

## Making Friends with Gemstones & Crystals



In the process of creating this module, I looked around my house and noticed that gemstones and seashells are EVERYWHERE. Rocks and shells are such a part of my life I almost forget they are with me. Minerals surround me with helpful energy and teach me so much about life.

My personal experience with the gemstones has been an ongoing lesson in abundance. Just take in their opulent beauty, true splendor from Mother Earth herself. Gems exemplify wealth in the healthiest form. When beautiful gemstones come into my life and I am able to share in the generous healing benefits they provide, I feel so rich.

I know when a gem comes to me, it might not stay with me very long but it makes me feel wealthy nonetheless. Crystals prove to me that we are always blessed with what we need. Energy comes to us in the form of the compressed matter of minerals. We can balance our bodies through the helpful qualities rocks embody and transmit to us.

## Expanding Sacred

Imagine you're at a party. Hundreds of interesting people are there. You want to connect with these individuals, but where do you begin? Pick one or two new rock friends to connect with and they will respond to you. Stones will find you, just like the Plant Spirits. Oh, how fun to make friends on all dimensional levels!



### **Twin Crystal or Soulmate Quartz**

A Twin Crystal has two terminations at the same end that have developed from a single base. You can easily spot a Twin Crystal as opposed to two crystals who are simply attached to each other. Twin Flame (or Soulmate Crystals) are parallel to each other and there is no boundary between the two.

Twin Crystals can bring a soothing, calming energy into your life. Soulmate crystals can help harmonize your emotions if you are experiencing conflict. These stones can also bring unlimited personal power, joy, satisfaction, manifestation and a higher state of consciousness. This is the perfect crystal to use when you are faced with relationship challenges, issues and worries.

This crystal will help you work through your relationship issues so you do not have to go through the same lesson again. The Twin Crystal in the photo was gifted to me by a client at the very time I was dealing with an extremely difficult karmic relationship. This beautiful helper did actually help me “graduate” from the lessons of that relationship and break the cycle of attracting partners with the same issues. What a dear friend and helper this crystal has been to me!

## **Gemstones are alive, aware and responsive**

Crystals have personalities. There are female, male and bisexual crystals. Gemstones have a lifespan and some will grow and reproduce. Crystals can help you see and feel in different ways if you meditate and journey with them. Many people do not understand how to be interactive with a stone because they operate on such a different vibrational density than us. But make no mistake, stones are pure vibration and frequency, just like us.

## **Single Terminated Quartz: The Shaman’s Tool**

A quartz crystal with a single termination on one end will direct an amplified current of energy in the direction of the terminated point. This is why these stones are called “shooter” crystals, generators and amplifiers. They are very strong and have the power to charge someone up who has low energy.

Amplifier crystals can also move the energy in a space. I had a large quartz generator in my home that kept me up at night for many months. When I finally settled down and meditated with it, the crystal made it clear that it wanted to be placed in the waiting room of my spa, to help keep the energy moving and flowing through the reception area. Once that generator crystal was placed in the proper environment, we were all much happier.

Keep this principle in mind and be flexible if you acquire a stone and the energy suddenly does not feel right in your space. Your crystal may just not be placed in the proper setting to do it’s work yet. To give yourself or someone a boost of energy with an amplifier quartz, simply place the terminated point toward the root chakra between the legs at a comfortable distance or underneath your bed or treatment table. Stones with this much power do not need to touch the body. Amplifier quartz can also be placed toward the chakras at the bottoms of the feet or toward the crown.



## Expanding Sacred



Double Terminated Rose Quartz

Rose Quartz, known as the 'love stone', has the unconditional love quality of the Divine Feminine. These crystals make lovely pieces of art and useful healing tools to have throughout your home. The gentle energy of Rose Quartz is used for emotional healing, supporting us to live from our hearts and fill our lives with love.

Place this stone on any area of the body or chakra for an enhancement of love. Intentionally use this stone when focusing on enhancing your love for yourself, your partner, children, community and the entire planet.

Raise the vibration of your space by simply placing this stone in the room. Hold Rose Quartz in your hand and place at your heart when you wish to transmute anger into love. Place rose quartz beside or under your bed for peace and harmony in your relationship. Rose Quartz is used to support fertility and sexual health.

Rose Quartz can also assist with childhood trauma and emotional wounds.. Allow the soothing Goddess energy of this sweet crystal to heal your emotional body and enhance self-love. This stone will absorb your emotions and it needs to be cleared often. Do not use Rose Quartz as a pendulum; it is not a work horse and will need to be taken outside regularly to recharge. This crystal loves to be on the ground in the full moon light. Feminine stones tend to enjoy being charged in the moonlight. Masculine stones traditionally enjoy charging in the sunlight.

Rose Quartz can also be used to grid your house and land. I like to alternate pieces of Obsidian placed next to Rose Quartz for a land/home grid of protection and love. Enjoy the sweetness and loving energy of this beautiful, nurturing stone.