

Himalayan Lemurian Seed Crystals: Metaphysical Properties & Healing Benefits

Himalayan Lemurian Seed Crystals are mystical, high-vibration crystals that are believed to carry the ancient wisdom and spiritual knowledge of the lost Lemurian civilization. Discovered in the Himalayan mountains, these crystals are revered for their unique ability to connect with higher realms and enhance spiritual consciousness.

Origins & Physical Characteristics

- **Origin:** Found high in the Himalayan Mountains, often in challenging-to-access locations, which adds to their mystical allure.
 - **Appearance:** They are typically clear or milky with horizontal striations (etched lines) across one or more sides. Some may have a pinkish or reddish hue due to mineral inclusions from the earth.
 - **Structure:** These crystals are naturally formed and unpolished, often with a unique, naturally rugged texture that is said to enhance their spiritual energy.
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Metaphysical Properties

1. The Elements – Earth, Water, Air

- Himalayan Lemurian Seed Crystals connect deeply with **Water and Earth**, bringing emotional healing, grounding and spiritual awareness. They also carry the energies of **Air**, promoting clarity of thought, spiritual insight, and mental flexibility.

2. Connection to Ancient Wisdom

- Himalayan Lemurian Seed Crystals are believed to contain the encoded knowledge and energies of the ancient Lemurian civilization, a spiritually advanced society. They're thought to be "record keepers" of the Lemurian wisdom, holding messages of unity, healing, and divine love.

3. Third Eye & Crown Chakra Activation

- These crystals powerfully activate and balance the Third Eye and Crown Chakras, enhancing intuition, spiritual insight, and connection to the divine. They are

excellent for deepening meditation, intuitive development, and receiving guidance from higher realms.

4. **Bridge Between Worlds**

- Himalayan Lemurian Seed Crystals act as a bridge between the earthly and spiritual realms. They help attune you to higher consciousness, making it easier to receive downloads and insights from spiritual guides, past lives, and your soul's true purpose.

5. **Heart-Opening & Emotional Healing**

- These crystals support deep emotional healing and heart-opening, helping to release past hurts and promote compassion and self-love. They connect with the Heart Chakra to foster forgiveness, acceptance, and unconditional love.

6. **Healing & Balancing Energy**

- Known for their calming, grounding energy, Himalayan Lemurian Seed Crystals help balance the body, mind, and spirit. Their soothing energy is particularly beneficial for reducing stress, anxiety, and emotional turbulence.

Healing Benefits

- **Emotional Healing:** Himalayan Lemurian Crystals help release deep-seated emotional blockages, offering clarity and peace.
- **Physical Healing:** They are believed to support cellular healing, balance the immune system, and enhance physical vitality.
- **Spiritual Growth:** As a tool for spiritual awakening, these crystals amplify your energy, helping to raise consciousness and connect to higher guidance.
- **Stress Relief:** With their calming energy, they offer gentle stress relief and promote inner peace and serenity.

How to Use Himalayan Lemurian Seed Crystals

1. **Meditation:** Hold the crystal or place it on your Third Eye or Heart Chakra during meditation to open and align your spiritual energy.

2. **Intention Setting:** Before use, set a clear intention to access the crystal's wisdom. Gently rub your thumb along the striations, inviting the crystal to reveal its knowledge.
 3. **Chakra Healing:** Place the crystal on any chakra in need of healing or clearing to enhance energy flow and balance.
 4. **Sleep & Dream Work:** Place the crystal under your pillow or beside your bed to enhance dream recall and intuitive guidance.
 5. **Spiritual Grid:** Include Himalayan Lemurian Crystals in crystal grids for spiritual growth, inner peace, and planetary healing.
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Care & Cleansing

- **Cleansing:** Cleanse with a gentle rinse of cold water, moonlight exposure, or by placing on a selenite slab.
 - **Charging:** Charge in sunlight or within a circle of other cleansing crystals, like clear quartz, to renew its energy.
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Affirmation

"I am connected to ancient wisdom and divine guidance. I open myself to the love, peace, and truth of my highest self."

Himalayan Lemurian Seed Crystals are powerful allies for anyone on a spiritual journey, providing a profound sense of connection to the universe and deep inner wisdom. Their soothing, sacred energy supports the heart, mind, and spirit, creating a pathway to self-discovery and alignment with higher consciousness.

Any Questions about Himalayan Lemurian Seed Crystals?

Contact Deborah at Visions in the Woods

416.995.7404

visions @bell.net

www.VisionsintheWoods.com

