

Crystal Relaxation

A WORKBOOK BY AUTUMN JADE STUDIO

Hey crystal lovers! Throughout this workbook you will be learning how to use your crystals to relax and calm yourself, my top picks, how to set an intention, and cleansing your crystals. During times of stress and anxiety this is a great tool to have in your toolbox. I hope you enjoy our first workbook, and please let me know how you like it.

Lots of love,
Siobhan Kennedy
Autumn Jade Studio



Where do we start?

Ask yourself a few questions

What is your goal? Do you want to achieve complete relaxation, balance, let go of stress?

Are you pushing your emotions down, or are you letting yourself feel them?

Identify what emotions you are having.

What is causing you stress and anxiety? Write it all out, this is important., thats why you have an entire page! Remember no one will be reading this except you. Now get writing!

Picking Your Stone

FOR RELAXATION



My top picks

Lepidolite

This purple gem is all about calming frayed nerves, letting go of tension, and reducing stress + anxiety.

Black Tourmaline

The ultimate protection and grounding stone, Black Tourmaline helps us remain level headed and calm. Helps put an energetic boundary between you and others.

Clear Quartz

Clear Quartz is the ultimate stone of balance. Called the Master Healer because of its ability to balance all the chakras, amplify intention, and amplify the energy of other stones.

Howlite

Howlite is a stone of calm, and can be used to help release negative emotions such as anger and stress.

Hematite

This metallic gem is all about grounding, balancing the root chakra, and staying strong.

Smokey Quartz

Smokey Quartz helps us release any negative thoughts and feelings.

Angelite

This gem reminds you that your angels are always around you. You are not alone. Use it to help release tension, stress and anger.

Blue Lace Agate

Blue Lace Agate soothes and calms the mind. Perfect for if your brain just won't quit.

*Why I do not recommend Amethyst
I have had a lot of crystal clients come back after trying to use amethyst to calm and soothe saying that it is just too stimulating for them, and it is actually having the opposite effect! Lots of resources will tell you it is a tranquility stone, which for some people it is so make sure you play around before committing to this gem.

Clearing your stones

Why should you cleanse/clear your stones?

Cleansing your stones is very important because stones hold onto energy. When your stones are holding onto unwanted energy, you want to be able to clear them so they are not carrying the energy and passing it back onto you. Being conscious of your energy is very important. Cleansing your stones also allows you to work with a fresh canvas. It is also important to cleanse your crystals right when you receive them.

CRYSTAL TIP: When purchasing crystals, especially online, you may see reiki infused crystals. This is a way people mark up their stones, there is no way for you to really know if they have infused them, and you should be cleansing your stones when you receive them anyway, which will remove that energy. If you are wanting reiki infused stones, speak to a local reiki master you can work with!

Ways to cleanse your stones...

- Sage or Palo Santo smoke
- Running water - for water safe stones
- Full moon light
- Burying in dirt

My thoughts on other methods...

I do not recommend salt as a cleansing method because lots of minerals and stones can be destroyed by salt, and there is not enough info out there about which stones can be effected.

I do not recommend using other crystals to cleanse crystals because no matter what that energy is going somewhere. All stones need to be cleansed.

I do not recommend incense smoke as a huge amount of incense on the market is fragrance based and just does not have good stuff in it.

Sage or Palo Santo Smoke

White Sage and Palo Santo are traditional smudges. They clear energy, both in different ways. Sage smoke carries the energy away so you will have to be outside or have a window open for the smoke to go out of. As the smoke dissipates the energy is released. It is important to note that due to the unethical harvest of white sage it is now endangered. I highly recommend growing your own, and even if you have access to a wild patch, to leave it and let it flourish.

Palo Santo neutralizes energy to bring you back to a blank slate. It is a holy wood found along the South American coast, mainly in Peru!

Run your stones through the smoke, visualizing a bright white light clearing and cleansing your stones. Be sure to hold your stones in the smoke while you are visualizing.

Running Water

Cleansing with running water is very similar. Hold your stones under running water while visualizing a bright white light cleansing your stones. A natural running water source is best, but lots of us do not have access to this. You just don't want the water to be stagnant. Always make sure your stones are not water soluble.

Full Moon Light

Place your stones under the full moon. I like to place them out for the night before, the night of and the night after. The catch with this one is to remember when the full moon is.

Burying in Dirt

Burying your stones in dirt for 24 hours is said to absorb everything out of the stone.

Setting an Intention

Before you start using your stones, it is important to program an intention into your stone.

To program an intention into your stone you must first pick your intention. For example 'I am relaxed, balanced and stress free', 'stress does not control my life'. Next hold your stone while repeating your intention either out loud or in your head. Close your eyes and focus on the stone. Do the same with all your crystals you are wanting to use.

CRYSTAL TIP: To add a different energy before setting your intention, charge your stone in sunlight or with a selenite log or charging plate.

Now you are ready to use your crystals!

First up...

Get your stones together and fill out a gratitude list! What are you grateful for at this moment right now? Can you fill up the page?

SOMETIMES WE NEED TO
STOP ANALYZING THE PAST,
STOP PLANNING THE
FUTURE, STOP FIGURING OUT
PRECISELY HOW WE FEEL,
STOP DECIDING EXACTLY
WHAT WE WANT, AND JUST
LET WHAT HAPPENS.



important
DATES



Gratitude List

Touchstones

The simplest way to use your stones is as touchstones! Keep these stones on you at all times. When you are feeling anxious or stressed, hold these stones, close your eyes and breathe.

Touchstones are also usually the stones you will use for meditation. There are so many good balancing and stress relief guided meditations available for free on youtube. Use touchstones when doing breathing exercises, tuck under your pillow before bed, or just hold onto them.

CRYSTAL TIP: If you are able, place multiple touchstones, or bowls of them where you spend the most time in your house.

Meditation

Meditation is the best way to incorporate gemstones into stress relief and relaxation.

Meditation calms and soothes the mind. It enables us to match the energy of our stones and release tension.