

Reiki Rays

My Precious Crystals and Reiki

Amethyst, Black Tourmaline, Rose Quartz,
and more





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Crystals & Reiki: A Basic Guide

By Justine Melton

Hi Friends. Today I wanted to discuss with you how simple it can be to add crystals to your Reiki sessions. I know that a lot of practitioners hold back from using them because there are so many crystals and a daunting amount of information to go with each one. Using crystals can be very simple and offer a great amount of extra healing to your sessions.



Here is a very basic guide to get you started:

1. Cleanse/Charge your crystals. A very basic way to do this is to simply put the crystals outside directly on the ground under the moonlight. The night of the full moon or the nights surrounding the full moon are best. Be sure to bring them back inside in the morning before they have gotten too much sun. The sunlight can zap the crystals and ruin the wonderful cleansing and charge they received the night before. A simple way to relate to this is if you have ever been in the sun for too long. After 20 minutes you feel great. After a few hours you feel drained!
2. If you feel that a certain chakra needs extra work or that you would just like to incorporate crystals with each chakra simply pick a crystal from the matching chakra listed below. There are so many wonderful crystals to choose from. This is a very basic guide just to get you started!
3. After the client lays down place whatever crystals you want to use on the corresponding chakra.
4. Perform a normal Reiki session.
5. After the session be sure to cleanse each crystal used before putting them away and/or using them on the next client. There are two very fast and easy ways that you can do this. One way is to make the master symbol (or whatever symbol you feel guided to use) over each crystal. Then make the same symbol on the palm of your hand and hold the crystal with your hand closed around it for 5 minutes. During this time imagine that Reiki is cleansing anything

negative from the crystal that was picked up during the session. Another way is to simply take a bowl of saltwater, add the crystals to it and then make the master symbol (or whatever symbol you are called to use) over it. Reiki the bowl of water for 5 minutes and then let the crystals sit in the bowl of water for about another 20 minutes.

Sometimes you may feel guided to have a client hold a crystal during a session. This also works great! My Reiki Master gave me a very special stone one time that was made up of Moonstone, Quartz, and Amethyst. Before I learned Reiki I suffered from a lot of fear and anxiety. My Reiki Master had me hold this stone in my hand whenever I started having anxiety and/or fear and it really helped! After I became a Reiki Master I felt guided to share this stone with certain clients. I would send it home with a client who I thought could really use some extra healing and asked them to bring it back in a month's time. It has gone through a handful of clients this way, each one affirming that holding the stone really helped them to process their feelings and to heal.

Basic list of what crystal to use with each chakra:

Root Chakra: Tiger's Eye, Hematite, Bloodstone, Garnet, Ruby, Red/Lodestone

Sacral Chakra: Smoky Quartz, Orange stones, Carnelian, Red Jasper

Solar Plexus: Moonstone, Yellow/Amber, Topaz, Argonite, Malachite

Heart Chakra: Rose Quartz, Green/Emerald, Tourmaline, Pink Calcite

Throat Chakra: Blue Lace Agate, Celestite, Aquamarine, Blue/Turquoise

Third Eye Chakra: Quartz, Indigo/Lapis, Lazuli, Sodalite

Crown Chakra: Violet/Amethyst, Clear Quartz, Clear Calcite, Diamond, Ametrine

Please know that crystals do not have to be and should not be expensive! I got my first set of basic crystals (one for each chakra) for \$10 U.S. dollars. Of course larger stones and special stones that offer more than one crystal will be more expensive than a basic small crystal. Purchasing a basic set of crystals is a great inexpensive way to offer an extra healing property to your Reiki session.

Wishing you all love and light.

Amethyst - The All Purpose Stone

By Justine Melton

Hi Friends. I have been getting a lot of questions about what type of stones/crystals goes well with Reiki Healing. I have written an article here on Reiki Rays before that is a basic guide on what to use to get started.

Today I would like to focus on Amethyst and share with you all of the many amazing things this little stone can help you with.

Amethyst is actually a member of the quartz family, which is no surprise with how powerful its healing powers are. It can help with so many different things and is known as the all purpose stone. It is one of the top three stones that I recommend to use in combination with Reiki healing.

Amazing Abilities of Amethyst:

- It is a meditating and calming stone
- Helps bring calmness, balance, patience and peace to your life
- Helps relieve anxiety and helps calm anxiety attacks
- Helps with telepathy
- Helps with past life regression

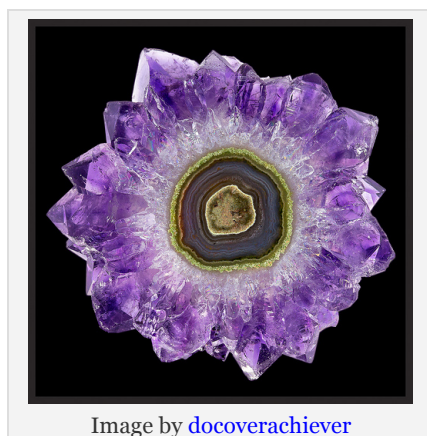


Image by [docoverachiever](#)

- Helps with clairaudience
- Helps with clairvoyance
- Helps with communication with angels
- Helps with money issues
- Helps with legal problems
- Provides psychic protection
- Helps with bereavement
- Helps with any kind of personal loss/grief

- Helps bring emotional stability and inner strength to your life
- Helps with overcoming addiction of all kinds
- Helps with withdrawal symptoms

Amethyst is also the birth stone for the month of February. Those born in February may feel an unexplained strong pull to this particular stone.

