



Serendipity Crystals

Crystals
An Easy Guide

An *Easy Guide* To Using Crystals

A short '*how to*' guide on:

- ❖ how crystals work
- ❖ how to use them
- ❖ how to care for them

Serendipity Crystals is an independent business run by *Kristy Hodges*
Crystals, Gemstone Jewellery in Italian Sterling Silver & 18ct Gold, Artwork
Spiritual Development, Personal Development, Counselling & Readings

Website: www.serendipitycrystals.co.uk

Email: serendipity@kristyhodges.com

Twitter: @kristy_hodges | Facebook: Serendipity Crystals

Easy Guide to Crystals

Dear Reader

Thank you for sharing this part of your journey with me. This eBook has been created as a little treat to whet your appetite for crystals. It can be printed off and kept as a *free, informative reference* to share with friends, family or children. It exists for anyone whom is starting out on their journey with crystals

I am by no means a scientist, so this eBook is written in *layman's terms*. However, it is best to lay down a solid, logical, scientific foundation as to why crystals work – which in turn *releases our minds* to explore their many uses and affects.

However, as with all things ~ please *accept what works* and *leave the rest*

With *Brightest of BLESSINGS* to you and *Buckets of LOVE*

Krissy

xxx

CONTENTS

Introduction	<i>Page 5</i>
The Science of Vibration	<i>Page 6</i>
How Vibration Works for Us	<i>Page 8</i>
Good Vibrations – Our Body	<i>Page 9</i>
Crystals and Colour	<i>Page 10</i>
The Chakra System	<i>Page 14</i>
Cleansing Crystals - Practically	<i>Page 20</i>
Cleansing Crystals - Energetically	<i>Page 21</i>
Charging Crystals	<i>Page 22</i>
Now What do I do With it?	<i>Page 23</i>
About Me	<i>Page 25</i>

We walk by faith, not by sight – Saint Paul

Easy Guide to Crystals

Introduction

The question I am most often asked about crystals is:

'Do you have to believe in them for crystals to work?'



The answer is a resounding '**NO**'!

Crystals work on principles of *science*.....not religion or belief.

Easy Guide to Crystals

The SCIENCE of Vibration



Every solid object in the world has a vibration due to molecules rubbing against each other at an atomic level. Quartz Crystals (silicon dioxide) work on a principle called *piezoelectricity*. They emit a specific *vibration* or *frequency* and when subjected to pressure, heat or light, that frequency can be altered.

These vibrations blend with ours in a natural and effective way – after all, we are all made of the same elements and chemicals! More than 2 billion silicon crystals are manufactured annually to be used in consumer items such as watches, computers, mobile phones, clocks & radios. We would not have the radar, radio, television or satellite systems without using crystals.



It's not what you look at that matters, it's what you see - Henry David Thoreau

Easy Guide to Crystals

But *how* can crystals help us human beings?



Surely if we all went about
vibrating
we'd be able to feel it????

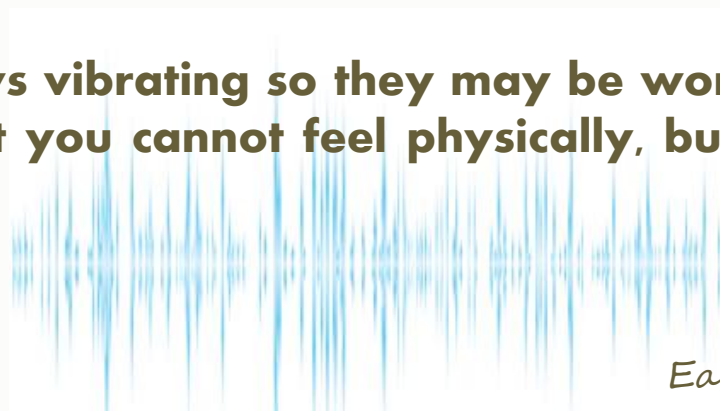
Well, we can to a certain extent. For example, sound is a *vibration* – we may not feel it listening to the radio, but if we stood in front of a speaker and turned the volume up high, we'd most certainly feel the sound *vibration* resonate through every fibre of our being!

