

## **Clear Quartz Crystal**

Throughout time, Clear Quartz has been recognized as a powerful crystal. It has been the source of mystic power from which shamans drew power, to a mystical ice stone that could never melt, repeatedly, however, most ancient cultures have used the stone as a source of power to harmonize and align human energy with the energies of the universe, as well as enhance healing, clarity, and patience. What's more, their ancient uses of the crystal are not far from its modern-day use.

When used for metaphysical purposes, Clear Quartz crystal can be used for almost endless purposes, some of which include enhancing or aiding spiritual healing or works, focus meditation, chakra cleansing, consciousness expansion, dreaming and astral traveling to name a few. In essence Clear Quartz has the power to amplify and manifest your intention or desire. With such power, it needs to be noted that the crystal is also capable of amplifying both positive and negative intent or emotions. When working with the stone, or when having it in your home or within close proximity, you should be aware of your state of mind and emotions. A clear or neutral frame of mind is encouraged as the person handling it could be the recipient of negative consequences.

Most practitioners of spiritual healing are strongly connected to cosmic energy and bring it through using Light Language, the human way

of bringing that energy to our Earth. Because Light Language is a vibrational expression that communes with our souls, it can manifest in any form of communication: a vibration, spoken, written, danced, or signed – it is up to you, the individual, to channel it through. Clear Quartz can therefore play a vital role in simply enhancing the connection of cosmic energy to oneself, enhancing the physical dimension to the dimension of the mind and even enhance communication with other sentient energies or beings outside of our physical dimensions.

It is important to note that not everyone always has access to Clear Quartz. In this case, draw on cosmic energy and express it through Light Language. Light Language can be expressed in any form you wish to manifest it. However, you can begin by raising your vibration by envisioning a golden/white ball of light descending from above and into the crown of your head. Feel the cosmic energy enter down through your spine and expand out through your skin to the universe and connect to the energy signature of the quartz crystal. You essentially use yourself as a conduit. The next phase is to communicate and clearly clarify your intent to the crystal energy, whether you want to cleanse and remove, or simply amplify. Your chosen Light Language here is golden white light and vibration.

It is pertinent to know that Clear Quartz is an indiscriminate stone. It collects a lot of psychic debris and so it is very important that the stone

itself is cleansed after each use. Using Light Language, by the method of dropping a golden white ball onto the quartz crystal and holding the intention that you mean to clean and purify it. It is a good practice to thank the stone for its aid.

As a final note, Clear Quartz is a very powerful amplifier. The advice for beginners wishing to work with this crystal is to always begin by handling a small Clear Quartz first. This is to help the user get a feel for the stone and to understand how it affects you on a physical and mental level. The more confident and practiced you become at setting a crystal-clear intent (pun intended!), the larger the crystal used can be.

Happy use!