



NOTEWORTHY

— Resources of Albany Inc. —

Crystals 101 Workshop

Presented by Tatiana Gjergji, CEO of NWR

Learn more at www.nwralbany.org & @NWR_Albany

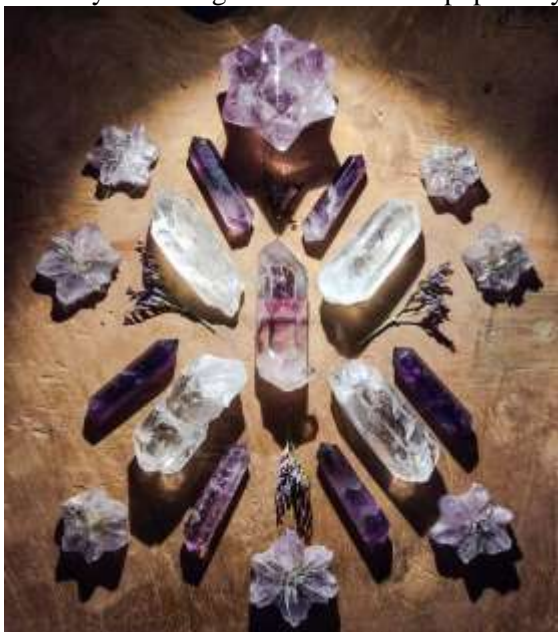
Brief History Of Crystals

Stones encode the story of our planet, formed and forged during the evolution of earth. Older than humanity, they have adapted and retained all the movements and cataclysms of our world as a timeless database of knowledge. The oldest ancient crystals date back 4.4 billion years and have been used throughout history.

In the same way diamonds are valued in marriage as the most indestructible natural substance in the world, the importance of jade in Chinese culture is reflected in its status as the imperial gem of the Qing Dynasty. More so, it embodied the Confucian virtues of courage, wisdom, and compassion. The brilliance of the stone is considered to be representative of purity while its hardness reflects intelligence. Native American tribes like the Apaches valued the gemstone turquoise as it symbolized strength and skill. They attached pieces to their bows to become precise hunters and warriors.

Why We Value Crystals

In the medical and scientific community, there are disputes as to the validity of crystal healing as an alternative medical technique. While there is no scientific evidence that gemstone treatments can be used to cure ailments and protect against diseases, proponents of crystals believe these precious stones are conduits for channeling energy – for healing, fertility, success, spiritual growth and much more. The use of crystals has gained traction and popularity at health spas to invoke a serene and relaxed environment as



well as boutique fitness spaces (like wellness superstar Taryn Toomey's The Class) boasting a special floor of crystals embedded to induce positive energies of intention and protection.

For life happenings, there is probably a stone for every type of mood, crisis or want. Interestingly, crystals like diamond, blue sapphire, ruby, amethyst, citrine, and tourmaline naturally vibrate at a higher frequency, promoting increased cellular energy, microcirculation and clarity. This has led mother and daughter duo, Karen and Kristin Petrovich, to form Sjal Skincare, a luxury skincare line that merges the elevated frequency emitted from the gemstones with scientific advances. Also, because crystals are highly stable against environmental change like temperature, they are used as frequency control devices in electronics like computers, smartphones, and satellites so whether you know it or not, crystals are all around you!

What are crystals?

Created over the millennia, healing crystals are the life giving elements of the Earth and the universe. Harnessing the energy of the Sun, the Moon, and the oceans, semi-precious stones connect us to Earth as soon as we come into contact with them. Many people wonder if crystals have healing powers, and while there are many anecdotes describing the curative effects of healing stones, it really depends on your own experience. It takes a conscious effort to open your heart and mind to the power of crystal healing, but once you begin, the journey is studded with beautiful, mysterious, and unique crystals that will rock your world.

A crystal is a solid substance with a geometrically regular internal lattice, with faces and axes that may or may not be reflected in its external shape.

Each crystal is made from its own particular mineral and chemical recipe, which affects its color.

In crystallize, that was created from events such as a meteorite crystal structure, but is nevertheless referred to as crystals.



How do they work?

