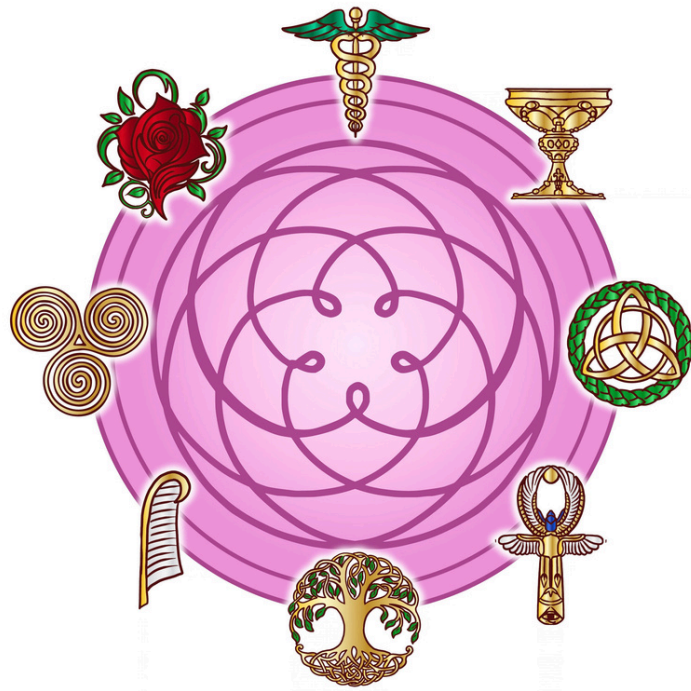




Crystal Guide



TeresaSophiaRose.com





Crystals

Agate: Protection, strength, harmony, creativity, grounding

Ajoite: Emotional healing, spiritual growth, communication, peace, harmony, connection to the angelic realms

Alexandrite: Balance between physical and spiritual world, manifestation, abundance, boosting self-esteem, enhancing intuition, emotional balance

Amazonite: Communication, balance, harmony, honesty, soothing emotional trauma, filtering out stresses

Amber: Healing, protection, luck, abundance, connection with ancestors, grounding, memory and intellect

Amethyst: Spiritual growth, protection, purification and cleansing, calmness, clarity, enhancing psychic abilities, overcoming addiction

Ametrine: Balancing, enhancing mental and spiritual clarity, connection to higher consciousness, grounding, stimulating creativity

Andalusite: Seeing multiple perspectives, memory enhancement, grounding, Protection during meditation, enhancing strategic thinking

Angelite: Communication with angelic realms, enhanced intuition, calmness, serenity, encouraging forgiveness, balancing energies

Apatite: Enhancing clarity, problem-solving, stimulating metaphysical abilities, encouraging openness and social ease, balancing energies, emotional healing, motivation

Apophyllite: Heightened intuition, spiritual connection, astral travel, clarity of thought, inner truth





Crystals

*Aquamarine: Soothing, courage, communication,
reduces stress, clarifies perception*

*Aragonite: Grounding, stabilizing emotions, enhancing patience,
encouraging conservation*

Aventurine: Prosperity, luck, balancing, confidence, growth

*Azurite: Intuitive insight, clarity, dream enhancement, deep
understanding, psychic awareness*

*Black Tourmaline: Protection, grounding, dispelling negativity, psychic
defense, balances energy*

Bloodstone: Vitality, courage, grounding, purification, truth-telling

Blue Lace Agate: Calming, communication, clarity, confidence, stress-relief

Bronzite: Protection, grounding, self-confidence, decision-making

Calcite: Cleansing, energy amplification, grounding, spiritual growth

Carnelian: Creativity, courage, motivation, physical vitality, concentration

Celestite: Angelic connection, serenity, dream recall, heightened intuition

Chalcedony: Harmony, balance, communication, alleviating self-doubt

*Charoite: Transformation, psychic abilities, grounding high-frequency
energy, overcoming fear*

Chiastolite: Protection, grounding, harmony, dispelling negative energy

Chrysocolla: Communication, expression, empowerment, teaching





Crystals

Chrysoprase: Prosperity, joy, compassion, fostering positive relationships

Cinnabar: Manifestation, personal power, transformation

Citrine: Abundance, manifestation, creativity, personal will

Clear Quartz: Amplification, clarity, healing, enhancing psychic abilities

Danburite: Angelic communication, emotional healing, promoting serenity

Dalmatian Jasper: Protection, grounding, dispelling negative energy, strengthening family bonds

