

# CRYSTALS

*general meanings*

**AGATE:** strength, courage, grounding, stabilizing, acceptance, soothing

**AMETHYST:** spirituality, contentment, stability, strength, inner peace, enhancing intuition, calming

**AMAZONITE:** hope, protection, positivity, enhances intuition

**AQUAMARINE:** clarity, purification, gentleness, compassion, calms anxiety, good for meditation

**BLUE LACE AGATE:** expands the mind, improves intuition and spiritual insight, creativity, communication, promotes harmony

**CALCITE:** powerful energy cleanser, grounding and balancing, stimulates energy and motivates to overcome setbacks

**CARNELIAN:** vitality, warm and joyous energy, opens the heart, helps to stay in the present moment, focus and concentration

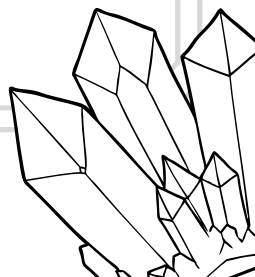
**CELESTITE:** gentle, calming and uplifting, balance, alignment, truth, soft positive energy, urges spiritual development

**CITRINE:** revitalizing, cleansing, holds the energy of the sun, self expression, attracts abundance and prosperity

**CLEAR QUARTZ:** awakening, amplifying, and transmitting energy, connects to the higher self, cleansing, Master Healer

**FLUORITE:** focus, protection, promotes stability and free-thinking, aids in meditation, psychically protects and draws away negative energies

**GREEN AVENTURINE:** emotional tranquility, positivity, alignment, purification, stimulates the mind, promotes empathy and creativity





# CRYSTALS

*general meanings*

**HEMATITE:** energizing, grounding, protective, promotes optimism, willpower, and manifestation, vitality for the physical body

**JASPER:** earthly energy, grounding, balancing, nurturing and supportive

**LABRADORITE:** spiritual connection, highly mystical and protective, directs energies, helps clear auras, promotes transforming and connecting

**MOONSTONE:** new beginnings, connected to the moon, brings out lunar and feminine energy, uplifting and calming

**PERIDOT:** compassion, healing, assists in rebirth and transformations, abundance and prosperity, creates harmony

**RHODONITE:** emotional balancer, nurturing love, connection and compassion, clears emotional fog, grounding, promotes potential

**ROSE QUARTZ:** peace, unconditional love, forgiveness, purifies and opens the heart, reduces stress and tension, deep inner healing

**SELENITE:** clarity of the mind, concentration, expands self-awareness and awareness of others, soothes nerves, enhances willpower, directs energy

**SMOKEY QUARTZ:** dissipates blocked energy, protects from negative energy, soothing, grounding, assists in dream recollection and channeling

**SODALITE:** unifies logic and intuition, promotes seeking self-truth, brings emotional balance, promotes a healthy relationship with the self

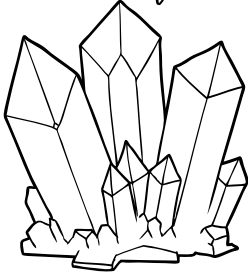
**TIGER'S EYE:** personal power, confidence, strength, power, good fortune, promotes practicality and good judgement, can attract wealth

**TOURMALINE:** protection from external sources, dissipates stress and tension, grounding, promotes inner wisdom, individuality, stability, and patience



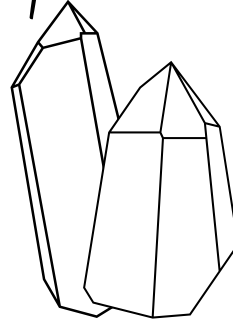
# CRYSTAL SHAPES

*Cluster*



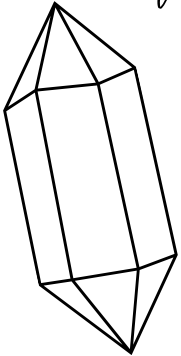
**radiates energy,  
charges other  
crystals**

*Twin*



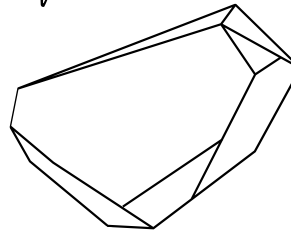
**balances  
energy,  
amplifies and  
directs**

