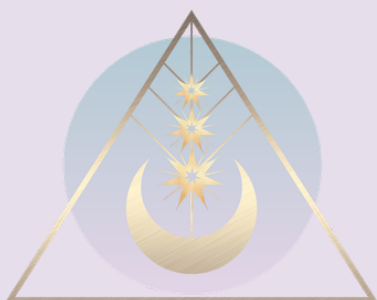


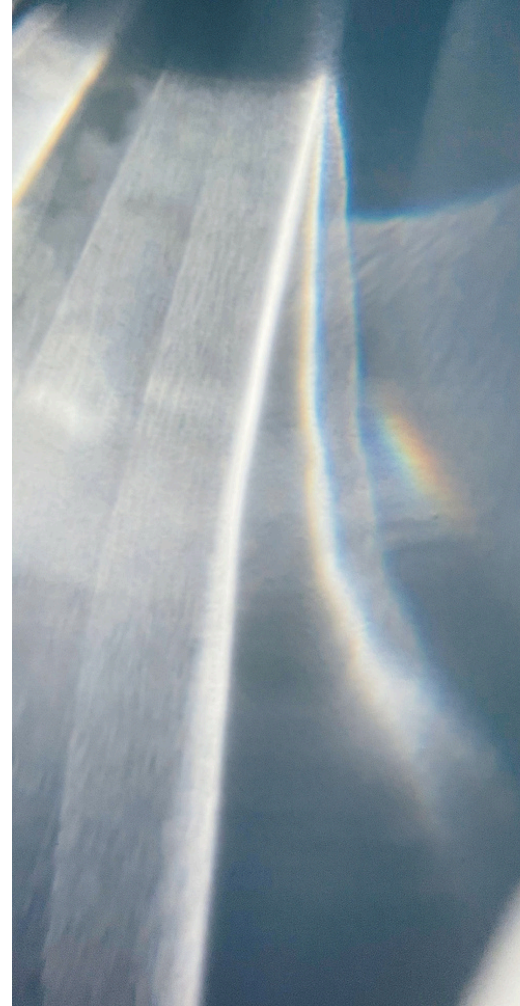
# HEALING CRYSTALS

Workbook & Journal



LEMURIAN<sup>✦</sup>  
MOON TEMPLE

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# INTRODUCTION

Welcome to the enchanting realm of crystals, a world where each stone holds unique energies, medicine and properties that can enhance, heal, and transform your life. This guide is designed to be your companion as you embark on a journey of discovery, connection, and personal growth with these natural wonders.

## What Are Crystals?

Crystals are more than just beautiful objects; they are manifestations of the Earth's inherent magic and wisdom.

Formed over millennia, each crystal type has a unique internal structure, which causes it to resonate at a certain frequency. It is this frequency that can influence our own vibrational energy. From the serene depths of Amethyst to the vibrant heights of Citrine, every crystal has a story, a purpose, and a power.

## The Timeless Practice of Crystal

For centuries, civilizations across the world have turned to crystals for their healing properties and spiritual significance. Ancient Egyptians

adorned themselves with Lapis Lazuli to connect with the divine; Greeks wore Hematite into battle for protection. Today, we continue this tradition by incorporating crystals into our daily lives to promote healing, attract abundance, and provide protection.

## How Do Crystals Work?

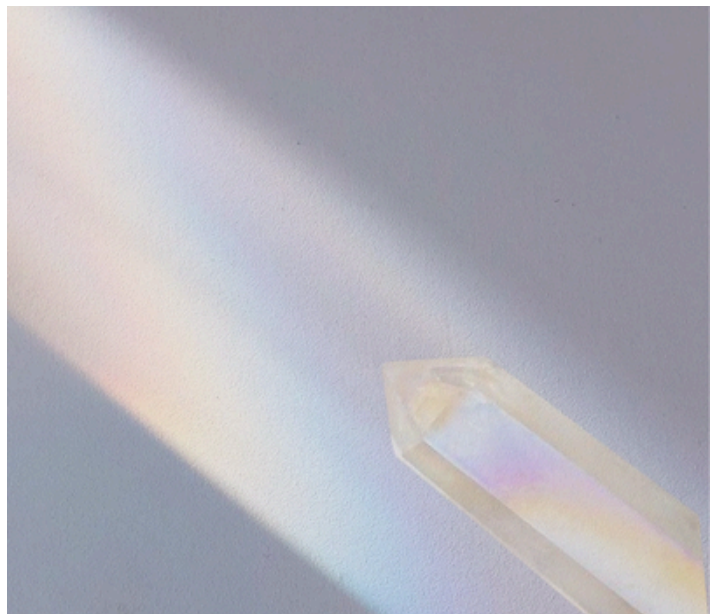
While the scientific community remains skeptical about the healing powers of crystals, practitioners are drawn to their energy and potential.

Many believe that crystals interact with the human energy field, or aura, and can move, absorb, focus, direct, and diffuse energy within the body. Working with crystalline energy involves aligning the crystal's vibration with your own intentions to help manifest your goals, heal your body and spirit, and bring balance to your life.

### **Day-to-Day Magic with Crystals**

Incorporating crystals into your life can be both simple and profound. Here are some common ways to work with these stones:

**Carrying Them:** Keeping a crystal on your person can help you embody its energy throughout the day.



**Meditation:** Holding crystals or placing them around you during meditation can enhance your practice by bringing specific energies into focus.

**Home Decor:** Crystals can be strategically placed in your home to create a protective and positive environment.

**Healing Practices:** Many use crystals during Reiki, massage, and other healing practices to amplify the healing process.

### **Selecting Crystals**

Selecting a crystal is a deeply personal process. While you might be drawn to a stone for its aesthetic appeal, often the crystals you need most will resonate with you on a deeper level. Trust your intuition. Whether you're seeking clarity, protection, love, or healing, there's a crystal for every purpose under the sun.

### **Cleansing and Charging Your Crystals**

Before you begin working with your new crystals, it's important to cleanse and charge them. Cleansing removes any negative energy the crystal has absorbed, while charging enhances its natural properties.

There are many methods for this, including using moonlight, sunlight, water, earth, or even the smoke from plant spirits such as sage or palo santo.

### **From Intention to Manifestation**

One of the most powerful aspects of crystal work is setting intentions. By holding your crystal and focusing on your desired outcome, you're programming its energy to align with your goal. This practice turns your crystal into a talisman of your aspirations, constantly working in the background to help bring your intentions to fruition.



### **The Realm of Crystal Grids**

Crystal grids are fascinating tools in the world of holistic healing and spiritual practices, involving the deliberate arrangement of crystals in geometric patterns to amplify specific intentions. Whether you seek healing, protection, or wish to attract abundance, a crystal grid harnesses the collective energy of stones to focus and enhance these desires. Used in meditation, healing, and as a method to harmonize spaces, crystal grids merge the metaphysical properties of crystals with the powerful symbolism of sacred geometry. This powerful synergy not only aids in manifesting intentions but also deepens one's connection with earth energies, providing a grounding, ritualistic experience that can transform spaces and states of mind. Join us as we explore how these intricate arrangements can unlock profound energetic shifts and benefits.

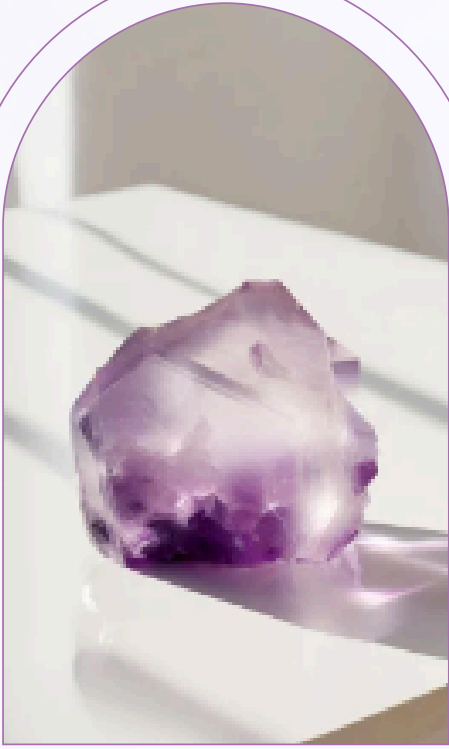
## Embarking on Your Crystal Journey

As you begin this journey, remember that working with crystals is a deeply personal and intuitive process. There are no right or wrong ways to use them. What matters most is your intention, and openness to the possibilities they hold. Your crystal workbook/journal is a sacred space for you to record your experiences, feelings, and the insights you receive from your crystalline companions. It will serve as a guide, a record, and a reflection of your growth and exploration in the world of crystals.

