

crystals and stones use and care



photos provided by Ashley Wegh
of FlyAway Photography



Use of crystals depends on each individual and their level of comfort and involvement.

This is just a general guide, by all means seek out what works for you!

Hold whichever stone calls to you when you meditate or exercise mindfulness.

Place one in your pillowcase to aid in lucid dreaming or help filter out bad dreams.

Carry a crystal in your pocket (or bra!) to protect you from the day's energies.

Create a shape with your stones while meditating on a certain thought or problem.



Place stones throughout your home to anchor light and positivity where you feel it's needed.

Place on the chakra that needs the most attention at the time.

Create an altar that centers around you, your needs and your intentions. Keep this place clear of any distractions and use it when you need to listen to the Universe.

Place stones in moonlight, spring water, or a dish of salt to cleanse them of the energies they absorb.

Try to do this at least once a month.



Hey! I'm Kira Rudjen!

I work with brave peeps that struggle to shift away from emotional chaos in order to live their lives fully and freely. I offer a variety of ways to make that happen ranging from healing artwork and jewelry, one on one curated packages and intensives. I'm your Healing Journey Guide and I'm so glad you're here.

**you can visit me at
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