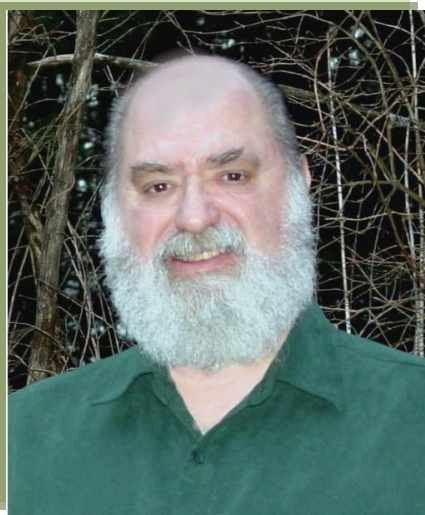


**Crystals For Angel, Guide, Master Teacher And Higher Self Work**  
**By S. Nathan Stein, CH, EFT-ADV**



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Nathan works as a psychic medium, channeler, medical intuitive, crystal intuitive, multi discipline therapist/healer, trainer consultant & more. He routinely channels numerous angels/Archangels, Guides/Master Guides, Teachers & Cosmic Beings.

For more free articles, downloads, eBooks or to learn more about him and crystals,

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***Why use crystals when working Spiritual Beings?***

Crystals are natural energy absorbers, transformers (meaning they change energy), redirectors, healers and more. Many crystals are excellent for changing the vibrational frequency and overall patterns of our conscious awareness. Acting through the scientific principle of resonance, they influence the energy of our physical self to become more like the energy of our non-physical Higher Self. The more we raise our consciousness, the easier it becomes for us to communicate

**Crystals For Angel, Guide, Master Teacher And Higher Self Work**  
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with intelligent beings, such as angels, guides, teachers, etc., who reside at higher planes of consciousness. While many factors influence the properties and applications of a crystal, some of the major factors include crystal geometry, color, inclusions, where in the world the crystal grew, and special configuration features. For those interested in learning more about crystals in a comprehensive way, please visit [www.wolfstone.us](http://www.wolfstone.us) and click on the training offerings.

### ***A word about using the crystals***

Most of the crystals discussed below are readily available at rock shops and many metaphysical or new 'age type shops', as well as on-line. For our purposes here, it is best to get smaller crystals that will easily fit in the palm of your hands. Crystals should be energetically cleansed & charged before each use and occasionally physically cleansed as well. Caution should be used regarding the methods of cleansing because certain methods will damage certain stones. For example, some stones, such as selenite actually slowly dissolve in plain water, while quartz crystal is largely unaffected. If you can, it is always good to get a basic grounding in crystal fundamentals by consulting with a knowledgeable shop owner where you bought your crystals, or by taking a thorough course or workshop such as the 'working with crystals' workshop offered by WolfStone ([www.wolfstone.us](http://www.wolfstone.us)). Another way to do this is to obtain a good reference work that offers basic information on using crystals as well. One such reference that I frequently recommend is called 'The Book Of Stones', by Robert Simmons and Naisha Ahsian.

Once a crystal is cleansed and charged it can be held in either hand, place on the third eye area between the eyebrows, or worn as jewelry.

### ***Working with your spiritual benefactors***

The main focus of this e-tutorial is to discuss the various properties of common stones and their application to Spiritual work. In short,

**Crystals For Angel, Guide, Master Teacher And Higher Self Work**  
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this discussion is primarily about what crystals work well for a given spiritual application. That said, it is highly recommended that you

obtain more complete information about spiritual communication processes themselves, through books or workshops such as the workshop 'Channeling Your Higher Self And Master Guide' offered through WolfStone (click on this link for details <http://www.wolfstone.us/subpage10.html>)

Therefore only a brief overview of a process (not the only method to be sure) will be laid out below.

Find a quiet place to work with the crystal where you will not be disturbed. Assume a comfortable position, allow your eyes to close & begin breathing slowly and rhythmically through the nose while your abdomen expands outward. Then slowly exhale through the mouth. This type of breathing is known as 'belly' breathing, and induces a relaxation response. While it is not necessary, some people use other relaxation techniques to obtain deep states of relaxation, such as self hypnosis, guided meditation or yoga. Please use whatever method you are most comfortable with, to become peacefully relaxed.

