

Crystal's For

SURVIVING COVID LOCKDOWN



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CRYSTALS FOR IMMUNE SYSTEM SUPPORT

Crystals for Immunity Boost

One of the most useful things we can do with crystals at the moment is create gem waters to help boost our immune systems. There are some amazing and well known 'health juice shot' recipes on the internet. I would suggest you use this alongside them if you can, or if you can't afford to buy all of the ingredients for those, this is a great option.

Simply cleanse your crystal/s (any suggested in this article) cleanse them energetically. (If you don't know how to do this, you can download my free Ebook on the homepage at www.dakinicrystals.com.) after doing this with your chosen method, 'program' the crystal with your intentions; to help boost your immunity, protection and keep you in optimal health.

Clean them by physically washing them in spring water if possible, then add them to your drinking water. If your water is in a sealed drinking vessel, you can also leave this to charge in the sun or moonlight over night or for a few hours.



GREEN MOSS AGATE



CRYSTALS FOR
**IMMUNE
SYSTEM
SUPPORT**

THESE CRYSTALS ARE SAFE TO
USE IN GEM WATERS/ELIXIRS

ALWAYS CLEANSE, CHARGE & PROGRAM
YOUR CRYSTALS FOR BEST RESULTS



CARNELIAN



BLOODSTONE

BLOODSTONE



Bloodstone, also known by its 'proper' name Heliotrope, and in times past, the christ-stone; said to hold the purity of Christ's blood - although it was used and famed for its properties way before the time of christ. Throughout history it has been known as a talisman for vitality, strength, courage and good health. In ancient medicines all the way to medieval times it was used to stop bleeding, heal wounds, draw out snake venom, improve circulation to name but a few. Bloodstone boosts energy, neutralizing and eliminating toxins from the body. By detoxifying it helps to bring your energy systems into alignment and balance. By doing so it helps prevent anxiety and stress from causing physical disease in the body. Worn by warriors during battle, this stone is also a great aid in helping you overcome health battles.

GREEN MOSS AGATE

Green Moss agate vibrates slower than most other crystals, this does not make it any less powerful, does give it the ability to endue a stabilizing and strengthening ability on our energy. Used for medicinal purposes in the history of most cultures often prescribed to ease pain, particularly in labor and childbirth, if it can help with that level of pain can help with anything right? It holds anti-inflammatory properties, so you can think of it as a natural ibuprofen. Most importantly it can help prevent or resolve any cold or flu like symptoms



CARNELIAN

Not only is carnelian detoxifying it also helps the absorption rate of vitamins and minerals into the body. It is full of life force energy and can lend you physical strength when you need it most.

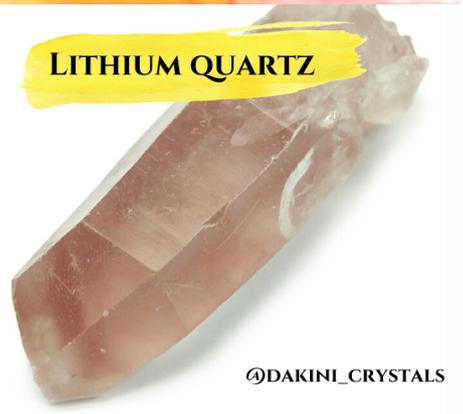
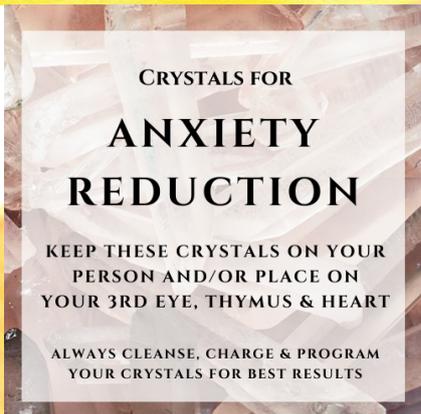
Many people swear by Carnelian water for helping them through colds, or protecting them during flu season. However sometimes, it speeds up the healing process by 'dragging the worst of it out in you first.' So if you feel 10 x worse the after using it the next day, that may very well be how its choosing to work with you. Don't let this put you off using it for immunity though as that will only apply if you are already ill.

