

INTRODUCTION TO CRYSTAL HEALING

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An Introduction to Crystal Healing



Foreword

Crystal Healing is a holistic, non-invasive type of therapy that involves the application of crystals or gemstones to aid in healing one's body and/or spirit. This booklet is offered as an introduction. I hope it inspires you to learn more!

Anecdotal reports of positive effects of Crystal Healing have been reported throughout human history, and in addition to being a very popular stand-alone therapy in our world today, check around, and you'll find it's been abundantly integrated into multiple wellness and complementary care practices such as traditional Chinese Medicine, Massage Therapy, Feng Shui, Meditation, Acupuncture, Reiki, Hypnotherapy and so many more. Increasingly, more people are actively seeking empowering "new" modalities for healing. Like an awakening, this powerful technology is gaining popularity in today's modern world because it is helpful.

Crystal Healing is considered a 'pseudoscience,' and while there aren't any peer-reviewed studies confirming its efficacy, there is also no evidence that Crystal Healing therapies do any harm either, providing that common sense and medical advice are not neglected.

It is commonly understood that Crystal Healing technologies impact people in two ways: vibrational and

mindset. With a similar wavelength to the human body, crystals **vibrate** at tones and frequencies that can enhance the body's natural healing process. Harnessing the **power of the mind** can be even more potent than vibrational attunement. It is well known in the mainstream medical and wellness communities that there are countless benefits to believing you're healing and that the intention-based mindset utilized in Crystal Healing methods helps with immunity, focus, emotional processing, stress reduction and nervous system regulation, to name a few.

Practically from the very dawn of humankind, people have been utilizing amulets, magical stones, talismans and gems for all manner of healing and protection. I was surprised to learn that current archeological records prove that crystals were used for healing as early as 6000 BCE. Also interesting to consider is all the ancient mystery schools, plus countless psychics and channellers of the modern era (including Blavatsky, Bailey, Steiner and Cayce), share accounts of crystal technology from eons ago in Atlantis and Lemuria.

Crystals and gemstones, with their unique vibrational frequencies, can create a profound connection between you and the Earth's energy fields. A crystal acts as a conduit, expanding or realigning your psychic or cosmic energy by guiding vibrational energy. This connection fosters a sense of unity and harmony with the world around you.

Chapter 1:

What's Behind Crystal Healing



There are many empowering ways to tap into gemstones for well-being. You can carry them, wear them, or place them in a location where their therapeutic vibrations may be felt by you and those around you. Crystal Healers, Energy Workers, Hypnotherapists, and Massage Therapists may place stones on or around your body to help balance

your chakras or to clear negative energy, giving you control over your well-being.



Let's demystify the term 'Chakra', a Sanskrit word meaning 'wheel'. In the context of Crystal Healing, it refers to an energy point in your body. Imagine chakras as spinning disks of energy,

each corresponding to bundles of nerves, major organs, and areas of our energetic body that significantly impact our emotional and physical well-being. According to many ancient teachings, there are 7 general Chakra energy centers in the body, each associated with a different color. The red root chakra, located at the base of the spine, is referred to as the first chakra; the violet 7th chakra is located at or slightly above the crown of your head.

Crystals can guide energy flow to a certain chakra or part of the body and, in turn, bring balance to overall energy and

well-being. To heighten energy flow, some crystal healers lay crystals the same color as the chakras on related regions of the individual's body. Other crystal healers prefer to work with clear quartz because of its properties, shape and color.

For physical, mental, emotional and spiritual healing, crystals can be used to pull out damaged energy from an individual with the understanding that the removal of defective spiritual energy improves well-being and can ease physical ailments. In addition, crystals may be worn, placed next to a bed as one sleeps, or placed around a warm bath.

As mentioned, since the very dawn of humankind, people have been utilizing amulets, magical stones, talismans and gems for all manner of healing and protection. Research indicates Crystal Healing has been widely practiced in European and Asian cultures for centuries, and now this powerful knowledge is catching on in the Western world. It's logical to assume that in our modern world, with the increase in the use of technology, climate change and other

planetary changes, the search for healing methods will increase as the years go by. Crystals may play a vital role in this “awakening” as more and more people practice and share the healing abilities of crystals with others. You are part of a movement that can serve generations to come.

