Frequently Asked Questions About Crystals

Q: *How do I know which stone to pick?*

A: There are many ways you can choose a stone. You can pick the one you are most drawn to or attracted to. You can read the descriptions about the stones and choose the one that you most relate to at this time. You can quiet your mind, close your eyes and see if there is a stone that just seem to pop up. Use your intuition.

Q: *Can I choose the wrong stone?*

A: There are now “wrong” stones. You may gravitate towards one stone at one time or another. Pay attention to how you feel when you are using your stone.

*Q: Is it better to use a raw stone than a polished stone?*

A: One is not better than another. It is more important that you are drawn to the piece you are using.

Q: *How do you use a stone?*

A: There are many ways to use a stone. You can hold it. Meditate with it. Lay it on top of the chakra you would like to charge. Sleep with it under your pillow. Wear it as a piece of jewelry so it is close to your skin. Put them in a pouch and pull out the one you most need. Set it in your environment to energize your space.

Q: *How do I clear my stone?*

A: The easiest way is to hold it under the faucet and run it with tepid water for about 30 seconds. You can say an affirmation such as: “I clear all negativity from this crystal and bless it with light and love.” If you have a large piece such as a cluster or geode and you can’t fit it under the faucet, you can wipe it with a damp cloth and use a sage smudge stick or incense such as sandalwood, frankincense or nag champa. Say your affirmation while you are using your incense.

Q: *Do you recommend using sea salt to wash my crystals?*

A: Sea salt can be very abrasive. Softer stones like Selenite, Calcite, and Kyanite are water soluble and can dissolve if soaked in sea salt. Use caution when you soak your crystals in sea salt.

Q: *Is it a good idea to put my crystals by the window and let the sun charge it?*

A: I wouldn’t recommend leaving your crystals in the sunlight long term. Crystals like Amethyst and Citrine can fade if left out in the sun for a lengthy time.

Q: *Is it okay to mix my stones together?*

A: Yes. Stones love to interact with one another. You can put them in a pouch or basket and choose the one you most need for the day or close your eyes and randomly pick one. The stone people will know which one you can most benefit from.