

How To Create Meditation Spiral With Crystals and How To Meditate

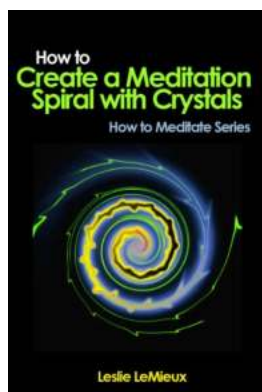
Are you looking to enhance your meditation practice? Crystals can be powerful tools to deepen your connection with yourself and the universe. In this article, we will explore the concept of creating a meditation spiral with crystals and provide step-by-step instructions on how to meditate with them. Get ready to embark on a spiritual journey like no other!

What is a Meditation Spiral?

A meditation spiral is a visually mesmerizing pattern formed by arranging crystals in a circular shape. This sacred geometry creates a focal point for meditation, helping to induce a state of deep relaxation and inner peace. The spiral represents the journey inward, guiding you towards self-discovery and spiritual growth.

Choosing the Right Crystals

When it comes to creating a meditation spiral, choosing the right crystals is crucial. Each crystal carries unique energies and vibrations that can influence your meditation experience. Here are some popular crystals and their properties:



How to Create a Meditation Spiral with Crystals (How to Meditate Series Book 2)

by Leslie LeMieux (Kindle Edition)

★★★★☆ 4.6 out of 5

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File size : 8764 KB

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Screen Reader : Supported

Enhanced typesetting : Enabled

Word Wise : Enabled
Print length : 35 pages
Lending : Enabled



- **Amethyst:** Enhances spiritual awareness and promotes relaxation.
- **Clear Quartz:** Amplifies energy and aids mental clarity.
- **Rose Quartz:** Fosters love, compassion, and emotional healing.
- **Citrine:** Boosts confidence, abundance, and manifestation.
- **Selenite:** Cleanses and purifies the mind, body, and spirit.

Feel free to choose any combination of crystals that resonates with you. Trust your intuition when selecting the stones, as you are uniquely connected to their energies.

Creating Your Meditation Spiral

Now that you have your crystals, it's time to create your meditation spiral. Follow these step-by-step instructions:

1. Find a quiet and peaceful space where you can meditate without distractions.
2. Place a soft cushion or mat on the floor to sit comfortably.
3. Arrange your crystals in a circular pattern around you, starting from the outer edge and moving inward.
4. As you place each crystal, visualize the spiral forming and feel its energy aligning with your intention.

5. Take a moment to center yourself and set your meditation intention. What do you hope to achieve or gain from this practice?
6. Once you are ready, take a few deep breaths and close your eyes.
7. Focus your attention on the spiral of crystals and let their energy envelop you.
8. Allow your mind to quieten and let go of any thoughts or worries.
9. Begin your meditation practice, whether it's focusing on your breath, repeating a mantra, or simply observing your thoughts without attachment.
10. Stay in this peaceful state for as long as you feel comfortable, allowing the crystals' vibrations to support and guide you.

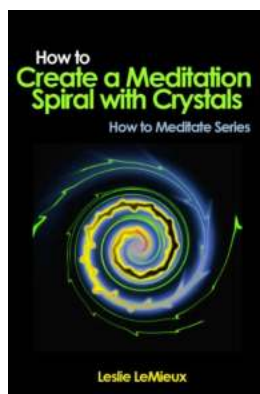
Benefits of Meditating with Crystals

Meditating with crystals can bring a multitude of benefits to your overall well-being. Some of the advantages include:

- **Enhanced relaxation:** The soothing energies of crystals help calm the mind and release tension from the body.
- **Deeper focus:** The visual allure of the meditation spiral aids in maintaining focus and concentration.
- **Spiritual connection:** Crystals are conduits of energy, encouraging a deeper connection with your higher self and the universe.
- **Emotional healing:** Certain crystals can assist in emotional healing, providing support during challenging times.
- **Heightened intuition:** Regular practice with crystals can enhance your intuitive abilities and spiritual insights.

Closing Thoughts

Creating a meditation spiral with crystals and incorporating them into your meditation practice can truly elevate your spiritual journey. Remember to trust your instincts when selecting crystals and allow their energies to guide you towards inner peace, self-discovery, and personal growth. Find solace in this sacred space within.



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A crystal spiral is actually a vortex you are creating by placing crystals on the floor in a specific spiral pattern. Through the process of choosing crystals, each with their own individual set of energies, and placing them in a spiral configuration for optimal balance and receptivity, you are creating an amplified domain in which to meditate. Meditating in this amplified domain, can raise your vibration, allowing a higher level of blending with your more real essence self. By amplifying your focus there, in this new domain created, you can more easily connect to your truer state of being. This then becomes a place where fear and pain or other

blockages can drop away or be healed more easily, leaving you in a clearer state of purer awareness.

This ebook includes:

What exactly is a crystal spiral?

Choosing your space

Which crystals to use

Pictures of what different crystals look like

Clearing your crystals

Determining if your crystals are masculine or feminine

Using a pendulum

Making your own pendulum if you don't have one

Placing your crystals

Building the spiral

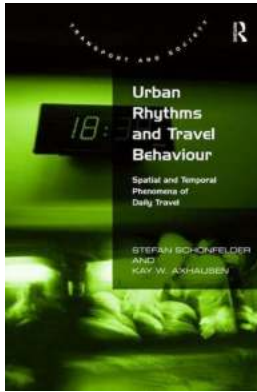
Receiving spiral direction

Sending spiral direction

Considering the four directions

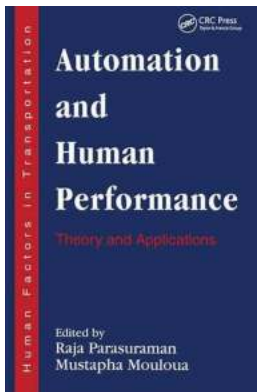
Creating a crystal incubator

How to Create a Meditation Spiral with Crystals, provides all the information you need to build your own crystal spiral at home or where ever you like to be creative. Doing your meditations within this amplified energy domain facilitates more rapid growth, while also helping sustain the growth you have already made. You'll be amazed how simple it can be.



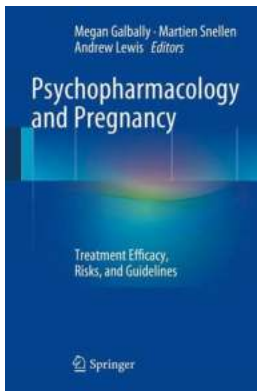
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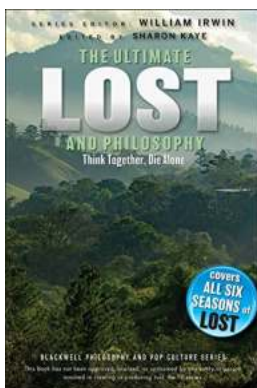
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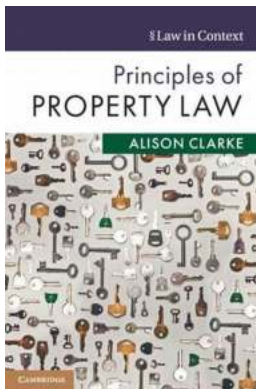
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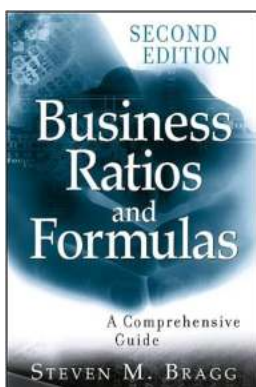
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