

LESSON 2.3

AMPLIFYING ENERGY THROUGH CRYSTALS

CHOOSING CRYSTALS FOR OUR SPACE

There are so many types of crystals out there, and once you dive into this world, you can easily get lost in the exploration, different crystals promising different results and different effects.

The number one rule is: Use your intuition.

Put the intention out there that you want to find the right crystal for you. Think about how you want to be feeling in your house. More expansive perhaps? or more grounded? More clear? Be intentional and put the “order” out as a request to the universe. I am sure you will be led to the right one along the way. Perhaps you will even receive one as a gift?

Your assignment for this lesson is to consider the following principles to guide your decision to choose your crystals.

1- Choose either an altar crystal or a pocket crystal

An altar crystal differs from a crystal you carry with you all the time. It will usually be more potent, and larger. You wouldn't want anything that cumbersome or potent on your being all the time as it may be overwhelming. Yet it's nice to carry a crystal around to have a constant reminder of this energy we want to be bringing to the world. So decide which resonates the most. I suggest both, but if your budget allows only 1, choose the altar crystal.

2- Choosing the type of stone

The ancient civilisations very carefully selected the stones they used in the temples. The right ones would be able to magnify and intensify the energy fields they were built on. They usually used stones which contained a lot of quartz as these were richer in magnetite.

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This magnification obviously increased the resonance and capability for numinous effects on our beings and access to wisdom and information.

Therefore, if buying only one crystal, I always suggest getting a clear quartz to magnify the effect of the energy field we are creating in your space.

3- Intention and intensification:

As mentioned above, crystals which have been activated by someone who is advanced in this field are ideal. You may already have a spiritual teacher who activates crystals, so that may just be the right choice.

If you feel you need assistance with this, feel free to ask.

4- Activate it:

You can also activate the crystal yourself with your own intent and a bit of help from mother nature.

Bring your newly acquired crystal to a natural body of water. Hold the crystal in meditation, then bathe it in the water for as long as it feels right.

Take it out and hold it close. Set an intention for it, for how you want it to feel and how you would like it to impact your life.

Some people suggest that if the crystal is faceted, you can set one intention per facet. I like to finish by visualising a connection between the divine light and your crystal, and placing it back into the water, this time blessing it, and wishing for its blessing to reach anyone who would come in contact with this water.

5- The shape.

The two shapes I recommend most for altar crystals are prisms (square based pyramids) and spheres, both bearing different effects.

The pyramid is known to be transformative, it tends to transmute the energy that comes into your home into something that is useful for you.

The sphere has more of a diffusing effect. If you feel you want to ensure the energy spreads evenly around the house, this one is best.

Use your intuition, but if you really can't decide, I suggest the pyramid.

You'll notice that the pyramid is the most popular shape used in ancient temples. This is because their shape was known for amplifying the energy of an already very potent space. In fact, long before any man-made pyramids were created, the pharaohs of ancient Egypt found a manmade pyramid-shaped mound called Dehenet which was overlooking the valley of the kings and queens. It was believed that this mound was the place where people went to access other realms and reach enlightenment. So they began to

build pyramids to this shape, and this custom eventually spread like wildfire to the entire temple-making over spans of thousands of years.

6- Connect and intend

While crystals can anchor the spatial energy of your home if used the right way and with the right intention, the ultimate way to benefit from your crystal is to sit and connect with it on a regular basis. It doesn't have to be a long time, just a few minutes every day will allow you to create that connection and support your growth.

7- Crystals and Chakra alignment

When shopping for crystals, you will often find small rounded inexpensive stones of various colours.

Buy 7 in different colours to creating a set of chakra alignment crystals, 1 for each of the chakras following the below alignment:

1- black: root chakra

2- deep brown or red: sacral chakra

3- yellow: solar plexus

4- green or pink: heart chakra

5- blue: throat chakra

6- purple: third eye

7- clear: crown chakra.

Lie down in meditation and place one of each of these crystals on the appropriate chakra.

Lie in intention and meditation and connect to the energy of each of them. Most people report feeling a soothing flow of energy activating and aligning your energetic body.