Angels like to send purple light to people. Purple has amazing healing abilities and amethyst happens to be purple as well. Having a small amethyst stone (even as small as a dime) can enhance any healing energy sent to you from angels or through Reiki.

How to work with Amethyst:

- Make a power symbol on the palm of your hand and then simply hold the amethyst stone in your hand for 5-30 minutes. You can even do this while you are watching television.
- Have your client hold it in their hand during a Reiki session. You can also set it on yourself while you do self-reiki or set it in front of you.
- Keep it in your purse, pocket, bra, night stand, or anywhere else close to you.
- Be sure to leave it in the moon light during a full moon to cleanse and charge it.

Wishing you all love and light.

Black Tourmaline and Reiki

By Rinku Patel

Black Tourmaline is one of my very favorite crystals. I have black tourmaline stones, a bracelet, a pocket stone and 3 pendants ☺. It definitely shows my craze towards this stone. I have placed stones in each room, one under my wish and pendants for family. Kids are actually addicted to black tourmaline; they miss their pendant when I put the pendants out during full moon.

Every crystal lover knows that black tourmaline is the ***must have*** stone for its powerful healing properties. Reiki and Crystals both have their own amazing healing energies and when both powerful healing energies combine, the outcome becomes double beneficial. The first and foremost thing to do is cleanse the crystal and infuse it with Reiki energy. We all know that crystals works with or without Reiki but crystals infused with Reiki makes the healing quicker, stronger and more powerful.



Image by [Ryan Somma](#)

Black tourmaline is a stone of protection. It is also called as ***Guarding Stone***. Infusing Reiki to black tourmaline increases its vibrations to release negativity and blockages and gives powerful shielding and grounding.

Black Tourmaline as Protecting Stone: (Do not forget to infuse with Reiki to double the benefits of the stone)

- Wearing or carrying this stone shields you from psychic attacks and psychic vampires.
- Shields you from negative vibes.
- When Black Tourmaline is placed in home or work area, it provides protective shield around you and your home space or workspace.
- Transmutes all negative energy to positive.

- Shields you from your own negative thoughts and fear.
- Stops these psychic vampires to suck off your energy; they won't be able to get a drop of your energy if Black Tourmaline is around your auric field.
- Wear a Black Tourmaline or place it in your wallet, purse, bag, and pocket, under your pillow, add in your bath or anywhere in your room. Place it beside electronic equipment. Make an elixir of this stone and spray on self or space. Just keep this stone close to your auric field.
- Rubbing Black Tourmaline also brings good luck and happiness.

Black Tourmaline as Healing and Grounding Stone:

- We all know how important grounding is for Reiki practitioners. Wearing or carrying Black Tourmaline makes you feel grounded and safe.
- Many times practitioners forget to ground themselves before healing a client. Always make a habit to wear or put Black Tourmaline near the healing space to protect you and ground you.
- Black Tourmaline is directly connected to root chakra hence it helps balancing root chakra. It also connects us to Mother Earth.
- Helps reducing stress and addiction.
- Place a Black Tourmaline on your Solar Plexus and give Reiki to bring clarity and power.
- Meditating with Black Tourmaline brings more light to cells.
- Stimulates balance between left and right side of the brain.
- Also helps balancing work-and-play, pain-and-ease and high-and-low vibrations.
- Many times after giving healing, practitioners feel drain-out as they have absorbed client's energy. In that case, just hold Black Tourmaline in your palm and relax for a while. It deflects all unwanted energies absorbed from the client.

Black Tourmaline to absorb Electromagnetic Energy:

- We are all around electronic equipment and devices and accumulating electromagnetic energy. Black Tourmaline helps absorb electromagnetic energy.
- Give Reiki to the stone with the intention that it absorbs all electromagnetic energy. Place the stone near equipment and devices that emits electromagnetic energy.

Black Tourmaline as Manifesting Stone:

- Write your wish on a paper. Draw symbols and chant its names.
- Fold the paper and put it under Black Tourmaline.

That's it. As simple as that. Black tourmaline removes negativity attached to your wish and further shield it, hence quicker manifestation.

Black Tourmaline Grid:

Setting a grid with Black Tourmaline removes negativity off your wishes and hence makes healing and manifestation faster.

Alternatively you can place Reiki charged Black Tourmaline stones in all corners of the room if you feel people with negative energy keeps entering your room. This is best done at work place or office where many known or unknown people tend to enter. Black Tourmaline absorbs all the toxic and negative energies and provides a shield to your room.

So, if you don't have Black Tourmaline stone, go and order one NOW 😊

The Power of Rose Quartz

By Justine Melton

In my Reiki Practice I have a great love of bringing in other tools and combining them with Reiki to bring my clients the best possible healings. I call in the Angels for help, use color work, guided meditations, soothing music, candles, the power of environment (I especially love to be out in nature), and sometimes stones/crystals. I believe that love is the greatest healing energy and base my whole holistic and alternative healing practice off of this concept. Along with Reiki it creates miracles and changes lives.

