



# CRYSTAL GRID SET

How to use your grid:

1. Create a sacred space where you can work undisturbed
2. Light a candle and perhaps some incense
3. Smudge yourself and the space you are in with sage or incense smoke or by using a small singing bowl
4. Meditate for a short time on the reason you are creating your grid
5. Set the intention of the grid by thinking about it, stating it out loud or writing it down on a piece of paper. (You can place the piece of paper under the wooden grid to focus the energy on it if you like.)
6. Choose the crystals you will use in the grid. You can use the ones in the set or use any others you have that you are guided to use
7. Cleanse the crystals by passing them through incense or sage smoke or by placing them on or near a piece of selenite
8. Place the chosen crystals on the grid mindfully whilst thinking about the intention you have set
9. Activate your crystal grid by tracing the grid design with a quartz wand or your finger to connect the crystals energetically
10. Each day, reactivate the grid by retracing the design with the wand