

A woman with long brown hair is sitting cross-legged, eyes closed, with her hands raised above her head in a meditative pose. She is wearing a dark blue long-sleeved shirt and has a tattoo of a snake and fruit on her left forearm. The image is overlaid with a warm orange filter. The text 'CRYSTAL INTENTIONS' is repeated three times in a serif font, with each repetition in a different color (dark brown, light brown, and white) and slightly offset. A thin vertical line is on the right side, and a thin vertical line is on the left side.

CRYSTAL INTENTIONS CRYSTAL INTENTIONS CRYSTAL INTENTIONS

a guide to understanding
stone + crystal meanings



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may your intention be amplified ten fold

arid collective taps into your soul essence to create sacred talisman jewelry and malas. our crystal divination combined with reiki offers healing for the mind, body, and spirit. we infuse an intention for healing into each creation, amplifying the crystalline properties contained within each piece. through wear, reiki infused energy can begin to heal the nodules and meridians of your energy body.

our intention is for you to digest and understand the meaning of each stone as it pertains to your healing journey. you are welcome to utilize these crystal descriptions to clarify your intention and begin to write your own on the blank card provided with your piece of jewelry.

AGATE

grounding + stability

- can help to transmute energies of overwhelm and scattered thinking
- may offer a sense of trust in the divine plan and what comes into life
- can bring acceptance toward the past and create more emotional fluidity

emotional healing

- can help to ease stress, anger, and anxiety
- bringing more fluidity and acceptance towards your emotions
- a safe release for suppressed emotions

inner peace

- coming back to the innate purity and truth within you
- create a sense of stability and grounding from within your spirit
- brings a stabilizing energy and offers a more collected, clear mind

affirmations

my perseverance allows strength and beauty into my life. i accept life as it is, even amidst the inevitable ups and downs. acceptance and strong will help to balance my being. harmony is restored within me and i open myself to the life that surrounds me. i am rooted and at home in my spirit and i take care of this vessel through creating healthy habits.

AGATE

color differences

red: grounding/security, orange: creativity/self acceptance, green: heart/presence, black: protective, brown: grounding/strength, blue: truth/communication white: purity/higher self

common forms of jasper

blue lace agate: emotional harmony, inner truth, and clear communication
bottswana agate: higher wisdom, intuition, finding inner truth
brown agate: grounding, inner stability, will power and strength
dendritic agate: creating healthy habits, stability during transformation
fire agate: inner power, strength, and vitality toward passion and purpose
green agate: heart healing, compassion, and releasement
moss agate: abundance, presence, vitality, and joy
orange agate: creativity, self acceptance, and inner joy
white agate: purity, divine connection, and intuition
flower agate: emotional stability through change, intuition
black agate: protection, grounding, and inner stability

TIBETAN AGATE

protection

- can help to guard against malevolent energies and protect from negative influence
- can create a strong connection to spirit realm and one's guides for protection
- can encourage resilience and help to center one's energy field

spiritual growth + awareness

- can connect you to higher planes of awareness and truth
- may deepen meditations and offer spiritual insight and guidance
- considered a gift from the gods, allowing you to connect with divine

healing + clearing

- can help to connect mind, body, and spirit
- can assist in balancing the emotional body, grounding and stabilizing
- offering higher perspective may help in cultivating inner peace

affirmations

i witness life from a higher plane, allowing myself to release any perspectives that do not serve my highest path and truth. i connect deeply to mind, body, and spirit, allowing myself to ground into a deep felt sense of inner peace. i choose to follow my dharma without any limitation. my path is protected.

comparable crystal energies

fire agate

AMAZONITE

authentic expression

- embracing your inner truth and communicating with clarity and conviction
- the will to align yourself and your embodiment to your absolute truth within
- increases self esteem, allowing yourself to show up fully as you are

inner peace

- finding acceptance and surrender to the things we cannot control
- helping to resolve inner conflicts through clarity and embracing peace within
- altering language and speech to reflect a higher and more peaceful reality

perspective

- allowing you to witness a greater understanding, offering acceptance + compassion
- witness other's point of view, allowing you to find patience and clear communication
- gain greater understanding of underlying internal emotions, offering release

affirmations

i embrace a water-like fluidity and flexibility to life, allowing me to find grace and love towards all that is flowing through my emotional body. there is a beauty in all things and i embrace my softness to express truth in a harmonious way. with clarity and conviction, i express my authentic nature.

AMBER

transformation

- can offer cleansing of the mind, body, and spirit, calibrating you to a new sense of self
- stabilizing during times of change and transformation
- can integrate earth wisdom and stabilization to foster resilience during growth

cleansing + healing

- a crystal of rejuvenation and cleansing, allowing you to come back to your own energy field
- can connect to ancient wisdom, allowing for a sense of clarity and great release
- may help to burn away any limitations in understanding of personal power and will

inner clarity + will

- can inspire you to listen to and take action upon your gut instinct
- may connect you to your inner power and truth, coming into a deeper knowing of the self
- harness the energy needed for expansion, growth, and change

affirmations

i embrace change as a constant part of who i am. no moment is like any other and i take this knowing in and apply it to pivotal moments in my life. i take time to connect with my innermost being, aligning my will with divine will as one. ancient wisdom is within me and i allow it to be my guide as i move through life with confidence and clarity toward my direction.