The next part of the process involves forming intent about whom you would like to contact. Some people have regular guides or angels that they regularly communicate with for example while others do not. If you don't have a specific spiritual benefactor you want to communicate, simply form the mental intent of being connected with the highest source of guidance from the Light available to you for your highest good.

### ***Basic Spiritual Protection***

Why do you need protection? The main reason is that not all spirits have your highest good in mind! Forming intent is helpful in connecting with an appropriate source but it doesn't guarantee it so to speak. Therefore, to avoid the situation where an opportunistic spirit tries to connect with you by representing itself as a spiritual benefactor, we recommend a basic but effective technique. If you haven't already

**Crystals For Angel, Guide, Master Teacher And Higher Self Work**  
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done so, allow your eyes to gently close and imagine yourself to be completely surrounded by white light. Mentally express the intent to be surrounded by the white Light of your Higher Self (even if you don't fully understand what your Higher Self is) and imagine it is so.

Mentally express the intent for your Master Guide (even if you don't fully understand what your Master Guide is) to establish the appropriate energies of protection for yourself and all the spiritual benefactors participating with you.

### ***Relax and Wait***

Whole books have been written about this step which essentially deals with the topic of meditative techniques. Suffice it to say here that after you have obtained a relaxed state and taken appropriate protective measure you next want to quiet the mind. This allows you to be more aware of any spiritual communication that may be directed toward you. One simple way to quiet the mind when other thoughts rush in is to merely acknowledge the thought and then simply refocus on your intent to connect with the spiritual benefactor you've chosen.

The communication may or may not come on your first attempt, especially if you are new at attempts in quieting your mind, so please be patient. Your efforts will be more than rewarded. Just as all muscles get stronger with use, our ability to communicate with spiritual beings gets stronger the more we practice.

Remember if you would like to learn more about this process of communicating (i.e. channeling) with your spiritual benefactors, a good place to start with is a basic workshop (to view a description of the WolfStone workshop on 'Channeling Your Higher Self And Master Guide', click here <http://www.wolfstone.us/subpage10.html>) Now let's talk about the crystal's that will significantly aid this process.

**Introduction** - All the stones discussed below, work in their own unique way, yet they have much in common in their functioning. All of them in one way or another link the center of the will, the heart and the intuition with our higher levels of being. At these higher levels we become aware of being part of the One Being and therefore connected to all beings everywhere. It is here too that we learn that

**Crystals For Angel, Guide, Master Teacher And Higher Self Work**  
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all communication is really Self communication and it is that realization that makes two way communications with our spiritual benefactors not only possible but practical.

All these stones amplify the desire to connect with our spiritual benefactors, and our desire, an expression of our free will is fundamental to conscious spiritual communications. All the spiritual benefactors, totally honor and respect free will, and will not force themselves, so to speak, into your life.

Some of these stones are generalists in that they facilitate communications with all those spirits who come from the Light. Others are more specific such as Angelite and Celestite for example. Every one of these wonderful crystals, are powerful allies in facilitating healing, wisdom and growth. Best wishes for your success. Enjoy!



**Amethyst** - This powerfully spiritual, protective and calming stone is one of the premier stones for connecting to the Angels, high level guides including ones such as your master or True Inner Guide, the **Higher Self** and the Master Teachers. It enhances spiritual awareness and higher states of consciousness. It opens intuition and enhances psychic gifts. It is most beneficial to the mind and helps integrate perceptions coming from all levels of our being. It powerfully cleanses and protects the Aura.



**Angelite** - Angelite is a compressed form of Celestite and its banding often resembles Angel wings. It is used to connect with spirit guides, the **Higher Self**, and guardian angels. It is excellent for enhancing psychic awareness, astral travel, and spirit journeys.

