

Crystal Talisman

create your own sacred object using ancient shamanic practices

Class 3

Welcome to Class 3 of the Crystal Talisman Journey.

In this week's class, we are going to talk about . . .

- Intuition and how you can cultivate your intuitive abilities.
- How crystals share their wisdom.
- Our different intuitive senses and discover which senses are your strengths.
- Receiving messages, insights, and wisdom from your crystals.

Let's begin . . .

Have you ever wondered how the authors of crystal books come up with the messages, wisdom, and healing uses for different crystals?

It's fascinating, right? . . . You get a new stone, go to your favorite reference book, take a quick read, and the message is spot on for what is unfolding in your life right now.

This always intrigued me. I wondered, how do they know this and how did I just happen to select the perfect stone for what I'm dealing with.

You've likely already been feeling this with the jewels that have come together for your talisman. Pretty cool, huh?

So, you're probably wondering, how do they do it? How do these amazing authors connect with the crystals in that way? How do they know this is what a crystal does?

The answer is simple. Intuition.

Our crystal friends communicate with us through our intuition, through the language of energy. As we refine our ability to read the language of energy, and to trust our

intuition, we cultivate our ability to tune in and receive the wisdom and messages of crystals.

These authors have taken the time to refine their intuitive senses. To cultivate deep and unwavering trust in their intuition. To create stillness within their lives. To listen. To feel. To know. To see. To receive. And most importantly, to act upon their guidance.

You can do this too. You too can cultivate your intuition in such a way that you are able to connect with and receive wisdom from not only this talisman, but from all crystals, the universe, and life.

I'm pretty sure that if you're taking this journey, you are already very in tune with your intuition, that it was actually your intuition that guided you to take this journey and create your very own crystal talisman at this time. So I want to celebrate you for the many ways you are already trusting and acting upon your intuitive guidance.

This unique ability was once prized and celebrated within ancient civilizations and I really feel that we are again reaching a time when it is and will be again, when such abilities will be trusted, respected, and celebrated. We create and step through the doorway to such a time by nurturing the growth and development of our own intuition.

I spent years cultivating and refining my intuition. I love working with and strengthening my intuition and I love testing it.

The crystals have played a significant role in my journey to develop and refine my intuition. I have asked them to guide me, to show me how exactly they would like to connect with me.

So here's what we did . . .

I gathered up one of every crystal that I had. Then I photographed them. One by one, I invited them to pose for me, to reveal their inner light and brilliance for the camera. We did this in my sacred garden on bright sunny days. It was so much fun.

Then for the next 70+ days I meditated with one stone per day. Sometimes meditation was quietly sitting in my soul sanctuary and other times it was in the car,

or on a hike, or in my garden. I let each crystal guide me. Sometimes we connected in silence, other times it was while I was doing the dishes or jamming out to my favorite music. Yes, how we connected was an important part of what each crystal was sharing. I tuned in with each of my senses. I listened. I felt. I smelled. I tasted. I looked. I trusted. And I documented everything they shared. And then I asked them to guide me in clarifying the message they want me to share at this time.

It was so much fun! I learned so much and my ability to understand the language of energy and the language of the stones grew exponentially that summer. And, guess what, after those 70 days new crystals continued to come into my life. I stretched into new ways of not only connecting with them and receiving their wisdom but also incorporating what they shared into my daily life by taking action and following through on their guidance.

During this week's class, this is what you are going to do. You are going to tune into your crystal talisman with each of your senses, to heighten your ability to sense and feel energy, to receive messages from your jewels.

Let's talk about intuition . . .

The Merriam Webster's dictionary defines intuition as . . .

- 1: quick and ready insight

- 2 a : immediate apprehension or cognition
 b : knowledge or conviction gained by intuition
 c : the power or faculty of attaining direct knowledge or cognition without evident rational thought and inference

Regardless of whether or not you consider yourself intuitive, you are and you have the ability to refine your intuitive skills. It just takes a bit of awareness, solitude, quiet space, and practice.

Your senses tune in for our physical, 3-d reality, and they also tune into what is unseen, unheard, unknown, and unfelt. Your senses tune into energy.

This is how the crystals communicate, on the energetic level. They speak to our senses. They elicit emotions. They invoke feelings, sensations, and knowings. They offer ideas and suggestions and inspiration in subtle ways.

As we cultivate our intuitive senses, we begin to recognize the unique ways our crystals are trying to get our attention and share their messages with us.

We often recognize our intuition as the gut feeling, the deep knowing, or something we just have to follow.

As you strengthen your intuition, it becomes easier to listen to and trust your inner voice.

We develop our intuition by challenging it, listening, getting quiet, creating space, asking questions, listening to the answers, honoring those answers, and taking action accordingly. Intuition development requires practice. Intuition grows and develops as we challenge ourselves and practice skills that support it.

