

HOW TO USE A CRYSTAL?

Crystal jewellery can be worn on the person for 24 hours. If crystals are not in the form of jewellery, one may meditate with crystals so that their energy merges with your energy. It is also recommended to thank the crystal and give it an affirmation.

In the spiritual healing world, crystals are used as amplifiers or magnifiers. They give power to the energy that we send to our affirmations.

What are Affirmations and how to create Affirmations?

Affirmations are brief, positive statements that one repeats in their mind as a way of channelizing their energies. When working with crystals, repeating affirmations (in your mind or out loud) is a way of giving direction to the energy and also reprogramming our subconscious mind.

The best affirmations are short, clear and direct statements that are framed positively. It is recommended to use a particular affirmation for a period of at least 21 days in a row to see its effect.

Examples of Affirmations

I am becoming more and more confident every day.

I am focusing on my studies and getting x% marks in my exams.

I am concentrating on my work and finishing my project successfully.

I am overcoming my health issues and living my life fully.

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Steps

1. Hold the crystal in your hand. Be quiet in the mind and body.
2. Offer thanks in a simple way – “I thank myself and I thank this crystal”
3. Say your affirmation clearly (out loud or in your mind). E.g. - This crystal is helping me to become more positive/ healthy/ stable/... everyday.
4. For a few seconds, imagine the aura of the crystal expanding and engulfing you completely.
5. With a slight smile on your face, imagine your intention getting fulfilled.
6. Relax.
7. Holding the crystal in your hand, you may meditate for a period of 5 – 20 minutes.