

# A QUICK GUIDE TO HEALING CRYSTALS & STONES



## **Quartz**

Protection, Problem Solving, Aural Cleansing, Charging Other Crystals, Supports Immune System & Pineal Gland, All Chakras



## **Rose Quartz**

Love, Forgiveness, Heart Opening & Releasing, Supports Circulation, Heart Chakra



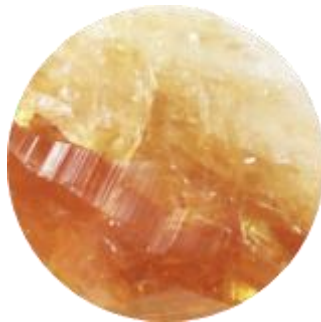
## **Smoky Quartz**

Aural Cleansing, Grounding, Detoxifying, Absorbs Negativity,  
Encourages Humor, Base & Earth Star Chakra



**Cathedral Quartz**

Pain Relief, Meditation, High Frequency Vibration, Consciousness



**Citrine**

Attracts Wealth & Prosperity, Calms Stomach & Digestion, Crown & Solar  
Plexus Chakras



**Amethyst**

Energy Protection, Stress Reduction, Mood Regulation, Crown Chakra



**Garnet**

Balances Love & Passion, Good Luck, Business Success, Base Chakra



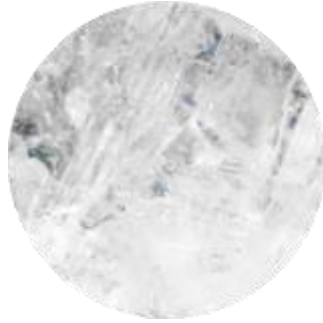
**Ruby**

Goal Setting, Love, Passion, Stimulates Circulation, Heart & Base Chakra



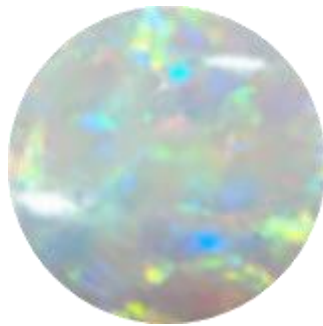
**Diamond**

Strength, Fortitude, Good Luck, Protection, Fidelity, All Chakras



**Herkimer Diamond**

Creativity, Intuition, Aural Cleansing, Protection, Dreams, Attunement



**Opal**

Love, Inner Peace, Communication, Loyalty, Faithfulness, Throat Chakra



**Moonstone**

Calms Stomach, Protected Travel, Karmic Healing, Communication, Joy



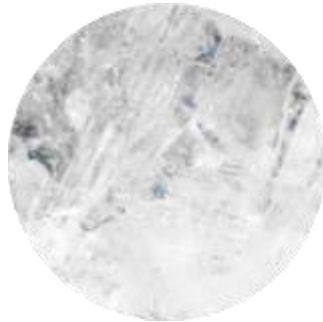
**Labradorite**

Energy Protection, Spiritual Alignment, Rational & Intuitive Wisdom



**Golden Topaz**

Reveals Life Purpose, Recharging, Overcoming Nervous Exhaustion



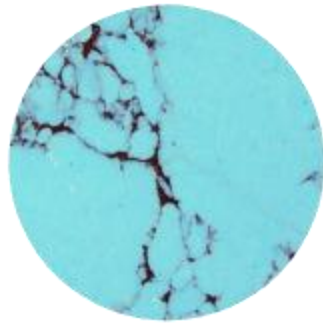
**White Topaz**

Open Mindedness, Clarity, Reveals Life Purpose, Organization



**Blue Topaz**

Finding True Life Path, Clear Communication, Humility, Throat Chakra



**Turquoise**

Stress & Pain Reduction, Letting Go, Freedom, Strength, Safe Travels



**Aquamarine**

Good Luck, Ocean Travel, Cooling, Calming, Introspection, Throat Chakra



