A Guide To High Frequency, Energizing Crystals

I LOVE crystals! Every single one of them is amazing and unique in their own way, and they come to you when you most need them in your life.

One of my favorite ways to use my gifts is to help people raise their vibration. By raising your vibration, you are able to increase your level of energy, happiness, health and overall success. Having a high vibration can make you feel really good, and have a lot of energy. When at a lower vibration, one can have a tendency to feel sadness, jealousy, anger, anxiety, fear, worry, etc. At a low vibration, one may be depressed, slow, lethargic, lazy, and if one continues functioning at this lower vibration, it can lead to sickness. Thus, to me it is imperative that you raise your vibration!

Aside from all the amazing benefits that higher vibration can bring into your physical life, it also makes it SO much easier to connect with Spirit. Many want to be able to tap into their own intuition, and I can tell you 100% that by raising your vibration it makes it much, much easier for the “other side” to come through.

Okay, so what do crystals have to do with raising your vibration? Believe it or not, a shift in your vibration can be made by using high vibration, high-energy crystals. Crystals can also aid you in developing your own mystical and spiritual gifts such as telepathy, clairvoyance, astral projection, channeling, and communicating with your Higher Self and Spirit. There are a LOT of crystals out there to choose from, but let’s talk about the super-charged high-vibration ones!

Some crystals have higher frequencies and more-distinguishable vibrations than others. Each individual crystal has its own special gifts that are beneficial. Certain crystals have

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strong energy levels and vibrational frequencies that are instrumental in raising your own energy and vibration. You can carry certain crystals with you in your pocket, or incorporate them into the jewelry you wear. You can meditate while holding them, or sleep with them under your pillow. You can benefit just by keeping them in your environment, close to you, in a room where you spend a lot of time. I always recommend having a crystal on you.

Here is a short list of some high-frequency, energizing crystals:

**Kyanite**

Ahhh, sweet Kayantie, smooth like the flow of the ocean. Blue is the most common color, though it is available in black, green, orange, and yellow. Its most brilliant attribute is the automatic aligning and opening of all seven chakras, or energy centers, of the body. You don’t even have to tell Kyanite to do this for you, it just will. This stone will aid the body in healing and also contribute to the development of psychic gifts such as telepathy and clairvoyance, especially when using it on the third eye chakra between the eyebrows. Just lay down and place it on your third eye and meditate or fall asleep and let it do its thing. Kyanite is also great at clearing and opening the throat and crown chakras. Kyanite is also effective at clearing the negative energies that may have built up in the body and in the aura, which can cause psychic blockage in the chakras. Kyanite is said to be successful in developing your intuition and psychic gifts because it wakes up the psychic centers of the brain.
Moldavite

Moldavite is like a buzzzzzz of energy! It is known for its profound frequencies and extremely high vibrations. It is a rare crystal in that it is mostly found in close proximity to Bohemia in the Czech Republic. It’s a deep, olive green tektite stone, believed to be the product of a meteorite impact. Although there are a few theories about how Moldavite was formed, it is agreed that its formation happened with a large meteorite impact that occurred approximately 14.8 million years ago, close to the same region in which Moldavite is found today. Its extraterrestrial origins and its blazing flight through our atmosphere has given Moldavite the powerful vibration and high energy level that it possesses. A crystal of growth, Moldavite encourages your rebirth or renewal when you want to make life changes. It is also a crystal of spiritual transformation and will help you establish a universal connection.

Tanzanite

Oh my goodness I love purple!! This is a bluish-purple crystal that increases your inner light by raising your vibration and increasing your health and vitality. It reduces stress and gives a balanced state of being. It reduces anxiety, depression, and panic. Tanzanite strengthens the immune system and can reduce inflammation, but it will also assist in metaphysical healing. If you
need healing on the cellular or karmic level, Tanzanite is one of the best crystals to have around. It will also help you develop your psychic gifts by increasing your abilities to communicate with the spirit world, angelic realms, and your higher consciousness - giving you access to ancient wisdom and spiritual knowledge. It will teach you to trust your intuition when it is guiding you even though the ego may be trying to convince you otherwise. It will give you a strong connection between your heart and mind, which will help you to think more clearly in accordance with what you truly believe in your heart.

