

# Blanche

## THE BIG BOOK OF CRYSTALS





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# Chapter 1

## What are crystals?

Everybody has heard of crystals. The word “Crystal” is used in reference to a type of jewel which has a healing, spiritual or decorative objective. Therefore, according to how the word is used, one can assume that crystals can be used for different purposes. But what are crystals really?

Crystals are minerals which solidify as a result of a natural geological and chemical process. They have a unique and specific chemical composition. They also possess extremely well-ordered atoms and specific physical properties which are distinct for each particular kind of crystal. Even if people call them “pretty stones”, their composition is in fact quite specific, as opposed to a gemstone which is an agate made of minerals and/or mineraloids (substances that have no crystallinity) but which does not have a specific composition. The composition of a mineral can range from pure elements of simple salts to complex silicates with thousands of different shapes. The study of minerals is known as mineralogy. So a crystal, in simple terms, is a mineral.

For a mineral to be classified as a “true mineral”, it must have a crystalline structure and a solid form. It must also have a homogeneous substance which occurs naturally with a defined chemical structure. A “crystal” possesses a geometrical spatial arrangement of atoms within its structure. There are 14 different three-dimensional structural arrangements of atoms known as the “Bravais Lattice”. Each of these structures can be classified in one of the seven systems of crystals. All recognized crystals to date are divided into one of the Bravais Lattices within one of the seven systems.

A crystalline structure is based on a regular ionic and atomic internal arrangement, which is characteristic of the geometrical shapes taken by a specific crystal. Even when the mineral grains are too small to be seen, they maintain the same atomic and ionic structures when they make a crystal grain. It is no doubt chemistry and structure that actually define a crystal. It is also true that two minerals can possess the same chemical structure but be different when it comes to the crystalline structure, which can be polymorphous. Pyrite and marcasite are examples of this – both are iron sulphides, but the arrangement of their atoms is different. In the same way, two minerals can have the same crystalline structure, but not have the same chemical composition. Examples of this are halite, which is composed of sodium and chlorine, galena, composed of lead and sulphur, and periclase, made of magnesium and oxygen. However, all three share the same cubic crystalline structure.

Physically, the crystalline structure has a lot to do with its properties. For example, diamonds and graphite have the same composition – both are pure carbon – but graphite is soft whereas a diamond is one of the hardest minerals in the world. This is because their atoms are arranged in a totally different manner. The carbon atoms in graphite are distributed in a layer in which they are able to slide easily one on top of the other, while the atoms in a diamond slot together to create a strong three-dimensional form. The structure and symmetry of a crystal play an important role in determining many of its physical properties, such as straining, the band theory and optical transparency.

The main difference between crystals and gemstones is that crystals are minerals that solidify naturally with specific chemical compositions and crystalline structures. On the other hand, gemstones are agates that are made of one or more than one mineral and also other things. A gemstone may contain the remains of organic matter, as well as mineraloids.

Certain gemstones are all mineral, such as limestone, which is basically a sedimentary rock made completely of crystallised calcium carbonate. The stones that constitute the earth's crust are composed of quartz, feldspar, mica, chlorite, kaolin, calcite, epidote, olivine, augite, hornblende, magnetite, hematite, limonite and a few other minerals.

Some minerals can be commonly found all over the world, while others are only located in specific places. More than half of the known minerals are so rare that only a handful of samples have been discovered and many are known thanks to one or two little grains. Classifying minerals can range to very simple to extremely complex. A mineral can be classified and identified by several physical properties. Others have been identified thanks to techniques such as X-rays. According to the International Association of Mineralogy, which is responsible for the approval and naming of newly discovered minerals, there are currently 4,000 known minerals. Among these, perhaps 100 could be called "common", 50 "infrequent" and all the rest "rare" to "extremely rare".

# CHAPTER 2

## Crystals and Metaphysics

Crystals were used in ancient civilisations for their healing and metaphysical properties. There is archaeological proof that prehistoric men used crystals in their metaphysical systems of belief. When using crystals for metaphysical or healing / spiritual purposes, it is the structure of the atoms combined with the chemical composition of the crystal which is supposed to give out electromagnetic energy. It is this energy that gives the crystal its “healing” power. It may be either spiritual healing or physical healing via spiritual healing.

The crystals that can be described as “healing stones” come from our “Mother Earth”, which in many belief systems is a source of spirituality. Crystals are mainly created from the “magma or nucleus of the earth”. The crystals that you buy for your own healing or spiritual ends have undergone a geological process of heating, cooling and displacement in order to become what we know as crystals. The real energy field of a crystal is influenced by its geological shape, colour and subtle vibration. Each crystal is made up of a tiny crystalline structure which gives out energy, frequency or vibrations, due to the constant movement of its atoms. The density of the crystal, as well as the radiation of light through the crystal and its colour, also plays a role in its spiritual and healing characteristics.

Since the earliest times, Man and crystals have had a symbiotic connection. There is proof that this connection has existed since the 4th century B.C. Ancient civilisations such as the Chinese, Egyptians, Sumerians, Greeks and Romans, together with Shamans and medicine men, have used gems in order to heal in many different ways – with powders or elixirs that were carried, transported or placed on the body during ceremonies and rites.