**Crystals For Angel, Guide, Master Teacher And Higher Self Work**  
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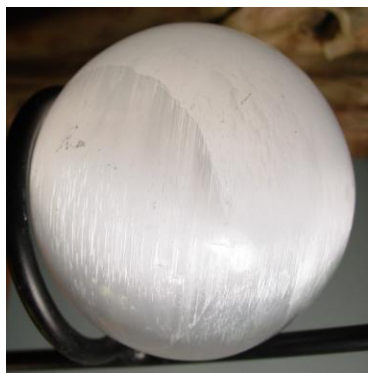
**Apophyllite** - Apophyllite is a powerful energy transmitter and its presence in a room enhances the energies there and works very well synergistically with other stones discussed here. It is one of the two stones (the other is Selenite) powerful enough to clear quartz crystals. It creates a conscious connection between the physical and spiritual realms. It enhances clairvoyance and the intuition.

**Celestite** - Celestite is an exquisite and ethereal light blue color. Just Celestite promotes spiritual development and discernment. Celestite can also benefit purposeful dream recall - especially when those dreams are related to Spirit or Angelic guidance. Perhaps the most premium color for Celestite found to date comes from Madagascar.



**Moldavite** - Moldavite is another of the stones for the new age of energy transformation we are presently experiencing. It has an extremely high energy vibration and can greatly enhance the effect of other crystals taking them to their highest vibrations. It brings you into communication with the Higher Self and fosters altered states of consciousness. Moldavite can put you in touch with the Ascended Master and Cosmic Messengers. This stone takes you into the highest spiritual dimensions and facilitates the ascension process. It opens, clears, energies and aligns all of the chakras.

**Crystals For Angel, Guide, Master Teacher And Higher Self Work**  
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**Selenite**- Selenite having the appearance of fine ribbed ice, has the energy of pure white light, higher consciousness and transcendency. Selenite is a highly calming and its luminescent quality helps to focus the mind - very desirable states for effective communication with the Angelic, Guide & Master Teachers. Selenite sharpens spiritual contact. Selenite does not absorb any negative energy and can even be used to clear quartz crystals as well. Highly significantly, Selenite broadcasts

out into the room and into the Universe the energy of your intent as well as the energy of other crystals. If your intent is to work with the higher realms of spiritual benefactors for the highest good of all, you will want to work with Selenite in its many forms.

**Seraphinite**- This is one of the most powerful stones that support the new energy of awareness coming into the earth at this time. It powerfully aids meditation and awareness. It opens psychic abilities and helps one to get new perspectives on the spiritual basis for life. It clears the chakras and stimulates the crown chakra. It is very protective of the heart chakra. It opens new pathways for the Kundalini energy to rise. It powerfully helps you to connect to even the highest order of Angels. It helps one to find higher purpose and the will to align with it



**Sodalite** -This beautiful deep blue mineral, often streaked with white, opens spiritual perception, by raising the vibration of the conscious mind to that of the Higher Self. Sodalite stimulates the pineal gland and third eye, aiding meditation.

**Crystals For Angel, Guide, Master Teacher And Higher Self Work**  
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**Tanzanite** - Tanzanite is a high vibrational stone that facilitates altered states of consciousness and profoundly deep meditative states. It facilitates raising consciousness. It links to the angelic realms, spirit guides and ascended masters. It can download information from the akashic records and facilitates inner and outer journeying.



**Prehenite** - Prehenite helps one to recognize their personal power and encourages the use of that power in the service of the heart.

It does this by creating an energy bridge linking the third (solar plexus) chakra with the 4<sup>th</sup> (heart) chakra.

Acting in this way it encourages the will to carry out the desires of the heart. The powerful electromagnetic field of the heart produces is in contact and communication, with all beings and in all dimensions.

When the will is directed to the heart's energy field, one can direct attention anywhere, on any level of being, and one's energy field functions like a powerful broadcasting station. So much energy is broadcast in fact, that beings residing on higher realms of awareness, from devas and fairies to Ascended Masters and more, are able to notice this human triumph (heart over mind) and are drawn to communicate.

Prehenite also dramatically increases one's ability to receive communication as well by encouraging profound meditative states where the mind is quieted and the heart is focused on the goal of spiritual surrender. In this state one can learn to 'hear' angelic communications, the guidance of spirit beings, or the wisdom of one's own Higher Self.

It is not surprising then, that Prehenite can also help psychic and intuitive readers be more accurate in their work.