

Crystal Care

GUIDE

If this is your first crystal collection, then I want to express my gratitude for you trusting in me to select the perfect crystals for you! I have curated each collection to offer comfort & support to you at different times in your life. My own journey has taught many lessons & I wanted to give comfort to those trying to navigate life through the highs & lows.

Crystals are powerful gifts created by Mother Earth during movement in the Earth's crust. The movement allows magma, liquids & gases to rush towards the surface where they cool, solidify & crystalise.

Everything & everyone is made from energy, which in turn means everyone & everything vibrates at a particular frequency. Crystals all vibrate at their own frequency & when used holistically & intentionally, they will raise the vibrations of your energy centres (chakras) so that you can benefit from their healing properties.

As crystals absorb, transmit, & transmute energy, they require cleansing, charging & programming. Some crystals will cleanse themselves, & some will even charge others. Please use the guide below to help you keep your crystals happy.

CLEANSE

Your crystals have been on a journey from the ground to your home & countless stops in between. All crystals have been cleansed in water (if appropriate for the crystal) & then again with the smoke of ethically sourced Palo Santo once they reach me. You may also want to cleanse them once they enter your home & you can do so in the following ways:

Water: Hold your crystal under running water (from the tap, a natural water stream or using bottled spring water if you wish). Visualise any negative energies running away with the water. Not all crystals can be cleansed with water (anything layered or clustered).

Smudging/Smoking: Much like I have, you can use Sage or Palo Santo to purify & reenergise your crystal. Hold your chosen smudge stick (listed above) in your left hand & the crystal in your right, pass the crystal through the smoke visualising them being surrounded by ethereal light & releasing any negative energies. *Please leave a window open nearby when using this method.*

Crystal to Crystal: Some crystals are self-cleansing & will cleanse other crystals in turn. Amethyst, Selenite & Clear Quartz do not need cleansing & will in fact cleanse & charge other crystals.

CLEANSE & CHARGE

Here are some methods of cleansing that also charge your crystals. You can use all of these methods to regularly charge your crystals when you feel their energy is starting to deplete, or when they have been in contact with other people, or negative energies.

Please note this is not a definitive list.

Moonlight: My favourite way to charge crystals! Lay your crystals outside under a full moon to amplify their energies. I also like to charge a glass of water alongside my crystals & spend the next day sipping moon water whilst manifesting my desires - a wonderful ritual to add to your self-care routine. If you can't place your crystals outside safely, then leaving them inside on a windowsill will also allow them to soak up the moon's energy.

Sunlight: The same method as above, but only for a couple of hours as the Sun can be too harsh for our crystals & in some cases can cause fire!

Earth: Crystals love nothing more than returning to Mother Earth once in a while. If you don't want to lose them in your flower beds then you can also use a pot of soil to do just the same. Simply let your crystals get cosy in the Earth & they'll be recharged ready for another day.

PROGRAMME

Now its time to programme. This will focus your intention for the crystal & help you both align with one another.

1. Hold the crystal in your hands, or hold over the corresponding chakra.
2. Close your eyes, take some long deep breathes in through the nose & out through the mouth.
3. Visualise yourself connecting with the crystal. This may feel like butterflies, or a tingly sensation somewhere in your body.
4. After a few minutes say out loud "Work with me for my highest good & for the highest good of all". You can also focus this with your intentions eg. "Work with me for my highest good to [insert intention here]". You can be as specific as you like.
5. Thank the crystal, & Mother Earth for her gift. Gratitude goes a long way, not only in life but with connecting to your crystal.

CAUTIONS

Crystals should be kept away from children as they may pose as a choking hazard.
Crystals are a holistic therapy & the information given is not intended to act as a substitute for medical treatment.

AFFIRMATIONS

Affirmations are phrases used to manifest your desires, they must be said in the present tense to allow your subconscious to accept these phrases as the truth.

Before you begin to repeat the phrases, allow your body to feel the feelings you would encounter if you already had your desires. Visualise what it looks like to have your desires already, the deeper you go into this visualisation, the more powerful your affirmations will be.

Use whichever affirmations feel most aligned to your desires & of course, feel free to add your own - so long as they are positive & in the present tense.

SELF LOVE

I AM BEAUTIFUL INSIDE & OUT

I AM ENOUGH

I AM WORTHY OF LOVE

I LOVE MY BODY

I TRUST MY INTUITION

SUCCESS

I AM A MAGNET FOR SUCCESS

I ATTRACT EXCITING OPPORTUNITIES

THINGS ALWAYS WORK OUT IN MY FAVOUR

I ACHIEVE WHATEVER I PUT MY ENERGY INTO

THERE ARE NO LIMITS TO MY SUCCESS

HEALTH

MY BODY IS HEALTHY, RADIANT & GLOWING

I THANK MY BODY FOR CARRYING ME THROUGH EACH DAY

I AM THE PERFECT JUST THE WAY I AM

MY BODY HEALS WITH EACH BREATH I TAKE

ABUNDANCE

I EMBRACE NEW BEGINNINGS & ADVENTURES

MONEY FLOWS TO ME WITH EASE

MY LIFE IS ABUNDANT IN ALL WAYS

I CREATE THE LIFE I DESIRE

For more crystal infused goodness, follow us on Instagram

@balancecollection.co.uk



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