How to Choose a Crystal

Choose a crystal that draws you in, catches your eye, or calls to you. Honor your intuition, and then test the crystal.

Here is an easy procedure to identify which crystal will work best for your particular goal:

First, identify a few crystals that may support your goal.

There are several tips in this booklet.

What you want is a specific crystal that also provides a vibrational match to your frequency.

You can test this match by holding the crystal in your hand (or if you are purchasing it online, then think about holding it) and stating your purpose in an affirmative and positive way. For example, *"I want to feel more at peace."* Do not say something like, "I wish to quit feeling angry." Affirmative sentences allow the flow of energy, which is what you require. Negative statements trigger resistors. Shut your eyes while you repeat your purpose out loud.

If you're deeply in tune with your emotions, you may sense a positive feeling from your stone -lightness, tingling, happiness, and excitement are great emotions to look for.

If you're more in-tuned with your body, you might be able to utilize muscle testing. You can try this out by balancing yourself upright while holding or thinking of the crystal, letting your body "hover," and then falling in the way your body wishes. If you fall forward, it means you have a great match. If you fall backward, you don't. There are many different ways to utilize muscle testing; this is just one simple example that can be accomplished on your own. Once you've discovered the right crystal for you, make a conscious effort to let yourself be open to its influence.

Care, Maintenance and Sustaining Crystals

Next, cleanse and welcome the crystal before using it.

Crystals are known for their ability to absorb and store positive and negative energy, so it's important to cleanse them initially and regularly. Neglecting to do so can result in a buildup of negative energy that can affect the crystal itself and the surrounding environment.

Cleansing is especially important when a crystal is new to you because unwanted energy may be present. There are various safe ways to do this:

- My favorite method is to bury a new crystal underground for at least 24 hours. This allows the Earth to absorb any unwanted energy and refresh the crystals. When the crystal is taken up from its sleep

underground, welcome it with words and feelings of joy, as you would a new child!

- At the time of a full moon, put it outside or on a window sill to recharge.
- Give your crystal a “sound bath” by ringing a singing bowl or drumming.
- When time is short, smudge with a sage stick.

Be cautious about cleansing crystals with salt, salt water, plain water, and the sun: Before using any of these methods, pop online to research your crystal to learn whether any of these methods could harm it.

Salt and salt water: Salt is a corrosive and abrasive mineral that can cause damage as it reacts with trace minerals in crystals. If you really want to cleanse with salt, avoid table salt. The safest salt method is to place your crystals in a small glass bowl and lower that bowl into a larger container that contains the salt or salt water. The level of salt or salt water in the larger container should be above the level of the crystals in the small bowl. Leave for 24 hours, then

discard the salt or salt water as they will have absorbed negative energy and should not be used again.

Water: Some crystals dissolve or crack if left in water for an extended time. Some harder crystals should also be kept out of water. These include crystals that contain minerals that can rust or release toxins in water. Wiping a crystal with a cloth dampened with water and polishing it dry right away is fine.

Sunshine: Likewise, be cautious about recharging crystals in the sunshine. Some soft crystals, like amethyst, should be limited to a one-hour sunbath in the early morning before the sun is high. Some faceted crystals may catch fire in direct sunlight. There are some sun-safe crystals; however, if you don't know your crystal's ability to tolerate sunshine, a good policy is to limit its time in the sun to 1 hour, avoiding the hours when the sun is high.

Sustaining the crystal with regular cleansing helps keep them clean from "environmental unbalance." Just as any important item needs upkeep and care, your crystals must

be cleansed and recharged periodically to keep them functioning at their highest level.

One last thing you can do to facilitate the healing vibrations of your crystal is to place it close to a water fountain in your home. Don't place it in the water, as the mineral deposits may damage it; anywhere near the fountain will do. This lets the water's powerful chi propagate the crystal's vibrational frequency throughout your space.