Now you likely do not aspire to be a crystal reader or to take your connection with crystals to such a level as the crystal authors. If you do, awesome! Let this be a springboard for what comes next. If you're just looking to create a power piece and connect with it more intimately, know that the practices you will be guided into in this weeks class can be applied to other areas of your life. And the wisdom of your talisman can ripple through every facet of your being empowering you more and more into your wholeness.

There are many ways that we receive intuitive guidance and sense energy. It can be very helpful to recognize how we are already receiving information. We want to strengthen what is natural and then challenge ourselves to also develop our other senses.

Let's talk about the clairsenses . . . these are our primary intuitive senses.

Clairaudience . . . clear hearing, hearing between words, hearing what is unspoken, where breath is taken, where pauses are made, where emotions are swallowed rather than expressed, where pace increases so as to rush through something uncomfortable. Listening to both what is said and what is not said. Both are being expressed and our ears can hear it.

Clairvoyance . . . clear seeing, seeing what is unseen. This can be visually seeing and it can also be seeing within your minds eye. Imagine what you ate for lunch today.

Let yourself draw an image of it into your mind. Often people experience clear seeing in this way. Their mind's eye creates a clear picture of what is unseen.

Claircognizance . . . clear knowing, when an idea, concept or thought just shows up in your mind, when you just simply know. Claircognizance creates a sense of inner certainty that cannot be explained.

Clairsentience . . . clear feeling. This includes physically, emotionally, and spiritually. This is often the emphatic skill, the ability to feel what another feels. For example someone may be telling you a story and they are having a hard time expressing their emotions, but you feel it and are able to help them put words to what they can't quite express. Or maybe you just have a gut feeling about what is happening and this feeling guides your decisions.

Clairaliense . . . clear smelling. Have you ever smelled something within a space that has no clear source? This could be roses in a sealed room, cigarettes on a trail on a still day with no one else around. Or perhaps someone is telling you a story about their breakfast and before they tell you they had bacon, you smell it as though it is on the plate in front of you. Or maybe you smell rain in the air before you can see thunder clouds.

Clairgustance . . . clear tasting. Intuitive guidance comes forward through your sense of taste. You may taste something in your mouth that you have not eaten in years, but as the taste becomes clear you recall your great uncle who died because he served that particular food every time you visited.

Intuition develops as we become more present with our day to day life.

We do this by taking time to . . .

Observe.

Be in stillness.

Be alone.

Listen to our body.

Create deep and emotional connections with other people.

Be creative.

Honor our dreams.

Pay attention to our emotions.

Experience each of our senses.

Clear distractions.

Heal old stories and wounds.
Let go of our fears.
Celebrating the guidance we receive.
Have fun!

We tell the universe we trust our intuition by taking action on our guidance.

It can be helpful to know what you are doing when intuition drops in a little wisdom.

Are you active? Are you quiet? Are you playing with your dog? Are you taking a bath? Are you in conversation with another? Are you listening to music? Dancing? Walking? Doing yoga? Playing an instrument? Sitting quietly in nature? Are you working on a client? Journaling?

When we begin to recognize the times that intuition drops in, we can begin to bring deeper awareness to those practices as well as make sure we are including them in our day to day life.

By doing this, we are creating space for spirit, and the crystals to share wisdom with us.

I was recently talking with a client and she was asking me about how I come up with the content that I share in my programs. I shared with her that it doesn't show up by simply sitting down at the computer and free flow typing. She was shocked. But her response was not unusual. I think many of us imagine this magical way of receiving guidance, insight, and wisdom and we think that if we cannot receive intuitive guidance with such ease, we must be doing something wrong. But that's not how intuition works. Sure, there are people who have cultivated this skill in such a way that it shows up with crystal clarity as they sit down . . . and you can do that. But know that such a skill requires practice and commitment. It requires being open to how you naturally already intuitively receive and taking action on what comes through.

This is what we need to do. We need to create space. And most importantly we need to have fun, to keep it light and playful. When our energy is light and playful, we are receptive and energy can flow. When we feel like we need to make something happen or push or force the energy to come or show up, we instead contract and stop the flow of energy. So when you're ready to step into receiving messages from your jewels, do something to create a sense of lightness and fun. This could be

smudging, dancing, playing some great music, clearing some clutter on your desk, watching a goofy video on youtube, you get the idea.

Years ago I stumbled upon a video on youtube of Judy Hall (author of many great crystal books including one of my go-to faves, the Crystal Bible) with a group of people tuning into the same crystal and sharing their experiences. Each seemed to have a primary sensory strength. They would meditate, as a group, with the crystal for a couple minutes and then they would share what they experienced. It was so fun to see how what one person shared, the next added to and built upon creating a deeper and more thorough picture of the crystals wisdom . . . and guess what, they were laughing and having a great time together.

Receiving wisdom from your crystal talisman . . .