This ancient knowledge has been passed down through the years to the present day and is even more intensified by the increasing interest in health and holistic medicine. The use of gems is gaining ground again in modern life.

Crystals have been used in three basic forms for metaphysical purposes. They can be coarse, polished or in the shape of objects such as jewellery. Coarse gems are in their natural form. They are broken up or exploded from the existing rock structure. Since “coarse” means that they have been left in their natural state, their irregular surface gives a rough sensation and appearance. It is this untreated surface, which looks “coarse”, that contains the greatest healing power. These crystals are placed on the body or held in the hand like a tool and used for meditation for healing people. Polished crystals are smoothed by water and sand. They are used for the sense of touch or in jewellery. Their smooth surface can be stroked or touched during healing, but may also be carried on one’s person or in one’s pocket.

Everything on the planet, from subatomic particles to physical bodies and the largest vibrating bodies, contain some form of dynamic energy. All crystals possess tiny crystals which vibrate and radiate energy. This is due to the atoms in constant movement and which vibrate, producing energetic frequency. Crystals are affected in the same way as people are affected by their environment and what we do within it. And just as we are affected by what we eat, or the colours of the clothes we wear, the vibrations of crystals are affected when we touch them or use them. They absorb and give out energy upon contact. In the same way, the amount of light, both absorbed and reflected by a crystal, is also important in its metaphysical and healing properties. The colour and properties of the crystal resonate with the energetic system of the human body, creating an effect that is based on the unique healing characteristic of the crystal in question. When used correctly, crystals can put a person and the environment into harmony.

Healing through crystals, also known as therapy through crystals, is a “vibratory medicine”. This means that it falls into a category that comprises a wide variety of alternative, natural or holistic healing systems. These systems also include spiritual and metaphysical components in the healing process. Vibratory medicine includes the use of vital forces, known as Chi or Prana, and attempts to create balance and harmony inside a person and inside their environment in order to foster a healthy life. The principle of vibratory medicine is the supposition that illness and dissonance are largely caused by some kind of imbalance which hinders the flow of vital energy. When we encounter blockages, be they corporal, mental or environmental, we are not in harmony with vital energy. This is the breeding ground for all illnesses. Crystals provide a remedy to many of these problems.



# Chapter 3

The curative and metaphysical properties of crystals.

There are thousands of kinds of crystal on the planet. It would take a lifetime to list them all. But here are some of the main ones and their virtues.

## **Types of crystal and their uses**

### **Agate**

A wide array of colours. Also known as quartz stone. The colours vary as well as the spectrum. Used for spiritual healing and for cleansing your chakras. It allows you to look into the mirror of your soul.

### **Amethyst**

Light to dark purple. Protection. Improves intuition and helps you to remember your dreams. Stimulates the hormones, calms the nervous system and treats disorders of the digestive system, heart and hearing. Good for insomnia, the bones, stomach, skin and teeth.

### **Angelite / Anhydrite**

Pale blue. Helps the balance between the physical body and the spiritual aura. Also used for physical healing and for communication.

## **Apatite**

Typically green but can also be yellow, blue, brown, reddish brown and purple. Apatite is a stone for equilibrium. It helps to balance emotional, mental, physical and spiritual bodies. Also used to lose weight.

## **Apophyllite**

Transparent, white, green, yellow, pink purple and, more rarely, brown. Used to conserve and rejuvenate energy. Aids the awareness of the highest levels of spiritual consciousness.

## **Aquamarine**

Light blue. A stone of joy and happiness. Protects the traveller. Helps to see through people. Good for ears, nose and throat, the spleen, heart and immune system, as well as respiratory allergies.

## **Aragonite**

White, colourless but with tinges of red, yellow, orange and brown. Promotes patience and stability. Also used for loss of hair and the skin.

## **Aventurine**

Various shades of green. Used for emotional balance. Also to treat disorders of the lungs, heart, adrenal glands and muscles.

## **Black obsidian**

Dark green, dark brown or black. Encourages stability and protects against negative energy.

## **Black tourmaline**

Black, can be marbled with grey or brown. Protection on all levels. Repels and purifies negative energy. Stimulates the adrenal glands and the reflexology points of the lower back. Used to treat arthritis, heart diseases and dyslexia.

## **Heliotrope**

Varies from dark green to greenish black with red markings. Stability, concentration, protection and prosperity. Relieves anxiety and depression. Works with the blood and bone marrow to strengthen the blood. Also good for female hormone imbalance.

## **Blue dumortierite**

Denim blue – can also be purple and pinkish brown. Works on the emotions and creativity. Operates with the third eye and psychic research.

## **Calcite**

Usually white or colourless with tinges of yellow, orange, blue, pink, red, green, brown, black or grey. Occasionally iridescent. Heightens vibratory levels and boosts faster healing in the body.

## **Cornaline**

Colours ranging from orange to coral, red and brown. Considered to be a “good luck” stone. Protects against anger, rage and jealousy. Helps to express a person’s desires. Can calm sorrow and physically heal wounds, rejuvenate tissues and cells, and treat colds, allergies and neuralgia. Can help to stimulate sexual desire.

## **Cat’s eye**

Colours ranging from honey to yellow, green and brown. Stimulates intuition and awareness. Dissipates unwanted energy. Also used as protection.