AMETHYST

healing release

- helpful for moving through and releasing grief, shadow or stagnancy
- links between the deep emotional self and the earth, allowing for purification to occur
- helps to counteract any negative energies within or around

intuition

- opens and expands the higher mind to the realms of the angelic
- naturally grounding you into spiritual thought
- accelerating the development of intuitive and psychic capability

relief + relaxation

- allowing you to witness a greater understanding, offering acceptance + compassion
- witness other's point of view, allowing you to find patience and clear communication
- gain greater understanding of underlying internal emotions, offering releasement

affirmations

healing begins within me. i tap into pure light frequency to channel a downpour of healing energy that purifies my being of stagnancy, shadow, and grief that is ready to return back to the earth now. i am refreshed and ready to start anew. i connect to clarity and direction, allowing the angelic realms to work through me and guide my way.

comparable crystal energies

charoite

AQUAMARINE

authentic expression

- can help to facilitate clear communication from a space of calm inner knowing
- embrace your inner truth and express without fear or limitations
- may deepen communication between the self and the spirit realms

higher self connection

- opens and expands the higher mind to the realms of the angelic
- naturally grounding you into spiritual thought and deepen inner knowing
- accelerating the development of intuitive and psychic capability

surrender + trust

- may dispel fear, anger, and anxiety, helping to create a deeper sense of acceptance
- encourages a sense of surrender, knowing when to relinquish the desire to control
- can facilitate more trust in the things that come into our life

affirmations

i hold a close connection to my intuitive intelligence, the angels, earth wisdom, and the mysteriously perfect unfoldment of this reality. i trust in all that unfolds for everything is happening for me. i find peace and home within me, through divine attunement to wisdom and truth.

comparable crystal energies

angelite, celestite

APATITE

manifestation + goals

- can assist in linking mind and action, helping you to attain goals through daily choices
- may help to turn thoughts into tangible results, bringing your visions into reality
- can offer the gift of true seeing, allowing you take aligned action toward your purpose

mental clarity

- declutter the mind to allow more space for witnessing the truth
- may sharpen intellect and stimulate focus
- bridging the gap between thoughts and actions

motivation + creativity

- can ignite the imagination and inspire drive toward the visions received
- may help to overcome any mental blockages that may keep you from taking aligned action
- encourages productivity and continuity in actions that align with creative vision

affirmations

i center my heart and mind on my goals, mission, or purpose. i choose to take small, daily actions that allow me to move closer toward my vision. i recognize that in truth, there are no limitations to what can be done when the heart and mind align for the greater good of all.

ADVENTURINE

creation + manifestation

- focusing your energy on your passions and getting things closer to completion
- taking right action and embodying the energies that attract your goals and desires
- determination and perseverance towards the things you were meant for

confidence

- increasing the flow of life force through the body, allowing you to feel optimal
- offers strength and self assurance to take action and make the best decisions for yourself
- knowing exactly where to apply your personal energy in your life and believe in yourself

abundance

- allowing you to hold a strong sense of your innate worth that can open doorways
- generating a stable emanation of positivity, allowing you to attract prosperity + opportunity
- encourages us to believe in a better life and put in the work to attain it

affirmations

i know my inherent value and worth and i make choices and take actions that reflect the true belief i have in myself. when goodness resides within mind and heart, opportunity and abundance will be reflected back to me. i follow the whispers of the heart. i have confidence and faith in myself.

BONE

intuition

- can create a link between the earthen body and the spiritual realms
- promotes inner clarity and divine connection, receiving messages from the angelic realms
- may create a connection to ancestral wisdom and deep inner knowing

grounding

- may help to quiet the inner dialogue to hear the earth wisdom below your feet
- can connect you to a deeper sense of presence to all you are surrounded by
- promotes a sense of deep acceptance and understanding, creating safety from within

transformation + growth

- may help to remain steadfast during times of transformation
- can offer the endurance needed to push beyond any hardship and come out stronger
- promotes a sense of deep tranquility, allowing for more proclivity to life's changes

affirmations

i walk with great spirit, relating closely to the heavens and the inner realms of spirit, while still remaining rooted, present, and grounded in these very bones.
i remember my divinity, the divinity of the others and the singularity of this reality. we are all here to grow, to feel, and to experience.

BONE

common animal bones for jewelry:

coyote: wisdom, learning lessons, growth, laughter, higher perspective

bison: grounding, spiritual power, steadfast, integrity, wisdom, inner knowing

deer: compassion, forgiveness, kindness, stabilizing, grace

BLOODSTONE

inner strength

- may revitalize the mind and body, offering itself as a crystal of strength and endurance
- supportive and calming during moments of transformation
- recognize what is within you and may allow you to rise up and connect to the divine

heart centered presence

- can remind you to ground into the heart and into the present moment
- take in life with a sense of gratitude and reverence
- may help to return back to unconditional love and connection with others

emotional cleansing

- may be supportive during heightened emotions such as stress and anxiety
- great to help cleanse and realign the lower chakras with the heart
- can offer the guidance to withdraw or confront situations wherever needed

affirmations

i choose to be strong and courageous no matter what gets thrown my way. my heart is resilient and filled with love. i choose to be present with all that is, without judgement, fear, or doubt. i am emotionally supported and know how to tend to my heart best.

CALCITE

emotional healing

- can soothe and dispel feelings of anger and fear, encouraging space to ground and get clear
- may offer insight on emotions and provide clarity and gentle release
- promotes energies of peace and contentment

perspective + peace

- can help to reduce stress and offer a deeper connection with earth energy
- may help bolster a deeper connection with higher power and inner knowing
- a great crystal for mental clarity and meditation to heighten a peaceful state of awareness

energy + joy

- promotes a general appreciation of all life and all events within it
- can offer an uplifting energy, keeping spirits high through any storm
- may create a sense of wholeness and fulfillment from within the spirit

affirmations

i am connected to higher realms. i can tap into these higher states to find calm and ease. i find perspective, space, and knowing. there is joy in life and i choose to dance in it. i am strong, clear minded, and aware. life is what i choose to make of it.

