

Section 8: Crystal Glossary

Abalone. The shell of a marine mollusk. Contains minerals that produce a range of brilliant colors within the shell. Good for love, relaxation and letting go of emotions. The shell is often used when smudging sage to catch the ashes and snuff out the burning sage.

Amethyst. This purple crystal is a natural stress reliever that also encourages inner strength, intuition, peace, and spiritual growth. Amethyst helps to attract positive energy while also clearing out any negative energy.

Aquamarine. This blue/green crystal protects travelers. It is good for the brain and intellect. It helps with communication and courage. It brings calm, compassion and reveals the truth about yourself.

Aventurine. This is one of the luckiest crystals, especially for manifesting abundance, prosperity and wealth. The lucky energy is said to boost your chances or odds in any situation.

Black Tourmaline. This stone is one of the most powerful crystals for protection and the elimination of negative energy. It helps to absorb electromagnetic energy and unlocks any energy blockages in your body or space.

Blue Calcite. This crystal found in blue masses is good for communication and the voice. It is spiritually calming.

Blue Lace Agate. This pale blue and white banded variety of agate is one of the best crystals for anxiety and stress relief. Its calming blue color emits soothing vibrations that help to bring peace of mind and relaxation.

Celestite. This crystal is known for inviting angels into your space and fostering your connection with the higher realms. It holds gentle, uplifting energy that relieves anxiety, and sadness.

Citrine. A crystal of light, abundance, happiness, and manifestation. It is one of the few crystals that doesn't hold negative energy.

Clear Quartz. A stone of clarity that activates and amplifies your programmed intention. It raises the energy of other crystals that it comes into contact with.

Fluorite. This crystal that is available in purple, blue, green, clear, pink, yellow, black and rainbow colors. It helps to restore balance and bring order to chaos. It brings clarity of mind and heightens your focus.

Frankincense. A sacred resin from the Somali Coast and Abrian Pensiula. Burn it to cleanse a space of negative energy while elevating spiritual awareness and providing protection.

Jade. A crystal of abundance, prosperity and wealth that helps you to attain your goals, manifest your dreams into reality and see past self-imposed limitations.

Labradorite. This is a crystal of awareness, destiny, and power that connects you with the energy of light. It protects your aura and strengthens your personal energy supply.

Lapis Lazuli. a crystal of awareness, insight, and truth. It is one of the oldest gemstones, one that has existed in ancient tales since the beginning of time. The famous golden sarcophagus of King Tut was heavily decorated with Lapis Lazuli stones.

Moonstone. Connected with the energy of the Moon. It is good for creativity, change, intuition, insight, and wisdom. It brings good luck and a happy home.

Palo Santo. A sacred wood that comes from the Palo Santo tree of South America. When burned the smoke has cleaning, medicinal and therapeutic energy.

Petrified Wood. Fossilized over thousands of years, this crystal was once a living tree. It helps to calm your fears and nerves. It fills you with security and well being.

Programming. Imprinting your crystal with a focused intention.

Rhodochrosite. Ranging in color from pale pink, deep red, yellow, orange and brown. It brings courage and shows you what you can do to love yourself more, increasing your self worth and sense of self-love. It is good for yin/yang balance. It relieves stress and emotional trauma.

Rose Quartz. The crystal of unconditional love, it opens the heart to all types of love. Love for yourself, your family, romantic love, and love of everything on Earth. Rose Quartz can help to raise your confidence, self-esteem, and balance your emotions.

Sage. This herb can be burned to produce smoke to cleanse and clean away negative energy from a crystal, person or space. Burning or smudging sage is one of the quickest ways to clear out negativity.

Selenite. An excellent stone for energy cleansing. It helps to remove negative energy and unblock stagnant energy. It brings calming energy to bring about mental clarity and peace.

Shungite. A cleansing stone is good for detoxifying the body by absorbing and eliminating any negative or health-hazardous energies. It cleanses and purifies the body, mind, and spirit. It protects against EMF and geopathic stress.

Smoky Quartz. This crystal is good for grounding, centering and stabilizing energies. It helps to overcome anger, fear, jealousy, and stress.

Sodalite. It is good for creative expression, endurance, ideas, and perceptions. It helps to strengthen your confidence, communication, inspiration, and intuition.

Tiger's Eye. A feel better stone. It is good for courage, intuition, strength, and will. It helps you to see the positive in any situation and increases feelings of optimism. It brings wealth and yin/yang balance.

Tourmalinated Quartz. This crystal is a combination of clear quartz with inclusions of black tourmaline. It deflects negative energy while also helping to unlock any energy blockages within the body.