

How to Sense & Feel Crystal Energy (Part I)

Some people can try to feel the crystals all day long...but feel nothing.

While some people can walk into a room of crystals and feel that the energy is so strong and have to run out.



Why are some people so sensitive while others don't feel anything at all?

Many people have struggled with their attempts to feel the vibrations of various type of crystals, quartz and other stones.



When you hold a piece of quartz in your hands, you can either grab it with your palm or clutch it with the tips of 5 fingers. Personally, I favour using the five fingers to hold and feel the stone. Fingers are more sensitive to the feeling of vibrations. The left hand is preferred. I term the left hand as receiving and right hand as giving (projecting).

The first time you may not feel anything, maybe just the touch of a cool object with its weight putting pressure on your fingers. Do not feel disheartened. Keep trying and practising and you will succeed. When I first started, it took me some three months of holding my first piece of quartz, day and night before I could feel it positively. Like the old saying goes *"Practice makes Perfect"*.

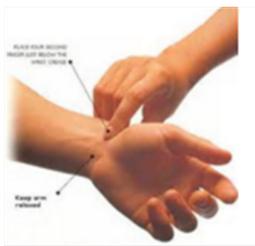
Do some centering exercise – I recommend deep breathing of three breaths in, hold at the count of three and then three breaths out in a set of six. Close your eyes when you perform this balancing exercise. Or, take a piece of labradorite and hold it in your receiving left hand for 10 minutes before you touch the target stone. I can help my students by using my energy to open up their hand minor chakras to enable them to feel the stone better.

Now, when you start to feel the stone in your hand, you may first experience its temperature and its weight. That is normal. Close your eyes and relax, instead of trying to push yourself so hard mentally. Next, you would find that the stone begins to stick to your fingers and there appears to be a suction effect as if gluing your fingers to the stone.



You may begin to feel some stirring sensations of the stone, and you suspect that you are feeling your own pulse rate. It is fine if you can feel your own pulse rate beating when holding your stone. At least, you are beginning to toddle in your first attempt.

Normally, I would encourage the person to try feel his pulse by pressing the left hand's thumb and index finger on the outer edge of the right wrist (with palm facing up). When you could positively sense the pulse rate, you should try pressing the thumb and index finger on the left hand together and try to feel the same pulse beating. If you still have



difficulty in searching for the vibration of the pulse between your left thumb and index finger pressing together, try to pinch your left thumb or left index finger hard, and feel the pain and its radiation. Press your thumb and index finger together and continue to feel the residual of the pain lingering on your fingers. After a few rounds repeating this exercise, you would begin to feel the pulse beating between your two fingers.

Now, beyond the pulse rate, you may feel another level of vibration from the stone which vibrates differently from your pulse beating rhythm. Sometimes, these vibrations are so faint that you could hardly notice them. Most quartz which is properly cleansed, have the uplifted and lively vibrations which are distinctively different from your pulse rate or heart beat. Hold your attention longer to the vibrations of the quartz and they will become more accentuated until you feel them positively.

In Part II, I will continue with other techniques, programming of crystals and the benefits of your ability of feeling and sensing crystals and stones. This will help you to select or buy crystals and stones that resonate or vibrate with you.

Thank you for reading my article.



Master Anthony Leong

FUSION ENERGY COURSE

I conduct a Fusion Energy Course where I teach how to feel and sense as well as programming and personalisation of crystals and stones for positive energy in greater detail at Foundation Level training.