Easy Guide to Crystals

How VIBRATION Works for Us



- Living things give off heat, water, scent, magnetism, electricity etc.
- All of these things together form our aura, which is the field of energy surrounding every living thing.
- Crystals are made of chemicals & water as is everything living, so vibrate at frequencies that resonate with our bodies and aura.
- If you cannot physically feel the vibration of a crystal, it simply means it is vibrating at too high or low a frequency for you to do so.
- Crystals are always vibrating so they may be working on your aura or in other ways that you cannot feel physically, but may sense on other levels.



Easy Guide to Crystals

GOOD Vibrations – Our Body

Our body has a resident, *base vibration*. If we were to bang our elbow, the vibration in that area would rise sharply as the nerves signalled 'pain' and blood flow to the area increased. If we could find a crystal with a lower vibration and place it near the site of high vibration, it can bring balance between the low/high vibration and bring the frequency of the body back down to its *base vibration*. This then alleviates the problem.

The same can be said of mental stress – an fMRI can measure the neural (electrical) impulses in the brain under stressful conditions. Those areas of the brain are vibrating at a frequency that is unnatural and higher than normal, allowing the fMRI to pick them up. If we can find a crystal to lower the unnaturally high frequency back down to our normal, resident *base vibration*, it can help to release the stress.



Easy Guide to Crystals

Crystals and Colour

Crystals work on the principle of *vibration*, but their *colour* can provide an easy guide to their specific use.

Colour has been *scientifically proven* to stimulate our brain, nervous system and various glands in our bodies such as the pituitary, adrenal and pineal glands.

Scientific research is ongoing, but suffice to say, you'd feel differently if you were to stand in a room that was painted a vivid **RED** compared to one that was painted **GREEN** or **WHITE**.

Focus

on the following pages of colour for *30 seconds* each
TRULY *immerse yourself* in all of the details of the room

How does the *colour* choice in each room make you *feel*?