color differences

green: heart/healing, yellow: joy/vitality, blue: calm/communication

CARNELIAN

creativity + vitality

- it may encourage us to harness our creative energy and apply it toward our passions
- can ignite a state of vibrancy, aliveness and inspiration
- may help to develop a deep appreciation and zest toward life and your ambitions

deep cleansing

- may help to bring the energy field back to oneself, retrieving lost parts of the self
- can inspire a return to the fullness of the self, detoxing any unwanted energies
- can guard the energy body from anger, envy, abuse, and manipulation

inner trust + authority

- can help us to move through fear and take action in ways that can catalyze growth
- may clear confusion and make decision making feel easier, connecting to inner authority
- inspires healthy habits that allow us to feel more clear, confident, and excited

affirmations

i breathe power back into my being. i bring back and clear the body as needed.
with a clear channel, i embrace the nature of the self. i am full of life force, and
i am nourished by my own creative, vibrant energy. i am ready to follow the
pursuit of passion and inspiration.

CHRYSOPHRASE

emotional + heart connection

- encourages the soft opening of the heart, finding acceptance towards ones' emotions
- supports you by bringing inner strength, resilience, and balance to the heart
- cleansing the past, unlocking new depths of the heart rooted in universal love

determination

- providing stamina and determination to follow the things that bring you great joy
- offering newfound focus to go after your heart's path
- allowing you to uncover and discover the true meaning of happiness through hard work

optimism + joy

- always reminding you of the bright side of every situation
- supporting the nervous system, allowing you to feel safe in the arms of true hope
- helps to calm intense emotions, transforming them back into more positive ones

affirmations

i choose to embrace the power of the heart for it is strong and full of compassion. i lead with loving surrender, allowing life to move through me and with me. i live in the present moment for that is all there truly is. nothing is separate from the self. i find loving acceptance towards all things.

CITRINE

positivity + joy

- radiates an essence of warmth and positive energy
- encourages an optimistic and sunny attitude no matter what
- may inspire you to live in a state joy, appreciating all that surrounds you

confidence + personal power

- promotes clear thinking and good decision making
- energizes solar plexus, boosting self esteem and confidence
- inspiring you to apply your energy in ways that offer the most joy

abundance

- can help to dispel negative energy, thus attracting more positive energies
- may attract wealth, success and good fortune
- a crystal of magnetism, allowing you to attract the things that resonate with higher self

affirmations

i am full of life, imagination, and power to create the beauty i wish to see in the world. my will and divine will are one. i transmute the energies around me, willing them to resonate with a more positive frequency and i am willing to step into a new way of being when it's time,

COCONUT

divine purity

- representing the human transformation from living in ego to remembering spirit
- water/oil is believed to ward off negativity and offer a cleansing effect
- can harness a deeper connection to your angels and guides

strength + resilience

- can offer a sense of inspiration for when life feels dull or difficult
- may inspire strength within spirit, to be able to move forward and be more present
- can help to create more emotional stability and proclivity

vitality + joy

- coconut is a source of vital life force, and can offer more energetic charge on the daily
- may help to cultivate a stable and optimistic attitude
- can offer the energy needed to work toward the things that bring you joy and purpose

affirmations

i am a wealth of joy, vitality, and strength. i give my gratitude each day, recognizing the sheer beauty that is woven into the mundane, i embrace a youthful vigor, allowing myself to go where i am organically inspired. my inner child is the light within, taking me back to a state of wholeness and joy.

EMERALD

wisdom + clarity

- can help to clear the mind and enhance memory and intuition
- may reveal hidden truths and create more introspection and understanding
- psychic sensitivity and subtle energy awareness may be amplified

heart renewal

- excellent to revitalize a sense of passion and love in your life
- embrace kindness towards the self and encourage growth and learning
- can open the heart up to unconditional love and deeper harmony in connections

balance + harmony

- can promote balance and restore a sense of optimism
- may help to ignite energies of hope and encouragement
- reminds us to be gentle and slow with the self, tending to emotional needs

affirmations

my heart and mind are one, working together with ease, clarity, and grace. the love in my heart is eternal and unconditional towards all things. i focus my energy to my heart and my passions. i find dharma within and i embrace the things that offer more harmony and peace into my life. i am strong, confident, and stable from within.

FLOURITE

heart healing

- great for neutralizing negative energies and soothing stress and tension
- can clear any mental fog, allowing you to connect more with your heart space
- may offer a cleansing energy to the heart, allowing for gentle release and inner peace

mental clarity

- can help to bring thoughts and ideas into more clarity and fruition
- may bridge the heart and mind together, allowing them to work in greater harmony
- can show the mind where it can step back and allow the heart to lead the way

intuition

- connecting you to the realms of higher power and guidance
- may offer clarity and introspection to bring a greater perspective and inner knowing
- can help you to trust in your intuition, awakening a sense of heightened awareness

affirmations

my mind and heart work together as one. i know when to heed the call of the heart over any fear, doubt, or self limiting beliefs. i know when to step away and clear my mind. i allow my intuitive center to open to receive any messages and guidance, offering both clarity and direction.

FOSSIL CORRAL

ancestral wisdom

- can amplify connection to earthen and ancestral wisdom from within
- connects you to your roots and your sense of inner knowing
- can open a bridge to higher realms and the earthen imprints of ancient knowledge

grounding + inner peace

- can help to calm emotional responses during times of hardship and inner turmoil
- can foster a greater connection to your body and the earth, allowing for greater presence
- may bolster a sense of security and safety from within the self

transformation

- may promote emotional resilience during times of change, allowing you to stay constant
- can offer a sense of courage and inner stability when it is time to move forward
- a reminder that all things are always changing, inspiring us to become more malleable

affirmations

the wisdom of my inner being comes through to remind me of the home i innately reside within. i tap into my very core to find the wealth and wisdom of my ancestors pulsing through my own blood. i am calm. the silence that exists within me is strong and i tap into this space with ease through any change.

