

The 6 Best Crystals for Meditation and How to Use Them

I love adding crystals into my meditations because I feel like they supercharge the power of my intentions and enhance my experience.

Whenever I meditate with crystals I access strong meditative states and feel so uplifted afterwards, guaranteed.

And not only this, when I use the best crystals for meditation this effect increases tenfold! So I want to let you in on this experience too.



If you're curious about meditating with crystals but are unsure where to start, you're in the right place.

In this post I'm gonna go into some of the best crystals for meditation and how to use them so that you can experience the benefit too.

And you'll be pleased to know that it's so simple once you know how!



