

To make a gemstone essence, decide on the purpose of the essence. To help determine your gemstone essence formula, begin with questions such as, “What are my goals?” and “How do I want the essence to help me?” Once you have identified your intention, choose the gemstone or gemstones that you feel best match your intention. Use your intuition and this book as a guide. The various combinations of gemstones are virtually unlimited. Once you have gathered your chosen stones (perhaps three to five different types of stones or one or more of the same type), you will also need the following supplies:

- Clear focus and intention
- Glass jar with a lid
- 151-proof grain alcohol or your choice of high-proof liquor
- Distilled water
- Label

Gently place the stone(s) into the jar, focusing on the reason you are creating this gemstone essence. Cover the stone(s) with distilled water, about three-quarters of the way. Add approximately 1 to 2 ounces of grain alcohol to stabilize the energies, or vibrational essence. Screw the lid on the jar tightly. Wipe the jar with a towel to dry off any moisture. Then create a label, listing not only the contents (that is, the stones and liquids), but also (and most important) your intention for the gemstone essence. Adhere the label to the jar and allow the gemstone essence to sit undisturbed for about twenty-four hours. It’s also acceptable to leave the crystals in the jar indefinitely.

Now that you have the energetic vibration of the gemstones infused into the water, you can pour out approximately a tablespoon to add to two ounces of water in a spray bottle. Use the vibrationally charged water by spraying it

in your space or around you. Add it to an aromatherapy blend to add another layer to your established intention.

How to Make a Crystal-Infused Aroma-Energetic Mist

Now that you've made your gemstone essence, you can take this process a step further by using a mix of vibrational tools to create an aroma-energetic spray. Water, crystals, essential oils, flower essences, holy water—all of these tools, blended together, can help you focus on making your desires a reality.

First, be sure to establish a crystal-clear intention for the blend (that's always first and foremost). My best blends were created or inspired out of necessity. For example, perhaps you know someone who is working a little too hard and needs to be more mindful of self-care. You can make a blend for that! Or maybe you know someone who needs to improve their self-esteem or increase the joy in their life. You can make a blend for that too! You can make blends for others as well as for yourself.

On page 57 to 65, you'll find a number of aroma-energetic formulas. You can adjust them as needed or use the formulas as described. I encourage you to allow these recipes to inspire you to create your own special blends.

Choosing Crystals for Your Mist

You will have to decide which stones in your gemstone collection you are willing to “give up” for the sake of your gemstone-infused water or blend. When a treated gemstone soaks in water and/or essential oils, the polish or finish may change or color may seep out of them. Natural gems, too, may also leach out color, soil, or minerals. After they are placed into a blend, chances are the stones will never look the same. Therefore, it’s a good idea to set aside certain crystals with the intention of making gemstone essences and leave them in the jar for future use. Remember, never ingest water that has had a stone soaking in it or essential oils added to it.

Gather your crystals and gemstones based on the intention you have established for the blend. Again, use your intuition and this book as a guide. If you would like to incorporate the vibration of certain colors, here’s a quick rundown:

- **Black, brown, and metallic stones** will add the energy of protection and grounding.
- **Red and orange stones** can help increase motivation, action, and abundance.
- **Yellow gems** are beneficial to improve self-confidence and joy.
- **Green and pink rocks** add more love to the mix.
- **Blue stones** of all shades are calming, reduce agitation, and improve communication skills.
- **Purple crystals** aid in transforming and transmuting challenging or negative situations.
- **Clear and white stones** bring clarity and the ability to see life from a greater perspective.

Choosing Essential Oils for Your Mist

Essential oils have potent attributes on a physical, mental, emotional, and spiritual level. Through personal experience with the therapeutic use of essential

oils (aromatherapy), I have found relief from mental, emotional, and spiritual challenges, and I have witnessed similar results in my clients.

Aromatic plants have played an important role in health, beauty, food preservation, and healing on all levels for millennia, with written records dating back to around 3500 BC. The antiseptic, antibacterial, and antiviral properties of essential oils have been used to ward off diseases for centuries. A considerable amount of current scientific research supports the ability of essential oils to deter a wide range of microorganisms that cause bacterial, fungal, and viral diseases. While this is not a book on aromatherapy, essential oils are a perfect complement to your work with crystals. They work on an energetic level to rebalance us spiritually, mentally, and emotionally. They can raise our spirits when we are feeling down, and clear out negative thoughtforms and psychic debris.

In the formulas starting on page 57, I offer some suggestions for the essential oils to include in your mist. But perhaps you are already an aromatherapy aficionado. If so, experiment with the scents you like. If you would like more information on essential oils, be sure to check out my book *The Essential Guide to Aromatherapy and Vibrational Healing*.

Even though the idea is to use your aroma-energetic blend to mist the air rather than yourself, when working with essential oils, be sure to take note of any contraindications of a given essential oil. There are many types of oils to choose from, so there is no need to use one that might not be appropriate for you.

Choosing Flower Essences for Your Mist

Unlike essential oils, flower essences do not contain the chemical components extracted from the plant, bark, root, and so on. Instead, flower essences are derived from the *energetic vibrations* of the plant, tree, or flower. The healing provided comes through the use of intention to realign the emotional and mental bodies. The use of Bach Flower Remedies, a popular line of flower essences, requires no training; all that is required is the ability to understand oneself or another on a mental and emotional level. I recommend that people discover for themselves which essence is best for them, rather than go to someone else to tell

them what they need. Pamphlets, brochures, and other guides help you determine which essence or series of essences are best for you in this moment. There are thirty-eight Bach Flower Remedies, each of which is associated with various feelings and emotions. You can use Bach Flower Remedies in your mist formulas, or you can use some other type of flower essence product if you would like. Simply determine your need and find the remedy that best addresses that need. For some help, check out the literature associated with the flower essences or refer to the Bach Flower Essence selection guide in *The Essential Guide to Aromatherapy and Vibrational Healing* for a full listing. I've made some suggestions for you in the next section.

Aroma-Energetic Blend Mist Formulas

The following formulas include a combination of gemstones, essential oils, and Bach Flower Remedies. You can also use holy water, Florida water, sacred site essences, gemstone essences that you've created, and so on to further boost the energetic qualities of your mist.

These recipes are suggested to create a master blend. From this master blend, add a total of three milliliters to two ounces of water in a spray bottle. Sixty drops of essential oil is approximately three milliliters, or about two-thirds of a teaspoon. The number of drops suggested for these recipes are guidelines to provide you with an idea of proportions. You can decrease or increase the total amounts proportionately and still obtain the recommended formula.

Here are a few other things to keep in mind:

- You only need one crystal for the gemstone essence, and only one drop of each Bach Flower Remedy.
- Feel free to adjust the recipes according to your intention, the complementary gemstones, flower essences, and chosen oils. There is no right or wrong number of essential oils, gemstones, or Bach Flower Remedies to use per recipe.
- Take notice that there are varying numbers of each type of ingredient. These are intentional, and varying the amounts disproportionately can have a negative

effect on your blend.

- Stay focused on the crystal intention as you create your own formulas.
- Do some research and then allow your crystal-clear creativity to blossom!

You can spray your aroma-energetic blends around you and your space anytime you are inspired to shift the energy. Using your special mist is a nice way to start and end your day. Use it in your car, your office, your bedroom, or anywhere you are. Spray it two to five times around you—or more if you feel you need it. The energy of the mist will last much longer than the aroma. You can't spray it too often! Use it, enjoy it, and watch how you transform your life in a positive way.

Concocting formulas when we are working with oils and essences is always my workshop participants' favorite part of class. Yes, it is so much fun to create, but it is also important to establish the purpose of the blend with intention. Establish your goals on each level—spiritual, mental, emotional, and physical.

Be sure you have the essential oils you'll need (true medical-grade oils). Have the crystals and flower essences on hand too, as well as any additional ingredients you may want to include. Use a high-quality glass spray mister to hold your blend. The opening should be large enough to accommodate your crystal. Keep a pad handy to jot down every ingredient you use and the amount used of each. When your blend is complete, screw the spray mister on and label your bottle.

Health and Well-Being

Gemstones (use 1 or more)

- Peridot to guide you to facilitate the healing process. *Crystal intention: I send out positive vibes and look forward to meeting up with them in the future.*
- Isis quartz crystal to align your body, mind, and spirit with holistic health. *Crystal intention: I am aligned on all levels and know I am well.*
- Selenite rose to carry the energy of universal love, and to balance your chakras so that you can align all aspects of yourself. *Crystal intention: I spread love and well-being to all life. I am balanced, aligned, healthy, and strong.*

Essential Oils (use 1 or more)

- Bergamot to maintain mental clarity and good focus (8 drops)
- Frankincense to align with the spiritual nature of the person being cared for (30 drops)
- Orange for joy and encouragement (34 drops)
- Vetiver to encourage focus and to stabilize the aroma (2 drops)

Bach Flower Remedies (use 1 or more, 1 drop of each)

- *Olive* for mental stress and exhaustion
- *Sweet Chestnut* to improve endurance and strength
- *Clematis* for staying present and connected
- *Gentian* to feel confident and embrace enthusiasm
- *Hornbeam* to reduce feelings of being overwhelmed and exhausted

Focus, Safety, and Protection

Gemstones (use 1 or more)

- Clear quartz to encourage a clear mind. Crystal intention: *I am grateful for clarity and the ability to see life from a greater perspective.*
- Black tourmaline to feel grounded, centered, and safe. Crystal intention: *I am always divinely protected. I am grounded and focused on all that is good.*
- Selenite to improve the connection with the Divine. Crystal intention: *I am blessed with a strong spiritual connection to higher wisdom.*
- Sodalite to calm and reduce incessant mind chatter. Crystal intention: *I have a quiet mind. I am at peace.*

Essential Oils (use 1 or more)

- Cedarwood to clear negative thoughts and deepen spiritual practice (12 drops)
- Chamomile to establish a sense of connection with guides and angels (2 drops)

- Eucalyptus to encourage the use of the breath and to clear energetic space (3 drops)
- Frankincense (ultimate oil for meditation) to bring about mystical experiences (21 drops)
- Geranium to induce a sense of peace (2 drops)
- Lavender to experience tranquility and inner peace (60 drops)
- Patchouli to improve self-worth and strengthen the emotional body (3 drops)
- Sage to release negativity and external negative influences (12 drops)

Bach Flower Remedies (use 1 or more, 1 drop of each)

- *Aspen* to reassure and relieve anxiousness
- *Cherry Plum* to help you feel calm and collected
- *Chestnut Bud* to let go of thoughts about mistakes or failures
- *Mimulus* to reduce fears both big and small
- *Impatiens* to let go of feeling rushed and anxious.

Happiness and Self-Confidence

Gemstones (use 1 or more)

- Jet to remember that divine protection is always surrounding you. Crystal intention: *I am surrounded by protective forces wherever I am and wherever I go.*
- Lodestone for grounding, protection, and to magnetize goodness. Crystal intention: *I am focused on all that is good in my life and I am grateful.*
- Prasiolite for protection and to strengthen your auric field. Crystal intention: *The force field around me is filled with protection and blessings today and always.*
- Rutilated quartz to ward off negativity and increase light and joy. Crystal intention: *I am happy and recognize all the blessings in my life.*
- Smokey quartz for emotional balance and clear focus. Crystal intention: *My emotions are balanced and I maintain focus on knowing that all is well.*

Essential Oils (use 1 or more)

- Cedarwood to send off prayers for well-being and grounding (10 drops)
- Frankincense to clear negativity and invoke spiritual protection (9 drops)
- Lavender to invite blessings and fill the space with well-being (60 drops)
- Sage to clear negative energy (30 drops)
- Sweet marjoram to clear negative energy and increase protection (60 drops)
- Vetiver to maintain focus and situational awareness (30 drops)

Bach Flower Remedies (use 1 or more, 1 drop of each)

- *Chicory* to be confident that you and your family and friends are safe and sound
- *Mimulus* for alignment with divine protection and confidence
- *White Chestnut* for emotional balance

Money, Creativity, and Motivation

Gemstones (use 1 or more)

- Amethyst to transform negative beliefs about financial worthiness and success. Crystal intention: *It's easy for me to transform and transmute outdated beliefs regarding money. I have excellent business skills.*
- Emerald to attract extraordinary wealth. Crystal intention: *I earn unlimited income doing what I love.*
- Green aventurine for good luck and to magnetize plenty of money. Crystal intention: *I am fortunate. I am so incredibly lucky! There are plenty of people with plenty of money who want the goods and services I offer.*
- Green tourmaline for business success and alignment with your soul's purpose. Crystal intention: *I easily manifest my ideas into reality and attract wealth, luck, and success. Abundance and prosperity are constantly flowing in my life. I am grateful.*
- Jade to stay focused on gratitude, good luck, and beneficial results. Crystal intention: *I am grateful for all of the gifts that come into my life.*

Essential Oils (use 1 or more)

- Basil to attract loyal and honest business associates (50 drops)
- Bergamot to instill confidence and clarity of purpose (40 drops)
- Cinnamon to increase motivation and belief in financial success (5 drops)
- Lemon to maintain a clear mind regarding income and expenses (60 drops)
- Patchouli to magnetize money and great wealth (5 drops)

Bach Flower Remedies (use 1 or more, 1 drop of each)

- *Gentian* to reach goals with a positive attitude
- *Larch* for self-confidence
- *Wild Oat* to help you remember your right livelihood or soul path

Love, Friendship, and Romance

Gemstones (use 1 or more)

- Blue lace agate to help you to peacefully speak your truth with ease. Crystal intention: *It is easy for me to express myself. I am understood. I truly hear what others are communicating.*

- Citrine to amplify self-confidence and self-worth. Crystal intention: *I am confident and courageous. I shine my light brightly. I honor and respect myself. I allow others to see my magnificence.*

- Dalmatian jasper to know you are worthy of authentic and loving relationships. Crystal intention: *I attract loyal people into my life. I cultivate and maintain meaningful relationships.*

- Rose quartz to activate comfort, caring, and loving kindness for yourself and others. Crystal intention: *I am compassionate and kind. I give love to others and readily accept theirs in return.*

- Ruby in zoisite/ruby in fuchsite to open yourself to allow friendships and/or romance into your life. Crystal intention: *I enjoy fulfilling interactions with others. I allow my romantic relationship to blossom and thrive.*

- Unakite to encourage balanced emotions and heart-centered focus. Crystal intention: *I observe and embrace my emotions. Love allows me to awaken my*

consciousness.

Essential Oils (use 1 or more)

- Bergamot to raise self-confidence to attract loving relationships (25 drops)
- Lemon to strengthen your sense of self (25 drops)
- Rose water to remember the love that you are and to allow love to thrive (100 drops)
- Rosewood to help you focus on all your good attributes and radiate your magnificence (25 drops)

Bach Flower Remedies (use 1 or more, 1 drop of each)

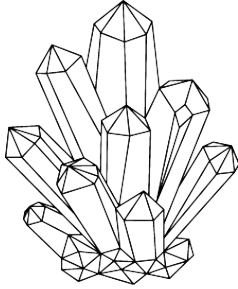
- *Chestnut Bud* to find value in past relationship experiences and learn from them
- *Heather* to listen well
- *Honeysuckle* to open your mind and emotions to enjoy a life filled with happiness
- *Water Violet* to overcome loneliness and increase trust in others

When you combine your gemstone essence with essential oils and other components to create an aroma-energetic blend that amplifies and accents your intention, the sky is the limit. This is such a wonderful and creative way to refocus your mental, physical, spiritual, and emotional bodies back into an aligned state of being. Pair your energetic spray with an affirmation that is aligned with your intention and watch your reality transform!

Energy is something you can't see, and the vibration of crystals isn't necessarily an overtly obvious thing. It is beneficial to add the aromatic aspect to your intention because it makes your intention more palpable. Use your spray with your gemstone amulets or charm bags to add another layer of intention.

In the next chapter, you'll find other fun ways to maintain your focus with creative combinations of stones.

[contents]



CHAPTER 4

Combining Crystals for Specific Intentions: Grids, Amulets, and Charm Bags

The use of multiple gemstones for particular reasons enhances the intentions you establish when you create a grid, amulet, or charm bag. All three of these tools are simply combinations of crystals put together to improve or amplify your intention. The grids are typically geometric in nature. An amulet is often a combination of stones in a jewelry or pendant-type setting. The charm bag is simply a bag of stones that are gathered together for a predetermined outcome.

Crystal Grids

A crystal grid is the compilation of gemstones arranged in a geometric pattern around a person, place, or thing in order to amplify an intention. In much the same way that a crystal alignment is placed on and around the body to clear, balance, and align the chakras, gemstones can be placed strategically in an area to help realign or bring harmony to a person, place, or thing. While a crystal chakra alignment focuses on realigning and balancing the chakras within the individual body, a crystal grid allows you to extend a positive intention out to the world for the purpose of contributing to universal peace and harmony. Such grids can be permanently established within a physical space or constructed as part of a solo or group meditation wherein the participants focus their intention on benefitting the world around them. When undertaken with strong positive intention, the results of such grids can be transformative. When creating a crystal grid in a landscape, home, or room, envision the crystals that are placed throughout the space connected energetically to create a geometric formation. In your mind's eye, connect the crystals with beams of light in order to create the grid. Your imagination is key in this process. Use it and visualize.

It is easy to find templates in your local metaphysical shop. There is an upsurge in people using these little templates to make grids upon. It is an easy way to be inspired when coming up with geometric formations and as a practice for the larger grids or your own ideas. The grids I am referring to in this section are larger grids in which gemstones are placed around a room, home, building, or property to establish a vibratory intention.

Staying in “Grid Mode”

The most important factor in establishing a grid is the intention of the grid itself and maintaining a focus on that intention. You know how easy it is for our minds to wander off to the grocery store list, what someone said that hurt our feelings, or any other random thoughts and feelings. When you are intentionally working with a grid, you will want to rid yourself of those extraneous thoughts and stay focused on the matter at hand. I recommend that you choose a crystal for that

purpose, a stone you designate as the “I will stay focused” stone. I’ve personally used laser quartz crystals, a kyanite blade, a naturally formed black tourmaline, and selenite rods or wands. Regardless of which gem you pick for this purpose, establish a key phrase to keep your mind on the intention of the grid. I use the phrase “Love, light, and well-being for the highest good of all concerned” or some variation of that.

Create Your Grid with Intention

There is no wrong way to create a grid. Whether you are creating a grid to step into and lie down in or creating a little altar grid, the use of geometry to link up one crystal to another is the way to go.

Geometrics is simply a series of geometric shapes—lines, circles, squares, rectangles, and triangles—that form a design or a pattern.