GARNET

passion + vitality

- may inspire you to take action in ways that make you feel most alive
- chasing your dreams and inspirations
- can allow you to feel more full in all that you apply your energy towards

grounding

- may bring self confidence and self control, especially when embarking on new journeys
- can help to ignite a sense of security and safety from within
- a sense of home always exists within your core

innerstanding

- can create a stronger bond to your inner self and who you truly are at your core
- allows you to understand more of what you are wanting to get out of life and become
- may inspire you to orient your life force toward the things that matter most to you

affirmations

i activate myself in ways that alleviate stagnancy and bring a more fulfilled and alive sense of self. i am confident in who i am and ready to step forward in all my power. i breathe vitality into my being, knowing i am free to bring pleasure into all aspects of my life.

IOLITE

mental clarity

- can help to declutter the mind, allowing you to focus your attention on what matters
- may strengthen the resolve to take on responsibility and follow through
- can bring order in small and practical ways

creative expression

- may activate creative and visionary aspects of the mind
- supportive in multi dimensional work, inner vision, healing, and clarity
- can inspire expression of the true self, free from expectations or opinions of others

spiritual vision + intuition

- may provide us the vision to move both physically and spiritually
- can bridge and reveal the realms beyond the waking world while protecting the body
- protective during out of body journeys, dream work, and medicine work

affirmations

i bring order and harmony to the mind, body, and spirit. i tend to my spirit just as i tend to the physical plane. i connect to my intuition to bring clarity to the subconscious aspects of myself, my dreams, and visions, as well as the world around me. i am protected and guided by higher power.

JADE

blessings + prosperity

- jade is said to bless whatever it touches, symbolic of fortunes, abundance, and success
- offers a sense of reward and fulfillment through living from the heart
- said to be a crystal of longevity and eternal youth, offering blessings to the wearer

follow your heart

- can help to push beyond self limiting belief systems and know your true potential
- allows in the knowing that when you follow the heart, the reward is both true and great
- may attune you to living in loving presence within the heart space

vulnerability + trust

- may ignite a fearlessness that allows one to boldly and bravely follow the heart's calling
- inspires one to speak and act with truth, wearing your heart on your sleeve
- connects you to the heart's inner wisdom and teaching you to trust in what you feel

affirmations

i know the miraculous realm; the space in heart and will that allows the infinite to become manifest. i am ready now to allow my heart and will to align with that of the divine. i am here to lead a more positively oriented and fulfilling life through embracing the very beauty that lies at the palm of my hand.

JASPER

grounding + nurturing

- may help you to feel more present and at one with nature and the reality that surrounds
- can stabilize your emotions and offer a sense of wholeness from within
- comforting and stabilizing during moments of stress or chaos

protection

- believed to protect against energetic pollution in the physical and spiritual bodies
- can help to ground you into your own essence, clearing away any imprints from others
- may dispel negativity and promote inner healing

strength

- may promote self discipline, allowing you to work towards the things that motivate you
- supporting change and growth and may help to create healthy habits
- can promote tranquility, balance, and unity

affirmations

my perseverance allows strength and beauty into my life. i accept life as it is, even amidst the inevitable ups and downs. acceptance and strong will help to balance my being. harmony is restored within me and i open myself to the life that surrounds me. i am rooted and at home in my spirit and i take care of this vessel through creating healthy habits.

JASPER

color differences

red: grounding/security, yellow: will/strength, green: heart/presence, purple: higher self connection, black: protective/grounding, white: purity/higher self

common forms of jasper

bumble bee jasper: strength, will power, and joy

dalmation jasper: higher self connection and grounding

fossil jasper: ancestral wisdom and inner knowing

kambaba jasper: deep heart healing for grief and pain

mookaite: eternal youth and inner child healing

picasso jasper: heart centered and grounding

picture jasper: intuition and earth connection

purple marble jasper: higher self connection and grounding

red jasper: earth wisdom, trust, and grounding

white jasper: divine will, trust, and intuition

wood jasper: grounding and inner peace

zebra jasper: protection, grounding, and inner strength

RYANITE

inner peace

- encourages you to find your own inner truth through self acceptance
- may foster deeper understanding of the self and the world around you
- can support the dissolution of stress and mental clutter, allowing you to fully relax

harmony

- can encourage and facilitate peaceful communication
- may help to bridge gaps between two parties with different belief systems
- can help to create mutual understanding and greater harmony in relationships

energetic alignment

- can stimulate all chakras and help to restore balance and harmony to energetic meridians
- can enhance communication and subtle energy awareness
- may ground your energy to the root chakra, allowing you to feel more stable and secure

affirmations

i go within to cleanse and clear any stagnancy from the energetic and emotional bodies. balance and harmony exist within me and i tap into this space with ease. my truth is apparent, and i am able to express and embody my living altar of truth. i am at peace with myself and the world around me.

color differences

black: stability/protection, blue: truth/communication, green: love/truth

LABRADORITE

intuition + awareness

- can bolster psychic connection and awareness, allowing you to see the subtle realms
- great for introspection, gaining inner clarity on anything that has been hidden
- can strengthen natural and subtle listening abilities

protection

- strengthens the spirit and physical body and protecting your field through this link
- may create a protective force around the auric field
- can deepen your connection to angels, guides, ancestors and any other protector beings

mental clarity + peace

- may assist in calming an over-active mind and step more into the observer
- can facilitate new ideas, inspiration, and visions
- a deeper connection with the angelic realms can offer higher perspective and peace

affirmations

i attune to the seen and the unseen. i seek and open myself fully to receive universal knowledge now. my intuition is powerful and i trust in what i feel and know as it is a part of the divine protection i carry. synchronicity is abound and i witness the creator in all things.