Welcome to your crystal journey, a path of beauty, wisdom, and transformation. May the stones you meet along the way bring you the light, love, and energy you seek.



# AMETHYST



## Characteristics:

- **Color:** Ranges from light lavender to deep purple.
- **Chakra:** Third Eye and Crown, enhancing intuition and spiritual connection.
- **Energy:** Tranquil and calming, yet spiritually protective.

## Healing Topics:

- *Emotional Relief:* Helps in soothing irritability, balancing mood swings, and dispelling anger, fear, and anxiety.
- *Sleep and Meditation:* Promotes tranquility and supports deep, restful sleep. Enhances spiritual awareness and psychic abilities during meditation.
- *Physical Health:* Believed to boost hormone production, cleanse the blood, and relieve pain and stress.

## Ritual:

Before bedtime, hold an amethyst in your hand and visualize its soothing violet light enveloping you, promoting peaceful sleep and spiritual insight.

## Affirmation:

I AM CALM, PEACEFUL, AND  
CONNECTED TO MY HIGHER SELF.

# ONYX



## Characteristics:

- **Color:** Usually black or a deep brown.
- **Chakra:** Root, offering grounding and stability.
- **Energy:** Protective and fortifying, providing strength in challenging situations.

## Healing Topics:

- *Strength and Stamina:* Provides support in difficult or confusing circumstances and during times of enormous mental or physical stress.
- *Centering and Alignment:* Centers your energy and aligns it with a higher power, accessing higher guidance.
- *Past Wounds:* Aids in the healing of old injuries and physical trauma.

## Ritual:

Carry an onyx stone with you during challenging times. Whenever you feel overwhelmed, hold the stone, envisioning it absorbing negativity and grounding you.

## Affirmation:

I AM STRONG, CENTERED, AND PROTECTED IN MY JOURNEY.

# ROSE QUARTZ



## Characteristics:

- Color: Pale pink to rose red.
- Chakra: Heart, opening the heart to all types of love.
- Energy: Soft, nurturing, and comforting.

## Healing Topics:

- *Emotional Healing*: Restores trust and harmony in relationships, encouraging unconditional love.
- *Self-Love*: Promotes self-love, self-forgiveness, and acceptance.
- *Peace and Comfort*: Provides comfort in times of grief and dispels negativity.

## Ritual:

Place a rose quartz crystal over your heart while meditating on thoughts of love and compassion for yourself and others.

## Affirmation:

LOVE SURROUNDS ME AND FLOWS THROUGH  
ME WITH EVERY BEAT OF MY HEART.

# CITRINE



## Characteristics:

- Color: Pale yellow to a brownish orange.
- Chakra: Solar Plexus, enhancing personal power and confidence.
- Energy: Joyful, energizing, and creative.

## Healing Topics:

- *Abundance and Prosperity:* Known as the "merchant's stone," it helps in manifesting wealth and success.
- *Joy and Energy:* Imparts joy and energy, raising self-esteem and self-confidence.
- *Mental Clarity:* Enhances concentration and revitalizes the mind, promoting motivation and creativity.

## Ritual:

Keep a citrine in your wallet or purse to attract financial prosperity. Visualize your financial goals manifesting whenever you see or touch the stone.

## Affirmation:

I AM A MAGNET FOR SUCCESS AND  
ABUNDANCE IN ALL FORMS.

# LAPIS LAZULI



## Characteristics:

- **Color:** Deep, celestial blue with flecks of pyrite.
- **Chakra:** Throat and Third Eye, enhancing expression and insight.
- **Energy:** Royal and insightful, often associated with wisdom and truth.

## Healing Topics:

- *Truth and Wisdom:* Encourages honesty of the spirit and brings about enlightenment.
- *Intellectual Ability:* Enhances intellectual ability, making it a great stone for students and academics.
- *Stress Relief:* Offers peace and relieves stress, bringing deep inner self-knowledge.

## Ritual:

Wear lapis lazuli jewelry when you need to communicate effectively. Before an important conversation, hold the stone and set the intention to express yourself clearly and honestly.

## Affirmation:

I SPEAK MY TRUTH WITH CLARITY AND  
CONFIDENCE.

# OPAL



## Characteristics:

- **Color:** Displays a spectrum of colors, with a base ranging from milky white to black.
- **Chakra:** Varies with color, generally associated with the Crown and higher spiritual chakras.
- **Energy:** Inspiring and creative, enhancing self-worth.

## Healing Topics:

- *Emotional Support:* Enhances self-worth, confidence, and self-esteem.
- *Creativity and Inspiration:* Stimulates originality and creativity.
- *Physical Healing:* Associated with improving disorders of the eyes, skin, and immune system.

## Ritual:

Carry an opal to inspire creativity. Hold the opal, envisioning it sparking new ideas and visions.

## Affirmation:

I EMBRACE MY UNIQUENESS & EXPRESS MY TRUE SELF WITH EASE.

# TOPAZ



## Characteristics:

- **Color:** Comes in various colors, with blue and golden being the most popular.
- **Chakra:** Depends on color, generally linked to the Solar Plexus and Throat.
- **Energy:** Joyful and generous, promoting truth and forgiveness.

## Healing Topics:

- *True Love and Success:* Attracts true love and success in all endeavors.
- *Calming Energies:* Soothes, heals, and aligns the meridians of the body.
- *Communication:* Aids in expressing ideas and articulating thoughts and feelings.

## Ritual:

Meditate with a topaz stone, focusing on thoughts of gratitude and joy.

## Affirmation:

I AM GRATEFUL FOR THE ABUNDANCE AND JOY IN MY LIFE.

# AQUAMARINE



## Characteristics:

- Color: Light blue to blue-green.
- Chakra: Throat.
- Energy: Calming and soothing, like the sea.

## Healing Topics:

- *Soothing Energy*: Calms energies, reduces stress, and quiets the mind.
- *Communication*: Harmonizes surroundings and protects against pollutants.
- *Courage and Clarity*: Invokes tolerance and overcomes judgmentalism.

## Ritual:

Hold an aquamarine while visualizing yourself speaking calmly and confidently.

## Affirmation:

I FLOW WITH THE SOOTHING WAVES OF CALM AND CLARITY.

# JADE



## Characteristics:

- Color: Ranges from pale green to deep olive.
- Chakra: Heart.
- Energy: Nurturing and protective, often associated with luck and prosperity.

## Healing Topics:

- *Purity and Serenity*: Signifies wisdom gathered in tranquility.
- *Harmony and Balance*: Balances the nerves and soothes cardiac rhythm.
- *Prosperity and Health*: Attracts good luck and friendship.

## Ritual:

Keep a jade stone in your home or workspace to promote well-being and abundance.

## Affirmation:

I ATTRACT HARMONY, HEALTH, AND PROSPERITY.

# GARNET



## Characteristics:

- **Color:** Typically deep red, but can be found in a range of colors.
- **Chakra:** Root.
- **Energy:** Passionate and energizing, often used for manifestation.

## Healing Topics:

- *Energizing and Regenerative:* Revitalizes and balances energy, bringing serenity or passion.
- *Inspiration and Emotional Healing:* Inspires love and devotion, balancing the sex drive.
- *Protective Talisman:* Considered a powerful protective stone, especially against evil.

## Ritual:

Carry a garnet with you as a personal talisman for protection and vitality.

## Affirmation:

I AM ENERGIZED, GROUNDED, AND PROTECTED ON MY PATH.