It is no wonder then that my very favorite thing to recommend to my clients is to bring Rose Quartz into their lives. It is known as The Love Stone and can help you heal and turn your world around while bringing comfort at the same time. Rose Quartz is used in everything from hospice to wanting to find your one true love. I cannot emphasize enough how powerful this stone is and the remarkable source of extra healing power it can bring to your practice. I first used it on myself years ago and then after experimenting and witnessing its healing abilities first hand I excitedly brought it into my own practice for use with clients. It is my hope that this article will encourage you to experiment with the use of Rose Quartz in your own practice and see how powerful adding in strong loving energy can be.

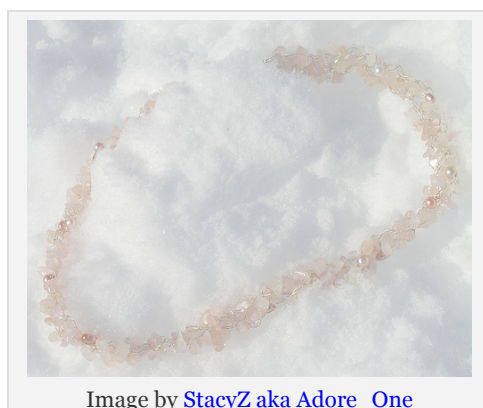


Image by [StacyZ aka Adore_One](#)

Basic way to start using this stone in your Reiki sessions:

Purchase a handful of Rose Quartz at the same time. Be sure to feel/hold each stone first and pick the ones that you can feel a vibration from. These are the stones that are best matched to you and will be of greatest use in your healings. I like to cleanse and charge my stones. This is very simple. Simply do a Master or Cho Ku Rei symbol in the palm of your hand and then hold the stone in that same hand for a few minutes while sending Reiki to it. You are

then ready to start using them in your sessions. Simply keep the stone with you while you do self reiki or have your client hold the stone while you perform a Reiki session on them. I like to send Rose Quartz home with clients and instruct them to leave it in their purse or wallet and always keep it close. If feeling like you need extra comfort or healing just place it in your hand and hold it. That's it! ☺

Amazing facts about Rose Quartz:

- It is the stone of unconditional love and opens the heart chakra
- Perfect for every type of love not just romantic
- One of the greatest help in learning to love yourself
- Helps strengthen any type of relationship if the relationship is for your greatest good
- Helps balance emotions
- Brings comfort
- Remarkable abilities in aiding in the transition of dying
- Helps release emotional wounds and traumas no matter how deep or horrendous they may be
- Can draw ideal relationships to you
- Can draw your ideal partner to you
- Can shift your way of thinking to that of love and positivity
- Relieves anxiety
- Helps remove emotional blocks
- Great source of protection
- Can be worn as beautiful pieces of jewellery
- Can give your clients a physical reminder of their healing session which aides in keeping them on a new healing path!

My favorite piece of jewellery is a simple Rose Quartz necklace. It helps keep me in the healing zone and reminds me to emit love everywhere I go. Rose Quartz is not expensive! Here in the United States the small stones that you can send home with clients can be purchased for under \$1 each.

Wishing you all love and light.

Lapis Lazuli and Reiki

By Rinku Patel

Lapis Lazuli is one of the most attractive and irresistible stone, even if you don't know its properties, you cannot ignore it once you have set your eyes on it. The color of Lapis Lazuli is Royal Blue with the gold flecks of Pyrite in it. This stone is considered to be a lawyers', writers' and inventors' best friend. Lapis Lazuli is considered to be the '**Stone of Communication**'.

Lapis Lazuli as the protection stone

As a protection stone, Lapis Lazuli can protect us from psychic attacks and psychic vampires by keeping them at bay. It keeps negative energy away from the person as well as the surroundings. It also protects us from our own negative thoughts by providing clear thinking.



Image by géry60

Lapis Lazuli for Throat chakra

Lapis Lazuli resonates with Throat chakra for its vibrant blue color. It opens Throat chakra and aids in communication. Your learning process becomes faster if you keep this stone near your aura. Suppose you have to give a speech in public and you are nervous or having lack of confidence to speak publicly, simply carry lapis lazuli with you to aid with communication and speech.

Lapis Lazuli also helps endocrine and thyroid glands. It also helps with problems related to ears and nose. For eye infection, take a warm lapis lazuli heated in warm water and rub over the eye softly. You can also use Lapis Lazuli elixir for eye bath.

Lapis Lazuli encourages and promotes truth and honesty. Program and carry Lapis Lazuli to save you from liars.

Place a cleansed and Reiki charged Lapis Lazuli on your Throat chakra while lying down and relax for a while. You can give Reiki to your Throat chakra by hovering your palms above crystal.

Lapis Lazuli for emotions

Lapis Lazuli brings out the suppressed emotions on surface and helps you deal with the facts related to that emotion. It helps reduce and control the anger. It also aids for presenting your point of view in front of others. It helps release frustration caused by suppressed emotions. Also aids overcome issues like trauma, abuse, rape, depression, grief or loss. Also, it promotes love and fidelity in a relationship.