Chapter 2: Ramping Up Your Energy



1. Crystals for Power, Energy and Fatigue

There are several crystals that may help provide much-needed relief from fatigue and/or gift us with a supercharge of energy.

Broadly speaking, choose stones that are connected with the element of Fire. This component is *energy personified*. You'll discover that stones connected to the element of **fire**

are frequently ruled by the Sun or the planet Mars and are nearly always red in color, like **Ruby, Garnet, Red Jasper,** and **Amber.**

And as fatigue might bring with it rounds of depression and/or insomnia, **Amethyst** and **Green Aventurine** are useful crystals to heal these ailments.

If you've ever experienced a lack of energy or fatigue after lunch, this sort of afternoon energy slump may be alleviated with your crystals rather than a caffeinated drink or sugary snack. Crystals that will hike up that afternoon slouch are ruby, amber, and jasper. **Ruby** and **Amber** are reloading stones and will jumpstart your system.

Aventurine will add a little optimism to the mix 😊

Ruby is a crimson crystal that's ruled by the element of Fire and the planet Mars. This potent energizer steps up blood flow, heightens stamina, and gives you renewed energy. Utilize it on the sacral chakra or root chakra. Raw, rough rubies are much less expensive and perfect for this healing.

Reload or cleanse rubies utilizing a soft cloth to wipe them down, followed by a “star bath” on a windowsill overnight.

Garnet is a burgundy-red stone that's ruled by Fire and the planet Mars as well. Placed on the root chakra, it may improve circulation and expand that sense of vitality you might be missing. This warming crystal may be worn or carried in a pocket (as with all of these crystals) and recharged on the windowsill, even on a murky night.

Red Jasper is the “Warrior Rock.” It's indispensable if you'd like to increase stamina, heighten circulation and give the system an awesome boost of energy. It is excellent for grounding and balancing the root chakra.

Amber, the fossilized leftovers of ancient tree resin, is affiliated with Fire and the Sun. This fiery, golden-orange stone reloads your energy levels by arousing a more favorable attitude. If your emotions run rampant due to emotional overcharge, lay amber on the solar plexus or sacral chakra to counterbalance those emotional tensions.

Amethyst is a quieting stone for those enduring fatigue ascribable to emotional overload. This purplish crystal is ruled by the component of Air and the planet Jupiter. It's thought of as an awesome healing stone for emotional weariness, insomnia and headaches. Likewise, it balances blood glucose levels and has been recognized to recharge other stones. Put it on your brow chakra or beneath your pillow at night. And of course, it may be worn or carried. Reload or cleanse amethyst in moonlight, as this stone shouldn't be placed in direct sunlight.

Aventurine, while green, is a marvelous crystal for clearing off negativity, increasing optimism and affecting a more favorable outlook. It's a gentler stimulating stone, but it may still encourage a regenerated zest for life. It is affiliated with the Earth element, and it is ruled by Mercury.

Aventurine is utilized on the heart chakra to quiet panic attacks and nervousness affiliated with emotional fatigue. It may be recharged by being placed amongst the leaves of a plant during the day.

2. What if you're having difficulty sleeping?

Have you ever been so worn out from your everyday life and stresses that you feel you could sleep for a week, but your mind won't switch off? **Rose Quartz** or **Amethyst** will bring a more relaxing sleep if placed beneath your pillow. These are quieting stones that will greatly help those with overtaxed brains and bouts of insomnia. Another stone to help you relax is **Blue Lace Agate**, which, if held in your hand, will help your entire body relax. The crystal **Lolite** can also help with insomnia along with headaches, eyestrain, and mental tension by working to calm those overtaxed nerves.

So, whether you're a long-distance runner or simply running through the stress of day-after-day, I hope one or more of these crystals will help to ease your fatigue and bring you serenity and energy.

Chapter 3: All About Amethyst



Amethyst is a gemstone frequently worn by healers, as it has the ability to center energy. A healer will commonly wear various pieces of jewelry with amethysts set in silver, particularly an amethyst necklace. Often, the person being healed is given an amethyst to hold while the healing is being completed. The healer then places a different piece of amethyst on the areas of the body that need healing, for example, in the region of the heart or lungs.

