

7 Benefits From Owning A Clear Quartz



If I was to suggest one crystal that everyone could benefit from owning either for personal and professional use, it would be a clear quartz crystal. These crystals are a composition of silicon and oxygen and are easily found all over the world and are extremely affordable.

7 Benefits From Owning Quartz Crystals

1. This crystal repairs and strengthens the biomagnetic field. This means you will not leak energy from your auric field.
2. You can grid your home, property, or workspace with quartz points. When the point faces inwards, we are bringing in energy, when they point out, we are clearing energy.
3. When placed in your vehicle, it helps reduce gas consumption.
4. It amplifies the energy in its environment. When

acupuncture needles are coated with clear quartz, the treatment is enhanced by 10%.

5. Replace midday coffee with a clear quartz elixir by placing a crystal in your drinking water. (Be sure the crystal is washed before placing it in your water).
6. They are excellent for dream recall. There are many messages for us in the dream state, therefore remembering our dreams is important for our soul growth.
7. This type of quartz activates and opens the crown chakra and soul star chakra. When these two chakras are open and activated, it is easier for us to connect with our intuition and divine soul energy.

Keeping your crystals cleared is an important part of working with crystal energy. They often become dull and lose their oomph when used frequently. You can clear your crystals by saging them, putting them in a running body of water, or by placing them in a sea salt mixture. I recommend clearing them at least once a month.

Blessings and Light,

Laurie Barraco



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