

# CRYSTAL ESSENTIALS

A BEGINNERS GUIDE TO CRYSTALS



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# Crystal Essentials

## A Beginners Guide To Crystals

*This guide is for you if you're new to crystals and intimidated by all of the information out there. So intimidated that you've put off working with them because you're not sure where to start.*

You will learn:

- ∴ which crystals are safe to start with
- ∴ how to pick the right crystal for you
- ∴ how to clean your crystals

## Part I: Starter Crystals

*These five crystals can benefit everyone. They are readily available and can be used in a number of different situations. They have energy resonance that compliment everyone's life.*

- ∴ CLEAR QUARTZ – This is the most readily available and commonly used crystal in the world.

It's a versatile crystal with many uses. It attunes itself based on your energy needs, and raises your energy to the highest possible level.

Ancient cultures used clear quartz for healing and it is still is the most frequently used crystal today. It is found in modern devices like computers, televisions, and phones. Quartz amplifies energy and is used because it absorbs, stores, releases, and regulates energy.

I don't believe that you can make mistakes when buying crystals, but if you're feeling super intimidated by the thought of buying the wrong one- this is your crystal. This is the one to bring home first.



∴ ROSE QUARTZ – This crystal is the stone of unconditional love. It's a heart based stone and promotes deep love of yourself and others.

It provides a calming, restful, peaceful energy that restores calm, balance, and clarity to your emotions. This stone can be used to heal emotional wounds and can open your heart to all types of love - love of self, love of family, love of friends, romantic love.

Because it is a type of quartz, Rose Quartz does have a high energy, but it's also calming and soothing.

If you're looking for a crystal to help support you with relationships, letting go of judgement, or supporting you in dealing with your inner critic and letting go of negative self talk, this is the stone for you. It's gentle energy helps to lovingly remind you to bring yourself back to peace in your heart center.



∴ SMOKY QUARTZ - Considered to be a protective stone that eliminates negative energy. It provides a barrier of protective energy around you, eliminating emotional and environmental stress.

It grounds you and helps to anchor you and raise your vibration during meditation.

It brings in positive vibrations and teaches you how to leave behind anything doesn't serve you.

Smoky quartz is a powerful stone, there are many more ways that it can help you. I highly recommend exploring the energy of this crystal.



- ∴ AMETHYST - Has strong healing powers and enhances spiritual awareness. Amethyst also has great cleansing powers, it blocks negativity, and promotes serenity.

Amethyst is extremely beneficial to the mind and it will calm or stimulate your mind as needed to help you focus.

It is a powerful and protective stone with a high spiritual vibration. During meditation it helps to release your mind from your everyday tasks so you can deepen into your practice. As a spiritual stone it can help you to develop your divinely inspired wisdom, intuition, and psychic gifts.

Aside from its beauty, amethyst is also very powerful. If you feel called to this stone, definitely add this to your collection and see how the energy speaks to you.



- ∴ CITRINE – Known as the stone of abundance, citrine attracts wealth, abundance, and overall good luck. The energy of citrine is happy and abundant, it encourages sharing while helping you to hold onto the wealth you've already generated.

Because citrine is a stone of happiness and joy, it will help you to overcome fears & depression by opening you to new experiences that draw out confidence and your inherent wisdom.

It absorbs, grounds, and dissipates negative energy so it is extremely protective. This is one of the crystals that never need cleansing or recharging and can be stored with other crystals to help clear their energy.



## Part II: Find Your Crystals

One thing that I've learned is that if you follow your intuition you'll rarely make a mistake when choosing your crystals. Let your intuition lead you, and trust that the one that calls to you is the right crystal.

To avoid overwhelm, start your search by looking for the five type of crystals I listed above. As you look through them, choose the one type that resonates with you most. That's the type of crystal that you're going to buy.

*For example as you look through, you feel really drawn to the rose quartz selection. Now that you know that you feel drawn to rose quartz, start looking through those crystals in detail to find the one for you.*

If shopping in person, don't be shy – pick up each crystal and see how they FEEL to you. You're going to bring this crystal home and it needs to feel like home when you're holding it. As you hold it, focus in on the crystal to notice if it feels good. You may even be able to feel the energy of the crystal. You know if you've felt the energy of a crystal when you feel your energy change or shift. It's different for everyone; I tend to feel it as a tingling in my hands or as a grounding feeling when I hold the crystal to my heart.

*Following our example earlier: as you pick up different pieces of rose quartz, one feels incredibly comfortable in your hand. It feels like it fits perfectly and you know that you can't leave the store without it. You can also feel a warm, buzzing sensation in your hand as you hold and focus your intention on the crystal.*

If shopping online, look through each picture and find the one that resonates with you the most. You can experience all the same energy resonance that you do while shopping in person. Most of the time I get this feeling that I know with certainty that I need to bring that crystal home.

*I know people who are sensitive to the energy of pictures and prefer to shop online to find their crystals. Don't rule out online shopping until you give it a try.*

Google will be the best place to start to find a local store or an online retailer.

Here are two online shops that I trust, but please use your own judgement to find a store that meets your needs.

- ∴ Healing Crystals, <http://www.healingcrystals.com/>- this site has a lot of crystals to choose from and they also have a metaphysical library so that you can look crystals up by their properties.
- ∴ Sage Goddess, <https://www.sagegoddess.com/> - This is a beautiful shop with a lot of magical, highly energized crystals and other goodies. Everything I've ordered has been beautiful and exactly as she described. She also has an Etsy site if you like to shop there.

In my store you can find crystal jewelry and a small collection of crystals:

<http://ladyofsanctuary.com/shop>.

## Part III: Cleansing Your Crystals

Crystals also need to be cleaned when you bring them home for the first time. Once you've got them home, as you use them they absorb your energy & the energy of the environment around them. From time to time they are going to need to be cleaned.

By cleaning your crystals you are restoring them to their natural energetic state. Restoring your crystals allow them to function and assist your energetic needs. You may also hear about clearing and recharging crystals, but in my opinion if you clean your crystals correctly clearing and recharging are not necessary.

There are many different ways to clean crystals and all of the options out there can be confusing. Stick with me, and know that it doesn't need to be complicated. I'm giving you the easiest, beginner friendly way to cleanse your crystal. After you get comfortable with this method, I encourage you to explore the other ways to find the way you prefer best.

### **Use sacred smoke to clean your crystals.**

Run your crystal through the smoke of a sage stick, incense, or Palo Santo. If you're comfortable lighting a candle you will easily be able to use this method. Just make sure that you have a fire proof bowl to extinguish and place the stick after you are finished using it.

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*Pictured to the right & in order from left to right:  
sage, incense, Palo Santo.*

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Use a candle, lighter, or match to light the sacred smoke stick of your choice. Each crystal can be passed through the smoke individually. If you want to clean more than one crystal at a time you can place the crystals on a wire cooling rack and set the lit smoke stick below the rack in a fireproof container. As the smoke rises, use your hand or a feather to waft the smoke so that it surrounds and cleans each crystal.





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*Pictured from left to right: running a single crystal through smoke, allowing the smoke to billow over many crystals set on top of a cooling rack.*

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### How do I know when the crystals are clean?

As you pass the crystal through the smoke, you'll notice the energy change. You may even see the crystal's color perk up. In the case of clear quartz, they look clearer and more sparkly then before after a good cleaning. You'll know if the crystal is clean. Trust your instincts.

Thanks so much for taking the time to learn more about crystals! If you have any questions you can connect with me at <http://ladyofsanctuary.com>.

Please join us for free crystal readings most Wednesday's in the [Crystal Sanctuary Facebook group!](#)



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