



## Why It's So Important To Pick The Right Crystal For You & How To Do It

With so many crystal books available as well as onsite information on the qualities that crystals offer us to support both personal and spiritual development, it can be confusing if we simply take the information at face value and ignore our own intuitive abilities.

Crystals are amazing tools we can use to settle, balance, energise, re-turn and empower our subtle energy systems – meridians, chakras, nadis, marma points and auric field as well as help us to connect to different frequencies when we meditate. Self empowerment is key when we start to work at a deeper level on our spiritual path. That instinctive “knowing” is within all of us and as we journey through our own spiritual paths listening and acting on the intuition of what is “right” for us at any given time enables us to find our own power.





As the new age progresses, following the right path will ensure that we draw people, experiences, events etc. to us which serves our greater purpose. Here are some ideas to inspire you to take time to connect either with crystals you are thinking of buying – or those lurking on your windowsill that have been thus far ignored!

1. **Choosing By Sight:** The most popular way of selecting a crystal. Before you enter a shop or look online take a moment to think about what you would like the crystal to help you with. Then try to become aware of where your eye is drawn. Don't rationalise or seek out a particular crystal. It can help to observe children in a crystal shop – they often don't try to pick up a crystal nearest to them.
2. **Dowsing:** Using a pendulum which you can ask "is this the right crystal for me" or a similar question. Another way is to manually swing the crystal into the "no" direction and allow it to change to the "yes" direction when you alight upon the right crystal.
3. **Scanning or Sensing The Crystal:** This is usually done with the hands and involves casting the hands across a range of crystals. Sensitive souls who do this exercise report a range of sensations such as "breeze", "heat/cool", "tingling", "vibrations" etc. When this energy is felt it is indicating that the crystal's energy is beneficial and is actually vibrating with your energy.
4. **Opening A Book At A Specific Page/Googling A Site For A Stone With A Specific Quality.** The randomness of just opening a book with crystals at any page is a bit akin to choosing a tarot card and is probably the simplest method for anyone lacking confidence in their intuition. Equally googling for a website to provide guidance about the different qualities of crystals is a good way for a beginner to start to choose crystals.
5. **Being Given A Crystal:** Many people say that this is one of the most powerful ways of acquiring a crystal – personally I think it depends on the connection you have with the giver! Undeniably in most cases the giver will have a detachment to the crystal which will probably ensure that even if you don't think you need it, the crystal will be able to ensure that it is able to link with you anyway.



6. **If You Are Repelled By A Crystal:** This can sometimes be an indicator that you need to work with your shadow side and your strong negative response is simply highlighting your reluctance to work on a particular issue. It is worthwhile exploring a crystal's qualities when you get any response and not to discount it without a little investigation. For example not drawn to a crystal such as Tigers Eye which has a strong masculine quality, linked to the solar plexus chakra may have self confidence issues which need to be addressed.

If you would like to know more 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.