Amethyst is often utilized for blood and breathing issues. Amethyst crystal clusters are also used to keep the air and vitality in the home clean and favorable. Placing Amethyst clusters, points or tumbled stones on a windowsill in moonlight will help everybody in the home to feel less agitated.

Utilizing an amethyst as a meditation-centering tool will expand positive spiritual feelings. Holding an amethyst stone in each hand when meditating can aid in more intense visualizations. Another thing you can do is place a couple of amethyst stones around the rooms where tempers might frequently be riled. It's a stone of peace and helps bestow love and happiness to all who utilize it.

An Amethyst stone makes an awesome gift for anybody who works as a psychic or those that show psychic powers, as it helps increase all forms of psychic abilities.

Amethyst helps defeat fears and cravings and many people report it helps alleviate headaches. If you endure migraines, here's a simple crystal healing curative that has been known to help: Lie down and shut your eyes. Put an amethyst stone on your brow, relax for a while, let the bed support you and let the gemstone do its work.

Many people report that muscle and joint traumas, such as sprains, can heal quicker by putting an amethyst stone inside an elastic bandage wrapped around the wounded area.

To assist with breathing issues, along with any medications from the doctor, put an amethyst on the chest between the lungs. Depending on the severity of the illness, you may be able to tape a stone in place with a bandage and sleep with it there.

To make an amethyst stone elixir, put one or more amethysts into a clear glass jar full of water. Let the water sit outside in the moonlight

for the whole night, the closer to the full moon, the better. Use this amethyst water to help clear up blemishes and soften the skin. You may wash with it or use it as an ingredient in any clays or masks you apply. An Amethyst Stone elixir can improve circulation in both the physical and etheric bodies. Use it to bathe parts of the body that are experiencing circulatory issues.

If you find yourself having issues sleeping at night, spending more time tossing and turning than actually sleeping, place an amethyst stone beneath your pillow to help with insomnia.

To expand the number of dreams that you have and to help you recall your dreams when you awaken, utilize an elastic hair band as a headband around your forehead. Slipping an amethyst stone beneath the band is known to help facilitate dreaming.

Some crystal healers bury a little amethyst stone at every entrance to the house to guard against thieves. An inexpensive strand of amethyst chips would work perfectly for this. They can also be buried beneath windows and doors. If you have a window that's far away from a place where you can bury the stones, such as a window above a cement patio or porch, simply put a tumbled stone or crystal on the windowsill.

To commune with a Spirit Guide, Guardian Angel or your Higher Self, find a peaceful time and place where you can sit quietly and won't be interrupted. Hold an amethyst stone in each hand. Take a couple of deep breaths, shut your eyes, and allow yourself to feel the energy coming from the amethyst. Gently and imaginatively, invite your guide to come forward and talk with you. This exercise helps you attune to your inner divinity.

When the world feels hectic and moves quickly around us, we frequently find ourselves strained beyond the capacity the human body was designed to endure. Spending a couple of minutes regularly absorbing the power of amethyst crystals can help mend the nervous system and, thus, increase welcome feelings of peace.

Chapter 4: Apatite

Psychic Development and More



An apatite gemstone crystal is a multi-talented gemstone that assists us in attuning to our inner selves to receive inner and outer healing, communication, and balance. Apatite is the perfect gemstone for use on any of the chakras as it can both perk up under-activity, calm down over-activity, and clear congestion in any of the chakras.

Apatite gemstone crystals aid in the development of psychic powers, helping us to attune the mind, heart and soul to the spiritual forces that run throughout the universe and within ourselves.

For an expanded ability to receive visions of the future, meditate with an apatite gemstone leaning against your third eye chakra (slightly above and between the eyebrows). Blue or purple-colored apatite gems work best for this.

Apatite gemstone helps bones to mend faster and stronger. It aids in your body's absorption of calcium from the foods you consume, which helps to keep bones and teeth strong.

To help ease arthritis pain, wrap the involved joint in an elastic bandage allowing it to hold one or more stones against the impacted joint. The apatite gemstone may help heal the painful sensation and heal the joint faster.

