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Crystal Basics

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When one first gets into crystals, the sheer amount of information to explore can start to feel like an endless cave. One moment you are asking yourself what a certain stone is called and three hours of internet searches later, you are asking what crystal gridding is and why you should do it.

Needless to say, all these questions can be intimidating. This is counterintuitive with crystal energy, because it is all about simplicity.

When you connect with a crystal, you are connecting with the energy of the earth. You are experiencing the rush and the calm of nature. Everything that we do with our crystals should be about exploring what this simple connection means to us in the moment.

For over 20 years, I have travelled around the world trying to consume every morsel of information about crystals and spiritual healing. Whether I was sweating out my emotional demons in a temazcal (a pre-Hispanic spiritual purification ceremony like a sweat lodge) or trying to embrace silence at a Transcendental Meditation retreat, the teachings I have learned along the way have always been variations of the same lesson: stop overthinking and trust your intuition. Crystals are the best teachers when it comes to this.

From the moment you select your crystal, you are learning to tap into and trust your intuition. That is why I say crystals are simple. As much as you know about them and what healing properties each specific stone can bring you in tune with, in the end, it all comes down to that basic intuition. Keep that in mind as I go deeper into the different crystal aspects and practices that can help you get in touch with your feelings and intentions.

How Crystals Work

Crystal energy helps us to get in sync with the focus of our own energy and where we want it to be. When we use a crystal to set an intention, we are not expecting that the crystal magically manifest our wish. We are using the energy of that stone to get focused on what we need and to shift our perspective on how to achieve that. Crystals hold the energy of our intentions and are visual reminders of the actions we need to make to become our best selves. All the rituals, grids or practices that we can do with our crystals are done with the intention of getting in touch with our needs through positive healing energy.

Crystal Shapes

While a crystal's healing properties remain the same no matter what shape it is, different shapes will give those connecting with them a unique experience. Here are some of the most common crystal shapes



and the experience you can expect to have with their energy:

- **Sphere:** Crystal spheres emit a gentle energy in every direction, so when you connect with a crystal sphere, you feel grounded and one with the energy around you.
- **Point:** A crystal point provides a more concentrated energy that helps you to amplify your intentions. By directing the point away from your body during meditation, you can send the energy of your intention out to the universe. Turning the point inward, toward the body,

Crystal Grids and How to Create Them

Crystal grids are formations that can harmonize the energy of one or more types of stones. These grids often have a central stone from which the surrounding stones radiate outward.

Make Your Own:

Creating a crystal grid is all about using your intuition. Before you select the stones you want to place in your grid, you need to know what energy you want your grid to hold. If you want your grid to hold the energy of love in your space, you would use stones to infuse yourself with compassion and

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helps infuse you with the energy of that stone. With a stone like quartz, that is believed to guide you toward an empowered sense of clarity, a point would help you to bring that energy in where you need it most.

- **Heart:** The shape is all about remembering to keep the energy of your stone close to heart. Working with a crystal heart reminds you of the energy you want to give and receive.
- **Cluster:** Crystal clusters form naturally as many points develop on a single matrix. Not only are clusters stunningly beautiful, they are also extremely powerful. Each point on the matrix shoots focused energy out. You can imagine how much positive energy emits from clusters with dozens or even hundreds of points.
- **Tumbled:** Tumbled stones are great because of their versatility. Their polished exterior and size makes them easy and safe to carry with you, so that you can periodically connect with them throughout the day. This is helpful for those moments when you just need to breathe and get re-centered. They are also great for creating crystal grids. What is a crystal grid you ask? Read more to find out!

confidence, like rose quartz or malachite. But if you are making a crystal grid for protection, you would use stones known for cleansing negative energy, such as black tourmaline or red jasper. I usually like to place a crystal point in the center of my grid, because it helps to unify the different crystal energies surrounding it into a single, focused intention.

Once you have all the crystals you would like to use in your grid, you need to purify them and set your intention. You can purify the energy of the stones by lighting a stick of sage and asking out loud that the spirit of the sage cleanse all unwanted energy from your stones and fill them with the positive power of love and light. Then, use your hand to waft the smoke over each of the stones.

To set your intention for the crystal grid, write it on a piece of paper, say it aloud and place the folded piece of paper beneath the central stone.

Cleansing Your Crystals

Like our personal energy, our crystals' energy can become overburdened. The more we work with our crystals, the more energy they are absorbing. If we neglect to cleanse them, at a certain point, their energy

just becomes dull. You can remedy this by cleansing and recharging them. There are many different techniques to do this, but a few common examples are:

- **Sun or Moon Light:** Place your crystals in the direct light of the sun or moon to let them recharge with solar or lunar power.
- **Soil:** Set your crystals on soil to revitalize them through the soothing power of nature.
- **Sage:** Immerse your crystals in the purifying smoke of sage.

Set Intentions with Crystals

Setting an intention for a crystal is one of the most important aspects of working with crystal energy. You cannot expect to set a crystal in your room and have it spontaneously transform your life. You have to give your crystal a job. Setting your intention for a crystal helps you to get clear about what you want to work on with this crystal. That way, every time you look at it, it can realign you with the goal you are working toward.

It may sound like a complicated process but setting an intention with a crystal is actually very easy! Begin by cleansing your crystal. Then, find a peaceful place where you can reflect and hold the stone in both of your hands. Use a few calming breaths to get in sync with the crystal's energy. State aloud what you want to bring into your life. It is crucial to keep engaging with your stone as many times as needed to stay on track with the energy of your positive changes.

You now have the information you need to start your journey with crystals and you can use them to begin transforming your life. Whenever situations or feelings start to feel overwhelming, work with the simple energy of the earth to calm the mind and rejuvenate your spirit. 🍷



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