# AGATE



## Characteristics:

- **Color:** Comes in various colors, each with its own specific properties.
- **Chakra:** Varies with color, generally associated with grounding and stabilizing.
- **Energy:** Balancing and protective, providing a soothing and calming influence.

## Healing Topics:

- *Emotional Balance:* Harmonizes yin and yang, the positive and negative forces.
- *Intellectual and Analytical:* Enhances mental function and analytical abilities.
- *Physical Healing:* Aids in healing the eyes, stomach, and skin disorders.

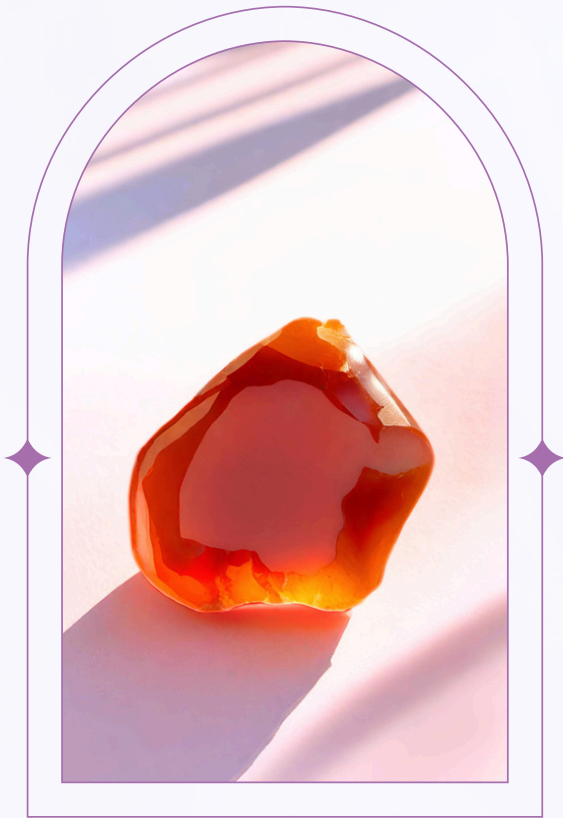
## Ritual:

Place agate stones around your home to promote stability and harmony.

## Affirmation:

I AM BALANCED, STABLE, AND GROUNDED IN ALL ASPECTS OF MY LIFE.

# CARNELIAN



## Characteristics:

- Color: Ranges from pale orange to deep red-brown.
- Chakra: Sacral.
- Energy: Motivating and stimulating, known for its dynamic and passionate energy.

## Healing Topics:

- *Motivation and Endurance*: Boosts vitality and motivation, stimulates creativity.
- *Courage and Positivity*: Dispels apathy and motivates for success, helps in overcoming negative conditioning.
- *Sexual Energy*: Stimulates the Sacral Chakra, enhancing sexual vitality and desire.

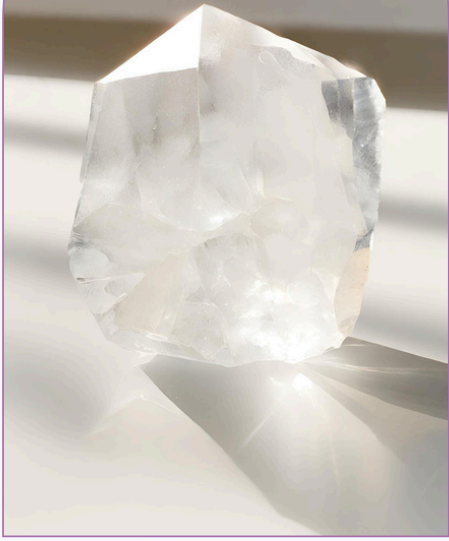
## Ritual:

Wear or carry Carnelian to invoke its motivational energy, especially when facing a challenging task or pursuing a creative endeavor.

## Affirmation:

I AM FILLED WITH THE VITALITY AND PASSION  
OF THE UNIVERSE.

# QUARTZ (CLEAR)



## Characteristics:

- Color: Clear, ranging from crystal clear to milky or cloudy.
- Chakra: Crown.
- Energy: Amplifying and cleansing, known as the "master healer".

## Healing Topics:

- *Amplification of Energy:* Enhances the energy of other crystals and one's intentions.
- *Clarity and Focus:* Brings clarity to the mind, helping to focus and manifest goals.
- *Healing and Cleansing:* Absorbs, stores, releases, and regulates energy, aiding in physical, mental, and emotional healing.

## Ritual:

Hold Clear Quartz during meditation to clear the mind and amplify your intentions, or place it with other crystals to enhance their energies.

## Affirmation:

I AM CLEAR, FOCUSED, AND CONNECTED TO MY HIGHEST TRUTH.

# AVENTURINE



## Characteristics:

- Color: Most commonly green, but can vary.
- Chakra: Heart.
- Energy: Prosperous and comforting, known for bringing luck and abundance.

## Healing Topics:

- *Luck and Prosperity: Known as the "Stone of Opportunity," it's thought to be the luckiest of all crystals.*
- *Emotional Calm: Promotes emotional recovery and enables living within one's own heart.*
- *Personal Growth: Encourages perseverance, empathy, and taking charge of life.*

## Ritual:

Carry Green Aventurine when embarking on new ventures or when seeking a little extra luck in any endeavor.

## Affirmation:

I WELCOME WEALTH, HEALTH, AND  
ABUNDANCE INTO MY LIFE.

# BLOODSTONE



## Characteristics:

- Color: Dark green with red spots.
- Chakra: Root and Heart.
- Energy: Grounding and revitalizing, often used for its healing properties.

## Healing Topics:

- *Courage and Vitality*: Provides courage and teaches strategic withdrawal and flexibility.
- *Purification and Detoxification*: Cleanses and purifies the blood and organs.
- *Grounding and Protection*: Offers grounding and protection, guiding one to withdraw from undesirable situations.

## Ritual:

During challenging times, hold a bloodstone and visualize overcoming obstacles with strength.

## Affirmation:

I AM COURAGEOUS AND RESILIENT IN THE  
FACE OF ADVERSITY.

# TIGER'S EYE



## Characteristics:

- Color: Golden to red-brown with a silky luster.
- Chakra: Solar Plexus and Root.
- Energy: Grounding and protective, enhancing willpower and confidence.

## Healing Topics:

- *Personal Power*: Boosts confidence and helps in recognizing inner resources.
- *Protection*: Shields against ill wishes and curses.
- *Mental Clarity*: Aids in resolving dilemmas and internal conflicts.

## Ritual:

Carry Tiger's Eye with you when facing a challenge or decision. Before the event, hold the stone, visualize your desired outcome, and affirm your ability to make clear, wise decisions.

## Affirmation:

I AM GROUNDED AND PROTECTED, MY  
COURAGE AND CONFIDENCE SHINE.



# BLACK TOURMALINE



## Characteristics:

- Color: Black.
- Chakra: Root.
- Energy: Protective and grounding, repelling and blocking negative energies.

## Healing Topics:

- *Protection:* Forms a protective shield around the body.
- *Grounding:* Connects with the grounding energy of the Earth.
- *Stress Relief:* Helps in understanding oneself and others, reducing fear.

## Ritual:

Place Black Tourmaline at your front door or carry it with you to ward off negative energy. Regularly cleanse the stone by placing it on the earth or under running water.

## Affirmation:

I AM SHIELDED FROM NEGATIVITY AND  
GROUNDED IN MY TRUTH.

# MOONSTONE



## Characteristics:

- Color: Pearly white to blue sheen.
- Chakra: Sacral and Third Eye.
- Energy: Intuitive and reflective, promoting balance and harmony.

## Healing Topics:

- *Emotional Balance*: Calms overreactions and emotional triggers.
- *Feminine Energy*: Enhances feminine energies, sensitivity, and intuition.
- *New Beginnings*: Encourages growth and strength in new beginnings.

## Ritual:

During the full moon, hold your Moonstone and set intentions for the coming month. Place it on a windowsill overnight to charge it with lunar energy.

## Affirmation:

I AM IN TUNE WITH THE MAGIC OF THE UNIVERSE AND TRUST MY INTUITION.

