

## Chapter 1: Understanding and using energy

In this chapter we look at what energy is and how understanding that you are an energetic being can help you in life. We look at how we are built emotionally and how others' energy can affect us.

Auras

You are not just a physical being. You are an energy being. Surrounding our physical body, we have another body of energy known as the auric field, or aura. Each person's aura has its own distinctive energy signature. Its energetic vibrational frequencies are unique. Our aura contains energy centres known as chakras, which I will talk about later. There are seven layers contained in our auras.

Why is it important that I learn about my aura?

In order to understand yourself as an energy being, learning about the different layers of the aura can significantly help you. Everything that has happened so far in your life is collected in your aura. Your stories and your experiences are there. Having a clear and vibrant aura helps you to attract what you want in your life. Having an aura which is heavy and full of 'stuff' that you haven't dealt with, can make it more difficult to attract what you want in your life. So, what are the different layers?

**Etheric Body:** This is closest to our physical bodies. It is where we hold everything we touch. It can often look milky white.

**Emotional Body:** Where we store how we feel about things emotionally, especially in relation to our self.

**Mental Body:** How agile we are in our minds and how rationally we think.

**Higher Mental Body:** How you love yourself and others around you. It is about relationships at all levels and how you deal with them.

**Spiritual Body:** To do with knowing where you fit into the universe as a whole.

**Causal Body:** How you love unconditionally; not only those you are close to, but also in a larger, universal context.

**Ketheric Body:** This links us to the Divine and our higher self.

Some people can see auras and sometimes it is possible to feel someone's aura. If you immediately feel comfortable with someone it's because their auras are similar to yours. If you feel instantly repelled it is because the vibration of your aura conflicts with theirs.

I first saw an aura when I was about 19 or 20. I was sat in a friend's living room and we were talking to her grandma. As I was looking at her grandma there was this green colour around her. I thought my eyes were playing tricks on me. I looked around the room and couldn't find anything green. You know sometimes when you stare at something long enough then look away that colour is still there? There wasn't anything green so I looked at her again and the green was still there. When she left the room, I turned to my friend and said I think I've just seen your grandma's aura. She looked at me then cracked up laughing. I didn't know what it was as I'd never seen one before.

When I was 28 I had my next experience of seeing an aura. I went to an Introduction to Crystals workshop. As I was looking at the teacher I could see this green energy above her head again.

Certain colours can dominate a person's aura, which can tell an aura reader (someone who can see auras easily and reads them) a lot about that person's character. The analysis of the aura is combined with the reader's own intuition to tell you a bit more about yourself.

## **What do the colours mean?**

**Red:** Desire, vitality, power, the urge to win, to have success, intensity of experience, action, doing, love of sports, struggle, competition, force of will, leadership, strength, courage, passion, eroticism, earthiness, practicality, desire for possessions, sense of adventure, the survival instinct.

**Orange:** Creativity, the emotions, confidence, ability to relate to others in an open and friendly manner, sociability, intuition or gut feeling. The ability to reach out and extend one's self towards others.

**Yellow:** Sunny and enthusiastic, cheerful, bright, great sense of humour and fun, optimism, intellectuality, openness to new ideas, happiness, warmth, relaxation. Uninhibited expansiveness, release of burdens, problems and restrictions. Talent for organization. Hope and expectation, inspiration. People with yellow auras encourage and support others by naturally being themselves; they radiate like the sun and they also may have a great ability to analyse complex concepts.

**Green:** Perseverance, tenacity, firmness, patience, sense of responsibility and service, self-assertiveness, high ideals and aspirations, dedication, puts high value on work and career. Ambitious desire for respectability and personal attainment, deeply focused and adaptable.

**Blue:** Depth of feeling, devotion, loyalty, trust, desire to communicate. Puts great importance on personal relationships. Empathetic. May be a dreamer or have artistic ability. Possibly tend to put the needs of others before their own and may have the ability to meditate, and live in the moment. Blue may be emotionally sensitive, intuitive, inwardly focused, may enjoy solitude, non-competitive activities, be receptive and desire unity, peace, love and affection in relationships with others. They need a calm and tranquil environment.

