



Video Transcript

Self-Healing Rituals With Crystals

Hi, everyone. My name is Colleen McCann, and I wanted to share with you some of my favorite rituals that I use with crystals for healing. And I love crystals so much. I wrote the book on it, in fact, Crystal R .X. So you can check that out if you want to learn more. Today, however, we're going to work with four different things. and the first item we're going to talk about is gem water. I get asked all the time about this. And if you are going to use the, what's called the direct method of working with gem -infused water, I want to give you a few tips and tricks when doing so. We have to clean the crystal, and we're going to clean the crystal in two ways, energetically and physically. So first, let's energetically clear the crystal. I'm going to take a small sprig of sage, very, very small, because we don't want to waste our herbs. Let's get this going a little here, And I would take my crystals and run them through the sage smoke, just so that they're energetically clear. It doesn't take too long. I'm going to take those now. And I want to physically clear these. I'm just going to put these in some water just to get any residue off of them that might be on there. And something that's really important to remember, when you're making gem water, you always want to use tumbled crystals as opposed to raw crystals, because there can be little pockets of dirt on there, even if you don't see it, and we don't want anyone getting sick when we're drinking crystal -infused water. Okay, those have been in there long enough.

So we have physically and energetically cleared the crystals that we're going to put into our gem water.

And now simply,

we're going to put these into the vessel that we're going to drink out of, just like that. You want to let that infuse for a little bit, whether that's five or ten minutes. You can also let it sit overnight if you'd like to drink it in the morning. There's all kinds of ways to do that. Now, I want you to also remember that crystals are not all created equal in the way that some stones are not able to go in water. They can be poisonous. They can also crack and fall apart.

So please do your homework, do your research before you start to attempt to make gem water at home. A few crystals that are very common that everyone are familiar with are amethyst, rose quartz, and clear quartz, which we have here today. Those are all 100 % safe to be put into water and to drink.

Bottoms up. The next thing I want to share about is crystals to help us heal within our space, to balance our energy, where we live, where we work, and where we play. There's so many crystals we can use, but I brought some of the basic ones that I love and that I use in my own space. The first one I want to talk about is amethyst. Amethyst is the stone of wisdom and also helps to ward off energy vampires. Where I like to put amethyst is by the door in my home.

So the threshold of people coming in and out of the space, you know, it's the portal to coming into a space, our doorway. So we want to keep that both physically and energetically clean. You may have seen if you've ever been in some type of mystical or spiritual store, they always have those giant purple geodes right by the doorway. Those are just really big pieces of amethyst, and those are very high vibration places, so the owners of these stores want to keep the energy super fresh in their space.

Another couple of crystals that I love working with, and I use these together, I keep these on my desk. I'm working with citrine, which is the stone for personal power and business abundance, also known as the merchant stone, and iron pyrite, which is the stone for manifestation. You would find these on my desk on top of a pile of money to attract more abundance. You would find the iron pyrite on top of a manifestation list for things that I'm trying to call into my life.

I always keep lapis lazuli somewhere in the public area of my space, where people are talking and gathering or eating. It's a very communal crystal to me. It is the stone of communication, hence I say more. We want to have great, loving, fluid communication with the people that we are sitting around and gathering with.

This other purple crystal called Lepidolite is wonderful by your nightstand.

You know, we're all very busy. We live in a very fast -paced world.

This is an excellent crystal to keep there because it helps to temper any anxious feelings. And I mean, I don't know about you, but I run around all day. And then I finally have time to get into bed and all of a sudden I'm trying to set.

The stone of grounding and protection, I really like to meditate with black obsidian,

just simply holding it like this and taking deep breaths. It really can be that simple.

The next thing I wanted to share with you was crystal gridding. I really love tarot cards. They're a huge part of my practice. So I'm going to create a sunburst grid using a tarot card as my central piece. You can see here it has a butterfly on it. We know butterflies are connected with the idea of transformation. I'm going to sit that right in the middle right here. And to make the sunburst shape, I'm going to choose eight of these clear quartz crystals and you can see they're single terminated or they're pointy on one end see that right there the point goes right here so what I'm going to do is to place eight clear quartz crystals around my butterfly tarot card clear quartz is the crystal for amplification.