# LABRADORITE



## Characteristics:

- Iridescent play of colors, primarily blue and green.
- Chakra: Throat, Third Eye, and Crown.
- Energy: Mystical and protective, facilitating the transformation of intuition into intellectual thought.

## Healing Topics:

- *Transformation:* Promotes personal strength and perseverance.
- *Intuition:* Enhances psychic abilities and the understanding of the deeper meaning of things.
- *Protection:* Deflects unwanted energies from the aura.

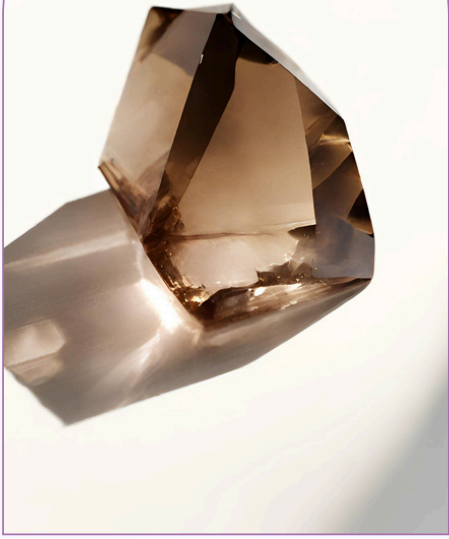
## Ritual:

When seeking inspiration or insight, hold Labradorite while meditating. Focus on the stone's colors and let your mind wander freely, open to receiving intuitive messages.

## Affirmation:

MY INTUITION IS MY GUIDE; I TRUST THE JOURNEY AND EMBRACE TRANSFORMATION.

# SMOKY QUARTZ



## Characteristics:

- Color: Light to dark smoky gray.
- Chakra: Root.
- Energy: Grounding and detoxifying, promoting the release of negative emotions.

## Healing Topics:

- *Emotional Calm*: Helps in relieving stress, fear, and depression.
- *Detoxification*: Assists in eliminating and detoxifying on all levels.
- *Grounding*: Provides a strong link to the earth and base chakras.

## Ritual:

For grounding, hold Smoky Quartz in your hand and visualize excess energy and negativity flowing down into the earth. Use this stone after stressful situations to regain balance.

## Affirmation:

I AM GROUNDED AND CENTERED, RELEASING NEGATIVITY AND EMBRACING PEACE.

# CLEANSING & CHARGING CRYSTALS

## SMOKE

Use your choice of incense, sage, palo santo, herbs (like rosemary or lavender) direct the smoke around the crystal. Make sure to set an intention.

## INTENT

Hold the crystal in your hands and set a positive intention and visualize impure energy washing away, imagine the crystal being surrounded by a bright, white light.

## WATER

Rinse crystals with water and visualize the negative energies washing away. You can use tap water, river water, moon or rainwater, but we wary of water soluble crystals.

## SUNLIGHT

Place sun safe crystals outside for 6 hours in indirect sunlight. The masculine energy of the Sun soaks up negative energy and replaces it with light.

## MOONLIGHT

Leave crystals outside overnight to bask in the feminine energy of the moon. Full moon provides the ultimate charging energy.

## SALT

Place crystals in a tray filled with sea salt to soak up negative energies.

## SOUND

Use bells, Crystal Singing Bowls, Tibetan bowls or Tuning Forks to clear the negative energies of crystals.

## OTHER CRYSTALS

Place a crystal you want to charge on top of a crystal cluster, geode or slab. Selenite and clear quartz work wonderfully.

# HEALING CRYSTALS CHART



ONYX

- Cleanses the air
- Rids your home of negative energy



ROSE QUARTZ

- Helps relieve stress and frustration
- Eases anxiety



AMETHYST

- Helps relieve headache and fatigue
- Promotes good dreams and good skin
- Supports bones, joints



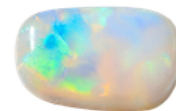
CITRINE

- Use to boost concentration
- Boost memory
- Spark creativity



LAPIS LAZULI

- A touted ancient migraine remedy
- Supports the immune system



OPAL

- Increases inspiration and creativity
- Helps with PMS and headaches



TOPAZ

- Works to balance hormones & combat aging



AQUAMARINE

- Aids with acid reflux and gastrointestinal disorders



JADE

- Supports the adrenal glands and relieves headaches



GARNET

- Good for back pain, calcium deficiencies and tissue regeneration



BLOODSTONE

- Helps regulate blood pressure and supports the circulatory system
- Good for colds



AGATE

- Detoxifies
- Eases anxiety

# CRYSTAL COLORS



CLEAR

Piece, purify, mental clarity, protections, intuition



RED

Power, actions, motivation, physical energy, determination



PINK

Love, compassion, emotional healing, forgiveness



ORANGE

Creativity, sexuality, inspiration, self power, confidence



YELLOW

Optimism, willpower, courage, awareness of self, confidence



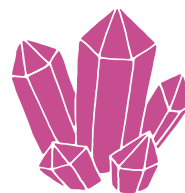
GREEN

Growth, abundance, prosperity, productivity



BLUE

Communication, self expression, authenticity, harmony



PURPLE

Intuition, spirituality, inspiration, meditation, relaxation



BLACK

Protection, safety, security

# CRYSTAL SHAPES

## TUMBLED



Radiates gentle energy in all directions, place in your pocket or bag for constant flow of subtle energy.

## RAW



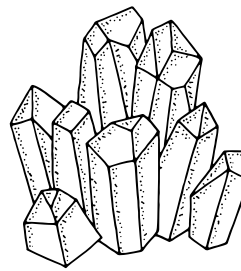
Emits a strong, pure energy. This assists with grounding abilities.

## POINTS



Can be single or double ended and are good for concentrating and energy flow. Aids in meditation and manifestation.

## CLUSTER



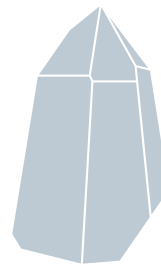
Clusters emit high energy vibrations in different directions. Use for cleansing and charging other crystals or to raise the ambient energy in a room.

## WAND



Crystal wands are healing tools that transmits positive energy through the tip and draws out negative energy through the bottom end, Use in meditation and to heal and balance the chakras.

## TOWER



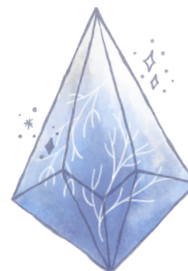
Towers emit amplified energy upwards and can raise the vibration in a space and change other nearby crystals. Great for meditation and increased focus.

## BALL



Crystal balls radiate a soft and even energy in all directions. They are used to promote stability and harmony.

## PYRAMID



Crystal pyramids are great manifestation tools that are grounded to the earth but transmit direct and focused energy upwards.

# HEALING WORKSHEET

## Crystal healing:

1. Hold your crystals
2. Recite your affirmations
3. State: "I will heal from ... "
4. State: "I will heal from ... "
5. "I commit to ..."
6. "My heart is healed, protected and open. So let it be"

## MY AFFIRMATIONS:

.....

.....

.....

## MY CRYSTALS TO WORK WITH:

Crystal Name:

Crystal Name:

Crystal Name:

SKETCH
Purpose:

SKETCH
Purpose:

SKETCH
Purpose:

What is it that you need healing from/to overcome?

.....

.....

.....

Of the things you can control, what will you commit to doing, now?

.....

.....

.....

# CRYSTAL RESOURCES

## LEARN ABOUT

--

## BOOKS TO READ


## WEBSITES


## CHECKLIST

- 
- 
- 
- 
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## THINGS TO TRY

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# WORKING WITH CRYSTALS

CRYSTALS USED


DATE:

MY GOAL

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WHAT DID I DO? DID IT WORK?

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MY THOUGHTS AND FEELINGS?

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# MY COLLECTION

My Crystals	Last Charged

# MY WISHLIST

Crystals I Want	For The Reason

# I FEEL ...

Choose a crystal and describe how it makes you feel

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HOW DO YOU FEEL TODAY?