- Mystical, Magical, Scientific & Pseudo-Scientific for healing effects
- Crystals work through the human energy system – Chakras & Auras
- Helps & works with the body, helps speeds up process
- Does not cure, still no actual evidence

For example, Clear Quartz has been on Earth since the beginning of time and ancient civilizations have used crystals as protective talismans, peace offerings, and jewelry. Today, quartz makes up 12% of the Earth's crust and is used in almost every kind of technology, including time keeping, electronics, information storage, and more. If it's possible for crystals to communicate through computer chips, then isn't it possible that this vibrational energy could be transformed in other ways? And with its connection to the Earth and its life giving elements, it makes sense that crystals are universally healing, especially since they've made their mark in almost every civilization before us.

Crystals in Action

Exercise 1:

Hold a clear quartz crystal point 1-2 inches from the palm of your hand. Point the crystal toward your palm. Move the crystal in a small clockwise circle, You will see a point of light either directly in front of the crystal or offset to one side. As you move the clearer the crystal, the easier this will be to see.

Exercise 2: Stand with your eyes closed and your hands held out in front of you with your palms facing up. Ask a friend to hold a quartz crystal 1-2 inches away from one of your palms (point facing your palm) & slowly rotate it. Notice how your palms feel different from one another. Observe physical sensations such as one hand being warmer, cooler, heavier, lighter, itchier, and etc. Be aware of any feelings inside you (it might be subtle).

Another way to open up and start to communicate is to do the following exercise:

- Relax and take a couple of deep breaths.
- Open up your heart and breathe through it for a moment.

- When you feel centered and calm, choose a crystal that you love or that calls you at this time. Pick it up and put it in front of you.
- If you like you can listen to relaxing music or move your body gently.
- When you feel completely relaxed and centered close your eyes and pick up your crystal.
- Feel how your heart opens up even more to the energy of the crystal and breathe together. Feel the energies merging together and raising your energy level.
- Breathe and enjoy the beautiful energy for as long as it feels right for you.
- When you are ready, ask the crystal for a message and listen with your heart. Be open to any kind of communication (words, images, feelings, smells...).
- Spend some time communicating with your crystal and let the energy flow freely.
- When it feels right, thank the crystal and slowly put it down.

The key is to keep an open heart and if you don't feel like you received any messages, just ask the crystal to communicate with you when you are ready. Have faith in your own internal rhythm. Communication is possible when we are truly ready to receive it. Sometimes it happens right away and sometimes it takes longer. Trust that it will happen when the time is right for YOU.

What is crystal healing?

Crystals channel energy. They can focus, store, transmit, and transmute this energy and it can be used for beneficial healing and energizing effects. This is about change; it involved working with crystals to improve your physical & mental health, emotional well-being and your spiritual advancement. They can't do something that you/your body cannot; but they do speed up things that would happen anyway.

Example: Carnelian works well for common colds. Rather than curing the cold or suffering for a while, it speeds up the symptoms process to get rid of the virus.

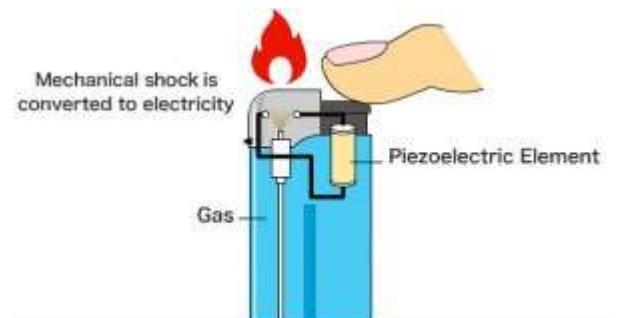
Crystals help you become open to new possibilities and this is when amazing changes start to magically happen in your life. Whether you are just starting on your journey with them, or you are taking another step on your path, take a bold leap and enjoy the experience of change that crystals bring.

Crystal Energy

Piezoelectric crystals are one of many small scale energy sources. Whenever piezoelectric crystals are mechanically deformed or subject to vibration they generate a small voltage, commonly known as **piezoelectricity**. This form of renewable energy is not ideally suited to an industrial situation.