**Sugilite**

Another beautiful stone! Sugilite is a violet or deep purple crystal. It is a comforting crystal even though it possesses a high vibrational energy. Also called Luvulite, it is one of the major love stones and is a significant spiritual crystal. It soothes those who feel alone and alienated. It also encourages self-forgiveness and self-acceptance, while helping individuals face their anger or rage issues. Sugilite is also a protective crystal, and will guard the owner against further penetration of outside negativity, while at the same time dealing with the negativity the possessor already holds inside of them. Meditating with Sugilite attracts higher vibrations. It is also known as a healing crystal, and is a particularly good crystal for empaths. It will help the body to heal and repair itself, physically, mentally, emotionally and spiritually.
Aurora Quartz

Rainbow energy is amazing!! Registered as Anandalite, which means "divine bliss", the Aurora Quartz crystal is a type of Rainbow Quartz that has luminescent or rainbow colors on its external surfaces. It has a distinctive, easily felt, high vibration and metaphysical resonance that is very blissful because it has heart-based energy. Just holding an Aurora Quartz crystal close to your heart will give you a strong rush of energy that will move up through your higher chakras. It is a healing crystal so it will help address many health issues, starting with freeing your auric field of stagnant or inharmonious energy. Aurora Quartz is proficient at assisting in developing psychic abilities, in particular, clairvoyance. After exposing yourself to this crystal's energy and high vibration, you will be very happy to have discovered it.

Yttrium Fluorite

Also known as Lavender Fluorite, this high-frequency crystal will aid in developing your intuition, encourage higher intellect, and urge expansion of all psychic abilities. This crystal is extraordinary because it contains the rare mineral Yttrium. It is a crystal that possesses many unique and remarkable metaphysical properties that will aid you in intellectual, spiritual, and
mystical endeavors. It is particularly useful if you are interested in becoming a spiritual medium or a psychic counselor. It is also great at helping you establish channeling and clairvoyant skills. Yttrium Fluorite is effective in motivating your mind to be more organized, provides insight, and when using it at your crown chakra it will help you connect with your Higher Self and to Spirit. Being a versatile stone, it promotes intellectual well-being and abilities, and encourages emotional peacefulness. Yttrium Fluorite has a placid but penetrating vibration.

Elestial Quartz

The Elestial Quartz crystals have an exceptionally high vibration and are excellent in assisting you in your quest for spiritual growth. These crystals are valuable to use in meditation because they are attuned to the vibrations of the spiritual realm, thus they may aid you in making significant connections with the beings who exist there. Because these crystals constantly receive spiritual vibrations, it may be beneficial to keep it in close proximity to you. This impressive stone not only provides meaningful communication with the angelic and spiritual realms, it also aids you in making important changes in your life. These high energy crystals will assist in deep soul and karmic healing, and may also arouse your third eye and awaken your psychic abilities such as clairvoyance, clairaudience, and clairsentience.
**Herkimer Diamond**

The Herkimer Diamond has a reputation for being the "crystal of attunement" and is considered to be the most powerful because it is the highest vibrational crystal of the quartz family. It is capable of converting one form of energy to another. This crystal can amplify your own energy as well as amplify the energy of other crystals around it. Containing potent healing properties and spiritual light, Herkimer Diamonds are usually clear, but some have a darker tint (like smoky quartz). This crystal is useful for developing mystical abilities because it prompts psychic awakenings and contributes to learning astral travel, clairvoyance, clairaudience, and telepathic communication. They are powerful for inducing vivid dreams and dream recall and are useful for recovering past life information.

There are many high-vibrational, high-energy crystals that can help raise your personal energy and vibration. Anything you can do to raise your vibration will lead to increasing your happiness, improving your health, and contributing to your overall success in life, and crystals can help do just that! Crystals can also assist you in developing your own spiritual and mystical gifts. All crystals can aid in your mental, emotional, and spiritual Healing, and one should use their own intuition when connecting with crystals. Each crystal has its own personality and proficiency that will serve you by themselves, or in combination with other crystals. The ways in which high energy, high vibrational crystals can benefit you are truly limitless!

If you would like a personal Crystal Healing session, go to my Amethyst Evolved website, which focuses on high-vibrational healing: [https://highvibrationenergyhealing.com/](https://highvibrationenergyhealing.com/)  

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