

# Beginner's Guide to Working with Crystals

## Part 3: Discovering More of the World of Crystals

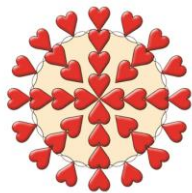
After you've been using crystals for healing, you are now ready to explore a little further into the world of crystals. There are many different shapes of crystals available and you may be wondering if this makes a difference in their energy. First, there are tumbled and shaped crystals, and then there are crystals that are raw and in their natural state. If you're looking to use a crystal's energy for healing, either will work fine. Tumbled stones may be easier to carry or lay on a person, but natural crystals can do the same. Natural or raw crystals can be more fragile than their tumbled counterparts. Different shapes can direct a crystal's energy or modify it slightly. Crystals with points direct energy out from the point to a specific part of the body for healing. This also applies to crystal wands, where the wider end is used for drawing energy out and the narrow end is used for putting energy into a specific spot for healing. Similarly, a pyramid directs energy up through the apex. Crystal spheres emanate energy evenly in all directions. Sacred Geometry shapes represent the building blocks of everything in the Universe as well as the elements (Fire, Earth, Air, Water and Ether/Spirit), and are excellent for meditation and working with the elements.

Now that you have been enjoying all the benefits of crystals personally, you may want to share them with other living things around you. Pets and other animals can benefit greatly from using crystal energy too. [Amethyst](#) water can help with fleas and parasites, [Aquamarine](#) in the fish tank can help your aquatic friends to stay healthy, [Green Aventurine](#) can calm nervous energy, [Moss Agate](#) can help with aggressiveness, and [Pyrite](#) can help reptiles with skin problems. Some crystals, like [Leopardskin Jasper](#) and [Dalmatian Jasper](#), look like the fur coats of the animals they are excellent at healing, dogs and cats. Animals, like children, are often naturally attracted to crystals. If sharing crystals with children or pets, please be careful to avoid any choking hazards and keep them out of reach, if necessary.

When using crystals to heal children, always start with gentle crystals and avoid high energy crystals unless the child is intuitively drawn to them. A good selection to start with is [Amethyst](#), [Rose Quartz](#), [Clear Quartz](#) and [Green Aventurine](#). Try having the child select from a group of crystals and intuitively select the crystals they need for healing, as you would yourself. Children naturally have a strong intuition when they are young. Crystal bracelets and necklaces should only be used in older children and adults to avoid any choking hazards. It is also helpful to place crystals around the house, where the whole family can benefit. You can even use crystals in the garden to help your plants. [Moss Agate](#), [Green Calcite](#), [Tree Agate](#) and [Fluorite](#) will all help your plants to stay healthy and grow strong.

Another way to use crystals is to create a crystal grid. A crystal grid is simple to make and helpful for amplifying your intentions. To create a simple grid, choose a place that it can remain undisturbed. Clear all the crystals first, then place a large crystal, such as a sphere or tower, in the center of the grid. You can also add a picture or other object that corresponds with your purpose. Place several other crystals around the center crystal, directing any points outward. Trace the grid from the center crystal to each other crystal using a wand or your finger, while holding your intention to energize the grid. Periodically, you will need to retrace the grid to recharge it. Follow your intuition when deciding on the crystals and shape of your grid and let your creativity flow. Crystal grids are also beautiful to look at! I hope you enjoy the many different crystals that the Earth has provided and your crystal journey is filled with Love, Light and Crystal Blessings!

- Stephanie  
Arnold



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