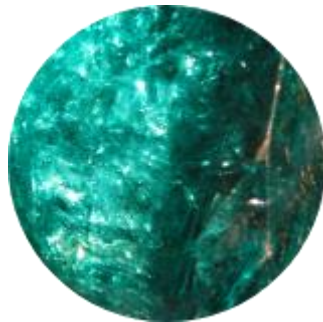
**Alexandrite**

Longevity, Understanding, Purification & Renewal, Joyful Transformation



**Peridot**

Calms Jealousy & Anger, Reduces Stress, Releases Negative Patterns, Heart Chakra



**Emerald**

Youth, Hope, Renewal, Growth, Heals Emotional Distress, Heart Chakra



**Pink Tourmaline**

Heart Activation, Feminine Energy, Base & Heart Chakras



**Black Tourmaline**

Energetic Protection, Absorbs Negativity, Shields from Electronic Emanations



**Green Tourmaline**

Improves Mental Abilities, Masculine Energy, Divine Love, Wholesome Energy





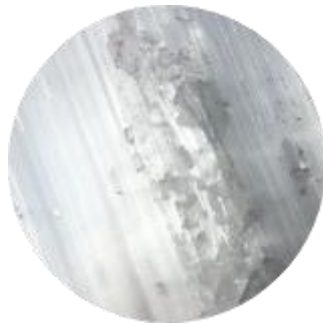
**Calcite**

Fear Mitigation, Soothes Nausea & Stomach Pain, Reduces Anxiety



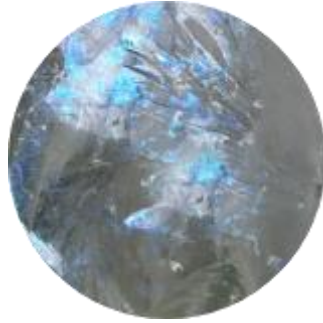
**Desert Rose (Sand Selenite)**

Energy Scrubbing, Protection, Overcoming Fears & Phobias, Self Confidence



**Selenite**

High Frequency Connection, Grounding, Attracts Divine Energy, Defines Purpose



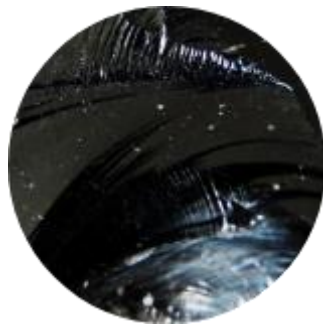
### **Andara**

High Frequency Connection, Manifesting True Self, Authenticity, Finding Spiritual Path



### **Hematite**

Calming, Grounding, Confidence Boosting, Soothes Insomnia & Blood Disorders



### **Obsidian**

Grounding, Confronting Inner Demons & Dark Truths, Earth Star Chakra



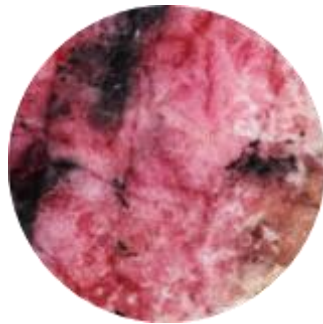
**Kunzite**

Heart & Mind Activation, Breaks Down Walls, Mood Regulation, Throat Chakra



**Rhodochrosite**

Heart Activation, Unconditional Love, Peace, Tenderness, Compassion, Healing Joy



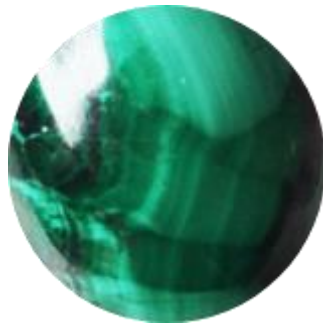
**Rhodonite**

Self-Love, Heart Activation, Healing Emotional Wounds, Stress Relief, Heart & Earth Star Chakra



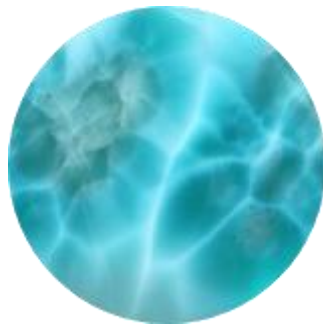
**Morganite**

Heart Activation, Innocence, Compassion, Divine Love, Lightness of Spirit



**Malachite**

Energetic Clearing, Reduces Swelling & Inflammation, Detoxification, Breaks Past Cycles