- Use a **line** to amplify and direct an intention between two crystals.
- Use a series of crystal points in a **circular starburst** formation or tumbled stones in a **circle** to encapsulate your intentions.
- **Square** formations are beneficial for grounding and stabilizing the reason for the grid.
- **Rectangles** are a simple variation on the square when you want to elongate or lengthen the time and space for the effectiveness of the intention within the grid.
- And, my personal favorite, **triangle** grids establish an alignment between heaven and earth. Use the triangle formation to request amplified assistance from angels and guides.

Clear quartz crystal points are ideal to direct the energy within the geometric formation. Clear quartz is beneficial to use to transmit and transduce the energy. The clear quartz combined with your intention and visualization causes the energy to pass from one part of the grid to another. The point transduces the energy by sending a signal, amplifying your mental and emotional images and intentions.

Clear quartz points vary based on their own geometric formations on the termination of the point or the shape of the six-sided point. All clear quartz points are six-sided, though sometimes not all six sides have the same dimensions. Flat or tabular quartz are good for communication. Crystal points with a seven-sided facet on the point of the termination are beneficial for channeling ideas and wisdom. Five-sided faces are helpful when you are

executing a change from one way of being to another way of being. Regardless of the specific facets, all clear quartz points used with intention and imagination garner beneficial results.

Altars are an easy way to create grids in and around your home and office. In some cases, a grid might look like a pretty arrangement of crystals. Other grid alignments might be subtler in appearance, like some pretty gemstones on a windowsill or coffee table. Strategically place your crystals on surfaces around a room, all the while maintaining focus on the intention for the placement.

As you create your crystal grid, imagine the stones are connected to one another across the room through a link or a vibration, much like beams of light, which hold a pattern you can only see in your mind's eye. Even if you cannot "see" these beams in your mind's eye, you probably intuitively know or feel your pattern of light. Your imagination is a powerful tool, so use it regularly. Anyone who comes into a space where you have established a crystal grid with a positive intention will probably exclaim how good it feels to be there.

I've used this technique for over thirty years in my home and business. Though the individual crystals come and go as they arrive and are sold to customers, while they are in the store, they are programmed through my intention to establish a feeling of safety and well-being. Here is the statement of intention I use for my store and also for the planet:

"May all who enter our doors find peace, love, and safety within our walls. I pray that all who enter find a deep spiritual connection and the love of the Great Spirit/God/Goddess within themselves. It is our intention to assist you in being self-empowered in life on all levels—spiritual, mental, emotional, and physical. We encourage you in finding the truth for yourself by learning spiritual philosophies and practices to take out into your world."

Crystal Grids at Sacred Sites

Over the years, crystal grids have been a vital part of many spiritual journeys. Crystal grids can be combined with crystal alignments involving larger groups of people at sacred sites. Sacred sites are places around the world that have a special meaning or spiritual significance. Participants in these grids have found the experience transcendent. The geometric arrangement of the participants, each lying with gemstones on and around their bodies, surpasses the ordinary guided imagery meditation. With clear intention and a descriptive guided imagery facilitator, the gemstones amplify the experience and create a feeling that is mystical, spiritual, and Divine. During these experiences, the participants tap into the higher level of knowledge and a deeper understanding of themselves and their life experience.

I've facilitated several crystal grid meditations using tabular quartz crystals at sacred sites in Mexico and Peru. These small, flat, clear quartz crystals are lightweight and powerful. Tabbies, as they are affectionately known, are tabular quartz points, perfect for telepathic linking, or mind-to-mind and heart-to-heart communication. Tabular quartz is the perfect stone to use when creating grids of light for purposes of increasing the vibration of love on this planet, since they amplify the matrix-like grid, or energetic web, that surrounds the earth. This stone is ideal for interdimensional connection and communication with spiritual beings, including angels, saints, guides, and ascended masters.

In the case of a crystal grid meditation performed at a sacred site, the participants stand at various locations throughout the site with their tabular quartz either held in their hands or in pouches hung around their necks. With a bit of instruction regarding the intention and telepathic linking, these groups have been able to imagine a reactivation of the grids of light that help the balance of love and well-being here on this planet.

Travel to a sacred site can be fun and interesting, but it isn't necessary to leave your own neighborhood to establish a planetary crystal grid experience. Crystal grids have also been a vital part of my weekend workshops for personal and planetary transformation. Regardless of whether you are a solo practitioner or

one of a group of interested people, any and all types of crystals and gems can be used to amplify the intention of the grid. It's helpful to have a designated person guide the meditation for the intended purpose. The practice can be performed indoors or outdoors. You can also use any number of positive thought meditations found in audio form to amplify intention and focus for the experience. Soothing music is also very beneficial.

To do this on your own or with a group, create your own crystal grid by placing gemstones on the floor in geometric formations. Remember to establish the reason for the crystal grid. Draw a little sketch on a piece of paper or in your mind to gain clarity as you establish your intention. Leave a space in the center of the formation large enough for you to lie down in. If you have a group of people who will be participating with you, determine their placement in the grid, and put the crystals on the participants before you lie down. You need a fairly large space for a group grid. Have each person be a "leg" in the geometric formation. When you lie down, place a line of chakra-balancing stones right next to where you will lie so you can place those gems on your body and hold them in your hands for the experience. You can do the crystal alignment discussed in chapter 5 to balance your chakras and then add a global intention to the experience. Imagine that the planet is receiving a healing and balancing experience at the same time that you are experiencing it. It's a great way to contribute to world peace from your own living room!

The gemstones you choose for outdoor use may go missing or meld into the soil. Animals and weather may move or take your pretty rocks. Choose crystals that you won't mind being without if you don't find them again, and detach from the idea of finding and seeing the stones that are for outdoor use. I often come across the crystals in my garden when it's time to weed or place new seeds and plants. It's a good idea to write down what you placed and where if you are attached to finding a particular gemstone again.

Any type of rough or natural unpolished stone is preferable for outdoor grids. Quartz crystals are my first choice for garden placement. Rock quartz, a milky white variety of quartz, is a good option for outdoors. Chunks of rose quartz are beneficial to install the energy of love and blessings. Selenite wands, logs, and

chunks surround your home with the energy of the Divine, while cleansing away negative vibes. I keep a selenite log or two inside and outside my front door, with the intention that as anyone, including myself, enters my home, negativity is cleared away and blessings are reactivated. Remember to establish and maintain your intention when you place gemstones.

Crystal grids for good communication (page 82–page 83), peaceful interactions (page 84), and healthy boundaries (page 86), all of which are discussed below, are always beneficial for the home and office, but with a little experimentation you can create a crystal grid for any intention you have.

Crystal Grid in a Child's Bedroom

There are many reasons to create a grid in the bedroom, though the intentions that are most often established are for sound sleep, to feel safe, and for pleasant dreams. Hematite deflects negative thoughts and grounds the grid. The pink gems like rose quartz amplify comfort and feelings of well-being. Amethyst is the ultimate dreaming stone and keeps nightmares at bay.

Amethyst: A piece of this placed near the bed, under the mattress, or inside the pillowcase is a great stone for chasing away scary thoughts, nighttime fears, and fears of creepy creatures hiding under the bed. Young children often tend to like the color purple, so this gemstone is a perfect ally for peaceful sleep and pleasant dreams.

Hematite: This is a very grounding stone and is extremely helpful for calming down the hyperactivity that sometimes shows up at bedtime. If the child is old enough and the stone is large and smooth enough, you can even encourage them to hold it in their hand as they fall asleep. You can also place it under the mattress at the foot of the bed, letting the child know the reason you are putting the stone there, so that they can keep it in their conscious awareness.

Rose quartz: This is the perfect stone for a child to feel love and comfort. The pink energy of rose quartz brings a sense of calm and amplifies the vibration of nurturing. The energy of love increases feelings of safety, which is comforting as they fall asleep. Encourage your child to imagine they are

being watched over by angels with this stone, as a tool to amplify the presence of their guardian angel.

Unakite: This stone balances the emotions. Again, depending on the child's age and the size and smoothness of the stone, this is a good stone to have your child hold (or focus on) if they are crying or trying to overcome an emotional upset. The pink in this stone is feldspar and the green is epidote. This combination helps the child process what occurred during the day so they can let go of it, fall asleep, and have sweet dreams.

Pink calcite: Pink calcite is a great stone for working through the emotional rollercoaster of hormonal changes. The soothing cotton-candy shade of this stone evokes the highest form of motherly love. Pink calcite activates loving thoughts and shifts mental challenges of self-degradation into thoughts of self-love. It's an excellent stone for opening the heart chakra and alleviating feelings of hurt, fear, anger, and frustration. It is also a good stone for comforting children who tend to cry or whine.

Crystal Grids on the Desk and in the Office

The choices for placement of stones on your desk are unlimited. There is no need to make geometric formations with the crystals placed on a desk, though you can if you wish, of course. Simply place gemstones within your line of sight and your reach so you can gaze at the stone or pick it up easily. Again, you can create a crystal grid for your desk and/or office that suits exactly the type of energy you want to invite into your work life.

Keeping crystals and gemstones close by while you work is a powerful way to bring in all types of positive energy, like extra focus, high motivation, deep intuition, unleashed creativity, and so on. My writing desk is always covered by a variety of gemstones, which I might change from time to time depending on what sort of energy I want to invite into my workspace. I place all the stones within my line of vision in a row in front of my monitors. You may want to create a special grid with the stones you place on your desk or just line them up like I do. Here's what you'll find on my desk as I write this, and what these same stones might do for you in your workspace.

Carnelian: This beautiful tumbled piece of carnelian is a constant reminder to me to take action and give birth to the many ideas and inspirational products that flow through my consciousness. I consider this particular piece my writing companion. Sometimes it's just in my peripheral vision reminding me to maintain forward momentum with a manuscript or article. Other times, it's a motivator to finalize something.

What carnelian on your desk can do for you: Carnelian reminds you that your imagination is the key to your success. It is a call to be courageous and bravely bring your ideas into actuality. With carnelian in hand, allow creativity to flow through you in myriad ways. This gem is a variety of chalcedony. The orange-red color is caused by the presence of iron, which can keep you grounded with creative energy the way it does for me. Open your consciousness to allow yourself to have the inner strength to fulfill your soul's purpose.

Clear quartz tabular point: A tabular point is flat and narrow on one termination and the other point is rounder and wider, making this piece of quartz a bit unusual looking. The flat portion on one side of the point has triangular markings, creating a crystalline castle-like appearance. I gaze at this stone when I'm contemplating what I'll be writing next or when I'm happily waiting for a deeper understanding of something so that I can put it in writing.

What tabular quartz on your desk can do for you: Tabular quartz points, also referred to as "tabbies," are ideal for communicating directly from your heart and mind to the heart and mind of someone you are communicating with through the use of mental images. Tabbies are good tools for speakers and teachers, as well as anyone whose work includes communications. This stone is also a good study aid because it "stores" the information you've studied until you are ready to retrieve it. When you are ready, simply rub the stone while holding the intention to recall the data.

Elestial (record-keeper) quartz: I keep two elestial smoky quartz crystals on my desk to keep me in communication with the angelic realm. One is shaped like a scepter point with cathedral-like turret formations. The other elestial is

shaped like most elestials, a wide, skeletal, fully terminated piece of smoky quartz. The record-keeper markings (which look like a series of fine triangular etchings, but are completely natural) are predominant on both of them. Legend has it that these geometric treasures (which hold records of the past, present, and potential future realities) were brought to earth by the heavenly realm through the ethers, which is why this skeletal quartz often looks singed.

What elestial quartz on your desk can do for you: When you leave a record-keeper nearby, you have the ability to tap into the information stored within your body and also access the history of the cosmos, called the Akashic Records. When you meditate quietly at your desk with a record-keeper crystal onboard, you open yourself up to a download of information. Although you may not know specifically what information has been downloaded in that moment, you will be able to retrieve the information when you need it.

Sodalite: I keep three pieces of this stone on my desk. Two are large tumbled stones, and the other is an extraordinary heart-shaped piece. I focus on this trio when I need to calm myself and slow down. If I feel agitated about something, especially if it involves a business matter that I'm discussing on the phone, I either hold them or gaze at them to ground myself and regain my sense of calm. Also, the deep blue of this stone aligns me with the energy of inspired thinking while I write.

What sodalite on your desk can do for you: Sodalite is a grounding tool for use as you channel inspirational, spiritual, and/or metaphysical writings. It helps you keep your focus on your third eye chakra, which allows you to activate and access the six intuitive senses or "clairs"—clairvoyance, clairaudience, claircognizance, clairsentience, clairolfaction, and clairgustation. It also helps to calm incessant internal chatter.

Kunzite: Three pieces of kunzite have their home on my desk. Kunzite is my constant reminder to stay focused on love and kindness. As a human, it is too easy to get angry or feel frustrated. Kunzite reminds me to stay focused on

my heart; therefore, anything unlike love melts away. Two of the pieces were once one long wand—now they're two shorter wands.

What kunzite on your desk can do for you: Kunzite is a reminder that love is the answer to all, which can be hard to remember when you are focused on business or work. On your desk, this stone will radiate love in a wide circumference around your being. With the heart chakra being the center of your consciousness, love is who you truly are. This stone helps you focus on the energy of speaking with loving kindness and to emanate love.

Jade: My jade is my reminder that it takes a community to do all the work I offer and that the wonderful members of my staff are an integral part of getting the message of love and positive thinking out into the world. This crystal helps me keep in mind that there is an important element of wisdom and success offered to those who read my books and use my products. Jade holds the energy of success and good fortune. Of course, I want my work to be successful and to reach as many people as possible to help them with their lives. Jade vibrates success!

What jade on your desk can do for you: Jade is associated with good luck and beneficial results. Use this stone to change your mind, when necessary, about anything. As part of your crystal entourage throughout your workday, it is a reminder to think positively and stay focused on good outcomes. It is also helpful for visualizing ideas and the beneficial results that arise from them.

In the Playroom and Study Area

Whether it's time to play or study, it is beneficial to maintain a sense of peace, calm, and self-confidence. Gemstones that align and bring optimism are the ones to use in these settings.

Blue-dyed agate: This stone emits calming vibrations and infuses peacefulness into the area. Use this stone to stay grounded while studying and interacting with others. This stone is helpful for removing some of the stress children feel around schoolwork or any type of study. It's also an excellent focusing stone for people of any age with ADD and ADHD. In

general, children have a tendency to experience emotional ups and downs as they learn and grow. This is one of the stones that can help ground them and keep them focused. All agates are grounding, but the blue energy in this stone will also calm inflamed emotions.

Citrine: Citrine is a favorite go-to stone for mental clarity and self-esteem, so whether your child is studying or playing, citrine is a perfect crystal to have around. The energy of citrine enhances a child's natural ability to be a shining star with confidence. If your child needs to present a paper or report at school and they are feeling nervous or shy about giving a presentation, citrine can be used as a confidence booster. Citrine serves as a reminder that whatever you ardently believe and desire and work passionately toward will manifest. Teach your children this truth at a young age. Use this stone to awaken your own awareness as well as your child's awareness. Eliminate repetitive patterns of self-limiting thoughts that are holding you back, so you can instill positive thinking and unlimited potential beliefs into all children. As you develop and focus on positive thoughts to replace those negative beliefs, it is easy to be courageous. Courage to naturally live to your fullest potential is inherent in children, unless it is socialized out of their heavenly state of being.

Kyanite: *Kyanite is a good stone for a study room, as this stone can help support your child when they are trying to figure out a problem or when they are consciously transforming ideas into reality. Kyanite also calms red-hot emotions with its blue energy. Good study habits are best established when the child is mentally clear enough and calm enough to listen to and follow a teacher's instructions. Kyanite enhances the ability to receive and transmit information on all levels.*

Orange calcite: This is a perfect stone to help instill the habit of maintaining an organized to-do list and/or chore list. With orange calcite nearby, help your child create a list of things to do. The satisfaction of checking things off the list as they finish their work will help them develop a sense of accomplishment. Orange stones, in general, are helpful if your child needs a bit of motivation and some help to get rid of the lazy energy. Orange calcite

will help them to feel friendly and be kind. It activates optimism and positive thinking. Use orange calcite to enhance creativity for stories, songs, dance, and more. For instance, imagine that you have the orange color of this calcite swirling around you. In these swirls are the ideas, stories, and songs, as well as your ability to create them. Imagine you are taking those ideas and making them real.

For Good Communication

It is important to listen well and understand others, as well as to be heard and understood. These blue gems interact well with each other to amplify the intention of good communication, which includes listening and expressing oneself with ease.

Amazonite: *This stone helps you graciously speak up for yourself and reminds you to listen to what others have to say. This helps all parties avoid making inaccurate assumptions that might lead to hurt feelings. With this stone in your grid, you are better able to discern the truth and set boundaries with those around you who are not coming from a place of genuineness and integrity. When your words come from a loving and compassionate place, they have the power to heal or improve a situation.*

Angelite: Communication is a two-way process of sending and receiving, so employ this stone when you need to be a better listener. Use it to sort out your thoughts before you speak. Ask God and the angels for understanding and calming energy to allow for true communication, which includes active listening as well as speaking.

Blue lace agate: This stone improves your ability to communicate with others and speak your truth. Use it in your grid when you want to be heard and truly understood. This stone helps you to listen more closely when others speak and to really hear and understand what they are trying to express. It also helps you develop the ability to read between the lines. Blue lace agate increases your ability to stay calm and peaceful in times of stress and turmoil, and it aids you in appropriately communicating your emotions and feelings. It's also a good stone to have when you want good timing.

For Peaceful Interactions

Whether you are setting this grid in your home, office, or backyard, the intention to establish with these gems is peace, harmony, and calm vibrations. The hematite stones will assist in grounding the remaining stones in this grid, in order to establish a strong foundation.

Celestite: Celestite of either the cluster or tumbled variety is excellent to focus on during challenging or upsetting conversations. The pastel-blue color of this gemstone brings calm and peaceful conversations when used with that intent. Use celestite to call on the angelic realm to help you find the right words during intense conversations. Celestite can help you to be very present and an active listener, so you really hear what is being said. Celestite is a stone for communication with loved ones on the other side as well. Sit in silence with this gem, bring to mind the face or essence of your departed loved one, and contemplate or imagine what it would be like to sit with them in conversation about the subject on your mind. This exercise is very helpful when we're faced with a dilemma and we want the advice of a wise ancestor.