**Violet or Purple:** Magical, original, tends to be unconventional, often has psychic abilities, unusual charisma and charm, the uncommon ability to make their dreams come true, or manifest their desires in the material world, wish to

charm and delight others and can easily connect with higher planes of consciousness. Playful, non-judgemental, tolerant of others' eccentricities. Sensitive and compassionate. "Purples" appreciate tenderness and kindness in others. Not especially practical, they tend to prefer to live in a dream world of their own creation. Dark violet could indicate a need to take charge of their life, or perhaps, that the person needs time to spiritually ground him/herself.

**Turquoise or White:** Spiritually motivated, the ability to be open and receptive to the divine, or spiritual world. Can merge with All That Is. Probably unconcerned with worldly matters or ambition. Inner illumination, cosmic wisdom characterises the white energy. Young children, energy workers, and intense meditators often will show bright white in their auras.

You may find you see a blend of colours, or just a speck or a flash of green or purple. Factors that influence the colour of an aura are physical condition, emotions, level of consciousness, thoughts, and physical surroundings. Your aura doesn't stay the same over your lifetime, as you learn and grow your aura changes. Through meditation and raising your vibration your aura colours will start to change.

Be aware of yourself as an energetic being rather than a physical being. We aren't JUST made up of our physical body.

In the movie 'Dirty Dancing' Johnny tells Baby, "This is my space and this is yours". Sometimes people can invade our space and it makes us feel uncomfortable. Or the opposite can happen: you might meet someone and feel instantly at ease with them. Your energy vibrations will be on a similar level. I was in a bank recently waiting in a queue, this chap arrived behind me and just got a little bit too close. I could feel that his energy wasn't good so took two steps away from him. He didn't notice but the cashier did. I explained to him when I got to the counter that his energy hadn't resonated with mine and I didn't feel comfortable around him. He smiled and nodded as if to say I see. I don't know if he did.

## **PRACTICAL TIP**

### **HOW TO SEE AURAS**

Everyone can see an aura; it's not a gift for specific people. The easiest way to do it is to get someone to stand against a plain white/cream background. Stand about three metres (ten feet) away. Look above the person's head. Just above. They can close their eyes if they don't feel comfortable with you staring at them for a period of time. Allow your eyes to relax. You may begin to see a faint white line around the person's body. What can sometimes happen is that as soon as you see something your brain can shut it down. You get excited that you have 'seen' energy. Breathe, relax and try again.

If you don't have a friend who feels comfortable with you staring at them try using a plant to begin with. Plants are made up of energy too and have a similar life force energy surrounding them.

Feel the aura. Another exercise you can do is to hold your two hands together and pull them apart ever so slightly. You may start to feel a pull between your hands. Experiment with moving your hands apart and together again. Or ask a friend to lie down and place your hands as close to that person's body as possible without touching them. Work your way along the body to see if you can feel a change in any particular area. Move your hands up into the air. You might feel a heaviness or tingling. Practise and let me know how you get on.

### **Protecting our energies**

When we start working on ourselves and raising our own vibration through meditation or self-work the last thing we want is for someone to come crashing in and pull us down. This is where grounding and protecting our energies come in.

I was working in a large supermarket as a manager when I first learnt about grounding and protecting my energy. I was stressed and not managing my stress very well. I wasn't always nice to my staff, and that wasn't the real me. I learned how to ground and protect my energies in my Reiki Level 1 course and this is a great tool for everybody to learn.

You know sometimes when you wake up after a great night's sleep, you feel really positive and happy? But you might have a husband/wife/partner who has had a really crappy night sleep. The first thing they do is grunt at you when you wish them a cheery morning, your energy gets sapped a little bit. You wake up

and head downstairs and make the kids' breakfast. You make them coco pops and they come downstairs saying they wanted toast instead, another piece of your positive energy is sapped. You do the school run and get to work. The first person to come and chat to you complains that they are having a dreadful day, they hate the new boss and wish they were at home. That final piece of positive energy that you woke up with has gone.

You start to feel tired and drained, you start snapping at people and go home feeling knackered. Why? Because everyone has taken a piece of your energy from you. This is where grounding and protecting your energy comes in. How do you do this? Read on...

## **PRACTICAL TIP**

### **HOW TO GROUND YOURSELF AND PROTECT YOUR ENERGY**

First thing in the morning when you get up sit on the edge of the bed with your feet flat on the floor. Close your eyes. Imagine tree roots coming out of your feet. Imagine them going down to the centre of the earth. As they go down they grow bigger and stronger. Eventually they hit the centre of the earth which is a beautiful orange. Now imagine that your tree roots are soaking up the orange colour and the orange is travelling back up through your roots. It is going higher and higher until the orange colour enters your feet and goes up your calves, your thighs, through your hips and stomach, through your chest and neck, up through your head and out the top of your head. The orange glow falls around you and encases you in a beautiful bubble.

