

Choosing your Crystals for Crystal Healing

There are no rules to follow when selecting crystals, the stone that you choose (or the stone that chooses you) could be tumbled, cut and polished, clear or coloured. Your instinct will guide you to the stone that will help you the most. Always follow your intuition, if you trust in your feelings, you can be sure that the crystal that you are drawn to is the right one for you at this time in your life. Other people may offer their opinion about a particular stone, which you may not agree with, you must trust your own feelings and follow your instinct.

If a crystal is meant for you, you will feel an instant attraction to that stone, it can be likened to meeting a stranger for the first time and having an instant attraction or uncomfortable feeling about them. You may not be able to explain why in rational or logical terms, but simply sense inside whether or not you are on the same wavelength. It's exactly the same with stones. All crystals vibrate on a particular frequency, just as human beings do, and the crystals that appeal to you the most will be those that vibrate on a similar frequency to your own and that are the most beneficial to you at this particular stage in your progression.

'Finding' crystals should be a joyous experience, whether you buy them from a holistic fayre, find them on a beach or you receive them as a gift.

Do not assume that the crystals that 'find' you today are going to stay always with you or be the most effective ones for you! Crystals sometimes need to move on. If you feel an overpowering urge to pass a crystal to a friend, follow your instinct in the knowledge that the crystal has completed its work with you, and let it go willingly and with love. A new crystal will very quickly 'find' you! Do not become too attached to a particular stone because suddenly losing a crystal is a very common experience. If it happens to you, do not become too distressed: it is an indication that the crystal has served its purpose and that it is time for you both to move on.

If crystal is attuned to your vibration, it will communicate with you. You may experience all sorts of inexplicable sensations while choosing a crystal, including the following:

<ul style="list-style-type: none">Ø Heat emanating from the crystal.Ø A sudden burst of energy that may feel like an electric charge.Ø Tingling in your fingers.Ø A pulsing or vibration.Ø An inner knowledge.Ø A feeling of balance and wholeness.Ø A wave of heat permeating your body.Ø Warmth in your heart.Ø An overwhelming sensation of love.Ø Colours surrounding the crystal.	<ul style="list-style-type: none">Ø Cold energy.Ø A flash of light from the crystal.Ø A moistness in your hands.Ø The crystal apparently 'jumping out' at you and falling at your feet.Ø A sudden rush of excitement.Ø A protective feelingØ Shivers down your spine.Ø A light-headed sensation.Ø A sound in your ears.Ø Changes in your breathing.Ø The knowledge you just have to do it!Ø It just puts a smile on your face!
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Method of choosing crystals

Although individual methods of choosing crystals vary from person to person, you may find the following useful.

Choosing with your eyes

Spread out the crystals in front of you. Close your eyes and take a few deep breaths to clear your mind.

Now open your eyes very quickly and pick up the first crystal that catches your eye.

Your choice of crystal will not necessarily be the most beautiful, the biggest or the most expensive stone. The one that attracts your attention will be in attunement with you.

Scanning

Begin by shaking out your hands to release any blocked energy. Briskly rub the palms of your hands together to concentrate energy into them and increase your sensitivity. Close your eyes and take a few deep breaths to clear any negativity from your body and mind. Very slowly run your hand over all of the stones without opening your eyes. If you are right handed, use your left hand and if you are left-handed use your right hand. Do you feel any of the sensations described, such as heat, cold energy or a tingling? At least one crystal should draw you to it like a magnet. Another common perception is that one particular stone feels 'sticky' if so this is the stone that you should select.

Vibration

Shake your hands to release any blocked energy. Vigorously rub the palms of your hands together to sensitise them. Take a few deep breaths to calm your mind and increase your focus.

Pick up each crystal one by one, sensing any vibrations. If you are right handed, use your left hand and if you are left-handed use your right hand, to receive any information. If the vibration of any particular crystal resonates with you, that is the stone that is right for you.

Using a Pendulum

Using a pendulum is both very easy and an excellent way of enhancing your intuition. A pendulum is usually a crystal suspended on a chain, although some may be made of wood or metal. They are readily available at holistic fairs and complimentary medicine shops, but you could suspend an every day object, such as a key or a ring, from a piece of string or leather thong.

Gently hold the pendulum between your thumb and index finger. Do not grasp the chain too tightly and make sure that your neck and shoulders are free from tension.

Either mentally or aloud, ask your pendulum which movement indicates a 'yes' answer. (The pendulum will usually swing either

clockwise or anticlockwise to indicate a 'yes' response.) To check your pendulums accuracy, ask it one or more questions to which the answer is definitely 'yes', for example, 'My name is.... is that correct?'

Wait until the pendulum has stopped moving and then, either mentally or aloud, ask it which movement indicates 'no'. Note which way the pendulum swings.

In the same way, establish which movement indicates 'don't know'. (This will often be from side to side or up and down.) Make a note of your pendulums responses for future reference.

Now hold your pendulum over each crystal in turn and ask a question like 'is this crystal right for me?' or 'is this crystal suitable for healing/meditation?'

If you are dowsing over a large number of crystals, pass the pendulum very slowly over the top of all of the crystals to see if the pendulum starts to react above any particular stone. Return to any 'reactive' stones and ask a question while suspending the pendulum directly above them.

You may also choose a crystal for a friend using a pendulum. To do this, follow the same procedure but, as you hold the pendulum over each crystal, ask 'is this crystal suitable for ...?'.
[To see the pendulums on the site please click here](#)

Using Kinesiology

Kinesiology, or muscle testing, which involves working with a partner, is another method of choosing crystals. Kinesiology's amazing accuracy may surprise even the most sceptical of your friends.

Extend your arm to the side and raise it to shoulder height.

To test your normal muscle strength, ask your partner to place two fingers on the upper part of your extended arm. Then ask them to

press their fingers gently downwards while you resist their downward pressure.

Pick up a crystal and hold it over your heart area.

Ask the appropriate question, such as 'is this the right crystal for me?' or 'is this crystal good for meditation?'

After each question ask your partner to press their fingers gently downwards onto your arm while you resist their pressure. If your arm stays strong, this is the 'right' crystal for you, but if your arm weakens, try the same test using another crystal.