



CRYSTAL ENERGY GUIDEBOOK

An easy guidebook to use for anyone who is wanting to
align their Mind, Body & Soul

Nicola Paull



My journey into crystal healing, came to me when I was soul searching a new way to gain clarity and purpose in my life.

I came across a really cute little crystal shop in Winchester, Hampshire, Uk and found myself drawn to the high energy these beautiful rock formations radiate.

I started to find some really helpful information online and reading crystal books, on how to work with them, and how they can help support your mind, body & soul energy field.

Our need for understanding and resolve will be touched on in this free-guidebook, however, if you are interested in the longevity of crystals, I would suggest booking in for a Crystals Masterclass on page 7.

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Recharge and work with your crystals in this 1:1 live session with Nicola



The Introduction to Crystals

It has been said that crystal healing is a type of alternative therapy that involves using gemstones to bring balance to an individual's life and mind.

Crystals are said to have a stable and unchanging energy pattern, each with a unique frequency and energy field, or resonance that gives them special properties.

Crystals amplify and raise energy vibrations, whether this is for you, your space, your home or even your pets.

They can make us more aware of our own energy as well as offering a helping hand to keep us present and in the moment.

Brief History of Crystals

Crystals are minerals formed underground from three-dimensional repeating patterns of atoms. A crystal's appearance depends upon the natural characteristics of its type and the conditions in which it grows. Some take on strange shapes, some are very small and others grow very large, developing over thousands of years.

Different stones have different energetic properties. For example, a Tigers Eye can aid those seeking clarity, while Lapis Lazuli is said to expand our awareness and help us attune to our intuition. Rose Quartz is calming and sometimes referred to as the stone of gentle love.

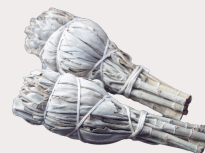
Many of the books available contain lists of crystals and what each one means. These meanings are simply interpretations of the energy each crystal carries. Some may consider a crystal with a fresh, lively, citrus feel to it to give zest and promote optimism, and therefore help to reduce depression.

How to Cleanse your Crystals

The repeating chemical structure of crystals is said to invest them with a kind of memory. This means that crystals have the power to hold energies. You may hold a quartz crystal with the intention of filling it with your love. This is what is meant by programming a crystal, all you need is intention and focus.

The crystal will remember your love, which will then permeate any environment in which the crystal is placed. Crystals can remember negative as well as positive energies and so will sometimes need to be cleansed. For instance, an amethyst will actually help to cleanse a room of negative energies (eg. anger) but this means that the amethyst, which will retain an element of that negative energy, will itself occasionally require cleansing.

White sage is a popular cleansing also called (smudging) It is believed that white sage is able to carry away and clear negative spirits. For the process of smudging to be most effective the user should commit time and focused energy to the process. Over time, people tend to develop their own ritual... Try relaxing and be guided by the absence of thought.



2 Easy Crystal Cleanses



Submerge them in salt water

(Sea water is excellent) for a couple of days, then run them under the tap to clean off the salt.

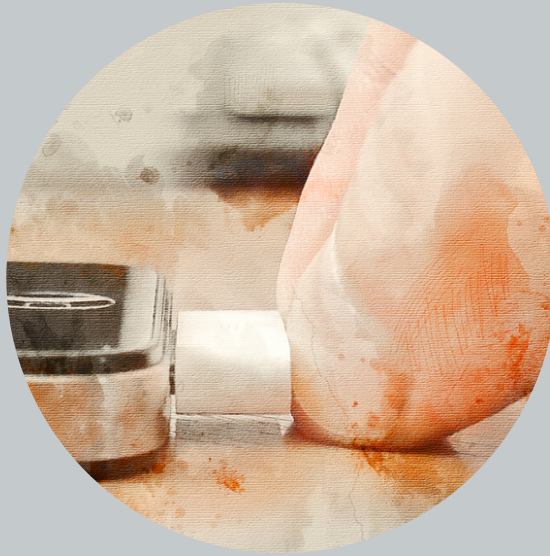
Allow your crystal to dry naturally, try not use a cloth or towel to dry them.



Bask your Crystal in the moonlight

Leaving them outside overnight in normal water to bask in the moonlight.

This method will fully charge your crystals from any toxic energy it might have absorbed.



How to charge your Crystals

Different crystals have different energies and properties, and between them can affect mental, physical, spiritual and emotional aspects of ourselves.

