



Introduction to Crystals By Emma Hands

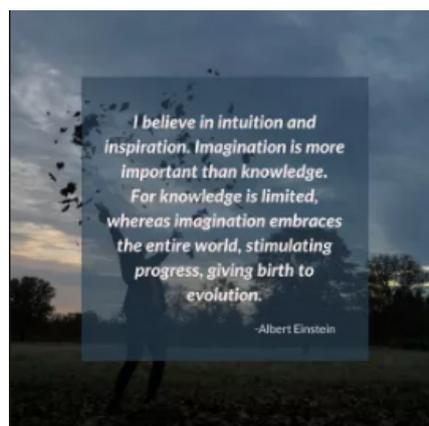
How Crystals Work

Crystals are not only beautiful but reconnect and reinforce our connection with Mother Earth, the Universe and all the Abundance available to us. The larger the piece, the stronger the energies but small is still beautiful too for many types and pieces, especially some of the stronger ones i.e. Shungite, Malachite, Kyanite and Lapis Lazuli. Once you make a conscious effort to open your heart and mind to the healing powers of crystals the journey is wonderful, mysterious and enlightening!

Our ancestors used crystals, not only to wear as jewellery, but as protective talismans and peace offerings. Quartz is one of the most common crystals and makes up approximately **12% of the land surface** and **20% of the Earth's crust**. It is used widely today in technology and computers, electronics and information storage, for watches, oscillators in radios, pressure gauges, the study of optics and so much more.

A simplistic way to explain Crystals to skeptics is, as it is possible for crystals to communicate through computer chips, then it is possible for their vibrational energy be transformed to use, by carrying, wearing and storing them around us. It is important to cleanse them, as we should our homes and ourselves regularly and we can discuss this later in the course.

Crystals have been used for centuries and have a powerful connection to the Earth, to energy and the vibrations contained within, making them ideal for universal healing.

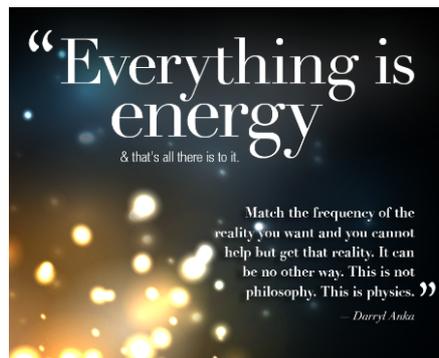


IBM Scientist Marcel Vogel conducted a lot of research about the power of crystals and his is one of the main pieces of scientific evidence still used today. He received 32 patents for his numerous inventions whilst working at IBM for 27 years. He discovered that when watching crystals grow under a microscope, that they took the shape of whatever he was thinking about.

Marcel hypothesized that the vibrations resulted from the constant assembling and disassembling of bonds between molecules. He further tested the metaphysical power of quartz crystal and proved that rocks can store thoughts like how tapes use magnetic energy to record sound. Hence why they can aid with so much, including the removal of negative thoughts, feelings and habits.

Albert Einstein said, just like sound waves, everything in life is made up of vibrations; your thoughts match the vibrations of everything that manifests in your life. Therefore, crystals work stronger for those who truly believe in their healing properties. They still work for skeptics too though!

Everything Is Energy and that's all there is to it. Match the frequency of the reality you want and you cannot help but get that reality – positive, fearless and worry free thoughts work like magic!



The energies of the moon cycles affect our mood, energy levels and ability to concentrate, so it can be a good idea to follow the Moon Calendar. Cleansing and recharging the ones you own during the Full moon, allows them to be reset and energized for you.

Cleansing Crystals

It depends on the make-up of the stones; some like Selenite are too delicate to wash regularly.

Ideas:

- Rinse in Tepid Water with sea salt
- Dry by moon or sunlight
- Visualise a pure white light passing through them
- Place in the Earth for 2 days to cleanse & recharge them

Why do they work & why should we incorporate them into our lives?

As I always say, we have a choice to choose our thoughts, feelings and reactions and the positive vibrations of the stones amplify your thoughts.

We encounter new challenges, adventures and lessons daily and the healing power of crystals aid the removal of negative thoughts, habits and actions and strengthen our connection to Mother Earth, grounding us and restoring balance.

