

CRYSTAL WISDOM : 101

A 5 week program to explore your crystal connection through ancient shamanic practices, a splash of science, and creative crystal play.



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CLASS 2 : CREATE CRYSTAL FOUNDATIONS

Welcome to Class 2 of Crystal Wisdom : 101!

Our work with crystals and stones needs a solid foundation . . . both in the area of science and in the area of spirituality. We create this foundation by cultivating confidence in our ability to select our perfect crystals to work with, activating them with your intention, and feeling clear about how to care for them.

In this class we will dive into some of the most frequently asked crystal questions so that you can feel clear and confident every time you select a new crystal and embark on a journey together.

In this class you will . . .

- Explore practices for selecting your perfect crystals (muscle testing, pendulums, through your senses, and more).
- Learn how, when, and why to cleanse your crystals.
- Activate your crystals with intention.
- Other crystal basics such as why a crystal breaks and what to do with it when it does, how to care for and store your crystals, and so much more.

So let's dive in . . .

Selecting your perfect crystals . . .

Begins with setting a clear and powerful intention!

This always begins with crystal clear intention. As you are clear, it is easier for your perfect crystals to light up and connect with you . . . and even further it is easier for them to know exactly how to support you!

Remember . . .

“Energy follows intention.”

There is so much truth to this statement . . . and the crystals know this! When are clear about our intentions, the crystals know exactly how to support us. When our energy is clear and focused, the crystals are clear and focused in their support.

Over time you will find more ease and fluidity in your ability to create a crystal clear intention, to articulate where and how you would like to welcome support in your life, and in your ability to select your perfect crystals and stones. This happens naturally as you deepen your relationship with both the mineral kingdoms and your soul.

This is something that each of us are continually cultivating and it can be incredibly joyful!

Over the years, I have found reflection rituals to be one of the most powerful processes for cultivating that relationship.

In the following pages I am sharing with you one of my favorite reflection rituals for setting an intention.

As you dive in, you may find yourself wanting to just think about the answers, or to maybe just scribble a couple simple thoughts. I invite you

to go deeper. To write all of your thoughts. To put voice to the answers deep within your heart.

As soon as you give voice to your deepest thoughts, the energy around those thoughts has an opportunity to expand, to transform, to heal, to be surrendered and for you to powerfully step forward creating your highest vision.

So . . . be raw. Be real. And surrender into this ritual!

- 1. What is happening in your life right now? Be real. Be raw. Let your heart speak.

What is bringing you the greatest joy?

What are your greatest challenges?

2. What shifts or changes do you desire to make in your life?

3. If you made 1 of these changes how do you imagine you would experience life differently?

Now engage all of your senses.
How do you imagine this new experience of life to Look?

Sound?

Taste?

Feel (physically, emotionally, spiritually)?

Smell?

4. Why is experiencing life this way important to you?

5. Our transformation is ultimately fueled by how we desire to feel. Re-read each of your feeling descriptions. Feel each one being activated within you. Invite one desired, strongest feeling to emerge. Describe that feeling?

This feeling is the core of your intention. Re-write that feeling into the form of an intention. I encourage you to begin this phrase with the words 'Crystals show me . . . ' and to write it as a declaration or invitation for the crystals to reveal wisdom and insight around your intention. For example: Crystals show me my unique gifts. or Crystals show me how to live my life with love. Crystals show me how to live life with joy.

6. Now that you have set your intention, your first step in bringing it to life is to share your intention in a safe and sacred space. This space is being held in the Crystal Wisdom : 101 Facebook group . . . I invite you to share it with us there. We are so happy to support you in holding your vision with you (and your crystals).

Now that you have a clear and empowering intention, it is time to select your perfect crystals.

Tune into the videos to discover how you can work with a pendulum, use muscle testing, and your senses to tune in and select your perfect crystal. Then pop back over here and dive a little deeper with some reflections.

Pendulum Reflections

Have you worked with a pendulum before? If yes, what was your experience like? Is it something you use regularly? Why or why not?

