

FREE EBOOK

CRYSTAL HEALING 101



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Crystal Healing 101: A Beginner's Guide to Healing & Manifestation

Welcome to Crystal Healing 101!

If you've ever been curious about the power of crystals and how they can enhance your life, you're in the right place. Crystals have been used for centuries to promote healing, balance energy, and support manifestation. But for me, the journey with crystals became deeply personal in 2012 when one of my clients, Darryn, gifted me two beautiful stones—an amethyst and a citrine.

At the time, I was at a major crossroads in my life. I was ending a 20-year relationship, navigating life as a single mom, and self-employed with no certainty about how I would make ends meet. Without fully understanding their power, I carried those stones in my pocket every day. Subtly, yet powerfully, my energy began to shift. My mindset started to clear, my confidence grew, and before I knew it, I had built a six-figure hair business from the ground up.

That moment sparked an obsession with the healing power of crystals—how they work, how they interact with our energy, and how they can be used to transform not just my life but the lives of those around me. This guide is a reflection of everything I've learned, a beginner-friendly roadmap to using crystals for healing, manifestation, and self-empowerment.



Why Crystals?

Now, I know some of you may be sitting here thinking, "Channay, really? Crystals? How can these rocks help me have better relationships, attract more money, or improve my life?" And trust me, I get it. It's a stretch from everyday thinking. But I want you to allow yourself to be open-minded. The beautiful thing about crystals is that they don't need you to worship them. They don't need you to idolize them. They don't need you to praise them. All they need is for you to be open to the healing energy they emit, and they will literally do the rest.

Crystals are a hidden source of energy that have been around since the beginning of time. They aren't just new-age trends; they've been used for centuries in healing, protection, and spiritual practices. Even in the Bible, there are references to the magical energy of crystals woven throughout scripture. In case you need to read it for yourself, here are a few key biblical references that mention the power of stones and gemstones:

Ezekiel 28:13 – "You were in Eden, the garden of God; every precious stone adorned you: carnelian, chrysolite, and emerald; topaz, onyx, and jasper; lapis lazuli, turquoise, and beryl."

Exodus 28:17-20 – The High Priest's breastplate was adorned with twelve crystals, each representing the twelve tribes of Israel: sapphire, emerald, amethyst, topaz, and more.

Revelation 21:19-21 – Describes the foundation of the New Jerusalem being built with stones like jasper, sapphire, chalcedony, emerald, and more.

These sacred texts show that crystals have been recognized for their significance and energy since ancient times. When we work with them today, we're simply tapping into an ancient wisdom that has always existed

In this Ebook, you'll discover:

- **How to choose the right crystals for your needs**
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- **The best methods for cleansing and charging your crystals**
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- **Techniques for using crystals in meditation, healing, and manifestation**
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- **How to integrate crystal healing into your daily routine**
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- **By the end of this guide, you'll feel confident in working with crystals and using them as powerful allies on your spiritual journey.**



How Crystals Work

Introduction to Crystal Energy

Crystals may look like simple stones, but they are powerful energy conductors that have been used for centuries in healing, protection, and manifestation. They work because of their unique vibrational frequencies—each crystal carries a specific energy signature that can interact with our own energy field, also known as the aura.

The human body is made up of energy, and just like how tuning forks can attune to certain frequencies, our energy can align with the vibrations of crystals. When you hold, wear, or meditate with a crystal, its energy naturally influences yours, helping to shift, balance, and amplify different aspects of your life.

The Science Behind Crystals

Crystals aren't just mystical objects; they have a scientific basis for their energetic properties.

- **Piezoelectric Effect** – Crystals like quartz generate an electric charge when pressure is applied. This is why quartz is used in watches, electronics, and even medical devices.
- **Stable Energy Structures** – Unlike human energy, which fluctuates based on emotions, stress, and external factors, crystals have fixed molecular structures that allow them to maintain their energy consistently. This is why they can help stabilize and influence our own energy.

How Crystals Work with Our Bodies:

When I first began working with crystals, I had no idea what I was in store for. Remember when I mentioned that I was gifted an amethyst? Well, at the time, I didn't fully grasp what that meant. I just knew it was a pretty stone. But looking back, I now understand that receiving amethyst was the catalyst for my journey into crystal healing.

