

Crystals for the Crown Chakra

The Crown Chakra is one of seven main energy centers in our body. Located at the top (or crown) of the head, it governs your spiritual progress. Consequently, when you have a desire to learn more about spirituality, destiny, meditation, energy work, opening your Crown Chakra will enhance your experience and open you up to more possibilities than previously thought possible. It broadens your way of thinking and can shift how you view the world and your place in it. Crystals are an excellent tool to use when working with your Crown Chakra. Whether your knowledge about chakras is beginner or advanced, the following crystals can support and guide you in your journey towards spiritual enlightenment.

[Amethyst](#) - This crystal is probably the best known for aiding the Crown Chakra. It not only opens and purifies this chakra, but protects against the influence of negative energies and enhances spiritual awareness.

[Charoite](#) - Charoite has a very gentle energy that is excellent for introducing beginners to spiritual work. It is an excellent crystal to use while sleeping because it releases old energy patterns while integrating higher vibrational energies into your body.

[Clear Quartz](#) - The best all-around crystal, Clear Quartz cleanses your energy body and amplifies all other crystal and healing work you do. Because of its ability to focus and concentrate your thoughts and energies, you can achieve your goals faster with this crystal in your arsenal.

[Howlite](#) - Emotions are an important aspect of working with the Crown Chakra. Changes in temperament and strong emotional outbursts can occur when you open yourself to spiritual energies, but Howlite will ease you through any releases or necessary self-expressions during this process.

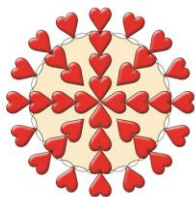
[Lepidolite](#) - Lepidolite is a crystal with gentle vibrations. It does not overtly open the Crown Chakra, but works through the subconscious. It is wonderful for staying calm, dealing with transitions, and astral traveling.

[Rutilated Quartz](#) - The strands inside Rutilated Quartz perfectly represent how this crystal creates channels for spiritual energy to flow through your body. By aligning chakras and balancing the auric field it enables you to access more intuition and spiritual guidance.

[Selenite](#) - Well known for clearing toxic energies from the body, Selenite resonates strongly with the Crown Chakra by clearing away negative energy allowing higher vibrations to permeate through your chakras and aura.

[Sugillite](#) - This crystal is wonderful for integrating intuition and spiritual guidance into your daily life. It not only opens the Third Eye and Crown Chakras, but encourages lucid dreaming so you become more spiritually aware at all times.

- Rachel Niemczyk



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