



CRYSTALS FOR CHANGES & TRANSITIONS

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Most people can look back from their current selves to how they were six months, one year, five years, ten years ago or more and recognize differences. Some are physical; a new haircut, a different clothing style, changes in location or occupation. Others are mental; learning a new subject, trying a different approach to a situation, activism for a social or political situation of interest. Emotional shifts are more frequent, often resulting from interactions with family, friends, co-workers, or negative people. Spirituality seems like the least likely to change, yet can be quite fluid through deepening a practice and an openness to learn about differing views from yours.

The point is, however much we may try to deny it, change is a constant factor in our lives. Some changes are small, others large and life altering. Sometimes we have weeks or months to prepare and ease into these changes, but more often they are unexpected, jarring, confusing, and stressful. Yet for better or for worse, change is a fact of life we have to deal with. Otherwise, we get stuck in the past, unable to move forward and help ourselves or those we care for most.

While experiencing any change or transition it is useful to have crystals to aid you. They can't erase all your problems or miraculously guarantee a perfect outcome, but they can act as constant companions who make transitions easier and smoother for you and the ones you love. If you allow them to, the following crystals can be as comforting as finding safe harbor in the midst of a turbulent storm.

CHRYSOCOLLA

The green color of Chrysocolla relates to the heart chakra and perfectly symbolizes how this crystal can support you during difficult times. This stone give boosts your confidence and gives you the courage to deal with whatever



situation you are facing. It is excellent for your heart, helping you release stress and tension while bringing joy into your life.

GARNET

Garnet is a fantastic stone for the base chakra. It enhances confidence and survival instincts, allowing you to navigate tricky situations more easily. It is less well known for, but equally effective at, subtly bringing out love for life.

JET

Commonly known as a grounding and protective crystal, Jet is also powerfully cleansing. It slowly removes negative energies from your body, essentially reducing the hold that emotions such as fear and sadness can have over you. Combined with its ability to balance your yin and yang energies, Jet leaves you as steady and stable as possible for whatever may come.

LABRADORITE

Labradorite radiates a magical quality, and is excellent for alchemical purposes. By simultaneously enhancing your intuition and mental clarity, it allows you to envision multiple possibilities and find a path to the outcome of your choice.

MALACHITE

If you are ever emotionally exhausted Malachite might be the perfect crystal to use. It balances your emotions, reducing negativity such as stress and tension while increasing positivity in the forms of hope and happiness. With the final touches of boosting endurance and cleansing the aura, Malachite leaves you in a much better position than that which you started from.

MOONSTONE

When your emotions are too strong to think clearly and seem to take over your life Moonstone is the crystal you need. Unlike Malachite which supports emotional health in general, Moonstone is specifically geared towards helping you find inner peace. As such it helps relieve stress, mitigates oversensitivity, and calms you down so your actions can come from a place of inner harmony.



RHYOLITE

Rhyolite promotes a strong body and soul connection within you. Its wonderful earth energy grounds you in the physical while its deep soulful energy connects with you on a higher vibration. This facilitates change on the soul level so that you can find solutions to conditions on the physical world.

RUTILATED QUARTZ

Rutilated Quartz has a fantastic higher vibration that supports spiritual growth. This is best facilitated by guiding the user towards truth. Recognizing the truth (whether it is an unbiased understanding of a situation or a personal truth) helps you understand why a particular transition is necessary; and that very action opens up doorways towards spiritual enlightenment.

TREE AGATE

Another crystal very symbolic of its name, Tree Agate promotes positive attributes of trees within you. It helps you to remain calm, rooting you into clarity and logic rather than emotional overreactions. These “roots” in turn give you a strength and flexibility to persevere through all types of weather.

WATERMELON TOURMALINE

This crystal is exceptional for applying mental and emotional clarity to a transitional period of your life. On a mental level it brings patience and understanding to learn and accept the who, what, when, where, and why of the situation. Emotionally, it relieves stress and supports inner peace so you can move through this transition as painlessly and securely as possible.

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