

A Note on Choosing Crystals

How do you choose your crystals?

Choosing crystals is all about INTENTION. It's important to hold the intention for which we want to use the crystal in our mind when we go to choose our crystal.

So, its a matter of symbiotic resonance and entrainment. When we enter a shop for instance and go look for a particular crystal to help with healing, meditation, our environment or even as a gift for someone else we will naturally be drawn to whatever it is we need.

You may want to pass your hand over a group of stones to find the right one. Or maybe hold one in your hand and see if it feels right to you for your intention. Open your intuition.

If you feel confused - remember to ground and centre yourself. Some people feel a tingling sensation in their hand when they choose the right crystal for their intention but others just simply get a feeling of 'knowing' that its the right one.

If you're familiar with dowsing, you may want to use a dowsing pendulum over a crystal to feel if its the right one. Or if you use kinesiology you could use muscle testing to find the right crystal for your purpose.

Exercise: As you begin to collect your crystals for healing, be aware of how you choose them.

Remember to cleanse, charge and activate new crystals.