

Crystals for Attunement & 'Erbs to Burn

There are so many different ways to connect with our Ancestors :) These documents, I hope, will give you the confidence to explore just a few, mix them up, try a bit of everything—NO rules...remember!!

When it comes to crystals, you know I love 'em!! And I'll always advocate people use them in magick and healing! In the FILES area in the group, there is a list of suppliers of both crystals and 'erbs, so if you're not sure where to buy from, check out that list!!

'Erbs I came to via Aromatherapy when I was but 20!! I was hooked right away and it wasn't long before I was making my own blends (I even kept my recipe book from back then!!) and making products for my own use, and occasionally for friends too!

It's why it's so amazing to be able to share this with you now!! :D

So, in the following pages are a list of Crystals and their specific properties which will aide you in your Ancestor Work, plus a list of 'erbs which can be used in different *magickal* ways to make that connection:)

As always....if you have any questions (and there is no question I won't answer sometimes, if I don't know the answer, I will research and come back to you) please please, come to group and ask, or email me at thepathofwitchcraft@gmail.com

Bright Ancestral Blessings All!

Angie n lan





<u>Crystals</u>

The table below is a list of crystals, their association with Ancestral Work and how you can use them :) It's not exhaustive, but includes stones which will be easy to source

Crystal	Association	How To Use
Bloodstone	Grounding, Protecting, Healing the Ancestral Line	Hold/Carry, Crystal Water, Grid (body/home), Scrying
Celestite	Out of Body Journeying, Angelic Realm, 3rd Eye Connection to Uni- versal Energy	Hold/Carry, Crystal Water, Grid (body/home), Scrying
Cerrusite	Grounding, Record Keeper, Higher Wisdom, Dharma, Ancient Alien Ancestors, Exploration of Past Lives, Inner Alchemy	Hold/Carry, Crystal Water, Grid (body/home), Scrying
lolite	Vision Stone, 3rd Eye, Visualisation, Intuition, Shamanic Journeying	Hold/Carry, Crystal Water, Grid (body/home), Scrying
Kyanite (blue)	Attunement Meditation, Psychic Abilities, Spirit Guides, Clears Un- justified Karma,	Hold/Carry, (body/home), Grid Scrying
Kyanite (black)	Works on Karma/Ancestral Healing	Hold/Carry, (body/home), Grid Scrying
Lapis Lazuli	3rd Eye, Intuition, Dream Work, Psychic Abilities, Spiritual Journey- ing, Protective, Guardian Spirits	Hold/Carry, Crystal Water, Grid (body/home), Scrying



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Crystal	Association	How To Use
Lepidolite	Clears Blockages, Brings Cosmic Awareness, Shamanic/Spiritual Journeying, Akashic Records	Hold/Carry, Grid (body/ home), Scrying
Obsidian (black)	Grounds Spiritual Energy into the Physical Realm to Facilitate Calling of Spirits, Protective, Shamanic Journeying. NOTE: Obsidian is super-powerful and brings things to the surface QUICKLY!! Use with Quartz if Obsidian is overpowering	Hold/Carry, Crystal Water, Grid (body/home), Scrying
Petalite	Cosmic Consciousness, Spiritual Purification, Protective, Meditation, Attunement, Ancestral Family Healing, Shamanic Stone, Grounding	Hold/Carry, Crystal Water, Grid (body/home), Scrying
Prehnite	Heals the Healer!!, Visualisation, Meditation, Higher Self, Connection to Extra Terrestrial Beings (Ancient Alien Ancestors)	Hold/Carry, Grid (body/ home), Scrying
Turquoise	Exploration of Past Lives	Hold/Carry, (body/home), Grid Scrying



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Dumortierite	Receptiveness to Spirit Guide Contact, Placed on Soma Chakra Accesses Past Life Memories	Hold/Carry, Crystal Water, Grid (body/home), Scrying
Greenlandite	Works on the Subtle Body to Break Karmic Enmeshments	Hold/Carry, Crystal Water, Grid (body/home), Scrying
Elestial Quartz (white)	Links to the Higher and Divine Planes, Good for Creating Sacred Space, Good for Karma Work,	Hold/Carry, Crystal Water, Grid (body/home), Scrying
Elestial Quartz (smoky)	Purifier, Draws Past-Life Trauma from the Body and Heals it, Cleans- es and Heals the Ancestral Line, Helps You to Reclaim Your Power by Going Back to the Past	Hold/Carry, Crystal Water, Grid (body/home), Scrying
Faden Quartz	Protects During Journeying, Higher Self, Overview of Soul Lessons & Root Cause of Dis-ease	Hold/Carry, Crystal Water, Grid (body/home), Scrying
Nuumite	Protective, Recognises Karmic Contracts and Aides in Drawing them Out, Connects You to Your True Self,	Hold/Carry, Crystal Water, Grid (body/home), Scrying



<u>Erbs</u>

The table below is a list of 'erbs, oils, botanicals, their association with Ancestral Work and how you can use them :) It's not exhaustive, but includes 'erbs which will be easy to source

'Erb	Association	How To Use
Hawthorn (berries/ leaf)*	Fire, Fertility, Happiness, Used to decorate May Poles, the Fae	Incense, Sachet/ Talisman
Rose (petal/oil)	Divination, Psychic Powers, Pro- tection	Tea, Incense, Sachet/ Talisman, Sprinkle, Bath
Birch* (leaf/bark)	Purification. Protection,	Incense, Sachet/ Talisman
Rosemary (leaf/oil)	Remembrance, Sun, Fire, Protection, Purification, Knowledge	Tea, Incense, Sachet/ Talisman, Sprinkle, Bath
Hibiscus (flower)	Divination	Tea, Incense, Sachet/ Talisman, Sprinkle, Bath
Damiana (leaf)	Fire, Visions	Tea, Incense, Sachet/ Talisman, Sprinkle, Bath
Marigold (flower)	Fire, Sun, Psychic Powers, Pro- phetic Dreams, Protection	Incense, Sachet/ Talisman, Sprinkle, Bath
Salt	Purification, Protection, Earth	Incense, Sachet/ Talisman, Sprinkle, Bath
Sage (leaf/oil (clary sage))	Purification, Immortality/Long Life, Wisdom, Wishes	Tea, Incense, Sachet/ Talisman, Sprinkle, Bath/
Pine (needles/oil)*	Pan (god), Fertility, Protection, Earth	Incense, Sachet/ Talisman, Sprinkle



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'Erb	Association	How To Use
Patchouli (oil/leaf)*	Earth, Fertility	Incense, Sachet/ Talisman, Sprinkle, Bath
Black Pepper (spice, oil)	Fire, Protection form Naughty Ghosts	Incense, Sachet/ Talisman, Sprinkle
Mugwort (leaf/flower)	Earth, Strength, Psychic Powers, Protection, Prophetic Dreams, Astral Projection	Tea, Incense, Sachet/ Talisman, Sprinkle, Bath
Vetivert (oil)*	BIG Earth connection	Incense, Sachet/ Talisman, Sprinkle, Bath
Bay Leaf (leaf/oil)	Sun, Fire, Protection, Psychic Powers, Purification, Strength	Tea, Incense, Sachet/ Talisman, Sprinkle, Bath
Frankincense (resin/oil)	Sun, Fire, Protection, Spirituality, Purification, Meditation, Visions	Incense, Sachet/ Talisman, Sprinkle, Bath

* Not for internal use