We want to amplify or give light because it's a sunburst grid to the idea of transformation. We're helping transformation along. I'm going to choose eight of these and

all the points, as you can see here, are facing out. That is on purpose because we want to radiate the energy of transformation out into the world.

This is how simple crystal gridding can be. How long do you keep a crystal grid up for? You can keep that crystal grid energetically open for as long as you want. Many people choose to do it for an entire moon cycle. You could do it as long as a year or longer. Whatever your intuition is guiding you is the right answer to that. So this is one of the simplest ways that you can do a crystal grid.

Now, if you don't work with taro at home, it's just as easy to take a picture you might have, perhaps you tear something out of magazine or mail that came to your house, but you want to use some kind of physical piece of paper that you can lay down. Remember, when we're building crystal grids, we're building tiny little vortexes of energy to a subject matter. This one, with a butterfly in the middle, happens to be transformation. Okay. Let me show you another example.

We'll get these clear courses out of the way and reset the stage here.

The next grid shape I'm going to show you that we can work with is the star.

If you don't have anything at all to work with in a apply fashion, you don't have any magazines, you don't have any tarot cards, there's no pictures, you just can't find an image you're interested in. And perhaps you're an artist, and this will speak to you, you can simply go ahead and draw a six -pointed star on a piece of paper.

I use the Sharpie so that the lines can be more pronounced and when we're working with the energy of the sacred shape of a star that is to bring magic to something and I thought about energizing and bringing in the magic of love so I'm going to put this raw rose quartz right in the center of my star. And again, because I want to amplify the energy of the magic of love, I'm going to take my clear quartz crystals and put them point side out on each point of the star.

Now, this would be great if you were calling love into your life, the magic of love. This would be a crystal grid that you'd want to work with, and you're having

that energy radiate out into the universe. Now, what else you can do?
If you are looking to call in more self-love, quick fix here we're going to turn the points around and face the energy inwards towards ourselves we're calling more self-loving and we want that to come towards us okay now let's take this one step further I'm going to share another shape with you, which is the tree of life. The tree of life is used when we are thinking about the idea of cosmically connecting to the greater universe.
And for me, something I'd like to put in the middle is Aragonite, which has to do with the idea of cosmic connection. I'm going to put her right in the middle because she is the star of the show. Now, this is where you can get creative and add lots of crystals within this tree of life circle here. Today, I wanted to keep it simple. As you can see on the table, we're working with a couple mainstones and clear quartz crystals. So let's see. I'm going to get creative here and start to add these clear quartz points to amplify my cosmic connection with the universe. So that's going to be the first layer and I chose all these skinny pieces. I'm going to use these ones that are a little bit more weighty and put those right here. These feel like anchor points to me. And then I think I'll take some of these really tiny pieces and add these right here. The beautiful part about creating a crystal grid is that there actually is no wrong way to do it. I'm showing you some of the very traditional layouts that people use to create grids, but I'd also encourage you to use your creativity, have fun and play, and arrange the crystals however you like that makes sense for you. It's okay to follow your intuition when doing this. Just remember to have fun. The third crystal healing technique I wanted to share with you is working with crystal grids. The flower of life represents our greater cosmic connection with the universe. So I thought the perfect crystal to put in the middle is this beautiful sparkly arachanite. This is the crystal of cosmic connection. It's always looked like a planet to me anyway. So it reminds me of that and it's an easy way to remember what this crystal symbolizes. I'm going to sit that right here in the middle. And then because we decided to keep things simple today and we're just working with one big main crystal and clear quorces to amplify whatever we're putting in the middle, I'm going to work with the clear quarts again. And I think I'm going to take these medium-sized ones first and build around the outside, remembering, I'm putting the point outwards because I want my cosmic connection to radiate outwards towards the greater universe. I think next I'll use some of these bigger clear quarts. These feel like anchor points to this crystal grid. I want to remind you always, even though I'm showing you several ways that you could create a crystal grid using different methods and different examples of sacred