LAPIS LAZULI

wisdom + truth

- can activate the higher mind and stimulate greater intellectual ability
- may help to strip away any illusions and re-orient you to speak your inner most truth
- a crystal of introspection, it can bring clarity and offer higher perspective and knowing

spiritual power

- can activate intuition and inner power
- facilitates a strong connection to higher realms and expanded consciousness
- can help to clear the mind, protect the spirit, and aid in the meditative state

protection

- can help to protect the spirit body in the astrals, especially during dream states
- can ward off negative energies and malevolent thoughts from others
- may help to cultivate and preserve an internal state of inner peace

affirmations

i recognize the sheer power of spirit. i recognize all as spirit, witnessing this experience from a bird's eye view. i go within the self to discern truth. i am intuitive and choose to listen to the clear messages i receive. i speak and express myself from this centered, higher plane of awareness. i am pure consciousness.

LARIMAR

serenity + peace

- may offer a soothing and peaceful energy, helping to reduce stress and anxiety
- can help us to relinquish control and allow life to move more naturally
- may assist in clearing the mind, allowing for truth to surface

emotional healing

- can help to clear the emotional body, allowing space for one to cope and heal
- may ignite a sense of emotional stability through fluidity and sentience
- offers a feeling of deep acceptance towards the past and any old emotions within the body

clarity + self expression

- can offer clarity in mind, body, and spirit to ignite a sense of innerstanding
- inspires you to speak from a space of calm, clear conviction
- orienting you to truth and may inspire you to act and express yourself from authenticity

affirmations

i relinquish control from any areas in my life that do not allow my grip. i find peace and acceptance with all that is alive in my world. i am emotionally fluid, embracing my intuitive and emotional bodies with great love. i express myself from a space of peace, truth, and clarity.

LEPIDOLITE

calming

- can be supportive during moments of great change and during heightened anxiety
- can offer a sense of ease and trust in the great unknown
- may help to clear the mind from over-thinking or over-analysis

divine connection

- strengthens the spirit and physical body link, allowing you to walk with inner knowing
- may open the crown to receive divine guidance, insights, and clarity
- allows you to see the higher perspective of all things coming into your field

emotional stability

- may assist in clearing the mind from dark thoughts, anxiety, and depressive states
- can help to temper mood swings and emotional outbursts
- can offer a level of trust in all life brings, allowing you to relax into the process more

affirmations

i trust in what is meant for me, always remembering the grace and love of the divine in this universe. i release any fear of the future and release over-reflection of the past. i find peace within and with this moment. i am intuitive and open myself to receive guidance, messages, and clarity now.

MALACHITE

heart healing

- can help to clear pent up emotions and heart pain, clearing any blockages from within
- may purify the heart from the past and any unhelpful perspectives still dwelling within
- illumination of hidden truths within the self may be uncovered

protection

- can help to clear any negative influences on the heart and any programming around love
- may assist in the transmutation of electromagnetic pollution and radiation
- might inspire the preservation and autonomy of the heart space

courage + introspection

- can promote inner strength, encourage follow through, and endurance
- may ignite a greater sense of self confidence and inner trust
- personal growth and spiritual development may feel amplified by this crystal

affirmations

my heart is my strength. i go within the depths of my heart to clear any resistance or tension from past pain. i move forward with a steadfast heart, choosing loving discernment in all actions i take. i consider the betterment of all beings before taking action.

MOONSTONE

emotional stability

- supports inner growth and emotional intelligence, rooting to one's inner truth
- can help to soothe overwhelm and stabilize erratic emotional states
- harmonizing the mind, body, and spirit

intuition

- may assist in accessing the subconscious mind and heighten intuitive abilities
- clears the mind and connects you to your innate, inner knowing
- can aid in the facilitation of dream work and psychic vision

inner peace

- can foster spiritual development and connection to higher power, deepening trust
- stimulates a sense of inner confidence and clarity
- may bring composure and inner calm to any situations or chaos that may arise

affirmations

i bring harmony and balance into my life by trusting in and acting upon my intuitive insights. my emotions inform me and bring perspective. like water, i lean into the depths of my being. i trust in the beauty of the unfoldment of the universe. harmony is within me.

MORGANITE

forgiveness

- can help to release any grief and pain that has been held on to for too long
- may cleanse the heart of any old traumas and inspire a change in your story of others
- can offer a sense of lightness, proclivity, and inner peace within the heart.

divine love

- can connect you to the angelic realms, calling on higher perspective and acceptance
- may attract more energies of unconditional love to be reflected into your life
- promotes equality, shared compassion, and harmony within relationships

inner peace + joy

- may help to develop a sense of sweetness and innocence within your heart
- promotes a greater sense of joy and satisfaction towards your surroundings
- can assist in calming anxiety and stress

affirmations

i am connected to my angels and i open myself to receive guidance and clarity from the heavens. i am intuitive and in tune with my heart, paying attention to and tending to the subtleties within. i choose to find loving acceptance towards myself and others.

