

Crystals for Peace, Relaxation and Stress Relief

One of the most popular requests people have when searching for healing crystals is to find ones that can bring peace, relax the mind, ease tension in the body, and soothe the soul. Fortunately, many crystals have vibrations that encourage tranquility and a more relaxed state of mind. This article lists crystals that aid in bringing about a more serene sense of being, followed by tips on how to use the crystals and other tools that can encourage a more peaceful state of mind.

[Abalone](#) – helps soothe nerves

[Amethyst](#) – works well to help release the tight knots at the base of the skull that result in tension headaches

[Aventurine](#) – enhances meditation and finding inner peace

[Blue Lace Agate](#) – aids in releasing tension in the body when feeling “highly strung”

[Blue Calcite](#) – works well to calm a racing heartbeat.

[Blue Chalcedony](#) – vibrations bring peace into the energetic bodies.

[Dumortierite](#) – relieves fears that may be at the root of nervousness

[Imperial Topaz](#) – great for those “butterflies” in your stomach before exams, giving speeches, or when doing anything new and/or unexpected

[Larimar](#) – great for alleviating moodiness or feelings of impending “doom”

[Lepidolite](#) – excellent for difficulty sleeping when thoughts keep going round and round in the head

[Lithium Quartz](#) – aids in the release of stress or anxiety

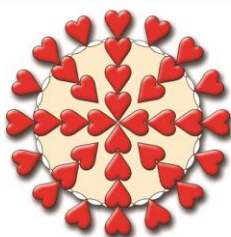
Magnesite – deals/disperses/deflects the energy of irritability that can come with extra sensitivity

[Sugilite](#) – helps release emotional fears that keep us tied up in stressful knots

Wearing crystal jewelry is effective way to receive the energy of these crystals. Carrying the crystals in your pocket, purse, or briefcase allows the energy to flow into your aura when not wearing them as jewelry. Placing these crystals in your car can bring a sense of “well-being” to your commute. At work, taping crystals to the bottom of a chair is another way to let the energy permeate your energy systems without displaying the crystals in public. If this is not possible, taping a picture of one these crystals is also helpful. For a more visible option, try placing them on a bowl on top of your work space. Having a picture of one of the crystals or a group of them as a screen saver also promotes the flow of energy to you throughout the day.

Charging water with crystals and drinking it throughout the day can also bring a more peaceful sense consistently throughout the day. At night, place the crystals under your pillow, mattress or on a nightstand so that the aura has a chance to recharge with crystal vibrations at night. Crystal grids are fantastic ways of sending crystal energy to a specific goal. If you do not have the crystals available to you, cut out pictures of the then place them on the grid. You will still get the energy even though the crystals aren’t physically there.

- Lourdes Lebron



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