## **Celestite**

Light blue to steel blue and grey, sometimes grained with yellow and red tints. Generates positivity, helps to relieve worry and despair, and boosts intelligence.

Treats hearing and visual disorders and mental malfunctions and eliminates toxins. Aligns energies in the body and helps out-of-body experiences.

**Chalcedony** (represents a large family of stones with many shared properties)

Colours range through the entire spectrum. Includes agates, jaspers, heliotropes, cornelians and onyx. Helps to eliminate fear, hysteria, depression, mental illnesses and sadness. Reduces high temperature. Good for the eyes. Encourages stability in the practice of rituals.

### **Chiastolite or Cross Stone**

Colours range from white to brown, green, red and orange with the visible shape of a cross. Stone of harmony, balance and mental, intellectual and emotional stability. Good for the blood, veins and respiratory problems. Balances chakra energy.

### **Chlorite**

Mainly green, but can be white, yellow, red, lavender or black. One of the most favourable healing stones for positivity of all kinds.

### **Citrine**

Ranges from sunshine yellow to orange. Known as the stone of expression. It dissipates anger, gives optimism, helps the digestion and mental clarity.



## **Diamond**

All spectra of white. The more light that shines through the stone, the more luminous white is given off. There are some very rare diamonds which are yellow, brown, black, pink or blue. Known as the stone of innocence and purity. Attracts positivity and good luck, aids creativity, improves psychic capacities and encourages harmony and equilibrium.

## **Dolomite**

Mainly white, but can be yellow, pink, grey, brown or black. This stone is specifically destined to cure depression. It helps to relieve sadness. Used to align and balance the various energies and to remove blockages. May be used for leaks of energy from chakras. Also helps to reconstitute muscles, blood, bones, teeth, nails and hair.

## **Emerald**

Various shades of green, with some featuring yellow and blue. Known as the “stone of success in love”. Brings domestic happiness and at the same time loyalty and sensitivity. Brings harmony to the different aspects of a person’s life. Helps communication. Good for fertility and eyesight.

## **Fluorite**

Ranges from the characteristic mauve to blue, green, yellow, brown, pink, black, reddish orange and colourless. Warns that others are affected by unwanted energies. Balances energy and enhances wellbeing. Absorbs conflicting energies and, because of this, is good for use in massages.

## **Geodes**

Various colours, from transparent to white, mauve, blue and smoky grey. Geodes need to be opened to see their colour. Help you to see the general picture of a situation, so that you take a decision before things get out of control. They also conserve their energy when you touch them. So touch them and at the same time remember something.

## **Garnet**

All shades of red, from red to reddish brown, reddish purple and very dark, almost black, red. The stone of health. Changes negative energy into positive energy. Helps the circulation, as well as the lungs and heart. Detoxifies and strengthens the blood. Helps to fight exhaustion and inflammation and restores balance.

## **Galena**

Various shades from lead grey to silver and black. Considered to be a stone of harmony. Reduces ideas and feelings of self-limitation.

## **Howlite**

White with black or grey veins. Encourages tranquillity, calm and patience, as well as prudent and positive actions. Used to eliminate pain, anger and stress. Deters impertinence and encourages subtlety.

## **Hyalite or Water opal**

Hyalite is a white opal with a glassy appearance which reflects the whole colour spectrum. Helps a person to progress and to find peace. Increases self-esteem and the chance of winning money and stimulates conversation. It contributes to the balance of male and female energies in the body. Helps mental clarity.

## **Iolite**

Colours range from blue to violet, with the possibility of seeing yellow through transparency. Resembles a sapphire. Used to strengthen the aura, balances the Yin and the Yang, awakens knowledge about oneself and improves intuition.

## **Indicolite**

A blue tourmaline, of a deeper blue than other blue stones. Used to reinforce communication skills, works with the third eye and the throat chakra, facilitates psychic awareness.

## **Jasper**

Ranges from brick red to reddish brown with yellow, white, grey and/or black veins or spots. Used for power and protection. Gives the power to express oneself and to gain independence. It is a stone that elevates people and is good for those who are shy; a warrior's stone, used to fight against injustice. Keeps people down-to-earth.

## **Kyanite**

Mainly blue, but also exists in other colours, such as white, green, grey and black, or colourless. Balances and opens up chakras. Helps communication on all levels, guides conscious energy, promotes tranquillity, stimulates the immune system, helps to express and remember dreams.

## **Labradorite**

Multi-coloured. The colour changes according to the angle of refracted light. The base of the stone is silvery grey, veined with blue, pink, green and yellow. Protects the aura, cleanses and balances, aligns subtle bodies, transforms intuition and intellect so as to carry things out. Clears the eyes, helps to cure gout, colds, rheumatic fever and stabilise blood pressure.

## **Lapis-lazuli**

Different shades of blue, some of which have white attributes and some with pyrite yellow. It is said that this stone existed before the beginning of time. Used to gain access to these mysterious realms, based on ancient texts. Stimulates awareness, good for the kidneys, liver, bladder and stomach. Helps restore the sense of smell and to remember dreams.