A reminder these crystals are to boost and build up your immune system, so there is less chance of you contracting illness, these are NOT crystals from easing the symptoms of Covid-19 a.k.a the Corona Virus. Please continue to follow the governmental and NHS safety guidelines in regards to protecting yourself from the Corona Virus



CRYSTALS FOR EASING ANXIETY

Crystals aside, the number 1 thing you can do to keep anxiety at bay during lockdown is limit the amount of news you watch in relation to the pandemic, and always stay present - no use stressing about possible outcomes nobody can predict



LITHIUM QUARTZ

If you want to use these in the mini crystal layout suggested, place the lithium quartz over your Ajna (third eye). The lithium in lithium quartz is what gives them the pink/red/brown tinge. Lithium is one of the ingredients used in modern antidepressant medications. This crystal is great for stress reduction, depression and especially anxiety. If you only have this crystal out of the 3 listed in this post you can alternatively place it on your heart chakra or higher heart/thymus gland - here the energy will eventually move up to your third eye anyway.



AQUAMARINE

If you want to use these in the mini crystal layout suggested, place the lithium quartz over your Ajna (third eye). The lithium in lithium quartz is what gives them the pink/red/brown tinge. Lithium is one of the ingredients used in modern antidepressant medications. This crystal is great for stress reduction, depression and especially anxiety. If you only have this crystal out of the 3 listed in this post you can alternatively place it on your heart chakra or higher heart/thymus gland - here the energy will eventually move up to your third eye anyway.



MANGANO CALCITE

Mangano Calcite is a premier stone in reducing anxiety. Its message and medicine is one of support, compassion and forgiveness for yourself and others. Even though its vibration is gentle it is a powerful crystal with its soothing effects often felt in minutes by many. Mangano calcite ranges from pink to very light pink/white, sometimes with faint banding or swirly patterns on large or raw pieces, some smaller tumbled pieces appear just one colour all over.

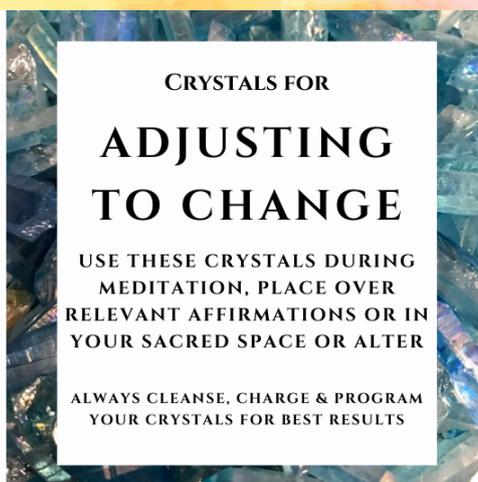


Once again if you are following the mini layout suggestion place this crystal in the center of your chest - heart chakra area or the higher heart/thymus gland. If you have all 3 of these suggested crystals feel free to play around with positioning of these crystals.



If you are worried about becoming 'ungrounded' whilst trying this mini layout, you can always place a grounding stone on your root chakra, at your feet or beneath your feet - if you're laying down, for your earth star chakra, or simply hold some in your hands. Some suggested grounding crystals; Hematite, Black Tourmaline, Flint, & Black Obsidian.

CRYSTALS FOR ADJUSTING TO CHANGE



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LABRADORITE

A crystal basic adored by many, for its alluring mystical peacock hues. Labradorite is most known for and associated with 'magic', but sadly what it is not famed for is its amazing ability to help you adjust and adapt to changes in life. Labradorite is a true stone of transformation, helping you to stay grounded and to also ground in new spiritual energies.

It banishes fear, and quiets insecurities as well as helping you develop perseverance. When you move a labradorite crystal around all of its layers of colour are revealed, each one shining through as it is moved from different angles; this is the medicine of the labradorite stone - helping reveal to yourself and the world all of your hidden magic, and to shine from any angle no matter where life takes you.



CHRYSANTHEMUM STONE



Containing more than ten types of trace elements including selenium, strontium, gold, Gypsum, clay, dolomite, silver and bismuth. Chrysanthemum stones are considered to be of the Permian age, which was approximately 250 million years ago! The flower like patterns on the stones are naturally occurring, and resemble a flowering chrysanthemum.

The actual "flowers" are embedded in a grey limestone with the minerals of andalusite, celestite, feldspar and calcite. What does this all mean? The ancient energies of this stone act as a wise ally, providing energetic support, and helping you to realize opportunities amidst chaos and/or change. Chrysanthemum Stone is also known to be a good luck talisman, and many that work closely with it tend to find the good in the bad, and experience silver linings and turns of fate for the better.



TREE AGATE

Tree agate is considered to be a steadying strong source of inner peace, (Not to be confused with Green Moss Agate) just like a tree, it helps you to stay rooted and grow through all of life's seasons. This crystal promotes a feeling of calm both physically and spiritually and has been used during meditation and prayer for many years in many cultures. Tree agate helps you attune to all of the wisdom that comes from standing still, and from being one with nature. With its emphasis on stability and growth it also makes a perfect ally for calling in abundance or assisting in any crystal grids that hold intention of growth, abundance, or calling in or healing nature. A great way to keep our spiritual connection to the earth for those of us that can not be in nature at this current time. Place this one over the heart if you are feeling emotionally imbalanced or are having problems with sleep.

