



The Energy of Crystals

Natural Crystals are energetic gifts from mother earth. They come in all compositions, sizes, shapes and colours and can help us adapt to changes in energy frequencies created by a multitude of situations. **The can be used to relax, de-stress and heal our bodies as well as for mobilizing energy or transmuting negativity in our environment.**

The use of crystal energy resolves issues and assists in communication. There are no rules for crystal use. No one stone is an all-powerful device and many different approaches are taken towards using crystals.

Crystals can be placed around your home to increase energy in places that have the potential to become stagnant, like corners and spare rooms. They can also be used to diffuse excess energy in a child's bedroom so they sleep more soundly.

You can choose crystals according to their individual assets listed below in the Crystal Properties guide, but intuition is always best when deciding what will work for you.

When choosing a crystal for healing you can also associate the various stone with the colours of the Chakra System (below). Use the Chakra colour to help choose an appropriate crystal to help heal a physical, emotional or spiritual aspect of your life, or throughout the universe.

The Chakra System

1st Chakra ~ The Root
Location ~ base of the spine
Colour ~ Red

2nd Chakra ~ The Navel
Location ~ just below the navel
Colour: Orange

3rd Chakra ~ The Solar Plexus
Location ~ solar plexus
Colour ~ Yellow

4th Chakra ~ The Heart
Location ~ heart
Colour ~ Green
Secondary Colour ~ Pink

5th Chakra ~ The Throat
Location ~ base of the throat
Colour ~ Blue

6th Chakra ~ The Third Eye
Location ~ between the eye brows
Colour ~ Purple
Secondary Colour ~ Indigo

7th Chakra ~ The Crown
Location ~ top of the head
Colour ~ White
Secondary Colour ~ Violet



Crystal Properties

Stress Crystals

Amethyst

- transmutes negative energy
- helps you think and act at your highest level
- reduces tension headaches
- helpful for migraines, arthritic pains, and connecting to one's spirituality

Citrine

- encourages a bright outlook
- attracts wealth and joy
- stabilize emotions
- soothes family problems
- good for improving stress-related digestive problems

Clear Quartz

- general physical system fortifier
- increases mental clarity
- calms your emotions
- relaxes the body
- clears the mind
- refreshes your energy

Fluorite

- unblocks stuck energies

Garnet

- energy revitalizer
- increases sexual stimulation and fertility

Hematite

- reflects negative energies back to the sender
- helps balance the meridians

Malachite

- excellent for those prone to heart disease and stresses to internal organs
- helps to detoxify the liver and to increase blood circulation
- breaks up old energy patterns

Rose Quartz

- helps to unblock anxiety and promotes healing of private emotional issues
- helps in becoming more receptive and open to challenges

Smokey Quartz

- stabilizes mood swings
- grounds feelings of depression
- absorbs and transmutes negativity
- excellent for cranky people



Turquoise

- excellent toner for all systems of the body
- helps prevent organs from absorbing toxins
- helps to sweeten the voice when speaking your truth
- helps reduce premature aging

Women's Crystals

Apache Tears (transparent Obsidian)

- allows for tears to be shed
- stimulates emotional spontaneity
- enhances release the barriers preventing the experiencing deep sorrow

Red Coral

- quiets the emotions
- dispels feelings of despair and despondency
- encourages a passionate energy
- stimulates and strengthens female reproductive organs

Garnet

- strengthens the life force
- restoration of victimized and abused women
- reclaiming lost power
- regeneration of emotional energy
- stabilizes energy devoted to accomplishing one's purpose

Jade

- soothes the emotions
- helps keep the peace for community relations
- provides a sense of self-worth, self-sufficiency
- promotes harmony, balance, and tranquility
- excellent for recovery after an unpleasant experience

Jasper

- calms aggressive energy
- facilitates safety and protection during recovery periods

Rose Quartz

- transmutes emotional negativity at all levels
- enhances meditation and healing
- harmonizes and balances energy fluctuations
- calms emotional upheaval, chaos, trauma, or crisis
- allows love to come to those who have trouble finding love
- friendship stone