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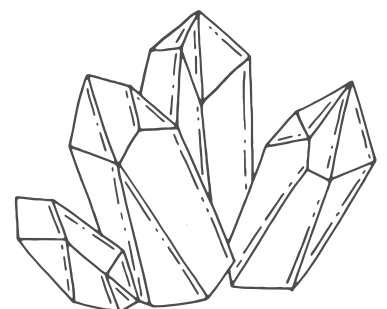
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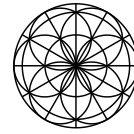
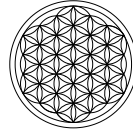
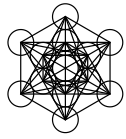
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# CRYSTAL LAYOUTS



Crystal layouts can follow geometric patterns or may be done intuitively. The overall purpose is to direct the flow of energy from the stones to shift the energy within your body, mind, spirit, and life.

## General Tips for All Grids:

- **Intention:** Before you begin, clearly set your intention. This could be for healing, abundance, protection, or spiritual growth.
- **Cleansing:** Ensure all your crystals are cleansed before use. You can cleanse them with smoke, running water (if not water-soluble), sound, or moonlight.
- **Space:** Choose a quiet and sacred space where your grid can remain undisturbed for a period.
- **Meditation:** Spend some time meditating with your grid, either sitting with it or holding your hands above it, to connect with its energy and further amplify your intentions.

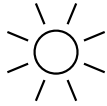
Creating a crystal grid is a personal and intuitive process. Feel free to follow your instincts and choose crystals that resonate with you and your specific goals. The patterns mentioned are powerful tools for manifestation and can greatly enhance the effectiveness of your crystal work.

# CREATE A CRYSTAL GRID

## SET AN INTENTION



LOVE



JOY



GROWTH



TRAVEL



INTUITION

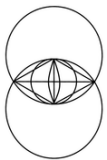


MONEY

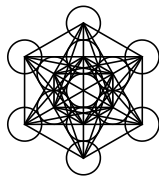


HEALTH

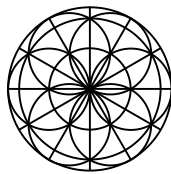
## SELECT A LAYOUT



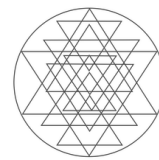
VESICA PISCIS  
New Beginnings



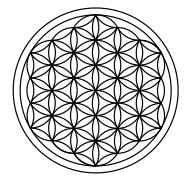
METATRON'S CUBE  
Energy



SEED OF LIFE  
Growth



SRI YANTRA  
Balance



FLOWER OF LIFE  
Connection

## SELECT YOUR CRYSTALS, i. e.:



AMETHYST  
Intuition



CITRINE  
Abundance



TIGER'S EYE  
Grounding



QUARTZ  
Ultimate Healer



ROSE QUARTZ  
Love

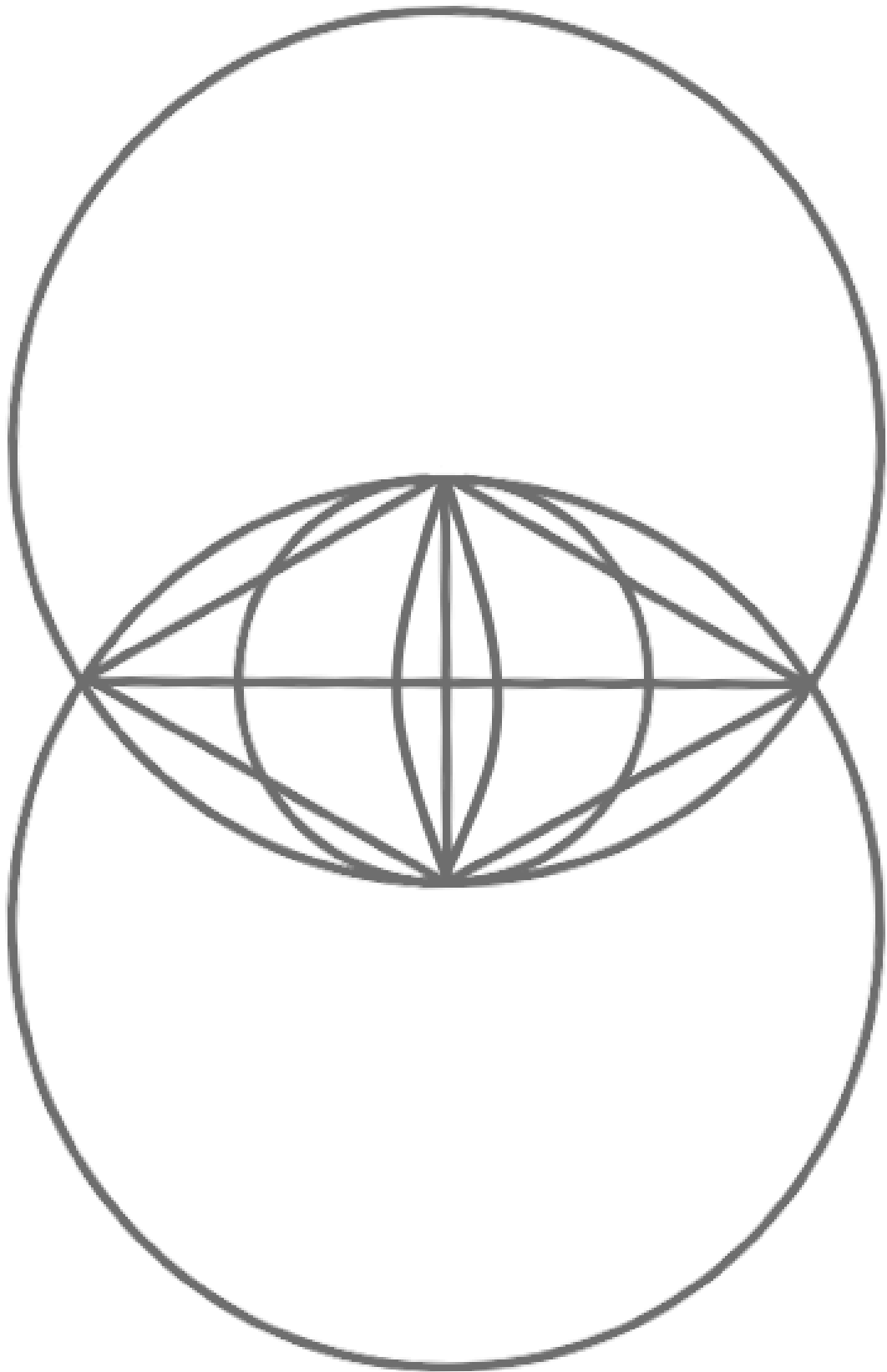


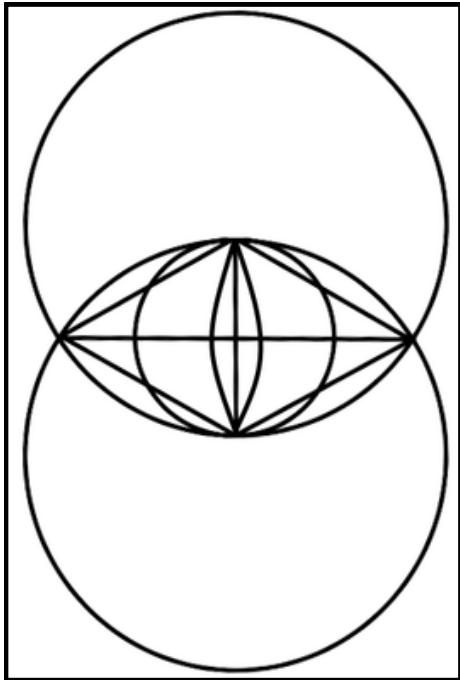
CARNELIAN  
Creation



AVENTURINE  
New Beginnings

# VESICA PISCIS





# VESICA PISCIS

## **Pattern:**

The Vesica Piscis is formed by the intersection of two circles with the same radius, intersecting in such a way that the center of each circle lies on the circumference of the other.