Diamond: Purity, amplification, abundance, enhancing relationships

Diopase: Emotional healing, promoting compassion, forgiveness

Dumortierite: Enhancing patience, mental discipline, clarity in communication

Emerald: Love, rebirth, mental clarity, emotional healing

Epidote: Attracting positivity, enhancing perception, bringing abundance

Fluorite: Mental clarity, protection, grounding, harmonizing spiritual energy

Garnet: Passion, energy, health, protection

Hematite: Grounding, protection, balancing energies, dispelling negativity

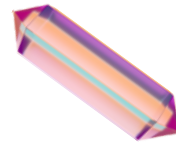
Howlite: Calming, attuning to spiritual realms, preparing for meditation

Iolite: Guidance, inner vision, intuition, enhancing journeys





Crystals



Jade: Prosperity, love, protection, nurturing energy

Kunzite: Heart opening, emotional healing, peace, protection from negativity

Kyanite: Communication, dream recall, alignment, clearing energy blockages

Labradorite: Transformation, protection, intuition, raising consciousness

Lapis Lazuli: Enhances wisdom, inner truth, communication, spiritual insight

Larimar: Calming, aids in communication, emotional healing, connecting with ocean energies

Lepidolite: Reduces stress, brings calm, balance, emotional healing

Lodestone (Magnetite): Attraction, magnetism, grounding, balancing polarities

Malachite: Transformation, protection from negativity, amplifying positive negative energies

Moldavite: Spiritual awakening, cosmic consciousness, accelerates transformation, personal evolution

Moonstone: Intuition, inner growth, strength, stabilizes emotions

Morganite: Love, compassion, emotional healing, releasing old pains

Moss Agate: Growth, abundance, grounding, connection to nature

Nephrite: Longevity, protection, dream recall, realization of potential





Crystals

*Obsidian: Protection, grounding, truth revealing,
clearing negative energies*

Ocean Jasper: Emotional healing, joy, elevates spirits, releases negativity

Onyx: Strength, protection, grounding, transforms negative energy

Opal: Inspiration, creativity, amplifies traits, enhances self-worth

Peridot: Abundance, prosperity, growth, enhances clarity

*Pietersite: Spiritual activation, unification of the chakras, aids in
visionary experiences*

Prehnite: Intuition, foresight, connection to divine energies, dream recall

Pyrite: Attracts wealth, prosperity, protective shield, enhances memory

Red Jasper: Grounding, stability, emotional endurance, boosts energy

Rhodochrosite: Self-love, emotional healing, joy

Rhodonite: Forgiveness, compassion, emotional balance, heals past scars

*Rose Quartz: Universal love, self-love, friendship, emotional healing,
calming*

Ruby: Passion, protection, prosperity, boosts energy and vitality

Sapphire: Wisdom, prosperity, divine favor, aids in spiritual insights

*Sardonyx: Protection, strength, optimism, attracts friends and good
fortune*

Selenite: Spiritual connection, clarity, cleansing, charges other crystals





Crystals

*Seraphinite: Self-healing, spiritual enlightenment,
connects with angelic realms*

*Serpentine: Spiritual exploration, clears energy blockages, aids in
kundalini awakening*

Shungite: Purification, protection from electromagnetic fields, grounding

Smoky Quartz: Grounding, detoxifying, alleviates fear, aids in stress relief

Sodalite: Truth, communication, harmony, enhances intuition

Spinel: Rejuvenation, inspiration, renewal, encourages hope

*Sugilite: Spiritual love, protection, grounding higher energy, aids in
emotional healing*

Sunstone: Personal power, optimism, vitality, drives away negative energies

Tanzanite: Spiritual growth, enhances intuition, links the heart and mind

Tiger's Eye: Courage, balance, grounding, enhances personal power

Topaz: Manifestation, clarity, joy, aids in spiritual development

Turquoise: Healing, protection, communication, strengthens the body

Unakite: Balances emotions, grounding, aids in spiritual insight

Variscite: Peace, harmony, clarity, stimulates the heart chakra

*Vesuvianite: Releases negative attachments, aids in moving forward,
stimulates creativity*

Zircon: Protection, grounding, manifesting dreams, promotes self-love

