

# Crystal Healing Starter Guide



**Agate:** stabilises and strengthens. Balances emotional, physical and mental energies.



**Amazonite:** soothes and calms the spirit and mind. Protects businesses and prevents those who may take advantage.



**Amber:** protective stone for children, helpful during teething. Increases desire for wellness during illness.



**Amethyst:** the "All-healer" one of the most effective crystals for healing people, plants and animals.



**Apatite:** deepens meditation, aids communication and self-expression. Stone of manifestation and spiritual attunement.



**Aquamarine:** cleansing, soothing and calming, inspiring truth, trust and letting go. Soothing for inflammation.



**Aventurine:** stone of opportunity, increases wealth, luck and prosperity.



**Bloodstone:** immune system stimulator. Protects against bullying. Nourishes feelings of self worth, confidence and sufficiency.



**Blue Lace Agate:** calms and soothes stress and anxieties. Enables calm communication of emotions.



**Calcite:** all calcites are calming, increasing memory retention and motivate learning.



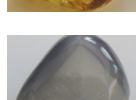
**Carnelian:** stone of motivation and endurance, leadership and courage. Helps restore vitality, supports digestion and circulation.



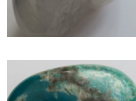
**Charoite:** improves sleep, overcomes insomnia and allays nightmares. Cleanses aura and chakras. Stimulates unconditional love.



**Citrine:** merchant's stone and stone of the sun. Attracts and protects abundance and energises from the solar plexus.



**Chalcedony:** encourages flow of fluids in the body. Protective against weakness.



**Chrysocolla:** stone of the Goddess, forgiveness, peace and strengthening of emotional bonds. Relieves feelings of guilt.



**Chrysoprase:** enables letting go of what no longer serves taking forward the positive and lessons learned.



**Emerald:** stone of successful romantic love and long term friendships. Brings loyalty and nurtures the heart.



**Fire Agate:** grounds and inspires. Tool for spiritual awakening. Provides courage to follow our spiritual path.



**Fluorite:** genius stone, enhances mental achievement boosting aptitude and discernment. Overall cleaner and repairs the auric field.



**Garnet:** detoxifies and purifies the heart, blood and lungs. Assists with regeneration. Thought to increase metabolism and libido.



**Hematite:** memory enhancer, aids clarity of thought and control of stress.



**Howlite:** aids insomnia and calms an overactive mind. Assists in eliminating rage, pain and stress.



**Iolite:** assists liver detoxification. Stone of visions, clears thought forms, opening intuition. Encourages self responsibility.



**Jade:** brings love and support. Calms during times of turbulence. Protects during travel. Supports new love.



**Jasper:** the supreme nurturer. Stone of grounding and stability. Provides comfort and security, strength and healing.



**Jet:** absorbs negative energy. Thought to speed recovery from depression, sadness, grief and loss. Cleanses liver and kidney.



**Kyanite:** high vibration self-cleansing crystal. Aligns the chakras, increases telepathy and aligns the soul to its purpose.



**Lapis Lazuli:** stone of business success, psychic protection and developing intuition.



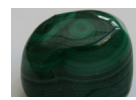
**Larimar:** embodiment of sea & sky. Brings dolphin energy, clears communication, attracts soul mate, cools tempers and stress.



**Labradorite:** protection – deflects negative energy. Enhances intuition. Travel safety.



**Lepidolite:** assists in release and reorganisation of old behavioural and psychological patterns, inducing change. Brings deep emotional healing, and may reduce depression.



**Malachite:** stone of transformation. Gives resistance to emotional blackmail and heals emotional abuse.



**Mangano Calcite:** nurturing and loving. Teaches us self love and to be gentle with ourselves. Reduces fears, anxiety and tension.



**Moldavite:** celestial stone of transformation. Fusion of earthly and extraterrestrial energies that are quickly felt. Thought to clear oxygen related illness and discomfort.



**Moonstone:** enables the inward journey, connecting to the moon. Amulet of protection and spiritual growth.



**Moss Agate:** connects us with Earth energy and bounty of nature. Soothes and promotes inner calm as well as stability.



**Obsidian, black:** protective and supportive during change. Increases self-control. Repels negativity and disperses unloving thoughts.



**Onyx:** inner strength. Raises resistance and persistence. Stabilises spiritual and emotional aspects of life. Improves decision making.



**Opal:** inspires love, hope, luck and happiness. Brings infusion of light into auric field.



**Peridot:** stone of compassion. Brings healing, renewal, purification, rebirth and growth. Strong energising effect, stimulates the body filling it with energy.