You have now grounded and protected your energy for the day. If at any point you feel as though your bubble has burst you can just close your eyes and imagine the bubble again. You could also imagine you are wearing a suit of armour or physically zipping yourself up from your feet to the top of your head.

Every day we come into contact with so many people and their energies. There are people known as 'energy vampires' who can literally suck the life out of you. You know that person who comes into your house, complains and gives you all of their woes and troubles? They leave practically dancing out of the door whilst you are left in a crumpled heap on the floor. This grounding and protecting can help you keep your energy vibrant and not feeling drained after your friend has left.

For the next week try grounding and protecting yourself. Keep a diary and see how you feel at the end of the week. If you normally just want to slump in front of the TV you may feel you have enough energy to do some yoga or go for a walk. Let me know how you get on.

## **Chakras**

We talked earlier about auras. Each layer of your aura is interdependent with your chakras. Your chakras are another important part of your energetic being. Understanding when a chakra is wobbling can help you understand why you're feeling wobbly. Chakra is Sanskrit for spinning wheel. I describe them as spinning plates, like at a circus. When they are balanced the plates (chakras) spin perfectly. When they become unbalanced the plates (chakras) don't spin as smoothly.

Our chakras can become unbalanced for a variety of reasons. When a difficult situation occurs, such as a car crash, there are lots of emotions going on for us: guilt, upset, anger. If we don't deal with these emotions they can cause our chakras to wobble and become imbalanced. If we continue to block our emotions and we still haven't dealt with them then it can cause us to sometimes feel it in the physical body. If we are dealing with stress on a daily basis and don't know how to manage it we can often feel it in the neck and shoulders or in the stomach. This stress can then lead to potential physical issues such as IBS or digestion issues.

Learning what your chakras are and how to balance them can help us in our day to day lives. It can help us to feel more in control of our emotions and bring awareness to our emotions too. Below is a guide of the seven major chakras within the human energy body.

**Root Chakra:** Located at the base of the spine and is the colour red. Physically it governs the kidneys, adrenals, hips, knees, lower back. Emotionally this chakra is all to do with security. Family, jobs, relationships. These are generally our very basic needs. If you are in danger of losing your house or your job this can easily knock your root chakra out of kilter. You can bring it back into balance by wearing red, carrying a red crystal and by taking time to meditate and ground yourself.

**Sacral chakra:** Located between the belly button and the top of the pubic bone, this chakra is orange in colour. Physically it governs our reproductive organs. Emotionally it is to do with expressing ourselves creatively, self-esteem, intimacy and sexuality.

**Solar Plexus chakra:** Located just under the ribcage in the centre of our bodies. This chakra is yellow in colour. Physically it governs the stomach, pancreas and liver. This chakra is like the main powerhouse for our bodies. It is where most of our energy comes from. Those suffering from chronic fatigue or MS can sometimes have an unbalanced solar plexus chakra. We can help to balance it by wearing yellow and carrying a piece of citrine or yellow jasper.

**Heart chakra:** Located at the centre of the chest. It is green in colour. Physically governs the heart, lungs and thymus gland. Emotionally it covers relationships, compassion and self-love. And not just relationships with others but the relationship with ourselves. And this relationship is the most important one in our lives. It took me a while to learn but if we aren't happy with the person we are, if we don't love ourselves fully, warts and all, how can we possibly love someone else? Wearing pink and greens can help to balance the heart chakra.

**Throat Chakra:** Located in the centre of the throat and blue in colour. The throat chakra governs communication. This chakra is connected with the heart chakra. If we don't love or respect ourselves then we can struggle to communicate in an honest and open way. If we don't express ourselves honestly, for fear of maybe offending others, it can lead to an unbalanced throat chakra. On the opposite end of the spectrum if we talk a lot and can't stop talking, but our words don't have actually any meaning behind them, this can also cause the throat chakra to be unbalanced. Wearing blues or placing a piece of sodalite on your throat can help.

**Third eye chakra:** Located on the forehead between the eyebrows, it is indigo in colour. Physically it governs the pituitary gland. Emotionally when balanced it

helps with opening up psychically and clear vision. When unbalanced it can cause headaches, nightmares and difficulty concentrating.

