

## HOW TO CHOOSE A CRYSTAL?

**The best way to choose a crystal is to pick one that appeals to you right away. It is no coincidence that we feel attracted to certain colors or crystals. These crystals have energies that soothe us and the feeling of attraction that we feel towards a particular crystal is our intuition's way of signaling to us that that this crystal is useful for our healing.**

Different crystals have different properties. Today, we do not have instruments that can measure the subtle energy field of the crystals. The effect of the crystal on any human body depends on the crystal itself and the person.

Even though each crystal is different, crystals can be grouped into broad categories based on their colors and the shared experience of people. For e.g. Amethyst which is purple in colour is associated with the crown chakra. Based on what the person is seeking, Amethyst can help them in many ways. It helps with spiritual growth; can be used for relieving stress and also for body pain.

**The best way to learn about crystals is via our experience and intuition. We can also refer to available information that lists the common properties of crystals.**

## HOW TO CARE FOR A CRYSTAL?

Crystals can be wiped with dry or wet cloth or washed with plain water from time to time. Keep them in an open, clear space, connect/ meditate with them regularly and they will continue to bless you with positive vibrations for a long time.

Crystal trees may be washed under running water, however do take care that the trunk and base do not get soaked in the water.

## WHAT ARE THE USES OF VARIOUS TYPES OF CRYSTALS?

For healing purposes crystals are available in different shapes and sizes. Different shapes and colours evoke different sentiments and moods in our mind. For example, a pink quartz rose may evoke feelings of beauty, a white quartz Ganesha may help us to feel safe, protected or a beautiful blue angel may inspire feelings of peace and calm. In addition, crystals are available in powerful, sacred geometry shapes such as pyramids, wands, balls, Shri Yantra and much more.

The best way to choose a crystal is to pick one that appeals to you the most.

