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Energy Muse via "Crystal Muse" Whether you consider yourself deeply spiritual or worship at the alter of Rihanna, admit it: you're a little curious what all the hype is about crystals. Yes, they're aesthetically pleasing and make house guests think you're super \*down to earth\*, but what do they do?Celebrities flock to Heather Askinosie of Energy Muse to find out. From Molly Simms to Jason Mraz, the spiritual guru's new book "Crystal Muse: Everyday Rituals To Tune Into The Real You" has been dubbed the Crystal Bible for newcomers. If you want to rid your home of any bad vibes (hello, post-breakup glow-up), this beginner's guide will show you how, step-by-step.Find out how to give your home an energy makeover with these excerpts from "Crystal Muse," which hits stores October 17th. Advertisement - Continue Reading Below 1 Place A Crystal On Your Nightstand. "Crystals have an orderly structure, known as a crystal lattice. The energy they emit remains at a constant frequency. When a crystal is placed on or near an area of the body emitting at a lower frequency, it encourages the body to match its higher frequency. So on the most basic level, when you're feeling low, bringing a crystal into your energy field helps to lift you up."Five simple ways to use them: Carry it in your pocket or purse, wear it, place it on your altar or nightstand, lay it on your body, meditate while holding it. 2 But Make Sure To Choose The Right One. "Whether you're headed to your local meta-physical store or browsing online, the first step to choosing your crystal is to get out of your head and into your heart. It's important to trust yourself. We're confident you'll know which crystal is right for you. How? Because you know yourself better than anyone else. As you pick up a variety of crystals, some will feel light, while others will feel heavy. You'll be drawn to some, and you'll pass over others. It might be the color, the shape, or the size that makes you pause on one and not the other. None of these specifics matter: This is your intuition talking to you."Browse Crystals 3 Burn Palo Santo For A Relaxing Room. "Palo Santo means 'holy wood' in Spanish. This sacred wood comes from the Palo Santo trees of South America. When it's burned, the smoke is believed to provide medicinal and therapeutic healing energy. Its calming and relaxing aroma is incredible, standing among the greatest of the world's fragrant woods. Because of the extraordinary blessings it bestows upon those who have the good fortune to use it, this wood has touched the hearts and minds of countless people."Buy NowPalo Santo Wood, \$14.88 4 Try Smudging After An Argument. "Smudging' with sage is an ancient practice from Native American and other indigenous cultures. It's a purifying 'smoke bath' that can be used to cleanse a person, place, object, or space of negative energies or influences. When the smoke begins to melt away, it takes the unwanted energy with it. This can be lower vibrational energy, negative thoughts, or even words from an old argument still hanging in the air. Smudging with sage is an easy way to uplift the energy."Buy NowSage Smudge Stick, \$5.88 5 Get A Himalayan Salt Lamp For The Ultimate Purification. "You know salt can combat an icy driveway and even makeyour well-meaning friend's pot roast bearable, but did you know this miracle mineral could purify your space as well?What can't salt do?! Himalayan Salt, or Pink Halite, is similar to the salt in your cabinet — both are composed of mainlysodium chloride. However, the other mineral impurities within it, like magnesium, calcium, potassium, and others, give Himalayan Salt special therapeutic abilities. Himalayan Salt is used as a stress reliever and muscle relaxer in baths, as comforting salt lamps, and in cooking."Buy NowHimalayan Salt Rock, \$6.50Reprinted with permission from Crystal Muse: Everyday Rituals To Tune Into The Real You; Hay House 2017. Advertisement - Continue Reading Below By releasing classified files that revealed government's expansive surveillance of our everyday lives, he forever changed the relationship between the federal government and its citizens, and stoked fierce debates about privacy and security. Barton Gellman was one of the reporters who broke the Snowden story. Now he's an Atlantic staff writer and the author of a new book on government's reach, Dark Mirror: Edward Snowden and the American Surveillance State. On Tuesday, May 19 at 4:00 p.m. E.T., The Atlantic and The Century Foundation hosted a live event with Gellman in conversation with Atlantic editor in chief Jeffrey Goldberg. Alexis ArnoldWe here at House Beautiful have a passion for the art of displaying books that borders on obsession, whether that means arranging them by color (though we have differing opinions on that) to make a design statement on a lackluster shelf or stacking them up just so to create depth and dimension on a coffee table. But one woman has surpassed us all in her fixation on books, taking the idea of zhuzhing up paperback tomes to the next level. While most of us might be unfazed by the prospect of a box of giveaway reading material left on the curb, San Francisco artist Alexis Arnold decided to find creative ways to give them new life. Beekeeping: The Gentle Craft9 x 6 x 8.75 inches, 2016Alexis ArnoldIn her Crystalized Book Series, Arnold turns forgotten volumes into sculptural works that glisten with live-growing crystals. Twisted and contorted into free-flowing forms, the books become untethered to their traditional meaning and context, transforming into non-functional objets that are as beautiful as they are unique. But beauty is in the eye of the beholder, isn't it? These stopped me, heart-eyed, in my tracks, but some HB editors weren't so sure of their appeal. Are