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Working with Crystals

1. **Cleanse crystals regularly.** To cleans, put crystals out in the moonlight overnight, use an energy healing technique, or cleanse using other crystals such as selenite or clear quartz. You can also cleanse crystals by holding them over sage smoke.
2. **Program crystals.** After cleansing, hold the crystals in your hand and focus your intention on the crystals working for the highest good.
3. **Use your intuition.** If you have a strong feeling a certain crystal will work for a certain situation, listen to that intuition and give it a try.

Things to Try with Crystals

1. If you have someone in your workplace who exudes negativity, tape a black tourmaline crystal to the bottom of their chair (when they aren't looking, of course). Alternatively, you can tape the crystal to the bottom of your chair or at a spot between you and that person to absorb their negativity.
2. If you have trouble sleeping at night, stick a piece of amethyst under your pillow.
3. For a quick energy boost, choose a crystal corresponding with each chakra. Lie on your back, place the crystal on the appropriate chakra, close your eyes, and visualize energy running up and down your chakras through the crystals.
4. Place a piece of citrine (a prosperity stone) in your cashbox or your wallet to invite prosperity.
5. You can also keep a piece of citrine in the prosperity corner (the farthest back/farthest left corner in your house or in any room).
6. Use a large piece of clear quartz to cleanse smaller crystals by nestling the crystals in the quartz.
7. To invite positive energy, sprinkle smoky quartz around the perimeter of the area where you spend the most time.

Essential Oil Basics

1. Essential oils (EOs) are distilled from plants. Choose a brand that is of high quality. I like Eden's Garden for both affordability and quality. DoTerra and Young Living are other brands people often cite for good quality.
2. EOs are NOT the same as fragrance oils – use pure essential oils. Fragrance oils are for perfumes and don't have the same properties.
3. Avoid getting undiluted EOs on your skin, as a reaction can occur called sensitization in some people, and some may be skin irritants. Wear gloves when you work with the oils. Always dilute EOs in water or carrier oils (about 12 drops of oil per ounce of fluid) before using them.
4. Don't take EOs internally.

Using Essential Oils

There are many ways you can use essential oils. Here are a few of my favorites.

- Put an essential oil diffuser in rooms where you spend a lot of time, or where you want to transform the energy.
- Make sprays.
- Make homemade cleaning products and add essential oils.
- Add them to unscented laundry detergents and dryer sheets.
- Add them to unscented shampoos, conditioners, lotions, and liquid soaps.

A Few of My Favorite Formulas

JuJu Spray (Transform negative energy to positive)

I use this spray – or a variation of it based on the needs of the client – when homeowners or businesses are stuck in negative patterns and really need positive changes in their lives. To use it, shake it well and then spray it around the inside perimeter of the house, building, or room.

4 ounces water
1 tablespoon Himalayan pink salt (or sea salt)
2 drops cedarwood (releases past hurts, purification)
5 drops lavender (promotes peace, love, and purification)
4 drops lemon (breaks inertia)
3 drops ginger (protection and success)
2 drops eucalyptus (banishes negative energies)

Spirit Crossing Spray

Sometimes, spirits request assistance in transitioning to the spirit realm. I use this spray, which contains sacred funeral herbs, to assist with the transition. Spray in the area as you continue

with any other spirit crossing rituals in which you engage. NOTE: This does not force spirits to cross. It only aids them if they wish to go.

Mix the following ingredients in an 8-ounce spray bottle:

- 6 ounces water
- 1 tablespoon Himalayan pink salt
- 6 drops sweet marjoram (assisting in transition)
- 8 drops rosemary (traditional funeral herb)
- 4 drops myrrh (rites of passage)

Meditation Blend

This blend promotes deep meditation. Put it in diffuser with the recommended amount of water and keep in your meditation area.

- 2 drops sandalwood
- 1 drop frankincense
- 2 drops lavender

Psychic Awakening Oil

Dab a little of this on your third eye, either during meditation or whenever you'd like to awaken your psychic abilities.

- 1 ounce sweet almond oil (or another carrier oil)
- 2 drops peppermint
- 1 drop bay
- 1 drop juniper
- 2 drops lemongrass

Prosperity Diffuser Blend

To promote prosperity, mix the following into the recommended amount of water for your diffuser.

- 2 drops sandalwood
- 2 drops pine
- 2 drops cumin

Good Dreams

For peaceful sleep and happy dreams, mix the following into the recommended amount of water for your diffuser.