## **Lepidolite**

A kind of mica. Exists in mauve, pink, yellow, green or white. A stone that assists in the transitions between body and spirit. Allows change to take place gently and with hope and acceptance. Connects the heart with the soul and is used to locate energy blockages. Prevents nightmares. Good for aching muscles, fatigue, stress, wrinkles and the nerves.

## **Malachite**

A stone with stripes that range from light to very dark green. Excellent for clarifying emotions and improving physical capacities. Liberates from old traumas. Good for asthma, swollen joints, tumours, torn or strained muscles.

## **Moonstone**

Milky colour with a bluish or yellowy tinge. May also be translucent with a soft pink or yellow patina. Carries energy from the moon, which helps to balance emotions. The blue moonstone facilitates telepathy, balances the Yin and the Yang, and aids spiritual growth. The white moonstone protects against mental disorders. Protects women and is by nature a stone of renewal. Absorbs pain and illness, feminine health problems, regenerates tissues and organs and takes care of the reproductive system.



## **Obsidian**

Usually black with insertions of greyish white, resembling snowflakes. This is why it is called “snowflake obsidian”. Used for protection against negative thoughts, as a mirror for contemplation, to change negative communication and overcome obsessions. Relieves pain and helps blood circulation, particularly in the hands and feet.

## **Opals**

Opals come in many colours – they can be white, or blue, pink or green for water opals, or orange to cherry red for fire opals. Each colour is linked to a specific part of the body or chakra. Each one possesses its own metaphysical attribute corresponding to its colour. The benefits of using opals are, in general, to encourage introspection and imagination, awake intuition and improve clear-sightedness. It is also used as a tool for expression.

## **Bornite (Peacock ore)**

Brown or black, typically with a dark tinge of purple/blue and a fractured copper- coloured surface. Has a metallic shine. Brings hope and boosts the morale. Used to treat chakras and make them work both together and individually. Protects from exterior negativity. Assists construction of the body by renewing growth and developing cells in a perfect manner.

## **Peridot**

Lime green, yellowish green and olive green. Treats and relieves emotional stress, depression and anger, cleanses the lungs, heart, lymphs and torso, helps to combat fear and jealousy. Used for protection, improves prosperity and comfort. Used for renewal and renaissance, intuition, inspires healing and fights against infections and 'flu. Good for preventing nightmares and strengthens eyesight. Also used to reduce weight.

## **Pink quartz**

Translucent pink crystals. The stone of warmth and love. Takes care of the emotions and the heart. Relieves heartache and opens the heart to love. Relieves solitude and represses pain. Helps you to forget and brings inner peace. Used to prevent wrinkles and to give a good complexion.

## **Ruby**

Ranges from pink to blood red, fiery red and brilliant red. The ruby is the stone of Nobility. Stimulates the heart, brings love, loyalty, confidence and courage. Allows you to love yourself and your spirit at the same time. Stone of devotion. Good for fertility. Cleanses and eliminates toxins in the system. Used to treat fever, bad circulation and blood flow, heart disorders, muscular system, throat, thyroid and brain.

## **Sapphire**

Deep to very dark blue, almost black. Also exists in purples, reds, pinks and yellows, though these colours are rarer. Represents loyalty, truth, sincerity and fidelity. Helps to heal all parts of the body. Aids communication and the throat chakra, gives strength in this part of the body.

## **Tiger's eye**

Rich brown and gold, with golden and brown stripes, resembling a tiger's eye. Offers protection, clarity and courage, gives power, integrity and willpower. An excellent stone for stability, giving strength in difficult times. Helps with hyperactivity, manic-depression and immaturity, creates order from chaos, and enables one to see without illusions. Good for the eyes, the reproductive system, nocturnal vision, broken bones, wounds, bruises, the colon, digestion and the stomach. Helps to relieve pain.

## **Topaz**

Although mainly known for its blue colour, topaz exists in yellow, brown, rainbow green, red, grey, pink and colourless. Encourages a practical mind. A stone of expression, it promotes creativity, mental clarity, and boosts confidence. Helps to replace negativity and depression with positivity and joy. Helps to maintain faith towards the state of enlightenment. Restores loss of taste, heals wounds and rashes. Good for disorders of the liver, gall bladder and endocrine glands.

## **Tourmaline**

Many varieties of colour, each of which has a specific use. Each colour corresponds to a chakra. Black repels negativity. Blue is for communication and the third eye. Brown cleanses the aura. Pink brings love and joy. Green opens the chakra of the heart. Orange improves creativity. Purple gives protection from dark bodies. Bright red is for unconditional love. Yellow enhances intelligence. Good for the nervous system and against toxins in the blood or lymphs, resentment, migraine, burns, asthma, arthritic pain, swellings and paralysis.

# CHAPTER 4

## How to cleanse and purify your crystals.

There are different methods of cleansing and preparing your crystals before being able to use them. Here are a few basic ways of purifying, preparing and charging your new crystals before use.

### Physical cleansing – with water

In order to use a crystal for healing or any other purpose, it must first of all be cleansed. When you cleanse a crystal, you get rid of all kinds of superfluous vibrations that are not needed for the type of use you want it for. And since crystals come from the earth, when you buy or find one, there may be mud or dust, oil or debris attached to it. So the first step is to physically clean your new crystal.