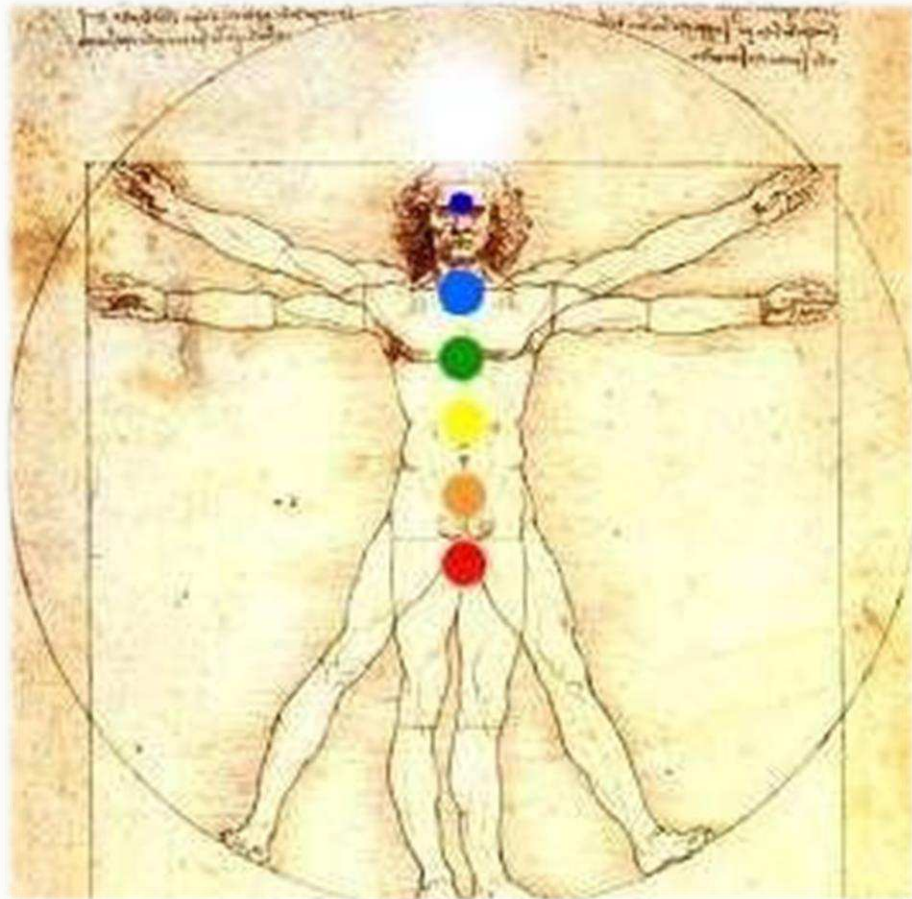




Easy Guide to Crystals

The Chakra System

As a general rule, the colours of crystals correspond with the colours of the *Sanskrit Chakra System*.



- Chakras are *energy centers* running down the centre of the body, often seen as spinning wheels of light.
- Each chakra has its own *colour*.
- If each energy centre is spinning perfectly and all are in alignment you are in complete, *balanced*, perfect health.

Easy Guide to Crystals

The Chakra System

By looking at the *colour* of a crystal in this table, you will be able to identify what that crystal can most likely be used for.



Chakra	Colour	Positive Definitions	Related Crystal	Negative Definitions
Base Chakra	Red	Stability Energy Distribution Practicality Feelings	Garnet Ruby Jasper	Selfishness Anger/Malice Tension/Anxiety Circulatory Problem Anaemia
Sacral Chakra	Orange	Creativity Sexual Drive Exploration	Carnelian O. Calcite Topaz Citrine	Overambitions Digestive Issues
Solar Plexus Chakra	Yellow	Identity Self-Confidence Personal Power	Rutilated Q. Citrine Q. Tigerseye Amber	Indecisiveness Weakness Frustration Skin Complaints
Heart Chakra	Green	Relationships Person Development Direction & Sharing	Emerald Peridot Moss Agate Amazonite	Empathy Stress Emotional Balance
Throat Chakra	Blue	Personal Expression Communication	Blue Lace Turquoise Aquamarine	Negative Fever Nervous System
Third Eye Chakra	Indigo	Understanding Perception Knowledge Mental Organisation	Sodalite Azurite Lapis Lazuli Kyanite	Moodiness Irritability
Crown Chakra	Violet	Intuition Inspiration Wholeness Universal Life Energy	Amethyst Iolite Flourite Sugilite	Rheumatism Epilepsy Nervous Disorders

Easy Guide to Crystals

The Chakra System

The chakra system also runs up our *limbs* in the same way it does our body, so limbs are represented as follows:

- Hands and feet ~ *base* chakra
- Wrists and ankles ~ *sacral* chakra
- Forearms and shins ~ *solar* plexus chakra
- Knees & elbows ~ *heart* chakra
- Upper arm and thigh ~ *throat* chakra
- Shoulder and hips ~ *third eye* chakra
- Skin conditions ~ *crown* chakra



Some people feel uncomfortable carrying a crystal in their pocket. For example, to help with a sacral chakra issue such as reproductive problems, wearing a *bracelet* or *anklet* would be an excellent alternative.

Study the following picture – what *colours* stand out most to you?
Do they signify the *chakra* area you need to work on?



Easy Guide to Crystals

The Chakra System

Seven stoned jewellery items are known as *chakra jewellery*. These provide a different stone for each chakra and are what I'd call 'hedging your bets'.

Your body will absorb the energy from each crystal and this in turn *stimulates* the *relevant chakra point*, providing a boost or calming energy for that chakra. Sometimes you'll feel one stone is warmer than others and this can indicate the chakra that needs the most work at that time.



Now we understand that crystals work on the principle of vibration and that through our own intuition or using the chakra colour system as a guide, we can either select the crystal that can help us most ~ or we can identify why we have been drawn to a crystal in the first place!

Easy Guide to Crystals

So now you have your crystal.....

How do you look after it and use it?