Produce an elixir by placing one or more apatite gemstones in a glass container of water and let it sit outside overnight, preferably under a full moon. Drinking this elixir may help strengthen bones and even heal and prevent joint pain.

To help lower hypertension, wear an apatite gemstone so it hangs just above the heart. Wearing one on a chain works well, but if you cannot do this, simply pin a stone inside a small piece of cloth or a baby's sock to the interior of your shirt.

If you realize you tend to let your emotions rule instead of logic, particularly in emergencies, apatite gemstone crystals can help. This gemstone facilitates calmness, giving you the time and power to let logic rule in the situation.

Wear one or more apatite crystals while executing any kind of creative work. It helps you to link up with your creative center and produce spectacular works.

Does shyness or doubt prevent you from enjoying yourself at parties or other social situations? An apatite gemstone can give you the confidence to feel comfortable in social settings, giving you the security you require to shine at your best.

If you ever require extra motivation to finish a job, a gold or red apatite gemstone held during meditation may help keep your mind centered on the subject at hand, opening the door to your desire to continue working till completion.

Chapter 5: Green Serpentine

Potent Healing



Serpentine helps with meditation and spiritual exploration. It clears up the chakras and energizes the crown chakra, opens up psychic powers and helps us comprehend the spiritual basis of life.

This stone opens up fresh pathways for the Kundalini Energy to rise, aids in retrieving wisdom, and helps regain memories of past lives.

Serpentine assists you to be more in command of your life, corrects mental and emotional instabilities, and assists the conscious direction of healing power towards troubled or specific areas.

Serpentine physically cleanses and detoxifies the body and blood to assure longevity. It eliminates parasites, aids calcium and magnesium absorption and helps with hypoglycemia and diabetes.

Light-Green Serpentine is a gentle, tender-natured stone that can help you receive contact from a source of angelic guidance. It helps to integrate the past, present, and future, making it an awesome stone for past life exploration.

This stone encourages compassion and forgiveness for yourself and for what you have experienced. Holding this stone leads you into the regions in the between-lives state, where the healing that wasn't undertaken during a former life may now be accomplished.

This stone heals instabilities from past lives and clears up emotional baggage from old relationships. If placed on the throat, it helps speak about the past and resolves issues carried forward into the here and now. This stone is awesome to utilize when you want to confront anybody from your past, as it brings a gentle touch to the meeting.

Physically, light green serpentine is awesome for pain relief, particularly menstrual and muscular aches and pains.

Chapter 6: What Turquoise Can Do



Turquoise, the healing stone that attunes our physical selves to the greatest realms, empowers us to better comprehend ourselves and control our thoughts and emotions. It encourages us to stop, listen, be quiet, and be prepared to hear the truth about who and what we are. Only then will we find our full power.

Native peoples revere the turquoise gemstone as sacred. It is a powerful transformer, absorbing negativity and transmuting it into valuable energy. It also serves as a conduit to the cosmos, inspiring hope and transformation.

The true meaning of turquoise is

found in the heart and soul of the individual who uses it.

The list of turquoise healing attributes is long and wide-ranging, and the assortment of turquoise crystal shapes, sizes, and colors that may be utilized is as wide-ranging as the individuals who utilize them.

When worn on any part of the body, a turquoise gem healing stone acts as a protective shield, blessing the wearer with its sacred energy. In some cultures, it is revered as a hallowed stone, symbolizing a divine gift.

A strand of turquoise gemstone crystal beads worn around the neck soaks up all negativity from the body and brain while helping you tap into your innate powers.

Align the chakras by laying a turquoise stone on each of the chakra points for 3 to 5 minutes while the gem executes its work. If you don't have seven turquoise stones, it might take a bit longer, however, laying a single stone on one chakra at one time for the same three to five minutes will still align your chakras for the best level of power.

A strand of turquoise beads utilized as a bracelet, necklace or even an anklet will help detoxify the body from alcoholic beverages, pollution, poison and radiation. The thought is to wear a circle of beads around one area of the body so as the blood flows back and forth through the area, the turquoise may purify it.

