

## Angels and Crystals

Archangel	Colour Ray	Chakra Centre	Crystal
Uriel	Ruby Red	Root/Base	Smoky Quartz Garnet Amber
Gabriel	Orange	Sacral	Sunstone Citrine Carnelian
Jophiel	Yellow	Solar Plexus	Citrine Quartz Tigers Eye
Raphael	Emerald Green	Heart	Green Jasper Malachite Emerald
Chamuel	Pink	Heart	Rose Quartz Green Flourite
Haniel	Turquoise	Thymus	Turquoise Moonstone
Michael	Sapphire Blue	Throat	Chrysocholla Sugilite
Raziel	Purple/Indigo	Third Eye	Amethyst Clear quartz
Tzaphkiel	Lilac	Fifth Eye (Angelic)	Indigo Kyanite Blue Kyanite
Zadkiel	Violet	Crown	Clear Quartz Hypersthene
Sandalphon	Nature Colours	Earth Star (under root)	Turquoise Obsidian
Uzziel	Silver	Akashic Records (8 <sup>th</sup> chakra)	Snowflake Obsidian
Metatron	White/Gold	Soul Star (9 <sup>th</sup> Chakra)	Gold with Quartz Kyanite Watermelon Tourmaline

Clear Quartz: This white crystal is considered a “master healer.” It's said to amplify energy by absorbing, storing, releasing, and regulating it.

Angel Aura Quartz – for a closer connection to and communication with Angels

### Working with Crystals

The subtle energy of the crystal integrates with your energy helping to balance, energize, heal and uplift your physical and energetic being.

By simply having crystals around you they naturally emit their subtle healing frequency to cleanse, transform and uplift you and the energy around you. You can have them near, hold them, look at them, or place them on or underneath something.

### Cleansing Crystals

Crystals will absorb negativity along with transmitting light. This will block their healing properties. Before each and every use make sure you cleanse the crystal to release this dense negativity and also recharge the crystal with light to increase the healing power of the stone.

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## How to cleanse your crystals

Whichever method you use to cleanse your crystals, be sure to set the intention for cleansing to occur

- Salt Water (not malachite, lapis, selenite or turquoise)
- Moonlight – cleanses and recharges
- Sunshine – can fade amethyst over time
- Incense – pass through the smoke of white sage, sandalwood, or copal
- Running Water – not selenite or raw malachite
- Sound Healing – singing bowls, Tibetan cymbals
- The Earth – bury for 12-24 hours in pesticide free soil
- White Light – invoke and visualise it cleansing and energizing \*\*\*
- Ask your Angels – Archangel Ariel oversees the mineral realm and can be called upon to cleanse crystals

Amethyst, Kyanite, Selenite, Citrine and Carnelian are stones that will energetically cleanse themselves as well as other stones!

\*\*\* Say or think “I now ask to be surrounded with divine light and Angels. Enter into this present time and space to cleanse this crystal with light” Imagine the brightest golden light around your crystal, cleansing it fully and completely.

## Invocation for Cleansing Crystals

“Thank you, Archangel Michael and Archangel Ariel for surrounding these crystals with Divine white light. Thank you for cleansing and releasing any negative or dense energy into the light of the Divine. Thank you for restoring the full power of these healing stones, and for empowering their full light and healing energy to shine through. Thank you for this according to Divine will for the highest and greatest good. And, so it is.”

## Programming your crystals for healing

When you gaze into a crystal, you're tuning into its subtle energy. Then, using your conscious intention you can program your crystal.

Hold or gaze into your crystal and tune into its energy. You can then ask it to bring you healing, help you connect with your angels, or stay in a state of love and compassion. Once you ask your crystal for help with a specific purpose, it will hold this vibration and work around the clock through subtle energy to support you.

## Using Crystals for Your Healing

- Place them on your chakras to help clear, cleanse, and balance each chakra
- Hold them when meditating
- Place them on parts of the body or areas affected by illness or ailments for targeted healing

Aches	Celestite, Charoite
Addictions	Aventurine, Barite, Zeolite
Allergies	Chrysocolla
Backache	Chrysocolla
Calm Feelings	Rose Quartz, Clear Quartz
Depression	Azurite, kunzite

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Headaches	Amethyst, sugilite
Heartburn	Fluorite

Angels & Crystals Reference Guide Handout Taken From Angel Energy Healing Level 1 Course – Rachel Vanhinsbergh, Happy In The Moment. To find out more about the course head to <https://www.happyinthemoment.com/angel-energy-healing-courses.html>

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