Clear quartz cluster: A quartz cluster is a group of clear quartz points growing on the same matrix or held together as a group of points on a shared foundation. Quartz clusters, including amethyst, citrine, and smoky quartz, are good for establishing a solid, shared foundation on which to build a harmonious community. Quartz clusters capture the essence of the feelings associated with any message being conveyed. Such clusters are beneficial for communication and the true understanding of others in a group setting. Clear quartz brings clarity and focus when used with intention. Intention is the key to using clear quartz. Clear quartz carries within it the full spectrum of light, so all the colors of the rainbow are present within this stone. It transmits and transduces energy. Use clear quartz in a grid for any and all spiritual pursuits, including meditation, connecting with your guardian angel, channeling, higher knowledge and wisdom, shamanic journeywork, spiritual healing modalities, and energy work.

Hematite: This shiny metallic stone works wonders in shifting negative feelings by calming and relaxing you. It is a grounding stone that helps you focus on anything that is important. It is also a perfect stone to help quiet the mind and to reach a nothingness state of consciousness, as the majority of people often experience incessant mental chatter. This stone is beneficial to relax the physical body and calm the mind to enable a quiet time for contemplation and connection with the earth. It helps you to "be here now,"

instead of in a number of other places in your mind. The present moment is the place to be. Hematite removes scattered energy from your energy field and repels negative thoughts from your mind, as well as from the minds of others.

Lapis lazuli: This rock is composed of several minerals, including hauynite, sodalite, noselite, azurite, calcite, and pyrite. The hauynite causes the blue color, while the calcite is responsible for the white inclusions. The deep blue vibration of lapis lazuli calms feelings of frustration, agitation, and anger. With this stone in hand, you can find ways to deal with the emotional turmoil resulting from physical, mental, or emotional abuse, so you can heal and find inner peace. The calming energy of lapis lazuli is useful for all types of issues. Archangel Michael is strongly associated with this gemstone. The vibration of this deep blue color offers a sense of protection and helps to rid you or your surroundings of anger and rage.

For Healthy Boundaries and Protection

Everyone wants to feel safe and secure. The gemstones recommended in this section are used with the intention to establish the vibration of safety, protection, and well-being.

Amethyst: Amethyst and its purple coloring are beneficial in the process of transforming and transmuting negative situations. To transform something, you must make a dramatic change in its form or atmosphere. Similarly, to transmute, you must alter or convert something into a different state. The transmutation vibe aligns with Saint Germain and the Violet Flame, as well as Archangel Zadkiel. Use amethyst in your grid for empowerment. Ask Saint Germain to help transmute the challenge into love, light, and well-being. Amethyst helps protect you from psychic attacks and clears out the negative thoughts of the day. Imagine yourself surrounded by a vibrating, glowing bubble of violet light emanating from the stone. As you imagine this, know that all your upsets and challenges are currently being transformed and transmuted into something powerful. Imagine the situation changing to

reflect what you want. The vibration of your imagination of how you want your life to be, combined with the violet light, will effect change.

Amber: Amber is an organic tree resin that has hardened over thirty million years. With conscious intention, amber gives you the courage to establish healthy boundaries in your relationships in all areas of your life. This fossilized resin helps you to clear out the unwanted energies from energy-sucking acquaintances, friends, colleagues, and family members. Put on an amber bracelet or other type of jewelry to create a “grid” on your body on days when you feel like you need a bit more space between you and other people. Establish clear boundaries by surrounding yourself in a protective shield that will deflect any negative energy that comes your way.

Black tourmaline and tourmalinated quartz: Use black tourmaline or tourmalinated quartz with intention to automatically remove unhealthy cords of attachment, or better yet, to intend that the cords can’t even attach or touch you in any way in the first place. Tourmalinated quartz is clear quartz with rods of black tourmaline running through it. The clear quartz amplifies the power of the black tourmaline. Whenever I think of black tourmaline, I automatically think, “Deflect and detract from negativity.” It amplifies the intention of putting up a mental protective force field. Hematite can be used in the same way to deflect those people, places, or situations that aren’t for your highest good. Black tourmaline is also effective to block or disrupt the energetic flow of electromagnetic frequencies from things like electronics and Wi-Fi. There are many invisible energies when it comes to computers, tablets, and cell phones. (Fluorite is also a good stone to repel electromagnetic frequencies and those invisible electronic energies.) These stones are beneficial in any room or office.

Tiger’s eye and tiger iron: There are four varieties of “tiger” stones in this category. The first three varieties are tiger’s eye, in the naturally occurring gold, blue, and red shades. Tiger iron promotes courage by feeding your mind with thoughts that encourage high self-esteem. It sparks the imagination to help you think of or believe in the seemingly impossible. Red tiger’s eye amplifies your business acumen and triggers your inner entrepreneur, making

it a perfect stone to keep on your desk. Use this stone to help you read between the lines and to be more open to perceiving the bigger picture. Gold tiger's eye is a good companion when you are trying to remain grounded and focused on your personal goals. Blue tiger's eye can be used to help deepen your understanding of difficult situations and people, which promotes emotional balance. When you use this stone to gain mental clarity, you will also find that emotional balance is restored as you sort out your feelings and gain perspective.

Crystal Grids for Children & Older Folks

This section is primarily dedicated to children, but the suggestions you'll read next work for young and old alike. Because we often return to a state of childlike wonder in our late senior years, elderly folk can often benefit from the same intentions and goals you might have for a child. Moreover, you will find that some of these descriptions fit your needs regardless of age.

Crystal grids in the rooms that children spend time in are extremely helpful in maintaining balance and clear intentions, but use your common sense. Depending on a child's age, be mindful of the size of the stones you are placing in reach. For children who are at the stage of placing things in their mouths, you'll obviously want to keep the grid high and out of reach. Similarly, if a child has a tendency to throw things, either out of anger or otherwise, keep the rocks out of their reach. A grid doesn't need to be visible to the children for it to be effective.

To create the grid, identify your goal, visualize the outcome, think of the children involved with the intention, and then decide upon the placement of the stones. Use your intuition and follow your gut. You can *only* do this correctly. Yes, truly, that's the only option. Maintain your focus and place the gems in a variety of spots, like the top shelf of the closet, taped to the back of a dresser or behind a headboard, between the mattress and box spring, on the top of the window treatments, behind a mirror, and so on.

Place the lists of stones for each specified area while visualizing the geometric grid. Envision the crystals connecting energetically to create a geometric

formation. Establish a vibratory intention to hold the energy as you imagine each of the stones you place with the expectation of a positive outcome.

There are unlimited possibilities for creating sacred spaces in your home, office, and backyard—anywhere! The most important factor is to be very clear about why you are choosing certain stones and the ultimate goal you have in mind. Remember to visualize the outcome as if it already has evolved and occurred. The more you focus on what you want through the use of your imagination and visualization, the more likely you are to achieve your goal. Include thoughts of well-being and happiness, intending the highest good for all concerned.

Amulets and Charm Bags (aka Crystal Intention Pouches)

Another way you can make use of stone combinations is with amulets and charm bags. An amulet is an object intended to bring the person who wears or carries it good luck and protection from danger or disease. Many cultures, both past and present, have incorporated the use of amulets into daily life, including ancient Rome, China, and Japan. Many religions, including Judaism, Christianity, and Islam use them as well.

The word *amulet* is synonymous with lucky charm, totem, fetish, juju, talisman, and more, though there are minor variations in meaning. Generally, an amulet is best known as being a protective object. Amulets can be made of practically anything. It is the intention associated with keeping the amulet on you or close to you that gives it strength. An amulet can be worn and can resemble a piece of jewelry, or it may be something as simple as a coin or a cord. Truly, the possibilities are unlimited. Of course, crystals, minerals, and gemstones make excellent amulets, charms, or juju pieces.

You can easily create your own crystal amulet either by carrying a single crystal, wearing it in a piece of jewelry, or by placing a combination of gemstones in a drawstring pouch or bag, which you can then slip in a pocket or purse, or even wear around your neck. The stones you use can be any size that

you can comfortably wear or carry around. In addition to gathering the stones you need, you can also choose a color of bag or pouch that aligns with your intention. For each of the categories below, you can choose one or more (or all) of the stones listed that you feel inspired to wear, carry, or drop into your charm bag. Simply focus on your intention as you make your choices.

You can refer to chapters and sections throughout the book (including previous discussion on grids in this chapter) to help choose additional types of stones you'd like to work with based on your preferred intention. Love, friendship, romance, health and well-being, money, creativity, happiness, intuition, safety and protection, career, and more can all be goals for your use with a crystal intention pouch. Below are some affirmations you can pair with your use of amulets to enhance the effect of your intentions. But before we dive into those various themes, let's cover how to connect with your amulet and charm bag once you've created it.

Exercise

Connecting with Your Crystal Intention Pouch

Now that you have your charm bag filled with the stones of your choice, it's time to activate the gemstones with their intended purposes. This is a short and easy process.

Find a quiet space. If you want to create a ceremonial mood, light a candle, spray something like an aromatic mist, or light an incense stick. Empty your bag of gems in front of you. One stone at a time, pick up the gem and, in your heart and mind, reestablish the intention for that gem and the reason you were attracted to it. Say an affirmation aloud while you hold each individual stone. The sections that follow will provide you with ideas on gaining clarity for your intention and ideas for visualization to go with that crystal. Affirmations and positive thoughts are provided to help you activate your personal charm bag.

For Love and Romance

Do you feel like it will take a miracle to manifest the love of your life? Do you want to improve the relationship you have with your existing sweetheart? Combine your clear intentions for romance with these positive affirmations and crystals. Really think about how you want your relationship to be and how you want it to feel. Visualize and daydream to amplify your wishes and dreams regarding your romantic life. With a bit of focus, some crystals, and positive thinking, you can improve your existing relationship or manifest a new one if you aren't in a romantic relationship.

Crystals: blue lace agate, citrine, green aventurine, pink calcite, rose quartz, unakite

Positive Affirmation: *I am love, and all that surrounds me and all that is attracted to me is love. I attract love, joy, and happiness into my life.*

For Creativity and Fertility

These crystals are the ones to use to help you manifest your dreams and intentions. These crystals help you stay motivated and actually move you to take the action needed to actualize your dream, project, invention, or idea. Let these stones help you feel your emotions, because the emotions are the juice behind what you manifest in your life. If you are ready to become a parent, keep your charm bag close by (or use one of the suggested stones as an amulet) and hold the vision of a future in which you are already a parent. Remember, holding a vision is a very powerful tool. The crystals in your bag can amplify your intention.

Crystals: citrine, carnelian, chrysacolla, orange calcite, red goldstone, blue calcite

Positive Affirmation: *Creativity flows through me. I am courageous and bravely bring my ideas into actuality. My imagination is the key to my success. I envision my future and joyfully participate as it unfolds.*

For Money and Abundance

The opportunity to increase your personal abundance and financial security expands with every thought of gratitude. Giving thanks and focusing on existing blessings is a daily practice that will lead you toward having plenty of money and plenty to spare. Believe in unlimited wealth and success. Activate philanthropic actions and notice how infinite supply becomes more available to you. As you use these money and abundance amulets, have a clear intention to magnetize ethical, heart-centered people and know that abundance and prosperity are yours! There are a number of crystals that can help you focus on manifesting money.

Crystals: citrine, garnet, emerald, jade, pyrite, red tiger's eye

Positive Affirmation: *I am blessed with abundance. I am fortunate, and I appreciate my prosperity. I am grateful for all my creativity and business skills. I earn unlimited income doing what I love.*

For Friendship and Companionship

We are never too old to make new friends. Throughout our lives, friends come and go, and some will come back again. There are many ways to make new friends. We start by acknowledging that there are plenty of likeminded people who are also looking for companionship. There are clubs and meet-ups of all sorts that offer us the chance to connect with others who enjoy what we enjoy. Classes and varying forms of education groups are great ways to meet people with similar interests. A little extra help doesn't hurt either. You can carry friendship/companionship amulets or make a charm bag to help you send out the vibe that you are ready to establish meaningful relationships.

Crystals: clear quartz relationship crystal (two crystals growing together), danburite, kunzite, prehnite, rhodonite, ruby in fuchsite

Positive Affirmation: *I am blessed with great friends, companions, and colleagues. I willingly share my love and my life with others.*

For Career and Life Purpose

We all have a sacred agreement with the Divine that clearly outlines our life purpose. Before you entered the planet, you knew what you intended to do, what life challenges and lessons you would learn, what issues would be healed, how you would make a lasting contribution to bring harmony and peace, and so on. Each one of us has a unique place with a purpose.

Most often, you really *do* know what your purpose is. It's what you love to do and experience the most. Take fear out of the equation, boost your self-confidence, and step into the reason you came to this planet in this incarnation. Be all that you can be! The crystals below are shining tools to activate the confidence, courage, and memory to move forward with joy.

Crystals: golden calcite, gold tiger's eye, leopardskin jasper, black onyx, scolecite, vanadinite

Positive Affirmation: *I realize my unlimited potential and activate my creative mind. I have the courage and confidence to fulfill my life purpose.*

For Sound Sleep

The importance of sleep cannot be overstated. During a sound sleep, your body heals and repairs, so not only is it necessary for your mental and emotional well-being, it's also important for your overall health. Sleep problems can cause a long list of health issues. Establish a strong intention for restful sleep and learn how to prepare your space and body for a sound sleep each night. Dreaming is also beneficial for processing and integrating life circumstances as well as insights and realizations on a psycho-spiritual level. The crystals below are calming tools to relax your body, mind, and spirit for healthy and helpful sleep. They also help you integrate and process the events of your daily life into your mind and memory, to inform your future decisions.

Crystals: amethyst, black onyx, blue calcite, lepidolite, purple-dyed agate, unakite

Positive Affirmation: *I enjoy relaxing practices at the end of the day to settle my body and clear my mind. I sleep well every night. I am calm and peaceful. All is well, and life is good.*

For Protection and Safety

Safety is a state of mind. Feeling safe and being protected are also about mindfulness and being present in the moment. Maintaining a state of awareness of your surroundings in situations and paying attention to intuitive hunches go a long way in keeping you safe and sound. If you feel you shouldn't do something or go somewhere, believe what you are telling yourself; part of you knows and takes heed. It's also beneficial to believe that you are always divinely protected. Envision—not from a place of fear but, instead, from a place of empowerment—an entourage of angels and heavenly bodyguards around you. In addition to the stones listed here, there are many stones that are beneficial to help you to feel safe. These are just a few of the many that are protective crystals. The crystals below are empowering tools to activate feelings of safety, mindfulness, and focused situational awareness.

Crystals: amethyst, ametrine, black tourmaline, black obsidian, black onyx, citrine, hematite, honey calcite, jet, lodestone, pyrite, shungite, zebra jasper

Positive Affirmation: *I am safe and sound. All is well. I am always divinely protected.*

For Health and Vitality

You've probably heard it said that if you don't have your health, you don't have anything. With that in mind, it is always important to maintain or improve your overall physical energy and endurance levels. Life force is the force that supports good health. Make the effort to eat health-promoting foods and reduce inflammation on all levels, including physical, mental, and emotional. These are just a few of the crystals that can be used to amplify your intention to have a healthy body. The crystals below are used as reminders to release stress, increase vitality, and maintain awareness for food choices.

Crystals: chrysoprase, green aventurine, emerald, garnet, jade, and ruby

Positive Affirmation: *Today I take the steps toward taking good care of myself. I honor my body and my sacred space. Vital life force flows vibrantly through me. I am strong and healthy.*

Chakra Charm Bag or Bowl

In the next chapter, you're going to learn how to do a chakra-balancing crystal alignment, but this is a little different. While these stones make great companions for a meditative experience, simply keeping them nearby can keep you focused on your intentions for each chakra. Use the suggestions here to create a chakra charm bag that you can carry around with you. You can also place seven chakra stones in a decorative bowl at your desk or wherever you spend a lot of time. No matter your approach, these stones can help further maintain your chakras vibrating at a frequency that keeps you balanced, energized, and happy. As you use any or all of the stones below, simply match the crystals with this affirmation: *All of my chakras are balanced and aligned.*

Amethyst point: The purple ray of amethyst is ideal for aligning with higher vibrations. It can help to elicit dreams and visions that bring messages from the Divine. It can be used to stimulate the third eye. It's a good companion stone for developing your psychic abilities. (Amethyst is a crown chakra crystal.)

Black tourmaline: *Use black tourmaline as a tool to clear out and deflect negativity. Most negativity comes from within our own minds, so it is best to hold a clear intention to release negative thoughts and emotions. Use this stone for mindfulness, awareness, and peripheral vision in spiritual practice. This stone will help you release distractions. (Black tourmaline is a root chakra stone.)*

Hematite: This shiny metallic stone is perfect for deflecting unwanted thoughts, feelings, and emotions. It also helps to ward off outside influences that are not for our highest good. Use hematite to remove scattered energy from your energy field and to repel negative thoughts from your mind. It's a very grounding stone, so turn to hematite if you have a tendency to be easily distracted. (Hematite is a root chakra stone.)

Carnelian: This bright orange gem is ideal for amplifying the realization of goals and intentions. Use it with the intention of bringing your creative ideas

into reality. Carnelian is also known as the stone for fertility. Regardless of whether you want to give birth to a child or something else, use carnelian, as it carries the vibration of creativity to help you give birth to new projects. This stone acts as a catalyst to put things in motion so that they can come to fruition. (Carnelian is a navel chakra stone.)

Citrine: It seems like everyone can use a boost of self-esteem and confidence. Citrine, the yellow variety of quartz, boosts your self-esteem and self-confidence. Use a matching positive thought and give yourself compliments, even if you aren't receiving compliments from others. Think of all your redeeming qualities, both big and small, as you gaze at or hold citrine. (Citrine is a solar plexus crystal.)

Rose quartz: Rose quartz is good for any and all chakras. Rose quartz brings out love, comfort, compassion, tolerance, acceptance, warmth, care, and well-being in your awareness. Love heals all and is the answer to all. (Rose quartz works with all chakras, but especially the heart chakra.)

Malachite: The swirling shades of green in malachite help move the energy in your heart center. It is beneficial for allowing love to swirl into your life. Notice the repetitive patterns within the stone and contemplate your personal patterns of love, compassion, and kindness. Let these blue-green swirls remind you of the gift of past experiences in heart-centered relationships. (Malachite is a heart chakra gemstone.)

Green aventurine: This lucky gem opens the heart to Divine love and increases feelings of well-being and good fortune. Green aventurine, a metamorphic quartzite containing fuchsite mica, helps you to focus on and believe in good fortune and well-being to create a more positive and stable reality for yourself. Let that shiny mica sparkle to remind you to stay heart-centered in all of your adventures and travels. (Green aventurine is a heart chakra stone.)

