

Crystal Wisdom

Unearthing the Power of Gemstones
for Positive Life Change

(PREVIEW EXCERPT)

SHANNON MARIE

Introduction

If you have opened up this book, you may have heard about the idea of crystal healing, and perhaps you're intrigued by how these beautiful creations of the earth can initiate life transformation. This is a field of information that is so vast that it's hard to glean concise and practical information about how to really make a crystal healing practice work.

I own dozens of books filled to the brim with gemstone healing benefits. There are books on crystal grids, making healing jewelry, elixirs, orgonite, rituals, and oracle cards. As a gemstone and meditation educator, I have had so many clients reach out to me to share their enthusiasm and love of crystals who also really want direction about how to begin a crystal healing practice. They've collected all these amazing stones and they really want to receive the benefits of crystal energy, but they just don't know where to turn. They sit before me with their collection, their box of beautiful crystals, and they wonder, "What's next?"

They ask this question because they know they want something to change. Life is challenging—there is no doubt about that. We are inundated with responsibilities, challenges, disappointments, hopes, dreams, grief, and even pain. It isn't even just one challenge at a time. Our days present multiple emotions, tasks, and puzzles all falling on our shoulders at once. Life can be overwhelming and often we don't have any sort of life preserver to keep us afloat. How do you manage the child who is having difficulty with school, multiple projects that need your attention, the health of your spouse and, to top it off, a flat tire? All in one day.

When we are so inundated with life stressors, days can go by in which we feel we are merely putting one foot in front of the other and barely getting through it. We put our head down and push through the challenges only to sleep poorly that night and wake up again the next day to do it again. We hardly notice the days pass or

the milestones we rush by and we break down when it just becomes too much.

It doesn't have to be this way.

There is a way to sit with each of these challenges and respond with heartfelt intention. To have a life preserver to hold onto to give us some space to breathe and take a look at our current situation. To sit with our feelings and truly experience them without pushing them away. There is room for a few minutes of self-reflection and compassion to take care of yourself before you respond to the next thing that life is throwing at you.

The practices in this book will help you notice and acknowledge when current life situations need your attention and support. Crystal Wisdom is about taking some time to stop, look at our experience, figure out what our heart and soul really need, and then give it to ourselves. It's a proven method to work *with* our life events rather than struggling against them, trying to make them go away, or sweeping them under the rug. We can absolutely reduce the suffering in our lives and develop more peace through understanding the healing power of crystals and how to use them.

Initially, I thought this practice was just for me—that I had tapped into something that worked for me but might not resonate with other people. I slowly started to share videos about crystals online and soon gathered a community of people who all shared the desire to be happy and to be able to handle our daily life in a less chaotic way. They loved gemstones just as much as I do and were ready to make changes in their lives.

I heard almost daily, “This is just the information I needed today!” or “I just bought this stone and your video posted!” It was all synchronicity. Each and every viewer, client email, and video comment reinforced the idea that people wanted more from life and that gemstones were the key for us all. So many people adore gemstones but haven't found that right resource to show them how to effectively use them as a personal, spiritual, and developmental practice. This book will provide that. I hope you refer to it often

and that it becomes a beloved resource that you come back to over and over and share with friends.

This book was inspired by my online community and I write it for all of you. For Kelly, who has just recently fallen in love with gemstones and just can't get enough of learning about them. To Suri, who has an enormous collection and wants to use them more formally and deliberately. To Justin, who has felt amazing transformation since meditating with gemstones and wants to take his practice even further. The people I work with want to know themselves better, live more fulfilling lives, and respond to life situations in a more confident and less stressful way. Together, we can take this journey.

CHAPTER 1

Discovering Your Inner Crystal Guide

I imagine, dear reader, that you've already been captivated by the beauty of crystals and gemstones. Maybe you've found yourself in rock shops picking up and holding piece after piece. You've looked at all the colors, shapes, textures, and shimmers and been drawn in by their magic. Gemstones are a joy to look at, to hold, and to collect. Maybe you've indulged, purchased a whole bunch of crystals, and eagerly brought them home so you could look at each one in-depth. You hold each one up to the light and watch how the color changes, shimmers, or flashes. You see how each stone has a unique color pattern, shape, or texture. Each is a fascinating exploration.