You can either wear cleansed and programmed crystal or carry around with you or you can place it in a bowl in any room. Always used cleansed crystals and if you know Reiki, charge the crystal with Reiki and program with set intention.

Lapis Lazuli for Third Eye

Lapis Lazuli can be used to stimulate Third Eye as well as pineal gland. It enhances psychic abilities and gives clear perspective and visions. Lapis Lazuli helps to adapt new ideas and thoughts, gives clear picture and opens the door to visions and dreams. It heightens intuitions and provides wider vision and perspective. It also brings out inner truth and inner power.

Place a cleansed crystal on your Third Eye and relax for a while. Give Reiki to your Third Eye by placing your palms over the stone.

Lapis Lazuli as spirituality stone

Lapis Lazuli is one of the oldest stones that is used by healers and holy workers for healing, wisdom, enhance psychic abilities or inner visions. It is a must have stone for spiritual growth and improves spiritual health. It maintains connection between physical and celestial planes that results in strong spiritual connection.

Lapis Lazuli for meditation

Meditation with Lapis Lazuli opens the door to unknown knowledge. It can lead to past life recall as well. Meditating with Lapis Lazuli helps you connect to your Guardian Angel and spirit guides.

Meditate with this stone to manifest your wish faster as it has strong manifesting energies. Hold Lapis Lazuli in your palm, enable the flow of Reiki and set your intention to fulfil your wish. Place the stone safely or carry around with you.

Lapis Lazuli for physical issues

Lapis Lazuli helps heal - fever, epilepsies, dementia, nightmares, strengthen eye sight, fainting spells, miscarriage of child, balance thyroid, vertigo problems, migraines, reduce anxiety, sinus, nervous system, speech problems, autism, bone problems, TB, sleep problems, DNA damage, PMS, bone marrow, lowers BP, sore throat and more....

Lapis Lazuli for mental issues

It relieves stress and brings mental clarity. It strengthens and boost your thinking abilities. It can calm the restless mind and clear confusions. It also increases your concentration and hence it's best used amongst students. It also aids bring confidence and overcomes shyness. Helps clarify thoughts in chaotic or stressed situations.

Miscellaneous use:

- Release stress
- Improves intellectual level
- Enhance memory
- Promotes honesty
- Associated with Sagittarians
- Helps with career and life purpose
- Balance male-female side of your personality
- Helps with automate writing
- Enhance creativity and more...

Note - *It is always advisable to use cleansed crystals. If you know Reiki, charge your crystals with Reiki to optimize the healing and manifesting results.*

Tigers Eye and Reiki

By Rinku Patel

Tigers eye, a multipurpose stone with the healing properties that covers most aspects of life brings harmony and re-establish peace. It is considered one of the best stone for students for its ability to provide clarity, focus and fast manifestation of wishes. It brings money and helps balance the flow of money. Along with harmony, focus, clarity, bringing money and manifesting powers, another best property of Tigers Eye is providing protection. The combination of golden and brown color of Tigers Eye is like Yin n Yang, balancing spiritual and grounding energies.

The three keywords that best describes tigers eye are- Protection, Abundance, Manifestation. There are 3 colors of Tigers Eye stone- Gold, Blue and Red.

Tigers eye as protection stone

Tigers eye is considered amongst the best stone for protection. It helps against evil eyes, curses, ill wishes and psychic attacks. It also makes person feel grounded and connected to earth and nature. Tigers eye is best used during traveling and long journeys. It brings security and stability to the user as well as protects them all the time.

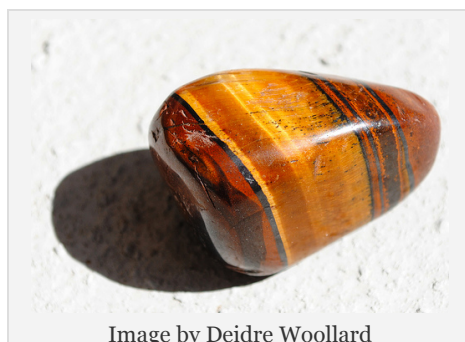


Image by Deidre Woollard

How to use

Select the Tigers eye stone in any form, be it tumbles, bracelet, pendants or any other form you like. Before using cleanse it. Charge it with Reiki energy and program it with your wish to protect. Carry these crystals with you, wear it, put in bags, purse or pocket, and place it in your car if you are traveling by car. It is totally up to you how you want to carry this stone with you.

Tigers eye as prosperity stone

Another awesome characteristic of Tigers eye is its ability to bring wealth, prosperity, good luck and success. It also helps manifest your wishes to reality. It has innate ability to increase the flow of money. It helps you to maintain the outgoing flow of money as well as keep you away from being greedy.

How to use

Select the Tigers eye stone in any form, be it tumbles, bracelet, pendants or any other form you like. Before using cleanse it. Charge it with Reiki energy and program it with your wish for prosperity. You can wear it or keep at workplace.

Keep this stone at your work place or house to protect from evil eyes and ill wishes and to bring in luck, success, prosperity and wealth.