Angelite: Let this celestial blue stone amplify your intention to be in alignment with your spiritual connection. It's the perfect gemstone to open your throat chakra to receive messages from the angels or to use when you want to talk with angels. Angelite improves communication skills in your

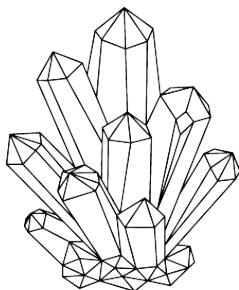
everyday life as long as you intend it to do so. Open your mind to recognize that you have an entourage of angels orchestrating synchronistic events for you. Knowing you have this Divine timing working in your life helps you relax into life. (Angelite is a throat chakra stone.)

Lapis lazuli: Lapis lazuli is a deep, rich blue flecked with golden pyrite. It is a third eye stone that provides peace, protection, and grounding. Gaze at this stone with the intention to quiet the mind of incessant chatter. Once the mind clears, new ideas and insights often become available in the awareness. With focused breathing and the intention to have a quiet mind, lapis lazuli will amplify deep peace and calm. (Lapis lazuli is a third eye chakra gemstone.)

Clear quartz point: A clear quartz point is a reminder to maintain clarity, focus, and a connection with spiritual vibrations. Clear quartz holds the full spectrum of light, all the colors of the rainbow. It amplifies intention and is great for gaining clarity or certainty. (Clear quartz is a crown chakra crystal.)

Use your own knowledge of stones to create grids, amulets, or charm bags. While the suggested crystals for the intentions stated throughout the chapter are great, there are so many more choices and combinations available for the same intentions. Be creative and be clear; the biggest factor is that you are clear on your purpose. Your choices will be perfect and you will achieve your intention with focus and mindfulness. Remember to stay focused on what you want to create and avoid thinking of things that aren't aligned with your goals. You can achieve and be anything, so remember that you have unlimited potential!

[contents]



CHAPTER 5

Crystals for Balancing and Healing

In this chapter, we will be looking at how to do a crystal alignment for healing. A chakra-balancing crystal alignment is a deeply spiritual and profoundly relaxing experience, the power of which cannot be overstated. Also known as the laying on of stones, the intention of a crystal alignment is to balance the chakra system. In a chakra-balancing crystal alignment, crystals are laid on and around the body at key energy points. Stones are placed with intention to balance the body's energy centers, or chakras. This can be done while listening to a guided imagery meditation. It can also be done in complete silence with the intention of quieting the mind while restoring balance. You can perform the crystal alignment for yourself as well as for others.

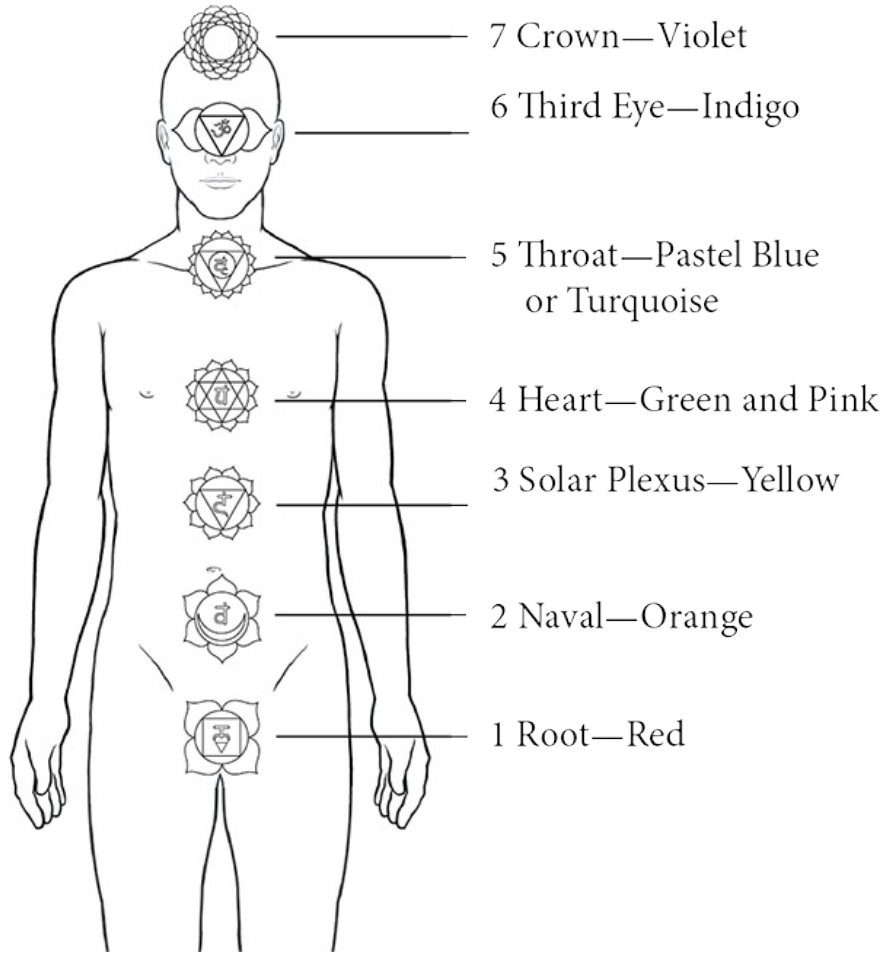
When to Do a Crystal Alignment

A crystal alignment is an excellent tool for spiritual healing, to assist you in restoring balance to your system and to promote physical healing as a complement to traditional therapies. If you are feeling out of sorts or out of balance in general, a crystal alignment can help you to feel aligned, centered, and focused. It's a good idea to incorporate a crystal alignment as part of a regular meditation practice. You don't need to be out of balance to add this wonderful experience to your repertoire of contemplative and meditative practices. Regular tune-ups are highly recommended!

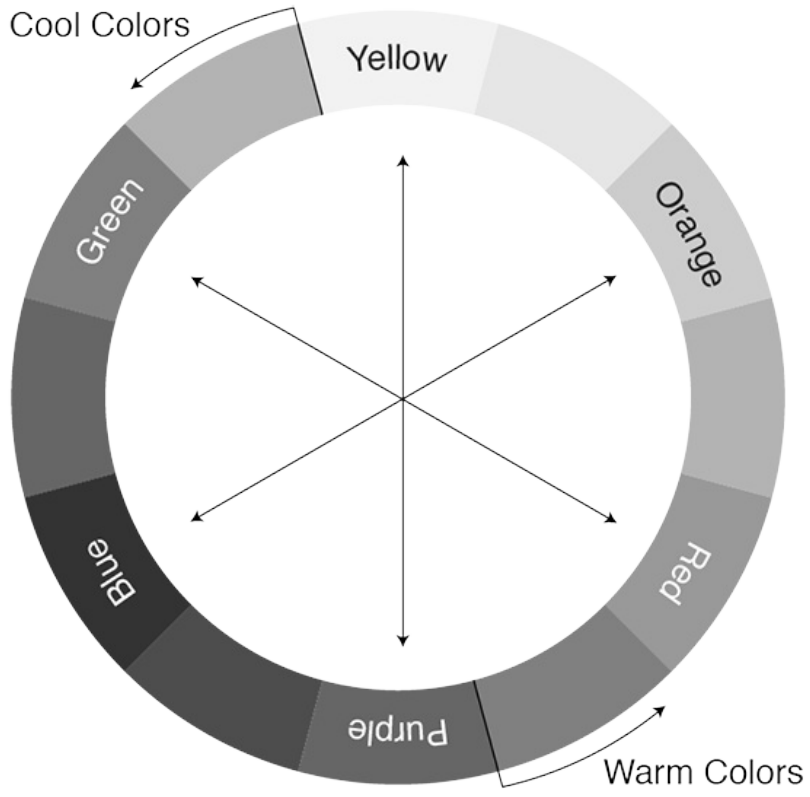
How to Choose Crystals for a Crystal Alignment

To prepare for a chakra-balancing crystal alignment, establish your intention or goal. If you focus on general mental, emotional, and spiritual healing, the physical system will follow suit when the others are in balance. The seven main chakras are listed below with their associated colors. You can delve into the properties of the various crystals and choose accordingly, but choosing corresponding colors of crystals is an excellent place to begin.

Most often you will want the gemstone to match the color associated with the chakra on or near that part of the body. However, there are circumstances when you may decide you need the complementary or opposite color to restore balance. For example, if someone is experiencing anger, blue or green stones are often better choices than red or orange ones. The cooler colors help to calm inflamed energy. If someone is procrastinating or lacks motivation, use red, orange, brown, and black stones. The red and orange rocks motivate action. Black and brown stones are grounding and can help you maintain focus as you release scattered energy.



Chakra Figure



Complementary Colors

The color pink—a mixture of the root chakra's red and the crown chakra's white—represents the heart chakra, which is the bridge between the lower three chakras and the upper three chakras. The lower three chakras are the part of us that is the human being walking here on this planet doing the earthly work we are meant to do, while the upper three chakras are the part of us that remembers we are spiritual beings. The heart center links heaven to earth and earth to heaven.

Recommended Stone Choices

To take the guesswork out of stone choice, you can use the recommend stones on the next page. This offers a standard chakra-balancing experience and is a good starting point. You can switch out stones as you feel it's appropriate.

Energy Centers Within and Around the Body

It's beneficial to know and understand the chakras when they are in balance, as well as when they are out of balance. This form of understanding can increase your self-awareness, which is key to spiritual development. Ideally, you will want your chakras aligned and vibrating for your highest good at any given time.

Chakras vibrate at different rates for different people. Just because my chakras vibrate differently than yours does not mean that mine are better or even in better alignment. Everyone has an individual experience. Your chakras are vibrating based on where you are right now in your life. As mentioned, the chakra system is connected (in no particular order) to the emotional body, mental body, physical body, and spiritual body. With the exception of the physical body, these bodies are invisible.

1	Root	Red*	2 black tourmaline, 2 hematite, and 1 amethyst point	Amethyst at the soles of the feet. Black tourmaline next to each ankle. Hematite next to each knee.
2	Navel or Sacral	Orange	2 carnelian	Carnelian on top of the belly slightly toward the hips.
3	Solar Plexus	Yellow	1 citrine and 4 malachite	Citrine centered on the solar plexus. Malachite circled around the citrine.
4	Heart	Green and pink	1 rose quartz and 4 green aventurine	Rose quartz on the center of the chest, between the breasts. Green aventurine circled around the rose quartz.
5	Throat	Pastel blue or turquoise	1 angelite or 1 aquamarine	Angelite or aquamarine centered on the throat.
6	Third Eye	Indigo	1 lapis lazuli (or more)	Lapis lazuli on the center of the forehead.
7	Crown	Violet	1 clear quartz point or 1 apophyllite point (or more)	Clear quartz point or apophyllite point above the center of the head, or a number of these, points facing out, in an arch above the head.
<p>*Although it appears that there are no red stones listed for the root chakra, hematite "bleeds" red during grinding when polished. This metallic gray stone's "bleeding" is iron oxidizing, which is also known as rust.</p>				

You will know when your chakras are in balance because you will feel an overall sense of wellness on all levels. More often than not, when a chakra is out of balance, you will become aware of physical symptoms of an illness. This out-of-balance energy, however, usually stems from emotional or mental stress. If you want to read more about how crystals can assist you—mentally, emotionally, physically, and spiritually—take a look at my book *The Essential Guide to Crystals, Minerals and Stones*. There is in-depth information and inspiration to help you gain insight on various ways to use crystals. When physical symptoms present themselves, it's likely that the chakra has been out of balance for a while. That's because when imbalance is present, it affects you before you have symptoms on the physical level.

For example, a common cause of mental stress, which can throw your system out of balance, is allowing negative thoughts to rotate around in your head like a hamster on a wheel. You might not even be conscious of those thoughtforms. When some sort of challenge comes up to the surface (the “hamster wheel effect”), you might wonder where it came from and insist you did not create it. Yet, often, when you take a deep, nonjudgmental look at yourself, you will find that those negative thoughtforms are the root cause of the current challenges taking place in your life. These principles apply not only to illness, but also to undesirable life circumstances and realities that are present in your life. When you rebalance the out-of-balance chakra or chakras through crystal alignment and intention, you should start feeling better and experiencing reality a little differently.

Exercise

A Sample Crystal Alignment Process

You can guide yourself through this meditative process or perform a crystal alignment for someone you know. However, in this sample, we'll assume you are guiding yourself. It's simple enough to modify these instructions to guide another person. Be sure to cleanse the crystals you plan to use of any energy that isn't for your highest good.

Prepare your surroundings to ensure an uninterrupted experience. Turn off sound-emitting electronics, including landline and cell phones, speakers, televisions, tablets, and computers. Remove your watch and rings, and wear comfortable, nonrestrictive clothing.

Lower the lights. Inhale a pure essential oil. Choose an essential oil known for relaxation, like lavender, or heighten your meditative experience with an oil such as frankincense. Essential oil adds another dimension to the experience. You may want to use one of the mists you prepared specifically for this purpose (see CHAPTER 3).

Place all the crystals you will be using next to you, near the appropriate part of your body, as follows:

For the root chakra: Place amethyst about six inches below the soles of the feet. Place black tourmaline on the outer side of each ankle. Place hematite between the knees. These stones are grounding and calming.

Alternate options for the root chakra: Place selenite about six inches below the soles of the feet. Place red jasper on the outer side of each ankle. Place ruby or garnet between the knees. This combination helps you maintain an earth-centered connection and motivates you to take action.

For the navel or sacral chakra: Place carnelian on the belly near the hipbones.

For the solar plexus: Place citrine at the center of the solar plexus. Place four pieces of malachite in a circle around the citrine to create an outer circle.

For the heart chakra: Place a rose quartz over the heart. Place four pieces of green aventurine around it to create an outer circle.

Alternate options for the heart chakra: Place pink calcite (or pink tourmaline) over the heart. Place four pieces of jade (or green tourmaline) around it to create an outer circle. (Basically, you will want to have pink and green stones at the heart.)

For the throat chakra: Place angelite or aquamarine over the throat.

For the third eye: Place lapis lazuli on the center of the forehead.

For the crown chakra: Place a clear quartz point or tumbled quartz above your head. If you use a clear quartz point, place the point facing your crown.

For the hands: Hold a large clear quartz point or wand (such as kyanite or selenite) in each hand. Holding onto wand-sized points during a crystal alignment has been said to result in a more profound experience.

After you've placed the gemstones in the designated areas, close your eyes and focus on your breath. Set your intention on receiving healing and balance. The crystal alignment experience is very relaxing, healing, and profound. The keys are your breath, your ability to imagine, and your willingness to relax deeply. Give yourself permission to fully engage your imagination during this experience. Imagination is a powerful tool to activate a profound spiritual experience. You can use a guided meditation to bring you through a deep relaxation experience or you can direct yourself by focusing on each one of your chakras and their function in your consciousness—mentally, emotionally, physically, and spiritually. You can also meditate in silence if you'd like to, or use the sample script below and allow it to guide you.

*Sample Script: Guided Imagery
and the Power of the Imagination*

Whether you are doing the chakra-balancing crystal alignment for yourself or someone else, you can use the following sample script. You can record the script and play it back or speak it aloud in real time for someone. Alternatively, you can get a copy of one of my spoken audios, *Chakra*

Balancing Crystal Alignment, Color Meditation: Align Your Chakras, or Crystal Singing Bowl Meditation. If you are using different crystals than the ones mentioned in this script, remember to use the correct name if you are making your own recording.

When receiving an alignment or doing one for yourself, give yourself permission to fully use your imagination during this crystal healing experience. The imagination is a powerful tool for activating a profound spiritual experience.

[BEGIN SCRIPT]

It is now time to align your chakras using the energy of the crystals.

Put all of your attention on your breath.

Become aware of what it feels like to bring your breath into your lungs and to release the air from your body.

Your only focus right now is on your breathing. If any thoughts other than focusing on your breath arise, just observe them and let them go. You can even tell those thoughts, “Not right now. I’ll think of you later.” Then return your full attention to your breath.

Watch your thoughts float away and then bring your attention back to your breath, the inhalation and the exhalation.

As you breathe, become aware that you are breathing in love and well-being on the in-breath and then, on the out-breath, you are releasing all stress, tension, and negativity.

Root Chakra: Imagine there is a red sphere of light at the base of your spine. Connect with the black tourmaline and hematite near your ankles, as well as the amethyst point below your feet. These stones will help to keep you grounded, protected, and present in your body during the experience. With every breath you take, this sphere of red light gets brighter and more translucent. It is spinning at your root chakra, the color red, at exactly the right speed. It spins off fear, worry, and financial stress, releasing it to be transformed and transmuted. As it releases, new, clear light of love refills that space, bringing security, stability, and focus.

Navel/Sacral Chakra: Imagine there is an orange sphere of light a few inches below your belly button. Connect with the carnelian on your belly. The carnelian will help you rebalance this chakra. It promotes creativity and action. The carnelian will help you feel safe and strong enough to set boundaries with others (and therefore say no when it is appropriate). With every breath you take, this sphere of orange light gets brighter and more translucent. It is spinning at your sacral chakra, the color orange, at exactly the right speed. It spins off stuck emotions, abusive treatment, abandonment, and rejection, releasing it to be transformed and transmuted. As it releases, new, clear light of love refills that space, bringing balance and calm.

Know that the red at the root and the orange at the navel are in alignment with each other.

Solar Plexus Chakra: Imagine there is a yellow sphere of light at your solar plexus. Imagine there are beautiful, golden-yellow rays of light shining brightly from your solar plexus—in front of you, behind you, and out the sides of you. It shines brightly, like the sun shining on a relaxing summer day. Connect with the citrine and malachite on your solar plexus. These stones will help you re-empower yourself and increase your self-confidence. The malachite will help with healthy, easy digestion on all levels—mentally, spiritually, physically, and emotionally. With every breath you take, this sphere of yellow light gets brighter and more translucent. It is spinning at your solar plexus, the color yellow, at exactly the right speed. It spins off lack of self-worth, lack of self-confidence, depression, and any inability to digest life, releasing it to be transformed and transmuted. As it releases, new, clear light of love refills that space, bringing joy, happiness, and high self-esteem.

Know that the red at the root, the orange at the navel, and the yellow at the solar plexus are all in alignment with each other.

