Crystal Metaphysical Encyclopedia Quick Reference Guide



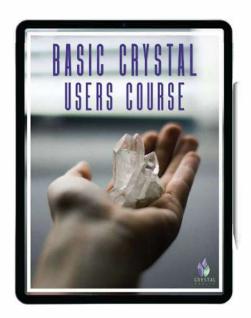




The world of crystals is fun, effective, and ever-expanding. New crystal finds are happening all over the world. Crystal healers, crystal astrologers, crystal alchemists, and crystal practitioners of every kind are constantly experimenting and teaching us new methods for finding ways to bring the magic of crystals into our everyday lives.

The first step to diving into the crystal world is choosing a crystal that matches your specific needs. The more specific you can articulate your need, the better your chance of getting the right crystal or crystals. This guide will help you quickly match specific needs with their respective crystals. There are many crystal types, and the discoveries are always growing, so this guide will provide you with the most popular.

Our Basic Crystal Users Course ebooklet contains more detailed information about choosing your crystal and much more.



AMAZONITE



Chakras: Heart and Throat Chakras

Best Uses: Soothes Emotional Trauma,
Encourages Good Luck, Attracts Abundance,
Alleviates Fears, Calms Anxiety, Promotes Clear
Communication, Dispels Negative Energy,
Overcomes Ioneliness, Protects Against
Electromagnetic Pollution, Increases SelfEsteem, and Promotes Love.

Read More About Amazonite Here

AMETHYST



Chakras: Third Eye, Crown, and Etheric Chakras
Best Uses: Protection, Sparks Creativity,
Increase Intuition, Relieves Stress, Balances
Emotions, Enhances Spiritual Awareness,
Improves Mental Clarity, Purifies the Aura,
Strengthens Psychic Abilities, Relieves
Insomnia, and Enhances Sobriety.

Read More About Amethyst Here

AQUAMARINE



Chakras: Throat Chakra

Best Uses: Inspires Truth, Promotes Trust,
Opens Communication, Provides Clarity,
Utilizes Compromise, Protects Sea Travelers,
Promotes Love, Increases Commitment,
Cleanses the Emotional Body, Brings Balance,
Grants Happiness, Encourages Intellectual
Growth, and Bestowes Courage.

Read More About Aquamarine Here

AVENTURINE



Chakras: Heart Chakra

Best Uses: Attractor of Good Luck, Increases Winning Chances, Releases Old Patterns to Promote Growth, Brings Optimism, Enhances Creativity, Amplifies Leadership Qualities, Increases Motivation, Guards Against Environmental Pollution, Encourages Love, Attracts Prosperity, and Assists with Change.

Read More About Aventurine Here

BLACK TOURMALINE



Chakras: Root Chakra

Best Uses: Protection, Grounding, Dispels Negative Energy, Promotes Confidence, Purification, Increases Vitality, Inspires Positive Attitude, Blocks EMFs, Provides Balance, Promotes Rational Thinking, and Enhances Motivation.

Read More About Black Tourmaline Here

BLOODSTONE



Chakras: Root and Heart Chakras

Best Uses: Promotes Good Health, Protection, Increases Mental Clarity, Revitalizes the Mind and Body, Stimulates Dreaming, Heightens Intuition, Increases Endurance, Provides Emotional Support, Promotes Strength, and Dispels Confusion.

Read More About Bloodstone Here

BLUE CHALCEDONY



Chakras: Throat Chakra

Best Uses: Soothes, Restores Balance, Promotes Open Communication, Opens the Mind to New Ideas, Absorbs Negative Energy, Encourages Harmony, Boosts Communication Skills, Improves Memory, and Encourages Optimism.

Read More About Blue Chalcedony Here

BLUE LACE AGATE



Chakras: Throat and Third Eye Chakra
Best Uses: Assists with Communication and
Understanding, Inspires Loyalty, Dissolves Old
Patterns, Relaxes the Mind, Relieves Stress,
Removes Blockages in your Aura, Relieves
Emotional Exhaustion, Promotes Confidence,
and Bestowes Tranquility.

Read More About Blue Lace Agate Here

CARNELIAN



Chakras: Sacral and Root Chakra
Best Uses: Promotes Motivation and
Endurance, Increases Love and Passion, Attracts
Prosperity, Inspires Success, Increases Drive,
Restores Vitality, Alleviates Jealousy, Stimulates
Creativity, and Bestowes Courage.

Read More About Carnelian Here

CELESTITE



Chakras: Throat, Third Eye, and Crown Chakras
Best Uses: Communication with Spirit Guides or
Guardian Angels, Calms Fears, Stimulates
Intuitive Abilities, Promotes Hope, Brings
Divine Energy, Stimulates Spiritual
Development, Promotes Patience, and Restores
Balance.

Read More About Celestite Here

CHRYSOCOLLA



Chakras: Throat and Heart Chakras
Best Uses: Encourages Compassion,
Strengthens Emotional Bonds, Promotes
Forgiveness, Increases Wisdom, Improves
Communication, Encourages Clarity of Thought,
Heals Heartache, Increases the Capacity of
Love, and Discharges Negative Energy.