Tigers eye for physical issues

Tigers eye is useful to treat issues related to eyes, throat, reproductive organs and solar-plexus. It also strengthens spinal columns, repairs fractures, alleviate pain, remove toxins, lowers BP, heals organs such as kidney, bladder, liver, throat, colon, spinal column, mends torn tissues, heals skin disorders etc. It also gives inner strength to the one who is weak or ill all the time.

How to use

Select the Tigers eye stone in any form, be it tumbles, bracelet, pendants or any other form you like. Before using cleanse it. Charge it with Reiki energy and program it with your wish to heal affected organ, disease and chakras.

Tigers eye for mental issues

Tigers eye provides mental clarity during crucial phases. It enhances concentration and helps heal anxiety. It balances mood swings and boosts self-confidence and self-esteem. It promotes honesty and helps one face and accept the truth. Also, helps see things clearly without illusions.

How to use

Carry the stone when you are going for some kind of negotiation or where you need mental clarity. You can combine it with Amazonite to enhance negotiation towards your side.

Tigers eye for emotions

Tigers eye provides inner strength and self-confidence during low phases of your life.

How to use

Select the Tigers eye stone in any form, be it tumbles, bracelet, pendants or any other form you like. Before using cleanse it. Charge it with Reiki energy and program it to provide you inner strength, self-confidence and clarity.

Tigers eye for spirituality

Meditating with Tigers Eye promotes determination, bring positivity, connects you to nature, increase courage and fastens manifestation. The Golden color of Tigers Eye is vibrations of Christ Consciousness. It helps you make contact with spiritual beings associated with Golden Rays.

The three colors of Tigers Eye

- **Golden** - Solar Plexus and Sacral chakra
- **Blue** - Third eye and Throat chakra. Also called **Hawk's eye**. Along with all the above properties, Blue tiger eye heals communication issues, boosts intuition and bring good luck. Heals issues related to Brow and Throat chakra.
- **Red** - Root chakra. Also called **Dragon's eye** or **Ox eye**. Along with above properties, Red tigers eye increases will power, promotes self-care and it is a very powerful grounding stone. Heals issues related to Root chakra.

Placement

You can place your tiger eye stones near your main door, big windows, in children's room, house, office, car etc.

Enjoy! Love and Light!

Green Aventurine and Reiki

By Rinku Patel

”We don’t own crystals, we are just keepers, until they find you and you become their keeper”. - Source unknown

Green Aventurine is considered the luckiest crystal amongst all, especially when it comes to prosperity, wealth, career opportunity or any other finance related issues. Due to its ‘lucky’ properties, it is considered as the **‘Stone of Opportunity’**. Another beauty of this stone is, it is related to Heart chakra and hence resonates with anything related to heart- be it emotional or physical. This is amongst the most sought after stone as it relates to heart issues, wealth and opportunities. The color of Green Aventurine may vary from light green to dark green.



Green Aventurine as a Stone of Opportunity/ Money stone

Green Aventurine actually releases stagnant patterns and blockages and creates space for new opportunities to come in. It is also known as *‘The Gamblers Stone’* for its inane ability to attract luck and opportunities your way. It brings abundance, prosperity and attract more financial opportunities your way. Carry Green Aventurine with you during interview to improve the chances of success. Combining Green Aventurine with Citrine can bloom your dead business from dooming to blooming.

Usage

- Put in Reiki box along with the intention slip
- Make crystal water
- Keep in bags or pockets
- Carry with you during interviews
- Write your wish and put it under this stone

- Make a crystal grid for your issue using Green Aventurine pyramid, pencils or tumbles.
- Place in cash drawer and money box
- Wear
- Place near your cash counter or work place
- Just display at your workplace and let it radiate its energy
- Keep beside bedside or under pillow

Green Aventurine for Children

Green Aventurine can improve physical growth of toddlers and teenagers. When placed near a pre-maturely born baby, it can help in stimulating baby's growth. It also boosts intelligence and memory and also calm down hyper-active children.

Usage

- Keep in bags or pockets
- Keep under pillow
- Wear
- Place at study table
- Make crystal water and consume
- Wear

Green Aventurine for physical issues

Green Aventurine is related to Heart chakra so it can help with physical issues related to heart. It activates the Heart chakra, keep it balanced and rotating. It removes blockages from Heart chakra and keeps the chakra healthy. It acts extremely gently without causing any turbulences to the user. It can also help with issues like:

- Cardiac conditions
- Helps with fertility as it is related to Cupra- The fertility Goddess
- Blood pressure
- Lungs issues
- Cholesterol issues
- Skin issues
- Allergies
- Migraines
- Recover from surgery faster
- Assists in healing any illness faster

- Act as anti-inflammatory
- Stimulates metabolism
- Boost immune system
- Act as detoxifier and more...

Usage

- Put in Reiki box along with the intention slip to heal issue
- Make crystal water
- Place on Heart chakra and leave for 20 minutes
- Write your wish and put under this stone
- Make a crystal grid for your issue using Green Aventurine pyramid, pencils or tumbles.
- Keep beside bedside or under pillow
- Just place in the room and let it radiate its energy
- Keep in bags or pockets
- Wear

Green Aventurine for Emotions

Keeping Green Aventurine with you bring inner peace and harmony within yourself.

