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Weekly Contributor: Crystal Care

Crystalline Wonders

This week, we will again dive into the enchanting world of crystals, exploring fascinating specimens such as Spirit Quartz, Grape Agate, and Carnelian. These three stones not only possess visual appeal but also hold diverse meanings and properties that are believed to help maintain positive energies. Many gemstone enthusiasts argue that crystals offer more than just beauty - they believe these stunning gems possess healing properties that can have a positive impact on mental well-being. While some view this perspective as pseudoscientific due to the current lack of scientific validation, advocates emphasize the potential benefits crystals may provide.



Spirit Quartz

This exquisite pink crystal is known as spirit quartz, also referred to by another name, cactus quartz. This gem, known for its gorgeous pink hue and intricate formations, is exclusively sourced and mined in Southern Africa. Spirit quartz is highly regarded for its ability to impart insightful wisdom while also cleansing and dispelling negative energies, making it a sought-after gemstone for

spiritual growth and healing practices. Keeping spirit quartz nearby during meditation sessions or having it present when guests are over can contribute to creating a clear and positive space.

Grape Agate

Grape agate, named for its resemblance to round grapes, is a stunning gemstone. This stone is highly valued and popular due to its limited availability, being found only in Indonesia. The darker purple and larger the crystal, the more valuable it becomes, adding to its attraction among collectors and enthusiasts. This stone is valued for its protective properties, shielding against negative energies. It's also known to instill a sense of calmness, making it an excellent gem to hold during moments of panic, particularly in situations involving interpersonal stressors.



Carnelian

The vibrant and charming carnelian crystal, known for its bright orange and red hue, is a member of the quartz family. It is commonly found in several countries, including Indonesia, Brazil, India, Russia, and Germany. This stone is acclaimed for its ability to boost confidence, attract good luck, and enhance motivation, making it an essential gemstone to have. Additionally, this stone is a wonderful aid to carry in your pocket or bag when engaging in public speaking or presentations.

Spirit Quartz, Grape Agate, and Carnelian are guaranteed to infuse any space with positive energy, and their exquisite beauty stands out with their distinctive shapes and vibrant colors. It's important to ensure your crystals are water-safe, but prioritize cleansing them with a bath in sea salt and water, exposing them to moonlight, or using incense for purification. There are numerous ways to welcome these positive energies into one's life, such as carrying them in a bag or pocket, placing them on a bedside table, or enhancing a desk with their presence. Embracing these practices can bring about a sense of tranquility and harmony, enriching your daily experiences.