**4 Strategies to Use Blue Lace Agate in Your Daily Life**

As adults, we have a lot of responsibilities. From kids, to work, to caring for aging parents, daily cooking and chores, and the list goes on. With so many demands on our time, it’s easy to get stressed out. It can sometimes even be difficult to sleep. Our energy gets pent up with anxiety from the overwhelming tasks each day. Using blue lace agate helps be calmer and take care of these demands without feeling overwhelmed.

**The Calming Effects of Blue Lace Agate**

Blue lace agate has a natural calming ability just from looking at its pale blue color. The bands of white that run along the stone can also remind us of smooth flowing water. Like water, we can use this tumbled stone as a reminder to flow with life during times of stress, knowing it will pass.

**Using Blue Lace Agate in Daily Life**

Whether you have a small stone of blue lace agate or a large one, having one where you will see it daily is helpful. It’s also good to keep these stones on your nightstand as it can help you go to sleep. A stone is grounding, so placing it in your palms for a few minutes can soothe and ground your energy at any time of the day. Another excellent use for blue lace agate is to keep one nearby when you are journaling. Try writing out your stresses and writing calming and soothing thoughts.

**Healing Through Blue Lace Agate**

This stone helps heal negative thoughts from the past. It helps with emotional healing to let go and to bring in a greater sense of peace. It is often used in crystal energy grids to bring in the intention of calmness to relieve anxiety. By focusing your intention of peace in your environment and life, you activate the stone’s calming, soothing energy into your space. Using the stone as a visual reminder can lower your feelings of overwhelm and helps you relax.

**Intentions to Use with Blue Lace Agate**

To focus the stone on helping you relax and release overwhelm, here are a few intentions to program your stone:

* I send the peaceful energy from this stone into my space to maintain a sense of calmness
* I release all anxious feelings from my environment with this stone
* I ground the energy in the room with a sense of peace and calm
* I let the energy flow in the room to release overwhelm and invite in peacefulness

**Enhancing Communication with Blue Lace Agate**

This stone can also help you communicate with others better. Are you stressed about communication with someone? Blue lace agate aids in sending energy to your Throat Chakra to communicate your intentions. It helps you connect with your sense of truth and reduces emotional overload. By helping to speak your truth, this stone can help you in clearly communicating your desires and feelings to another person. Your communication can improve in your work, personal and romantic life, and with children.