

Sarah Murray

# THE ENERGY ALIGNMENT GUIDE

**Using Astrology and  
Crystals to  
Shift your Frequency**

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# Crystals and Astrology: a Perfect Pair

Crystals enhance and harmonize the planetary influences in our birth charts and current transits. By working with specific crystals during different astrological events, we can protect, amplify, or balance certain energies in our lives.



# The Power of Astrology & Crystals

Astrology and crystals are ancient tools that help us navigate life's cycles, align with cosmic energies, and access deeper levels of healing. They both belong to the frequency of the Age of Aquarius, meaning they offer powerful avenues for personal and collective transformation.

Just like crystals, astrology is rooted in sacred geometry, the universal language of energetic structure. Crystals are formed by natural forces shaping minerals into precise geometric formations, while astrology charts are interpreted through sacred geometric relationships between planets and angles. When used together, astrology and crystals help us harness planetary alignments—both beneficial and challenging—allowing us to work with cosmic energy rather than against it.



For example, using **Black Tourmaline** or Obsidian during a new Moon helps release energies that no longer serve us. Labradorite will increase our psychic abilities during a full Moon to help us see beyond the veil, while clear Quartz will bring clarity to our thought processes and amplify our intentions. Of course these stones can be used any time, however their energies will definitely enhance work undertaken during specific planetary transits and Moon cycles.

# Crystals for Healing and Alignment

Crystals are more than just beautiful stones; they are energy tools capable of interacting with the Human Energy Field (HEF) to clear, balance, and strengthen our vibration.



It's no coincidence that computer chips are silica-based, which is what Quartz actually is:  $\text{SiO}_2$ , a pure form of silica. Like a hard drive, Quartz crystals receive, store, and transmit information, reorganizing energy in ways that can enhance healing. This is why stepping into a space filled with Amethyst, Clear Quartz, or Rose Quartz feels so uplifting—their frequency automatically harmonizes with your energy. But true transformation happens when we work with crystals intentionally.

# How to Use Crystals Consciously:

## ✨ ***Wear Crystal Jewelry with Intention***

- Each morning, ask yourself: What energy do I need today?
- Choose a crystal that aligns with your goal (e.g., Clear quartz for clarity, Rose Quartz for self-love, Carnelian for courage and energy).

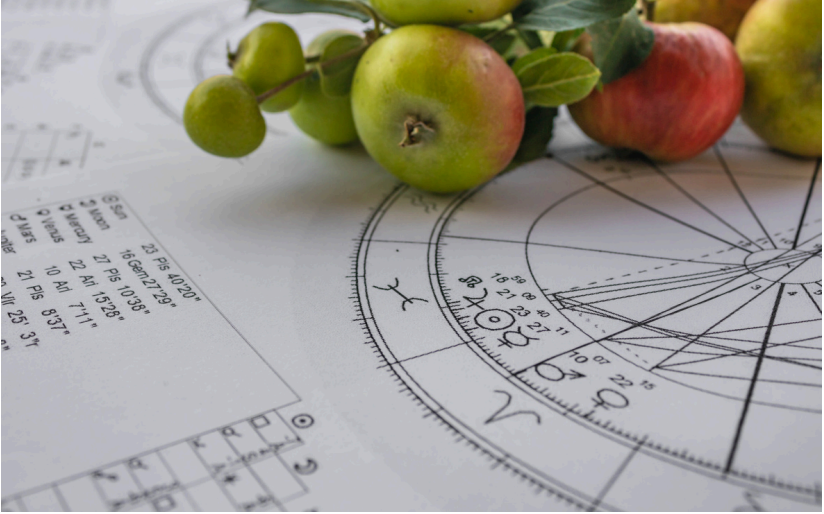
## ✨ ***Hold Crystals During Meditation or Healing Sessions***

- Place a Seraphinite stone on parts of the body when working on deep physical healing.
- Hold Amethyst or Selenite during meditation to connect with higher consciousness.

## ✨ ***Place Crystals in Your Environment***

- Keep Shungite or Black Tourmaline near electronic devices to absorb EMF radiation.
- Set Celestite or Angelite by your bedside for peaceful sleep and dream recall.