As you work with your pendulum as a tool for selecting your crystal, get familiar with how it is going to answer you yes and no.

What direction does the pendulum move for your yes?

What direction does the pendulum move for your no?

Now that you are clear about your yes and no, it is time to invite your pendulum to support you in selecting the perfect crystal to support you in bringing your intention to life. Lay out several crystals you feel curious about and ask your pendulum to help you decide which one is the right one.

What crystal did your pendulum help you select?

Muscle Testing Reflections

I encourage you to try both practices: the forward backward body movement and the finger strength test. Which one feels most comfortable and natural for you? Why?

What was your experience with each muscle testing practice? Take some notes here:

Which crystal did your muscle testing practice guide you to work with?

Was it the same as your pendulum or different?

If it was different, what are your thoughts about that?

Here are some great questions to think about if your muscle test revealed a different crystal from your pendulum . . .

First, check all practices again?

Are both crystals to work together to support you?

Did you ask your question differently?

Did the energy of your intention shift since first asking the question?
Take some notes here:

Selecting Crystals with Your Senses Reflections

Which crystal energetically lit up for you?
How did your senses recognize this energy? Visually? Sound? Thought?
Touch? Smell? Taste? Take some notes here:

Was it the same crystal as your pendulum and muscle testing chose?

If it was different, what are your thoughts about that?
Here are some great questions to think about if your muscle test
revealed a different crystal from your pendulum . . .
First, check all practices again?
Are both crystals to work together to support you?
Did you ask your question differently?
Did the energy of your intention shift since first asking the question?
Take some notes here:

What crystal are you working with to support you to actualize your
intention?

Cleansing your crystals . . .

Once you've selected a crystal to work with, it is powerful to cleanse your crystal before you begin the next step in your journey together.

There are a lot of different thoughts on the need to cleanse a crystal before working with it, and while I do not always cleanse all of my crystals before working with them, it is a habit of mine to regularly take them outside where they can enjoy being in nature . . . from being on the earth to being in the sun, rain, and moonlight. I also regularly burn smudge in my home, and when I do, I often run it over the crystals I am currently working with.

In the video I share some great stories about how crystals hold and carry energy. Tune in and then explore cleansing your crystals. Below are some great reflection questions to support you in attuning to changes in your crystals before and after cleansing. This is a wonderful reflection ritual to return to each time you prepare to cleanse a new crystal. It will support you in really attuning to the nuances of your crystals before and after your cleansing process.

Crystal Cleansing Reflection Ritual

Before cleansing your crystal, spend a little time with it. Tune into how it feels and how you feel as you hold it, meditate with it, or connect with it. Take some notes here:

Tune into your crystal with all of your senses . . . look, touch, feel, smell, taste. How do you experience your crystal with your senses before cleansing? Take some notes here:

Now select a method for cleansing your crystal and go ahead and cleanse it. Take some notes about how you chose to cleanse your crystal and what your experience was.

How did you know your cleansing process was complete your crystal?

After you are complete with cleansing your crystal, do a little meditation with it. How does it feel now? How do you feel as you connect with it? Take some notes here:

Tune into your crystal with all of your senses . . . look, touch, feel, smell, taste. How do you experience your crystal with your senses after cleansing? Take some notes here:

Activate Your Crystal with Your Intention

This is a very simple yet powerful practice for attuning with your crystal and your intention.

Tune into the video and activate your crystal now!

What to do with your crystal if it breaks . . .

These are questions I receive often. And there isn't a cut and dry answer again, it is one of those areas where your intuition will lead you. In this video I share several of my experiences as well as my thoughts on this topic. Tune in and then come back over here and reflect a bit about your experiences with crystals breaking.

Have you ever had a crystal break?

What did you decide to do about it or with it?

In the past, how have you known when your work with a crystal is complete? And what have you chosen to do with your crystal when your work together is complete?

Do you currently have any crystals that have chipped or broken that you need to make some decisions about? Tune into them. What are you feeling called to do with them now?

Take some action and follow through with what they are asking of you.