**Crown chakra:** Located above the head and is white or gold in colour. Physically it governs the pineal gland. Emotionally it is to do with spirit connection, wisdom and knowledge. When unbalanced it can lead to materialism, spiritual addiction and apathy.

So how does it help you to know about your chakras? Understanding where the different chakras are and what they govern physically and emotionally can make us more aware of what's going on for us and why we feel a certain way. If one chakra becomes imbalanced it can have a knock-on effect for our other chakras. When our chakras are all spinning perfectly we become free of stress, relaxed and have a sense of inner calm.

You can do chakra meditations to help bring them into balance. You can also place crystals of corresponding colours along the main chakras in the body.

As a final note, I should say that as well as there being seven major chakras there are 22 minor ones. I'm not going to go into the minor ones here as I feel gaining a good grasp on the seven major ones first will give you a solid foundation to move forward.

## **Reiki**

What does Reiki have to do with energy and chakras then? A lot! Reiki is a type of energy healing. It can be used to help balance a person's chakras. Reiki is a Japanese word. It is usually translated as 'universal energy' or 'life force energy'. Rei is translated as the 'wisdom and knowledge of the entire Universe' and Ki is the 'life-force energy which flows through every living thing- plants, animals, and people'.

This is the Japanese Kanji for Reiki:

レイキ

So where does Reiki come from?

Mikao Usui was born on 15 August 1865 in Japan. He was a highly educated man, who spoke several languages and was very knowledgeable in medicine, philosophy and theology. He is believed to have studied Japanese and Chinese healing techniques. He studied spirituality in his spare time. Whilst on a retreat on Mount Kurama he had an unusual experience which changed his life. One morning he noticed a light in the dark sky. It seemed to be moving rapidly towards him. He decided to remain seated. As the light came closer it seemed to hit his forehead. He began to see strange symbols appearing before his eyes. He became aware of information being imparted to him as each symbol came into view. He knew he had received insight into a powerful healing method.

Dr Usui then went on to develop this healing and in 1921 opened his own clinic and began to teach Reiki for the first time. In 1925 a man named Dr Hayashi became a student of Dr Usui. Dr Usui died 9 months later. Hayashi stayed at the school until 1931. It was through Dr Hayashi that Reiki came to the west. He had treated a lady named Mrs Takata, who was so impressed with the treatment she wanted to become a practitioner herself. She lived in Hawaii and initiated 22 teachers. There are now thousands of Reiki practitioners worldwide who all practice Usui Reiki or a variation of this.

## **What are the benefits of Reiki?**

Reiki treatments help the body to reach a state of relaxation. When the body is relaxed it triggers the body's natural healing abilities and improves and maintains health. There are numerous benefits of Reiki and the list is endless. Some of these include:

- Reducing stress and aiding relaxation
- Supporting the body's natural ability to heal
- Providing a feeling of calmness and serenity
- Aiding better sleep
- Restoring the body's natural energies
- Helping relieve aches and pains
- Dissolving energy blockages in the body
- Increasing vitality
- Promoting a more positive outlook

Reiki has taught me the importance of working with energy. What I like about it is that you learn it then go away and as you work with it your style changes and you adapt.

## **What should you expect from a therapy?**

Reiki is a hands on/hands off therapy. The Reiki therapist channels the universal energy through their hands. People also feel different things during a Reiki session. Like I said earlier we are all unique so therefore our experiences will be unique. Some people feel heat, some cold and some tingling. You lie down on a couch fully clothed and the Reiki therapist will work with your energy field.

Treatments normally last around 35-45 minutes. Again, this depends on the therapist and how much healing you need.

### **How will you feel after that?**

Most people say they feel calmer, more relaxed and less stressed; however, I always recommend keeping a journal. This way you will see how Reiki has benefited you. Remember it works on your emotions and energy as well as the physical. If physically you aren't in pain it can help your emotions. Because we don't see these then sometimes we dismiss it as not working. Keep an open mind.