It reduces the stress of daily life, preventing frustration and crankiness.

It even calms anger, irritability and anxiety.

Fights against depression and keeps you joyous.

It also promotes empathy and compassion.

It also makes you emotionally stronger and helps heal emotional wounds. It is amongst the best stone to improve relationships that are stressed and strained. It releases unhealthy energies from relations transmuting it to love. It helps the ones who are control-freak by aiding them to let go.

Green Aventurine for EMF

Green Aventurine also protects and absorbs EMF if placed near your auric field or between you and gadget or near the gadget. It will also protect you from pollution if it is near your auric field. When taped to mobile phones, it protects against radiation.

Green Aventurine as Spirituality stone

Green Aventurine releases the negativity, balances yin and yang energies, let go of the attachments with old energies and promotes love, happiness and harmony. Meditating with Green Aventurine can settle negative emotions and thoughts and helps handle life changing situations.

Green Aventurine is related to Archangel Raphael. It also honors the Goddess who is known for unconditional love- Kwan Yin. It also relates to Cupra- The Fertility Goddess.

Miscellaneous uses:

- Brings optimism
- Enhance creativity
- Sooth quick temper
- Improves couple's relationships
- Enhance homeopathy remedies when placed near medicines
- Relieves stammer

Combination stones:

Green Aventurine + Rose Quartz (any pink crystal) =Harmony, Love, Joy

Green Aventurine + Citrine = Wealth, Prosperity, Luck

Green Aventurine + Moldavite= Strong partnership in relations

Green Aventurine + Black Tourmaline = Protects against heart break

Green Aventurine + Moonstone = Enhanced sexuality

Green Aventurine + Carnelian = Fertility

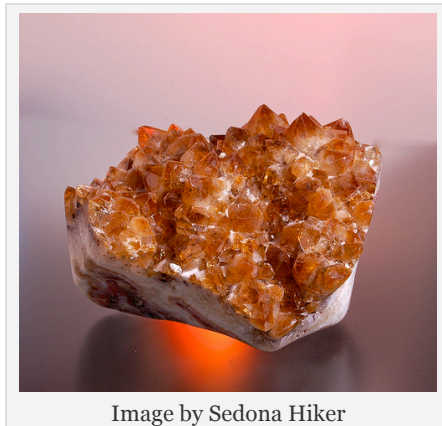
As you can see, this is one amazing and must have stone. If you don't have one, go and grab one now!

Citrine and Reiki

By Rinku Patel

Citrine is everyone's hot favorite crystal for its super-awesome multiple healing properties.

Citrine is called '**The Merchant's Stone**' for its properties to attract more money as well as maintain it. The color of citrine varies from palest yellow to yellow to golden to honey. If you gaze at it, you will start feeling joyous and happy as it also radiates joy and happiness. It carries the energies of sun as well as radiates warmth and comforting energies. It is considered amongst the best stones for protection. It brings money, opportunities, radiates joy and happiness and protects you and surroundings- what else do we need?



Citrine for Physical Issues

Citrine is the stone for Solar Plexus chakra but it resonates with Sacral chakra and Root chakra as well. It also resonates with Third Eye chakra and provides mental clarity, clear vision and heightens intuition. On physical level, it supports endocrine system and increases stamina. It increases metabolism, eventually leading to weight loss.

Citrine keeps nails and hair healthy, helps rejuvenate skin, supports pancreas, spleens and digestive system, eliminates nightmares, eliminates kidney, liver and bladder issues, helps in menstrual and menopause problems, cures insomnia, heals hormonal imbalances, strengthens muscles, reduce diabetes, removes toxins, cure addictions and heals other issues related to Solar Plexus chakra.

How to Use

Take cleansed Citrine and charge it with Reiki with the intention to heal any of the above issues. Lie down and place it on Solar Plexus chakra. Leave it for 20 minutes. Do this for 21 days minimum or as required. You can also wear it or carry it with you in tumbled form. You can make Citrine water / Citrine elixir with intention and consume it.

Citrine as Money Stone

Citrine is best known as *'The Merchant's Stone', 'The Money Stone' and 'The Abundance Stone'*. It is a stone to attract prosperity, success and all good things in life. It is the best stone used for manifestation as it draws the things you wished for towards you acting like an invisible magnet. Citrine has tremendous power of attraction and hence it is also used for 7 laws of attraction.

Citrine is not only meant for the ones who need money, it keeps greediness and materialism at bay for already wealthy people.

Spend time with your citrine, imagine what you desire holding your crystal and it shall manifest in reality in a better way than you ever imagined. The 7 Laws of attraction says, if you desire anything, you have to imagine and visualize it. Citrine is used here as it has the properties to boost your visualization and imagination power.

How to Use as Money Stone

Charge your Citrine with Reiki and:

- Wear it
- Keep tumbles with you- in purse, wallet, pocket or bag
- Put inside your money box
- Put inside cash drawer
- Put near cash register
- Write a wish and put under the stone
- Place in a wealth corner of your house or office
- Make an infinity grid
- Use as a main stone in crystal grid
- Place over checkbook or with credit/debit cards
- Piece of citrine in purse also reduce excess money spending
- You can make Citrine water/ elixir with intention and consume it.