# Astrology for Healing and Insight



Your birth chart is a map of your life. It is the snapshot of the energies that were aligned in the Universe at the precise moment of your entrance onto the scene of your earthly existence. Your chart interpretation can give you the information you need to comprehend your unique abilities and talents, and also the specific challenges that Life has brought you, and how to work with them.

Understanding one's nature and tendencies is the key to self-acceptance, which then allows for appreciation and gratitude, two of the most potent tools for healing oneself. When we accept who we are, just as we are, we can then not only accept others as they are, but transform acceptance into love for ourselves and others. The only way to experience true healing is through radical self-love. And as we gain insight about ourselves and our place in the world, so we become more confident and aligned with our purpose and mission.





# Examples of Astrology and Crystals in Action

## ★ **Black Tourmaline** → *Protection & Transformation*

Can be used during a Full Moon in Scorpio, for instance, to shield against negative energies and aid deep psychological transformation.

Especially powerful if you have planets in fixed signs.

## ★ **Labradorite** → *Intuition & Spiritual Awareness*

Enhances psychic sensitivity and dreamwork during a New Moon in Pisces, for example.

Supports those with Pisces, Cancer or Scorpio placements, or strong Neptune transits.

## ★ **Carnelian** → *Courage, Vitality & Joy*

A powerful ally for Aries and Mars-ruled charts.

Helps maintain motivation and inner strength in challenging or draining situations.



By consciously selecting and working with crystals that resonate with planetary energies, you become an active participant in your transformation, rather than simply reacting to astrological influences.

# Bringing It All Together: Your Cosmic Alignment Ritual

**1** Check the Current Astrological Transits and Identify the dominant planetary energies influencing your life right now. Pay attention to New & Full Moons, Retrogrades, and aspects to your natal chart.

**2** Choose a Crystal Ally That Aligns with the Energy.

Are you feeling scattered? Use **Smoky Quartz** for grounding.

Need to enhance intuition? **Labradorite** can help.

Facing challenges? **Black Tourmaline** for protection and strength.

How is your heart? **Rose quartz** is the best remedy for heart-break and anguish.

Is clearing what is needed? **Selenite** and **Amethyst** are the masters!

**3** Set an Intention & Work with the Crystal Ally. Hold it, take a few deep breaths, and state your affirmation or intention.

Keep the crystal in your pocket, under your pillow, or in your sacred space.



Please be sure to **cleans**e your crystals as soon as you obtain them in order to remove any unwanted negative energies. Place them in a glass or ceramic bowl with water and sea salt or Himalayan salt. Exceptions are Selenite and Salt Crystal, as they dissolve in water. Leave them outside for several days and up to an entire Moon cycle.

Once cleansed, your crystals are ready to be **programmed**. Hold your crystal in the palm of your hand and focus on the words “healing”, “connection”, “alignment”, etc. You will feel a tingling sensation when the crystal is ready.

Welcome it into your crystal family!

# Final Thoughts: Aligning Your Energy for Transformation

Astrology and crystals are frequency-based tools that help you attune to the cosmic currents and create alignment in your life. By integrating these practices, you will not only navigate life's challenges with greater ease but also open yourself to profound personal transformation.

Ready to take your energy alignment deeper?



Book a **Personalized Crystal & Astrology Reading** to discover your soul's unique energetic blueprint!

👉 Click here to schedule your session:

<https://calendly.com/purehealinginsight/personalized-astrology-in-person-clone>

## About Sarah Murray:

3 decades ago, while living in France, I discovered the incredible healing powers of **Crystals**. Since then, I endeavored to learn as much as I could about the human body and the energy field that surrounds and encompasses it, known as the **Human Energy Field**. I studied and was certified in Naturopathy, Neuro-Linguistic Programming, and became a Licensed Massage Therapist. I was later trained in **Family Constellations** and **Astrology**.



I realized that the thread that weaves these practices together is the idea of fields and systems. The Human Energy Field is to the individual what the Family System is to the family, and the Cosmos is to the planets and stars. They are connected and intertwined, sharing influence and consequences. My job is to notice the patterns that show up, help my clients make sense of them, and create new images. This ultimately leads to shifts in the fields themselves, and all those connected to them and affected by them, for 7 generations past and 7 generations to come.