Heart Chakra: Imagine there is a green sphere of light at your heart. Connect with the rose quartz and green aventurine around the center of your chest. Imagine, know, and trust that all the love that you are is expanding. Imagine a sparkle of light at the center of your chest. Using your

imagination, intend that the light at your heart center is getting brighter and brighter, expanding and shooting out rays of amazing brilliant light. Know that any and all of the challenges you thought of earlier are now being transformed by this light and by the pink and green stones that are resting easily on your chest. Be aware of your breath and know that all is well. Remember that you are love. With every breath you take, this sphere of green light gets brighter and more translucent. It is spinning at your heart chakra, the color green, at exactly the right speed. It spins off anything that isn't aligned with love, joy, and happiness, releasing it to be transformed and transmuted. As it releases, new, clear light of love refills that space, bringing renewed connection with self-love, compassion, and kindness.

Know that the red at the root, the orange at the navel, the yellow at the solar plexus, and the green at the heart are all in alignment with each other.

Throat Chakra: Imagine there is a blue sphere of light at your throat. It is blue like the sky. The pastel blue angelite placed on the center of the throat will encourage assistance from your angels in the heavenly realm. Ask them to help you to be at the right place at the right time, connecting with the right people in a synchronistic way that is good for all concerned. Imagine an angel is ready to help you. Imagine, know, and trust that you are now rebalancing your throat chakra to support yourself in speaking your truth, being your truth, and living your truth. Intend that your life should flow easily, allowing you to consistently meet people with whom you can develop a mutually beneficial relationship. With every breath that you take, this sphere of blue light gets brighter and more translucent. It is spinning at your throat chakra, the color blue, at exactly the right speed. As it shines, it brings forth your personal truth. It spins off any inability to express yourself, any inability to say what you need to say or write what you need to write, releasing it to be transformed and transmuted. As it releases, new, clear light of love refills that space, bringing confidence to communicate and express yourself in truth, love, and balance.

Know that the red at the root, the orange at the navel, the yellow at the solar plexus, the green at the heart, and the blue at the throat are all in

alignment with each other.

Third Eye Chakra: Imagine there is an indigo sphere of light at your forehead. Put all of your attention on the center of your forehead and visualize that indigo, a deep purple-blue. Imagine looking at a midnight sky through a portal, a portal into yourself. Visualize a space behind the center of your forehead and bring a sphere of light into that space. Put all your attention on the lapis lazuli on the center of your forehead. Get in touch with the intuitive part of you that knows what you need and what to do. Know you can trust your intuition. With every breath that you take, this sphere of indigo light gets brighter and more translucent. It is spinning at your third eye chakra, the color indigo, at exactly the right speed. It spins off distractions or anything that obstructs your intuitive vision, releasing it to be transformed and transmuted. As it releases, new, clear light of love refills that space, bringing clarity and insights.

Know that the red at the root, the orange at the navel, the yellow at the solar plexus, the green at the heart, the blue at the throat, and the indigo at the third eye are all in alignment with each other.

Crown Chakra: Visualize a golden-violet flame at the crown of your head. Make it your intention to activate a beautiful globe of white light around your whole head. Just like the halos depicted in iconic artwork, use your imagination and make believe that you feel and sense a halo of light with golden light particles sparkling in your energy field. Place your awareness on the crown of your head and on your halo.

Have faith and know that all your chakras are now aligned. Allow this aligned energy to integrate into all your subtle bodies, balancing and aligning you physically, spiritually, mentally, and emotionally.

Return your attention to your breath and establish the intention to complete this experience. Seal in this experience as you imagine golden-white light coming in through the crown of your head, flowing through to your third eye, your throat, your heart, down and aligning through your solar plexus, through your navel, through the base of your spine, and down through your legs, all the way to your feet. Visualize rays of light shining out from the

soles of your feet and the tips of your fingers into Mother Earth. Allow this light to ground you, integrating the alignment of your chakras and all your subtle bodies.

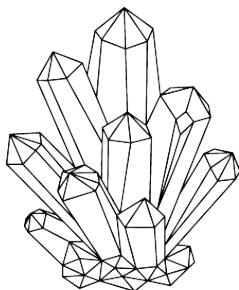
Bring your attention to your hands, your feet, and your breath. Wiggle your toes and wiggle your fingers. Take a few deep breaths and return your awareness to the room.

[END SCRIPT]

When you are ready and fully present, gather the crystals. If you guided yourself, take some notes or journal for a while about the thoughts and realizations that came through your mind and heart during the experience. If you facilitated the process for someone else, encourage that person to journal about the experience or invite them to share their realizations with you so they integrate and remember their experience.

Most people feel lighter and clearer after a chakra-balancing crystal alignment. They say they feel relaxed and motivated to continue to improve their life. Remember, the crystals are simply the tools for amplifying the experience. The power of your intention, matching thoughtforms, and the potential uses of the stone team together to create a profoundly healing and balancing experience.

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CHAPTER 6

The Evolution of Your Spiritual Path and Personal Development

The evolutionary journey of personal power through awareness is a path of spiritual awakening. It is a lifelong journey. This evolution and journey requires contemplative work and the courage to look at yourself to understand the source of a personal issue or emotional pattern. Crystals can support you in practices such as cord-cutting, journeywork, and past-life regression therapy. These experiences are powerful and help you grow mentally, emotionally, and spiritually. Crystals are allies on your path to self-realization.

Journeying work is the process of exploring your subconscious to bring to light what might be hidden there. This is a powerful process that you can do with a practitioner, but it is also one that you can do on your own with a little guidance. In this chapter, the purpose of the journeying work will be to cut the cords of attachment that are interfering with living your life to the fullest. Gemstones, crystals, and rocks are powerful allies in this process. Not only do they help you focus your intention on release, but they also amplify your ability to sever the cords that have been holding you back.

Cords of Attachment to People and Events

Imagine that your etheric body—your aura—is a web of light and color that surrounds your physical body, the way I described when we were discussing the

chakras. Now imagine that everyone else has this same etheric body. These bodies reach out to one another by energetic cords. In fact, you are linked to every person you have ever interacted with by such a cord of attachment.

Usually, the closer the relationship, the stronger and more effective the cord is. This isn't necessarily a negative thing. The cord can be a positive energy when a friend, family member, or colleague authentically supports who you are and what you do. However, being attached to someone who has their own personal issues or who might be jealous of you—consciously or unconsciously—is not a positive experience. Such cords can drain your energy and weaken your self-esteem.

In other ways, your attachments may be to the past, rather than to an actual person. Events that hurt you emotionally, mentally, and physically replay in your mind over and over again, sometimes consciously and sometimes unconsciously. These types of attachments can also prevent you from living your life to the fullest.

The Effects of Negative Talk from Others and Yourself

Negative talk from elders, parents, teachers, siblings, friends, and so on can be poison to one's self-confidence and personal power. Verbal abuse can be subtle and sometimes undetectable until something ripens or comes to a head. Misplaced anger or an inability to confront one's own issues can spew over to another. Passive aggression or condescending behavior makes the person (the one sending this energy) feel superior and in control, but the one who is the subject (or receiver) of this negative behavior may be unconscious of it and still be scarred by it. Even a single disparaging comment or insult can linger in a person's mind, heart, and emotional body for many years, and sometimes a lifetime.

Although deeply buried, issues such as these may rear their ugly heads when your "buttons" get pushed. When this happens, you may find yourself reacting to someone or something that doesn't make sense to you. Sometimes these issues

keep cropping up, and you may not understand why they continually occur throughout your life in various ways. The names and faces may change, but the patterns or challenges are the same.

For instance, a relationship ends due to communication challenges and your inability to set boundaries. Then, in the next relationship the same issues arise. The only constant is you. When you come to the realization that you do not have to be tethered to the source of the negative talk and you do not have to continue repeating the same scenario to heal, you are primed for release and healing through the process of cord cutting. This realization allows you to heal and learn how to improve your communication skills and improve your ability to establish boundaries. It's time for inner work and self-awareness.

In addition to outer sources of negative talk, if you take the time to observe your own inner thoughts and self-talk, you might realize that you are self-negating—that is, you might think or say things about yourself that are insulting. You might be telling yourself you aren't good enough, smart enough, good looking enough, *etc.* These “mean things” you say to yourself are likely based on negative talk you heard from others that has remained with you and made a home in your subconscious.

In addition to cutting the cords that have been keeping you on a negative thought path, you can use gemstones to remind yourself to shift your thoughts toward your positive aspects to help you raise your self-esteem. The stones aren't going to magically transform your reality. It is your own positive thoughts, intentions, and affirmations matched with a given gemstone that create the shift and transformation. Remember, the stones are tools that will help you amplify your intention and maintain focus. Use the following positive affirmations or similar ones along with your “reminder” stone to reestablish good energy in the days and weeks following your cord cutting:

I am confident and courageous.

I shine my light brightly.

I honor and respect myself.

I allow others to see my magnificence.

Prosperity abounds in my life. Goodness multiplies.

*Whatever I desire, imagine, and passionately act upon
becomes a reality.*

It is safe for me to be powerful!

Exercise

Releasing and Healing from Negative Attachments Step-by-Step

When combined with consciously directed journeying work, gemstones can offer powerful support. Coupled with your intention and self-reflection, they can assist you in releasing and resolving underlying “programs” or beliefs that are holding you back. As you prepare to cut the energetic cords that are tethering you down, use gemstones that reflect what you need to release and create an intention to replace prior programming with well-being and love.

Cutting the energetic cords that are attached to you on a mental and emotional level is a powerful step to finding happiness and forward movement. You can release ties to your past and unhook the mechanisms that push your buttons. Know that when you do disconnect the energetic ties, you can transform your life for the better. Follow these step-by-step suggestions:

1. Self-Exploration

Begin by taking the time for self-exploration to recognize what belief systems or habits are running your program, what patterns you keep repeating, who or what stands out in your mind and is associated with negative feelings, and so on. Freewrite about all this in your journal or on a piece of paper to see what arises—what are you attached to that you no longer wish to be attached to? While this may be a situation that keeps repeating itself—a recurring feeling, a specific memory, a type of behavior, a belief system, an outdated program, and so on—you can probably associate a person or people with it.

2. Crystal Intention

Now that you have identified an unwanted attachment, establish your intention of who or what you are ready to release. Write your intention down. For example, “I now release the cords of attachment from me to (name and relationship with the person) so I am free to be the best version of myself and live to my fullest potential. I release my perceptions and the effects of his/her behaviors.” Now it is time to choose a crystal that aligns with that intention. Again, use your intuition and what you know of the stones. See the section beginning on page 125 for a guide to choosing stones for your cord-cutting exercise, but always allow your gut to make the final decision. A few recommended crystals here include an amethyst point or wand, black tourmaline, clear quartz point, or a selenite wand.

3. Journey

Holding your chosen crystal in your hand, lie down and get comfortable. Take yourself on a meditative journey into your own consciousness. Start by observing your breath. Put all of your awareness on the inhale and the exhale. Go deeper into the observation of your breath by noting the gap between the inhale and the exhale, as well as the gap between the exhale and the inhale. Imagine you are traveling to a very sacred space. Know that you are taking this journey with the intention of meeting up with the person you need to unhook from. Remember, the cords go both ways—from them to you and you to them.

4. Cut the Cord

When you meet up with that person, visualize the cord that is keeping you connected. Using your imagination, call on your spirit guides and angels for support. Visualize yourself cutting the cord of attachment that binds you to the other. Be mindful of the crystal or crystals you have in your hands or nearby. Remember to use their energy and the intention you have associated with those crystals to add energy to an effective cord cutting. Let the crystals amplify your goal.

5. Restate Your Intention, Affirming That It Is True

For example, “The cord between me and (person’s name) has been severed. I am no longer influenced by (person’s name) and we are each free of any ties that bound us in the past.”

If you would prefer to be guided through this cord-cutting process, consider meeting with a practitioner who is adept at facilitating cord-cutting experiences or use my guided meditation CD, *Cord Cutting: Releasing the Energetic Ties of the Past*.

Gemstones to Cut the Cords

As always, it is best to use your intuition in stone choice, but it also helps to have a little guidance that can further refine the stones you initially turn to. In this section, we’ll look at specific stones, as well as stone color. If you have buried emotions deep down and the thought of dealing with them scares you, certain colors and gemstones can assist you in courageously uncovering them. Other stones can help with healing emotions, restoring confidence, and so on.

Colors

Black, brown, and metallic stones: These stones are excellent for actually cutting the cord. Black obsidian arrowheads, black tourmaline wands, and lestial quartz crystals are great tools for delving deep within to get to the source of what is buried. With conscious intention, these gemstones activate the release of buried emotions.

Orange stones: Past hurts and negative remarks are often stored in the navel chakra, which is associated with the color orange. Orange stones can therefore assist in the release of any stored pain. Orange stones like citrine and orange and golden calcite can also help you realize and remember that you are worthy and magnificent.

Yellow stones: This primary color is associated with the solar plexus energy center. Use yellow crystals to replace a lack of confidence and self-esteem caused by old tethers, with increased self-confidence and self-esteem. Yellow stones like citrine, amber, and golden calcite improve self-assuredness.

Blue and green stones: Nurturing and peaceful, stones of this color can help you to nurture yourself and heal after you have cut the cords. Chrysocolla, green aventurine, peridot, and serpentine are beneficial to reduce inflamed states of consciousness and seal in the experience of release.

Red stones: Action-oriented and vibrant, red stones help you take the action to actually cut the cords with vim and vigor. Ruby, garnet, and red jasper, to name just a few, are useful here.

White stones: A crystal such as clear quartz, apophyllite, or selenite lends energy to clarity in a regression experience. Holding the wand or crystal point in your hand adds a feeling of comfort and self-empowerment.

Stones

Amber: It takes a lot of courage to establish the boundary necessary for cutting the cords with someone. This stone is good for establishing boundaries with others and to increase your personal power.

Black tourmaline and tourmalinated quartz: Black tourmaline and tourmalinated quartz are two of the most effective gems to turn to for their ability to deflect negativity. This negativity may exist within your own consciousness, as well as outside of yourself. Often, your own thoughts and negative belief systems need deflecting more than the incoming energies from others!

Carnelian: This stone can assist you in ridding your mind of limiting belief systems with regard to hereditary diseases and the reversal of certain affectations. For example, if your family has a history of arthritis, and you think you are destined to develop it as well, you can make a conscious choice to break that belief and the resulting pattern. You can decide *not* to accept the potentiality of a health challenge. Allow the emotions stuck in your joints to be released. Combining the increased awareness that comes with carnelian with healthier habits can help reverse the potential for arthritis to manifest. Use the carnelian to birth a new reality for your future well-being.

Chrysocolla: This is a good stone to have nearby or in your hand during a cord-cutting experience as an ally to help you with the changes you are about

to make. When you are dealing with the more difficult issues buried in your consciousness, this stone can help you uncover what needs to be worked through and healed. With conscious direction, this tool can realign you so that you are no longer aligned with the symptoms and reactions that may arise from any type of abuse. It also helps you to release anger.

Malachite: With its swirling nature and green healing energy, this stone aids in balancing the vibration of soreness left over from negative emotions.

Orange calcite: When restored well-being is your intention, this is a good stone to work with. In general, calcite assists you through the process of change—which is the only constant in life. Essentially, calcite helps shift change-related anxiety, which is simply the fear of the unknown.

Smoky quartz: This is a beneficial stone for dealing with emotions, to seal and heal buried wounds on a vibrational level. The place where the cords are attached in the energy body creates an energetic hole. The smoky quartz grounds, protects, and seals the energetic hole when used with conscious intent.

Greater Self-Understanding Through Past Lives

Many spiritual philosophies believe in the ever-turning wheel of life, including the cycles of birth, death, and rebirth. Remembering key parts of a past life, or incarnation, can offer you a greater understanding of yourself and what you have come to this planet to learn and experience this time around. It may help you uncover and recognize your life purpose and the meaning of your life presently.

Each and every person brings certain traits, qualities, and a sense of purpose into every lifetime. There are many things to learn and many things to accomplish. Sometimes you bring lessons with you from other lives, or issues that must be overcome. In addition to taking the time to cut certain cords from the past, there is also benefit found in embracing positive qualities from other lifetimes that will help you live to your fullest potential this time around. Habits and patterns from other lives, both good and not so good, are ingrained in the

consciousness. Fears and self-sabotage can actually stem from another life. When it is time, you will suddenly realize that you need to cut the cords from previous lives to live your present life to the fullest.

When you are ready and open to understanding yourself more fully, remembering a past life may prove to be beneficial. As you catch glimpses of past lives, those glimpses often explain both the beneficial and the challenging life situations you are experiencing now. Connect with a past-life therapist if you want to understand a repetitive pattern or you decide to start remembering a past life through your dreams, meditations, and visions.

Work with these crystals and gemstones when you are asking a question like “Why is this happening to me?” or “What did I ever do to deserve this?” If you are caught in a pattern in which you are experiencing the same situation over and over, but the pattern is just bringing in different people to create the same play, then it’s time to delve into past incarnations to uncover what’s breaking through your consciousness, so you can learn and grow.

The following stones are especially helpful with regard to remembering past lives:

Amber: This stone is an excellent tool for recalling past lives with the intent to uncover how those memories can help you in your present life. All regression therapy exploration of past events, whether it is a regression in this life or a past life, should have the intention to assist you in understanding and breaking unwanted repetitive patterns. Amber can help focus your attention on that purpose.

Black tourmaline: This stone grounds your spiritual practice and is helpful for meditation, contemplation, and inner work for uncovering past lives. With this stone in hand, delve into the deeper aspects of your consciousness as you explore past lives. This stone also deflects negative energy and, therefore, can aid in creating a feeling of safety for regression experiences.

Covellite: This is a copper sulfide mineral that conducts energy. It provides a conduit for messages, wisdom, and information from the universe and higher realms of consciousness. This mineral enhances your ability to recall past lives and to tap into potential future realities for the purpose of self-

actualization. It supports your innate intuition and helps you trust that your past life memories are valid.

Malachite: The circular patterns within this gemstone represent lessons to further your spiritual evolution. The swirling shades of green remind you of the lessons your heart must go through during this lifetime and effectuate healing not only now, but also in past lives.

Orbicular jasper: *This is the stone for insight into the spiritual lessons of your past lives. The spherical pattern of orbs in this jasper holds the vibration of how thoughts, words, and actions interact with your current life and your past lives. This stone is a reminder of the circular flow of energy, in which what you send out comes back to you. All thoughts travel in a circular direction, returning as manifest reality.*

Phantom quartz crystals: The crystal “ghost” or “apparition” inside phantom quartz crystals helps you remember who you truly are and where you are about to go. Phantom quartz is helpful for remembering past lives so you can learn from the past and grow into the future.