Anybody that has issues with their lungs or throat or from asthma may hang a turquoise gemstone from a cord or chain so it lies immediately over the area causing the issue. This helps the gem energies get as close as possible to the troubled area and start the healing work.

Those suffering from depressive disorder may sleep with a turquoise gemstone to help lift the depression. Add a couple of turquoise crystals to a container of water and let it sit outside where the moon may shine on it overnight. Then, pour the turquoise water into a warm bath, step in, sit down and let the healing energies work on your body. This same healing elixir may be utilized to soak a sprained or pulled muscle, strengthen the immune system so you may fight off viruses and infections, and assist in healing damaged or cut tissues. For headaches, soak a cloth in the elixir and put it on your brow till the pain disappears.

Chapter 7:

Quartz – A Crystal Healing Essential



When it comes to the range of crystals utilized in spiritual healing, nothing stands higher than quartz. The healing energies of quartz have long been recognized. Since the time of the fabled Atlantis, no stone has been more revered for its crystal healing attributes than quartz.

To the shaman and metaphysical healer, quartz is the quintessential curative stone, possessing all of the attributes the Crystal Healers seek.

Even scientists today realize quartz crystals' unparalleled and astonishing abilities, experimenting now with quartz and additional crystals as sources of possibly unlimited alternative energy. The crystalline structure of quartz carries electricity and radio frequencies, which is why quartz is utilized in radios and electronic devices.

There are many different types of quartz crystals, and each one has its own unique healing powers and impacts different parts of the body. For instance, rose quartz is utilized by crystal healers for headaches, the handling of heart issues, and kidney disease. Clear quartz draws out pain, brings back clarity of consciousness, and broadly amplifies all curative energies.

ALL quartz crystals have the power to realign the vibrations of the body, restoring balance. That's what makes quartz crystals so efficient in healing. Most disease issues, but particularly mental disorders and neurological issues, may be linked to some sort of “chemical” or “neurotransmitter” instability. The influence of quartz crystals may help mend these imbalances.

The electro-magnetic attributes of quartz are mostly due to silica, which is the base of its crystalline anatomical structure. Silica is a naturally occurring glass and is detected at some level in nearly every healing crystal, chakra stone, or ritualistic gem.

Chapter 8: Bloodstone

Creativity, Healing, and Bravery



You may see bloodstone crystals referred to as 'heliotrope.' The word heliotrope is comprised of *helios*, the Greek word for 'the sun,' and *trepein*, the Greek word for 'to turn.' The ancients used bloodstones to create changes in the weather. It was thought if you place a bloodstone in water and let the stone suck up the rays of the sun, it would induce a storm.

In the Middle Ages, bloodstone was ground into a powder, blended with honey and eggs and given to patients to heal tumors. A mashed bloodstone and honey paste was also rubbed on cuts to stop bleeding.

Bloodstone advances creative thinking, self-expression, and artistry. As a healing stone, a bloodstone is utilized by Crystal Healers to help with any sort of blood disorder. This includes but isn't limited to anemia, circulatory issues and Lupus.

Wearing or carrying a bloodstone helps to strengthen the immune system, clean toxins from the liver and kidneys and purify the bone marrow. This stone is awesome for women as it helps to alleviate both menstrual and menopausal symptoms.

Thousands of years ago, bloodstones were used to help cure snakebites. Affixing a bloodstone would draw the poison out of the bite. Note: You may do this while on the way to acquiring medical help, but it is not an alternative to seeking medical attention.

The ancient Babylonians used patterned bloodstones in divinations. They utilized the way the assorted spots of red looked to tap into their psychic powers, producing an effect similar to a vision by following the array of the spots.

To purge your mind, body and soul, find a place outdoors where you may lay down under the moon's light on the night of the full moon. Put a bloodstone on your forehead as you lay there, and relax. Visualize the moon's power entering your body, filling it with perfect white light. As your body fills, see all the negativism, illness and tension leaving your body and sinking into the ground under you.