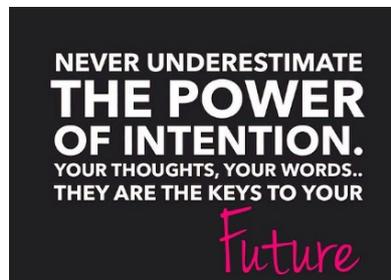
Healing Crystals are an alternative medical technique in which crystals are used to cure ailments and protect against disease. They act as a conduit for healing, allowing positive, healing energy to flow into the body as negative, disease-causing energy flows out.

They are an important reminder to be grateful for all we have, all we are about to achieve, and the wonderful world we live in. Learning to work with, appreciate and benefit from the healing vibes of crystals is a constant learning journey that grows as we do!

Using crystals for meditating and manifesting your intentions is a great way to start and build your knowledge and understanding of how they work for you.

Wearing or carrying gemstones on your person allows you to connect in with their vibrations daily and ward off the negativity presented to us by others and situations we encounter. Having them in your environment, on your bedside table, desk or throughout your home helps to cleanse the energy that you bring home with you, that has built up over time in your space, to aid with sleep, removal of stress, anxiety and so many more emotional reactions to life.

The crystal collection you build up, pick up on your unique vibrational energy and amplify the positive vibrations you give off, as you learn to 'throw out' negative thoughts, habits and learned behaviours.



Using and Setting Intentions

It is a great idea to set and use intentions on waking each day; this then sets the path for you to work towards manifesting and achieving your dreams. A well thought out intention gets instilled into your daily thought patterns, becomes part of your energy and accelerates your growth, healing and overall wellbeing. Our thoughts create vibrations and therefore setting intentions is a powerful tool for aiding our growth journey and all the challenges life brings into our world.

Intentions are like magnets and helps use to remain in the present moment, working with our intuition rather than our ego and negative learned behaviour's. Using them gets us into the practice of setting, planning and achieving our goals, hopes and dreams and living, even more, in the now.

1. Decide your focus for today and what matters most to you, because only then will you achieve true fulfillment and live in your life purpose.
2. Explore the areas where you would like an 'upgrade' in your life. This can also be around your to-do list for the week / month / year. Anything, no matter how small or large should be your intention and all topics, home life, career, spiritual growth, your healing journey, your business, everything!
3. Be Specific and clear about what YOU want.
4. Manifest your intentions, write them down and always in the present tense, as this is the best creative visualisation so they happen now.
5. A further tip is to include your result... your biggest goals as often as you feel drawn to.

Setting your intention / programming your crystals effectively gives them a job and a purpose. Telling / guiding them what to do is what they want! When we operate at a lower frequency our intentions can be ignored, our crystals help us to remember our goals and amazing potential.

Cleanse your crystals, clear them of previous energies, immerse them in the smoke of sage, Frankincense or incense, charge them by sun or moon light or bury them in the garden. You can charge smaller crystals on larger stones.

Setting intentions to clear your crystals: "I ask the highest universal vibration clear all unwanted energy from these healing stones. Thank you for embarking on this journey with me, today's intention is:... fill in the blanks! Repeat 'thank you' 3 times at the end so that what you are already asking for exists.

How to choose a Crystal

There are many ways to select crystals for yourself and others but the most trusted, and my favourite way, is using your intuition and choosing the one that draws your attention the most. This also applies when buying them for others, you just need to focus your thoughts on the person (or persons) in question and again allow you intuition to guide you. This was something I was told over 25 years ago by a Native Indian guy, when buying my first crystals and I have applied it ever since and it truly works!

What we think we need is not what can be the underlying issue that we need to deal with. The Crystal that calls us is always the one we need **at that time**, even if we don't yet know it! Many say, 'the crystal calls you!' instead of the other way around. You can be drawn by the colour and shape; each crystal has its own unique vibrational energy.

Important Crystals that we should all have in our lives include:

Lemurian Seed Crystal is a master crystal that holds a special vibration bringing higher levels of consciousness and spiritual awakening. Strong feminine energy. Aids

communicating with spirit guides & guardian angels. Personal talisman for money, wealth, healing ailments, increasing self-belief plus unconditional love and strength.

Gold Sheen Obsidian is a powerful stone that creates a protective shield that deflects negativity and repels attempts by others to assert power over us. Excellent for helping you uncover our unique skills & hidden talents & to clear blockages that are preventing your spiritual and personal growth. Aids you in reclaiming our personal power & working on a higher level with the Universe for the highest good of all beings

Black Tourmaline is excellent for repelling & protecting against negativity. Aids intellectual acuity, emotional stability, understanding yourself & increasing physical vitality. It also deflects radiation energy. Health: Releases tension, good for spinal issues & helps treat paranoia, overcome dyslexia & improves hand-eye coordination.