**Pearl:** cheerfulness, security and protection. Helps overcome despondency, insecurity and disappointment. Beneficial for lung diseases, skin conditions and allergies.



**Pyrite:** increases vitality. Protects against manipulation, control and criticism. Deflects harm and danger.



**Quartz:** Master Healer. Use to assist in healing in any condition. Amplifies energy. Increases clarity and mental focus.



**Rainbow Moonstone:** Enhances psychic abilities, protective deflecting negative energies.



**Rose Quartz:** stone of unconditional love and self love. Soothing for the heart during times of trauma, stress and worry.

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**Rhodonite:** stone of compassion. Emotional balancer that clears away emotional wounds and scars from the past.



**Rhodochrosite:** integrates physical and spiritual energies, stimulating love and compassion while energising the soul.



**Ruby:** stone of power and vitality. All body healer, particularly heart issues and those of blood and liver.



**Sapphire:** most effective healing stone for the nervous system. May regulate the function of the thyroid gland. Wisdom stone.



**Selenite:** self cleansing, used to cleanse other crystals. The chakras and the auric field of unwanted energies. Stimulates angelic and guide connections.



**Shungite:** the antioxidant properties of the fullerenes in shungite make it excellent for boosting the immune system. Eliminates toxins, bacteria, viruses, free radicals.



**Smoky Quartz:** neutralises negative vibrations, detoxifying on all levels. Protects against radiation and electromagnetic smog. Thought to sooth emotional and physical pain.



**Sodalite:** brings order and calmness to the mind. Encourages rational thought, objectivity, truth and intuition, along with verbalisation of feelings. Brings emotional balance and calms panic attacks.



**Sunstone:** stone of benevolence, strength, mental clarity, openness and warmth. Thought to relieve seasonal affective disorder as it carries the fire energy of the solar ray.



**Tiger's Eye:** brings courage, integrity and strength.



**Tourmaline:** premier talisman of protection, providing a psychic shield reflecting negative energies. Thought to guard against radiation & environmental pollutants.



**Turquoise:** assists with spiritual harmony, cleansing, protection, valour, peace of mind, emotional or spiritual guidance.

## Chakra Crystals

Crown	White or Violet stones	Clear quartz Selenite Pale Amethyst Rainbow Moonstone
Third Eye	Purple or Indigo stones	Dark Amethyst Lapis Lazuli Iolite Lepidolite
Throat	Blue stones	Blue Lace Agate Turquoise Aquamarine Blue Topaz
Heart	Green or Pink stones	Rose Quartz Peridot Malachite Mangano Calcite
Solar Plexus	Yellow stones	Citrine Tiger's Eye Pyrite
Sacral	Orange stones	Orange Calcite Orange Carnelian Peach Moonstone
Root/base	Red or Black stones	Red Carnelian Black Tourmaline Garnet

## Crystal Cleansing

This is the removal of energies that the crystal may have collected by protecting you or being held by others or from previous environmental energies. Many crystals are water soluble & salt can scratch polished stones:

**Smudge:** pass through the smoke of sage, palo santo or frankincense

**Selenite:** an evaporate, ancient ocean bed where the water has evaporated leaving the salts and minerals.

**Salt transmutes energy:** place crystals on selenite overnight.

**Reiki:** cleanse your crystals through intention. Only where you are confident the stone is not water soluble: you can use natural spring water or Florida water or

**Crystal Cleanse oil:** by Starchild. Wipe over the crystal for a quick cleanse.

**Charging:** Crystals need to be regularly re-energised to work effectively. Many purple crystals can fade in direct sunlight so we often recommend placing on a windowsill in moonlight.

## How to use your crystal

### Wear it:

Wearing a crystal is ideal; to work most effectively crystals are best placed in your energy field (the aura). This is especially the case if you are using them for protection or due to specific conditions.

If you tend to regularly change stones or only need to wear for a short period of time using a crystal cage and cord maybe a preferred option. You can also carry in your pocket or in your bra!

### Laying on or meditation:

To receive a crystal's energy you need to hold it or lay it on the appropriate part of the body for 15-20 minutes.

### Placing in pillow case:

We are in bed for a reasonable amount of time each night so this can be ideal for healing and spiritually connective stones as long as they are not mental stimulants.

### Placing in bath water or placing in a drinking bottle:

Check your crystal is not toxic or water soluble. Crystals such as shungite, blue lace agate and rose quartz are ideal for water either in a bath or drinking bottle. A toxic list of crystals can be found at silver-dove.net.

### Distance healing through photographs:

Placing crystals on a photograph can also be used where it is impractical to carry or wear them. First programme the crystal with what you wish it to do: (hold the crystal in your hands and tell it). Place on the photo for 40 days undisturbed.