Septarian: This stone has yellow calcite included within. It helps connect you with the contracts you made with your ancestors and uncover information that can benefit your present life. The yellow calcite energy in septarian helps you clear away outdated belief systems attached to old memories or mental energies that have accumulated over time in your mind. As your ally, this stone can begin to reduce the unwanted effects of this mental energy on how you act and react to life circumstances.

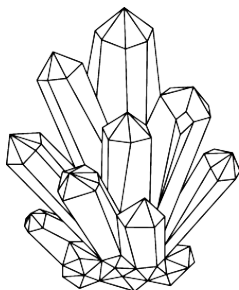
Serpentine: A grounding stone, serpentine aids you as you traverse the depths of your consciousness. This stone helps to clear your consciousness of the source of negative thoughts.

Time link crystals: These stones deepen your connection to the subconscious, the super-consciousness, and the various incarnations of your soul.

It takes a lot of courage to look at yourself and get to the source of a personal issue or emotional pattern. Using crystals in both cord-cutting journeywork and past-life regression therapy is incredibly beneficial in the evolvment of your

spiritual path and personal development. Let your crystals shine light on areas that need to be looked at, and step onto a well-lit path toward self-realization.

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CHAPTER 8

Crystals for Self-Awareness: Using the Zodiac and Numerology

In this chapter, you will learn about the zodiac signs and numerology. Just as gemstones bring teaching and messages, their use in combination with astrology and numerology enhances the enlightenment of your consciousness.

Find out which gemstones can be used to amplify the positive attributes of all the twelve zodiac signs and how your sign affects your life. Everyone has each of the twelve signs in their chart, so these astrological signs are part of the greater whole for each of us.

Numerology offers you understanding of the symbolic meaning of numbers in your life. The language of numbers helps you better understand the world around you and increases your awareness regarding personal development.

Let astrology and numerology be another tool to awaken your consciousness with precious gifts from the earth.

Crystals for the Zodiac

When it comes to which stones are associated with each sign of the zodiac, there could be as many opinions as there are gemologists, authors, astrologers, and metaphysicians! Of course, that's an exaggeration, but there are many practitioners with their own take on which gemstones are associated with which zodiac sign. Always remember that intention is everything. When you are choosing a stone to correspond with your zodiac sign for the purpose of self-knowledge and self-realization, you have many choices available to you, not just one (as you may have once assumed).

In this chapter, I match up the astrological signs with some of their vibrationally matching gemstones. This information is based on my more than three decades of study with many different teachers from many different traditions. When determining the associations, I take into account the way the mineral grows, the color, chakra qualities, the stone's geometrics, and how the geometric formation relates to the qualities of the astrological sign.

Keep in mind, too, that there's more than one astrological influence in each person's natal chart (also called a birth chart; a map of where the planets were at the moment of one's birth). We are each so much more than our Sun signs, which you are probably most familiar with. The placement of the planets in the houses of the astrological chart and the zodiac signs all come together to create your personal blueprint of unlimited potential. How you use the energies is always up to you.

Aries (March 21–April 19)

Aries is the first astrological sign of the zodiac cycle and the ruler of the first house of the astrological chart. The first house is known as the ascendant, the sign that was rising at the moment of your birth. The first house is the house of beginnings, your view of the world, and your personality. Aries is a cardinal sign, its planetary ruler is Mars, and its symbol is the ram. The other cardinal signs are Cancer, Libra, and Capricorn. Cardinal signs in the zodiac are the ones that start each of the seasons. Aries is the sign that starts spring. The element

associated with Aries is fire, and those born under this sign tend to have a fiery nature. The key phrase for Aries is “I am.”

Aries are typically determined, confident, enthusiastic, and passionate. Aries may also be a bit impatient, aggressive, and possibly short-tempered. Aries are great leaders and are excellent at starting things. They have the ability to be pioneers and pathfinders. On a health level, Aries need to pay attention to anything to do with the head, like headaches or sinus challenges. It's best for Aries to be mindful around insects, as they have a tendency to attract insect bites and stings.

Stones for Aries

Amazonite: This beautiful turquoise-colored stone helps Aries with their ability to communicate with grace and kindness. Amazonite is a good stone to have nearby to calm the temper and release knee-jerk reactions to what someone says. The calming vibe of amazonite is helpful for balancing Aries' fiery natures.

Ammonite fossils: These are usually found as spiral-shaped (ram-horn) calcite fossilized shells. This fossil symbolically connects with the power of the ram, the animal associated with Aries. It represents power, strength, and the willingness to forge forward. Named for the Greco-Egyptian deity Ammon, ammonite assists Aries when it is necessary to just ram ahead and delve into the past to uncover the source of emotional trauma.

Carnelian: A light-to dark-red variety of chalcedony, this stone is a vibrational match for Aries people who know how to get things started, and it helps provide the energy to get the task completed. Carnelian carries the vibration of creativity to help you give birth to new projects. This stone acts as a catalyst to put things in motion so that they can come to fruition.

Garnet and ruby: Both garnet and ruby align with Aries because they carry the vibration of passion and determination. They activate the kundalini (a sleeping, dormant force holding all of human potential) to catapult you toward your full potential. These red gems help you to follow through on your goals. Sometimes Aries people are good at starting things, but they might need a little push to finish what they started.

Golden calcite: This stone is associated with the solar plexus chakra—the place where we hold our self-esteem and positive attitude—and can connect you with the center of your personal power. It is in Aries' nature to believe they can achieve anything they put their minds to, and golden calcite can give them the clarity of mind and feelings to remember their magnificence.

Red calcite and red jasper: These stones are associated with energy and enthusiasm, just like those born under the sign of Aries. Employ either of these stones when you are starting or expanding a business and you want to

improve your leadership skills. Red jasper is especially beneficial when you need an extra push to finish what you started.

Taurus (April 20–May 20)

Taurus is the second astrological sign of the zodiac cycle and the ruler of the second house of the astrological chart. The second house is the house of personal finance, the ability to make money, personal possessions, and values. Taurus is an earth sign, just like Virgo and Capricorn, which means Taurus people are grounded and focused. The key phrase for Taurus is “I have.”

Taurus is a fixed sign, characterized by the positive qualities of loyalty, generosity, and stability. Your Taurus friends or coworkers will be reliable and responsible. On the flip side, Taurus may be a bit stubborn at times, as indicated by their symbol, the bull. Ruled by Venus, they like to accumulate things, especially pretty things, which can also cause possessiveness. Taurus rules anything to do with the neck or throat, as well as excess weight and tendencies toward tension, so it's beneficial to be mindful of this to prevent an out-of-balance condition.

***Stones for Taurus Angelite:** Angelite is a good stone for your throat and neck area and for soothing any ailments associated with it, such as tonsillitis, sore throat, laryngitis, or muscular strain in that area. Angelite is good for this earthy, fixed sign, to help you pay attention to and heed the messages from nature and your other surroundings.*

Chlorite phantom quartz, green moss agate, and tree agate: All of these stones contain moss-like dendritic inclusion. The energy of these stones aligns with the earthy characteristics of trees, moss, and earth-centered awareness. Much like the stable energy of Taurus people, the grounding energy of this crystal keeps you firmly established in the present moment.

Green calcite: With its soft green vibration, green calcite opens your heart, to soften stubbornness and encourage understanding and tolerance. Calcite is the stone of transformation, and this green variety helps your mind process

any major changes you might be going through, including a complete overhaul of your life, as well as any traumatic, seemingly unwanted changes.

Green tourmaline: Also known as verdelite, this stone can be used to activate kindness, compassion, and mercy. Like green calcite, this stone tempers inflexibility. Green tourmaline realigns your consciousness to recognize that receiving is not the same thing as taking. This stone reminds you to allow the good of the Universe to flow through you. It helps people who are afraid to give (out of fear that giving something away will leave them lacking); it loosens up feelings of possessiveness.

Emerald: This brilliant green gem is a stone of both love and money. The Taurus in you cozies up to the idea of great wealth and financial abundance. Activate the Taurus within by using emerald to stimulate your inner entrepreneur through focus and study. Use your acquired knowledge to reach your goals.

Hematite: A very grounding stone, hematite aligns well with the Taurus personality. This stone helps release tension and relaxes the physical body and worldly thoughts to enable quiet time for connection with the ground beneath you as you connect with the inner sanctum of your consciousness.

Kunzite and rose quartz: Here are two gems to turn to when aligning with Taurus's ruling planet, Venus. Both of these gems reduce stress and worry, and help relieve depression and anxiety. Kunzite and rose quartz help to maintain the intention to attract healthy relationships and good business colleagues.

Gemini (May 21–June 21)

Gemini is the third astrological sign of the zodiac cycle and the ruler of the third house of the astrological chart. The third house is the house associated with communication, siblings, short trips, neighbors, and mental thought processes. Gemini is an air sign and is ruled by Mercury, the planet known for communication. Its symbol is the twins. The quality for Gemini is mutable, which means Geminis typically go with the flow and allow most situations to

evolve, finding the silver lining in circumstances. The key phrase for Gemini is “I think.”

Gemini people are very adaptable and learn quickly. They have a tendency to be a bit nervous and indecisive. They can be talkative and often display two different personalities, leaving their friends wondering which personality they will encounter on a given day. Gemini rules the hands, arms, lungs, bronchial passages, and nerves. Geminis do best if they engage in stress-free activities and pay attention to respiratory challenges like asthma. Plenty of rest is important.

Stones for Gemini

Azurite: This stone is a copper carbonate with strong azure-blue color. The vibration of azurite works well with the Gemini person to promote clarity and to help retrieve information as if they were pulling it out of an internal filing cabinet. Use this stone to calm the incessant chatter of your mind to help you sort out details and make sense of things.

Blue lace agate: This pretty blue agate improves your ability to communicate with others and speak your truth. Use it when you want to be heard and truly understood. Blue lace agate also helps you to listen more closely when others speak, so you can really hear and understand what they are trying to express.

Copper: This metallic element has been used for more than ten thousand years because of its thermally and electrically conductive qualities; this resonates well with the mercurial nature of a Gemini. This metal is beneficial when working on any invention, formula, or project that requires a download of insight to complete the task at hand.

Labradorite: This stone guides you toward understanding the “mirrors” in your relationships, helping you to better see your relationship with yourself. This can help calm the Gemini, so they can reach self-understanding of the dual nature of their personality. Labradorite is beneficial for the nerves and for use in meditation practice.

Fluorite: The ultimate stone for focus, fluorite is ideal for meditation practices. Geminis will find it useful to release the inner chatter and become more peaceful and tranquil. Fluorite is the genius stone. It supports the brain while thinking through otherwise complex problems.

Pietersite: A stone that helps you gain mental clarity, pietersite’s chatoyancy (bands of reflected light) creates an optical effect that helps you go within yourself to reflect, but also notice the reflections from outside yourself. This helps Geminis gain understanding of the two personalities within.

Selenite: This form of the mineral gypsum supports the proper care of muscles, bones, nerves, and tendons, helping to strengthen your core physical structure. With its protective qualities and its ability to align you with only

the highest good for all concerned, selenite helps to keep a Gemini focused on one thing at a time. Selenite, when used with intention, will align your awareness with heavenly guidance.

Sugilite: This stone helps increase physical stamina and endurance. It supports medical treatments for iron deficiency, as well as breathing difficulties or other lung-associated health challenges, making it ideal for a Gemini who tends to struggle with such issues. It is also a beneficial stone for those with anemia, asthma, or allergies. This is a good stone for pulmonary specialists to keep as an amulet.

Tabular quartz: This flat, tablet-like quartz crystal is well loved for supporting communication efforts. It's the stone of speakers and teachers, to assist in expressing oneself. Use this crystal to gain clarity of exactly what you need to say for your information to be well received.

Cancer (June 22–July 22)

Cancer is the fourth astrological sign of the zodiac cycle and the ruler of the fourth house of the astrological chart. The fourth house is associated with the home, family, real estate, your mother (or father), and also how you see yourself. Cancer is a Cardinal sign whose planetary ruler is the Moon, a luminary or light, and its symbol is the crab. This sign starts summer on the summer solstice. The element associated with Cancer is water. The key phrase for Cancer is “I feel.”

Cancer people are persistent and determined. The watery nature of Cancer may cause them to exhibit signs of moodiness, especially because this sign is ruled by the Moon, whose cycles add energy to the emotional and sensitive nature of those born under this sign. They are family-oriented, nurturing, and empathetic. From a medical, physical perspective, people born under this sign may face digestive challenges.

*Stones for Cancer **Bloodstone:** This dark stone is associated with menstrual cycles and all of women's cycles of life and birth. This stone helps to ease the birthing process and adds supportive vibes for when it's time for the baby to travel through the birth canal. The*

association with feminine energy brings an automatic connection with the Moon and the Divine feminine, and therefore is perfectly suited for Cancer personalities, because Cancer is ruled by the Moon.

Celestite: Engage this stone with the intention of calming the incessant chatter of the mind. Celestite brings composure to turbulent emotions, which is always helpful for Cancers. The pastel blue vibration instills a sense of peace and comfort during tumultuous, emotional times. This stone can help console you when you are grieving and remind you to connect with the Divine Mother.

Hiddenite: This green stone provides a buffer during times when you are extremely sensitive to the thoughts, feelings, physical challenges, and emotions of others. Because of the empathetic nature of those born under the sign of Cancer, hiddenite is ideal for keeping other people's "stuff" out of Cancer's own emotional field. Due to the lithium content within, hiddenite aids you in releasing worrisome and repetitive thoughts. Use this stone to bring mental peace and serenity. The lithium content is helpful for energetically rebalancing the mood swings that Cancers experience.

Howlite: Howlite is a reminder to connect with the moon, its cycles, and the spiritual benefits derived from its receptive vibrations. Use this stone to open your intuitive skills. Howlite is helpful for cooling heated emotions and regaining emotional balance. The calming white energy of this stone relieves intense pressure during potentially explosive situations.

Girasol quartz: This stone is a semitransparent form of quartz with microscopic silk or schiller crystals. Girasol quartz aligns you with the moon phases, the Divine feminine, and your intuition—all of which are associated with Cancer's qualities. Its reflective nature enhances meditation practice and deepens contemplation. Use this stone to amplify dream recall and the ability to interpret your dreams for personal growth and spiritual awareness.

Magnesite: A magnesium carbonate, magnesite balances your emotions so you can get in touch with your true feelings. This stone helps you to clear out old emotional patterns. With this stone in hand, relax your emotional body and move into a more accepting place.

Moonstone, selenite, and selenite rose: These stones are all connected with the vibration of emotions and the moon. Moonstone, also known as hecatolite, is associated with the ancient Greek goddess Hecate. Moonstone helps restore emotional balance, which Cancers will appreciate. This is a good stone for cleansing negative energy. Selenite, a form of the mineral gypsum, is associated with Selene, the Greek goddess of the moon. All forms of moonstone and selenite are beneficial to help Cancer people accept their intuition and take the time for inner reflection, which brings balance.

Leo (July 23–August 22) Leo is the fifth astrological sign of the zodiac cycle and the ruler of the fifth house of the astrological chart. The fifth house is associated with conception, children, romance, sex, pleasure, creativity, and hobbies. Leo is a fixed sign whose planetary ruler is the Sun, which is a light or luminary, and its associated element is Fire. Leos are proud, regal, and fiery, and they have a tendency to think they are the ruler of everyone. The symbol for Leo is the lion. The key phrase for Leo is “I will.”

Leos like to be in the limelight and can often be found “on stage” or in the performing arts. Self-confidence is not an issue for Leo personalities. They are passionate, driven, and may forget to pay attention to others because they are so self-absorbed. Leos are funny and fun, as well as stubborn and egotistical. They often have a gorgeous head of hair—a glorious mane. On a physical level, those born under this sign of Leo need to pay attention to their blood pressure, which may tend to be too high or too low. They may have a tendency for heart problems and spinal challenges.

Stones for Leo

Chalcopyrite: Also known as copper pyrite, this grounding stone helps Leos be present in the moment and pay attention to those around them, even when the spotlight is shining on them. Because chalcopyrite helps you connect with your courage and strength, it is a vibrational match for the Leo personality.

Dogtooth calcite: A stone associated with grounded determination, just like a Leo, dogtooth calcite can be used when you want to accentuate the Leo within to maintain focus on your goals and dreams. With this calcite in hand, focus your intentions on gaining clarity in what you are doing, where you are going, and how to get there.

Golden topaz: The golden brilliance of this topaz resonates with the shining light associated with the Leo personality. Golden topaz increases your courage to embrace the magnificent person you truly are. It is also advantageous when you are trying to absorb all that is going on in your life and the lives of those around you.

Heliodor: This stone is the yellow variety of beryl. Its name, derived from the Greek word *helio*, indicates its relation to the Sun, the ruling planet of Leo. In fact, the god Helios was the personification of the Sun in Greek mythology. This gem helps burn away negative emotions by shining a bright light into the darkness. Use this stone to improve your personal self-worth and increase your self-esteem.

Peridot: The traditional gemstone for Leo, peridot is a transformative gem. This stone gives you the inner strength to transcend any challenges, allowing you to connect to higher realms of consciousness and Divine will. It also opens your mind to unlimited possibilities, allowing you to think outside the box.

Petalite: This stone helps you align your head with your heart while you learn to balance your emotions. Due to petalite's association with the heart, it is a perfect match to help those with Leo predominate in their natal chart to ward against some of the potential ailments associated with the heart.

Sunstone: *Sunstone vibrates with the Leo energy, due to its name and to the thin platy crystals of copper, goethite, and/or hematite found in parallel orientation within the stone, giving it a spangled effect. Sunstone brings you the spiritual fortitude and self-confidence you need to develop your spiritual gifts, and activates that part of you that remembers your spiritual magnificence. Sunstone's luminosity offers mental clarity and connects you with positive thoughts. Just like the sun, this stone sheds light on obstacles and brings luck and good fortune. It is the stone of manifestation and of the power of the mind to create reality.*

Vanadinite: This is the perfect stone to help you remember your sacred contract or soul agreements so you can live your life's purpose. The keywords for vanadinite are *supernova shining star*, just like a Leo. The sparkling orange energy in this gemstone offers the opportunity to channel inspired works, from musical compositions to technological gadgets.

Virgo (August 23–September 22)

Virgo is the sixth astrological sign of the zodiac cycle and the ruler of the sixth house of the astrological chart. The sixth house is the house associated with daily routines, occupation, employees, service, food, and health. Virgo is a mutable sign, the planetary ruler is Mercury, the planet of communication, and the symbol is the virgin. The element for Virgo is earth, which brings good energy to their qualities of responsibility, hard work, and dedication. Virgos are focused on work, health, and service. The key phrase for Virgo is "I analyze."

