

USING CRYSTALS TO HARMONISE

YOUR HOME



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Before we get started, there are a couple of things I need to mention,

Crystals do a fantastic job of absorbing energy; they will quite happily absorb the energies which come into your home, from you and others, as well as any household electrical energy all day long.

The point I'm making here is if you have anyone in your home who is frequently angry and vents or a friend coming round and pouring out all their woes, your beautiful shiny crystals will be absorbing all this energy and you will feel ok.....**BUT** your crystals get full, they start to look dull and not as pretty as before, soon when they are full of this unhelpful energy they will start to bounce it back straight out into your rooms, you will then start to absorb that unhelpful energy and wonder why you're feeling so **TETCHY**.

So **PLEASE**, PLEASE cleanse your crystals....

The simplest way is by holding the crystals under the running water of a



tap, and just thinking about them being cleansed of any unwanted energy. There are many alternatives but this is one of the simplest and it will remove any unhelpful energy from your crystals allowing them to vibrate positive helpful energy back into your rooms.

Now let's get to the nice and interesting bit of how to keep you and the energies around your home vibrant and healthy with a basic crystal kit of:

- **SMOKEY QUARTZ**
- **BLUE LACE AGATE**
- **CITRINE**
- **AMETHYST**
- **ROSE QUARTZ**
- **CARNELIAN**
- **AVENTURINE**

Kitchen: *SMOKEY QUARTZ*

Let's start in the kitchen shall we, electro smog is a term used for all electrical, magnetic and electromagnetic energy which surfaces anywhere an electric current flows.



Given the amount of electrical technology we have available to us from kettles to microwaves, it would be more than beneficial to have a crystal in your kitchen. A *Smokey Quartz* from your basic tool kit works well to absorb this type of energy and gently neutralise your kitchen. As *Smokey Quartz* dissolve any type of negativity it is a superb stone to place in the kitchen whilst cooking and preparing, especially if you have had a stressful day, as these types of energies will be

cleansed and removed so as not to be absorbed in your cooking.

Frequent cleansing of your *Smokey Quartz* crystal is essential!

Dining Room: *BLUE LACE AGATE*

Blue Lace Agate creates emotional and intellectual harmony which is excellent for discussions and chats around the dining table, as this stone has a cool and calming effect it allows for free expression without the fear of being judged. Use *Blue Lace Agate* tumble stones and a candle as a centre piece to create a wonderful dining ambience.

This stone is also known to assist the digestive process and can relieve gastric problems, the perfect stone to have in your dining room.



Living Room: CITRINE

Citrine is a lovely stone to have in the living room it removes doom and gloom and creates a positive attitude. It is a delightful generous stone which will create a cheery and abundant environment. This is the kind of stone you will love to have in your living room as it generates a warm and welcoming energy that your visitors will love. *Citrine* brings to you and your room a



warm and transformative sense of wellbeing with its bright sunny disposition. If you like you can place *Citrine* in the wealth corner of your home which is in the south eastern corner and if you feel inclined you can place this crystal in the south eastern corner of all of your rooms attracting wealth and prosperity into your life.

Bedrooms: AMETHYST

This is a beautiful calming stone which brings peace and tranquillity to your room, who wouldn't want this crystal in their bedroom? *Amethyst* can be used as an aid to relieve insomnia, releasing tension and helping you to relax so you are able to attain a restful and peaceful night's sleep.

Amethyst is also a beneficial stone to use in a child's bedroom (out of reach of course) if they are experiencing night terrors or nightmares, when your child is old enough you may wish to place a *amethyst* tumble stone under their pillow to calm an overactive or worried mind, why not try it for yourself too?



Bathroom: *ROSE QUARTZ*

You may wonder why I'm suggesting a *Rose Quartz* for your bathroom as most people relate *Rose Quartz* to finding love and having love.

Loving and caring for yourself first is important and one we are all guilty of forgetting, so what better way to love and care for yourself than having a luxurious soak in the bath with a *Rose Quartz*. If you only have a shower you may be able to place the crystal in a muslin bag and attach to the shower head so you can have a beautiful *Rose Quartz* shower.



This peaceful and loving stone helps to transfer the stresses and traumas of the day into calm and tranquillity. It soothes and comforts you whilst relaxing, it will guide you to fully love yourself, enjoy and give it a go.

Study/Office: *CARNELIAN*

Studies and Offices can be very stressful places, warming and invigorating, *Carnelian* is an ideal crystal to place in your study or workspace when you require motivation and high energy for that work

project. It is also ideal when your child requires inspiration or concentration for their homework. *Carnelian* is an energising stone, stimulating creative thoughts and new ideas. It removes apathy and increases logical thinking allowing for success in business and other ventures.



Garden: *AVENTURINE*

Let's not forget your garden, patio and plant pots, known for its protection against environmental pollution and geopathic stress which can be caused by energy disturbances such as underground power lines, *Aventurine* is an impressive stone to have in your garden.

An excellent placement for this crystal if you do not want it lying around your garden is to have them in a wind chime, how lovely to disperse the energies with music too. Not only can *Aventurine* be used when working in the garden by placing in plant pots to encourage growth, you can also create an elixir by leaving an *Aventurine* in a watering can, topped up with water ready for the next sprinkling.



So there we have our 7 everyday crystals to set you on your way to cleansing your home and creating a healthier environment to live in. Some of the smallest crystals can be quite powerful so try not to get too concerned about the size that you choose. You may also find in the future that you are drawn to other stones, go with it don't be afraid to use them....it's great to experiment.

WHO'S BEHIND WISDOM OF WELLBEING



Hi my names Lorraine and I am a practicing Crystal healer who trained for 2 years with ACHO (affiliation of Crystal Healing). I turned to energy healing and holistic therapies after a trying time when I was unwell, and as they say the rest is history, restored to vibrant health there was no other alternative than to sing its praise and to walk my talk, hence here I am today!

If you wish to keep in contact you can find me at

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It would be great to keep in touch with you!

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Holistic Therapies and Crystals can make a wonderful contribution to yours and your family's life

