

CRYSTAL QUICK REFERENCE

30 Essential Crystals for Your Practice

A handy guide to crystal properties, chakras, magical uses, and care instructions.

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CRYSTAL PROPERTIES

AMETHYST

Third Eye, Crown

Properties: Intuition, calm, protection, spiritual connection

Sleep, meditation, psychic development, stress relief



BLACK TOURMALINE

Properties: Protection, grounding, absorbs negativity

Place by doors, carry for protection, EMF blocking



BLOODSTONE

Root, Heart

Properties: Courage, vitality, healing, grounding

Physical healing, strength during challenges



Carnelian

Sacral

Properties: Creativity, courage, vitality, motivation

Creative projects, confidence, passion



CELESTITE

Throat, Third Eye, Crown

Properties: Peace, angelic connection, clarity

Meditation, connecting with guides, calming anxiety



CITRINE

Properties: Abundance, joy, manifestation, confidence

Prosperity spells, self-esteem, never needs cleansing



CLEAR QUARTZ

All Chakras

Properties: Amplification, clarity, healing, programming

All-purpose, amplifies other crystals, can substitute any stone



EMERALD

Heart

Properties: Love, abundance, growth, patience

Relationships, prosperity, heart healing



FLUORITE

Properties: Focus, clarity, learning, organization

Study, mental work, decision-making



GARNET

Properties: Passion, energy, commitment, grounding

Courage, love, revitalizing energy



GREEN AVENTURINE

Properties: Luck, opportunity, prosperity, heart healing

Luck in love and money, "gambler's stone"



HEMATITE

Properties: Grounding, protection, focus, balance

Absorbs negative energy, anxiety relief



JADE

Properties: Luck, prosperity, wisdom, longevity

Attracting abundance, protection, harmony



Labradorite

Properties: Magic, transformation, psychic abilities

Divination, aura protection, embracing change

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CRYSTAL PROPERTIES (CONTINUED)

Lapis Lazuli

Third Eye, Throat

Properties: Wisdom, truth, intuition, royalty

Speaking truth, psychic development, self-awareness



LEPIDOLITE

Heart, Third Eye, Crown

Properties: Calm, transition, emotional balance

Anxiety relief (contains lithium), sleep, change



MALACHITE

Properties: Transformation, protection, emotional healing

Breaking patterns, absorbs negativity. Toxic in water!



MOONSTONE

Third Eye, Crown

Properties: Intuition, feminine energy, new beginnings

Moon magic, fertility, enhancing psychic gifts



OBSIDIAN

Properties: Protection, truth, shadow work, grounding

Scrying, deep healing, cutting cords



ORANGE CALCITE

Sacral

Properties: Joy, creativity, emotional balance

Overcoming depression, creative blocks, energy cleansing



PYRITE

Solar Plexus

Properties: Wealth, willpower, protection, confidence

"Fool's Gold" - prosperity, shielding negative energy



RED JASPER

Properties: Stability, endurance, grounding, vitality

Physical strength, stamina, earth connection



RHODONITE

Properties: Emotional healing, forgiveness, self-love

"Rescue stone" for emotional trauma, relationships



Rose Quartz

Properties: Unconditional love, self-love, emotional healing

Love spells, self-care, healing heartbreak



SELENITE

Properties: Cleansing, charging, clarity, high vibration

Cleanse other crystals, space clearing. Dissolves in water!



Smoky Quartz

Properties: Grounding, protection, stress relief

Transmutes negativity, anxiety, practical grounding



Sodalite

Third Eye, Throat

Properties: Logic, truth, calm, communication

Clear thinking, speaking truth, inner peace



TIGER'S EYE

Properties: Courage, protection, confidence, luck

Job interviews, public speaking, protection

CRYSTAL CARE GUIDE



- Moonlight (all crystals)
- Smoke/incense (all)
- Sound/singing bowls
- Selenite plate
- Running water (check first!)

CHARGING

- Full moon light
- Sunlight (some fade!)
- Earth burial
- Your own energy
- Clear quartz cluster

A CAUTIONS

- Selenite dissolves in water
- Malachite is toxic
- Amethyst fades in sun
- Pyrite rusts in water
- Research before water!