



A

☐ Abalone Shell -

- * Solar plexus chakra
- * Enhances feelings of compassion, peace and love.
- * Helps bring peace of mind.
- * Historically, Abalone was used by Native Americans as a vessel for cleansing and making offerings.

☐ Amazonite-

- * Helps realize intuition.
- * Helps overcome fears.
- * Connecting one with nature.

Affirmation:

I will never let fear hold me back.

☐ Amethyst-

- * Helps clear negativity and confusion.
- * Brings peace and stability in one's life.
- * Helps overcome addictions and strengthens psychic abilities.

Affirmation:

I have the power to change my ways.

☐ Angelite-

- * This stone connects you to your angels and spirit guides.
- * Also helps bring inner peace and serenity.
- * Helps bring clarity to telepathic abilities.

Affirmation:

☐ Aquamarine-

- * Throat chakra
- * Brings serenity & relaxation.
- * Helps speak the truth.

Affirmation:

I speak with confidence & truth.

☐ Agate Geode Druzy-

- * Brings relaxation.
- * Helps avoid depression by giving you balance.
- * Stabilizes the aura.

Affirmation:

"I dream, I believe, I receive"

☐ Amber-

- * Ease your teeth pain, while reducing your depression.
- * This gem brings comfort and helps release any phobias or fears.

Affirmation:

I'm releasing what's holding me back from achieving my dream.

☐ Ammonite Fossil-

- * Brings luck, health, wealth and happiness.
- * Brings longevity.
- * Helps look into past lives.

Affirmation:

I am open to receive the abundance of life.

☐ Apophyllite-

- * All Chakras
- * This is known as the "healers stone".
- * Remove negative thoughts and patterns.
- * Release your stress and replace it with relaxation.

Affirmation:

I release my fears.

☐ Astrophyllite-

- * Third eye chakra
- * Finds the light even in the darkest of times.
- * Helps you see your full potential.

Affirmation:



A

Aura Quartz-

- * Crown chakra
- * Helps bring connection and radiates peace & positivity.
- * Amplifies other crystals when put together.

Affirmation:

I am guarded by the divine light.

Aventurine-

- * The prosperity stone
- * Helps with decisiveness, leadership and removing smog.
- * Defuses negative situations

Affirmation:

I am ready to make the most of everyday.

Aura Sphalerite-

- * Aligns and activates all chakras.
- * Aura enhances the properties of sphalerite adding an angelic vibration.
- * This will help you feel grounded and balanced. Helping you connect with your past lives.

Affirmation:

Azurite-

- * Filters environmental radiation and electronic radiation.
- * Opens and activates third eye chakra.
- * Helps overcome emotional trauma.

Affirmations:

I believe in myself. I believe in the person I dream of becoming

B

Barite-

- * Connected to your mind and body.
- * This helps with memory loss, physical pain and makes you aware of your emotions.
- * Restoring and healing are the main focuses with this crystal.

Affirmation-

I release all stress because its only holding me back.

Bees wax candles-

- * Last longer than most other candles because it is so dense, it burns slower and drips less.
- * Bee wax has negative ions that clean the air and invigorate the body.
- * These help destroy the positively charged allergens and pollutants in your air.

Banded Honey Calcite-

- * Helps show you how to use your power
- * Increases feelings of self-worth and confidence.
- * Third eye and solar plexus chakra

Affirmation:

I will overcome any obstacle.

Bismuth-

- * Helps all chakras.
- * Helps with focus and expanding spiritual journeys.
- * Brings harmony and unity.

Affirmation:

Attract what you want by being what you want.



B

☐ **Black Agate-**

- * Root chakra
- * Attract good fortune and increase concentration.
- * Brings in strength and courage to fight through tough times.

Affirmation:

I let go of my fears and know I'm protected.

☐ **Black Moonstone-**

- * Root chakra
- * One of the most helpful during full moon to bring new ideas & new beginnings.
- * Strengthens intuition.

Affirmation:

I will expand my knowledge and power

☐ **Black Tourmaline-**

- * Protection from negative emotions & intentions.
- * Clears the aura well helping balance and ground you.

One of the strongest protection stones

Affirmation:

I release negativity & rest in the connection to the earth.

☐ **Blue Apatite-**

- * Helps release energies in the base chakra.
- * Appetite suppressant
- * Helps increase energy and motivation

Affirmation:

I have the energy to do everything.