**Larimar**

High Vibration, Raised Consciousness, Reflexology, Upper Chakra Opening



**Petalite**

High Vibration, Raised Consciousness, Upper Chakra Opening



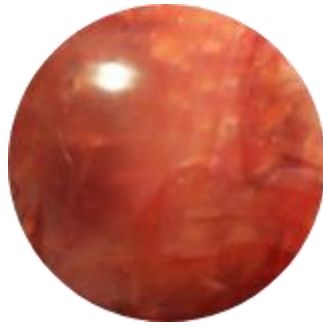
**Phenacite**

High Vibration, Raised Consciousness, Grounding, Upper Chakra Opening



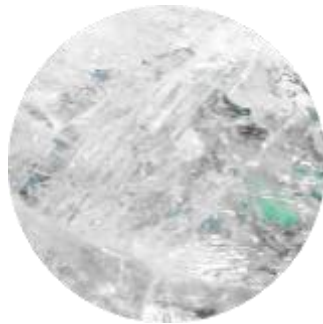
**Amber**

Space Clearing, Energy Protection, Stress Reduction, Physical Alignment



**Orange Carnelian**

Energy Boosting, Stimulating, Charging Other Crystals, Supports Reproductive Organs



**Apophyllite**

Enhances Intuition, Stimulates Pineal Gland, High Vibration, Spiritual Awakening



**Tiger's Eye**

Abundance, Knowledge, Vision, Courage, Integrity, Power



**Smithsonite**

Emotional Healing, Calming, Compassion, Conflict Resolution



**Jet**

Energy Protection, Calms Fears, Balances Mood, Fights Negativity



**Fluorite**

Shields from Electronic Emanations, Psychological Protection, Clarity, Creativity, Communication



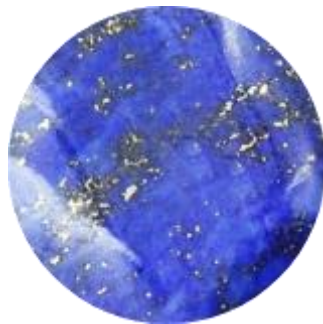
**Lepidolite**

Shields from Electronic Emanations, Breaks Old Patterns,  
Decompression



**Magnetite**

Balancing Organ Function, Strength, Commitment, Loyalty, Reduces  
Inflammation



**Lapis Lazuli**

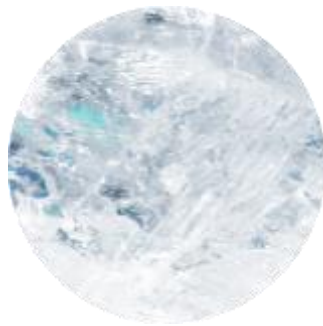
Soothes Migraines, Calming, Sedate Energy, Metaphysical Attunement





**Angelite**

Gentle Attunement, Universal Support, Eases Grief and Emotional Pain



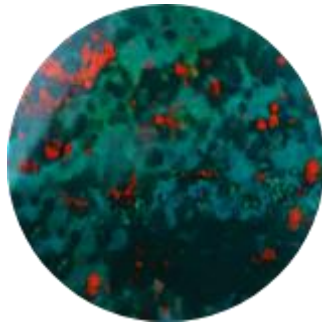
**Celestite**

Gentle Attunement, Universal Support, Spiritual Guidance, Throat, Third Eye & Crown Chakras



**Boji Stone**

Earthing, Grounding, Enables Being Present, Earth Star Chakra



**Bloodstone**

Patience, Protection, Restful Sleep, Immune & Lymphatic Stimulation, Aural Cleansing, Base & Heart Chakra



**Auralite**

Stillness, Serenity, Simplicity, Stress Relief, Quiets Mind



**Agate**

Centering, Calming, Self Acceptance & Harmony, Crown Chakra



**Blue Lace Agate**

Cooling & Calming Energy, Self Confidence, Communication, Supports Nervous System



**Dendritic Agate**

Abundance, Growth, Supports Nervous System, Releases Pain



**Flint**

Aural Cleansing, Understanding, Integrity, Communication, Earth Star Chakra



## **Jasper**

Aural Cleansing, Problem Solving, Organization, Imagination