- Put programmed citrine under pillow.

Citrine as Family and Emotional Stone

Citrine can also solve family as well as team conflicts. It helps understand the circumstances and situation around you. Carrying a citrine with you also attracts joy, happiness and love around you. It keeps other's jealousy and envy at bay and guards you against people who may break your heart. Family conflicts are reduced when any form of citrine is placed in the house. It also heals heartache and depression for its joyous properties. Office politics and negativity from co-workers is eliminated.

How to Use

Charge your citrine with Reiki to radiate joy and happiness. Wear it or place cluster, tumbles or sphere in every room and office. You can make Citrine water/ Citrine elixir with intention and consume it or spray. Put programmed citrine under pillow.

Citrine as Protection Stone

Citrine does not need cleansing as it does not accumulate any negative energies; though I recommend cleansing it to be on a safer side.

- Citrine not only removes physical blockages, it also removes and heal etheric and auric blockages.
- It removes blockages that hinders with your manifestation.
- It transmutes negativity to positivity making your surrounding protected.
- It can keep ghost and spirits away when placed at a place where direct light comes through window or glass. (Do not put directly in sun though)
- People who are prone to psychic attacks or outside energies, should wear or carry citrine to protect their aura.
- It protects health, wealth, auric health, space and relationships.

How to Use for Protection

Charge your Citrine with Reiki and

- Put it in all four corners of the house or office
- Wear it

- Carry with you in purse, pocket or bag
- Make protection grid
- Make citrine water/ elixir and spray on self, house and work place.
- Put programmed citrine under pillow.

Other Advantages of Citrine

- Eliminates self-destructive thoughts
- Relieves anger
- Balance mood swings
- Helps in concentration
- Boost self-confidence
- Boost memory
- Enhance creativity
- Brings mental clarity
- Gives ability to take right decision and action
- Promotes success
- Bring abundance in all aspects of life
- Increase willpower

I have placed citrine in my magic money box , in a bowl full of tumblers, in moon basket, in my purse and added few beads in bracelet.

Smoky Quartz and Reiki

By Rinku Patel

Smoky quartz is one of the very powerful stone, which is also called “**Stone of power**”. Smoky quartz has vast healing properties such as grounding, protection, attracts prosperity, psychic protection, EMF protection, mood changer and more... Personally, I consider Smoky Quartz as very under-rated stone, it is literally an all-purpose stone which has multiple amazing healing properties.

Crystal can work with or without Reiki, but since we know Reiki I suggest everyone to Reiki your stones before you start using it. Stagnant energies gets accumulated and hence it is very essential to keep our crystals cleansed and charged.



Smoky Quartz as Grounding and Protection Stone

Smoky Quartz is associated with Root chakra as well as Earth Star Chakra. It helps energy flow through Root Chakra to Earth Star Chakra and ground you to Mother Earth. Carrying Smoky Quartz with you along with other protection stones can create a powerful shield against psychic attacks. It has the ability to remove any form of negativity and can also transmute it into positive. It also cleanses, protects and shields your aura and astral bodies by neutralising negative energies. You can place Smoky Quartz under your Reiki bed to make your client grounded. Alternatively, they can hold Smoky Quartz before you start the healing session.

Smoky Quartz for Prosperity

Root chakra represents basic survival which includes food, clothes and shelter; and for this we need money. If your finances are into mess or sluggish, it indicates your Root chakra is blocked. Smoky Quartz, being associated with Root chakra, can enhance manifesting basic, personal as well as business goals. This stone is known to make wishes come true by bringing in good luck,

abundance and prosperity. It also helps manage finances and use money effectively. Give Reiki to your Smoky Quartz with the intention to remove blockages related to money and place it in your money box or cash drawer. Carry it with you always to keep your Root Chakra and Earth Star Chakra active.

Smoky Quartz - Emotional Level

On emotional level, Smoky Quartz is wonderful for the people who have mood swings often. It removes all negative thoughts and emotions and relieves depression. It can also cut out negative emotions such as jealousy, hatred, anger, and greed and transform it into positivity. It brings certain calmness and serenity. Smoky Quartz when used with heart chakra stone can be extremely helpful for people who are coping with grief and loss. It can eliminate suicidal tendencies. Just charge your stone with Reiki and carry it with you.

Smoky Quartz - Physical Level

Smoky Quartz on physical level can be used to treat lower chakras issues such as abdomen, cramps, pancreas, kidneys and reproductive system. It also helps relieve water retention in the body. It can heal relieve headaches, leg pain, and hip pain, just put it under your pillow or your pocket. It also strengthens your back and spine.

Smoky Quartz - Mental level

Smoky Quartz also enhances power, stamina, confidence and self-esteem. It gives a sense of security, as it is associated with Root chakra. It also eliminates worries, stress, hypertension, nightmares and insomnia. Put the cleansed, charged and programmed stone under pillow for any of these issues. Alternatively, you can wear it too.

Smoky Quartz as a Meditation Stone

Using Smoky Quartz during meditation enable you to create grounding link between physical self and higher-self. This stone is also known to stimulate Kundalini. It grounds you deeply to the earth and raises your vibrations. When you hold it while meditation, you can easily move between alpha and beta state.