☐ **Black Jade-**

- * Helps bring lots of creativity.
- * Helps with success by letting go of fear and anger.
- * Brings a calming soothing energy.

Affirmation:

I will never let go of my dreams but instead let go of my fear.

☐ **Black Obsidian-**

- * Psychic protection stone shields you from negative energies & psychic attacks.
- * This gem is a powerful cleanser

Affirmation:

My aura is clean & clear. I am vibrating at my highest frequency.

☐ **Bloodstone-**

- * Gives courage and helps you avoid dangerous situations.
- * Calms the mind, grounds the heart and brings spirituality into everyday life.

Affirmation:

I will not doubt myself because I'm powerful and I can fix my problems

☐ **Blue Aragonite-**

- * Helps balance your emotions.
- * Throat, third eye and heart chakra.
- * Helps heal deep traumatic wounds from the past.

Affirmation: I release my wounds and embrace what I have.



B

Blue Aventurine-

- * Powerful mental healer and prosperity stone.
- * Helps bring out leadership qualities.
- * Helps turn around negative situations.

Affirmation:

I will attract what I need.

Blue Celestite-

- * The “Cosmic teacher”
- * Helps get rid of worries.
- * Gives balance helping relationships.

Affirmation:

I am surrounded by love.

Blue Dot Jasper-

- * Stabilizing your aura this gem build's inner strength and balances the yin & yang energy.

Affirmation:

I'm constantly cleansing myself. My light shines through me.

Blue Kyanite-

- * Aligns all chakras & subtle bodies instantly.
- * It provides balance and dispels blockages.
- * Helps bring tranquility.

Affirmation:

I welcome positive change.

Blue Onyx-

- * Helps enhance mental powers.
- * Brings balance to the mind and body.

Affirmation:

I am open to others.

Blue Calcite-

- * Third eye & throat chakra
- * Helps focus (good for students or work projects)
- * Brings emotional release and calms the mind.
- * Great for writer's block

Affirmation:

I am clear and ready to learn.

Blue Coral-

- * Makes you feel calm.
- * Brings protection to women and children.
- * Brings good health, money and success.

Affirmation:

My success is inevitable.

Blue Fluorite (ocean)-

- * Helps with communication & soothing nerves.
- * Brings a sense of order to one's thoughts.
- * Helps let go of frustrations and disappointments.

Affirmation:

I will talk more positively

Blue Laced Agate-

- * Throat chakra
- * One of the best nurturing and supportive stones.
- * Changes old patterns of thinking.
- * Helps with self-expression and thinking before talking.

Affirmation:

I am expressing all spiritual truths.

Blue Opal-

- * Third eye and throat chakra
- * Most powerful stone to shield against psychic attacks.
- * Feel more relaxed and comfortable to communicate freely

Affirmation:

I will not hold back and I will not be pushed over.



B

Blue Tiger Eye-

* Helps reduce your stress, ease your anxieties, and make you calm.

* The energies of Blue Tigers Eye will aid in removing fatigue and easing the symptoms of depression.

Affirmation:

I'm unstoppable, nothing is impossible

Brecciated Jasper-

* Sacral and Root chakra

* This nurturing gem helps recall dreams, shield negativity and help improve intimacy.

Affirmation:

I deserve deep mutual emotional connections

Brucite-

* This is all about taking a moment to weigh out your options.

* It helps you to slow down and see everything before you move forward. Instilling confidence and calming your body, mind and soul.

Affirmation-

I know deep inner peace.

Botswana Agate-

All Chakras

* Brings in courage, protection and lots of strength.

* Helps link to the collective consciousness.

Affirmation:

I feel the strength within me.

Bronzite-

* All Chakras

* This will give you the drive to fulfill all your goals. Brings success and courage to follow your dreams.

* Combats curses or bad wishes with this gem.

Affirmation:

I am unstoppable.

Bumblebee Jasper-

* Helps with accepting chance and new beginnings.

* Helps make logical choices and brings a sense of self-esteem.

* Helps manifest your true calling in life.

*** * Wash hands after holding if unpolished! * ***

Affirmation:

I accept who I am and who I'll become.

C

Candle Stick Quartz (Pineapple Quartz)-

* Known as the "amulet of rebirth".