Labradorite strengthens our faith in the universe and in ourselves, calms our overactive minds and energises the imagination, so we can discover new ideas. It is perfect for spiritual growth! Health aspects: Helps to treat eye and brain issues, lifts stress and balances hormones, so is good for menstrual tension. It lowers blood pressure and regulating metabolism and digestion. It is known as the **Magical Stone**, a gorgeous crystal to encourage intuition, the removal of negativity & banishes insecurities. A stone to aid the owner to get on and do it!

Malachite is an extremely powerful metaphysical stone of balance, abundance, manifestation and intention. Aids shyness, absorbs energy & activates the Chakras, a stone of transformation, protection and guarding against radiation of all kinds. Great for travel, helps with jet lag. Health: Asthma; Big 'C', healing after surgery, immune system, headaches & joints.

Eudialyte for emotional healing to help you discover your life path & let go of situations when relationships need to change / come to an end. A peaceful, supportive stone that helps you to create a purposeful, fulfilling life & release pessimistic feelings that can cause depression & stress plus increases self-love & acceptance.

White Selenite is a powerful stone of intuition and psychic awareness, associated with and named after, the moon, as it comes from the Greek word, Selene, meaning moon. It brings mental clarity, energies of the unconscious, subconscious, our instinct and emotional well being. It is also a wonderful Angel stone of truth and is great for contacting and communicating with our angels for guidance. It removes energy blocks, from both physical bodies and etheric bodies and from other crystals and stones. It is therefore excellent for clearing and charging other stones and enhancing their properties. One of my favourites for sure!!

Petrified Wood ('wood' turned into stone over a long-time period!)

This one calms our nerves and fears and is extremely grounding and protective. I love using it for meditation, as it helps distinguish between what is important and what is not!! Allowing us to stop worrying about the 'small stuff'. Health: It restores physical energy, strengthens the bones and relieves hip and back pain.

Rose Quartz is the stone of love and one of the most popular and widely used. It is calming, promotes unconditional love and encourages self-love and positive

affirmations. Rose Quartz also helps with unexpressed emotions and as a comfort for grief and loss. It balances the heart, throat, brow and crown chakras. It helps with vertigo, releases stress, heals kidneys and adrenals, aids fertility and chest and lungs. Varieties of Quartz include, Clear, Smoky, Rose and, also, Blue Chalcedony, Amethyst, Citrine and Agate are types of quartz.

Amethyst is a powerful and protective stone that enhances creativity & passion. A natural stress reliever encourages inner strength & developing intuition & psychic abilities. Excellent for meditation and emanating calming energies into your bedroom, home or office, hence why people place the cathedral shapes by the entrances. Aids: Blood circulation, regulation of sleep patterns, cell regeneration, mood fluctuations & promotes calm.



Citrine is known as the crystal of success and personal power and aids in the attraction of abundance, it is recommended that you place some with your Ganesha in your wealth corner. It is great for clearing the solar plexus and root and crown chakras and is an aura protector. It changes negative energy into positive, releasing negative traits and any fears of responsibility. Citrine also elevates self-esteem and confidence and attracts prosperity.

Cleansing Your Drinking Water with Crystals

Water is such an important component in our daily lives for cognitive and physical wellbeing, I am very grateful it is something we can easily access here in the UK. Our bodies consist of 50-75% water & the total amount varies dependent on age, gender & overall health. Babies & young children have the highest percentages & lean tissue has more water content than fatty tissue. We all need plenty of water to function at our optimum level and it is 'like taking a shower on the inside of your body'.

You wouldn't go all day without washing so apply the same principle to your insides. When we are thirsty (sometimes we do not realise just how much!) it can affect our mental performance and physical coordination so please do keep hydrated. Adding crystals re-energises your drinking water & placing them in a pitcher that you top up throughout the day is one of the easiest methods or purchasing one of the Crystal Water Bottles (sold by Handserenity & many others). They provide a higher level of vitality and the different healing qualities of the stones have their own effect on the body. The effectiveness is intensified by selecting crystals for working on the areas of your life you are looking to improve, alter &/or strengthen.

