

This Free E-Book is brought to you by Natural-Aging.com.

100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Dreaming with Crystals

By Lisa Nash

Dreaming with Crystals by Lisa Nash

Dreams are the most important part of living. By tapping into them one can explore the waking world, and actually work through issues before they have even come to light. There are two factors one must consider in dream work: remembering one's dreams and recording those dreams. I have had many clients tell me they could not remember their dreams, or that they do not dream. Everyone dreams, every night. How can one record what one cannot recall? There is one method I believe works well. Before sleeping for the night, form your hand into a fist and hold it in the center of your chest. Close your eyes and say: "I will remember my dreams when I wake up." Say this three times, once aloud and twice to yourself.

Once you begin recalling dreams, you can begin to record them. Purchase a journal, any kind will do. Some of my clients buy a notebook with an inspirational cover while others simply pick a small school notebook. Personally, because I do heavy dream work each day, I have a notebook and a small tape recorder that I use during the night because handwriting can be tricky when you wake up from dreaming. In dream recall everything is important. A general rule would be to make a point of recalling any of the following: colors, shapes, gender, water, weather, movement, and so on. These points reveal a great deal about the state of your life overall.

Dreaming with crystals can enhance the dream state in many ways, depending on the type of crystal and how it is used. The results can be enlightening, enriching and therapeutic. Below are methods and the crystals one might use.

*Stress Release And Insomnia – Amethyst is an excellent stone for relieving you of the stress of the day. A relaxing crystal, it also helps with insomnia and headaches. Take a glove and place it over your left "receiving" hand before retiring to bed. Slip a small amethyst crystal into the glove You will be able to get a good night's rest, release stress, and your dreams may become more uniform, thus allowing you to remember them more easily. Once you become more comfortable with dreaming with amethyst, you may want to tape one to your third eye before sleeping and create some real magic!

*Love And Romance – Rose quartz and Jade are good crystals/stones for dreams where love is the issue at hand. Place either crystal (or both) under your pillow. (I find it best to actually slip the stone

Dreaming with Crystals

into the pillowcase. If it gets lost during the night, don't worry. It simply means you no longer need the benefits of those particular crystals. The energies of these stones are soft and may bring forth dreams that are loving and filled with positive vibrations.

*Problem Solving – Clear quartz is the best for issues one needs to work through while sleeping.

Program a clear quartz point with the issue on your mind, with the express request to solve your issue via your dreams (see my previous article on Crystal Awareness for how to program). You will find that when you awake you will be more focused, grounded, and clear with your issue.

*Money and Prosperity – Citrine is an excellent crystal for bringing about wealth in body, mind and spirit. Known as the merchant stone, it manages to attract abundance in ways that fortify balance, whether that balance is sought in the home, the bank account, the body, spirit, or the mind. Intent is important...as is your faith that God and the Universe will provide for your needs. Citrine is also helpful in cleansing the chakras (energy fields) of the body. You will find yourself awakening refreshed after

using Citrine.

I strongly suggest that you dream with crystals for a full week, recording your results and the crystals you use, before moving on to the next crystal–dream exercise you want to try. Consistency and intent are most important. Your intention, your faith and your desire for accomplishment will bring about positive results. There are as many methods as there are crystals. There is no right or wrong to doing this. Tape a crystal to your wrist or third eye; wear a glove with a crystal inside, slip it under your pillow, or even place some crystals under your mattress, forming a grid around your bed. Experimentation is the key. Just make sure to keep an accurate record of the crystal/gemstone you use, how you are using it, and the length of time within which you used it. I wish you luck and I wish you love! Enjoy this new adventure in dreaming with crystals.

Lisa is a professional clairvoyant tarot reader who has been offering her guidance and insight to others for approximately 12 years. You may find her at home at GlobalPsychics.com, where you may also come across even more wonderful articles.

Lucid Dreaming

By Dr. Barry Burns

Lucid dreaming is simply being aware that you are dreaming while you are in a dream. Learning how to do lucid dreaming intentionally is a personal growth tool. It may help you resolve personal problems because you're able to consciously take an active role in your dreams. It can also be a lot of fun!

Lucid dreaming is a challenging art to master, but there are steps that can be taken to help you achieve the state.

As you go to sleep, use the suggestion: "As I am dreaming tonight, I will realize I am dreaming" (use your own words).

It's important to do this as you are drifting off to sleep, but you can do it throughout the day as well.

Dreaming with Crystals

Sometimes as you are making this suggestion you may actually have a memory of a previous dream come to mind! Your attitude should be one of positive expectation, but gentle inviting rather than insisting or applying any type of pressure or anxiety.

Next, work on remembering your dreams after you wake up. By getting the mind used to remembering your dreams, you are creating a more deliberate connection of awareness between the conscious and unconscious mind. In fact, it's possible that you may already be having lucid dreams, but you aren't remembering them!

The final step is to attempt to stay in the twilight sleep state for as long as possible upon awakening. You will often have a dream just before you awake in the morning so if you can stay still and keep your eyes closed, you may be able to enter back into the dream, but with more conscious awareness - thus creating a type of lucid dream as you balance between the sleeping and waking states.

A common problem some people encounter with lucid dreaming is that they wake up as soon as they realize they're dreaming. This is because the work of making conscious choices while sleeping causes the conscious mind to rise from its slumber, thus arousing the waking state.

This can be overcome with practice, but there is a technique that can help. Before you go to sleep, plan on what you will do in your lucid dreams. This removes an element of conscious choice during your dreams, which may help you stay in the dream state.

Dr. Barry Burns received his doctorate from the American Institute of Hypnotherapy. He studied Neuro-Linguistic Programming, Hypnosis and Dreams. Dr. Burns founded Wellspring Hypnotherapy, conducts seminars nationwide and is author of "Wide Awake," a book on dreams. For more on the meaning of dreams, visit:



This Free E-Book has been brought to you by Natural-Aging.com.

[100% Effective Natural Hormone Treatment](#)
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!