Read More About Chrysocolla Here

CITRINE



Chakras: Solar Plexus and Sacral Chakras
Best Uses: Awakens Creativity, Encourages
New Beginnings, Attracts Wealth, Encourages
Generosity, Promotes Success, Attracts Love
and Happiness, Increases Productivity, Raises
Self-Esteem, and Improve Manifesting Skills.

Read More About Citrine Here

EMERALD



Chakras: Heart Chakra

Best Uses: Promotes Friendship, Revives Passion, Restores Confidence, Heals Heartbreak, Enhances Psychic Abilities, Attracts Love, Brings Peace and Balance, Provides Inspiration, and Calms Emotions.

Read More About Emerald Here

FLUORITE



Chakras: Third Eye and Crown Chakras
Best Uses: Expands Consciousness, Relieves
Stress, Boosts Psychic Abilities, Offers
Protection, Promotes Dreams, Clears Negative
Energy, Improves memorization and retention,
Increases Intelligence, and Aids in DecisionMaking.

Read More About Fluorite Here

GARNET



Chakras: Crown and Root Chakras
Best Uses: Stimulates Creativity, Increases
Sexuality, Provides Protection, Inspires Love,
Boosts Self-Confidence, Attracts Luck,
Increases Positivity, Encourages Success,
Energizes and Revitalizes, Brings Serenity, and
Promotes Overall Good Health.

Read More About Garnet Here

JADE



Chakras: Heart Chakra

Best Uses: Encourages Creativity, Offers Protection, Attracts Good Luck, Promotes Friendship, Inspires Love, Increases Trustworthiness, Releases Negative Thoughts, Provides Confidence, Bestowes Balance, and Increases Wisdom.

Read More About Jade Here

JASPER RED



Chakras: Root Chakra

Best Uses: Protection, Increases Endurance, Promotes Justice, Alleviates Stress, Restores Balance, Stabilizes the Aura, Promotes Love and Sexual Compatibility, Brings Strength, Maintains Balance and Emotional Stability, and Wards Off Negative Energy.

Read More About Red Jasper Here

KUNZITE



Chakras: Heart and Crown Chakras
Best Uses: Relieves Heartache, Calms
Nervousness, Offers Protection, Cleanses
Negative Energy, Promotes Self-Compassion,
Heals Emotional Issues, Inspires Love, Aids
Communication Between Romantic Partners,
and Brings Tranquility and Peace.

Read More About Kunzite Here

KYANITE



Chakras: Throat and Third Eye Chakras
Best Uses: Brings Tranquility, Inspires Loyalty,
Promotes Good Communication, Encourages
Psychic Abilities, Induces Dream Recall,
Promotes Logical Thinking, and Bestowes
Balance.

Read More About Kyanite Here

LABRADORITE



Chakras: Throat Chakra

Best Uses: Awakens Intuition and Psychic Abilities, Protection, Energizes Imagination, Returns Joy, Enhances Strength, Supports Change and Transformation, Banishes Fears and Insecurities, and Calms an Overactive Mind.

Read More About Labradorite Here

LAPIS LAZULI



Chakras: Third Eye and Throat Chakras
Best Uses: Enhancing Intellectual Ability,
Encourages Honesty, Brings Calm
Communication, Instills Inner Peace, Stimulates
the Desire for Knowledge and Truth, Attracts
Success, and Promotes Intuition.

Read More About Lapis Lazuli Here

MALACHITE



Chakras: Heart Chakra

Best Uses: Protection, Absorbs Negative Energies, Encourages Smooth Travel, Encourages Change, Supports Friendships, Promote Spiritual Growth, Aids Transformations and Change, and Opens the Heart to Love.

Read More About Malachite Here

MOONSTONE



Chakras: Crown Chakra

Best Uses: Provides Protection, Opens the Heart, Increases Fertility, Brings Happiness, Reveals Feminine Side, Encourages Sleep, Promotes Inner Clarity, Awakens Psychic Awareness, and Brings Balance and Harmony.

Read More About Moonstone Here

MOSS AGATE



Chakras: Heart Chakra

Best Uses: Increases the Overall Health of Plants, Attracts Abundance in All Forms, Promotes New Friendships, Brings Peace and Stability, Promotes Patience, and Balances Energies.

Read More About Moss Agate Here

OBSIDIAN



Chakras: Root Chakra

Best Uses: Protection, Grounding, Absorbs Negative Energies, Stimulates Growth, Clears Confusion, Dissolves Emotional Blockages, Promotes Compassion, and Inspires Truth.

Read More About Obsidian Here

ONYX



Chakras: Root Chakra

Best Uses: Provides Protection, Grounding, Stimulates Intuitive Powers, Promotes Honesty, Increases Strength, Stabilizes the Emotional Body, Banishes Grief, and Enhances Self-

Control.