Probably the best-known use of piezoelectric crystals is in the electric cigarette lighter. Here, pressing the button causes a spring-loaded hammer to hit a piezoelectric crystal, the high voltage produced by this ignites the gas as the current jumps over a small spark gap. This technique also applies to some gas lighters used on gas grills or stoves.

Another common usage of a piezoelectric crystal energy source is that of creating a small motor; such as that used in a reflex camera to operate the auto focus system. These motors operate by vibration. The two surfaces are forced to vibrate at a phase shift of 90 degrees by a sine wave that has been generated at the



motors resonant frequency. This forces a frictional force where the two surfaces meet and as one of the surfaces is fixed the other is forced to move. This could be applied in a way that the power for instruments such as torches, cell phones or other entertainment devices can be sourced from the movement of the operator.

Choosing Your Crystals

You may choose crystals on the basis that it will help you with a specific problem or ailment, or you can choose a crystal simply on that you are drawn to its color and shape.

Having selected the crystals that you are drawn to, you may discover that they were the most fitting choice in terms of how they can help you or someone close to you. Whatever the purpose of the crystals you have chosen; this will be revealed to you when it is needed.

When you work with crystals, either by yourself or with others, they absorb energy from you, other people and their environment. Visibly, they can get dusty and lackluster; they might lose their brightness or color. They need cleansing when sticky to the touch too.



- **Running water-** hold your crystal under running water for a few minutes. It may need longer if it's been working hard or hasn't been cleansed for a long time. (not good for all crystals)
- **Sunlight-** leave your crystal in the sunlight, you can also dry them in the sun after washing. (not for all crystals)
- **Moonlight-** leave it in the moonlight, especially in the light of a full or new moon.
- **Incense/Aromatherapy-** let frankincense, sandalwood, and smudging smoke waft over your crystal.
- **Salt-** put your crystals in a bowl of salt over night
- **Smudging-**Use a smudge stick or Palo Santo stick smoke to cleanse the crystals
- **Earth-** bury your crystal in the earth and leave it there for one to two weeks or moon cycles. Bury it when the moon is full and unearth it at the time of a new moon.
- **Crystal Cleansing-** place your crystal on an amethyst bed, selenite, or quartz cluster or inside a geode.

Embracing Your Own Crystals

Once you have chosen your crystal and identified what you want it to help you with, spend some time connecting with it. Look at it; notice its shapes, colors, and plays of light. Hold it in your hands.

Become aware of its smooth, flat, sharp and pointed parts. Take in any feelings that your crystal creates in you- these may be physical sensations in your hands or arise as more subtle feelings from deep within you. Focus on the purpose of the crystal; they all have different physical, emotional and spiritual healing qualities.

Meditating with Crystals

Find a quiet space, literally, put your phone on airplane mode or “do not disturb”, shut off any other devices and possibly light a candle or two.

Allow yourself to breathe in a relaxed way and feel centered. Calm yourself.

Now choose a crystal to focus upon and allow yourself to explore it with all of your senses. Connect with the crystal and be aware of any sensations and feelings that arise in you: physical, emotional, mental, and spiritual.

Stay with the process for a minimum of 10 minutes, but keep going for an hour if you have the time. The important thing is to repeat this meditation daily, no matter how little or how much time you have to spare.

Opening up to Crystal Energy

One of the most important, and often overlooked, components to working with healing crystals is setting your intention, or programming. In our own words, you have to give your crystal a job and a purpose! Crystals want to work for you, but you have to tell it what to do. In the moments

when you’re vibrating at a lower frequency, your intentions can fly out the window. When you reconnect with your programmed crystal, it will help you remember your goals and limitless potential.

Programming or syncing the crystal with your energy is simple.

The first step is to cleanse your crystal. Next, hold your crystal in your hands, close your eyes, and take three deep breaths. Reflect on your faith, the Earth, and what makes you happy. This will

connect you with your highest vibration. Your highest vibration may be associated with a religious or spiritual belief, God, or simply a divine power that’s greater than you. Or it may be associated with a scientific connection—zero point energy. *You decide what to call it.*

Then, while in this space of love and light, ask that your crystal be cleared of all unwanted energy or previous programming.

