



Quartz- Clear

Key Words –Healing, psychic abilities, amplification, balance, cleansing, spirit communication, neutralizing, manifesting, programming

Chakra – Many say it is just the 7th (crown) chakra, but I say it is all of them.

Element – All

Clear quartz is the best known and possibly the most loved of all crystals, and it is the one that most people think of when the word “crystal” is used. It is also known as Crystal Quartz or Rock Crystal. Quartz may be transparent, translucent, or opaque; it may be colorless or colored. It can be a bit confusing, though, when one hears of “this quartz” or “that quartz” since it encompasses many different minerals, some of which are:

- Amethyst
- Ametrine
- Aqua Aura
- Aventurine
- Chalcedony
- Citrine
- Green Quartz / Prasiolite
- Jasper
- Rose Quartz
- Rutilated Quartz
- Smokey Quartz
- Tourmalinated Quartz
- Tourmaline

Crystals of pure quartz can be found in many colors and for the most part, are six-sided. Clear quartz is abundant in the Earth’s crust and is a natural form of silicon dioxide, one of the most valuable and important minerals we have. The word crystal comes from the Greek word ‘krystallos’, meaning ice. Pliny the Elder, who was the foremost historian and mineralogist in his day, thought quartz crystals were ice that was frozen so hard they would never thaw.

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Although quartz makes up a large portion of the Earth's surface, there are only three places in the world that have enough high quality quartz crystal to warrant mining. These are Brazil, Madagascar, and Mt. Ida in the Ouachita Mountain range of Arkansas

Scientists have found that the vibration patterns quartz crystals receive and transmit could be manipulated to augment, store, amplify, transfer, transform and focus other vibrational frequencies of energy, including sound, electricity and even information in the form of precise periodic pulses. Sonar, radios, cigarette lighters, transistors, computer chips, liquid crystal displays, digital watches, cars, satellites and many other technological pillars of today's global society utilize quartz crystals in their manufacture.

For protection of your home, place a Clear Quartz in each of the four quarters around your home. To cleanse this magnificent mineral, Clear Quartz may be buried in a hole in the earth over night. Then leave it outside for it to charge in sunlight for a day. Then rub it with sea salt then clean it with distilled or alkaline water, and program the Clear Quartz with a firm intent. Note: Clear Quartz may be programmed to do anything!

Spiritual and Healing Qualities

Clear quartz is considered a master healer and has benefits for each and every part of the human body, and they also amplify the energy in any other stone that is being used alongside it in a healing. Quartz can also amplify your thoughts, which are a form of energy, and they are able to store information, just like a computer. They are easy to program with thoughts and firm intentions. Clear Quartz acts as a receiver and transmitter, allowing you to attune to the energies and information you wish to receive from the Universe, and assisting you to manifest your intentions.

We are very connected to Clear Quartz and there is good reason why cultures have valued them as sacred power objects and as something that could eliminate stored negative programs. The atoms of a Clear Quartz grow in a perfect double-helix pattern like our DNA

Quartz can draw off negative energy of all types including radiation, chemical fumes, and gaseous smog. It will help balance and revitalize the physical, emotional, mental, and spiritual planes. It can be an awesome link between the Earth plane and the spiritual ones, and if you wish to do astral travel or connect with other realms, this is one of the items to have. Combine a Quartz with another gemstone suited for that purpose and the Quartz will amplify the effects of the other stone.

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Clear Quartz will also aid in concentration and memory, and can assist in unlocking a part or all of a past life. Hold a Clear Quartz while meditating to gain deeper insights and results.

There are many types of Clear Quartz crystals, each with a different ability or function. Types include Teacher, Tibetan, Cathedral, Lemurian, Singing, Rainbow, Phantom, Dow, Spirit (Cactus), and Angel, among others, and it is my suggestion that you further check out these and other types to determine the best one for your needs. You can't go wrong with a Clear Quartz crystal.

Affirmation on Quartz (clear)

I open myself up and allow the Universal energies to flow through me, making me feel balanced, healed, and at peace with everything and everyone. I am able to manifest what I need and abundantly attract what I need in my life.

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Note: The opinions expressed here are strictly those of the author and in no way should be taken as medical advice. Please consult your doctor for any and all physical issues.