## **How to Create the Grid:**

- **Center Stone:** Place a powerful crystal like Clear Quartz at the center of the Vesica Piscis, where the two circles intersect. This stone will act as the anchor for your intentions.
- **Surrounding Stones:** Choose crystals that align with your intention and place them at the points where the circles intersect and along the outlines of the circles. Amethyst or Rose Quartz can be used for healing and love intentions.
- **Activation:** Use a Clear Quartz point to activate the grid, drawing an invisible line between the stones, and visualize your intention flowing through the grid.

## **Ritual:**

Sit quietly with your Vesica Piscis grid. Focus on the point of intersection and visualize a beam of light expanding from this point, enveloping you in a bubble of harmonious energy. This bubble represents the perfect balance between the energies of the two stones and your intention.

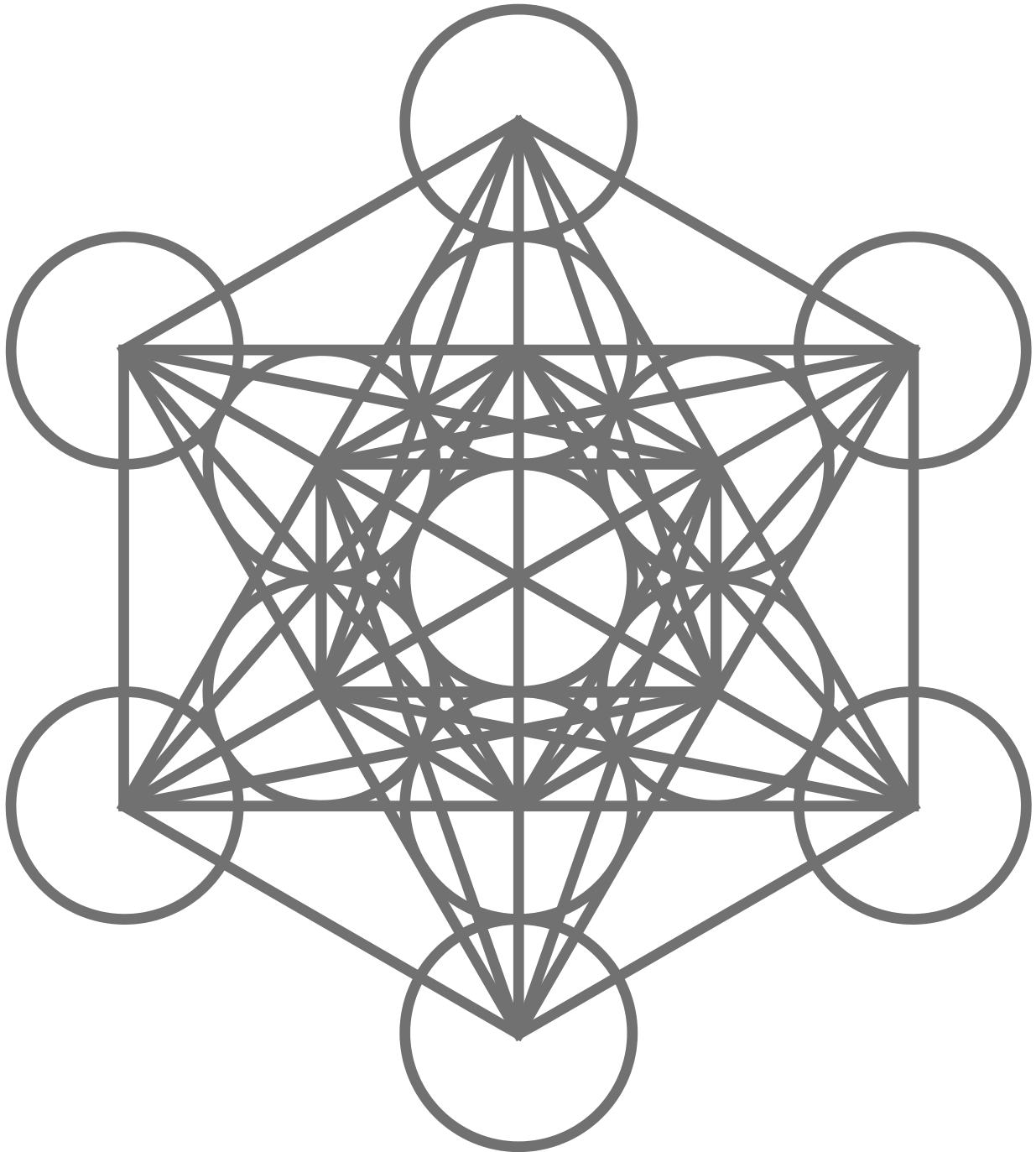
## **Affirmation:**

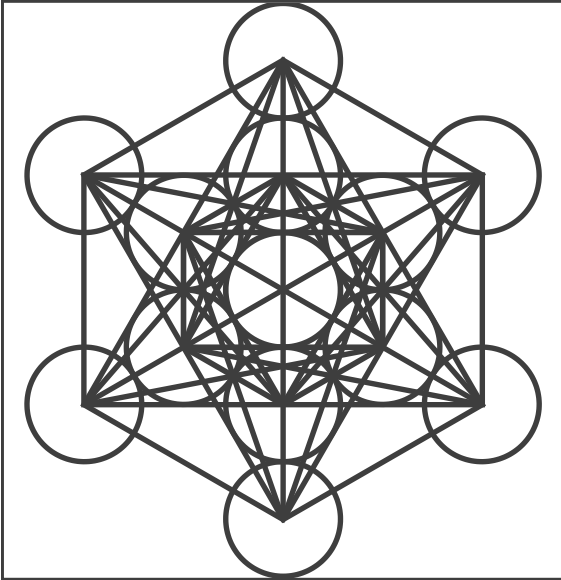
“

I am the union of heart and mind, where love and intuition flow freely and create harmony within.

”

# METATRON'S CUBE





## METATRON'S CUBE

### **Pattern:**

Metatron's Cube contains every shape that exists within the universe. These shapes represent the patterns that make up everything God has made.

### **How to Create the Grid:**

- **Center Stone:** Clear Quartz to represent the source of all creation.
- **Surrounding Stones:** Arrange Citrine, Lapis Lazuli, and Tiger's Eye at key points around the cube to bring in abundance, wisdom, and protection.
- **Activation:** With a Clear Quartz wand, connect each point starting from the center and extending outward, envisioning your intentions being woven into the fabric of the universe.