Usually, the way you clean it depends on the type of crystal. If you are not sure about its properties, try first of all to use water. The empirical method is that any crystal with a rate of 6 or more on the **Mohs scale of mineral hardness** can be safely cleaned with running water from a tap or river. The crystals that can be safely cleaned with water include those belonging to the quartz family (clear quartz, smoky quartz (or cairngorm), pink quartz, amethysts, chalcedony, aventurine, etc.) and gemstones (diamonds, rubies, emeralds and sapphires).

Other crystals are soluble in water – those with a low score on the Mohs scale. Some are so low on the scale that even a short immersion can begin the deterioration process. If you are unsure about where a crystal is situated on the Mohs scale, a guideline is that those ending in “ite” tend to be soluble in water.



These include fluorite, calcite, malachite, halite, sodalite and rhodizite. These must not be exposed to water. Lapis lazuli, turquoise, ivory and gypsum are also soluble in water. If you are not certain about the reaction of a crystal to water, then try the following test – take a steel knife and try to scratch the surface of the crystal. If you succeed, then there is a fair chance that it is soluble.

If you buy a crystal with mud on it, it is likely that it still has debris from the matrix in which it grew. The matrix is the part of the earth where the crystal “grows”. It is filled with mineral nutrients. Gently remove the matrix with a dry brush. Be careful that the crystal may be more delicate than the matrix in which it is found. The matrix is usually yellow and hard, rather like a cake on top of the crystal. If water and the brush are not successful, it can be removed by soaking it in a bowl of oxalic acid for 2 to 5 days. The proportions are one part oxalic acid to two parts water.

crystal “grows”. It is filled with mineral nutrients. Gently remove the matrix with a dry brush. Be careful that the crystal may be more delicate than the matrix in which it is found. The matrix is usually yellow and hard, rather like a cake on top of the crystal. If water and the brush are not successful, it can be removed by soaking it in a bowl of oxalic acid for 2 to 5 days. The proportions are one part oxalic acid to two parts water.

Another method of cleansing crystals is to immerse them in water and add a little sea salt. Adding salt enhances the electrical properties which encompass them. Use a non-metallic bowl and 1 or 2 tablespoons of non-ionised sea salt per litre. Soak the crystals for 24 to 48 hours. You can use or add mountain water, rainwater, mineral water or water from a sacred spring. If the water becomes too murky, it should be changed. Pearls and angelate are sensitive to salt. Leave your crystals to dry in the open air. Sunlight or moonlight are used by some people for this.

## Other types of cleansing

Once the crystal has been physically cleaned, it needs to be cleansed spiritually to remove unwanted vibrations. This is so that the latter do not interfere with your intentions and the way you wish to use the crystal. Crystals pick up other energies without discrimination. Also cleanse your crystals after using them in a séance with someone else or by yourself. Crystals worn as jewellery can also be cleansed from time to time.

For this, there is no need to immerse your crystals in water for days on end. The ones that are not soluble in water can be cleaned with a little salt for 7 hours. If you have performed a difficult exorcism with your crystals, then you can clean them for 3 or 4 days or longer. A plastic bowl is recommended for this kind of cleaning – glass is all right, but can chip the crystals. Cover the crystals with two centimetres of water, preferably at room temperature. Mountain water is the best, since it is full of minerals and vitamins. Seawater is also very good. You can use distilled water for refined work.

Another cleansing method is to bury the crystals. Some people put them in a bowl of sea salt and then bury it. Beware however that salt is also a crystal and can scratch your crystal if it is not used with extreme caution. The other problem with burying crystals with salt is that they retain humidity, which can be absorbed through the pores and cause platitude. Salt is therefore not the best option for keeping crystals in the best conditions.

Burying the crystals in earth is another alternative. A hole should be made in a secure place, in which you can deposit your crystals. You should however bear in mind that there may be substances in the earth that can damage them.

Burying crystals is a good way to remove negative energy. There is a guaranteed alternative for those who prefer the burying method. Take a pot and fill it with soft earth or moss, then bury the crystal in it. It can be left for a few hours to several days. If it is a water-soluble crystal, to reduce humidity keep it in a container away from water or damp. If the earth is already damp, it should first of all be dried out. The earth can be used afterwards, for your plants, if you have any, since the crystals will in no way harm it. Whatever mixture you use, you should ensure that the crystals are in contact with the earth, which is the objective of this kind of cleansing. You can also use sand.

**“Incense”** is another technique used for cleansing crystals. Just as sacred herbs are burned and used to purify places and people’s auras, they are also used to purify crystals. The latter are passed through the smoke to be cleansed and purified. You can use a mixture of dry sage, cedar, lavender and/or herbs, which cleanse the crystal’s latticework and energy field. You can cleanse the crystal before or after a treatment session. It can also be done with the smoke from incense. Fumigation should last for 3 to 7 minutes. The smoke can be spread out with a small ventilator. **Never ventilate the smoke or put your hand in the smoke while cleansing the crystals**, because this would make you absorb negative energy. Do it to yourself afterwards to remove all negative energy, especially on your hands. You can also wash your hands in saltwater.