You can train in Reiki Level 1 to work with Reiki on yourself and your loved ones. Reiki Level 2 is if you want to become a practitioner. Reiki Level 3 is Master level where the energies become stronger and then there is teacher level. It is such a simple therapy to learn and can help you to build your intuition and learn to work with energy. Try it! You can find Reiki therapists across the world. If you look at the Reiki Federation website there are Reiki practitioners across the UK, both offering treatments and training. If you try it let me know how you get on #AGentlehugforthesoul

### **Access Bars**

I had my first Access Bars taster session in January 2016. I had no idea what it was. I had never heard of it so didn't know what to expect. This chap placed his fingers on my head, feet, and hands and back to different points on my head. I walked away and thought it was a bit like my first Reiki session. I didn't feel anything. I went home and set my first boundary to my ex. "Wow, that was powerful!" I thought - where did that come from?

Later that year I encountered Access Bars again. I asked the practitioner how she described it to people. She said it's like sucking all the crap and negativity out of your mind. It's also been described to me as like resetting the hard drive on the computer.

In 2017 I learned how to offer Access Bars as a treatment; I was the only student that day and it was amazing! Rachael gave me a treatment first, and then I gave her one. It was very hands on and practical. When she was placing her hands on different points on my head I could feel the energy in different places in my body. I could hear, like a radio being tuned in in my ear, and it was saying, “Really bad for you” so I kept repeating the words until I could laugh at them. I clearly saw the word ‘Labels’ written on a blackboard. Underneath the word this little guy wrote ‘The Protector’, ‘The Enabler’, ‘The Fixer’. He then wiped those words off and replaced them with the words ‘I Am Loving, Loyal, Joyful’. For most of my life I had viewed myself as a protector and fixer of people. I thought wrongly that I could save people.

Later on, in my treatment, the word ‘Expectations’ was written up and wiped off the blackboard. It was replaced with the word ‘Values’. What values do I have and what values would I like other people to have? ‘Respect. Loyalty. Honesty’.

I saw mermaids, unicorns and dragons. Just because you don’t see it doesn’t mean it isn’t real.

I then gave Rachael a treatment. Rachael asked what else I was holding on to as she could feel tension in my belly and there was something there. She asked me to sit with it. It was an ugly devil. I couldn’t talk to it or look at it, as it was so ugly. She asked me to ask what it wanted. It said it just wanted to be loved. I ended up giving it a cuddle and cradling it like a new-born baby. I think after everything with my ex there was a piece of me that felt unloved. I thought I wouldn’t treat a stranger like this so why am I treating myself like it. I cried and my teacher cried. It felt like a huge release.

Access Bars is not something you can work on yourself so I highly recommend that you seek out a practitioner. There are practitioners worldwide so whether you live in Texas or Timbuktu there should be someone nearby. You can find more information at the end of this book with useful websites. With this type of treatment, they say the worst-case scenario is it feels like a gentle head massage; in the best case it can change your life. For me it was the latter – it was the first

time I was able to love myself fully. If you have had a treatment let me know what you thought! #AGentlehugforthesoul

## **Crystals**

I love working with crystals. I have them all around my house and pick them for different situations and depending how I feel on the day. The word crystal comes from *krystallos* (clear ice in Ancient Greek). Crystals take millions of years to form and each one has its own vibrational energy. Crystals have been used for thousands of years. The ancient Egyptians used them for healing and teaching.

Crystals have gained in popularity over recent years. There was a 40% increase in google searches from crystals between 2014-2018. Celebrities such as Victoria Beckham, Adele and Gwyneth Paltrow swear by them.

Crystals are here to teach and serve us but their energy lies dormant until we awaken them. It is so easy to start working with crystals and gemstones. The main thing you should keep in mind is that 'intent is all'.

As each crystal is a living thing containing the universal life-force, it has its own higher self which links to Source. The higher self of each living thing in the natural world is known as a Deva. We can learn to connect to them and by doing this they are able to impart wisdom to us.

Devas are light beings, operating on a spiritual level through different forms of nature such as trees, flowers, rocks and stones. Their purpose is to balance the energy of the planet and show that we are all connected and interdependent. We need to link in with nature in order to survive.

Crystals are one of my favourite tools to work with. They are relatively inexpensive, easy to use and don't need much looking after. I bought my first crystal when I was 28. I was on a second date at a psychic evening down in Peterborough. At this particular evening there was a couple with three or four

tables full of these beautiful stones. I had never heard of crystals before. I left my date sitting whilst I went to choose one. I was drawn to a rough chunk of pink stone, Rose Quartz. I bought it and put it in my bag. He went up and picked a stone too. We showed each other the crystals we had bought after the evening. We had both picked Rose quartz although his was in a Buddha shape. I took the crystal home and didn't really know what to do with it so I just went to bed holding it. It gave me such a warm feeling I always describe it now as a Gentle Hug for the Soul. I decided I wanted some more. At the time I had to drive 15 miles to the closest crystal shop and soon grew my collection.

