

## Demystifying Wands

Wands cannot be fitted into a rational, scientific limited, intellectual box. Wands are objects made to move and remove the boundaries between the mundane and the sacred. They are objects of creation, of power, of fantasy made real. I don't think any of us need to be able to turn a pumpkin into a coach or a prince into a frog or toad. You have to be a senior member of the Fairy Godmother's Guild to do anything like that, I think. Wands can still be a valuable part of your spiritual tool kit.

In general wands are used to focus and direct energy. They can be used to enhance focus, or energy while meditating, to charge grids and objects or water, for healing and for massage or even to facilitate spiritual journeying. They may be used to direct intention as in remote healing work or to empower affirmations and elixirs or spells.

Wands may also be used to symbolically and energetically cut or dissolve blocks and negative cords things or to create and/or mark boundaries or to vacuum up negative energies. Some wands are used as symbols of authority. These are usually a smaller version of a scepter or staff which are traditional symbols of power, authority or office.

The Wand may on occasion be a substitute for a knife, sword, scepter or staff that are other objects that may be used in the same way as wands in some spiritual or social traditions.

The energy projected by the wand replaces the physical protection or defense symbolized by weapons. Some people use wands as a kind of permanent crystal grid having them made or dedicated for a purpose such as bringing in love or money or enhancing meditation.

There are a great number of different kinds of wands. The same principles generally apply to most kinds. We will focus on wands that are made with crystal, metal or stone components. Wands include natural and shaped crystal and stone wands, laser wands, Vogel wands and constructed wands.

There are many kinds of wands in which crystals are used in one way or another and there are wands made entirely of crystal or stone as well as those that use other materials such as glass, metal or wood, as well as crystals and stones.

Different wand forms include wands tipped with crystals, wands covered or decorated with various crystals, stones, shells or other objects, copper and silver tubes filled with herbs and stones, wands of whatever kind with stones set or glued or wired onto them.

When you get a wand you will probably want to clear, charge and dedicate it yourself. Some wands have standard protocols and traditions of use for healing and

massage such as Laser wands, Vogel carved wands and some shaped wands and wand or blade formations of stones and crystals.

Carved or natural such as Selinite or Kyanite wands and blades are probably most often used for healing work such as chakra balancing and removing blocked energies conducting and directing healing energy. Some of this work has been discussed in several of the chapters about healing treatments.

The wand forms that have been carved to use for massage usually have one pointed end and one rounded end. They come in various sizes and can be very nice used for massage or for using energy instead of needles or pressure in place of acupuncture or acupressure and other systems that use trigger points of some kind.

Each wand will have a unique energy; many people have several wands each dedicated to a single purpose or area of work. Other people will use the same wand for all purposes. Wands are used to meditate with, to charge crystal grids and to do the clearing work and energy charging during healing sessions. Wands can be used to direct energy for room clearing and casting circles.

Wands are often made with stones selected to strengthen the effect of the wand for a specific purpose. Chakra wands with stone of each of the rainbow colors are probably among the most common. Some wands have a single crystal point at one end, others have crystals at both ends, and some have a crystal point at one end and a crystal ball at the other. Large wands generally are not any more powerful than small ones. The energy put into the wand as it is created and worked with is what gives the wand its power, not the size expense, decoration or elaborateness of the wand.

One of the best ways to become familiar with wands and how they work and their ability to energize is to make one of your own and work with it.

Gather the materials for your wand carefully, or buy one with equal care, choose with your gut, your heart, and your inner knowing and feeling, not just from your mind and aesthetic sensibilities. This wand, whether based on a selected wooden rod or copper tubing or other substance and created with glue or metal or leather trim or stones of various sorts is made real, made useful, has value, only because with your intention, with your energy, and the energies of the sacred space, the spirit surrounding and permeating everything you make it real. Your wand can be a conduit for energy. You connect and charge it with the ability to assist you in working with energy, with light and spirit, transcending the realms of the physical and nonphysical. While you make the wand it helps to keep your mind focused on the purpose and the spiritual values you wish to see embodied in the wand.

Generally unless a wand is programmed to project a program or field of energy at all times it is only active when it is being held or focused on with intention.

You may want to help focus the healing energy by visualizing a beam of light being emitted from the tip or the crystal wand. You can move the wand in circles and use

your intention to either project healing energy or to dissolve and clear negative energy.

However you get or make your wand and whatever materials are in it, wands are dedicated and activated by intention and connection. Place your wand and yourself within sacred space even if only in your heart and mind, Focus your attention and intention on the wand allow energies to flow into the wand, Summon the energies from your surroundings and spiritual sources and elements not just your own energy.

Use your dreams, plans, intuition, passion and gifts of spirit to guide the energies into the wand and fulfill the potential to affect the areas to which the wand is dedicated and directed. Clarify and focus your intention to know, define and accept the purpose of this wand. This wand may be one you get and direct to a purpose of your need and choice or the wand may come to you already dedicated for a particular function.

When the wand is complete and dedicated keep it in a place of safety and respect, perhaps on an altar though you do not have to be obsessive about this.

There are many ways that wands may be used. Some are simply held in the hand or on the lap during meditation. Wands are sometimes used in the same way as Athames (ritual knives) often are, to cast or define a circle of energy and protection for rituals or to mark the area of focused power and healing or meditation to be done within the circles bounds.

Wands are used to call focus, discharge, and otherwise effect energy. You may feel an intuitive need to move your wand in circles or spirals or other paths of motion while you focus and define the intention to direct energy for a chosen purpose. When using wands in healing work they may be moved through the aura and used for pulling out and releasing blocks and negative energy build ups and fulfilling the aura with healing or spiritual light and energy. You may smooth or comb or enhance the energy body with the wand too. A gentle sweeping of the wand around the body of the ill or unhappy may provide a soothing healing and comforting treatment. Allow your wands to be a channel, an amplifier a projector of energy.

They are tools of magic and healing and can help you become aware of your sacred nature and the sacred nature of the life all around you. Wands can be a key to the door between worlds and planes and between the mundane and the mystical they can help you in meditation to become more aware of your inner nature and of the beings and realms of spirit that surround you. Sometimes you may feel a call to sing or chant or dance with your wand as part of the mutual empowerment. The best way to learn to use a wand will always be to get one and work with it Hold the wand while you meditate and listen for guidance and intuitions on the ways and purposes for using your wands.