Ancient Egyptians used bloodstone magic to assist them in battles. They utilized magical empowered stones as amulets for the warriors to expand their personal strength. Athletes may utilize a bloodstone amulet to help expand strength and speed. Wear or carry a stone and visualize its power entering your body and inducing your muscles to become stronger or faster. This same magic may be utilized by anybody in need of bravery to get through a situation. Simply envision the powers entering the body and presenting you with the strength that you require.

To turn "invisible" to your foes, wear or carry a bloodstone and visualize a cloak of power emanating from the stone and enfolding around you, making you unseeable to those you don't want to be seen by.

If you know of somebody who tends to be a bit too self-centered, give them a gift of a bloodstone. It helps them to see how matters affect not just them but other people around them or even the whole world.

To help regain past-life memories, hold a bloodstone in your hands while enjoying a meditation or guided journey designed to help you connect with your previous lives. Once you've entered the meditative or light trance state, turn your thoughts backward to a time before your birth and let the images guide you to sights of your prior lives.

Keep one or more bloodstones on your desk or work table to help expand your business and riches. Even people who don't run a business may benefit by letting the stone draw in additional sources of money and financial wellness into their lives.

Chapter 9:

Elements, Planets, and Crystals

You might wonder why the elements and planets are named with many crystal descriptions. Every element – Earth, Air, Fire and Water – and every planet, from the Sun

to Pluto – correspond to assorted energies, emotions and attributes.

- Fire is affiliated with red and is utilized for physical strength, staying power, protection, energy and bravery.
- Water is blue and is utilized for healing, relaxation, rest, and psychic powers.
- Earth is affiliated with green and is utilized for grounding, peace, constancy, fertility, cash and gardening/agriculture.
- Air is yellow & is the component of communication, travel and all matters regarding the intellect.

Some planetary associations were mentioned above.

Here's a list of Planets (including the Moon) and associated gemstones:

The Sun deals with physical power, protection, healing and success. Clear Quartz, Pyrite, Sunstone.

Moon. Pearl and Moonstone harmonize with the Moon, promoting emotional balance. Connecting with Moon energy can help you live in alignment and flow with nature.

Mercury regulates communication, information, self-improvement, study, and travel. Fire Agate, Fluorite, Fuchsite, and Aura Quartz.

Mars is for bravery, passion, protection and strength. Ruby, Bloodstone, Garnet, Amber.

Venus stones are Rose Quartz, Emerald, and Coral. These stones are often used to enhance love, compassion, and harmony in one's life.

Jupiter is for meditation, spirituality, success, and psychic cognizance. Amethyst, Smokey Quartz, Citrine.

Saturn gemstones, such as sapphire and smokey quartz, act as sources of disciplined and grounding vibrations that encourage personal development while providing structure in times of chaos.

Uranus. Amazonite, Sodalite, and Turquoise are commonly associated with Uranus's energies in Crystal Healing and Astrology. They are believed to facilitate individuality, self-

expression, innovation, personal growth, and transformation.

Connecting to **Neptune** with crystals can be a profound and transformative experience, leading to spiritual growth and deeper self-awareness. Amethyst, Turquoise, and Lapis Lazuli are some examples.

Pluto. Black Obsidian is a protective stone that resonates with the transformative energy of Pluto. This Pluto crystal helps to confront your deepest fears and release negative patterns.

Conclusion

When you seek out the help of a crystal, you're enlisting a potent ally to raise your vibrational frequency. Regardless of what the crystal is utilized for, its desired effect is always to increase your vibrational frequency.

We sometimes crave particular crystals because we have a great "vibrational match" with them. This vibrational match implies that proximity to this crystal elevates our vibrational frequency, making us feel great.

Choosing a crystal for a particular purpose is an awesome way to help yourself or others without having to devote much energy to it. The crystal's proximity perpetually affects your frequency, maneuvering you upward toward your goal.

In conclusion, I hope this booklet was helpful and that you are now inspired to begin your Crystal Healing journey.

Remember to trust your intuition and open your mind, body and heart to new healing vibrations, and you will be sure to find the crystal power, healing, and support you are searching for.