Aloud or in your head, say: “I ask that the highest vibration of love and light connect with my highest self to clear all unwanted energy

Crown Chakra

Amber, Citrine, Fluorite, Jasper, Lepidolite, Malachite, Quartz, Yellow Calcite



Third Eye Chakra

Fluorite, Garnet, Green Calcite, Lapis Lazuli, Lepidolite, Moonstone, Sodalite, Unakite



Throat Chakra

Amber, Amethyst, Blue Lace Agate, Jasper, Lapis Lazuli, Lepidolite, Turquoise



Heart Chakra

Aventurine, Labradorite, Lepidolite, Malachite, Mica, Rose Quartz, Red Calcite, Tiger's Iron



Solar Plexus Chakra

Citrine, Desert Rose, Jasper, Malachite, Orange Calcite, Rutilated Quartz, Tiger's Eye



Sacrum / Sacral Chakra

Carnelian, Citrine, Jasper, Orange Calcite, Red Tiger's Eye



Base / Root Chakra

Aragonite, Bloodstone, Carnelian, Citrine, Hawk's Eye, Jasper, Obsidian, Smoky Quartz, Unakite



or any previous programming. I command this crystal to hold the intention of . . .” To finish the sentence, add three intentions for your crystal—energies that you wish it to hold for you. End by repeating “thank you” three times. By saying it three times, you emphasize that what you’re asking for already exists in the universe.

Chakras

“Chakra” is a Sanskrit word that means “wheel.” Where two or more channels of energy cross in the body, a chakra exists. Chakras are energy centers and exchange energy with the outside world. Place crystals on the seven principal chakra points as the recipient relaxes deeply. Surround four quartz around each point and it intensifies the effects. All of the chakras have specific colors that can be used to heal them, as well as specific sound vibrations.

Although we normally speak of only seven chakras, the human energy field is made up of thousands of minor chakras in addition to the major seven. Most stones of a specific color will be the stone for healing a particular chakra, some stones may be used to heal more than one chakra. There are many stones for each chakra, and various crystals may be particularly powerful to aid you to heal in different ways. There is a wide range of healing attributes that pertain to various stones and the things that they are known to remedy. As you gain knowledge of what health issues are healed by the various crystals that you have, you will be able to take personal responsibility for your own healing.

<u>Chakras/Location</u>	<u>Associations</u>
Crown On top of the head	Spirituality, connection, imagination and awareness
Brow/ Third Eye In the center of forehead, above the eye brows	Mind, ideas, thoughts, dreams, and psychic abilities
Throat In the center of the throat	Communication
Heart In the center of the chest	Safety, trust, risk-taking and love
Solar Plexus Behind the soft cartilage at the bottom of the breast bone	Personal power, emotional control, and physical center
Sacral Just below the belly button	Connection to other people, creativity, and energy storage
Base At the coccyx at the base of the spine	Survival, health, abundance, connection to the Earth, and moving forward in life

Crystals Help...

For Energy & Balance- *Amethyst* and *Quartz* crystal clusters will energize the room they’re in. Everyone will feel more relaxed and at home. Place one in your living room or any communal area

For keeping unwanted visitors at bay- *Obsidian* & *Carnelian* are helpful for protection of yourself and places. *Quartz* & *Malachite* help keep evil energies away and help protect you and your spaces.

For work- *Common opal* is renowned for creating a better working environment. It’s a great crystal to have around you while working in your home office and study areas, or on your desk at work.

For eliminating negativity- *Goldstone* deflects negativity and enhances ambition. *Black Tourmaline* protects you of negativity and turns negativity into positivity. *Citrine* relieves depression, promotes thought clarity and protects against negative people and situations.

For better atmosphere- Green *fluorite* constantly removes negativity from a room and cleanses the atmosphere. Display this crystal wherever you have lots of people contact, and bring it into your space after arguments or to dispel a tense atmosphere.

For contentment- *Moonstone* creates a happy home, so place moonstone crystals liberally around your spaces. *Onyx* also brings happiness to the home.

For new beginnings- Rose Quartz, Moonstone, Lapis Lazuli and Kyanite

To sell something- If you're having trouble selling your home, display a large *citrine* crystal, geode, or cluster in your hallway or your living room. Alternatively, you can place a small citrine crystal in each room of your home. When you do this, interest in your property, viewings, and offers suddenly increase.

