

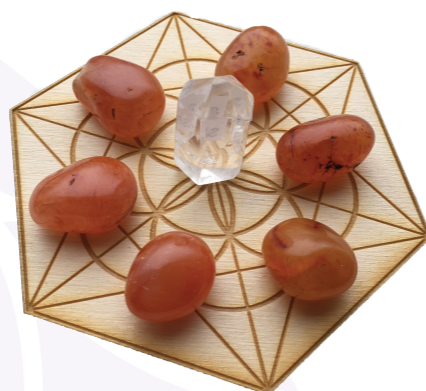
# How to Use a CRYSTAL GRID

**O**n their own, crystals are a phenomenal tool for tuning into the world of vibration. The energetic resonance of a stone can deliver a message from Source, bring new dimension to one's meditative practice, or gently shift one's vibration to encourage a new physical, mental, and emotional state. A crystal grid takes all of the remarkable vibrational qualities of crystals and then amplifies and directs their energies through the power of sacred geometry and intention.

## *What is sacred geometry?*

There are certain shapes and patterns which exist throughout the Universe and are found at the origin of all life. They exist within one another and build upon each other to make quite beautiful and captivating forms! These geometric building blocks carry a very potent, divinely balanced, expansive, creative energy which you can work with to strengthen and bring life to your intentions. A crystal grid is simply an arrangement of crystals in a sacred geometric shape whose combined energies are directed and sustained by your purpose. The following guide will explain the three steps to using a crystal grid: assemble, activate, and deactivate. The beauty of the crystal grid is that, once activated, it continually sustains the effects of your intention while you go about your day! Revisiting your grid every now and then to mindfully reconnect with your intention will ensure that the effects of your grid continue on a longer ongoing basis and will help you determine whether or not you are still in need of that grid's particular purpose.

*A Seed of Life grid made of carnelian stones and a clear quartz point anchor stone.*



## 1. ASSEMBLE YOUR GRID

There are plenty of options when it comes to selecting stones for your grid! Tranquility Shop has many books and our own knowledge to share with you what crystals may work well with your intention. Never discount your own intuition and impulses; if you are drawn to certain stones, your Higher Self is most certainly guiding you toward them for your benefit. Place your stones in a balanced arrangement on the points where the lines that make up your sacred geometric shape intersect. These points are optimal, concentrated areas of energetic flow and amplification. The center stone, or anchor stone, is the point from which your grid's energy radiates so it sets the main theme for your grid. Select a stone which carries the same energetic qualities of your intention, or simply use a clear quartz charged with your intention. Know and trust that you are lovingly guided by your intuition in the process of arranging your stones.

## 2. ACTIVATE YOUR GRID

A simple way to activate your grid is by taking some deep breaths to center yourself and mindfully connect with Source, then thinking or stating aloud your intention or an affirmation. Intentions and affirmations work best when they are simple, clear, and use words that focus on the positive. "Divine love guides me" or "I am safe and surrounded by love" will feel far more powerful than "I don't want to feel anxious." If you know Reiki or other forms of energy healing you can channel energy toward the stone pattern while tuning into your intention. The length of time your grid will stay activated is determined by the stones you pick and the reason you created your grid. Some are intended for short term use such as a grid to help support your meditation time or a grid that focuses and channels energy healing work. These short term grids with very specific purposes can be deactivated after their intended use. Others are created to use continuously and will need to be regularly cleansed and reactivated for the length of time you feel drawn to work with your intention.

## 3. DEACTIVATE YOUR GRID

When you feel as though you are done working with a specific energy or intention for now, or your purpose has been achieved, it is time to deactivate your grid. The simple act of disassembling your grid will deactivate it. Most grids will also lose their activation with time. Many people feel drawn to do a simple ceremony for deactivation. It can be as simple as thanking your crystals for their help, cleansing them, and respectfully storing them until next use.