

Making Simple Crystal Elixirs

Since all crystals contain energy, wouldn't it be great if you could drink in that energy? Well, you can by making your own crystal elixir and drinking in all that wonderful, healing energy. And making your own is quite simple. You don't need a host of expensive supplies. All that is required is your intent, a glass bowl, some water and your desired crystal.

Choosing Crystals

With so many choices, how do you choose the right crystal? Do you need energy? Stress relief? Better sleep? More concentration? A creative spark? There are crystals that can be used to alleviate these symptoms and more.

Caution: crystal elixirs are not meant to replace any medications that you may need to take for medical reasons. There are also crystals that should **not** be used in elixirs, specifically those that contain harmful substances, such as lead, mercury, arsenic or aluminum. Check this list if you're unsure about the crystal you want to use - http://www.healingcrystals.com/Crystal_Cautions_Articles_1009.html.

Some common crystals used in crystal elixirs are as follows:

[Clear Quartz Crystal](#) – An all-purpose healing crystal.

[Rose Quartz](#) – Alleviates emotional problems; increases love and compassion.

[Malachite](#) – Puts physical, spiritual and emotional body in harmony; grounding. **Caution:** Malachite contains copper - it is best to place this crystal on the outside of the container.

[Fluorite](#) – Alleviates bone/joint/tooth pain; aides concentration; anti-viral.

[Amethyst](#) – Relieves mental stress, insomnia.

[Amazonite](#) – Balances metabolism.

[Amber](#) – Alleviates throat problems; antibiotic.

[Bloodstone](#) – Aides in releasing emotional stagnation; heals blood disorders.

[Citrine](#) – Mental clarity; energizes the body.

[Blue Lace Agate](#) – Soothes and relaxes the body; aides in peaceful sleep.

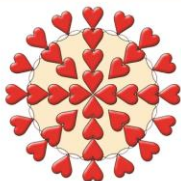
Making the Elixir

Simple Elixir – Place a cleansed crystal in a glass bowl. Fill the bowl with spring, distilled or filtered water. Place the bowl in direct sunlight for at least 2 hours. Note: if using Amethyst, charge by moonlight instead. Remove the crystal and sip the water throughout the day. It will keep in the refrigerator for a few days.

Dosage Elixir – Make elixir as above, but after it's been in the sunlight for a few hours, pour half the water into a dark-colored bottle (preferably with a dropper) and add brandy or vodka to fill the bottle. The alcohol acts as a preservative. The elixir can be added by the dropper to drinks, placed under the tongue (3 drops/twice daily), added to bathwater, placed on chakra points, or placed in a sprayer bottle to spray a room.

So there you have it - simple elixirs to balance mind, body and spirit. Here's to your health!

- Sonia Acone



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"Promoting education and the use of crystals to support healing"

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