* Heart chakra

* Heals our karmic inheritance and ancestral trauma.

* Creates tranquility and confidence.

Affirmation:

Caribbean Calcite-

* Crown, Third eye & throat chakra.

* Creates peaceful calming thoughts.

* Bringing relaxation and energy flow throughout chakras.

Affirmation-

I'm achieving higher consciousness.



C

☐ **Carnelian-**

- * Helps give you courage and vitality.
- * Helps increase circulation and can increase strength.

Affirmation:

I am confident and healthy.

☐ **Cherry Blossom Agate (Flower Agate) -**

- * This gem encourages self-growth.
- * Protects against fear & self-doubt.
- * This crystal is perfect for entrepreneurs as it's a powerful one for manifestation.

Affirmation:

I will grow into the best person I can be

☐ **Chevron Amethyst-**

- * Crown and Third eye Chakra
- * This is a more powerful power than regular amethyst.
- * Allow insight and positive vibrations to flow through you well feeling empowered.
- * Increase memory and help with problem solving.

Affirmation:

I am my higher self; I am the power.

☐ **Chocolate Calcite-**

- * Root chakra
- * Grounding and stabilizing energy.
- * Brings a sense of inner balance, expanding awareness.
- * Also helps emotional stability by reminding you that whatever you are feeling will pass.

Affirmation:

I am empowered

☐ **Chalcedony-**

- * Throat Chakra
- * Protect yourself against negative influences and bring in positive energy.
- * Promotes brotherhood and brings harmony.
- * Brings in personal growth and releases toxic patterns.

Affirmation:

I bring joy into my life.

☐ **Cherry Creek Jasper-**

- * Rare
- * Helps amplify your intentions.
- * This grounding crystal brings relaxation and opens the heart.

Affirmation:

I belong here.

☐ **Chiastolite- (Fairy Stone)**

- * Sacral Chakra
- * A stone of new beginnings and easing transition.
- * Let go of fears and know you are protected.
- * Can help loved ones cross over to the other side peacefully or bring in rebirth into yourself and others.

Affirmation: I am ready for change to come.

I am aligned for the greatest good.

☐ **Chocolate Jasper-**

- * Brings stability and grounding power.
- * Helps give integrity, honesty and kindness.
- * Also strengthens communication.

Affirmation:



C

☐ **Chrysocolla-**

- * Heart. Throat and solar plexus.
- * Encourages self-awareness and inner balance.
- * Brings peace and brings comfort in a time of need.

Affirmation:

☐ **Citrine-**

- * Pure Happiness and joy in this Solar Chakra crystal.
- * Bring in good luck and so much positive energy.
- * Reduce your tension and increase your courage.

Affirmation-

I feel the joy in my soul.

I am worthy of happiness.

☐ **Cobalt Calcite-**

- * Helps give you unconditional love.
- * Increases gratitude and harmony
- * Brings empathy

Affirmation:

I'm grateful for what life has given me.

☐ **Crazy Laced Agate-**

- * Also known as the happy stone promoting laughter.
- * Instills inner strength and grounding.
- * Encourages clear decision making and finding joy

Affirmation:

I am filled with happiness and laughter.

☐ **Chrysoprase-**

- * Heart and sacral chakra
- * Brings hope, unconditional love and compassion.
- * Helps attract abundance on all levels.

Affirmation:

☐ **Cleavelandite-**

- * Release emotional scars like rejection, abandonment, betrayal and childhood traumas.
 - * Helps you focus on the positive side of things.
- Also helps let go of deep past wounds in a healthy way.

Affirmation: I am not held back by my past.

Everything happens for a reason.

☐ **Crackle Quartz-**

- * Brings in healing light.
- * Helps bring you harmony and uplift your spirits.
- * Encourages prolonged happiness.

Affirmation:



D

Dalmatian Jasper-

- * Root chakra
- * A reflection stone that helps give you joy and inspiration.
- * Helps with determination, strength and friendship.

Affirmation:

I embrace my strength and I'm ready to spread my love

Dog Tooth Calcite (Stellar beam calcite)-

- * Third eye, Crown and Solar plexus chakra.
- * Very high Vibration helping you Connect with your spirit guides and angels.
- * Helps bring growth, peace and harmony into your life.