There are many *myths* and opinions on how to use and care for crystals, but I find the basic scientific principals and a healthy dose of *magic* tend to work best 😊

Easy Guide to Crystals

Cleaning Crystals - Practically

Many people talk about '*cleansing*' a crystal. Some believe that crystals need to be washed, placed in the sea or held under natural, fresh running water such as a river or stream.

This is purely down to personal preference

If you wish to *physically clean* a crystal, like anything that is considered 'dirty', by all means wash the crystal in good old tap water, use an old toothbrush to get in between bits if its a crystal cluster and give your crystal a good scrub. You will be able to tell by looking at the crystal whether you need to be gentle with it. Make sure you *dry the crystal well afterward*. This leaves it looking fresh and sparkling clean,

Easy Guide to Crystals

Cleansing Crystals - Energetically

On a scientific level, cleansing a crystal is about *removing any negative vibrations* the crystal may have accumulated from being left for months in a shop, by being used by a previous owner or because it has run out of energy.

It is an *energetic cleansing*. To do this, crystals need to be placed in direct sunlight.

Many like to place their crystals in the moonlight or bury them in the earth – this may provide a different sort of charge or energy to them, but scientifically:

ONLY sunlight will 'cleanse' a crystal
of negative energy

Easy Guide to Crystals

Charging Crystals

To 'cleanse' a crystal, all you need to do is place it in:
direct, natural sunlight for a few hours

This causes the molecules to rub together at an atomic level, which dispels any negative energy.

Sunlight also has the added benefit of '*charging*' the crystal.

A crystal is like a battery that needs to be *recharged after use*. The vibrations of a crystal will only work for so long before it needs to be placed in *direct sunlight* and '*recharged*'.

Therefore, popping your crystal into direct sunlight *cleanses* it, *recharges* it and makes it ready for use within a few hours.

Easy Guide to Crystals

Now What do I do With it?

A crystal, once *cleansed* and *charged*, can be:

- carried in your pocket
- worn as jewellery
- placed by the side of the bed
- slipped under a pillow
- placed in a central point of a room (large pieces)



If it is only a small piece, then *it must be close to your body.*

Larger pieces can fill a whole room with energy – place them in the *centre* of the room.

Easy Guide to Crystals

Now What do I do With it?

Crystals can also be placed in a bowl of water or water filter where the vibrations of the crystal will *charge the water molecules* so they too vibrate at the same frequency as the crystal.



These are called Crystal Essences

Double check which crystals are suitable as some may be *toxic*, particularly those with a *metal* content such as Malachite (Copper), Lapis Lazuli (Iron Pyrite) or Hematite (Iron). Larger pieces of crystal can be placed around the home to provide good energy throughout a room.



Easy Guide to Crystals



About Me.....

I first 'felt' the energetic impact of a crystal in 1990. It was Moldavite and the flush sent me out've my mind! It took a further 20 extensive years to learn how to work with crystals & energy.

Since then, my spiritual path has spanned many countries & cultures from the Middle East to Asia and Europe to America.

I have studied in depth: indigenous cultures, animal medicine, astrology, tarot, mediumship, psychic skills, shamanism, paganism, counselling, relationships & parenting to name but a few subjects and been blessed enough to experience many wonderful adults, children, angels and spirits along the way.

I now live in Yorkshire, UK, with my beautiful teenage son and run Serendipity Crystals, travelling the country as a crystal retailer, therapist, counsellor, spiritual development guide and empowerment coach.

Easy Guide to Crystals

Serendipity Crystals

I hope you have enjoyed this free eBook – it is created with unconditional love and a passion to help you on your journey of discovery.

A larger, *in depth* crystal eBook full of ideas, experiments and information will soon be available to purchase for a small fee from www.serendipitycrystals.co.uk

Please *sign up* for my regular *newsletter* for information on what events are happening each month, new & exciting products, discounts and a free monthly *Energy Forecast* detailing what energies are with us and how to work with them.

Personal Development Days, counselling sessions, readings and guidance are all available at cost effective prices. Money should never be a barrier – I love to swop guidance for treatments or products and believe in a fair exchange of energy always.

Until we meet again ~ Cosmic Cuddles to You & Keep Shining