



Meditating With Crystals

Whether you are an experienced meditator or a beginner with crystals can enhance your meditation experience. There's a number of ways you can meditate – you don't have to sit cross-legged in a yoga pose! The important thing especially for beginners is to ensure that they are comfortable and minimise potential distractions – switch your phone off to stop it ringing while you are meditating and pick a time when you know you won't be disturbed, for me it is first thing in the morning as my mind seems clearer then but think about what time of the day suits your body clock.

Meditation has proven benefits, stress reduction, improved clarity of thought, lowering your blood pressure etc., as well as forming a spiritual connection which aids peace of mind and higher states of consciousness, so don't feel guilty about taking a little bit of time to tap into these benefits.

Select crystals which suit the time and space you are in for the meditation – traditionally stones like Amethyst will have qualities which help clear the mind and de-stress the body. However, if you feel that you are tired perhaps a crystal which has more enlivening qualities such as Citrine or Carnelian may appeal to you so don't disregard using them if you feel that you are drawn to them.

You may also want to work with a crystal which is linked to a particular chakra for example Amethyst for Crown, Sodalite for Brow, Blue Lace Agate for Throat, Citrine for Solar Plexus, Carnelian for Sacral, Red Jasper for Base etc. Or perhaps a simple Clear Quartz will work for all.....

You can either wear, hold or place the chosen crystal as you feel is most appropriate and comfortable for you. I always use incense and light a candle as a small ritual to help focus my attention on what I am doing, using the same incense every time as I have done over the last 20 years means that I have an association with the smell of the incense and that helps to wind me down ready to start meditating. It also has the benefits of energy clearing the space I am in. If you don't like incense you can always burn essential oils – choose something like Frankincense which has a spiritual, calming effect.



Here's a quick meditation you can do anywhere:

- First cleanse your crystal and ask that it works for the highest and purist good. You can use visualisation, smudging, sound etc to cleanse your crystal
- Look at the crystal's shape, colour, texture etc. and when you are ready, close your eyes;
- Breathe in through the nose and out through the mouth 2-3 times – if you find during the meditation your mind starts to wander bring your focus back to your breathing at any time.
- With your eyes closed, become aware of how the crystal sits in your hand, it's texture, temperature, shape etc. Also try to form a picture in your mind's eye – this helps to stimulate the brow chakra which is related to insight and intuition.
- Visualise or imagine the energy from the crystal in your hand starting to flow into your energy field. You may like to visualise it as a fine mist, the same colour as the crystal you are holding flowing into your aura.
- Try to take your awareness to just beyond your physical form and imagine your energy field vibrating with the colour and energy of the crystal you are holding. Just sit in the energy as long as you would like being aware of any thoughts or feelings which bubble up to the surface. Allow them to flow like clouds in the sky. You may also find that you “see” colours in your brow chakra. You can look up colour correspondences when you've finished to work out what they represent.
- When you have finished you can visualise the crystal energy returning to the stone in your hand or you can simply release the energy from your aura by visualising it just falling into the ground beneath you.
- Take a couple of minutes to bring yourself back and maybe drink some water to ground yourself.



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There are many other forms of meditation and lots of resources on the web – just google meditation and you will be surprised at what is out there all for free. Try as many ways of meditating that you can to see what works for you and remember it takes time and practice and, a bit like a visit to the gym, you will have times when you feel you can do it and other days when you can't get into it. Just accept that this is the case for even the most experienced meditators and try to build it into your life as a daily or weekly practice to gain the most benefit.

We're happy to speak to you either by phone or email. Depending on your preferred location, please contact us at the contact details below for the relevant areas for you.