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One method is to add the crystals to a glass, pour over the water and drink, if you can wait 20 minutes even better. I recommend, where possible, preparing the jug of water the night before, add in the crystals, cover and place in the fridge for greater healing strength (It is preferable to always use glassware).

Here are a few examples of the healing properties of crystals for drinking water, to give you an energy boost, relieve stress & so many more healing qualities. As always pick the ones you are most drawn to, I work most often with 3 - 5 varieties at a time.

Fluorite is excellent for advancement of the mind, greater concentration & meditation. It cleanses & purifies the body, improves organisation & is effective against computer & electromagnetic stress. Healing suppressed feelings & increasing self-confidence. Health: Teeth & bones, improves absorption of nutrients & the healing of bone ailments.

Aventurine is a stone for Good Luck & Prosperity. It promotes compassion, positivity & perseverance. Removes suppressed fear & negativity & defuses negative situations. Protects against environmental pollution. Health: Thymus gland, connective tissue & nervous & muscular systems, balances blood pressure & stimulates metabolism, an anti-inflammatory that helps with skin problems, allergies & migraine headaches.

Rose Quartz is the stone of the heart, of unconditional love & emotional healing. Perfect for removing fears and resentments and for calming trauma and grief. It encourages trust & harmony in relationships, self-forgiveness & self-trust. Health: For the heart & circulatory system, kidneys, adrenals & alleviating vertigo. It releases impurities from body fluids & aids chest & lung problems & increase fertility.

Sodalite excellent for the mind as it eliminates confusion & encourages objectivity, truth & communication. Soothes panic attacks & releases fears, phobias & guilt. Health: For the Throat, larynx & vocal cords plus aids digestive disorders, fevers & lowers blood pressure. It stimulates the pineal gland, aids calcium deficiencies & cleanses the lymphatic system, boosting the immune system.

Amethyst is a powerful and protective stone that enhances creativity & passion. A natural stress reliever encourages inner strength & developing intuition & psychic abilities Aids: Blood circulation, regulation of sleep patterns, cell regeneration, mood fluctuations & promotes calm.

Amazonite is a stone of Courage - for truthful communication, balance and calming tempers & aggression. Excellent for aiding the manifesting dreams, prosperity and speaking your truth. A metaphysical healer it works with the chakras and physical body for true alignment. Health: general health, heart problems, calcium deficiency, pregnancy, nervous system & bones & teeth decay. (Use for indirect method only due to its copper content).

Citrine is highly protective, cleansing and energising crystal. Aids: Immune system, digestion, kidney, heart, liver, diabetes, endocrine & circulatory system & overall health.

Clear Quartz, the Master Healer, stone of power, it is one of the most versatile and common crystals, it protects against negativity, amplifies energy and intention and relieves pain. Health: Immune system brings the body into balance & soothes burns.

There are many more that work well within an Elixir or Crystal Water Bottle. It is key to double check the 'make up' of the stones, as a few have toxic properties so these needed to be added to a bowl surrounding the glass of water (known as the indirect method) rather than directly into the glass. Another great way to benefit from the healing crystals in your life!

Crystals for Electromagnetic Radiation (EMR)

Daily, we are all so over exposed to artificial Electromagnetic Radiation (EMR) and prolonged exposure can interfere with our biological process so we need alternative ways to restore balance within us. Often common ailments, such as fatigue, high blood pressure and insomnia can all become exaggerated by EMR.

Crystals for Protection from electromagnetic smog: Selenite, Amazonite, Sodalite, Hematite, Unakite, Black Tourmaline, Pyrite, Green Aventurine and Smoky Quartz

Working with your Crystals & specific Charkas to aid the clearing of Energy Blockages.

Overview of Chakras & key Crystals to use with them: The word Chakra is derived from the Sanskrit word meaning 'wheel'. Translated literally from Hindu it means 'Wheel of Spinning Energy'. The seven chakras on the body tend to be the ones most people know about & work with them. The other Chakra's become more important, and key points of focus, as our spiritual knowledge & work grows.

It is vital we keep our chakras balanced; they are energy points within us that when in alignment we see improvements in our physical, emotional and spiritual health and wellbeing. It really is as important as going to the gym that is why healing modalities such as reiki need to be practised regularly on each of us. One day booking a monthly treatment session will be as common as a gym membership.

The 12 Chakras are our connection to the Universe; each of use is grounded to the earth and linked to the universe. They allow us to draw from the powerful energies outside of our bodies and to open up our human experience and our inner truth. Everyone has their own understanding of the chakras so don't be concerned if you read different interpretations, form your own opinions based on your guidance and learning.