OBSIDIAN

transformation

- can be a grounding and stabilizing force during moments of transformation and change
- assists in the personal growth process by unveiling any aspects that may be holding you back
- creates a safe space for catharsis, allowing the body to release and move forward

protection

- can create a grounding cord to connect you to earth energy
- may help to clear any psychic debris and protect the auric field from harmful thoughts
- promotes the transformation and detoxification of any energetic impurities

truth

- can help to dissolve any belief systems that do not serve growth
- may transform or bring any hidden or unresolved issues to light
- promotes a solid foundation to continue to follow the direction of truth

affirmations

i recognize the power of my being-ness. i activate the power to protect myself and bathe my energy body in the high vibration of golden light. my purpose in this life is protected and i put my energy fully onto this path now. may i be protected of any energies that do not harmonize.

comparable crystal energies

onyx

OPAL

intuition + higher power

- can foster a deeper relationship with the angelic and higher planes of awareness
- promotes the recognition of how all things are interconnected
- may help to bolster a sense of trust in the divine power of the universe

divine will

- can link the intuition with divine will, encouraging action from intuitive knowing
- promotes a sense of humility and humbleness that allows for divine light to show the way
- ignites a sense of inspiration and passion towards your dharmic path

optimism + joy

- encourages a greater sense of joy and satisfaction in life
- may help to transform the mind into more positively oriented thoughts
- can help to bolster confidence within the self to move forward with inspiration

affirmations

i tap into and attune to the angelic and higher realms to recognize the interconnectedness of all things. i witness life from a higher perspective, understanding that god is within all things. i know and allow my intuition to be my guide, bringing positive transformations as my experiences turn to wisdom. i choose an optimistic and joyous view, aligning my will with my inner joy.

OPALITE

intuition

- may heighten the dream state, creating more meaningful and vivid dreams
- promotes spiritual growth and awareness, allowing you to gain higher perspective
- can foster a deeper sense of trust in your inner guidance and intuition

inner peace + calm

- can help to reduce stress and anxiety
- promotes more emotional balance and harmony, grounding during mood swings
- may clarify and bring to light any feelings that may be under the surface

communication

- can offer a sense of inner clarity, allowing you to speak from a this space
- may assist in expressing thoughts, feelings, and ideas more clearly
- can enhance spiritual communication, opening a path to higher self to receive messages

affirmations

i connect to my higher self. i call upon innate wisdom from higher source to download into my being now. i am balanced in my energy. i feel the steady pace of my heart and know that i simply am as i am, there is nothing else i need to be. i speak and express myself in fullness and clarity now.

PERIDOT

growth + renewal

- may support fresh starts and life changes by offering a sense of vitality and optimism
- can offer emotional healing, allowing for one to feel refreshed and lighter
- a crystal of healing and clarity, offering releasement and a sense of new life

heart healing

- may assist in resolving matters of the heart such as old pain and grief
- can transmute anger, resentment, spite, and jealousy
- promotes a greater sense of understanding and compassion toward the self and others

will power + vitality

- encourages a curiosity to life, allowing for more vigor and tenacity to arise
- promotes a positive attitude and sense of optimism toward what is now and ahead of you
- can bolster a sense of gratitude and inspiration toward heart centered action

affirmations

i believe in myself. i am worthy of a life i love to live. i walk the path of the heart, going where i am called most, and what sparks the most joy in me. it is within, i find my gifts and my dharma. i am here to grow and i open my mind to infinite possibility and awareness. i welcome all with a true heart.

PIETERSITE

will power

- can inspire a deep sense of knowing of one's life purpose, or dharma
- may ignite a fire within the solar plexus, encouraging you to take action
- promotes resolve and bolsters will power and inner strength

cleansing + clearing

- can help to discharge negative energies and influences from the energy field
- promotes more ease during moments of emotional turmoil or major life transitions
- may assist in cleansing the auric field, returning your energy back to inner knowing

intuition

- creates a bridge between divine knowingness and divine beingness
- can ground the energy centers to the realms of the etheric, gaining wisdom and insight
- may offer the ability to focus on ones' life purpose with clarity and angelic guidance

affirmations

there is a fire within me that never dies. i came into this life for a greater purpose and i receive clarity on the ways that i can show up and serve the betterment of the whole. i listen to my gut knowing and pay attention to my emotional and subtle body responses to be my guide. my path is deeply protected. thank you!

PREHNITE

intuition

- may enhance psychic abilities and precognition
- creates a strong spiritual connection, offering clarity and guidance with ease
- clearing the head space to allow for more open receptors to receive messages

mind + heart connection

- can establish a connection between the mind's reason and the heart's inner knowing
- may inspire alignment between passions and goals, allowing you to grow
- promotes a healthy relationship between discernment and inexplicable knowing

inner peace

- might assist in clearing the head space, opening you up to more peace and calm
- promotes resolve towards any phobias, anxieties, or fears
- ignites a tranquil and peaceful state from within, an ally for meditation

affirmations

i choose now to lead with my heart first, honoring my intuitive knowing and utilizing this power in all aspects of my life. in walking the way of the heart, i remain both humble and steadfast. i trust that the way is already prepared for me without any limitations. i clear my heart and mind fully now.

PYRITE

inner power

- can ignite a powerful sense of confidence, allowing you to boldly follow your passions
- allows you to preserve your vital energies and autonomy
- promotes a limitless and abundant mindset around your goals

divine will

- promotes the gentle releasement of any fear or limitation that may inhibit your will
- can connect you to a greater sense of dharmically oriented will power and purpose
- may help to bolster the energy needed to begin to walk along your soul's path

protection

- can help to cleanse any impurities within the auric field
- promotes the transformation and detoxification of any harmful energetic imprints
- may assist in clearing the pathways to abundance and success

affirmations

i am powerful. i know my inherent worth. i am received and receiving all positive energies that revitalize my being. i am healthful, vibrant, prosperous, and abundant. may the path to heart fulfilling success become most clear and protected now.