You've probably seen amethyst before—it's one of the most common crystals found in doctor's offices, dentist's offices, spas, and wellness centers. That's because amethyst is deeply connected to the energy of calm and spirituality. Even before I knew its true power, I believe just having that stone with me helped calm my anxiety, allowing me to become much more aware and present than I had ever been before. It was as if I suddenly started seeing things on a deeper level.

I personally consider amethyst the Third Eye opener. Once your Third Eye is activated, you begin to perceive truth, intuition, and energy in a way you never have before. And once you wake up Diamond Minds, you can never go back to sleep. That's why, whenever I introduce someone to crystal energy, I always gift them amethyst first—to open up their Third Eye and awaken their intuitive awareness.



Choosing the Right Crystal for You:

A common question I get is: “What stones do I need?” My immediate answer is always the same:

See what energy you are naturally drawn to.

Your higher self already knows what energy you need to heal. Instead of overthinking it, trust your intuition.

Whether you feel drawn to a particular color, shape, or sensation when holding a stone, your energy is already guiding you toward the crystal that will support you best.

Once you’ve chosen your stone(s), the next step is cleansing and programming.

Cleansing & Programming Your Crystals:

We always start with cleansing because we don’t know the energy influences connected to the stone before it came to us. Crystals pass through many hands before reaching you, so it’s important to clear them and attune them to your energy.

Ways to Cleanse Your Crystals:

- Water – Rinse under running water (only for water-safe stones like quartz, amethyst, citrine).
- Smoke Cleansing – Use sage, palo santo, or incense to clear stagnant energy.
- Sound Healing – Use singing bowls or tuning forks to reset the stone’s frequency.
- Moonlight/Sunlight – Charge under the full moon or sunlight (some stones fade in sunlight, so check first).
- Salt – Bury in sea salt or Himalayan salt for deep energy cleansing.
- Selenite – Place on or near a selenite plate, as selenite naturally clears energy.

Tuning Into Your Crystal's Energy:

Once your crystal is cleansed, take a moment to observe its energy.

How does it feel when you hold it?

Is the energy soft, calming, grounding, balancing?

What do you intuitively sense about this stone?

After tuning into its energy, I always ask my stone:

“Will you help me with...?” (Insert intention here.)

Or, if I'm unsure, I simply ask: “Will you help me align with the highest frequency you emit?”

Crystals have conscious energy and are here to work with us. By opening this dialogue, you begin building a relationship with your stones.



Working with Crystal Energy Daily:

I work with crystal energy every single day. Crystals are part of my lifestyle, and I integrate them into my routine in multiple ways:

Wearing crystal jewelry – Many of you know my mom has a crystal jewelry business (which, fun fact, she attracted by working with the energy of the stones!). So, naturally, I always have crystal jewelry on.

Carrying them in my bra or pocket – Sometimes, I'll literally ask, "What stones are coming with me today?" and just throw them in my bra.

Meditating with them – Placing a crystal in my palm or on my chakras during meditation amplifies the experience.

Sleeping with them – Keeping a calming stone like amethyst or moonstone under my pillow for restful sleep.

Placing them around my home – For protection, abundance, and good vibes.

And trust me, when I don't wear or carry my crystals, I can totally feel the difference. That's how powerful they are.

A Few Crystals I Love & How They Work:

Crystals hold powerful energies that can align us with our highest potential, protect our energy, and even help us manifest our desires. Each crystal vibrates at its own unique frequency, offering different benefits to those who work with them. Below, I'll share my personal experiences with some of my favorite crystals, along with the zodiac signs that can benefit most from their energy.

Citrine – The Stone of Abundance & Confidence

Energy: Citrine is known for its ability to attract abundance, prosperity, and confidence. It enhances motivation, creativity, and joy.

My Experience: When I started working with citrine, I noticed a significant boost in my networking confidence. This stone helped me step into my power and build a highly profitable business.

Best for: Aries, Leo, Gemini

Rose Quartz – The Stone of Love & Self-Healing

Energy: Rose quartz radiates pure love, helping to heal emotional wounds and encourage self-love. It is also great for attracting romantic love and deepening relationships.

My Experience: This crystal helped me fall deeply in love with every aspect of myself. It also assisted in processing deep-seated grief that was lingering in my heart.

Best for: Taurus, Libra, Cancer

Selenite – The Stone of Energy Clearing & Purification

Energy: Selenite cleanses and charges other crystals, clears stagnant energy, and creates a peaceful atmosphere.