Divine Gateway | Stellar Chakra - 12th - Shimmering Gold
Crystals: Celestite, Selenite, and Kunzite

The twelfth chakra allows us to increase and stretch beyond our 'common' sphere of understanding into *universal unity*. It aids mastering the souls purpose, along with the other chakras.

Galactic Chakra - 11th - Pink Orange

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Crystals: Watermelon Tourmaline

Known as the mind-over-matter chakra as it emphasises the mind as a powerful tool to shape matter. It is used by Shamans to produce magic and to influence the physical with supernatural powers.

Solar I Casual Chakra - 10th - Pearlescent / White

Crystals: Kyanite

For our physical wellbeing and connects us to the grounding earth energies and our environment and nature (with the Earth & Root Chakras). Associated with masculine energy and governs your ability to live your dreams, helps us to focus to remove blockages and live our true-life purpose.

Spirit I Soul I Lunar Chakra - 9th - Blue Green

Crystals: Selenite

Approximately one inch above the Crown Chakra, access to your soul's purpose, your Akashic records (another blog entirely!) useful for Shamanic healing and communication with our spirit guides. It works closely with the 9th Chakra to allow us to connect to our higher selves and widen our joy of experiencing life in our physical bodies.

Seat of the Soul - It is our connection to spirit (with the 8th chakra) for activating your spiritual skills & infinite energy and spiritual compassion. It is used for 'letting go' as we release old attitudes, to stop anything that is holding us back. Connecting and working with this chakra brings about momentous changes in our way of thinking and living.

Earth Star Chakra – 8th Core of the Earth – Brown

Crystals: Obsidian, Petrified Wood, Clear Quartz, Merkaba Stars, Hematite.

This is your personal link to the earth's life force energy and keeps us grounded. It is where infinite divine light flows up from the earth through the Earth Star Chakra into your root chakra then up throughout the chakras. Located approx. 3 feet below into the earth, at your feet.

Crown Chakra – I KNOW - 7th - Violet – Sahasrara

Crystals: Amethyst, Clear Quartz, Selenite, Tiger's Eye, Smoky Quartz & those white / clear / lavender and gold in colour

Spirituality - found at the top of the head this chakra represents enlightenment, intuition and spirituality.

Third Eye Chakra – I SEE - 6th - Indigo – Ajna

Crystal – Lapis Lazuli, Lepidolite, Fluorite, Sodalite

Intuition - middle of the forehead, between the eyes and aids our psychic perception, ESP and telepathy.

Throat Chakra – I SPEAK - 5th - Blue – Vishudda

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Crystal – Sodalite, Lapis, Blue Calcite, Blue Kyanite, Blue Chalcedony, Apatite and those blue-green and light blue.

Communication - located in the neck this represents creativity, represents communication, self-expression and emotions,

Heart Chakra – I LOVE - 4th - Green – Anahata

Crystals – Aventurine, Malachite, Rhodonite, Rhodochrosite, Rose Quartz, Emerald

Love Chakra, in the middle of the chest, represents Spiritual growth, compassion, devotion, love and emotions.

Solar Plexus – I CAN 3rd - Yellow – Manipura

Crystal – Yellow stones such as Amber, Citrine, Tiger's Eye, Yellow Jasper & Calcite

This is where our **Power** lies, the upper abdomen (stomach) where food is assimilated, turned into energy and distributed throughout the body.

Sacral Chakra – I FEEL - 2nd - Orange - Swadhisthana - (or Polarity Chakra)

Crystals: Carnelian, Moonstone, Shiva Lingam & Orange/Yellow in colour Crystals

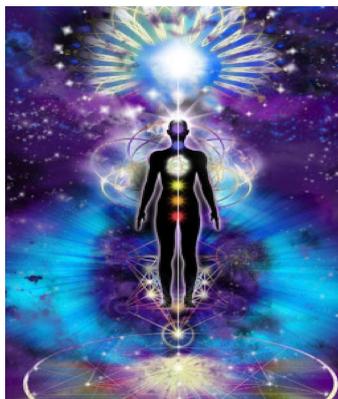
Located just above the naval, this is known as the chakra for Survival and represents our perceptions, first impressions of people and sexual energy.