CLEAR QUARTZ

amplifier

- can amplify any other crystals that it may be combined with
- great for intention work, offering your words and energy to be amplified by the crystal
- may enhance manifestations, meditations, and energy work

healing

- can amplify the intention of healing into the body
- promotes mental clarity and clarity within the energy field
- may help to work through mental and emotional blockages

spiritual power

- can aid in the connection to the crown and soul star chakras, connecting you to the divine
- may create a clear bridge between the rational mind and intuitive ability

affirmations

i am a mindful being. i take time each day to get clear and set an intention.
with the intention set, i become magnetic to the exact frequency i speak. i am
slow and diligent with each word i sew, weaving a beautiful fabric of
magnetism. i am open to life and the gift of grace.

ROSE QUARTZ

compassion + forgiveness

- promotes a more compassionate mind and heart, allowing you to release the past
- may bring forgiveness so that you may move forward with grace
- can assist in allowing you to understand others more

unconditional love

- can shift you into a higher perspective, allowing you to witness all with more love
- may inspire you to be more kind, slow, and gentle with yourself
- promotes a deep felt sense of unconditional love towards all beings and things

gentle release

- great for processing pain and grief within the depths of the heart
- inspires you to take space for self care, tending to those more difficult emotions
- may create a sense of inner safety and self love, allowing you to be more open and present

affirmations

i am loving compassion. i open my heart to embrace this embodiment now. i am living with love in my heart every day. i love who i am and who i am becoming. like a rose, my heart blooms with compassion and forgiveness. i know when it's best to stay open hearted.

comparable crystal energies

hematoid quartz

RUTILATED QUARTZ

de-patterning

- great for breaking up old ways of being or habits that are no longer serving your growth
- can inspire healthy change by breaking routine or instinctual responses
- may help to break up dense thought forms, inspiring more mental clarity and peace

vitality + joy

- can create an extra level of energy and momentum towards your goals or life purpose
- may inspire you to surround yourself with more things that bring joy and meaning
- promotes a genuine excitement toward life and where you are headed

spiritual connection

- can offer a sense of clarity and greater perspective
- may bring insight and illumination toward any hidden aspects in your life
- holds the energy potential of awakening, epiphany, and higher spiritual attunement

affirmations

i tap into the wealth of wisdom and inner knowing i innately carry within to gain clarity on any polarizing or conflicting aspects moving through my field. i tap into the energy of epiphany, breakthrough, and spiritual attunement to higher frequencies.

SMOKY QUARTZ

transmutation + alchemy

- naturally transmutes toxins in it's environment, it can offer the same to the spirit
- can aid in introspection, allowing you to illuminate anything hidden under the surface
- aids in the mental process, allowing you to see the beauty of both light and dark

optimism + joy

- can help to transmute more difficult experiences, allowing you to release them
- may help to establish a deeply grounded sense of hope and inner joy
- may ignite the knowing that all experiences in life are truly a blessing

grounding + protection

- can help to emotionally stabilize the inner self
- may help to protect the energy body as well as the physical body
- promotes a sense of inner security and grounding from within the spirit

affirmations

i am alchemical. i witness my ability to turn 'bad' into blessings. i am completely supported by the universe as i am here to grow each day, through my alchemical embrace of the darkness. i am clearing myself and becoming more aware of the light.

RHODOCHROSITE

inner child

- promotes more inner child play, nourishing the joy within you
- can help to heal any old parts of the self coming from the wounded child
- may assist in feeling a lightness and joy within the heart, encourages laughter

forgiveness

- great for introspection, allowing you to find forgiveness toward the past
- encourages compassion within the heart, allowing you to let go of spite or resentment
- can offer gentle releasement of deeply felt emotional states, uplifting the heart and spirit

divine love

- can promote a sense of unconditional love towards the self and others
- creates a strong sense of discernment to create healthier boundaries
- may assist in balancing the ways you choose to love yourself and others

affirmations

i embrace the pure and clear heart of my inner child. i open myself to more love within myself, allowing for that love to be reflected outward, creating more loving expansion in my life. i choose forgiveness toward myself and others, yet not without discernment. i am the embodiment of divine love.

comparable crystal energies

rhodonite

RHYOLITE

loving presence

- can inspire you to live more in the present moment
- may ignite a sense of deep gratitude within the heart, embracing all that surrounds you
- promotes a connection to mother earth energy and divine love

following the heart

- can bolster a sense of self worth, clearing self doubt, and embracing your inner truth
- inspires one to live within their own heart's rhythms, trusting in your direction
- may assist in healing any past wounds or beliefs that may be withholding your growth

grounding

- can help to adapt to change and major life transitions
- encourages an inner stability, allowing you to open up to life with more curiosity
- may assist in widening one's perspective while remaining rooted in this reality

affirmations

i am here now. there is truly no other moment but now. so, i release the idea of the mind in trade for the presence of the heart. i find peace, acceptance, and appreciation in the wonderment and mystery of this reality. i breathe into the soft embrace of the love that exists now, always.

SERPENTINE

heart renewal

- may ignite an internal state of rebirth, offering a sense of renewal within heart
- can offer a sense of self acceptance and the ability to move forward
- promotes the clearing of emotional blockages and old wounds that are inhibiting growth

transformation

- can help to embrace change and deep inner healing within the heart
- a crystal of growth, emotionally and spiritually purifying
- may stimulate kundalini energy within the body, awakening your powerful life force

balance + clarity

- can transform old ways of being, bringing you back into harmony with your higher self
- may offer insight, guidance, and clarity, allowing for a greater sense of life direction
- promotes earth and celestial connection, offering more harmony within the body

affirmations

i follow my heart in everything i choose. i allow the heart to open, moving through any past experiences and blockages that were once carried. my heart is lighter now and i am open to allowing love and loving discernment to lead my life. there is balance and harmony within me and i am whole once more.