Affirmation:

Dragon Blood Jasper-

- * Heart chakra, element -fire
- * Helps keep you centered and grounded.
- * Breaks old habits & introduces new ones.
- * Helps ease cramps and back pain.

Affirmation:

I have the power to get threw anything

Dendritic Agate-

- * Root and heart chakra
- * Brings growth, Abundance and stability.
- * Also, very good for traveling as it provides protection.

Affirmation:

Dolomite-

- * Brings spontaneity and creativity.
- * Eases grief in a time of need.
- * Helps increase energy and brings self-love.

Affirmation:

Dumortierite-

- * Crown, Third eye and Throat chakra
- * Enhance your mental abilities and connections to your spirit guides.
- * This is also a great gem for retaining information.
- * Connect to the "Divine" energy.

Affirmation-

I release old patterns holding me back from my higher self.

E

Elestial Quartz-

- * All chakras!
- * This is a powerful gem for growth and raising your vibration to the highest level.
- * Close your eyes and rub it to connect with your angels and receive knowledge.

Affirmation:

Elite Shungite

This ancient stone absorbs and eliminates toxins from the body.



E

Emerald-

- * Heart Chakra
- * Brings in deep inner knowing, promoting truth and mental clarity.
- * Can also help in recovery after infectious illness.
- * Helps sinuses and soothes the eyes, improving vision.

Affirmation:

I am fully present in this moment.

Enhydro-

- * Helps all chakras
- * Water and earth element.
- * Cleanses and purifies our thoughts and emotions.
- * Helps with relationship issues and reduces stress levels.

Affirmation:

I release all negativity and turn it into healing light

Epidote-

- * Heart Chakra
- * Brings joy, uplifts your spirits and helps you feel true happiness.
- * Eases anxiety, depression and isolation.

Affirmation:

I feel the happiness inside me.

F

Fire Quartz (Flame Quartz)-

- * Amplifies balance and stability.
- * Boost energy and makes you feel unstoppable.
- * Helps open and cleanse all chakras

Affirmations:

My success is inevitable.

Good energy is contagious.

Fluorite-

- * Helps with focus and order
- * Helps with self-confidence by removing negative energy and stress.

Affirmation:

I am good enough. I can do anything I set my mind to.

Fossil Coral-

- * Grounds you well sending you strength.
- * Sacral chakra and water element.
- * The stone of optimism and friendship.

Affirmations:

I know everything will work out for the best.

Everything happens for a reason.

Frog Skin Jasper-

- * This grounding energy will make you feel very connected to the earth and enlightened.
- * Feel the confidence seep through you, and let go of anger.

Affirmation-

Like a tree I'm firmly connected to the earth



E

Fruit Jasper-

- * All Chakra
- * This grounding gem helps change circumstances in your life for the better.
- * Having them gem in your home will bring peace to all there creating a beautiful haven.

Affirmation-

My happiness makes me beautiful.

G

Garnet-

- * Brings passion, commitment and healthy relationships.
- * Helps with self-worth and manifestation.

Affirmation:

I am confident in myself.

Gibbsite (sky blue)-

- * Extremely rare!
- * This is a form of stalactites.
- * Helps achieve your goals and is said to be a lucky gem.
- * Helps soothe and has a calming vibration.
- * Also provides you with concentration.

Affirmation:

Golden Healer-

- * "Master Healer"
- * Solar plexus, crown and third eye chakra.
- * Works for any type of healing you need.

Affirmation:

I heal all through my touch.

Golden Obsidian-

- * Root chakra
- * Helps with personal strength.
- * Helps remove self-doubt and manifest your desires.

Affirmation:

I allow my desires to flow to me.



G

Golden Rutile Quartz-

- * Filters negative energy from others.
- * Soothes dark moods and acts like an antidepressant.
- * Promotes forgiveness on all levels.

Affirmation:

I forgive my past and live in the present life.

Green Fluorite -

- * Heals physical ailments and absorbs pain.
- * Helps dissolve confusion, unstable & overwhelming emotions with reasoning to help overcome fears.
- * Physically balances your brain chemistry to help with memory & learning skills.

Affirmation:

My mind is clear and I am ready.

Green Onyx-

- * Helps bring luck, happiness and confidence.
- * Enhances self-control and helps with decision-making.
- * Helps to repel negative energies.