geometry patterns, it's important always to play. I want you to almost, I don't know, I kind of feel like, pretend you're a little kid and you're five and you're coloring something, like that kind of energy that comes with playing and having joy. I want you to use your intuition and to make the shapes with the crystals that resonate with you. Okay. I think this feels pretty juicy and this is definitely,

the body. Now, this is something you can do on yourself or on others. It's way easier for me to demonstrate these techniques on someone else. So the lovely grace from Gaia goddess agreed to volunteer and lay here in front of me and I'm going to share with you the techniques again that I could do on myself or with another person. These are very basic. This is, if you're just getting into learning how to lay stones on someone, these are really, really good techniques to follow. What we need to do first is to identify where we want to put the crystals. There's two things I'm going to put on offer here that you can do. One, you could take your hand if you feel energy in your hand pretty easily, and I would want to run my hand over again my body or we're going to use grace as our model and I'm going to simply be asking as I go over her seven chakras where a crystal needs to go where does healing need to happen where does grace need stones on her body. Now, I felt a little energy as I was going over her chakra system in her solar plexus, or third chakra. I know that citrine is a great crystal to work with with the third chakra. It is the chakra that is about personal power and business abundance. This crystal resonates with that. Since I felt that energy in my hand, I'm going to go ahead and lay that on her solar plexus.

The next thing I'm going to teach you is how to do this with a pendulum. I'm going to take my pendulum, and again, I would do the same thing. I'm going to run the pendulum over Grace's body. And right now I know my pendulum is swinging counterclockwise, which is the no direction for me.

Yes. I was asking, where do I need to place a crystal
Grace is healing.

And the one chakra that came up that needs some attention for grace is her heart. And I know that Rose Quartz is the perfect crystal to put over your fourth chakra because that has to do with the heart center. And Rose Quartz has to do with self-love and love of others. So since I found where to put it, using my pendulum, I'm simply going to place that over Grace's Heart Chakra. Now, I want to tell you, if you don't have a pendulum, there's something else you can do. And this has happened to me. I went on a trip and I forgot my pendulum. I left it behind. I didn't think I needed it. Or for those of you that don't work with pendulums or have a pendulum yet, This is one of my necklaces that I wear every day. You can use your crystal necklaces and allow them to act as a pendulum on your behalf. So I'm going to show you the same thing again. My necklace is swinging counterclockwise just like the pendulum did until I get to Grace's heart center, where it goes clockwise,

which I know is a yes for me. While I'm doing this, I'm asking which chakra needs our attention.

So you can use pendulums or your jewelry to help you do this work.

The last thing I'm going to tell you is if you don't have any of these tools you aren't familiar yet with running energy through your hands and using that as a barometer for yeses and knows. I want you to use your intuition. That's the greatest barometer we have without all of these other spiritual tools around us. So for me, something that kind of came to my attention was grace needed a little pick me up around her throat. I know she also works in communications for a living, she's talking all day long, that could just simply mean that her throat's a little tired. We've been shooting for a couple of days, lots of collaborating and creativity. Her throat could just be tired. So I'm going to use the crystal that's great on your throat chakra, which is lapis lazuli, the stone of communication.

I love this piece because it's curved and it will fit nicely over this area of the body. Perfect like that. I know it's a little bit bigger of a piece. You obviously want to be very mindful when placing stones on yourself or on somebody else for healing. You want to make sure that the piece isn't too heavy. And we also want to be mindful of the fabrics people are wearing. If you have a crystal that's very jaggedy, you could snag someone's clothes or cut someone on the skin. So please be incredibly mindful when you're choosing the crystals that you work with for stones on body healing. I hope these techniques have been incredibly helpful.

Check out the other videos I did for a Gaia goddess and I'll talk to you soon.