



10 Easy to use crystals for beginners:

Amethyst – sleep like a baby

Selenite – cleanse that shit

Clear Quartz – cheer the f**k up

Green Aventurine – Mean green healing machine & money,
money, money!

Rose Quartz – time for some Bay lovin' baby!

Flower Agate – protects from fears and self-doubt /

Inspires to manifest and nurture our dreams

Smoky Quartz – stops the madness / soothes anxiety /
grounding

Fluorite – absorbs and neutralizes negative energy and
stress /

increases self-confidence

Black Obsidian – wards off @ssh0les / protection

Carnelian – dispels negativity & depression

Extras: Aura Celestite – calming & uplifting / Blue Apatite
– stimulates the intellect / Mookaite Jasper – brings
peace, de-stress / Phoenix Stone – mends the heart

