

## Stress Release Through Crystals

By: Lourdes Lebron

One of the most popular requests people have when searching for healing crystals is to find one that can bring peace, relax the mind, ease tension in the body, and soothe the soul. Fortunately, many crystals have vibrations that encourage tranquility and a more relaxed state of mind. This article lists crystals that aid in bringing about a more serene sense of being, followed by tips on how to use the crystals and other tools that can encourage a more peaceful state of mind.

Abalone – helps soothe nerves

Amethyst – works well to help release the tight knots at the base of the skull that result in tension headaches

Aventurine – enhances meditation and finding inner peace

Blue Lace Agate – aids in releasing tension in the body when feeling “highly strung”

Blue Calcite – works well to “calm” a racing heartbeat.

Blue Chalcedony – vibrations bring peace into the energetic bodies.

Dumortierite – relieves fears that may be at the root of nervousness

Golden Topaz – great for those “butterflies” in your stomach before exams, giving speeches, or when doing anything new and/or unexpected

Larimar – great for alleviating moodiness or feelings of impending “doom”

Lepidolite – excellent for difficulty sleeping when thoughts keep going round and round in the head

Lithium Quartz- aids in the release of stress or anxiety

Magnesite – deals/disperses/deflects the energy of irritability that can come with extra sensitivity

Sugilite – helps release emotional fears that keep us tied up in stressful knots

Wearing crystal jewelry is an easy and effective way to receive the energy of these crystals. Using them as bracelets on your non dominant hand will let you receive the vibrations quickly. Necklaces, pendants and earrings will also aid in bringing continuous crystal vibes into your energy field.

Carrying the crystals in your pocket, purse, or briefcase allows the energy to flow into your aura when not wearing them as jewelry. Even placing these crystals in your car can bring a sense of “well being” to your commute.

At the work place, taping these crystals to the bottom of a chair is another way of letting the energy permeate your energy systems without displaying the crystals in public. If this is not possible, taping a picture of one these crystals is also helpful. For a more visible option, try placing them on a bowl on top of your work space.

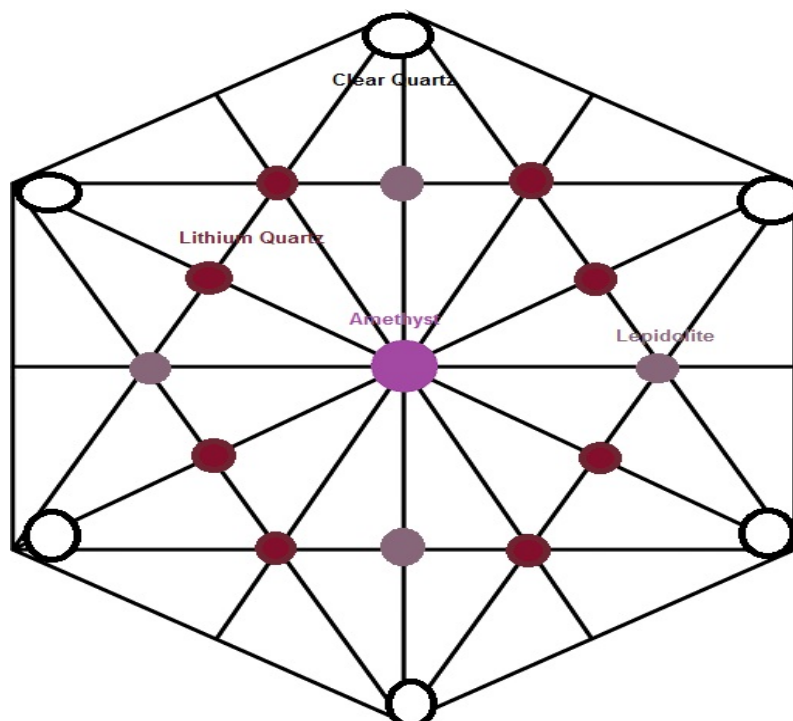
Having a picture of one of the crystals or a group of them as a screen saver also promotes the flow of energy to you throughout the day.

Charging water with crystals and drinking it throughout the day can also bring a more peaceful sense consistently throughout the day.

At night, these crystals can be placed under your pillow so that the aura has a chance to recharge with crystal vibrations at night. If using them under your pillow isn't possible, place them under your mattress or on a night stand.

Crystal grids are fantastic ways of sending crystal energy to a specific goal. You can cut out the image of the grid below and place crystals in the corresponding spots or just arrange crystals in that pattern (without the grid underneath). If you do not have the crystals available to you, cut out pictures of the crystals listed in the grid below, then place them on the grid. You will still get the energy even though the crystals aren't physically there.

When trying to create a “zen” like atmosphere in the home, a grid can be set up using these crystals above. Here is a sample grid:



Use this grid in whatever space you spend the most time or feel the most anxious in. Even without the crystals this grid emits Reiki which will also help with releasing tension.

Besides crystals many scents like Lavender, Sandalwood, and Chamomile can encourage a tranquil atmosphere. These scents can be burned as candle, used in oil diffusers or in body lotions and creams. Drinking teas made with Rose petals, Lavender flowers, and Linden tea leaves may leave you relaxed and feeling serene. Yin yoga, meditation, gardening, walking, and exercising are all practices which help to release built up tension that may have accumulated throughout the day. Working with other healing modalities like Reiki, can bring much needed relief too. The best thing to do is to combine different therapies that build upon each other.

A final note: there may come a time when the stress has taken a hold of you and doesn't want to let go even after trying everything above. When this happens, combining crystal work with allopathic medicine can bring the relief you need.

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