

## How to Use Crystals in Your Life

There are numerous ways to use crystals in your life and is completely individual to each person as to how you may want to use them to enhance your spiritual or emotional expansion.

### Meditation

Sitting quietly with crystals allows you to feel the energy and tune into what energy is needed.

### In Your Space

Use them in various rooms in your home for optimal energy or for your specific intentions.

### Healing

Crystals are deeply healing for your own emotional or spiritual growth.

### Pockets & Purses

Carry them with you for protection or grounding, or for general use.

### In Daily Life

Add to your water, plants, offices, bathing, garden, etc.

### Rituals & Grids

Specific intentions for growth, in prayer, during yoga.