My Experience: I keep selenite in my window sills and use it to clear my energy before bed, ensuring restful sleep and a purified aura.

Best for: Cancer, Pisces, Taurus

Black Tourmaline – The Ultimate Protector

Energy: This stone absorbs negative energy, repels toxicity, and shields against low vibrations.

My Experience: I wear black tourmaline daily to keep the low vibes of others from penetrating my energy field.

Best for: Capricorn, Scorpio, Sagittarius

Clear Quartz – The Amplifier

Energy: This master healer amplifies energy and intentions, making it a versatile crystal for any purpose.

My Experience: I use clear quartz to enhance my energy, but I've learned that if my vibes are low, it will amplify that as well—so it's important to work with it intentionally.

Best for: All zodiac signs

Carnelian – The Stone of Passion & Vitality

Energy: Carnelian ignites passion, boosts confidence, and enhances creativity.

My Experience: I wear carnelian whenever I want an energy boost—it's like a natural pre-workout! It also makes me feel sexy, confident, and overflowing with creativity.

Best for: Aries, Leo, Virgo

Tiger's Eye – The Stone of Courage & Wealth

Energy: Tiger's eye helps overcome fear, enhances willpower, and aligns you with the energy of abundance.

My Experience: This crystal helped me tap into deeper-rooted emotions I needed to process while also aligning me with wealth-building energy.

Best for: Capricorn, Leo, Scorpio

Malachite – The Transformation Stone

Energy: Malachite supports deep healing, transformation, and leadership energy.

My Experience: This stone helped me step into my leadership power while healing old patterns and belief systems.

Best for: Scorpio, Capricorn, Taurus

Rhodochrosite – The Inner Child Healer

Energy: This stone helps heal past traumas and reconnect with joy and self-love.

My Experience: Rhodochrosite gently guided me to uncover hidden wounds and embrace my inner child with love.

Best for: Leo, Scorpio, Aries

Apophyllite – The Positivity Anchor

Energy: Apophyllite raises vibration, clears negative energy, and enhances meditation.

My Experience: This is my go-to crystal for staying positive and deepening my meditation practice.

Best for: Gemini, Aquarius, Pisces

Green Aventurine – The Luck Magnet

Energy: This crystal attracts luck, opportunity, and prosperity.

My Experience: I wear green aventurine whenever I'm seeking new opportunities especially when gambling or taking risks!

Best for: Taurus, Virgo, Libra

Moonstone – The Feminine Energy Activator

Energy: Moonstone is deeply connected to emotions, intuition, and divine feminine energy.

My Experience: This crystal helped me embrace my feminine power and flow with my emotions instead of resisting them.

Best for: Cancer, Pisces, Scorpio

Garnet – The Passion Igniter

Energy: Garnet enhances passion, sensuality, and commitment.

My Experience: This stone helped me reignite the spark in my romantic relationships.

Best for: Leo, Scorpio, Aries

Blue Lace Agate – The Communication Enhancer

Energy: This crystal helps express thoughts clearly and with higher consciousness.

My Experience: I've found that blue lace agate allows me to communicate with more wisdom and clarity.

Best for: Gemini, Libra, Pisces

Angelite – The Connection to Divine Guidance

Energy: Angelite enhances spiritual awareness and draws in angelic guidance.

My Experience: When I work with angelite, I feel deeply supported by my spiritual guides and angels.

Best for: Aquarius, Pisces, Virgo

These are just a few of the crystals that have made an impact on my journey. Each crystal carries its own unique vibration, and I always encourage people to trust their intuition when choosing which ones to work with.

Your higher self knows what energy it needs so let yourself be drawn to the crystals that call to you!

Conclusion:

Incorporating crystals into my life has profoundly evolved me on my spiritual journey. Not because they did the work for me, but because their presence inspired me to heal aspects of my life I didn't even realize needed healing. Some lessons took longer to learn than others, but every realization was a step forward and I attribute much of that growth to the healing energy of crystals.

I keep crystals in my home to uplift the energy, in my car for safety and protection, in my fridge to help with mindful eating, in my wallet to attract abundance, and in my businesses to keep the energy flowing. They are woven into every part of my life, and their influence continues to unfold in ways I never could have imagined.

