

# Beginner's Guide to Working with Crystals

## Part 2: So I Have My Crystals, Now How Do I Use Them?

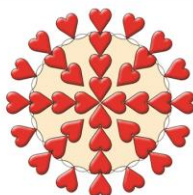
Yea! You have selected your new crystals and they are cleaned, charged and ready to go. Now, what do you do with them? How can they be used for healing? There is a variety of ways to use crystals to improve and heal your life. The easiest way is to have them near you and just bask in their energy. Place them around your workspace and home, wear them as crystal jewelry, or carry them in your pockets. Some crystals work better when placed directly on the skin, enabling their minerals to be absorbed through the skin. Some crystals that work best this way are [Lithium Quartz](#), [Lepidolite](#) and [Moss Agate](#). You can use any combination of crystals and as many as you want, as long as you are comfortable with them. The best way to work with the crystals is to let your intuition guide you.

Another way to use crystals is in combination with the Chakras. Each person has seven major Chakras: Base (Root), Sacral, Solar Plexus, Heart, Throat, Third Eye and Crown. A great way to align the Chakras is by placing particular crystals over the location of each Chakra. Each Chakra is associated with a specific color and basically any crystal in those colors will resonate with that Chakra. The colors are: Base - Red/Brown/ Black; Sacral - Orange; Solar Plexus -Yellow; Heart - Green/ Pink; Throat - Blue; Third Eye - Indigo; and Crown - Purple/Clear. While there are many crystal combinations that will work for this, a basic set could include [Red Jasper](#), [Carnelian](#), [Citrine](#), [Green Aventurine](#), [Sodalite](#), [Lapis Lazuli](#) and [Amethyst](#). There are also pendants, necklaces and bracelets available that incorporate seven Chakra crystals that you can wear all day long to keep balanced and centered.

Many different varieties of crystal wands are now available as crystal healing becomes more popular. Crystal wands can augment acupuncture, reflexology and massage therapy, helping to make them even more effective. The energy from the crystal will assist in removing blockages and energizing areas of the body in need. With crystal wands, the wider end is used for drawing energy out and the narrow end is used for putting energy into a specific spot for healing. The type of crystal the wand is made from will affect the healing process as well.

Another way to use crystals for healing is to make crystal water or an elixir. When crystals are placed in or near water, the water absorbs the crystal energy and becomes a valuable healing tool. To make gem water, place washed/cleared crystals inside a glass pitcher or container and fill it with spring or distilled water and leave for two to twelve hours in the sun or moonlight. The water will stay charged for 24 hours to one week in a tightly sealed container in the fridge, or you can add one part of alcohol, such as vodka or brandy, to ten parts crystal water to preserve it for several months. Cider Vinegar can also be used instead of alcohol. Before using crystals with water, always consult a reference to make sure the crystal is not toxic (we have a list of [Crystal Cautions](#) available on our website). If you'd like to make gem water or elixirs with toxic crystals (or you just want to be careful with all crystals) you can place the crystals just outside the glass container or in a small glass jar before placing them in the water, and the water will still be energized. Drink the energized water at least twice daily, starting with a small dose at first and increase gradually, as some gem water can have intense healing energies.

- Stephanie Arnold



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