When friends started to realise that I was interested in crystals they started asking me if I could get them this one or that one. I thought that I could maybe start buying them and selling. I started quite informally and later on set up a business. I didn't really know what I was doing back then but the more I worked with crystals the more I found them fascinating. I never knew that such small natural stones could help with such a variety of things.

### **Choosing a crystal**

Sometimes crystals are gifted to you but sometimes you might want to choose your own. So how do you choose one? You can look at a selection and see if you are instinctively drawn to one. You can hold a few crystals, one at a time, in the palm of your hand and see which one feels good to you. You'll get a feeling, or in some way will know which crystal is the right one to choose. There is no wrong way to choose one. You will instinctively pick the one you need the most at that time.

I was in a meeting and the lady I was meeting showed me a crystal that she had picked at random that morning, without knowing its meaning. It was unakite. I told her it was for the heart chakra and was normally carried to ensure a healthy pregnancy. I asked her if she was pregnant and she confirmed she had recently done a test which was positive. So never doubt yourself. Intuitively you know what your body needs.

## **Cleansing your crystal**

Your crystal can pick up negative energies so it's essential that when you first get a crystal home you cleanse it. There are various ways to do this. You can place your crystals in salt. Make sure you totally immerse them for 24 hours.

You can use water: just place them under running water. You can put them outside during a full moon and leave them overnight. Some people dig a hole and place them in the ground. Although, beware, I have heard of people not being able to find them again! Just check before you place them under water, as some crystals, such as selenite or malachite, can't be washed.

## **Programming your crystal**

You have chosen your crystal, cleansed it and now you need to programme it. Programming gives the crystal a purpose linked with what you need. Hold the crystal in your left hand and ask that the crystal be programmed for healing or whatever else you need it to do. (If you're left handed place it in your right hand).

You can hold the crystal over your heart chakra and say something like 'I programme this crystal with love, to help and to heal.' Just do and say what feels right for you. Your crystal is now ready for you to work with.

## **My Top 10 crystals and their uses**

### *1. Amethyst*

Particularly effective in meditation and psychic work to develop clairvoyance and clairaudience. It can bring memories of past lives and worlds when placed on the third eye. Often called the all healer, it is one of the most effective crystals for any kind of healing work. Particularly helpful for addictions including those to alcohol and food. Amethyst can help to prevent insomnia. It

soothes headaches if placed on the temples. It can soothe anger and impatience so is good to have in busy rooms e.g. kitchens or office. The Greeks believed it to be particularly effective against drunkenness. Wealthier Greeks and later the Romans would make wine goblets out of amethyst to guard against the excesses of wine. A stone of integrity, it was worn by Egyptian soldiers in battle so they wouldn't lose their courage in dangerous situations. In the Christian church amethyst was the gem of purity and is associated with bishops, who traditionally wear an amethyst ring.

## *2. Rose quartz*

I describe this as a gentle hug for the soul. Everyone should have a piece of rose quartz! It is associated with the heart chakra and is the crystal of peace-making. Rose quartz is great for relationships, not only your relationships with others but with yourself too. You can't love anyone else until you love yourself. Essential for healers, it can help ease pain or tension, cuts or bruises and emotional wounds such as grief, stress, fear or anger. A rose quartz can help a girl through the early stages of blossoming womanhood as it is very good for increasing healthy self-love and self-esteem.

## *3. Citrine*

A yellow stone for prosperity. Keep a piece in your purse to attract money in. It can help to release joy and brings spiritual powers into the everyday world. Regarded as the merchants' stone, citrine is famed for improving communication, increasing selling power and for attracting money or business. The citrine stone can be placed on the solar plexus chakra. It can help give us a much-needed boost of energy when needed.

#### *4. Carnelian*

Carnelian is an orange crystal of personal happiness and fulfilment. If you believe in your unique talents and follow your personal goals rather than those set by others you can achieve anything. It can relieve PMS and menopausal symptoms. It alleviates arthritis in men. It brings abundance in every way to home and family. Traditionally a protector against fire and storms, can be placed near entrances to the home, garage and on your desk to radiate positivity. It's also good for helping to rekindle lost passion in a relationship. Carnelian was used in Ancient Egyptian magic as protection for both the living and the dead. A carnelian was placed on the neck of the mummy to ensure the protection and rebirth of the spirit in the afterlife.

