



CRYSTAL'S
HEALING LIGHTS

HEALING CRYSTAL GUIDE

DISCOVER THE MEANING
& ENERGY OF 49
CRYSTALS

www.crystalshealinglights.com

CRYSTAL'S HEALING LIGHTS – HEALING CRYSTAL GUIDE

BY CRYSTAL JOHNS

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Welcome to the Healing Crystal Guide!

This book was created by Crystal's Healing *Lights* to help you connect with the natural energies of crystals.

Inside, you'll discover the meanings, chakras, and simple uses of 49 powerful crystals.

How to Use This Guide

- **Meditation:** Hold or place a crystal near you while breathing slowly.
- **Energy Work:** Balance chakras and release blockages by placing stones over energy centers.
- **Daily Life:** Carry a pocket stone, wear crystal jewelry, or place stones at home or work.

May these pages bring you healing, clarity, and light.

With love & light,
CRYSTAL JOHNS

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Amethyst

- Function: Intuition, Protection
- Properties: Enhances spiritual awareness, fosters inner peace, and shields against negative energy.
- Chakra: Crown
- How It Helps: Amethyst calms the mind and soothes emotions, making it beneficial during times of anxiety or stress. This crystal is prized for its ability to foster spiritual growth, deepen meditation, and promote clarity of thought. It serves as a protective stone, guarding against psychic attack and transmuting negative energy into love, while also supporting restful sleep and helping break unhealthy habits and addictions.

Rose Quartz

- Function: Love, Compassion
- Properties: Encourages unconditional love, emotional healing, and gentle energy.
- Chakra: Heart
- How It Helps: Rose Quartz is known for opening the heart to self-love, romantic love, and the love of friends and family. It helps dissolve emotional wounds, improve relationships, and nurture compassion. By fostering forgiveness and empathy, it supports deeper intimacy and trust, making it a comforting companion during heartbreak, grief, or any period of emotional turmoil.

Clear Quartz

- Function: Amplification
- Properties: Magnifies energy, enhances clarity, and harmonizes intentions.
- Chakra: All/Universal
- How It Helps: Clear Quartz is often called the “Master Healer” due to its versatility. It amplifies the intentions of other stones, making it valuable for crystal grids and healing layouts. It helps to clear mental fog, sharpen focus, and support energy balancing for the body, mind, and spirit. This stone is useful for manifesting goals, healing physical ailments, and providing energetic support during spiritual practices.

Citrine

- Function: Joy, Abundance
- Properties: Attracts wealth, sparks creativity, and increases energy.
- Chakra: Solar Plexus
- How It Helps: Citrine is a powerful stone for manifesting abundance in all areas—financial, creative, and emotional. It invigorates the spirit, banishes negative energy, and fosters a cheerful outlook. By stimulating self-confidence and personal motivation, it encourages goal-setting and helps overcome fears of failure. Citrine’s bright energy can lift mood, empower new beginnings, and invigorate daily routines.

Black Tourmaline

- Function: Protection, Grounding
- Properties: Repels negativity, grounds emotions, and stabilizes energy.
- Chakra: Root
- How It Helps: Black Tourmaline serves as a strong shield against negative influences and psychic attacks. It grounds energy in the physical body, bringing a sense of safety and security during difficult times. The stone is invaluable for clearing electromagnetic pollution from technology and reducing feelings of overwhelm or anxiety. It aids in releasing chronic worry, fostering resilience, and helping with emotional stabilization.

Fluorite

- Function: Focus, Clarity
- Properties: Enhances concentration, supports intuition, and organizes thoughts.
- Chakra: Third Eye
- How It Helps: Fluorite acts as a “mental vacuum,” helping to clear distractions and confusion while bringing order to chaos. It’s an excellent stone for learning, studying, or any mental pursuit requiring deep concentration. Fluorite can sharpen intuitive abilities and psychic awareness, support balanced decision-making, and help align actions with purpose. Its calming energy promotes rational thinking and emotional balance.

Aventurine

- Function: Luck, Prosperity
- Properties: Enhances optimism, attracts success, and encourages growth.
- Chakra: Heart
- How It Helps: Aventurine boosts emotional well-being and provides comfort during stress or transitions. Known as the “stone of opportunity,” it helps attract luck and financial prosperity. Aventurine inspires confidence, empowers the pursuit of ambitions, and supports growth through releasing old habits or patterns. Its gentle energy calms anger, soothes anxiety, and fosters harmony in relationships.