Crystals love to sparkle.

Before you begin working with your crystals to receive messages you may want to place your crystals outside, on the earth, and in the sunlight for an hour or two. The sun will activate their inner light so that it may more powerfully guide and work with you. You may also wish to spend some time outside with them, to be in nature, to connect with the brightness of the sunlight.

This is also a wonderful way to clear out any residual stories or energy lingering in the jewels that may not serve you. This happens from time to time. Imagine how many people have held your crystal before it arrives in your hands. Whoa . . . there are A LOT! The miner, the person who cleaned it, the person who cut, polished, or drilled it, the vendor who sold it, the shop that held it, and every person in between. Each person carries a story and an energy. Just like we know things get physically dirty with touch, we also know that they pick up energy. Some of that energy will serve you, some will not. So, one of the best ways to help the crystal let anything that's hanging out go, anything that does not serve you, is to give it a little nature time. Let it soak up the sun and harmonize with mother earth.

Just think about how refreshed you feel after a day outside . . . your crystals (and your talisman) will feel that too. It will be so eager to dive in and work with you! So let's get started . . . let's receive some crystal wisdom!

What do the books say? . . .

Get started by tuning into what the books have to say. Then listen within . . . what resonates? What does not? Books have great info, but the messages they share may not be why this particular crystal (or combination) has shown up in your life. One of your first intuitive practices is to trust your inner voice, to trust that you have selected the perfect crystal for you despite what someone else has to say.

One of the things that is not often talked about is that crystals surface (both on the earth and in our lives) at certain times because there is a new way for them to show up and be of service, there is an evolution in their wisdom and what they offer . . . aspects that may not have been captured during the channeling of a specific book, not because it was missed, but rather because humanity has evolved and the crystals have evolved.

This is so amazing!

One of the things Katrina Raphaell talks about in her book *Crystal Enlightenment* is how our crystal friends are here on an evolutionary journey as well. As we work with them, we are supporting them in their evolution. They continue to grow and evolve and shift in order to meet the current needs of humanity. Think about all of creation as one big system. As one piece of creation evolves, the next is not only triggered into its next evolution, but also supported. It all works together. As mother earth evolves, humanity also evolves.

When a crystal has been cut and polished and shaped, its natural color and beauty are enhanced and revealed . . . and it is able to reflect more light. This is a wonderful thing. It is through its light and color that it lifts and clears energy and brings us into alignment with our intentions.

Meditating with your talisman . . .

- Holding your finished crystal talisman in your hands, reconnect with your intention.
- Feel your intention within your body. Notice the emotions, physical sensations, thoughts, ideas, and other sensations it triggers within you.
- Gather the energy of all of those sensations together, into your belly.
- Inhale, drawing a full breath into your belly.

- Exhale, with an open mouth, blowing the energy and essence of your intention directly onto your crystal talisman.
- Repeat this with three full exhales.
- Tune in with each of your senses.
- Answer the questions in your reflection ritual.

Inviting your talisman into your day . . .

- Holding your finished crystal talisman in your hands, reconnect with your intention.
- Feel your intention within your body. Notice the emotions, physical sensations, thoughts, ideas, and other sensations it triggers within you.
- Gather the energy of all of those sensations together, into your belly.
- Inhale, drawing a full breath into your belly.
- Exhale, with an open mouth, blowing the energy and essence of your intention directly onto your crystal talisman.
- Repeat this with three full exhales.
- What action is your talisman inviting you to work into your day?
- Take notes in your reflection ritual.

Dreaming with your talisman . . .

- Before you go to bed, hold your finished crystal talisman in your hands, reconnect with your intention.
- Feel your intention within your body. Notice the emotions, physical sensations, thoughts, ideas, and other sensations it triggers within you.
- Gather the energy of all of those sensations together, into your belly.
- Inhale, drawing a full breath into your belly.
- Exhale, with an open mouth, blowing the energy and essence of your intention directly onto your crystal talisman.
- Repeat this with three full exhales.
- Place your talisman either next to your bed, under your pillow, or alongside you as you sleep.
- Keep a journal next to your bed. If you awake from a dream. **WRITE IT DOWN IMMEDIATELY!** I so often hear people share how they awoke from an amazing dream, but didn't write it down because they were too groggy and thought it was so vivid there was no way they would forget it in the morning only to awake and forget they even had a dream. This happens all the time. Don't make this mistake. Come out of your fog and write down . . . even if it is just a scribble.

- When you awake . . . re-read what you wrote down about your dream. Try to draw out more details and possibly more meaning. As it emerges, write that down as well. Don't try to force an interpretation of the dream. It will reveal itself. As your crystal talisman to support you with that piece throughout the day.

And . . . most importantly . . . HAVE FUN!

Crystals love to play.

Intuition loves to flow.

Open your channels and let it in!