these things of beauty or unworthy eyesores? Would you bring one of these striking art pieces into your home, assuming the \$1000+ price tag was no object? Check out our poll below to tell us what you think.In the meantime, Arnold's work will be featured in an exhibition on view at Crystal Bridges Museum of American Art through January 6, 2020. Titled Crystals In Art: Ancient to Today, the show covers glittering pieces from every culture and corner of the globe, across the last 5,000 years.010101 Art in Technological Times9 x 8 x 5.5 inches, 2014Alexis ArnoldMadame Bovarybook, borax, 10 x 6.25 x 8.25 inches, 2018Alexis ArnoldSmithsonian Nature Guide: Rocks and Mineralsbook, borax, 9.5 x 8.5 x 6 inches, 2019Alexis ArnoldMoby Dick (3rd edition)book, borax, 8.5 x 10 x 9 inches, 2019Alexis ArnoldFollow House Beautiful on Instagram. There are two webs. There's the normal web most people use every day, which is easily accessible and indexed by search engines. And then there's the "dark web"—hidden websites that won't show up when you search Google, and can't be accessed without special software. Darknets Explained The "dark web" is a subset of the "deep web". The deep web is just the part of the web that isn't accessible by search engines. You won't find these websites when you use a search engine like Google or Bing, but they're otherwise normal websites. The "dark web" is a smaller part of the deep web that can't be accessed without special software. The dark web exists on darknets, which are "overlay networks". They're built on top of the normal Internet, but they require special software to access, so they aren't normally visible or accessible to people who aren't in the know. For example, the free software Tor hides a darknet. While you can use Tor to anonymize your web browsing activity on normal websites, Tor also offers .onion sites, or "Tor hidden services". These are special websites that can only be accessed through Tor. They use Tor's anonymity to cloak themselves, hiding where the server is located—assuming the server is configured correctly. Only people connected to Tor can view them, so they aren't normally accessible and it's difficult for anyone to track who visits them. RELATED: How to Browse Anonymously With Tor In theory, it would be impossible to track down these servers and see who visits them. In practice, Tor has had some security flaws and Tor hidden services are sometimes configured incorrectly and may expose their real location to the authorities. Tor's "hidden services" are the most popular darknet, so we're focusing on it here. But there are other darknets designed to serve other purposes, like file sharing networks designed for secret sharing of pirated software and media files. What Will You Find on the Dark Web? Darknets hide websites that don't want to be on the normal internet, where they can be tracked down. These websites comprise what's known as the dark web. The dark web provides anonymity—both for people visiting the websites and the websites themselves. Political dissidents in a oppressive country could use the dark web to communicate and organize. Whistleblowers can leak secrets on the dark web using sites like The New Yorker's Strongbox, reducing the risk they'll be tracked down. Even Facebook offers its website as Tor hidden service, making it more safely accessible to people in countries where Facebook may be blocked or monitored. The US government provides some funding for the Tor project to create software that people in oppressive countries can use to access information and organize without censorship or monitoring, and the darknet helps enable that. RELATED: What Is Bitcoin, and How Does it Work? This anonymity enables other sorts of websites, though, that would otherwise be stomped out on the normal web. Ones that most people would agree should not exist. You'll find websites selling stolen credit cards, lists of social security numbers , forged documents, counterfeit currency, weapons, and drugs. You'll also find gambling websites and directories of criminal services, including people who advertise themselves as assassins. Payment for such services generally involves Bitcoin, a digital currency. One of the most widely known examples of a dark website was Silk Road, a huge black market website where drugs were offered for sale, with payments made in Bitcoin and drugs mailed to buyers through the postal system. It's worth noting that not everything you see on the dark web is legitimate—most of it might not be, especially the more extreme listings. Are the criminal services and products advertised real, or do they just exist to scam people out of their money? Perhaps some of them are traps laid by the authorities to catch people who try to hire assassins, buy weapons, or acquire counterfeit currency. There's a lot of nasty stuff on the dark web. We're not exaggerating here. Search for lists of Tor hidden services—that is, lists of .onion sites—and you'll quickly see that most of them are either criminal or perhaps just downright repulsive. You Probably Don't Want to Visit the Dark Web So, when should you visit the dark web and why? Well...you probably shouldn't visit it at all. If you're in an oppressive country and want to access social networking or news websites that are blocked or censored by your government, the dark web will be useful to you. If you're a whistleblower and you need to leak documents to the media while maintaining your anonymity, that might be another good reason to visit the seedy underbelly of the web. But we don't recommend clicking around and exploring the dark web without a good reason. There's a lot of nasty stuff on the dark web—even if a good amount of what you'll find there are scams. Image Credit: Carolin Zöbelin





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