Carnelian

- Function: Motivation, Creativity
- Properties: Ignites passion, boosts energy, and enhances vitality.
- Chakra: Sacral
- How It Helps: Carnelian motivates action and fuels creative inspiration, making it ideal for artists, performers, and anyone pursuing new projects. It overcomes procrastination and lethargy, revitalizing the spirit to pursue goals with enthusiasm. Carnelian also supports courage and helps dispel fears, bringing a sense of empowerment and emotional warmth.

Tiger’s Eye

- Function: Confidence, Strength
- Properties: Builds willpower, improves resilience, and grounds energy.
- Chakra: Solar Plexus
- How It Helps: Tiger's Eye enables clear thinking, promotes self-belief, and balances emotional extremes. It fosters assertiveness during decision-making, protects from negativity, and helps resolve dilemmas objectively. The stone increases determination to achieve goals and supports personal transformation during challenges, guiding the user toward practical and courageous action.

Moonstone

- Function: Intuition, Feminine Energy
- Properties: Enhances psychic abilities, supports emotional balance, and encourages new beginnings.
- Chakra: Crown/Third Eye
- How It Helps: Moonstone is a stone of inner growth and feminine wisdom. It enhances intuition, helps ease stress, and balances emotional states—especially during times of change or transition. Moonstone supports the natural cycles of life, fosters hope and inspiration, and encourages self-reflection, making it especially beneficial for developing spiritual insight and nurturing new projects or relationships.

Labradorite

- Function: Magic, Protection
- Properties: Awakens mystical powers, strengthens the aura, and transforms energy.
- Chakra: Third Eye
- How It Helps: Labradorite is renowned for its ability to enhance psychic abilities, clear energy blocks, and foster self-discovery. It protects against negative energies and helps to reveal hidden aspects of oneself. Labradorite stimulates imagination, inspires creativity, and strengthens the connection between intuition and intellect, making it useful for anyone seeking transformation or new ideas.

Amazonite

- Function: Truth, Harmony
- Properties: Promotes honest communication and balances emotions.
- Chakra: Throat
- How It Helps: Amazonite soothes anxiety, quiets the mind, and encourages truthful expression. It's ideal for resolving conflict, facilitating open dialogue, and strengthening relationships. Amazonite empowers one to set healthy boundaries, release toxic emotions, and restore harmony in chaotic environments, making it valuable for managing stress and maintaining emotional equilibrium.

Chrysocolla

- Function: Expression, Inner Strength
- Properties: Eases emotional tension, amplifies empowerment, and nurtures communication.
- Chakra: Throat
- How It Helps: Chrysocolla helps release old fears and guilt, paving the way for forgiveness and authentic self-expression. It's especially supportive for those in roles of teaching or public speaking, fostering confidence and inner resolve. Chrysocolla soothes emotional pain, encourages peace, and enables clear communication even during times of challenge or emotional intensity.

Aquamarine

- Function: Peace, Courage
- Properties: Calms stress, inspires clarity, and facilitates gentle communication.
- Chakra: Throat
- How It Helps: Aquamarine cools anger, reduces anxiety, and brings about calm during stressful times. It supports speaking one's truth with confidence and compassion, aiding in conflict resolution and strengthening relationships. Aquamarine also promotes courage to overcome fear, inspires inner peace, and enhances mental clarity for problem-solving and decision-making.

Garnet

- Function: Vitality, Passion
- Properties: Energizes body and mind, purifies energy, and enhances devotion.
- Chakra: Root
- How It Helps: Garnet recharges the body during fatigue, enlivens passion for life, and revitalizes motivation. It helps dissipate emotional blockages, strengthen commitment in relationships, and purify negative energies. Garnet nurtures self-confidence, inspires love, and supports recovery from traumatic experiences.

Bloodstone

- Function: Strength, Courage
- Properties: Fosters resilience, purifies the body, and invigorates spirit.
- Chakra: Root/Heart
- How It Helps: Bloodstone boosts physical stamina and enhances vitality. Traditionally used to support circulation and detoxification, it's believed to offer courage in adversity and stimulate motivation. Bloodstone also aids emotional healing, helping release anger and frustration while promoting grounded determination and inner strength.