After an argument- *Black tourmaline*, *obsidian* and *clear quartz* can be used to protect from the negative energy of others. If you are a woman A gorgeous pendant with one of these on a chain looks very chic and glamorous when worn, giving you much protection or if a man, pop one of these in your pocket.

For relationships -*Rhodonite* nurtures love, promotes maturity in love, and helps one to distinguish between real love and fantasy. *Moonstone* enhances openness and acceptance.

To soften water- Quartz will help to soften water in hard-water areas. Place crystals inside the water tank, or attach them to pipes. Quartz also reduces fuel consumption; attach it to the carburetor or fuel line in your car.

For cleansing- *Moonstone* can help shift you out of your "to-do list" mentality and into a more relaxed and receptive state. It can also harmonize you with time, so that you feel that you're working with it, rather than against it. This naturally recalibrates your auric vibration.

For better sleep/bedroom- *Lepidolite* is calming your mind & encouraging sleep, ushering in good dreams. *Rose Quartz* is comforting, calming, soothing and is a gentle healer, ideal for the bedroom and the bedside. *Howlite* is also a gentle white stone helps absorb stress and worries so is another great crystal for sleep. *Black Tourmaline* absorbs and neutralizes negative energy from your aura while you sleep. *Kyanite* enhances a restful sleep.

For break-ups- *Aventurine* enables abundance and brings good luck and money, joy, balance and clarity. Universal love, truth and prosperity are traits we can gain by working with *Aventurine*. Spiritually, *Aventurine* protects the heart, enhances creativity and working with spirit guides. Green is the color of healing. Also, *Fluorite* & *Clear Quartz* are healers of the heart and gives the ability to move forward.

For better communication- *Blue Lace Agate* & *Kyanite* are connected to your throat chakra and help you in the process of speaking your truth and enhances your communication skills with yourself and others.

For love- *Rose Quartz* brings love into your home, improving relationships with those who are closest to you. *Pink Opal Stone* is powerful crystal for emotional healing, emotional balance and

for healing matters of the heart. If you are healing from a break up, or the loss of a loved one, holding and meditating with pink opal over your heart chakra will help to bring resolution to painful memories, filling your aura with peaceful energies.

For peace- *Clear Quartz* is known as "The Master Healer." *Amethyst* is known as "The All Purpose Stone." *Rose Quartz*-This pink crystal is a very soothing and calming stone. *Citrine*, *Black Tourmaline*, *Carnelian* & *Aventurine* are all helpful with bringing and expressing peace in one's life

Crystals & Feng Shui

Clear Quartz - In feng shui, clear quartz is used for its ability to hold and transmute light, as well as to cleanse/purify the energy. Clear quartz can be used extensively as a feng shui cure in any bagua area that needs clearing and can benefit from the earth feng shui element of the crystal. A clear quartz cluster in the living room can be a beautiful remedy to create more harmony in the family, while smooth, clear tumbled crystals can bring freshness and light to your altar, for example. A round faceted clear quartz is used as a feng shui crystal cure for a variety of feng shui situations, from a direct door alignment to a dark corner with stagnant energy.

Rose Quartz - Famous for attracting and keeping love, rose quartz is also used when it comes to healing one's heart from pain and disappointment. The Love & Marriage area (Southwest if you follow the classical feng shui bagua) is the best way to display the rose quartz as a love cure. You can also display a bowl with rose quartz in the center (the heart) of your home, as well as have several crystals in your bedroom. Another excellent use of the rose quartz is in your children's bedroom, especially if they have trouble sleeping or tend to get easily agitated. Place a couple of tumbled rose quartz crystals under their pillow, or by their bed stand. Of course, let them know what they are, allow them to freely play with their crystals or even carry some in their pocket! You can benefit from the healing energy of rose quartz crystal by wearing it as a pendant (to help release the pain and negative emotions from your heart), as well as in bracelets, rings or earrings.

Smoky Quartz -Grounding in an uplifting kind of way, the smoky quartz also provides a subtle energy of protection and balance. Just as with the citrine crystal, it is important to choose a natural smoky quartz (not a heat treated one). In feng shui, the smoky quartz is used as a protective stone, as well as a stone to ground the energy. The power of the crystal is employed either with crystal carvings, with tumbled stones and crystal balls, or used in the natural form of a cluster, point or geode. The energy of the smoky quartz works well when placed near the front door, as this is where it can serve best with its protective qualities. A tower/generator will work best for this purpose, and so will a smoky quartz cluster.