Yet another way of cleansing your crystals is by using your **Breath**. Take the crystals in your hand and breathe slowly to prepare yourself and concentrate on the crystal. Breathe in deeply and focus on the crystal you are cleansing. Lift it up and breathe out again. Visualise the static and ambient energy that is being driven away. Repeat the operation until you are satisfied or when you feel begin to feel dizzy.

You can also use energy to cleanse your crystals. Several methods exist to channel the energy necessary for purifying them. One of these consists in focusing via deep and relaxing breathing. Take the crystal in both hands and visualise the energy flow.

Draw on universal energy first of all, from your favourite vertical source, then visualise this energy shining through the crystal. Another method is to channel the light through your hands via your crown and heart chakras. As it flows from your chakras to your hands, visualise the energy passing into the crystal.

A little advice on the sources of energy for this type of cleansing:

1. Energies of the Cosmos or the Earth.
2. Energy of gold – the energy of divine compassion.
3. The Clear Light that is the energy of pure creation.
4. Reiki Energy (Level 1 cleanses and charges, level 2 sets in motion).

Other natural sources for cleansing your crystals

Lightning contains negative ions. It is scientifically proved that these are beneficial for our health. Next time you know that a storm is on the way, put your crystals out in it. Negative ions are generated by candles, a wood fire in the hearth, the smoke of sacred herbs (sage and cedar), the ocean and large bodies of moving water (such as the Great Lakes), forests of deciduous and coniferous trees, as well as electric storms.

Sunlight is also used, especially to clean clear quartz. Clear quartz absorbs the sun like a magnet. It is sufficiently resistant to support the heat of sunlight. If you are looking for a kind of solar energy (light, restorative, life), put your crystal on a windowsill or somewhere outside for a few hours. You can put it in a transparent glass and cover it with clean water in order to intensify the solar energy.

Moonlight is also used to purify crystals. Light from a full moon is a strong cleanser and is totally risk-free for your crystals. Indeed it is an excellent method of cleansing any of your precious stones. Moonlight can be used provided your timing is right. Put your stones on a windowsill or outside in a safe place on a night when there is a full moon and leave them there until the next new moon. The moon's waning phase will help to cleanse the stones and remove all the previously held energies. You should remove the stones from the sunlight during this process since the sun can make certain stones lose their colour. So, every day, see how you feel your stones may be. You may notice that some of them do not need to be put there for such a long time, while others may need several cycles in order to be completely purified.

It is not recommended to apply fire directly to crystals, because this may cause them to melt or crack.

# CHAPTER 5

## Charging and activating crystals

When you cleanse a crystal, you remove all the negative energy that may be in it in order to purify it.

When you charge a crystal, you direct the use of the energy that the crystal is going to take. You energise the crystal for a specific purpose or use. Activating a crystal increases its capacity for energy and light. When a crystal is activated, it opens up the dormant energy to its maximum capacity. Activating a crystal awakens its matrix, which increases the spectrum of light where energy is found.

In the same way as there are several methods for cleansing and purifying, there are different ways of charging and activating. Here are some general ideas on the ways to charge your purified crystal:

As well as cleansing your crystals, sunlight also charges them, thanks to its ultraviolet rays which are known as “light radiation”.

Since crystals come out of the Earth, they are filled with feminine energy, the Yin. They have taken their nutrients from the ground – gas, water and different minerals – in order to develop as crystals. When they are taken from the Earth, they lose this Yin energy and need to receive the Yang energy as a source of renewal. The ultraviolet light from the sun and the whole spectrum of light restore the worn out energy within the crystals. The time this takes all depends on the crystal’s capacity to absorb light (its crystalline energy structure plays a big role in this), the level of energy left inside it, and the willpower of the person who manipulates it. As a general rule, 4 hours in the sun once a week keeps a small crystal energetic and alert.

However, there are some that require much more time to be recharged. You can test this by putting a crystal in the sun for a week and then holding it in your hand. If your crystal is not threatened by the sun, solar energy is a strong charging method. Sunlight is beneficial for improving the parts of your life that need stimulation. Solar energy can increase your vitality, your revenues and love. Put your crystal in the sunshine, then set out your intentions.

Charging is easy – you give your stone a task and directives. Depending on the stone and your objectives, try to limit your intention to a sole task. For example, love or self-esteem in connection with pink quartz, vision or psychic visions with an amethyst, etc.

Although your crystal already contains its own, unique vibratory energies, the latter may be low or exhausted. Charging a crystal is like restarting a low battery with cables. You need to charge your crystals after having purified them and before using them for a specific objective or when their vibrations seem to be feeble.

Moonlight is another option for positive charging, particularly for moonstones and milky stones such as milky quartz, opals and pearls. For lunar-type energies (mystical, magical, inner fulfilment), put your crystal outside (in water if desired) under the light of a full moon for several hours. For slightly different purposes, put your crystal beneath a waxing moon (before the full moon) for increase, such as a pay rise or a new start, and under a waning moon (after the full moon) for decrease, such as a debt or an illness.

Passing the crystal through incense impregnated with the same intention can help to give an immense stimulation for power. For example, a kind of incense associated with the energies of love (lavender, rose or apple blossom) create a good charging element for a stone used to encourage these energies (pink quartz, emerald).



