

# The Magic of Crystals

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## Choosing a Crystal

The crystal that speaks to you is the one for you. Don't be fooled by bright, shiny and big. These are not necessarily the most effective, although beautiful crystals such as those recommended here can work wonders. Small, misshapen and less attractive crystals often have the same power – and cost a great deal less. When you visit a crystal shop, notice which crystal catches your eye first. It will probably be the one for you. If you are looking for a specific crystal, plunge your hand into a tub and the one that sticks to your hand has your name on it. Take it home, run it under the tap to cleanse its energies, and then hold it in both hands and programme it to respond to you by dedicating it to your specific purpose.

## Depressed

Beautiful pink Kunzite is an excellent stone for depression as it actually contains small amounts of lithium, (used in conventional psychiatric medicine). Kunzite lifts the spirits, releases emotional baggage and removes obstacles to your path. Place in your pocket and handle frequently, or make a gem elixir: place the crystal in a glass bowl in spring water and leave in the sun for 12 hours. Bottle and sip frequently.

## Lonely

If you are lonely you can do no better than to place a large piece of unconditionally loving Rose Quartz in the relationship corner of your bedroom (the rear corner furthest right from the door) or alongside your bed. It also make a wonderful candle holder for rituals to attract love (see *The Crystal User's Handbook*). It is so successful that an Amethyst may need to be placed alongside to marshal friends and prospective suitors into an orderly queue!

## Heartbroken

Wounds to the heart can make you cautious about trying love again. This painful condition can be healed with the help of softly banded Rhodocrosite. Worn as a pendant over your heart., this gentle stone teaches your heart how to assimilate painful feelings without shutting down and improves your self worth. It is

excellent made into a gem essence and sipped three times a day for a month (add one-third brandy to the gem essence to preserve it).

### **Angry**

Anger can be a destructive and debilitating emotion. Soothing Agate gently dissolves the kind of bitter anger that eats away inside you. If you choose the Blue Lace variety, you will find that it calms and lifts your thoughts, and has the added benefit of opening your throat chakra so that you can communicate your feelings clearly. Keep a piece with you at all times and hold it whenever anger threatens to overwhelm you.

### **Jealous**

Peridot is an extremely helpful for anyone with a jealous nature as it alleviates jealousy, resentment, spitefulness and anger, and reduces stress. It enhances confidence and assists in looking back to the past to find the gift in your experiences, and shows how to forgive yourself. A clear emerald green, Peridot is often set as rings, or pendants and can be worn daily.

### **Tired**

Ametrine gets to the bottom of things! It's powerful cleansing properties disperse negativity from the aura and toxins from the body. An exceptional blood cleanser and energiser, it regenerates the physical body and strengthens the immune system, it is particularly useful for chronic fatigue syndrome and M.E. For maximum effect, place over your thymus (just above the heart) for twenty minutes night and morning, or make into a gem elixir which can be sipped frequently.

### **Stressed**

Crystals make wonderful palm stones to be held whenever you are stressed. Fluorite is particularly effective as it not only relieves mental stress and helps you to think more clearly, but it also protects against computer and other electro-magnetic sources of stress – leave yours on the computer when you need both hands for your work and you will see an immediate difference in how you cope.

### **Uninspired/Unmotivated**

If you feel uninspired try wearing a sunny Topaz. It sheds golden light on your purpose and inspires limitless possibilities, your motivation gets a kick-start whenever this powerful crystal is near.

**Impoverished/Poor**

Abundance is a state of mind. It connects you to a constant flow of nourishment, support and creativity. Place an abundant Citrine in the wealth corner of your home (furthest rear left hand corner). A geode is splendid but if you can only afford a single point, it will still draw wealth to you in all its forms.

**Pessimistic/Cynical**

If pessimism is your problem, a glinting, glitzy Sunstone is your answer. Encouraging optimism and enthusiasm, Sunstone switches to a positive take on events. Even the most incorrigible pessimist responds to Sunstone. It is particularly beneficial when worn in the sun as this doubles its effect.