**4 Surefire Ways Citrine Increases Your Energy Daily**

Have you ever felt low on energy and wanted an instant mood lift? It turns out that citrine’s metaphysical properties help increase energy. The orange to warm yellow colors of citrine boost your sacral chakra and power center chakra. Using this crystal every day has a variety of energy boosts and health benefits.

**Why Use Citrine Daily?**

One of the best uses for citrine is to boost your energy. The way that it helps you do this is to rejuvenate your spirit. Citrine helps to release the past negative experiences you may have encountered. By working with citrine, this allows your brain to let go of any stuck energy or things you may have held on to. Citrine can help you process information so that you put the past behind you and focus on the present.

Citrine is also beautiful to look at with warm yellow and orange colors. It is one of the stones that represent the sun’s energy. Carrying it with you helps to keep your spirits high and focused on positivity. It’s also useful in manifesting money, better finances, and to find purpose in your work or career. If you need an energy boost before you start exercising, try holding a piece of citrine in your hands for a few minutes.

**Ways to Use Citrine Daily**

Try setting up a crystal grid with citrine and other stones to manifest what you want. For financial healing, using citrine with malachite and other crystals can stimulate the flow of energy into your finances. Citrine’s primary function is to rejuvenate energy. Using citrine in energy grids helps for any life situation.

Carrying a piece of citrine with you daily, or wearing it as a piece of jewelry, keeps your energy feeling refreshed throughout the day. It helps to release negative thoughts and encourages positive ones.

Meditating with a citrine tumbled stone or crystal helps focus your energy on reaching your goals. Citrine’s many uses make it a versatile gem to use. Try holding it in your hands and ask the crystal to reveal what you most need at the moment. You can also focus it on uncovering hidden blockages in your energy system. Then ask it to remove these blockages to encourage more significant rejuvenation of your energy.

Use these intention statements with citrine:

* I am letting go of the past to allow healing and focus on the present
* I am finding what rejuvenates my energy and allowing citrine to remove any blockages
* I am clearing and increasing my energy

**Using Citrine in Journaling**

Citrine is helpful in journaling because it clears past adverse events. It brings up these events to allow a greater understanding of the lessons they offer us. This crystal helps to focus on understanding other people’s intentions so that we can process the event.

Your brain brings up negative experiences often because it cannot process the event without focusing on what it needs to learn from it. By using citrine, you help your brain consciously process what happened faster. To use citrine in journaling, hold a piece of citrine in your hand and ask for to recall an event your mind wants to clear. As your memories come up, get curious and ask questions. Holding the citrine will help you in this process to look for the way to resolve the situation.