

Basics of Crystals



Welcome to the World of Crystals

Crystals...

can bring energy that can aid you in your workings, power you up when you need it, help ground you and keep your mind and emotions balanced. Crystals can also be charged with additional energies as needed.

Cleanse Your Crystals Before You Begin To Use Them

One of the easiest ways to cleanse crystals is to place them in a dish of sea salt. Certain crystals can be cleansed by placing them in a shallow dish of water - but be sure you know which crystals can be placed in water. You can also smudge crystals by passing them through the smoke of whatever herbs you use for smudging: sage, dragonsblood, palo santo.



What Crystals Should You Start With

I'll leave it to you to find the stones that best resonate with you. There is still some element of witchcraft that will require you to do your own research and work. For now - these are the ones I lean on most often and a list of the qualities I find in each.

I've noted my favorites with *

Stone/Crystal	Qualities
Amethyst *	Heal Addiction, Happiness, Stimulate Psychic Energies
Bloodstone	Wealth, Self-Confidence, Victory in Business Disputes or Legal Affairs
Blue Lace Agate	Truth Serum, Soothe Overactive Mind, Calm Nerves, Release Stress
Citrine	Increase Psychic Powers, Protection, Powerful Sexual Energizer, Brings Sweet Dreams
Garnet	Strengthen, Energize, Healing, Protection, Melt Stony Hearts, Bring Compassion, Balance Mind & Emotion, Love, Passion
Hematite	Calms, Helps Cure Insomnia, Increase Physical Strength, Intensify Intuitive Powers
<u>Howlite</u> *	Emotional Healing, Calm, Ease Unnecessary Weight Off Your Shoulders, Rise In Level of Confidence, Cool Fiery Tempers, Harness & Channel Energy Toward Healing
Iolite *	Helps With Disorientation, Grounding, Helps With Hard Journeys, Independence, Intuition, All Things Psychic Abilities
Labradorite *	Reflect Inner Light, Connect With Unseen Dimensions, Produce Psychic Abilities, Inner Eye, Psychic Protection, Expand Mind & Spirit, Intention Setting, Manifesting, Dreams

Moonstone *	Restore Youth, Ensure Safe Travels, Restore Green Thumb for Gardeners, Cure Insomnia, Restore Harmony
Obsidian	Protection, Rid Negative Thoughts, Self Reflection, Growth, Energy Clearing, Healing, Conjure Spirits, Summon Visions
Onyx	<u>Strengthen</u> One's Own Magic, Protects Against Negative Magic, Bind Friendships
Phantom Quartz	Growth, Transformation, Evolution
Rainbow <u>Flourite</u> *	Peace, Positivity, Cleanse Heart & Head Of Negativity And Limiting Beliefs, Manifest Dreams
Rose Quartz	Emotional Healing, Happiness, Love, Forgiveness, Unconditional Love, Compassion, Self Love, Beauty
Smokey Quartz *	Healing, Absorbs Negative Energy, Grounding, Releasing, Cleanse, Detox
Tiger's Eye	Banish Depression, Increase <u>Judgemental</u> Abilities, Silence Gossipers, Puts Fire Into The Meek-Hearted
Tourmaline *	Promote Inspiration and Happiness, Reduce Fear, Build Self Confidence, Physical Bridge To The Spiritual Black Tourmaline: Repels Negativity, Lifts Dark Mood Into The Light
Turquoise	Good Luck, Enhances Communication Skills, Inspiration, Encourage Friendship



Charging Crystals

Placing your crystals on a mirror in the moonlight
charge them with specific intentions by holding the crystals while you meditate

COVER YOUR CRYSTAL BALLS

If you have a clear crystal ball on display – they are lovely but can be dangerous
– I recommend that you keep it covered when you aren't using it.

Light shining into your home via a window can hit that crystal ball at just the right angle which can magnify the light and if that magnified light is focused on the right material for long enough a fire can be ignited.

Ways Crystals Can Be Used in Witchcraft

My mother used to meditate stretched out on the floor with an amethyst cluster resting on her forehead.

I wear bracelets on both wrists to help control and maintain my personal energy field (as explained in a previous post)

I have used crystal chips in spell bottles and in mojo bags.



There are so many Crystals here, how do I tell which ones I need?

It can get overwhelming, standing in front of a display of different stones and shiny rocks.

Personally, I look at the meanings and energies of the stones, and I look for whatever qualities I need in my life in that moment. Do I need to be energized? Do I need to be grounded? Do I feel foggy minded?

The best part is, there's no specific method or ritual to finding and selecting your stones. You can simply grab an amethyst because you like purple. This is about you and what you like. The rest will fall into place as you begin to grow into your craft/practice.