People with Virgo energy are very resourceful, organized, and detail-oriented, though they might have a tendency to be critical and a bit judgmental. They have no sympathy for the lazy. Virgo personalities can be anxious and suffer from nervous tension. They need to pay attention to their digestion and intestines.

Stones for Virgo

Apatite: This neon blue gem is strongly associated with the qualities of assimilation and absorption, making it a perfect ally for Virgos. Virgos can work with apatite for physical absorption (digestion), as well as to help clear their thoughts by sorting out which are valid and which only add confusion. Use this stone to integrate the events happening in your environment. With its ability to eliminate confusion, employ this stone to help you understand thoughts and concepts, especially when you are feeling overwhelmed.

Blue sapphire: This is one of the traditional birthstones for Virgo and is a stone of wisdom and truth. Sapphire helps you train your mind for single-pointed focus, which is an innate attribute for Virgos. Use it to reduce confusion and gain clarity and understanding. Blue sapphire is a stone of intelligence and organization, which appeals to Virgos.

Blue topaz: This topaz calms the emotions, increasing your awareness of what you are feeling. Its blue energy promotes peaceful vibes when you are feeling angry or frustrated. This is especially helpful for Virgos when they are experiencing anxiety.

Carnelian: A classical birthstone for Virgo, carnelian is a good vibrational match for people with this sun sign because it aids in bringing tasks to completion. Carnelian motivates and catalyzes people into action. This stone also helps you embrace the emotions and feelings of past challenges, accept them, and move on, which will help Virgos with judgmental feelings.

Green calcite: Turn to green calcite when you are experiencing changes in the way you integrate and digest life. Green calcite calms the digestive system and relieves the nervous tension that arises from changes that naturally occur in life.

Fluorite: Fluorite supports the brain in thinking through otherwise complex problems, which aligns well with organized, detail-oriented Virgos. Fluorite is especially helpful to have nearby while working on computers. The natural configuration of fluorite resembles the motherboard in a computer, so it helps

you think more like a computer in situations where more brainpower is needed.

Kyanite: This is a good stone to have on your desk when you are trying to figure out the solution to a problem, which is perfect for the resourceful Virgo. Kyanite is a stone of alignment. Virgos appreciate the supportive energy of kyanite for organization and attention to detail. The calming vibe of kyanite helps to release tension and amplifies tranquility and peace.

Peridot: Peridot is a good stone for the digestive system. This stone can be used to calm the nervous energy around the solar plexus and stomach area as it wards off negativity and jealousy, both internally and externally. It aids in releasing judgment of oneself and others. Peridot is helpful for the innate healer within a Virgo.

Libra (September 23–October 22) Libra is the seventh astrological sign of the zodiac cycle and the ruler of the seventh house of the astrological chart. The seventh house is associated with marriage, partnerships, and all one-on-one relationships. Libra is a cardinal sign, its planetary ruler is Venus, and its symbol is the scales. Libra announces the arrival of the autumnal season—the Fall Equinox. The element associated with Libra is air. The key phrase for Libra is “I balance.”

Libras often weigh and think about things before they make a decision, and sometimes their decisions take a while. They can be a bit scattered. They are often pretty and like pretty things around them because of the influence of their ruling planet, Venus. They are kind and gentle and want harmony and peace in their lives or wherever they go. Libras have a hard time saying no to anyone. Those born with Libra influence avoid confrontation and may carry a grudge for many years. On a physical level, it is best for Libras to pay attention to their kidneys, as well as the potential for overindulgence. Libras may have a tendency toward obesity.

Stones for Libra

Danburite: Danburite helps you to spiritualize your relationships and empowers you to connect with your highest vibration, aligning you with your Divine purpose and sacred heart. Danburite is a stone of harmony, marriage, and beneficial relationships. This stone helps you maintain a cooperative attitude to create an atmosphere of happiness. This energy will help forge valuable friendships and love relationships, even a solid marriage, making it a perfect gem for Libra.

Kunzite: *This stone is a reminder that love is the answer to all and is helpful to the Libra holding on to an old grudge. Kunzite helps you maintain your focus and attention on your heart chakra and love. Use this stone to imagine that all that you are, all that you do, and all that you attract is love. Libra—ruled by Venus, which represents love and money—aligns with this stone’s vibration to amplify love.*

Morganite: The pink variety of beryl, morganite helps you improve your relationship with your spiritual helpers (master teachers, loved ones on the other side, saints, angels, goddesses, muses, and so on) who are available at your beck and call. Morganite gives you a pair of rose-colored glasses when you need them the most. Libras love a good pair of rose-colored glasses! This stone helps you shift from a negative outlook to a positive one—the great transition from the half-empty glass to a full glass (notice that it is not just half full).

Opal: A traditional birthstone for Libras, opal helps protect you from too easily absorbing other people’s energy, feelings, or thoughts. Because opal produces its colors through interference and diffraction, you can allow this stone to run interference for you when you encounter challenging people, places, or things that affect your emotions or hurt your feelings. Opal is beneficial for the health of your eyes, kidneys, and skin, which is important for those with strong Libra influences in their chart.

Relationship quartz crystals: These crystals are perfect for Libras, as their sign rules the seventh house of the astrological chart, which is the house of

relationships. Relationship quartz crystals are silicon dioxide with two terminations at the point or two crystals growing together, side by side. This stone helps you concentrate on the positive qualities you want to foster in your relationship and steers your thoughts away from what isn't working.

Rhodochrosite: Rhodochrosite improves one's sense of personal power and can help Libras find a way to say no when necessary. The nurturing rose-red color of this gem provides a link between your heart and your solar plexus to garner the courage to love yourself completely. It's a good stone to remind yourself of your perfect magnificence.

Rose quartz: This quartz is one of the relationship stones to help you in your relationship with yourself, as well as the work, platonic, and romantic relationships you have with others. Rose quartz is the perfect stone to help you attract romance and love into your life. It aids in attracting your soul mate.

Ruby in zoisite: This green and fuchsia stone amplifies the love you give to others and aligns you with your sacred heart and the sacred heart of all beings. This stone helps you speak from your heart and allows the vibration of love to flow through you, helping you receive love and attention. Use ruby in zoisite to amplify the vibe of allowing a romantic relationship into your life. This stone of partnership is a good match for Libra personalities.

Scorpio (October 23–November 21)

Scorpio is the eighth astrological sign of the zodiac cycle and the ruler of the eighth house of the astrological chart. The eighth house is associated with death and rebirth, taxes, insurance, sex, and other people's money, like prizes and inheritances. Scorpio is a fixed sign, its planetary rulers are Pluto and Mars, and its symbol is the scorpion. Scorpio is a water sign. The key phrase for Scorpio is "I desire."

Scorpios make good friends. They may be stubborn and jealous, but they are brave and passionate. Scorpios like a good fight. They are very intense people and are secretive, though they dislike secrets. Passive people won't do well around Scorpios. They are resourceful and can make good managers. They are

dedicated, determined, and ambitious. Their determination often brings financial success. Pluto, the ruling planet of Scorpio, is associated with hidden ailments and ailments of the reproductive system.

Stones for Scorpio

Apache tears, black obsidian, golden sheen obsidian, and snowflake

obsidian: These are all forms of black obsidian, which is natural glass. Apache tears is one of the six traditional birthstones for Scorpio. Black obsidian draws you inward to the center of yourself, to the place of truth. It helps you dredge up emotions that are buried deep within.

Copper: Because of its historical use as money, copper can be used as a conduit to increase financial success and to encourage prosperous thinking. Allow it to activate your ability to attract wealth and abundance. Use its electrically conductive qualities to draw in that which you desire. Scorpios are good at manifesting. Their management abilities help them to create financial success, making copper a good match for their achievements.

Covellite: *Covellite is associated with other copper minerals that provide a conduit for many things, including receiving messages and information for use on all levels—physical, mental, emotional, and spiritual. It is a calming, grounding stone that helps you focus your attention on your goal and stay aligned with your vision.*

Dogtooth calcite: This calcite is a vibrational match for the Scorpio personality. Dogtooth calcite holds the energy of dogged determination, mental clarity, and focus. With this calcite in hand, focus your intention to gain clarity on what you are doing, where you are going, and how to get there. Use it to actualize your goals with confidence and a strong sense of self.

Elestial quartz and smoky quartz: Both of these crystals are ideal for delving into the hidden parts of the personality and the emotional body to uncover awareness and awaken consciousness. Smoky quartz helps to heal old wounds, even those that are buried deep within. Elestials help heal old emotional wounds. These crystals give you a boost when you need to figure out what emotions are buried in your consciousness. If you need to “uninstall” an emotional program, work with an elestial quartz while you dream, journal, cry, emote, or process your emotions. Elestials, with their

many layers of skeletal quartz along with their watery vibe, are a perfect companion for the deepest of emotions.

Golden topaz: One of the traditional birthstones for Scorpio, golden topaz is ideal for shining some light on the dark, hidden areas of Scorpio's life. This is a stone of positive energy and good thoughts. It is a helpful adjunct to raise you out of depression and renew your self-confidence.

Gold tiger's eye: Gold tiger's eye helps you to release feelings of jealousy. As you observe the nature or source of your jealousy, employ this stone to focus your attention on raising your own self-confidence. This can help you feel self-empowered and unaffected by other people's opinions of how you should act and what you should do. Gold tiger's eye improves the Scorpio personality's confidence and feeds their drive and dedicated traits. It helps you keep your thoughts aligned with your personal truth.

Orange calcite: This calcite supports the reproductive system and the bladder, which is a perfect stone for Scorpio. This is a stone for birthing creative projects and birthing children as well. Orange calcite is a good stone to use for positively imagining the fruition of your heart's desire and is a good vibrational match with the Scorpio key phrase, "I desire."

Red tiger's eye: This reflective stone holds the energy of passionate persistence, which aligns well with Scorpio's qualities. Red tiger's eye amplifies business acumen. This stone can be used as a tool to help you read between the lines and to be more perceptive of the bigger picture. This stone can shore up inner strength and courage when you are feeling emotionally weak and vulnerable. It helps you to let go of paranoia or unfounded fears and helps strengthen your belief in yourself.

Sagittarius (November 22–December 21) Sagittarius is the ninth sign of the zodiac cycle and the ruler of the ninth house of the astrological chart. The ninth house is associated with philosophy, religion, abstract thinking, higher education, learning, spiritual connections, dreams, long-distance travel, foreign countries, and publishing. Sagittarius is a mutable sign, the planetary ruler is Jupiter, and its

*symbol is the centaur or archer. The element for Sagittarius is fire.
The key phrase for Sagittarius is "I see."*

Sagittarius people are optimistic, humorous, and generous. They enjoy travel as a means of expanding their minds and their horizons. Sagittarius tend to lack diplomacy in the things they say to others. Jupiter, the ruling sign of Sagittarius, rules the liver, and therefore it is important that they be mindful of overindulgence in food, alcohol, and drugs. Body parts ruled by this sign include the hips and thighs.

Stones for Sagittarius

Amethyst: In all its forms, including chevron-banded amethyst, cactus quartz, and amethyst clusters, amethyst is one of the traditional birthstones designated for Sagittarius. Amethyst is an excellent stone for dreaming, dream interpretation, and encouragement of pleasant dreams. A stone of integrity and honor, chevron amethyst reminds you to commit to excellence on all levels. Known as the sobriety stone, amethyst is also well known to prevent overuse of drugs and alcohol.

Botswana agate: This agate is the stone of abstract thinking. This opaque banded agate with swirls of pink, peach, gray, black, white, beige, brown, and orange forms a vortex of energy that opens your spiritual ears and eyes. Botswana agate is a grounding force that connects you with higher spiritual wisdom and knowledge. It is helpful in integrating complex and abstract spiritual beliefs and concepts.

Blue topaz: One of the classical gems for Sagittarius is the blue variety of the mineral topaz. The heavenly blue of this topaz helps you tap into higher realms of awareness, wisdom, and knowledge. This is a good stone for teachers, to help them communicate philosophical or harder-to-understand concepts. Sagittarius personalities typically like to open their minds to the philosophical view in a deeper search for meaning.

Dolomite: Dolomite is helpful in raising awareness and creating new pathways of consciousness by opening up the mind to unexplored avenues. Dolomite facilitates abstract thinking, which is perfect for those with strong Sagittarius influences. As you gaze at this stone, open your mind to original thoughts and ideas that don't necessarily fit a predetermined mold. With this stone as your ally, bounce ideas off of others or participate in a think-tank to come up with innovative approaches to whatever task is at hand, whether personal or professional.

Dumortierite: This blue, mottled stone enhances mental acuity. Employ this gem as an instrument to keep you focused on achieving your goals. Be it for business acumen or academia, this stone boosts your "brain power."

Dumortierite is a tool to help you hear, sense, or know higher wisdom and to recognize communication from the spiritual realm. The Sagittarius mind often seeks a connection with the higher mind and higher spiritual energy, and dumortierite is a perfect resonance stone for these pursuits.

Lapis lazuli and sodalite: Lapis lazuli and sodalite are both rich dark blue stones, and both are good stones to help you remember your dreams and promote clarity during dreamtime. Lapis lazuli contains calcite, sodalite, and pyrite. Lapis lazuli and sodalite are grounding stones that help you to focus your attention on your studies. They improve your concentration and focus and can be used during test-taking to align you with the higher knowledge that is accessible to all. Both of these stones are especially beneficial for the integration of more complex scholarly subjects of higher education. Academia and the Sagittarius frequency match well, making these gorgeous deep blue stones a match.

Pietersite: This recently uncovered quartz jasper variety contains tiger's eye. Its iridescence and swirling fibrous segments, combined with the stabilizing force of this stone, increase your ability to bring forth inspired self-awareness. Pietersite helps you gain mental clarity and enhances your sensory gifts. Its chatoyancy, an optical reflection, helps you go within to reflect, which is crucial for the activities of the philosophically minded Sagittarius.

Capricorn (December 22–January 19)

Capricorn is the tenth sign of the zodiac cycle and the ruler of the tenth house of the astrological chart. The tenth house is the place of authority figures, including mother and father, public reputation, career, and profession. Capricorn is a cardinal sign, its planetary ruler is Saturn, and its symbol is the goat. Capricorn is the sign that starts with the winter solstice, marking the beginning of winter. The element for Capricorn is earth. The key phrase is "I use."

Capricorns are practical and ambitious. They have a tendency to be a bit cold or standoffish in their demeanor. Perfection can be a negative or positive quality, depending on the individual Capricorn. They are persistent and productive, and

they pride themselves on doing better than others. Capricorns have great potential for extreme wealth and financial success. Social status is important to most Capricorns. Saturn, the planetary ruler of Capricorn, rules the skin, teeth, and bones. Other body parts ruled by Capricorn are the joints and knees.

Stones for Capricorn

Andalusite: This stone is also known as chiastolite. It has a cross or X in its center, helping you be earth-centered and grounded in all aspects of your life. Andalusite is supportive of the bones, spinal column, teeth, hair, and nails, which is helpful for Capricorns.

Black onyx: A form of chalcedony, black onyx is a grounding stone. Black onyx amplifies your financial success and your ability to stay focused and achieve financial goals. This is a perfect stone for an entrepreneur and helps the self-employed gain confidence and endurance to stay in business. Capricorn's persistence and determination make black onyx a great stone for supporting that vibration. It promotes longevity in business.

Emerald: *This precious stone is the green variety of the mineral beryl. Emerald is a good ally for Capricorns who are ready to attract and keep financial success. Use emerald to amplify the intention of attracting extreme wealth and great social status. Emerald is perfect to align with success in all of your pursuits.*

Garnet and ruby: These red stones are both classical choices for the birthstone of Capricorns. While these two stones are definitely different gems, they have vibrational similarities. Both are root chakra stones, which aligns with the earthy, grounded energy of Capricorn. Carrying the vibration of passion and determination, these red gems help you to follow through on your goals. Both ruby and garnet are good stones to work with when you are in the process of manifesting.

Goldstone: This glittering stone is useful for giving you the physical energy you require to maintain your personal ambition and drive, which are typically natural attributes of the Capricorn personality. Goldstone is a stone of self-worth and self-motivation. It is an excellent mood stabilizer. The brilliant sparkles within the stone help remind you of your magnificence and encourage you to shine your light brightly and with confidence.

Pyrite: Pyrite is iron sulphide that crystallizes into a cubic system. The structure of this stone resonates toward the qualities of the Capricorn

personality. Because it grows in block formations, pyrite inherently offers a strong foundation for improving some of your core beliefs about yourself. Pyrite is a stone of financial abundance. Use this stone with intention when you are trying to improve your financial status. Draw on its gold energy while you take action to increase your monetary wealth.

Trilobite: This fossil is useful when you need support in dealing with the minutiae of your life. It is a good ally to maintain attention to details and achieve perfection. It is also beneficial for maintaining strong bones, joints, and muscles, making it a good amulet for Capricorns.

Zebra jasper: Zebra jasper joins the heavens above you with the earth below you. This jasper further improves a grounded, spiritual life, keeping one's focus on practical paths rather than on unattainable ideals, which is beneficial to the concrete Capricorn way of being. This jasper carries the energy of mental clarity, which lends itself toward perfection, giving you the ability to sort through all of the details of a project.

Aquarius (January 20–February 18)

Aquarius is the eleventh astrological sign of the zodiac cycle and the ruler of the eleventh house of the astrological chart. The eleventh house is associated with friendships, social groups, large groups, and humanitarian efforts, as well as hopes, wishes, and dreams. This house is the house of self-realization and inner reflection. Aquarius is a fixed sign and its element is air. The ruling planet is Uranus. Some astrologers include Saturn as a ruling planet as well. The symbol for Aquarius is the water bearer, which signifies the intention to seek and provide spiritual fulfillment, as well as knowledge for all. The key phrase for Aquarius is “I know.”

Aquarians are truthful, affectionate, and imaginative. Because their ruling planet is Uranus, they have a tendency to be unpredictable, easily distracted, and prone to going off course. They are sometimes perceived as eccentric. Those born under the sign of Aquarius are extremely intelligent. They can be inflexible and unreliable, though you can depend on them to be spontaneous. The tendency toward addiction is a possibility. Aquarians may have challenges with

circulation, varicose veins, arthritis, and muscular spasms. Body parts ruled by Aquarius include the ankles, Achilles tendons, calves, shins, and eyes.