Tiger's Eye- Tigers eye is a very protective stone. It has a powerful, dynamic energy with a watchful quality to it. After all, there is a reason this stone is called tiger's eye! Specific colors of your tiger's eye stone - from golden yellow to deep reds - will also express, in different degrees, a strengthening and grounding energy. Tiger's eye also has a mystical, opalescent quality to it, and the combination of solid black color stripes with shimmering golds, browns and reds make for a very special stone indeed. In feng shui, tiger's eye is used for its protection and clearing properties. You can find tiger's eye's energy employed in various feng shui cures, from wind chimes, pi yao and balls to specific feng shui carvings such as mandarin ducks, hearts, etc. A tiger's eye: Brings insight into complex situations, Protects from negative energies, Helps focus

the mind, Attracts good luck, Can deepen one's meditative state, Grounds and centers personal energy, Disperses fears, and Promotes mental clarity.

Hematite- The name "hematite" derives from the Greek word for blood. The reason for the origin of hematite's name can be twofold. Even though it is shiny black on the outside, if you break the stone (not an easy thing to do!) you will see that on the inside hematite has a deep blood red color. Another reason for its name might be related to the high iron content found in hematite (almost 70%). The area of your home bagua that can benefit the most from the energy of hematite is the Career & Path in Life (North bagua area). You can also place the stone in the Creativity & Children bagua area (West). Hematite is also an excellent stone for one's study or home office, as well as by the front door of your house. If you want to bring a hematite carving into your home (or office) for good feng shui, you can find many small animal carvings in typical gift shops.

What are 4 simple ways to use crystals?

If you're just beginning to use crystals, start with these 5 powerful and essential intention crystals for encouraging balance, harmony, and peace of mind.

Clear Quartz - One of the most popular crystals for beginners, clear quartz further amplifies your intention, which makes it a key component to a crystal collection. It is also the most versatile stone because it magnifies the vibrations of stones that surround it. In fact, clear quartz wands are often used to cleanse and re-energize crystals. This is because of its powerful cleansing effects and the ability to counteract negative energy blockages.

Sit quietly with the stone and feel its white light fill your body with positive energy. Contemplate your intention for the healing crystal and trust in the power of its vibrations harnessed from the Earth over the millennia.

Selenite – It is another powerful cleansing stone because it ensures a positive flow of vibrations between you and other rocks in your collection, which makes it an ideal crystal for beginners. Quickly remove negative energy from the body and clear the aura around you by moving selenite down the body from the top of your head to your feet. Repeat this cleansing ritual until you feel completely rejuvenated with positive vibrations. Afterwards, you'll have a restored sense of balance and the protection of a white light that connects you to the universe.

Amethyst-Known for its powerful spiritual properties, beautiful amethyst is an ideal stone to place around the home as décor. This visually striking rock is also a wonderful meditation tool because it boosts inner strength and provides spiritual protection. While focusing on your intention, place amethyst in your office or bedroom to emanate calming energies and invite in abundance. This stone also works well as a complementary healing tool in yoga and meditation.

Citrine - A stone that harnesses the power of the sun, citrine is infused with light, which makes it perfect for putting in the windowsill. Everyday, its daily infusions of natural light restores and regenerates its powerful vibrations. Considered one of the most powerful stones for manifestation, citrine is a must-have crystal for beginners because it helps make your intention a reality. Citrine also instills a positive outlook and stimulates the mind so that you're motivated to form good habits and are always filled with optimism. Place a piece of citrine (we like to use a Citrine

Point) on top of a list of your dream manifestations to manifest them into reality much faster. Not only are they glittering eye candy, but healing crystals also reconnect us to Mother Earth and its incredible abundance. In the ancient art of crystal healing, gemstones truly rock when it comes to good vibrations!

Remember, crystals are created by the natural energies of the planet and are powerful tools for holistic healing. They are not magic, but when you work with them and state your intention they do wonders!