

Jasper-yellow

A warm healing stone which can be used for stomach problems and for the effective assimilation of vitamins and minerals from food. It is a good grounding stone

Clear Quartz

This stone has a number of uses from energising to healing. Quartz crystal can unblock the chakras and simply holding a piece can strengthen the immune system. Clear quartz comes in a variety of forms and each has its specific use. It is also useful aid to meditation as it helps clear and focus the mind.

Rose quartz

This gentle pink stone can bring about a feeling of inner calm, helping with recovery from trauma. It can ease headaches caused by strong emotions and stress. A piece placed in a living room will help to keep the atmosphere harmonious. It can clear out negative emotions and develop compassion and forgiveness.

Sodalite

A deep blue stone which help to relieve anxieties and fears. Sodalite helps to promote communication and encourages self expression. It balances the endocrine system and improves metabolism. Magically, it can help release the past and set goals for the future. It can also enhance inner sight.

Tiger eye

This beautiful stone can help the digestive organs and stress related illnesses. Emotionally it can soften stubbornness and is an effective grounding stone. It increases self confidence and personal power, making it especially useful in business dealings.

Using Your Crystals

Obviously, the semi precious stones can be set in jewellery but they can also be carried in a pocket, purse or in the glove compartment of your car. Stones can be placed in the home where they can release their energies to enhance the atmosphere. Some folk have been known to tuck them inside close fitting underwear! Stones which promote sleep or dreams can also be placed under the pillow. Many people make 'elixirs' with gemstones.

To make an Elixir

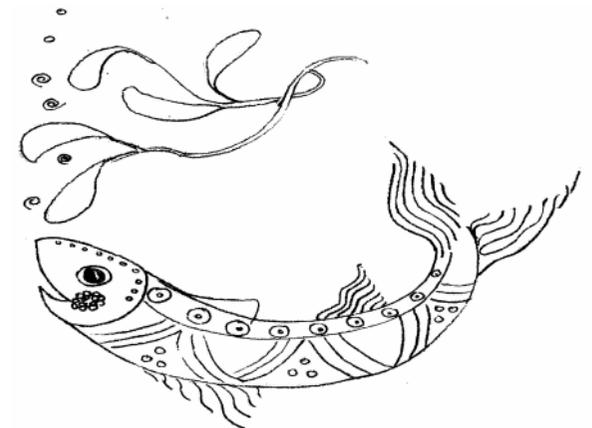
Place the chosen, programmed crystal in filtered or spring water and leave in sunlight for several hours (some prefer moonlight), then drink.

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Working with Crystals

a guide from

*The Simmering
Cauldron*



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The crystals you purchase from The Simmering Cauldron have been sourced from a reputable and knowledgeable company.

Choosing your Crystal

When choosing your crystal, it is important to handle the stones and often it is best to go with your gut feeling. If a stone feels right or if it 'leaps out at you', it's probably the one you need! At 'The Simmering Cauldron', we understand this, so feel free to touch the stones. Some people like to 'dowse' for the right stone and you're welcome to do so.

Cleansing your Crystal

In order to get to you, your crystal will have been through many stages and will have been handled by many people. Your first job, therefore is to cleanse it of negative energies. There are a number of ways to do this.

- ★ Leave the stone in running water, such as a small stream, for twenty minutes or so. If you are near to a beach, let the incoming tide lap at your stone.
- ★ Leave your crystal in spring water or salt water for several hours. (Some crystals react to salt water, so check first!)
- ★ Bury your crystal in earth overnight or longer. (soil in a plant pot will do if you have no garden)
- ★ Bury your stone in a bowl of sea salt as above.
- ★ Smudge your crystal with smoke from a smudge stick, joss, or a leaf of white sage.

It is essential that when cleansing your crystal, you focus your mind on it as much as possible. Visualize the smoke, water or earth absorbing or carrying away the negative energies, leaving it pure and fresh.

If you use your crystal often, especially for healing, it will need cleansing more regularly.

Charging your Crystal

Once you have cleansed your crystal, it is necessary to charge it so that it will work effectively for you. Again, there are a number of ways to do this.

- ★ Leave the stone in sunlight for several hours.
- ★ Leave your crystal in the light of a moon which is waxing to full.
- ★ Place the stone on a crystal 'bed' (amethyst or quartz, for example) for a day or so.

Programming/dedicating the Crystal

Although crystals have their own energies, it is important to make it clear what task you intend your stone to perform for you, ie healing, meditation.

Lie down and place the crystal on the area of the third eye or brow chakra (between and just above the eyebrows) Concentrate on visualising the work you wish the stone to do for you. Should you wish to change the purpose of the stone, you will need to re-programme it.

Amethyst

This purple stone is one of the prime healing crystals. It is useful for headaches and migraines and strengthens the immune system. It is also helpful in cases of insomnia and can ease tension and stress. Magically, amethyst helps to develop psychic abilities and intuition. It also increases right brain activity and is good for meditation.

Aventurine

Aventurine is a green stone, which can be beneficial to the heart and circulation. It can also relieve anxiety and fear, thus promoting independence. Magically, aventurine is a protective stone, which can also be used for grounding and balancing.

Blue Lace Agate

This gentle blue stone is a stress reliever, reducing tension in the nervous system and helping to lower blood pressure. It is a stone of vision which can promote psychic dreams.

Carnelian

This reddish stone strengthens the blood and organs connected with the blood. It can help in the healing of damaged tissue and has been used to ease menstrual cramps and lower back pain. It is a good 'career' stone, assisting with concentration and organisation.

Citrine

Also called the 'cuddle quartz', this orange stone is very comforting. It is helpful in tissue regeneration and detoxification. Magically, it can raise self-esteem and protect the aura. It can help build emotional and spiritual stamina and open channels to the intuitive mind. It is said to enhance creativity and increase prosperity.

Jasper- red

This stone is said to help in recuperation from illness and to energise the immune system, strengthening the liver and gall bladder. Magically it is a 'shield stone' which can dispel negative energy. In magical working it can also be used to build and sustain a steady energy force. Red jasper can also be used to balance all the chakras.