

Crystal Grid Basics

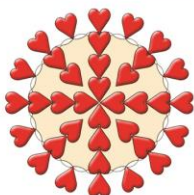
One of the most beautiful and useful ways to use crystal healing energy is the Crystal Grid. Grids are made by combining the energy of more than one crystal (usually in a geometric pattern) and setting an intention for the energy of that grid to be sent to a person, situation or place in need of healing crystal energy.

Start with a center piece - any crystal will do. Towers or clusters are my favorites, but any crystal will work! You can sit that on a flat crystal, or hang another crystal on the center for the simplest grid, or build out in patterns from there. You can really use just about any type of crystals in your grid. Symmetry and balance are traditional, but not required for grids. Think of bicycle spokes coming out from the center in multiples of 3-6 spokes, or even more. Intuition is your guide! Some people like to place grids on existing paper patterns like mandalas; others just let their creative side loose and create their own patterns.

To send energy to a specific place or person, think of the spokes of your grids pointing inward towards the center to fill a space with crystal energy or, to send it out in general, pointing the spokes outward is helpful. Once your grid is assembled, energize it (some people say daily, I say it depends on how the grid feels to you) by using a wand or your hand to draw invisible lines of light that connect the grid crystals to each other. You can repeat your pattern several times in a row to give it a good charge, or go one time slowly and deliberately. Experiment until you find what works for you.

One final thing to remember is that if your grid is going to be in place for an extended period of time, you will need to dismantle it and clean your crystals about once a week and re-set and re-charge the grid to maintain effectiveness. So go ahead - grab some crystals and let your imagination and creativity be your guides as you discover the healing and meditative tool known as the "Crystal Grid".

- Debbie Elaine



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