Crystals which increase power, such as malachite, may be charged with resin. You can also choose an incense based on planetary or elementary associations. For instance, use an incense associated with Venus for stones associated with Venus, or incense associated with an earth element for crystals having the same association.

There are particular moments in the solar cycle which possess specific energies. The autumn equinox is associated with the harvest and you may like to charge your crystal at that time in order to fulfil your dreams. The vernal equinox is linked to growth.

You can bury your crystal for a few hours to obtain earthly energies (strength, magnetism, banishment of negativity). If you have no garden, a pot filled with earth will do the job. You can charge the earth on which you live with crystalline energy by burying your crystals in the earth. (But don't forget where you have buried them! A plan might be a good idea). Some people like to programme their crystals, then bury them in their garden to help to have a plentiful harvest. If you like to charge your crystals in preparation for this, you can bury them in dead flowers. (If you use a potpourri, ensure that it does not contain artificial scent).

Provided that the ground is not frozen, you can bury them at any time of the year next to a tree. This may be your favourite tree, or else a tree associated with a specific positive value. Oak trees symbolize strength, junipers purification and pine trees, many of which are cultivated, are associated with healing.

For a powerful charge (strength, breaking stubborn energies), put your crystal out in a storm where it can absorb the negative ions from the lightning. If you purify your crystals in lightning, they will be very strongly charged when you take them back.

Music and sounds also have a charging effect on crystals. Put your crystal near a bell and strike the bell gently several times. This gives a harmonising effect to the crystal. If you enjoy singing and you sing regularly, do so in the presence of your crystals, especially if you want to use them as part of your meditation. In the same way, different instruments are associated with different vibrations, as are the different notes in the scale. You can carry out some research to find out the correct associations with your crystals and play live or recorded music to them. You can also use a tuning fork or a “singing bowl”, which is a crystal bowl that gives out a heavenly sound when stroked correctly.

Another method for charging crystals is the use of pyramids. The Ancient Egyptians believed that the shape of a pyramid collected spiritual and magical powers when used correctly, and liberated energy. Like lightning, pyramids generate negative ions which have a balancing effect on the electromagnetic field of our body. Pyramids are used as a vector through which crystals can be charged.

There are also glass pyramids made to charge crystals. Since they are hollow, they can be used in the same way as the metal ones, with the crystal either inside or held above it.

Crystal pyramids are also used for charging crystals. They can be made from a wide variety of crystals. Some are made from fine Austrian crystal, which reflects the rainbow spectrum when you charge your crystal.

**GIVE IT YOUR OWN ENERGY** – You can transfer energy into your crystal in many ways to give it power. You can meditate while holding the crystal in your projective (dominant) hand and visualising the energy that is flowing into it. You can hold the crystal and charge it with your own breath. You can also charge it during religious rites and rituals by placing it in front of you or on an altar and directing energy towards it with your sacred tools.

Some ways of recharging a crystal

Crystals work by infusing light to release the negative energy. This is why their energy levels may run out over time. It is therefore a good idea to recharge and refresh them with vertical sources of energy. This revitalises their energy and their light matrices.

One hour of sunlight can recharge those crystals that are friends of the sun. This is particularly beneficial for clear quartz. Dark, opaque stones, such as black tourmaline and obsidian, can also benefit from this method.

Moonlight is also good for recharging your crystals. A full moon is perfect. You can use any phase of the moon, provided that you know what the particular phase does and the objective of the crystal or stone. Amethysts, pink quartz, citrine, smoky quartz, moonstones, calcite, celestite, kunzite, aquamarine and other pastel or light-coloured stones are revitalised by the light of the moon. It is a gentle technique for regenerating personal stones during the night.

You can recharge a particular crystal by putting it on a pile of quartz. If you are worried about it getting scratched, you can put a little piece of material, such as cotton, between the crystal and the quartz.

An arrangement of crystals is where you can use quartz crystals set out in a circle around your pile of quartz or around the bowl you are using to recharge your crystals. This also works to purify a crystal. You can, for example, arrange the crystals according to the four directions – east, south, west and north – which are commonly known as the medicine wheel. The crystals will channel new energy and recharge the crystal in the middle. If you wish to charge your crystal with a certain vibration, for instance serenity or love, add the kind of crystals to the arrangement which will help to nourish this resonance, such as aquamarine, celestite, blue chalcedony, chrysoprase, rhodochrosite and pink quartz. This method is even more improved either by the sun or the moon.

You can recharge your crystals by sound, by using a tuning instrument for the wave of resonance – a bell or a bowl, or by greasing them with appropriate oil.

#### How to activate your crystal

Charging your crystals will give them power, and activating them will put this power into action. Sometimes you can have a “sleeping” crystal, which means that it must know its objective and the power it possesses. In this case, there are ways of waking it up. You can perform a ritual, by rolling the crystal around in your hands. Some people sleep with the crystal under their pillow, while others look hard at it to activate it. Others may wash it, or manipulate it. All these methods enable a crystal to be activated.

# CHAPTER 6

## Conclusion

### A final word about crystals

Crystals are wonders of nature which are influenced by the vibrations of light that goes through them. Crystals channel, amplify and reflect pure cosmic and earthly energies in the form of light. Gemstones, on the other hand, capture these energies at a much slower frequency. The vibration captured by a crystal or a gemstone is influenced by its matrix – the type of mineral, family, formation and geographical location. It is the natural vibration inherent in the crystal which influences the vibration it receives from the light and the elements surrounding it.