Root (Base) Chakra – I HAVE - 1st - Red – Muladhara

Crystals: Bloodstone, Black Tourmaline, Agate, Hematite & Red Calcite, Garnet & Jasper etc.

Our Survival Centre found at the base of the spine and associated with life, birth, creation and physical vitality.

I am constantly learning and discovering about the chakras and some people have varying opinions especially with the purpose of the 8th & 9th chakras. It is always best to go with your own instinct and intuition, as you are guided too.



Crystals for Safety, Peace & to Achieve Our Desires

Crystals You Can Use to Enhance Safety and Peace

Amethyst
Amber
Black Kyanite
Black Tourmaline
Black Onyx
Brown Calcite
Bytownite
Carnelian
Charoite
Cobaltoan Calcite
Diamond
Emerald
Fire Agate
Hematite
Kiwi Aura Quartz
Kunzite
Labradorite
Lapis Lazuli
Obsidian
Opal Aura Quartz
Peridot
Quartz
Rose Elestial Quartz
Spirit Quartz Scheelite
Tiger's Eye
Turquoise
Yellow Jasper

Here is a list of crystals to NOT to use water or salt with but charge in the Moon or Sunlight

Any raw, uncut rough stone
Amber
Angelite
Azurite
Calcite (all)
Fire Opal
Imperial Topaz
Kyanite
Kunzite
Malachite (never used with salt), always use in polished form
Moonstone
Opal
Red Coral
Selenite
Citrine, Kyanite, and Azeztulite are self-cleaning.

These groups of crystals are known for their ability to help you achieve your desires: Agate, Amethyst, Apatite, Aquamarine, Calcite, Chalcedony, Cinnabar, Citrine, Emerald, Hematite, Ice, Jasper Magnesite, Quartz, Rhodochrosite, Tourmaline





What is a Crystal Grid?

Crystal Grids are a powerful energy tool used for manifesting our goals, desires, dreams and intentions. It is an arrangement of crystals on a geometric shape with a set goal in mind, as it focuses the Universal Life Force Energy. The power of the crystals in a geometric pattern with your set intention see results manifested much faster!

Building Crystal Grids for specific manifestations and goals and placing them in key positions in your home & office can be extremely beneficial.

Grid ideas:

Love & Romantic Growth: Set intention, Rose Quartz

Forgiveness –stones for letting go & moving forwards

- Blue Lace Agate
- Citrine
- Smoky Quartz
- Rhodonite
- Carnelian for motivation, promoting joy & creativity
- Chalcedony Blue for nurturing, stabilising & removing sadness & self-doubt.

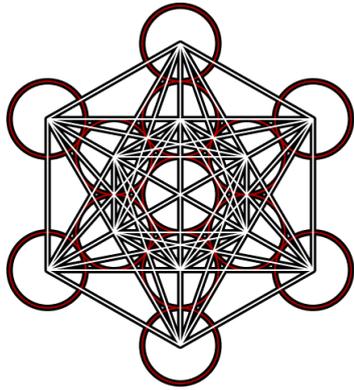
Abundance & Prosperity

Place in your wealth corner, which is identified by standing with your back to the front main door of your home and working out the furthest left corner.

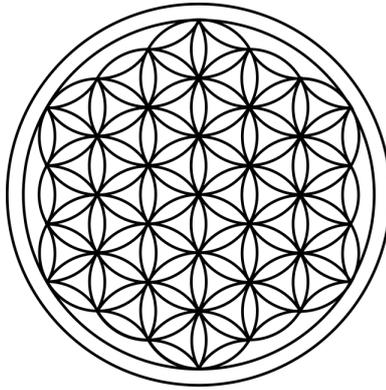
- Centre Piece: Clear Quartz
- Pyrite – Money Stone for grounding, growth & personal power, strengthens positivity, willpower & conquering bad habits.
- Citrine – brings prosperity to business owners & aids in the manifestation of prosperity for everyone.
- Aventurine &/or Tiger's Eye for good luck

A selection of Geometric Symbols to use with your Grids:

Metatron's Cube – 13 Points



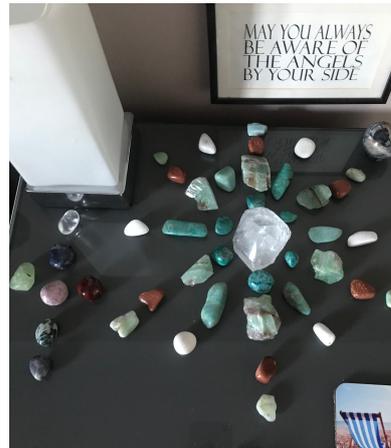
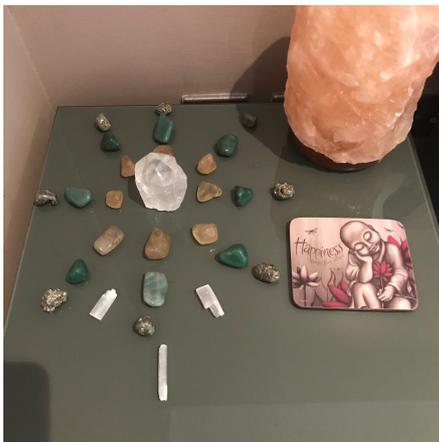
Flower of Life



Seven Chakras



It is a good idea to place grids within your home: A sample Grid for your Wealth Corner & a Bedside Grid, made up of what I am most drawn to now.



Grids can be built anywhere you want to amplify your connection with Crystals. It is good to have some symmetry & multiple stones of the same kind, but this is not essential. It is always what YOU are most drawn to because we are all unique!



Activating Your Crystal Grid:

To activate and enhance the energy of the grid, it is good idea to use a Crystal wand or point to bring the energies of the crystals together and ignite your intention. It is most effective if you visualise the universal energy (white light) connecting each of the stones. Re-do this whenever you re-design or cleanse or move the grid, to re-ignite the intentions set for each one.

- Direct your wand or point over the central crystal.
- Set your intention to link the energy of the stones within the grid so that they work cohesively. You can write an intention and place it under the central stone.
- Work from the centre & draw a line to the stones on the outer edge of the grid
- Move clockwise, drawing a line to each stone, out to the ones on the edge and then back into the centre.
- Continue clockwise over each 'line' of stones then back to the centre
- Lastly, take the point or wand and aim it at the central stone to further ignite the energy and repeat your intention
- Crystals are amazing and combining them with intentions sees amazing results
- Keep a note of positive changes that occur to track your progress & alter the grid as and when you are drawn to.

An explanation of the purpose and healing qualities of the fifteen Archangels, and the Crystals best suit to be used when working with them.

Ariel is a healing angel who works closely with Archangel Raphael. She is known as an environmentalist and can help you if you feel called to work with the earth's ecosystem, our oceans and animals. Whenever you are out in nature or working with it, then call on Ariel for comfort and safety. Archangel Ariel also helps wild or domesticated mammals, birds and fish to heal. **Rose Quartz**, one of my most favourite crystals, is ideal to work with when connecting with Ariel. This is a stone of the heart, of unconditional love and is great for healing, comfort and dissolving wounds, fears and resentments.

Archangel Azrael is known as the grief counsellor, so he can help at times of people passing over, loss and 'heartbreak'. He is also great for the development of counselling skills, often unhealed grief morphs into emotional and relationship problems and psychological issues so he can assist you. The crystal to use is **Yellow Calcite**, which stimulates intellect and energy levels and increases our own self-worth and personal power. It is also a wonderful stone for meditation.

Archangel Chamuel (Sacral Chakra) helps with universal peace by assisting people to find inner peace, even in stressful times by helping them discover what they want. He is very humble and great for locating lost items and problem solving. Call on Chamuel to assist with decision-making around career, love, moving home and the right relationship. **Fluorite** is the recommended stone, a stone of wisdom for clear thought and concentration that is highly protective and stabilising. This crystal increases intuitive insights and heightens mental abilities.

Archangel Gabriel (Third Eye) works mainly with feminine situations such as conception, pregnancy, birth and adoption. She also helps anyone called to work with children and those working in the roles of teachers, writers, artists, actors and counsellors. Gabriel motivates our creativity, communication skills and to clear any childhood issues. The 2 recommended stones are: **Copper** used for connecting to the earth, for balance, communication and synchronicity. **Citrine** is highly protective and warms, cleanses and energises our homes, our work areas and us.

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This crystal is great for removing negative energy and strengthening self-discipline and willpower. It is also good to place some Citrine in your 'wealth corner' to attract abundance.

Archangel Haniel helps us develop our intuition and clairvoyance and is a supportive guide. She is particularly useful for women's issue, hormones and the menstrual cycle but assists men with sexual awakening and trusting inner guidance as well, as they have feminine energy too. Use **Moonstone** for balancing, helps prevent emotional over-reaction and provides guidance, so is perfect for helping with hormonal balance.

