

Adding power to your new year's resolutions

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Do you start each New Year with a resolution only to see it fail by February? Well, things could be about to change. Crystals add power to your New Year Resolutions. Picking up and enhancing your intent, they support your willpower, steel your resolve and encourage you to go on until you reach your goal. Wear one constantly to empower you, or keep it where you will see it often. They attract a twinflame, help you find that perfect job, fulfil your dreams, encourage your spiritual development and so much more. But! You must first ask your crystal to work with you.

Charging your crystals

When you purchase a crystal, it holds the energy of everyone who handled it so it needs cleansing. When you've worn or used it for awhile, it'll need cleaning again. Most crystals can be cleansed under running water for a few minutes or left in a bowl of water in sunlight for several hours. Or you can use a purpose made cleanser such as Petaltone Clear2Light or Crystal Balance Crystal Cleanser. Once the crystal is cleansed it needs to be programmed. Precisely formulate your resolution. Sit quietly and hold your crystal. Focus your attention on it. State your resolution firmly and clearly and make sure that it is in the present tense - you may need to repeat it several times. Then either wear or crystal or put it where you will see it often.

Crystals to increase your tenacity

Agate has been used for thousands of years to support resolutions. It gives you the tenacity to go on, as does Zircon. Red Tourmaline strengthens your endurance and sees you through difficult times. Use Agate if you need to set realistic goals - hold the stone while you focus on exactly what it is you want. Wear it as a constant reminder. Red Calcite, Garnet, Pyrite, Alexandrite and Epidote all help you to have more willpower. Topaz, Ruby, Tiger's Eye and Citrine all help bring your plans to fruition. If you need stamina, Onyx supports you while you attain your life purpose.

Tigers Eye or Agate empower you and ensure a positive outcome. If you're putting in a cosmic order, Green Calcite, Topaz, Quartz or Pyrite support the request, while Calcite and Smoky Quartz help you to achieve your dreams.

Crystals for specific resolutions

"I find love" Rose Quartz, Emerald, Garnet, Tugtupite or, if you've reached that certain age, Green Aventurine or Ruby.

"I find my twinflame" Rose Quartz, 'twinflame' crystal (two crystals side by side), Mangano Calcite, Tugtupite [Note! A twinflame is what everyone thinks they mean when they say soulmate but a soulmate has karma attached, a twinflame does not.]

"I have more passion in my life" Red Jasper, Red Calcite, Carnelian or Hematite Quartz.

"I stop smoking" Botswana Agate

"I lose weight" Pink Opal, Angelite, Cinnabar (use tumbled), Seraphinite, Kyanite.

"I gain weight" Danburite, Unakite

"I find the perfect job" Tigers Eye, Moss Agate or Magnesite attract the right job.

Wear Jet or dark blue or black Sapphire at your interview to ensure success.

"My health improves" Que Sera, Quantum Quattro, Amphibole Quartz, Cathedral Quartz.

"I get fit" Jasper, Andradite Garnet, Onyx and Sardonyx all help build stamina.

"I pass my driving test" Put Pictrolite in your pocket.

"I buy my dream car" Red, Black or Brown Calcite. Use Blue Tourmaline or Moss Agate if you want the car to be environmentally friendly.

"I'm a writer" Pink Chalcedony or Chinese Writing Stone.

"I am more creative" Tigers Eye, Lapis Lazuli, Carnelian, Andradite Garnet.

"I have a better work-leisure balance" Aventurine, Turquoise, Merlinite

"I speak my truth" Blue Lace Agate worn at the throat

"I start a successful business" Carnelian, Iron Pyrite, Turquoise, Black Moonstone

"I sort my finances out" Carnelian, Yellow Jade, Jet, Peridot, Carnelian, Green Aventurine, Goldstone, Malachite

"I conceive a child" Carnelian or Menalite

"I speed up my spiritual development" Lapis Lazuli, Celestite, Trigonic Quartz, Anandalite. Quartz amplifies your intuition and aids in seeing the future.

"I study harder and pass my exams" Sugilite -this stone also helps those who do not fit in. It also aids autism and learning difficulties, creating mental coordination as does Black Moonstone; Chalcedony.

"I have an angelic connection" Amphibole Quartz, Celestite, Selenite, Angelite, Lapis Lazuli, Angel's Wing Calcite

"I make new friends" Green Aventurine, Chrysoprase, Jade

"I attract helpful people, a sponsor/a mentor" Tigers Eye

"I am prosperous and my life is abundant" Tiger's Eye, Green Aventurine, Goldstone, Ammolite, Grossular Garnet, Manifestation Quartz, Topaz, Jade

"I have inner peace" Rose Quartz, Selenite, Amethyst, Mangano Calcite

"I'm a success" Aventurine, Carnelian

"I'm sell that house and move" Purpurite

"I have more joy in my life" Topaz, Carnelian, Fluorite.

"I stop overeating/over indulging" Pink Opal, Amethyst

See Judy Hall *101 Power Crystals: the ultimate guide to magical crystals, gems, and stones for healing and transformation* (Fair Winds/Quarto),

Crystal Prosperity: Create abundance in all areas of your life, Leaping Hare Press, and *The Crystal Bibles vols 1 and 2* (Godsfield Press)