If you are finding it hard to make difficult decisions at the moment all of these crystals make perfect mediation aids, simply be still, be open and listen to them.

CRYSTALS FOR INCREASING JOY & OPTIMISM



ANANDALITE

CRYSTALS FOR
**INCREASING
 JOY &
 OPTIMISM**

KEEP THESE ON YOUR PERSON,
 OR WEAR IN JEWELLERY FORM

ALWAYS CLEANSE, CHARGE & PROGRAM
 YOUR CRYSTALS FOR BEST RESULTS



CITRINE



ORANGE CALCITE



Here are some top picks to help those of you that are struggling indoors at the moment, this list is not definitive, and the other 2 crystals that I would definitely champion for increasing joy and maintaining your happy vibes, are Peridot and Bustamite. I choose not to have them as highlights purely because I know they are slightly more expensive to obtain and more people are likely to own a piece of Citrine or orange calcite. However Peridot and Bustamite will do just as good a job as any listed in this post.

ANANDALITE



Anandalite is super high vibrational crystal also known by a handful of other names, including; Iris quartz, rainbow quartz and sometime spelled Anandolyte. Imagine a man made angel aura spirit quartz, but natural! And that is Anandalite! While some pieces of this crystal can be relatively dull most exhibit beautiful iridescent rainbows and often grow in unusual shapes. I find a lot of Anandalite pieces grow to resemble the shapes of 'birds' which resonates with the blissful energy that these crystals have; feeling free and flying high. Whenever I have witnessed somebody's first encounter with Anandalite 9 times out of 10 within the first 8 seconds of holding it, that person is smiling! Anandalite encourages a mindset of gratitude and contentment as well as finding an aspect of fun in all you do. These crystals are great to pull through your aura after you have swept it through with a Selenite wand - to infuse it with its joyful energy. Event though these crystals can be a bit pricey, I definitely recommend them to those that suffer with depression, try placing them at the thymus gland or higher heart to feel relief of heavy emotional burdens, they make perfect mediation buddies and would be a good crystal to keep by your bedside if you are not overly sensitive to crystal energy, otherwise you may find its vibrations keep you up awake at night.

CITRINE



Most people are aware of the difference between natural citrine (also known as Kundalini quartz) and 'Baked amethyst. I would just like to point out that both these types of 'citrine' are fit for purpose and will work just as well at increasing your optimism in challenging times.

If you have a natural piece of citrine you may additionally benefit from an increase of physical energy. Citrine holds that sunshine energy and is emotionally uplifting, it is also an amazing crystal to use for any form of manifestation work. Meditation with Citrine crystal can stir up creative inspiration or give you clarity about some ideas you have been having, easing any anxiety around that by boosting your will and personal power. Basically if you are being a Debbie downer and thinking 'I can't do this' or 'who am I to do this?' Citrine will be there to give you a gentle push back into positivity and confidence. During meditation; hold at the Solar plexus to decrease fear and increase motivation, or place on your third eye to gain clarity or shift into a positive mindset.

ORANGE CALCITE

Orange calcite really helps to fire up your sacral chakra, sometimes if your feeling down it's hard to get out of the rut and push yourself to do things that make you feel better, that is exactly what orange calcite can do for you - give you that kick to take action! People often feel inspired to 'move' when wearing or working with orange calcite; from sensual belly dance to hiking. It is also perfect for getting your creative juices flowing; starting an art journal or creative hobby. This crystal helps validate your feelings of self worth, allowing you to give yourself permission to be happy and indulge in life's luxuries. Additionally it has a very playful vibration, helping you align with that child-like spirit of optimism and spontaneity. If you're looking to buy a piece of orange calcite look for one that has a deep orange colour rather than a yellowish tinge, even though orange calcite does vary through its shades, sometimes 'honey calcite' which can look similar in appearance is mistakenly sold for orange calcite.



IF YOU HAVE ANY CRYSTAL QUESTIONS FOR ME FEEL FREE TO DROP ME A LINE OR POST UP IN MY FACEBOOK GROUP; 'STONES & SPIRIT WITH BIANCA ELEANOR'. I WOULD LOVE TO HEAR FROM YOU! STAY SAFE, CRYSTAL BLESSINGS, AND NAMASTE, BIANCA XX

Welcome
STONES & SPIRIT
WITH BIANCA ELEANOR
STEP ON THE STONE PATH
LEARN. PLAY. GROW
WITH CRYSTALS