Jeremiel is a mentor and teacher who can assist at times of life review, to adjust your plans to best serve you and to ensure you live the life of your dreams. He helps us to see everything is happening exactly as it should and to see others and ourselves with eyes of love. **Amethyst** is the crystal, a powerful and protective stone that works well in so many areas of life. It is used to recover from physical addictions, hence why it is known as the stone of sobriety, as well as addictive relationships. A natural stress reliever, Amethyst encourages and supports inner strength and helps with developing intuition and psychic abilities.

Archangel Jophiel helps you hold more positive viewpoints about your life, relationships, and circumstances. Her mission is to bring beauty to all areas of our lives and is great for de-cluttering and so creating calm and relaxing environments. The crystal is **Rubellite**, also called **Deep Pink Tourmaline** and is a reminder we must all love ourselves, to then truly love another. Use it to attract friendship, for balancing extremes and increasing empathy.

Metatron is a teacher of esoteric knowledge and has a special interest in highly sensitive young people who are misunderstood for their spiritual gifts. He can help children and parents to adjust in society when dealing with these unusual gifts. **Watermelon Tourmaline** is excellent for balancing the hemispheres of the brain, clearing away blockages, and transmuting negative energies. Tourmalines work well with all the Chakras, and promote compassion, empathy, sympathy, and self-confidence. This is a great one for children to carry with / on them.

Archangel Michael (Throat Chakra) is the most well-known of the archangels and is a favourite of mine. His primary role is to help us remove fear and the damaging ego thoughts. He protects us physically, emotionally and spiritually and can help with discovering our life purpose. A great exercise to do is call on Michael to 'cut the cords' for releasing old, negative energies - initially for past experiences; when you are working on forgiving others and regularly for energy clearing. This something we should be do regularly i.e. at least once a month! **Sugilite** helps perfect spiritual love and open the heart chakra to unconditional love. It reduces feelings of hostility, anger, jealousy and prejudice and gives a real sense of freedom. It can help manifest one's natural gifts and protect against harsh realities.

Raquel asks that we look past the problem and see it resolved. He will help to heal disagreements or misunderstandings and bring harmony to these situations, even those you have with yourself! He is brilliant for attracting new friends who treat you well and with respect. **Aquamarine** qualities are for calming nerves, enhancing clarity and self-expression, for inspiration, peace and love.

Raphael (Heart Chakra) is known as the 'angel of healing' or 'medicine doctor' (although they all help us to heal). We should ask for his help and then he can work to reduce or eliminate pain stemming from short-term and chronic conditions. He is also good for times of travel, for safety and protection when going on a journey. **Emerald** is an emotional balancer that releases inner fears and enhances dreams and tranquillity. It is therefore perfect for mediation and for healing rooms. **Malachite** strengthens and balances, helping to clear subconscious blocks and for tissue regeneration.

Raziel assists with clairvoyance, for manifestation and turning knowledge into practical wisdom. He is also great for helping with past traumas, especially if they are preventing you living the life of your dreams. The crystal is **Clear Quartz**; it is one of the most versatile and common crystals, known as the stone of power and amplifies energy and intention. It protects against negativity and relieves pain.

Sandalphon (Root Chakra) heals through music and has assisted many musicians with musical help. He is also known as the protector of unborn children and can help determine the gender of a child before birth. **Turquoise's** main properties are communication, peace and friendship to balance mood fluctuations and help with inner peace.

Uriel (Solar Plexus) illuminates our mind with epiphanies, intellectual learning, practical solutions and creative insight. He is the archangel to call upon when you are looking for solutions, when writing, in meetings or taking exams. Listen to the answers that come to you, he will also help with painful burdens and memories you are looking to heal. **Amber** is for calming, grounding and protecting, a stone of fidelity and love in marriage, also, great for patience and healing.

Zadkiel (Crown Chakra) is the Archangel for clarity, new ideas, memory and emotional healing. He is a healer of the mind, inspires forgiveness and compassion and taking responsibility for our own happiness. Zadkiel helps with spiritual learning and teaching and transforming negative vibrations into positive vibrations. **Lapis Lazuli** is the universal symbol of wisdom and truth and is a combination of Lazurite, Calcite and Pyrite. It is the royalty stone that aids with writing, meditation and a crystal for protection.