*Double  
Terminated*



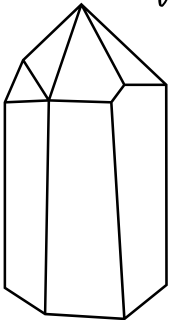
**absorbs and emits  
energy,  
transforms and  
purifies negative  
energy**

*Raw*



**strong, unfiltered  
energy,  
spontaneous and  
raw energy**

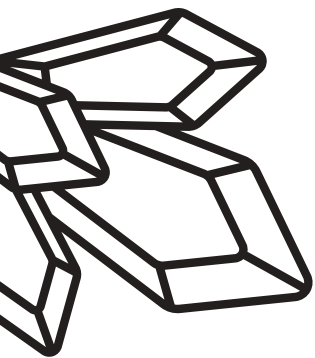
*Generator*



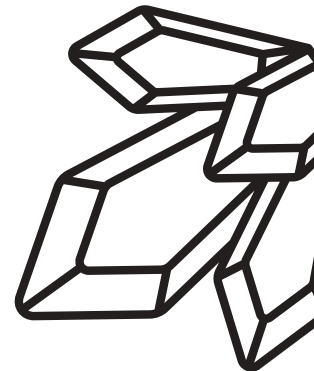
**multiple facets  
amplify and  
charge, directs  
energies**

## USE YOUR INTUITION

Don't judge a crystal's power solely on its shape and size. Your intuition should be your first tool when understanding a crystal's energy. Pay attention to physical, mental, and emotional symptoms when holding your stones.



# Cleansing CRYSTALS



*Sun/Moonlight:* place crystals in a lit window or outside  
(some crystals will fade in sunlight- use caution!)

*Running Water:* hold crystals under running water to  
rinse away negative energy

*Salt/Salt Water:* Salt will draw out negative energies-  
but be sure not to leave crystals in salt baths for long

*Smoke Cleansing:* pass through cleansing herbs to carry  
energy away in the smoke

*Burying:* Bury crystals in the earth and leave them  
overnight- mark the spot well so you don't lose them

*Candle Flame:* pass crystals through a flame for  
cleansing by fire

*Other Crystals:* keep quartz, amethyst, and carnelian  
near your crystals to cleanse them

*Visualization:* hold the crystals and visualize white light  
passing through them, pushing out the old energy.  
Your intuition will tell you when they are cleansed.

## WHEN TO CLEANSE?

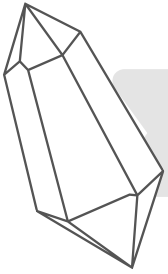
- if the crystal feels weak or unbalanced
- if the crystal was present during a negative event
- after using crystals in a ritual
- if you're having trouble connecting with your crystal
- if your crystal is new/ you haven't worked with it yet

### *Keep away from Water*

angelite  
turquoise  
kunzite  
selenite  
kyanite  
malachite  
calcite  
labradorite

### *Keep away from Sun*

aventurine  
amethyst  
aquamarine  
beryl  
citrine  
kunzite  
sapphire  
fluorite  
rose quartz  
smokey quartz



# CHARGING *Crystals*

## THE ELEMENTS

### *EARTH*

Bury your crystal in the ground to charge it with earthly energy. Mark the spot you bury them in so you don't lose them.

### *WATER*

Pass crystals under running water for a quick charge. Create a saltwater or rainwater bath for a more intensive charge.

### *FIRE*

Pass your crystal through candle flame to charge it with fiery energy.

### *AIR*

Pass your crystal through smoke from a smudge stick or fan it to charge it with energy from air.

## SUNLIGHT

Set crystals in a window or outside to bathe in sun energy.

## MOONLIGHT

Set crystals in a window or outside overnight to bathe in the moon's energy.

## OTHER CRYSTALS

Quartz and amethyst clusters charge other small crystals.

## VISUALIZATION

Hold your crystal and visualize white light flowing through your crystal and filling it with positive energy.

## *Caring for your Crystals*

**Store your crystals in pouches, silk, wooden boxes, anything that shields your crystals from external energy. If you want to keep your crystals out for display, they may have to be cleansed and charged more often. Store crystals with quartz, carnelian, and amethyst to keep them cleansed and happy.**