- 2 drops aniseed
- 2 drops Roman chamomile
- 2 drops lavender

Working with Herbs

I don't do a lot of work with herbs. I have a few herbs that I burn, which is the extent of the work I do, but I wanted to include a few options for those of you who feel strongly about this. If you do work with herbs, I would recommend getting a good book, such as Cunningham's Encyclopedia of Magical Herbs. This is what I use when I do work with them, and learn about working with the herbs safely and effectively.

The work I do with herbs is primarily burning them. When burning herbs:

1. Always carry a dish or something that isn't flammable to hold under herbs you use for smudging to catch ashes, etc.
2. Do not leave burning herbs unattended.
3. Make sure you spread the smoke all around the perimeter of the space, including in closets, etc. I typically work counterclockwise starting at the front door and running the smoke all along the perimeter, including around any doors and windows.

Burning Herbs

1. **Palo Santo:** Also known as holy wood, palo santo creates a fragrant, cleansing smoke. You can buy it in chips or sticks. Palo santo clears energy and invites in positive energy.
2. **Sage:** You can buy white sage in smudge bundles, incense, or loose leaf. If you buy leaves, the traditional use is to burn them in an abalone shell, fanning the smoke with a feather. Sage has a pungent scent as it burns. It clears energy quickly and is traditionally used to "wash away" negative energies and outside influences. However, it's important after burning sage that you burn something else that draws positive energy to fill the vacuum left by the sage. Lavender, sweetgrass, palo santo, and cedar all work well.
3. **Lavender:** Burning dried lavender attracts positive energy. It burns best on charcoal tablets. It is excellent for attracting peace, heightening psychic abilities, and clearing an area for meditation.
4. **Sweetgrass:** As the name indicates, sweetgrass has a pleasant, sweet scent as it burns. It typically comes in long braids. When sweetgrass is burned, it represents the breath of Mother Earth, and it attracts feminine energies.
5. **Cedar:** Cedar provides protection, so once you wash away with the sage, you can then bring in protection by burning cedar.

Working with Sound

Sound is a form of vibrational healing, and it can be very effective in transmuting energy in situations.

1. Use the sound that vibrates at the frequency of that which you are trying to achieve.
2. You can use a variety of methods to create the sound – resources are below.
3. Sustain the sound for at least five minutes, or until you feel a shift in the energy. It may take more than one session.
4. If you're striking a singing bowl or tuning fork, allow the vibration to cease before re-striking it.
5. If possible, make the sound portable. Carry it around the perimeter of the space so it fills it with frequency.
6. If working with a person, hold the sound nearest the chakra to which it corresponds.

Sound Resources

Tuning forks

There are two types of tuning forks: weighted and unweighted. Unweighted work best for emotional/spiritual/energetic solutions, while weighted tuning forks work best for physical issues. However, you can use whichever you have. To use the tuning fork:

1. Hold the fork by its handle, avoiding touching the prongs of the fork.
2. Strike one prong with a mallet and allow the fork to vibrate.
3. Allow the fork to finish vibrating before striking again or moving on to a different fork.

Singing bowls

You can find crystal and metal singing bowls. The crystal bowls are typically made from quartz and are much larger with stronger, more intense vibrations than the metal variety. You can use either in healing. To use singing bowls:

1. For crystal singing bowls, place them on the o-ring that comes with them. Make sure there is nothing in the bowl, and don't touch the bowl with anything (like setting it against the wall) so it can vibrate freely. For a metal singing bowl, hold it in the palm of your hand, keeping your fingers from touching the sides of the bowl.
2. Strike the bowl with the mallet. You can stop here and simply let the bowl ring until all vibration stops, or move onto the next step.
3. With the bowl still ringing from your mallet strike, begin to run the side of the mallet around the outer rim of the bowl. This technique may take some practice to perfect.
4. Continue until you feel the energy change or feel it is time to stop.

Apps, Videos, and Programs

- If you don't want to spend a lot of money on singing bowls, you can find smartphone apps and youtube videos that are sounding singing bowls. These will work, as well. To introduce that sound into a space, turn it on your tablet, smartphone, or computer and walk it around the space.
- You can also find solfeggio smartphone apps that work with the solfeggio frequencies. I'm a huge fan of the Glenn Harrold solfeggio apps.
- Other apps, like Chakra Box, also play tones to shift energy and vibration, so these will work in a pinch, as well.