#### *5. Smoky quartz*

Smoky quartz is a black crystal. Known as a guardian against all forms of bad luck, it was traditionally made into crucifixes and set on bedroom walls to keep away evil. Excellent after a period of illness or depression for gently restoring energy and optimism. It helps to melt any energy blocks in the limbs, adrenal glands, pancreas and kidneys. It can aid meditation if you find concentration difficult. I have a piece next to my front and back door to stop negative energy coming into my home.

#### *6. Malachite*

Malachite is a beautiful swirly green crystal. Whereas I describe rose quartz as a gentle hug for the soul this one is like a sledgehammer to the heart. If you have deep routed heartache from childhood this allows those emotions to be released. Malachite is a cleansing and protective crystal for the industrialised world. It can help to cleanse the auric field and aids the heart, stomach, liver and lungs. I did my first crystal meditation with malachite before I knew what it was for and I cried. A lot. It helped to release some stuff I had been holding onto. In my

meditation I saw the tin man. In the Wizard of Oz movie, the Tin Man is searching for his heart.

### *7. Selenite*

This is a white/cloudy colour crystal. Selenite has the highest vibration of any crystal. For this reason, it is a great crystal to use to cleanse the aura. Place a piece in your living room on the window sill to absorb negative energy. It gently encourages all forms of communication. A powerful crystal of psychic communication. A stone that should be used by mediums and clairvoyants.

### *8. Lapis lazuli*

A blue crystal with what looks like tiny gold flecks in it. It is associated with the brow chakra and helps to increase clairvoyant abilities. The ancient Egyptians regarded it as the stone of the gods. Partly because it reminded them of the starry heavens and also because it had medicinal properties that improve eyesight when powdered around the eyes. It can help to relieve headaches and migraines. It can calm the nervous system, reducing inflammation and pain. Around the home lapis can bring contentment and a strong sense of family loyalty.

### *9. Labradorite*

I love this stone. It is black/ blue and shiny. Whenever you tilt it you can see different colours in it. It's helpful when it may be a good time to strike out alone, whether in business or to follow a private dream. It can help to strengthen the immune system and repair the aura. It can help to counter stress and psychological overdependence, whether on other people, medicines or food. It can help to bring creative dreams.

## 10. *Clear quartz*

The most common mineral on earth. A see-through, clear crystal, sometimes with patterns inside. Apparently, Hercules dropped the crystal of truth from Mount Olympus and it shattered into the millions of pieces that we find today as clear quartz crystal. The most versatile of all crystals and can be used for any healing, energising or cleansing work. Crystal clusters in the centre of a room help people to live and work together harmoniously. They can instil a sense of optimism and clear purpose and make others more receptive to innovation. It can help to absorb negativity from the atmosphere and transform it into rays of healing and positive feelings.

These are my top ten crystals from working with them over the past ten years. There are plenty more which I use depending on the circumstance. For example, blue chalcedony is also known as the speaker's stone so whenever I know I'm going to be giving a presentation I pop a piece in my pocket. Apache tears is a great one for anyone who is going through a time of bereavement. Aragonite sputnik is fabulous for placing next to TVs or computers to absorb EMF (electromotive force).

### **Crystal Water**

Crystal water is water that has absorbed some of the crystal's energy. Crystal water can be simply made. A small crystal that has been cleansed can purify water of etheric pollution when placed in the bottom of a non-metallic container filled with tap water. Allow it to remain undisturbed for twelve hours. You could also place the water in natural sunlight if the container is glass.

When drunk, this crystal-clear water will have a wonderful cleansing effect on the bloodstream. Different crystals will have different effects. For example, rose quartz in a jug of water will infuse you with love. Shungite is a natural water

filter. The Russians have been using this crystal for years and this is what Brita use in their water filters.

Crystal water bottles are a recent invention. These are simply water bottles with the crystal in the middle. Personally, I say save your money, make your own jug of crystal infused water and use a normal water bottle. You can use crystal water for cooking, making hot beverages, washing your hands and face and watering plants. Drinking crystal water is just a different way of using crystals in our everyday lives.

Now you have the lowdown on crystals I invite you to go and buy one. Please share and tell me which crystal you have bought.

#AGentlehugforthesoul