Read More About Onyx Here

PERIDOT



Chakras: Heart and Solar Plexus Chakras
Best Uses: Protects the Aura, Alleviates
Emotional Burdens, Promotes Forgiveness,
Instills Confidence, Brings Good Health,
Promotes Restful Sleep, Alleviates Jealousy, and
Sharpens the Mind.

Read More About Peridot Here

PICTURE JASPER



Chakras: Root and Third Eye Chakras
Best Uses: Brings Comfort, Alleviates Fears,
Encourages Initiative, Grounding, Promotes
Connection to the Earth, and Stimulates
Creative Visualization.

Read More About Picture Jasper Here

PYRITE



Chakras: Third Eye, Sacral, and Solar Plexus

Chakra

Best Uses: Instills Action, Increases Vitality, Stimulates the Flow of Ideas, Brings Confidence and Persistence, Enhances Willpower, Encourages leadership qualities, Attracts Abundance, Increases Mental Clarity, and Inspires Creativity.

Read More About Pyrite Here

QUARTZ



Chakras: Crown Chakra

Best Uses: Amplifies Energy, Assists Manifestation, Brings Strength and Clarity, Aids Concentration, Enhances Spiritual Growth, Increases Inspiration, and Aids Emotional Stability.

Read More About Quartz Here

RHODOCHROSITE



Chakras: Heart and Solar Plexus Chakras

Best Uses: Opens the Heart, Stimulates Love,
Lifts Depression, Encourages Positive Outlook,
Improves Self Worth, Soothes Emotional Stress,
and Promotes Change.

Read More About Rhodochrosite Here

ROSE QUARTZ



Chakras: Heart and Root Chakras

Best Uses: Inspires Love and Beauty, Attracts
Romance, Promotes Bonding, Provides
Beautiful Dreams, Comforts Grief, Heals
Heartbreak, Restores Trust and Harmony, and
Soothes.

Read More About Rose Quartz Here

RUBY



Chakras: Root Chakra

Best Uses: Promotes Passion, Attracts Prosperity, Provides Protection, Increases Concentration and Motivation, Brings Self-Confidence, Increases Desire and Sexual Energy, and Encourages Spontaneity and Joy.

Read More About Ruby Here

SELENITE



Chakras: Crown Chakra

Best Uses: Clears Blocked Energy, Elevates the
Spirit, Access your Intuition, Promotes
Connection, Provides Clarity, Brings Peace,
Expands Awareness, Releases Stress,
Communicate with Angels, and Increases
Devine Feminine Energy.

Read More About Selenite Here

SMOKY QUARTZ



Chakras: Root Chakra

Best Uses: Relieves Stress and Anxiety, Provides Protection, Grounding, Lifts Depression, Detoxifies, Brings Emotional Calmness, Promotes Positive Thoughts, Stirs Action, Dispels Nightmares, and Aids

Concentration.

Read More About Smoky Quartz Here

SODALITE



Chakras: Third Eye and Throat Chakras
Best Uses: Inspires Insight, Promotes
Communication, Clears the Mind, Expands
Knowledge, Enhances Intuition, Brings Balance,
Encourages Restful Sleep, Promotes Truth, and
Enkindles Self-Acceptance.

Read More About Sodalite Here

SUNSTONE



Chakras: Root and Sacral Chakras

Best Uses: Brings Openness, Inspires Nurturing,
Restores Enjoyment of Life, Encourages
Independence, Attracts Abundance, Brings
Opportunities, Increases Vitality, Cleanses the
Aura, Encourages Optimism, and Brings Good
Fortune.

Read More About Sunstone Here

TIGER'S EYE



UNAKITE

Chakras: Third Eye, Root, Sacral, & Solar Plexus Chakras Best Uses: Brings Prosperity and Good Fortune, Enhances Sharpness, Attracts Abundance,

Enhances Sharpness, Attracts Abundance, Increases Insight and Perception, Boosts Willpower, Provides Protection, Soothes Tension, Stimulates Hope and Confidence, and Promotes Leadership.

Read More About Tiger's Eye Here



Chakras: Heart Chakra

Best Uses: Fosters Healthy Relationships, Promotes Love and Kindness, Connects with Nature, Increases Success, Encourages Psychic Vision, Balances Emotions, Facilitates Rebirthing, and Grounding.

Read More About Unakite Here

MY CRYSTALS TO WORK WITH:

Crystal Name:	Crystal Name:	Crystal Name:
SKETCH	SKETCH	SKETCH
Purpose:	Purpose:	Purpose:
	d healing from/to overcome?	re?
-		

CRYSTAL LOG SHEET

CRYSTAL NAME:

	OTHER NAMES: CLASSIFICATION: LUSTRE: DATE/LOCATION OBTAINED:
	COLOR:
LAST CLEANSED	PLANET:
	ZODIAC:
LAST CHARGED	ELEMENT:
	CHAKRA:
CARE	PHYSICAL HEALING USES:
ON WISHLIST	EMOTIONAL HEALING USES:
IN COLLECTION	
FREQUENTLY USED	
MUST USE MORE	

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