

## *Experiencing Your Crystals*

Once you have attuned to your crystal. Take a few days to a week and experience the energy more deeply.

The best way to do this is to wear your crystal around your neck in a copper spiral necklace, to place the crystal inside your bra or pocket. Take your crystal to accompany you throughout the day. Later on, before you go to bed or when you have a quiet moment take time to assess what has happened during the day. How did you feel physically? What were your emotions? How did you interact with people? What were your thoughts? Did you have any spiritual insights or experiences? Take a brief note of these things – they will all be a reflection of how the crystal is working with your own personal energy. Your experiences may be subtle or profound.

If you wish to – Place the crystal under your pillow at night. See how it affects your dreams. Obviously, if it interfere's with your sleep patterns then don't persist with this. However, dreaming with crystals can really offer us a deeper insight into our own psyche and healing processes.

You can feed this information back to me via email and via the webinar.

So all in all you will have experienced the crystal energy in three ways; through attunement, through a crystal visualisation journey and by carrying it around with you throughout your day/night.

**Happy Crystalling!**