Stones for Aquarius

Amber: Known as one of the classical birthstones for Aquarians, amber is an organic tree resin that has hardened over a thirty-million-year period. With conscious intention, amber gives you the courage to establish healthy boundaries in your relationships in all areas of your life, including releasing the propensity toward addiction. Use this stone to help remove toxic substances from your physical body when you are performing a cleanse, since it amplifies your intention for this removal.

Amethyst: In its many forms, including amethyst druzy, ametrine, and chevron amethyst, amethyst is one of the traditional birthstones associated with Aquarius. The purple vibration of amethyst has powerful transformative qualities. To use this vibration in changing unwanted situations, imagine a vibrating, glowing bubble of violet light emanating from the stone and surrounding your body. Amethyst's purple energy gives you the strength and wherewithal to make the changes that may be necessary in your life.

Angelite: Angelite is a stone of communication, which is a two-way process of sending and receiving. This stone helps Aquarians communicate information and knowledge with others, as well as spiritually fulfilling realizations. Use this stone to open yourself up to communication with the angelic realm and the realm of invisible helpers.

Azurite: This stone is associated with the third eye chakra and serves as a conduit for receiving information from spirit guides, angels, and your higher self—the part of you that is connected to the *all-knowing* and *all-seeing*. The Aquarian-friendly vibration of azurite promotes mental clarity and the proper flow of the knowledge that is available in your consciousness. It helps you retrieve information as if you were pulling it out of a filing cabinet. Azurite supports proper blood flow through your circulatory system.

Blue calcite: This calcite is a perfect stone for coping with the sudden changes or erratic behavior that are part of an Aquarius personality's life. Its calming, pastel-blue energy chills out the hasty decisions that can occur as a result of such unexpected changes. This stone resonates well for Aquarians as seekers

of knowledge and spiritual fulfillment because it helps them to focus on astrological or metaphysical pursuits as well as other visionary pursuits. This stone helps you to expand your consciousness to receive inspiration.

Kyanite: This is a good stone for integrating new knowledge and information that you ultimately want to share with others. The soothing blue shades of this stone align the spiritual being within you with the higher realms of consciousness, enhancing your ability to receive and transmit information on all levels. Kyanite is especially helpful for Aquarians because of their tendency to get distracted and go off track. Kyanite brings everything back into alignment.

Solecite: A member of the zeolite group of minerals, solecite amplifies your intention to remember your dreams. The ability of this stone to hold an electrical charge under pressure opens the portals residing in the crown, third eye, and throat chakras, allowing you to process Divine inspiration, healing light, and true wisdom. Solecite appeals to the Aquarian personality because of their imaginative and potentially unpredictable manner. Use this stone to awaken your spiritual consciousness. This is the stone to work with when you are trying to process a lot of information.

Pisces (February 19–March 20)

Pisces is the twelfth astrological sign of the zodiac cycle and the ruler of the twelfth house of the astrological chart. The twelfth house is associated with the subconscious mind, hidden activities, connections to past lives, hospitals, institutions, confinement, and secrets. Pisces is a mutable sign and its planetary ruler is Neptune. Some astrologers include Jupiter as a ruling planet for Pisces. Its symbol is the fish, or more specifically, two fish tied together and swimming in opposite directions. The element for Pisces is water. The key phrase for Pisces is “I believe.”

Pisces are very compassionate and empathetic. Pisces need to be aware of whether the feelings they are experiencing are their own or if they are picking up on someone else’s feelings. Pisces are artistic and extremely intuitive, and they enjoy art and music. They can be moody and vague. Pisces have a tendency to

be lazy, wanting to be left alone to sleep and wanting to escape reality, so it's important to pay attention if Pisces are being drawn toward drinking or drug use. Pisces don't appreciate people in authority or people who act like they know more than they do. Pisces rules drug and alcohol addiction and general lethargy. The body parts ruled by Pisces are the feet, immune system, hormones, and glands.

Stones for Pisces

Amazonite: Amazonite is the stone of knowing your truth, speaking your truth, and living your truth. It is a good stone for Pisces because they so easily pick up on other people's energy, feelings, and thoughts. It helps the Pisces with the discernment of their own personal truth. Amazonite is a reminder to act with integrity and to attract people of integrity into your life. Hold the thought or intention of honesty while you work with this stone.

Amethyst: This is a classical chosen birthstone for Pisces and aligns with the extremely sensitive nature of their personality. Amethyst transforms and transmutes challenging situations. Since amethyst derives its name from the Greek word *amethystos*, meaning "not drunk" or "not intoxicated," carry or wear this stone to remind you to avoid harmful distractions and to change old habits through conscious intent.

Aquamarine: Aquamarine is a traditional birthstone for Pisces. It supports the intuitive spiritual nature inherent in this astrological sign. Aquamarine helps you to identify your feelings and resolve unsettling emotions. It is good for releasing negativity and letting it flow away effortlessly. Use this blue gem with the intention to immerse your emotional body with positive, cleansing energy. Aquamarine helps to bring a sense of emotional balance. It's also a great choice for opening your consciousness to receive inspiration.

Bloodstone: Bloodstone is often indicated as one of the classical birthstones for Pisces. Implement this stone in your life when motivation is lacking. Bloodstone promotes a mental boost to develop an idea and then to actually bring it into reality. Bloodstone helps you to truly recognize that your feelings and emotions drive what you manifest in your life and that your heartfelt emotions create your reality. This helps Pisces make good use of all the emotions they feel.

Brucite: Made of magnesium hydroxide, this is a good stone for Pisces because the mineral content naturally resonates with hydration and water. It will benefit Pisces to keep this stone nearby, to achieve peace amidst an array of tumultuous feelings. This stone can help ease one's energy flow while

offering a better perspective on the issues at hand. Use it for inner child work to heal the past.

Celestite: This angelic stone is beneficial for the development of intuitive insights and communication with the heavenly realm. Celestite brings composure to turbulent emotions. The pastel blue vibration instills a sense of peace and comfort during tumultuous emotional times. The watery emotional nature of Pisces personalities finds comfort in this stone, which can be helpful in calming emotional storms.

Larimar: A gem of loving communication, larimar helps you hear and know messages from other realms of consciousness. Because this stone is found in the salt waters of the Caribbean, larimar supports the general health of those who live or work near the ocean or otherwise have a strong connection to the ocean. Pisces are often soothed by spending time near the ocean. Use this stone to remind you to spend time near the salty spray of the ocean.

The art and science of astrology is a fascinating and in-depth subject. Now that you have some insight into the energy of the signs of the zodiac as they relate to the crystal kingdom, we'll take a look at numerology as yet another way to uncover divine personal insight.

Crystals for Numerology

Another way to obtain personal insight through the use of your crystals is by applying numerology to your practice. Numerology uses numbers and number sequences to reveal the mystical and symbolic meanings of numbers for events and self-understanding. Numerology divination is used alongside astrology and other tools for self-awareness. Each letter of the alphabet has a numerical value used to establish meanings in the vibration of names, places, and dates. In this section, we will be discussing 1–9 and the master numbers.

Numbers in relation to geometry are a natural part of the form of crystals, minerals, and stones. For example, a cube is a relatively common shape for some crystals. The cube itself represents the energy of the triple-digit vibrations of numbers. In basic geometry, to cube a number is to multiply the same number three times. For example, $3 \times 3 \times 3 = 27$. Take that number, 333, without multiplying it, and it represents the realm of the ascended masters (see “Ascended Masters” in the index). To take this further, the number 27 becomes a 9 in numerology ($2+7=9$), which represents the completion of a cycle. Use a cube-shaped gemstone to help you experience completion of a life cycle with awareness and good intentions. The gemstone cube you choose for this purpose will amplify and strengthen your intentions. You can also choose cubes when you need to affirm that everything will turn out for the best.

Another example is an octahedron. An octahedron is a three-dimensional form consisting of eight equilateral triangle facets. Four of the eight faces form a pyramid pointing in one direction and the exact replica forms in the other direction—with the bases of the pyramid back to back. It has twelve edges and six vertices or corner points, and four edges meet at each vertex. Fluorite octahedrons or clusters with octahedral formations are naturally occurring.

There are many numerological meanings behind all of these faces and edges. The eight faces lend the ability to be strong enough to execute your abilities in a leadership-type role. Eight adds great financial success and the vibrations for good business judgment. The three edges of each face offer access to the

subconscious mind, producing growth through imagination. The twelve edges represent the connection with super-consciousness and all that is. It provides inner strength and tolerance. The six corner points offer justice, comfort, beauty, and love. An octahedron has the vibration of embracing community responsibility and the interplay that it has with each person's domestic life. Use an octahedron to help focus your attention on any of these concepts or qualities.

The significance of numbers in your life is a language that helps you better understand the world around you. As you increase your awareness of the vibrational assistance from the crystal kingdom, notice how the power of numbers, geometry, and gemstones dovetail to amplify clarity and light on your spiritual path.

One

The number one is the number of new beginnings and taking action as a single individual. This number indicates a time of self-focus. The number one holds the vibration of personal responsibility and individuality. The number one has the energy of originality and creativity. It brings forth the vibe of a leader with a strong will and innovation. It indicates a solo journey on the spiritual path or working alone in career pursuits. As a soul number, one indicates independent thinking and the desire to strive for higher consciousness. Store owners, military officers, and executives are associated with the number one.

Zodiac: The number one is connected with the zodiac sign of Aries, Scorpio, and Pisces.

Gemstones: amazonite, amber, cobaltoan calcite, carnelian, chalcopyrite, garnet, gold tiger's eye, golden topaz, orthoceras fossil, heliodor, indochinite, tektite, red jasper, ruby, ruby in zoisite, scolecite, sunstone, and time link quartz.

Two The number two is the number of partnership and duality. It is the number associated with personal relationships and life partners. The number two holds the vibration of thinking as a “we” instead of an “I.” It also is the number of being a good team player and supporting the group effort. As a soul number, it is the vibration of striving for peace and harmonious interactions. The number two holds the energy of a peacemaker or mediator. Diplomats, lawyers, and librarians are associated with the number two. It holds the energy of social awareness and group interactions.

Zodiac: Two is connected with the zodiac signs of Libra and Taurus.

Gemstones: aragonite, bloodstone, bismuth, Dalmatian jasper, dolomite, green calcite, green moss agate, green tourmaline, howlite, magnesite, pietersite, pink calcite, rhodochrosite, tabular quartz, tree agate, trilobite fossil, watermelon tourmaline, and unakite.

Three

The number three is the number of creative expression and sunny enthusiasm. The number three invites social events and entertainment for the purposes of expanding joy and happiness. As a soul number, three indicates conscientiousness with a drive to create cheer and enthusiasm while working to bring your dreams and wishes into manifest reality. Financial success and wealth management fall under this number, as do opportunities for more responsibility. Artists, musicians, and entertainers are associated with the number three. The number three is also a number of change, travel, and worldly success. Three brings the energy of broadening horizons in life.

Zodiac: Three is connected with the zodiac signs of Leo and Gemini.

Gemstones: amazonite, amber, amethyst druzy, ametrine, blue calcite, citrine, copper, dogtooth calcite, emerald, epidote, fluorite, golden calcite, green calcite, honey calcite, optical calcite, orange calcite, pink calcite, red calcite, silver topaz, and yellow jasper.

Four

The number four is the number of strong foundations and stability. The number four is associated with security and earth-centered consciousness. It is a number to align with for strong ethics, morals, loyalty, and integrity. Respect, dignity, and honesty align with the number four. Four is associated with real estate. As a soul number, four is associated with business and material success. Four holds the energy of the builders, farmers, and numerologists. It brings the vibe of organization and organized thinking. The number four aligns with the ability to establish and maintain boundaries.

Zodiac: The number four is connected with the zodiac signs of Cancer and Capricorn.

Gemstones: andalusite, black onyx, chalcopyrite, clear quartz, fluorite, galena, goldstone, hematite, hiddenite, iolite, kunzite, Mookaite jasper, petalite, prasiolite, pyrite, red jasper, sardonyx, stilbite, watermelon tourmaline, yellow jasper, and zebra jasper.

Five The number five is the number of change. The number five is associated with freedom, adaptability, and versatility. New experiences and exploration are associated with this number. Five holds the energy of learning through reading books, magazines, and other materials used for research. As a soul number, it brings the vibe of self-expression, communication, and life experiences through travel. Publishers, teachers, and communicators are associated with the number five. Willingness to accept change as the norm is a five vibration.

Zodiac: The number five is connected with the zodiac sign of Aquarius, Leo, and Sagittarius.

Gemstones: amber, apatite, aquamarine, black obsidian, blue-dyed agate, chalcopyrite, diopside, green aventurine, green calcite, golden sheen obsidian, leopardskin jasper, moldavite, orange calcite, peridot, purple-dyed agate, pyrite, rainbow obsidian, sunstone, and vanadinite.

Six

The number six is associated with conscientiousness, truth, justice, and a sense of balance. Key elements of the number six are associated with social responsibility, teaching, ministry, and medicine. As a soul number, six is aligned with affection and domestic harmony. Beauty is an important facet, along with harmony and peace. Six calls one to be of service to others and involved in their community. Actors, aromatherapists, and writers are associated with the number six. The number brings the analytical vibe and the need to get to the source of a problem for resolution.

Zodiac: *Six is connected with the signs of Capricorn, Virgo, and Libra.*

Gemstones : amazonite, apatite, blue lace agate, blue topaz, blue-dyed agate, Botswana agate, carnelian, charoite, Herkimer diamonds, jade, kunzite, malachite, morganite, opal, relationship quartz crystals, rhodochrosite, rhodonite, rose quartz, pyrite, and sardonyx.

Seven

The number seven is associated with introspection and inner reflection. The number seven is the number of the mystic and the philosopher. It is associated with the intuition and awakening consciousness. Seven is the energy to align with for meditation, reading, contemplation, and music. This number is associated with the occult. Qualities of the number seven are aligned with solitude, time alone to think, and research. The author, astrologer, and the psychic investigator are connected with the number seven.

Zodiac: Seven is associated with Sagittarius, Scorpio, Aquarius, and Pisces.

Gemstones: amethyst, amethyst druzy, ametrine, angelite, apophyllite, aquamarine, axinite, blue calcite, blue-dyed agate, blue tiger's eye, celestite, chalcedony, channeling quartz, charoite, chevron amethyst, golden topaz, lapis lazuli, morganite, sodalite, sugilite, and turquoise.

Eight

The number eight is the number associated with power, financial responsibility, abundance, and rewards. Eight is the number of success and leadership. This number is aligned with strength and a healthy sense of personal power and good will. As a soul number, eight is aligned with accomplishment and self-motivation. The energy of eight brings the vibration of success due to perseverance, endurance, and putting in many hours to achieve goals. Bankers, lawyers, and philanthropists are connected with the number eight.

Zodiac: The zodiac signs associated with the number eight are Leo, Scorpio, and Capricorn.

Gemstones: amazonite, angelite, blue topaz, brucite, citrine, cobra jasper, clear quartz, dogtooth calcite, epidote, fluorite, galena, goldstone, jade, lodestone, malachite, morganite, opal, pyrite, smoky quartz, sapphire, serpentine, silver topaz, sugilite, red tiger's eye, and tiger iron.

Nine

The number nine is the number associated with tolerance, service, love, and compassion. This number is aligned with the ability to hold a vision for the greater good. Nine is a number of completion. This number holds the energy of all the possibilities. It is the beginning of unlimited potential. As a soul number, it is a number connected with intuition, sensitivity, and the creative imagination. It is the number of a pathfinder or visionary. Spiritual healers, doctors, teachers, and artists are a few careers linked to the number nine.

Zodiac: The zodiac signs related to this number are Aquarius, Virgo, and Leo.

Gemstones: aquamarine, blue calcite, covellite, green-dyed agate, Herkimer diamond, Isis quartz, Kambaba jasper, larimar, peridot, purple-dyed agate, pyrite, record-keeper quartz, rose quartz, ruby, sapphire, scolecite, sugilite, sunstone, time-link quartz, trilobite, and window quartz.

The Master Numbers

The master numbers are 11, 22, 33, 44, 55, 66, 77, 88, 99 and the triple digits 111, 222, 333, and so on. When these numbers become apparent in your life, they act as signs and symbols for you to stop and pay attention. They show up to alert you or to confirm something for you. These symbols take their single digit version to the next level. Reconnect with the single digit definitions and the vibrational matching gemstones linked to them and move into contemplation and meditation for a deeper awareness of the present moment of life situations.

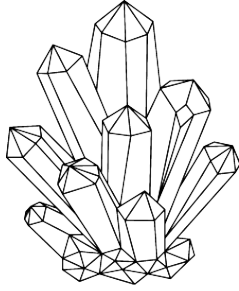
In addition to the information provided for their single digit relatives above, here are the first two repetitive sequenced variations to give you an understanding of the double number effect.

11: The master number eleven denotes extraordinary creative potential and the gift of prophecy. This vibration has the potential to light the path to a stage or a significant platform to share what you now know or understand to help others.

Vibrational matching gemstones for eleven are amethyst, ametrine, angelite, aquamarine, black tourmaline, blue lace agate, blue calcite, blue tiger's eye, chevron amethyst, chrysoprase, clear quartz, elestial quartz, dolomite, kyanite, larimar, muscovite, quartz laser wands, and sodalite.

22: The master number twenty-two amplifies the ability to affect the masses through important projection and community movements. This is a number associated with creating infrastructure for mankind to improve life in a far-reaching way.

Vibrational matching gemstones for twenty-two are amethyst, chalcopyrite, chrysoprase, clear quartz, clusters of any gemstone, elestial quartz, fluorite octahedron, golden sheen obsidian, golden topaz, green aventurine, orthoceras, peridot, pyrite, sardonyx, sugilite, and watermelon tourmaline.

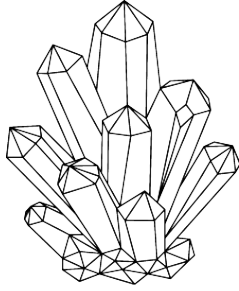


Conclusion

The intention of this book is to provide you with tools to awaken your consciousness using crystals, minerals, and stones—precious gifts from the earth. Mindfulness is a key to self-actualization. Be aware of what you are thinking. Choose crystals to assist you to maintain your awareness of your desired way of being, as well as your goals and dreams. Allow the crystalline structure and the color of the gem to amplify and bring sharp focus on your thoughts.

As you have read throughout this book, the vibration of every thought, word, and action has a matching crystal to assist you in gaining perspective and clarity to promote inner peace, wisdom, and knowledge. Within the peace lies love. Love is the answer to all. Peace and love are the force within you. Let these treasures be your allies to light the path of your spiritual journey. Awaken this redemptive force using these tools and you will gain happiness, prosperity, and well-being.

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