

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

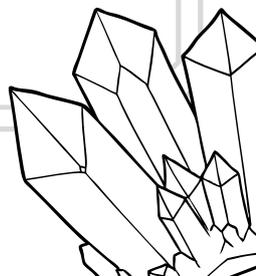
CELESTITE: gentle, calming and uplifting, balance, alignment, truth, soft positive energy, urges spiritual development

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

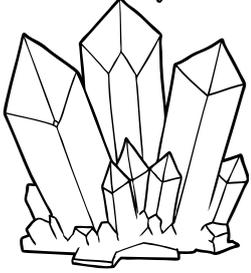
TIGER'S EYE: personal power, confidence, strength, power, good fortune, promotes practicality and good judgement, can attract wealth

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



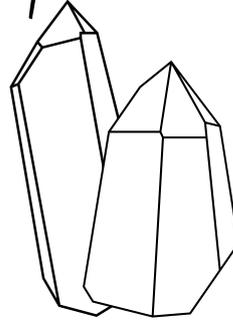
CRYSTAL SHAPES

Cluster



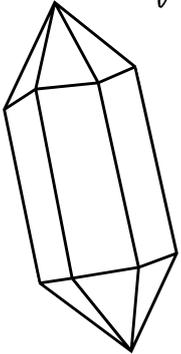
**radiates energy,
charges other
crystals**

Twin



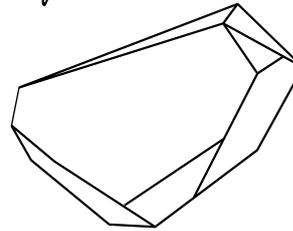
**balances
energy,
amplifies and
directs**

*Double
Terminated*



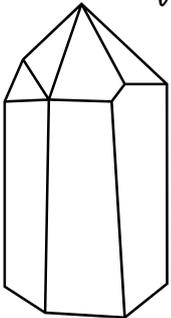
**absorbs and emits
energy,
transforms and
purifies negative
energy**

Raw



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

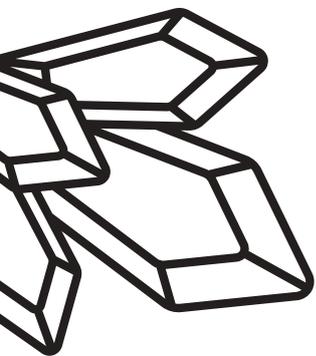
Generator



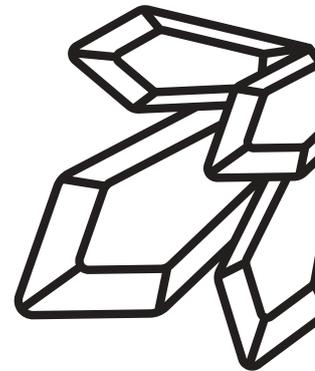
**multiple facets
amplify and
charge, directs
energies**

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?

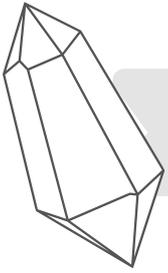
- if the crystal feels weak or unbalanced
- if the crystal was present during a negative event
- after using crystals in a ritual
- if you're having trouble connecting with your crystal
- if your crystal is new/ you haven't worked with it yet

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.

