

## *The Essence of Crystal Journeys*

What is the aim of Crystal Journeys? We can all experience crystal energies quite readily these days when we enter a shop and pick them up. Sometimes we are encouraged to look in books or even read inside the shop what each crystal is good for and how it should be used. However, these instructions are all impressions that other people have gleaned by reading books or from their own experience. To truly know the nature of a particular crystal's energy, we need to work with it ourselves.

We are all made up of energy. A crystal is also made of energy. When we come into contact with a crystal, some of its energy mingles with our energy through biophotons. The memory or resonance is stored within our body (probably because 75% of our body is water) . When we next come to recall what the energy of that crystal was or our experience of it, we can call upon the resonant memory of the crystal within us. Thus, working with crystals in this way is deep and very personal to each of us. We will all experience slightly different things because we are all different people with various personal resonances. However, there will be similarities too. We can feel the crystal energies on all levels of our being; physically, emotionally, mentally and spiritually. During attunements or journeys some crystals will offer us words, images, symbols or even speak to us directly via the deva (spirit) of the crystal. Your experience is unique and personal to you. It is your impression of the crystal's energy. This process will deepen your intuition and personal awareness assisting your own spiritual growth. There is always more to be learned from the mineral kingdom, as we become more conscious so do they also, offering us deeper insights and healing.