I've often found myself in gem stores for hours and come out with bags of stones in every color I could imagine. I adore the endless variety of colors, shine, and sparkle, and even the roughness of raw stones. You can buy gemstones in their rough, natural glory or stones that are carved into any shape—such as a sphere, obelisk, or free-form—to highlight their shine, flash, and color combinations. There are smooth tumbled stones and flat palm stones to tuck comfortably in your hand. You can find huge crystal clusters and geodes that have been cracked open to display the treasure within. The variety of crystals and gemstones is wide and you can get mesmerized during your shopping experience. This may sound like a familiar experience to you if you have also discovered a fascination with gemstones.

Discovering your attraction to crystals and gemstones is the first step to unearthing a more mindful, intentional, and satisfying life. Gemstones are a key to identifying what we need more of in life, what we need to heal, and what we should pursue. They can help us to cultivate more love for ourselves and others. The crystals and

gemstones we are attracted to reveal the truth we are so eagerly seeking. They bridge the gap between daily life and our innate wisdom. Gemstones have the power to help us manifest lasting life change.

But if you've searched for crystal healing resources, it may have left you overwhelmed and confused. There is a lot of information out there, but where to even begin? How does it work? What stones should I buy to help me? What do I need to do with the stones? How do I tap into these healing powers? How do I know if it's working? These are all questions I've received from my hundreds of clients time and time again. If this world of crystal healing seems confusing, it's because it is. But there *is* an easy way to tap into the wisdom of gemstones that will help you improve your life.

Illuminating the Gemstone Path

You don't need any prior experience with crystals or energy work to learn the practice I will teach you in this book, which I developed over time and have been using in my own daily life for years. It didn't come to me all at once. I began swimming in the sea of crystal healing resources. These books are as beautiful as the gemstones themselves and full of healing knowledge. The vast amount of crystal books available is a testament to the large number of people who have discovered healing and transformation using gemstones.

I absorbed the information within the pages (this was *before* the world of online videos!) and slowly began to develop my own relationship with crystals. Day in and day out, I kept sitting with my gemstones and I found an excellent personal practice that helps support me during my everyday life situations. The Crystal Wisdom practice helps me be more compassionate and mindful in my reactions (to myself and others), recognize and acknowledge when stress is happening, and sit and listen for my own wisdom to speak to me and tell me what I need. I offer it to you now in the pages of this book.

This book is not about crystal healing, but something much more intimate and life-changing—Crystal Wisdom. This practice uses gemstones to tap into your own inner wisdom and intuition to discover what you truly need and desire in life. It’s about really getting to know yourself in an honest and authentic way. Crystal Wisdom is a practice of unearthing *you*. Once you know your most common life challenges, you can use gemstones to change the way you respond.

In the next chapters of the book, I will guide you step by step through the world of Crystal Wisdom in a practical and understandable way. The most common question I receive—and really, the most fundamental—is “How does it actually work?” I will help you identify the most supportive gemstones for your current life situations. This can be the most challenging part because there are just so many gemstones. We’ll discuss how to buy the stones you will connect with the most and how to benefit from them. Next, we’ll talk about preparing your stones after bringing them home and getting ready for the practices. Finally, I’ll teach the heart of the Crystal Wisdom practice. You’ll learn how to design and perform your own gemstone practices that are relevant to your life. It is so much easier than it ever has been. Imagine being able to hold, use, and connect with your crystal collection daily and have more fulfilling, satisfying days.

Your attraction to gemstones and the fact that you’re reading this book prove that you are ready to bring about positive and transformative changes in your life. You only need to read on and I will be there with you, guiding you through each activity until you’re actively practicing Crystal Wisdom and living a better life.

The Next Steps on Your Journey

Before we dive in, I want to simplify the terminology used for the gemstones you’ll be learning about. There is often confusion regarding the use of the terms “crystals,” “gemstones,” “rocks,” “stones,” and “minerals.” According to *Gemstones of the World* by Walter Schumann, “most gemstones are minerals,” with some exceptions like amber, coral, and pearls. He also states, “Nearly all

minerals grow in certain crystal forms.” But not all crystals in nature are gemstones, such as salt, sugar, and ice crystals. A “rock” is a gemstone that is made up of more than one mineral. The term “stone” is used differently depending on the industry in which it is used. For simplicity’s sake, I will be using the words “gemstone” and “crystal” interchangeably.

As you proceed through this book, you’ll learn how I developed this practice, the importance of connecting with your own inherent wisdom, and how to use gemstones to trigger deep and meaningful life transformation. I invite you to sit back with this book and your favorite comforting beverage to take the next step on your journey to a more satisfying life!