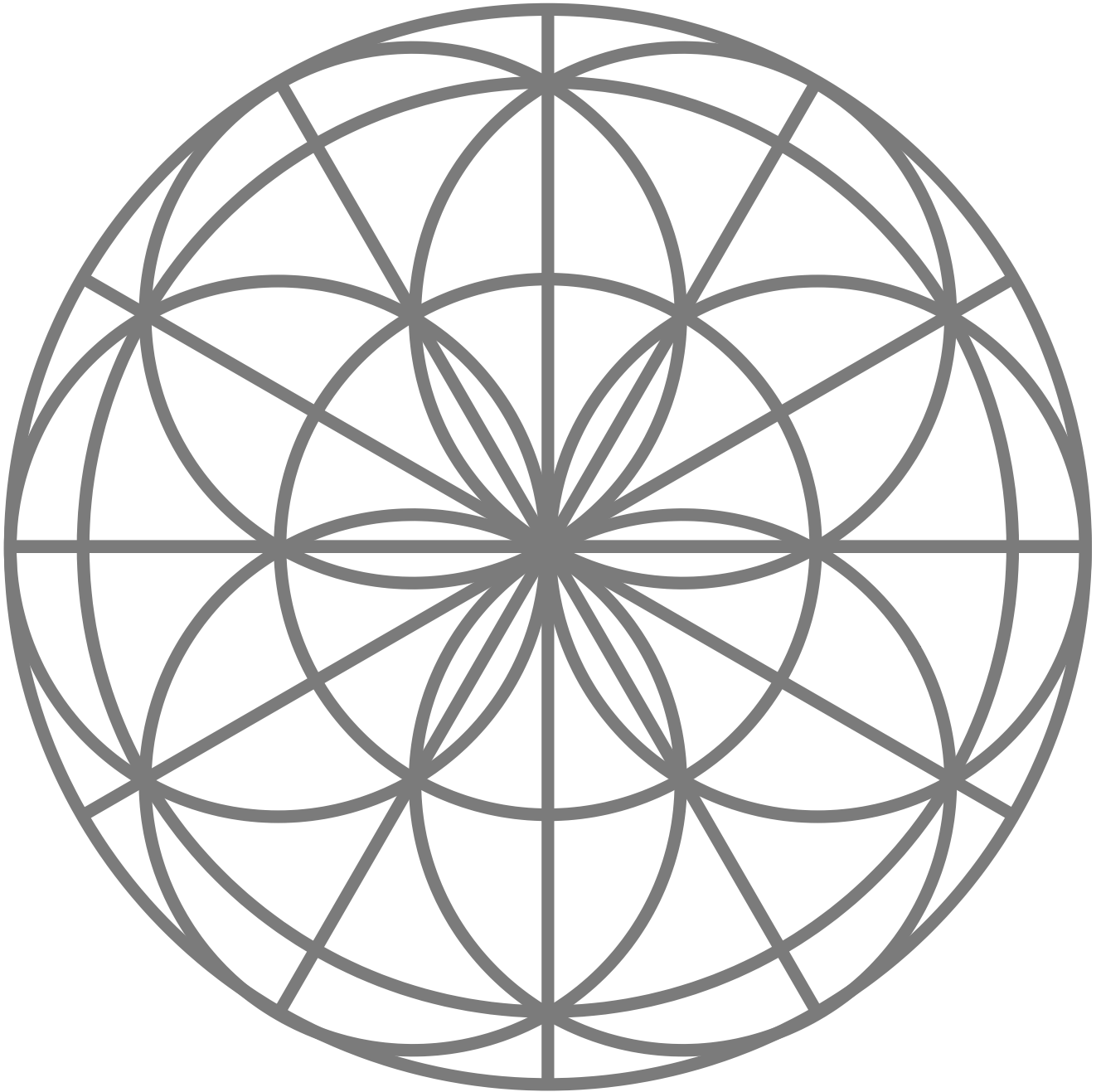
### **Ritual:**

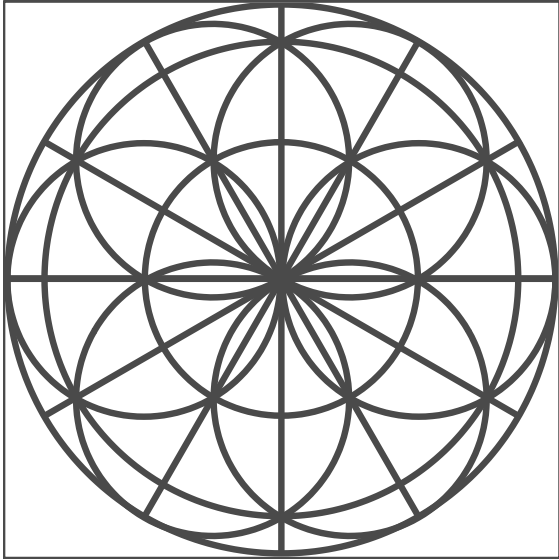
While meditating with your Metatron's Cube grid, envision each geometric shape activating and illuminating one by one. Imagine these shapes connecting you to the cosmic energy of creation, aligning your spirit with the vibrations of the universe.

### **Affirmation:**

“ I am intertwined with the fabric of the universe, where every shape, number, and pattern holds the key to deeper understanding and spiritual enlightenment. ”

# SEED OF LIFE





# SEED OF LIFE

**Pattern:**

The Seed of Life is composed of seven interlocking circles and is a symbol of creation and fertility.

**How to Create the Grid:**

- Center Stone: Green Aventurine for growth and new beginnings.
- Surrounding Stones: Place six crystals like Garnet for energy, Bloodstone for courage, and Agate for balance, one at the center of each surrounding circle.
- Activation: Connect each stone with a Clear Quartz point, starting from the center and spiraling outwards, focusing on planting the 'seeds' of your intentions.

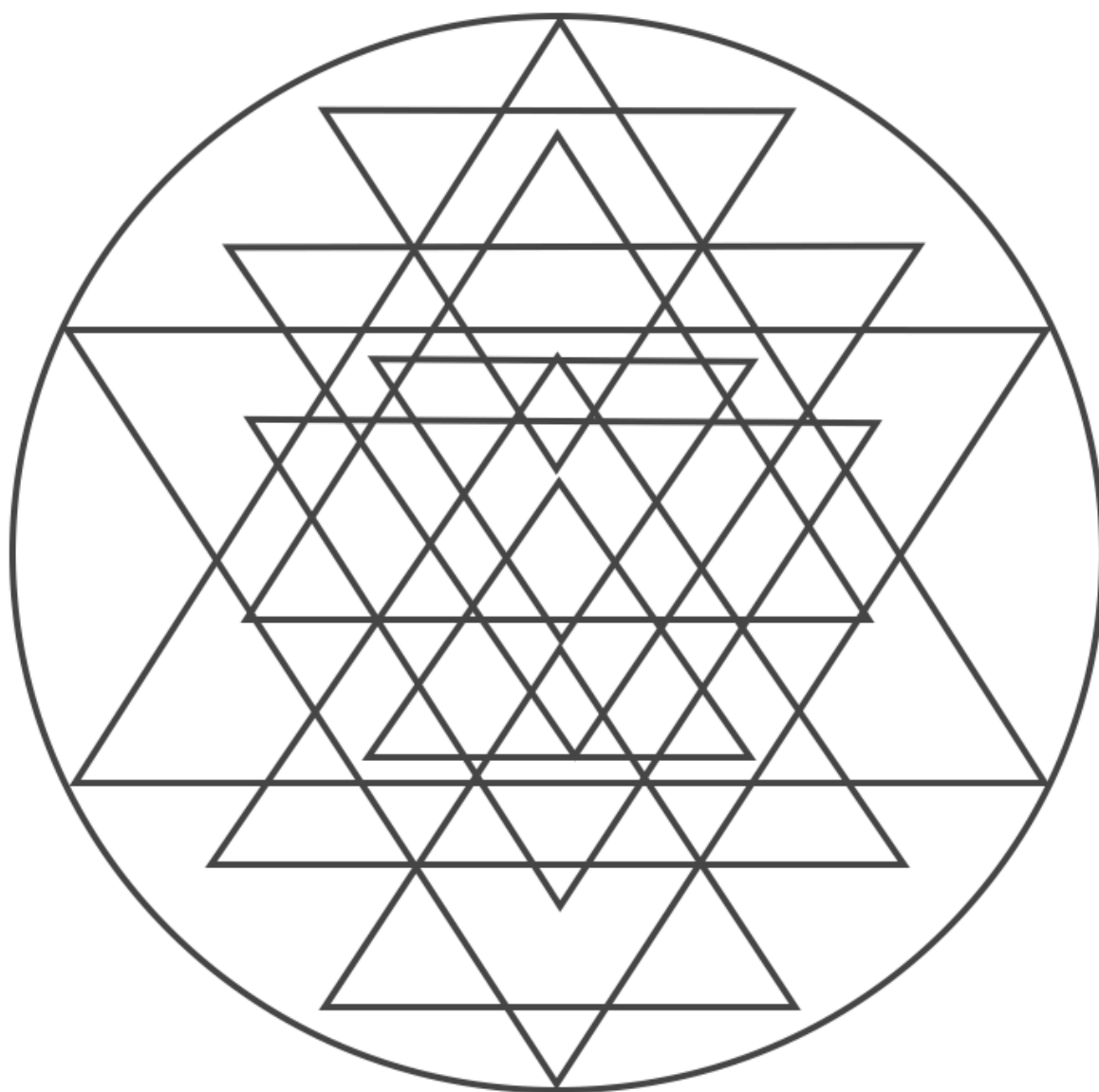
**Ritual:**

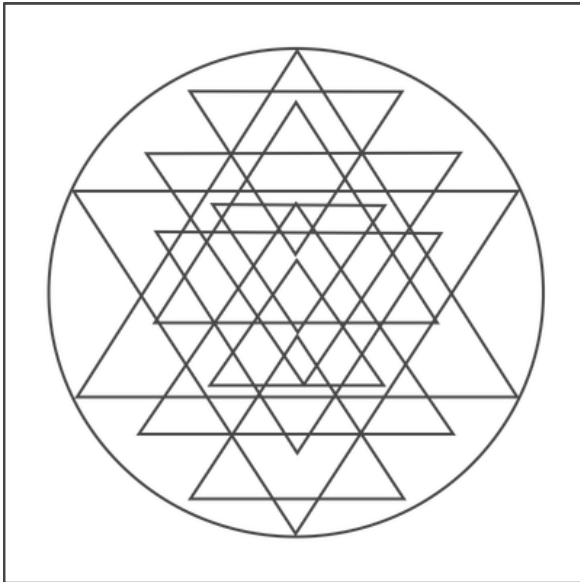
Place your Seed of Life grid in a space where it can receive natural light. As the light touches the grid, imagine it energizing and nurturing the seeds of your intentions, just as the sun nurtures seeds in the earth. Regularly spend time near your grid, visualizing your intentions growing and coming to fruition.