As the light passes through a crystal, it meets the energy from the crystal itself. It is in the latticework of the crystal's matrix that the two energies cause a transformation. This is why even if a crystal is not purified or charged to be used with a specific objective, it still has power.

When a crystal is used for a specific objective, it becomes contaminated with essence. This is because the crystals constantly pick up energy. So it is important to carefully cleanse and purify crystals in order to conserve them in optimal form. Crystals purify and restore themselves over time, but need long periods to do so. When a crystal or a stone becomes saturated with negative energy, the latter will flow into the light during a session of treatment. This is why it is so important to keep crystals clean, pure and recharged.

Crystals and minerals may be regulated to improve their vibrations. They can also be programmed for a specific objective. When a particular vibration is introduced into a crystal, the intention passes through the molecular latticework and, in turn, resonates in the environment or with the person who is using it for a specific purpose.

As explained in the previous chapters of this e-book:

1. Physically cleansing the crystals removes the toxins and the foreign bodies from the matrix.
2. Purifying also cleanses the toxins and debris in the spiritual matrix.
3. Charging activates the energy in the crystal.
4. Activation wakes it up by increasing the source of energy and light to which the mineral accedes.
5. Recharging a crystal restores the crystal's energy levels.
6. Dedicating the purpose and programming defines the use you intend for your crystal.

Dedicating the purpose of your crystal takes a little time, but defines how you wish to use it. If you define the way you want to work with your crystal, it can work in harmony with the treatment or other use that you may have for it. It is recommended that during the dedication process, you visualise the idea of love, light and good in order to neutralise any other thought that might try to interfere with this process.

Concentrate on the positive while your energy “connects” with your crystal. Positive Affirmations are very good for this. For instance, while you are holding your crystal, you can say, “I am protected by the divine light and love of the Universe.”

.” Another affirmation could be, “May Good come to me and through me to others and to the universe.” If you wish to use your crystal for your home, then you might make the following affirmation – “My house is protected by the divine light and love of the universal powers.”

If you have a specific task for your crystal, you will “programme” it. In this case, the intention should be clearly defined before you begin the dedication process. Always ask the Universe to bless your intentions and dedications.

Here is a simple way to carry out a dedication. First, you must cleanse, purify, recharge and activate your crystal. When you are ready, find a place to sit down quietly and where you will not be disturbed. Begin by closing your eyes with your crystal in your hands and breathe deeply. Focus your energy and allow your attention to focalise on what you want to dedicate to your crystal. Repeat your intention to yourself until it becomes quite clear. Then, project the thought of your intention into the crystal. If the latter has three facets, it is called a primary transmitter; if it has seven, it is a channeler. You should place your intention on one of these facets. Repeat your conscious intention three times into the crystal. Then you will have a dedicated crystal.

There are a few simple techniques for programming a crystal. The easiest technique is to write down a thought on a piece of paper, then put the crystal on it to absorb the thought. Thoughts constitute energy and crystals absorb and give out energy. The crystal magnifies the thought then acts as a transmitter. Next, it sends the thought to its target – either a person or a thing – in an amplified state, as written in the note. You can also place the crystal on a person’s photo so as to send the magnified thought programmed in the crystal.

Another way to programme a crystal is to hold it in your hand while breathing through your nose and at the same time keeping the thought strongly in your mind. Then breathe out hard into the crystal. When using this breathing method, you should do this on each facet of the crystal. A quartz crystal has 6 sides.

The second breathing method that I can share is to create what is known as circular breathing. This involves keeping the thought of what you want firmly in your mind and breathing slowly and normally out through the nose onto the crystal, then breathing back in the energy from the crystal. Repeat this circular breathing technique for 10 to 20 minutes. It is an efficient meditation technique and quite powerful for directing your thoughts and obtaining positive results.

You can put as many thoughts or images as you want into the crystal. When you want to remove them, whisper strongly the word “CLEANSE” into the crystal 6 times – once for each facet. If it has 3 facets, do it 3 times, if it has 7, 7 times and so on.

Never hold a crystal while having bad or negative thoughts. Crystals make no distinction, but the mind and the way we do things do. Always wish for Good. Crystals are a gift of nature. They are microcosms containing positive energy drawn from the centre of the earth. Crystals alone do not have powers, but they become powerful when they have been charged and are quite simply as strong as the person who has charged them. Purifying and charging crystals by filling them with your intentions provides the necessary tools for spiritual work and treatment when you need it. When you programme them with clear and positive intentions, they draw the right energy that you need for a specific treatment or a session of spiritual work.



You can keep your crystals in a piece of cloth or a bag made of cloth. Silk bags are used by many people who use crystals. When you store away your crystals, you protect them from spiritual or physical contamination. This keeps undesired energy away from the crystal until you want to use it. Remember that once a crystal has been used for treatment, it must be purified and recharged in order to be fresh and ready for next time.

This book is an introduction to the world of crystals and the vast possibilities they offer when used properly. I hope that it will have inspired you to continue to learn more on the subject of crystals and the way to use them in your life.



Blanche