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Weekly Contributor: Crystal Care

Crystalline Wonders

Throughout history, civilizations have revered crystals for their mystical qualities, evident in ancient artifacts and practices. These precious stones, gifts from the Earth, are often believed to possess energetic properties. They are celebrated for their ability to enhance positive energy and promote healing. While there lacks empirical evidence in science to support these claims, many individuals passionately advocate that crystals transcend more than beauty, and emit profound healing energies that can aid in individuals mental health. This belief is often referred to as pseudoscience. Among the captivating crystals we will discuss this week are Amethyst, Lapis Lazuli, and Moonstone.



Amethyst

Amethyst stands out as one of the most beloved purple gemstones, easily available through online platforms and crystal stores. As a variant of quartz crystal, amethyst is known for its harmonizing properties, making it a cherished gemstone. Notably, it holds the title of

February's birthstone and is celebrated for its remarkable ability to soothe anxiety and stress. This gemstone is a popular choice for meditation practices, renowned for its capacity to enhance focus and promote inner peace. Whether adorning your study desk for concentration or gracing your living space for its aesthetic allure, amethyst is sure to infuse positive vibes into your surroundings.

Lapis Lazuli

The Lapis Lazuli stone is a crystalline rock formed from the heat from Earth. This gem is well-known for boosting concentration and focus, while also stimulating the crown chakra, leading to an enriched spiritual connection and deeper self-awareness. This stone has a history of being used by ancient civilizations, often associated with deities that promote psychic abilities. Its influence also extends to

improving communication skills and instilling inner strength.

For optimal results, it's recommended to keep this stone close by, whether in your pocket or placed by your bedside while sleeping.



Moonstone

The Moonstone is a feldspar stone found naturally in the Earth that contains aluminum, silicon, and oxygen. This crystal is renowned for its ability to clear the mind and improve concentration. Like Lapis Lazuli, it activates the crown chakra, potentially enhancing psychic capabilities.

Having this stone with you can help alleviate feelings of anxiety and depression, as it is associated with promoting

stability.

All three of these stones showcase stunning beauty and radiate similar energies that are beneficial for inviting positive vibes into your home. They can be worn as jewelry, carried in your pocket or bag, or strategically placed in key areas like the bedside or working spaces to enhance balance and harmony. It's crucial to remember that cleansing your crystals plays a vital role in returning them to their original and pure state. Some ways to cleanse your crystals are to burn incense near them, immerse them in a solution of sea salt and water, or placing them under the Full moon to bathe in the moonlight. However, it's essential to check beforehand if your crystal is water-resistant and won't splinter or dissolve in water.