

Notes on Attuning to Crystal Energies

Its important to learn to sense or attune to crystal energy and get to know it really well. Its ok to read information on the energies of crystals in books but these are other peoples impressions of the energy and not our own. When we personally attune to a crystal, the energy becomes a part of our own energetic memory. So then when we come to do crystal healing and we are searching for the right crystal to use in the moment we will energetically remember which crystal 'feels' intuitively like the right one and appropriate to use.

50% of your work with crystals will be attuning to them and getting to know them really well. By the time you are finished you should be able to write your own book!

Please listen to the two mp3s of attuning to crystals.

Attune to clear quartz and rose quartz in this way. Work with them then attune to smoky quartz and hematite also.

Other methods of attuning can be by:

Meditating with the crystal. Allowing the crystal to be part of your meditation by simply holding it in your hand. Attuning is not the same as meditating.

Create a mandala of crystals and sit with it, feeling and absorbing the energy from it.

Surround yourself in a grid of four or six of the same crystal and feel the energy.

All these methods will give you a different aspect of the crystal.

ESSENTIAL - part of your learning is to work with each crystal for up to a week by carrying it with you daily in a necklace or in your pocket. Sleep with it under your pillow if you can to see how it affects your dreams. Tune in daily - take five minutes to note how your day has been and how the crystal may have been a part of what has happened for your. Particularly pay attention to how you interact with people. Our emotions are key. Write your notes on your crystal experience