Jasper

- Function: Stability, Nurturing

- Properties: Grounds energy, provides gentle support, and soothes nerves.
- Chakra: Root
- How It Helps: Jasper strengthens resilience during stressful times, offers support during healing, and promotes grounding. It stabilizes emotions, protects against negativity, and nurtures feelings of peace and security. Jasper is ideal for enhancing endurance and patience, making it a valuable ally for long-term projects or periods of recovery.

Lepidolite

- Function: Stress Relief, Balance
- Properties: Calms the mind, relieves anxiety, and lifts mood.
- Chakra: Heart/Third Eye
- How It Helps: Lepidolite contains natural lithium, which is known for easing mood swings and anxiety. It helps break cycles of negative thought, support restful sleep, and encourage emotional clarity during transitions. Lepidolite is recommended for those struggling with stress, grief, or emotional overwhelm, fostering a deeper sense of balance and peace.

Blue Lace Agate

- Function: Communication, Peace
- Properties: Promotes gentle expression, soothes emotions, and clarifies thoughts.
- Chakra: Throat
- How It Helps: Blue Lace Agate brings calm during emotional turmoil, enabling gentle and honest communication. It helps release suppressed anger, reduce fear of expressing oneself, and foster understanding in relationships. The stone is valuable for public speakers, negotiators, and anyone needing to speak with clarity and compassion.

Morganite

- Function: Divine Love, Healing
- Properties: Offers gentle healing, supports spiritual growth, and nurtures self-love.
- Chakra: Heart
- How It Helps: Morganite comforts emotional wounds and supports healing from grief or trauma. It encourages acceptance and compassion, opens the heart to new love, and helps forgive past hurts. Morganite inspires spiritual growth and emotional transformation while fostering loving, supportive relationships.

Kunzite

- Function: Emotional Balance, Love
- Properties: Calm anxiety, clears negative energy, and fosters unconditional love.
- Chakra: Heart

- **How It Helps:** Kunzite helps dissolve emotional barriers, supports recovery from loss or heartbreak, and nurtures self-acceptance. It soothes tension, inspires joy, and promotes security during change. Kunzite is ideal for deepening loving relationships and finding inner peace.

Shungite

- **Function:** Detoxification, Protection
- **Properties:** Absorbs negativity, protects against environmental pollutants, and grounds energy.
- **Chakra:** Root
- **How It Helps:** Shungite purifies the environment, shields against electromagnetic radiation, and supports detoxification of both body and spirit. It is effective for cleansing energy in living spaces, grounding spiritual energy, and protecting against fatigue from technological devices. Shungite helps maintain balance and well-being in modern life.

Khodochrosite

- **Function:** Love, Heart Healing
- **Properties:** Restores self-worth, encourages forgiveness, and eases emotional pain.
- **Chakra:** Heart
- **How It Helps:** Khodochrosite nurtures the heart, resolves old wounds, and supports overcoming trauma. It fosters compassion for self and others, encourages acceptance, and inspires renewed hope after loss or disappointment. Khodochrosite is ideal for those on a path of emotional recovery and personal growth.

Chrysoberyl

- **Function:** Willpower, Detoxification, Protection
- **Properties:** Strengthens discipline, assists clarity, and supports personal transformation.
- **Chakra:** Solar Plexus
- **How It Helps:** Chrysoberyl encourages perseverance, boosts confidence, and promotes clear intent during life changes. It supports the body's natural detox processes, helps overcome obstacles, and inspires transformation. Chrysoberyl can offer protection from negativity and aid in achieving goals with determination.

Turquoise

- **Function:** Protection, Communication
- **Properties:** Dispels negativity, encourages honest expression, and fosters peace.
- **Chakra:** Throat
- **How It Helps:** Turquoise promotes truthful, compassionate communication and strengthens understanding in relationships. It acts as a protective shield, dispelling harmful energies and bringing inner calm. Turquoise inspires confidence in expressing

ideas and supports the ability to speak from the heart, enhancing both public speaking and personal conversations.

Thank You for Reading

May these crystals bring you healing, clarity, and light.

With love & light,

Crystal Johns ✨

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