Smokey Quartz

- clears and transmutes negative emotions
- stabilizes mood swings
- grounds all kinds of negative energy
- excellent for PMS sufferers
- use in times of stress

Sodalite

- helps alleviate insomnia caused by mental chatter
- helps dispel irrelevant thoughts
- provides mental focus
- maintains logical reasoning with regard to emotional upsets
- promotes issues of trust
- enhances companionship
- excellent for busy women who find no time for peace

Men's Crystals

Amethyst

- purifies and transmutes all forms of negativity
- protects from hostile energies around you
- enhances personal magnetism
- provides mental clarity

Garnet

- strengthens and restores physical and emotional energy lost through constantly ensuring the protection and welfare of others
- helps to provide grounding and empowering to become more decisive and committed
- enhances and regenerates sexuality

Jade

- promotes agility and swiftness
- soothes emotions and provides emotional detachment and restoration after traumas

Rose Quartz

- transmutes emotional negativity at all levels
- enhances ability to give and receive love
- stimulates greater flexibility in communication
- provides peace in relationships
- stills aggressive thoughts
- provides mental tranquility
- heals a broken heart



Smokey Quartz

- excellent for mood swings, aggressive actions, ill temper, and nasty thoughts
- grounds negative energy
- helpful for burnout, fear of failure, reluctance to take risks, or for wanting revenge, tendencies to over-eat, smoke or drink due to stress
- helps you accept responsibility for yourself

Diamond

- intensifies and activates internal energies
- used for manifesting abundance and increasing personal self-esteem

Hematite

- enhances one's logic, mathematical abilities, rational thinking and depth of technical knowledge
- grounds creative energies
- reflects negativity back to the sender
- reduces insomnia

Lapis Lazuli

- stimulates mental strength and intellectual precision
- raises awareness to new heights
- brings feelings of success, connectedness and protection
- intensifies psychic power

Malachite

- breaks down old patterns: emotional or physical
- promotes business relationships
- removing obstacles to growth
- preventive in health of the physical heart and liver

Moonstone (Adularia)

- softens and balances dominant male attributes
- provides for a depth of perception and feelings, discernment, creativity and self-expression
- increases awareness and focus
- releases intuition
- provides protection for travelers

Children's Crystals

Amethyst

- purifies and transmutes all forms of negativity
- assists children "in transition"
- accepts all negative emotions and provides comfort through spiritual acceptance
- clears unwanted discharged energies



Apache Tear

- assists with grief

Aventurine

- strengthens and restores the Heart energy
- provides a balance of male and female
- very loving, embracing, and protective of the Heart
- helpful for shyness, timidity or suppressing of leadership qualities
- helps the individual to become active and to initiate action on their own
- opens up the lungs

Carnelian

- helps restore feelings of inadequacy and low self-esteem
- promotes self-security and self-love
- enhances love between child and parent through self-acceptance

Clear Quartz

- general all-purpose healing crystal
- transforms disharmonious thought patterns
- helps burn off negative emotional states
- places the spiritual seeds of one's future into consciousness
- helpful in organizing scattered thoughts and deflecting negative energies

Rose Quartz

- general healing crystal for children with a lot of hurt feelings or aggression
- soothes a broken heart shattered by seeing raw reality
- soothes erratic emotional states, anxiety, fear, compulsion, & other mental disorders

Lapis Lazuli

- stabilizer for children who show psychic gifts early in life
- stimulates expansion of consciousness
- promotes purification and clarity of spiritual insight
- provides self-acceptance of one's given gifts and encourages openness of one's spiritual awareness.
- has protective powers and stimulation of all psychic senses

Jade

- enhances confidence, self-assurance, and self-reliance
- very inspirational in helping one achieve life's desires

Tiger Eye

- excellent for grounding psychic energy
- provides security for opening up the psychic centres
- helps to pull them back into their bodies after astral travel

Pyrite

- reflects negative energy away
- reduces the terror of being unprotected
- assists physical empowerment