**Affirmation:**

“ With every ray of light and every moment that passes, the seeds of my intentions grow stronger and closer to manifesting my desires. ”

# SRI YANTRA





# SRI YANTRA

**Pattern:**

The Sri Yantra consists of nine interlocking triangles that radiate outwards from the central point, representing the cosmos and the human body.

**How to Create the Grid:**

- **Center Stone:** Clear Quartz for balance and unity.
- **Surrounding Stones:** Use smaller stones like Amethyst, Carnelian, and Jade to trace the outlines of the triangles and lotus petals, representing spirituality, creativity, and harmony.
- **Activation:** Trace the interlocking triangles with a crystal point, starting from the center and moving outward, focusing on your unified intention.

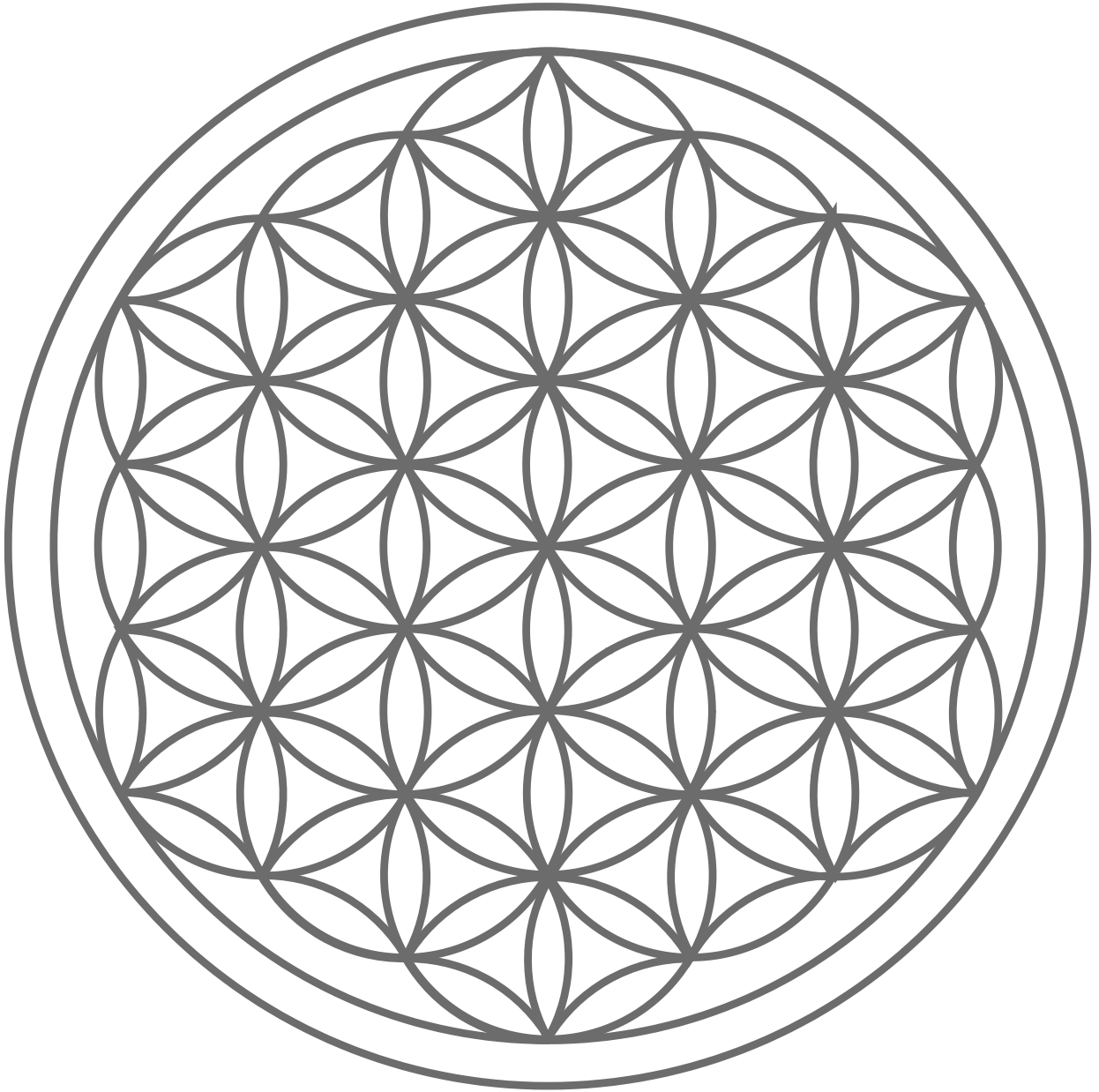
**Ritual:**

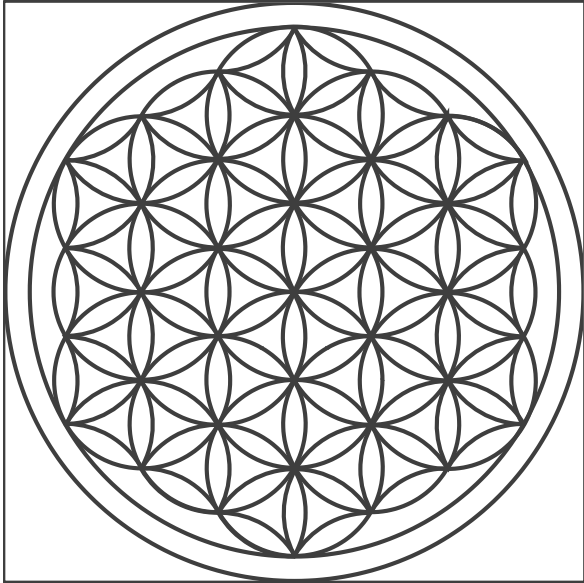
Begin by focusing on the central point (bindu) of your Sri Yantra grid. This point represents the unity of the universe and your connection to it. Move your focus outward through the layers of triangles, envisioning each layer as a step closer to the material world. As you move outward, imagine your intentions spreading into the universe.

**Affirmation:**

“ I am a part of the divine cosmos, and my intentions ripple out into the world, creating harmony and manifesting my desires. ”

# FLOWER OF LIFE





# FLOWER OF LIFE

## **Pattern:**

The Flower of Life is made of multiple evenly-spaced, overlapping circles. It represents the cycle of creation and is considered the most sacred form of Sacred Geometry.

## **How to Create the Grid:**

- Center Stone: Rose Quartz for love and harmony at the core.
- Surrounding Stones: Place crystals like Opal for inspiration, Topaz for success, and Aquamarine for calm at every intersection of the circles.
- Activation: Start from the center with a Clear Quartz point and spiral outwards, envisioning your energy and intention radiating out into the universe.

## **Ritual:**

Place your Flower of Life grid in a peaceful area. Sit with it and breathe deeply, synchronizing your breath with the rhythm of the universe. With each breath, imagine the petals of the Flower of Life opening, revealing new paths and opportunities.

## **Affirmation:**

“

I am one with the cycle of life, continuously evolving and expanding in harmony with the universal blueprint of creation.

”



