

**What is crystal ball reading?**

Crystal ball reading, also known as 'crystallomancy', is a form of divination where you gaze into the depths of a crystal ball to try and see images and formations in order to gain a perspective on what could happen in your life – past, present or future.

A lot of people simply use them to meditate with, but they are most commonly used for connecting to the world of spirit. "Crystal balls have a long tradition," explains Cassandra Eason, expert and author of *A Little Bit of Crystals*. "Because they are perfect spheres with no beginning and no end, they reflect in miniature the cosmos, and so connect with the world of spirit as well as of humans."

**How do I get started?**

"If you have only one crystal ball, it should be clear natural Quartz crystal, not manufactured lead or glass – real Quartz has markings inside that look like cracks." Inclusions are useful for leading the physical eye into the spiritual world. "They are also good for angel and all healing work – for looking into the future and seeing how the present affects the future," says Cassandra. She also recommends that size-wise, your crystal ball should be similar to the size of an average orange.



**Which type of crystal should I choose?**

With so many different crystal types, shapes and sizes out there, it's best to start off with asking yourself what you wish to find out, and go from there. "Sparkling yellow Citrine is wonderful for readings concerning well-being matters, new beginnings, and for questions about learning and career," says Cassandra. Amethyst is good for healing work, mediumship and for developing clairvoyant dreams. Smoky Quartz is best for exploring past lives, and for work with ghostly presences, as it is naturally protective. Rose Quartz is good for healing, understanding the past – especially guilt, and for all questions about love and family."

**Gaze into your destiny with...**

**CRYSTAL BALL READING**

**Begin your journey to total clairvoyancy with this time-honoured divination method**

**How do I attune myself?**

"A number of crystal ball readers say that scrying seems to induce a light trance state that makes clairvoyance easy," Cassandra says. She suggests beginning by lighting candles and incense if you wish. "The attunement can also take place outdoors where there are fragrant flowers or greenery." During the process, you should be able to draw light from your chakras – by breathing the visualised colours all around you, you're filling the crystal sphere with your own energies, and attuning it.

**Now try this!**

Now you've set the scene, it's time to gaze into the almighty...

- 1 Gently give your crystal ball a polish with a silk cloth before connecting with it. Place your hands on both sides of the ball so you make a physical connection. Begin breathing regularly, inhaling and exhaling softly and slowly to a more regular and relaxed rhythm.
- 2 With your eyes shut, visualise the base chakra and picture a red glow. Now watch as the glow travels up from the energy centre, changing colour according to the chakra. You should feel warm, and the ball should begin to pulsate. Your fingers will tingle as your psychometric power is activated.

- 3 With your candles lit, gaze into the ball and picture it filled with rainbow colours. Now imagine these colours merging into a soft white glow, then clearing.
- 4 Keep doing this until you see an image present itself to you. If you find you are struggling, take a moment to relax your mind and try again. When images come to you, they will be detailed, and sometimes move within the ball.
- 5 When you feel confident on an image you see clearly, you can start to analyse it. Make a note of how it makes you feel, what words come to your mind when you see it and

how it may relate to something in your life. When images change into others, this could be a sign that they were related in meaning.

**Meet Cassandra...**



Cassandra Eason is an expert on the paranormal, folklore, crystals and the magical realms. Her book, *A Little Bit of Crystals* (Sterling

Ethos, sterlingpublishing.com) is available on amazon.co.uk. To find out more, visit [cassandraeason.com](http://cassandraeason.com)