SODALITE

truth + authenticity

- inspires you to express yourself from a space of inner truth
- can allow for vulnerability and rawness in the way you speak to your emotions
- may offer the strength to communicate boundaries or have difficult conversations

mental clarity

- can help to clear the mind of any mental clutter or unnecessary thoughts
- may increase mental focus, allowing you to concentrate your energy on your tasks
- promotes rational thinking and problem solving skills

intuition

- may heighten the connection between higher self and the physical self
- can help to clear the mind, opening you to receive any guidance and clarity
- promotes inner peace, higher perspective, and a trust in the divine plan

affirmations

i speak with loving intelligence. my words are a droplet of source, allowing me to be seen, heard, and understood by others. my mind is clear and attuned to truth. i trust in my intuition and express my truth to others in a calm, centered way.

SUNSTONE

vital energy

- reflecting the quality of light, bringing warmth, vigor, and willingness to expand
- becoming your own self nurturing source
- increasing vitality, allowing you to feel alive, enthusiastic and optimistic

personal power

- provides a source of inner strength and self reliance
- cultivating a harmonious connection to the inner self and the emotional body
- clearing any areas in your field where energy loss may be occurring

originality + authenticity

- a creative crystal, inspiring you to express yourself fully and freely
- allowing you to highlight and showcase your unique talents to share with the world
- encouraging authenticity, naturally attracting prosperity

affirmations

i breathe excitement, passion, creativity, and joy back into my being. i call upon the sun to receive its endless life giving energy now. life is for living and i choose to go where joy is sparked. i utilize and harness of the power of positivity, stopping to bring gratitude into all that i do.

TIGERS EYE

courage + strength

- offering you the strength to take action toward your goals with calm inner knowing
- courage to take risks that bring a greater sense of fulfillment to your life
- helping you to stay grounded and centered, even through any storm

confidence

- bringing in the inner power to push through any obstacles that may be in the way
- belief in yourself, your capabilities, and worthiness
- transforming fear, uncertainty, and hesitation into clarity, confidence, and inner power

protection

- feeling centered and grounded, you attract the positive outcomes you are now ready for
- offering a shield of protection from any harmful energies or reflections
- supports the body's recovery of vital energy and life force

affirmations

i am strong and courageous when faced with adversity. i remain still, a warrior from within: vigilant and discerning. i am confident and clear, able to make decisions from a place of full inner knowing. my direction is clear and i follow my gut instincts even in times of perceived blindness.

TOURMALINE

cleansing + clearing

- can help to remove blockages in both the physical and spiritual realms
- holds a nurturing energy, allowing you to gently release and heal emotions
- may help to cleanse and purify the aura and the environment around you

grounding

- may offer a sense of inner stability during moments of turmoil or transition
- can help to align chakras and create a direct link to mother earth energy
- promotes a deep emotional healing while feeling rooted within the self

spiritual growth

- can enhance a greater sense of awareness, witness the divine in all things
- may foster a deeper connection to the spirit body
- promotes trust in the universe as well as trust within the self

affirmations

with each breath, i am cleansing and clearing any densities or stagnancies within my being. i allow my being to be nurtured by the present moment and embrace a mindset of abundance and expansion. i am connected to all just as it is connected to me. it witness truth through greater perspective.

color differences

black: stability/protection , watermelon: love/truth, green: abundance/vitality, pink: compassion/love

TURQUOISE

spiritual connection

- may help to bridge the mind and intuition into the realms of spiritual guidance
- promotes a connection to your inner wisdom and trusting in what you already know
- uniting the physical and spiritual realms, creating more ease in intuitive access

truth + communication

- may bolster a sense of inner truth, allowing you to communicate your truth with clarity
- a crystal of self expression, embracing your truth without self doubt
- can encourage creative or deep thoughts

emotional healing

- can offer inner clarity, allowing for gentle releasement of any untruths residing within
- may help in healing depleted emotional states, revitalizing the energy body
- promotes emotional balance and serenity

affirmations

peace lives within me and i tap into this space with ease. i search for the truth that lies within me and i choose to openly express myself from this place. i tap into wisdom, knowing, and understanding, bringing closure, peace and greater perspective. i free myself from within.

comparable crystal energies

chrysacolla, azurite

UNAKITE

emotional healing

- can help to release the past, letting go of any old pains that no longer serve
- encourages self love, forgiveness, and compassion toward the self and others
- helps to open the mind and heart, allowing space to process emotions

presence

- may inspire a sense of deep presence, living in the now with gratitude
- can help to ground you, bringing you from head to heart
- promotes the embrace of each little moment, allowing you to let go of any expectation

unconditional love

- has a strong nurturing energy, making it great for mothers and nurturing archetypes
- creates a sense of presence, understanding and compassion
- can offer a gentle and supportive, loving energy during difficult times

affirmations

i allow my heart to just be as it is, embracing whatever emotion arises without guilt or judgement. i choose to live in the now. i connect with a deep felt sense of gratitude within my heart. i am loving acceptance and i allow myself to come to peace with all that has past through my life previously.

PETRIFIED WOOD

grounding + calming

- connecting you to mother earth, it can aid in stabilizing the emotional body
- can offer a greater sense of inner peace, trust, and knowing of the divine plan
- may vanquish inner doubt, fear, or stress

ancestral wisdom

- creates a deep bond with mother earth, connecting you with your ancestors
- promotes the deep listening to the self, seeking hidden meanings and greater clarity
- taps you into your intuitive compass and internal guidance

transformation

- may act a stabilizing and calming force during moments of hardship, change, or transition
- can inspire introspection, allowing for greater inner clarity and releasement
- inspires you to make changes in daily life that reflect your highest wisdom and knowing

affirmations

i am connected to the wisdom of my ancestors and i embrace sureness in my actions, knowing that a divine power is connected to my internal instincts and will power. i am grounded from within my spirit, allowing life to come as it must. within me, there is a force of deep peace.