Simply holding the right crystal at the right time can bring about a change in our attitude and well-being. You don't necessarily need to look up the meaning each time you do this.

Over time you may acquire a number of crystals - just take hold of the one you feel drawn to.

There are various methods of healing with crystals, such as placing crystals on and around a person while they are lying down, or using a wand or point to focus love, energy and intent on the other person in a way that relates specifically to their ailment and needs.



Why use rituals when working with crystals?

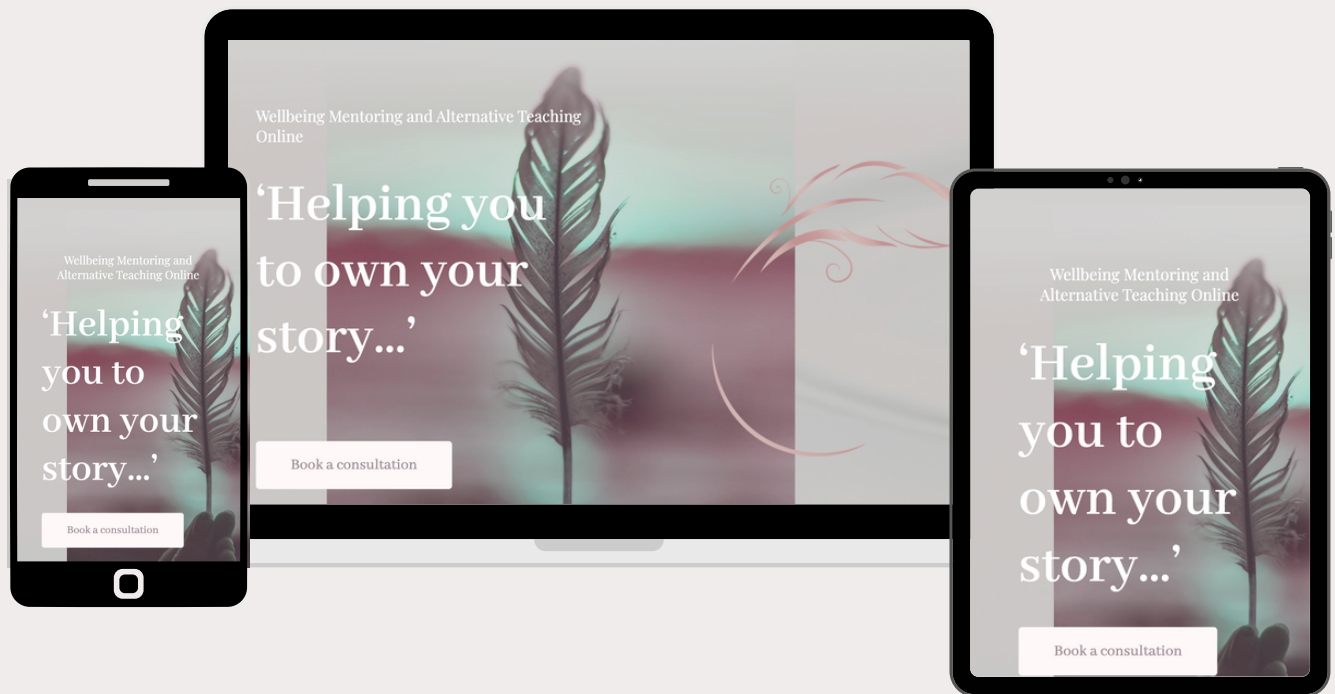
This is where you get to harness the powers of your new crystals.

To set your intention, hold the crystal in your dominant hand.

Clear your mind of any unwanted thoughts. When deciding on an intention, think of the whole journey. For example, instead of setting, “I want to win the lottery”, set one along the lines of “I wish to welcome courage and new financial opportunities into my life”.

Empty your mind and start focusing on the crystal in your hand and the intention you wish to set.

Repeat your intention out loud until you feel connected with your crystal. Listen to your intuition, you will know when to stop.



Take a Masterclass in Crystal Healing.

Original Price £75

Limited time only £37.50

Here's your invitation to the masterclass, where you will learn how to unblock and cleanse your aura and how to protect yourself from negative energy. In this one-to-one online session, we will dedicate 1 hour to going through a cleansing your crystal process. By the end you will understand how to work with your crystal and feel the healing energy it resonates within your aura.

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