The beauty of crystal healing is that it meets you exactly where you are. Whether you're seeking a healthier relationship, mastering your thoughts, or deepening your spiritual connection, crystals can support and guide you on your journey.

Bonus Section: Affirmations & Journal Prompts for Crystal Healing:

Love & Self-Love (Rose Quartz, Rhodochrosite, Garnet, Jade)

Affirmations:

- I am worthy of deep, unconditional love.
- My heart is open to giving and receiving love freely.
- I honor and cherish myself in all that I do.
- Love flows effortlessly into my life.
- I release past heartaches and welcome healing into my heart.
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Journal Prompts:

- How do I currently show love to myself, and how can I deepen that practice?
- What limiting beliefs do I hold about love, and how can I release them?
- Write a letter to your younger self filled with love, encouragement, and support.

Abundance & Prosperity (Citrine, Green Aventurine, Pyrite, Tiger's Eye)

Affirmations:

- I am a magnet for prosperity and success.
- Wealth flows to me effortlessly from unexpected sources.
- My mindset is aligned with abundance in all areas of my life.
- I confidently step into financial freedom.
- I am worthy of a life filled with luxury and ease.
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Journal Prompts:

- What does abundance mean to me beyond just financial wealth?
- How can I shift my mindset from scarcity to abundance?
- What actions can I take today to welcome more prosperity into my life?

Protection & Energy Clearing (Black Tourmaline, Selenite, Hematite, Smoky Quartz)

Affirmations:

- I am divinely protected from all negative energy.
- My aura is strong, clear, and filled with light.
- I release all energies that no longer serve me.
- I set strong and healthy energetic boundaries.
- My space is a sanctuary of peace and protection.
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Journal Prompts:

- What energies do I need to clear from my life right now?
- How do I feel after being around different people and environments?
- What boundaries do I need to set to protect my energy?



Confidence & Motivation (Carnelian, Tiger's Eye, Citrine, Garnet)

Affirmations:

- I am powerful, confident, and unstoppable.
- My creativity flows freely, and I express myself with ease.
- I radiate confidence and attract success.
- Every step I take moves me closer to my goals.
- I am courageous and embrace new opportunities.
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Journal Prompts:

- What fears or doubts have held me back from stepping into my power?
- When was a time I felt the most confident? How can I channel that energy now?
- How can I use my personal strengths to achieve my goals?

Intuition & Spiritual Growth (Amethyst, Apophyllite, Lapis Lazuli, Moonstone, Angelite, Celestite)

Affirmations:

- **My intuition is strong, and I trust the guidance I receive.**
- **I am deeply connected to my higher self and divine wisdom.**
- **The universe supports me on my spiritual journey.**
- **I surrender to the flow of life, knowing that everything is unfolding perfectly.**
- **I am open to divine messages and synchronicities.**
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Journal Prompts:

- **When was a time my intuition guided me in the right direction?**
- **What spiritual practices help me feel the most connected?**
- **What messages or signs have I been receiving lately?**



HEAL

Dearest Diamond Minds,

I want to extend my sincerest thanks for tapping in with me and this Ebook and remind you no matter where you are on your spiritual journey keep going. The path to healing and transformation isn't always easy, but I promise you, it's worth it.

The truth is, while these crystals are stunning and their energy is undeniably powerful, they are not a shortcut to bypassing the hard moments. There will be times when old wounds resurface, and you might wonder if any of this is actually working. When you're facing challenges, when the weight of your past feels heavy, or when life feels stagnant, I want you to remember: healing isn't always loud or obvious.

Sometimes, it's a quiet unfolding.

Just like a wound needs to be cleaned before it can fully heal, our emotional and spiritual pain must be brought to the surface before it can be released. So, if you ever feel stuck, if doubt creeps in, or if it seems like nothing is happening trust that deep shifts are occurring beneath the surface. Your higher self knows exactly what you need, and as long as you stay open and willing, the transformation will come.

I beg you don't give up on yourself. You are worth every ounce of healing, growth, and expansion that is coming your way. And if you ever need additional support, know that you don't have to do this alone. I am here to walk beside you, to guide you, and to help you step fully into the life you were always meant to live.

If you're ready to go deeper on your journey, I invite you to book a wellness session with me. Visit my website, explore the offerings, and let's elevate your healing together. You are powerful, you are worthy, and your transformation is already in motion.

✨ Stay connected with me! ✨

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With love and high vibrations,

Channay ✨