Smoky Quartz and Feng Shui

According to Feng Shui, Smoky Quartz provides best protection when placed near the front door. You can use a smoky quartz cluster or tumbles along with other protection stones.

Some more advantages:

- It is considered healers favorite stone
- Brings protection against EMF- place beside gadgets or keep near your auric field.
- When placed around 4 corners of the bed, it can help with marital communication problem.
- Zodiac- Capricorn

***Note** - Make sure to use cleansed, Reiki-charged and programmed crystals.*

Carnelian and Reiki

By Rinku Patel

Carnelian is a stone that is orangish to reddish to brownish in color and most famous for its bold energy. Carnelian represents boldness, motivation, warmth, joy, endurance, and courage. It emits the feeling of joy and love and also strengthens will-power. Also known for its grounding and protective abilities, this stone has become one of the most loved crystals amongst crystal lovers. Fill your carnelian with Reiki energy and see its effect amplifying. Like any other crystal, carnelian works with or without Reiki, but combining it with Reiki optimizes the effect and makes the healing faster.



Image by JustJaynes

Carnelian as Money Stone

Carnelian is also known to attract abundance, prosperity and luck. It releases undue stress and pressure at workplace, providing determination, courage and strength. When used with Citrine or any other money stone, it amplifies the flow of abundance. It also aids bring greater success in career. If you have any financial or work-related wish, jot it down on paper, draw Reiki symbols and abundance symbols and place it beneath carnelian stones.

Carnelian as Protection/Grounding stone

Carnelian is known to guard house and work place from theft, fire or any accidents. To protect your aura from bad vibrations, place Reiki infused carnelian near your aura. It protects wearer from jealousy, anger, fear and self-destructive tendencies. Meditation with carnelian helps you feel grounded and connected to Mother Gaia.

Carnelian- Physical level

Carnelian can be used for both Sacral chakra and Root chakra depending on its color. It heals the issues related to sacral chakra. Place it on your sacral chakra and give Reiki to open and heal your chakra. Using it on sacral chakra can improve your sex life. It is linked with fertility and child bearing. It helps reproductive organs of the body and stimulates sexual energy. Women with menstrual problems should wear or carry carnelian, and if it is charged with Reiki and intention, the healing is faster. It also helps heal impotency in men. It stimulates metabolism and help restore motivation. It specially works with the issues like fertility, sexual problems, gall-bladder, rheumatism, kidney problems, lower back problems and cell repairing.

Carnelian- Mental level

Have a look at carnelian, keep gazing, what do you feel? I bet most of you will feel joy and happiness. Keeping carnelian near you soothes your over-active mind. People who have lot of work-stress or needs motivation should have this stone all the time with them. When you feel de-motivated, take a carnelian, infuse with Reiki and hold it in palm or keep it in pocket to boost you up. It helps heal depression, trauma, stress, emotional wounds and sorrow from physical as well as auric field. It opens up the creative blockages as well as increases creativity.

Carnelian as Emotional/Relation Stone

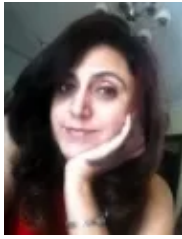
It can re-ignite the lost passion between husband and wife or partners. It extradite jealousy, anger, resentment and over-possessiveness from relationships, bringing harmony and balance back to relationships. It helps overcome abuse of any sort and it builds self-trust within you. Also, it helps people facing mid-life crisis. If you are angry, hold carnelian in your palm, activate Reiki and see your anger vanishing in no time.

More about Carnelian

- Helps overcome shyness
- Energy booster and stabilizer
- Doesn't need cleansing, it also has the ability to cleanse the crystals placed around it.
- Improves memory
- Energy booster

Note - charge and program your crystals with Reiki to get faster and optimized effect.

About the Authors



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Rinku Patel is a Reiki Usui Master, Karmic Reiki healer, Kundalini Reiki, Angel Reiki Healer, Crystal Healing, Dowsing, Soulmate Reiki and Angel card Reading. Chi Ball and Psychic surgery are her personal favorite tools. Classes and Healing: Usui Reiki, Karmic Reiki, Kundalini Reiki, Angelic Reiki, Soulmate Reiki, Crystal healing, Angel card reading and Dowsing. Rinku can be reached via her email address reikithemiraclehealing@gmail.com and on Facebook at www.facebook.com/pages/Reiki-The-Miracle-Healing/1495936974022242?ref=hl.



Justine Melton

Justine Melton is a Reiki Master/Teacher and an Intuitive Counselor. Reiki came into her life a few years ago and changed it in amazing ways. It is her passion now to bring Reiki to others and help them to heal in a holistic way. Justine is lucky enough to be an Empath, Clairaudient, Clairsentient, and Clairvoyant. She is able to use these gifts with Reiki if asked to give extra messages during a session for the client's highest good. Justine believes that love is the greatest healing energy. She has founded a holistic healing association called Amore Holistic Health Group where people can go and choose from a variety of different healing modalities. <http://www.letthewhitelightshine.com/>