Affirmation:

I attract positivity with my confidence

Grape Agate-

- * Help bring courage.
- * Gives balance.
- * Opens portal to ancestors
- * Crown, third eye and heart chakra.

Affirmation:

I am ready to connect to my elders.

Green Jasper-

- * Helps with sleep problems, bringing a restful night of sleep.
- * Provides balance in one's life.

Affirmation:

Green Strawberry Quartz-

- * This gem amplifies intentions of love, gratitude and generosity.
- * This crystal helps radiate your intentions and vibrations outward.

Affirmation:

I will love with my whole heart & radiate my gratitude.

H

Hematite-

- * Grounds and detoxes.
- * Amplify and activate root chakra.
- * Helps with logic and memory

Affirmation:

I'm one with nature, grounded to the earth.

Herkimer Diamond-

- * Third eye and crown chakra
- * Brings spiritual light purifying our energy fields.
- * Promotes lucid dreaming and astral traveling.
- * Creates mental clarity.

Affirmation:



H

Howlite-

- * Calms communication and encourages emotional expression.
- * Helps strengthen memory.
- * Helps make peaceful dreams and restful sleep

Affirmation:

I release all stress and embrace life.

Hypersthene-

- * Root chakra
- * Brings clarity, awareness and spirituality.
- * Most powerful mineral for mood stabilization and focus.
- * Helps clear out all anger and tension or resentment.

Affirmation:

I

Indigo Gabbro-

- * Also known as *Mystic Merlinite*.
- * Helps with protection.
- * Grounding and amplifies psychic power.
- * Used for healing work

Affirmation:

I'm connected to my higher self

Iolite-

- * Crown and Third eye Chakra.
- * Helps organize thoughts and eases addictions.
- * Very powerful shamanic journey stone and helps you look into your past lives.

Affirmation:

I am inspired by my inner vision.

Iris Agate (Rainbow agate)-

- * Helps all chakras!
- * Brings reflection with inner truth.
- * Helps see visions and trusting your path.

Affirmation:

I'm excited for what my future brings.

J

Jade-

- * A stone for rituals, prayer and meditation.
- * The lucky stone helps with prosperity and abundance.
- * Heart chakra.

Affirmation-

I attract wealth, love and wisdom.



K

Kabamba Jasper-

- * The stone for peace, tranquility and fertility.
- * Helps plants grow
- * Helps attract prosperity
- * Ideal for soothing your nerves and sending you positive energy.

Affirmation:

I'm thankful for everything I have in life

Kiwi Jasper-

- * Helps cleanse & align chakras.
- * Brings balance, tranquility and Justice.
- * Good stone for overcoming addictions or compulsive behaviors.
- * Helps recall dreams & can facilitate shamanic journey.

Affirmation:

Kyanite-

- * Helps restore energy.
- * Throat & third eye chakra.
- * Can enhance telepathy & intuition.

Affirmation:

Energy flows threw me.

L

Labradorite-

- * Third eye chakra
- * Known as a "stone of magic" & "spiritual awakener."
- * Specializes in spiritual ability and enhances deeper connections.
- * Brings the ability to collect negative vibrations and releases positive ones to create a good mood.

Affirmation:

I will listen to my inner guidance.

Laguna Laced Agate-

- * Throat, third eye and root chakra.
- * Most powerful gem for healing chakra blockages and traumas for your root chakra.
- * Helps increase self-esteem and will open you up to love.

Affirmation:



L

- **Lapis Lazuli-**
 - * Helps open third eye and heart chakra.
 - * Helps you connect to spirits so they can guide you.
 - * Helps with relationships, making them stronger and giving you a deeper connection.

Affirmation:
I am ready to express my emotions and feel in a deeper way.

- **Larsonite-**

Petrified Bog Wood

 - * Connects you to mother-nature helping you respect the environment more.
 - * Powerful for meditation and spiritual connection.

Affirmation:

- **Lava Rocks-**
 - * Root chakra
 - * Grounding, cleansing and provides strength.
 - * Said to help increase libido and creativity.
 - * This can be used as a diffuser for essential oils or perfume.

- **Lemon Calcite-**
 - * Solar plexus chakra
 - * Powerful crystal to absorb information.
 - * Powered by the sun you get energy and balance.

Affirmation:

- **Larimar-**
 - * Promotes relaxation and healing.
 - * Reduces stress and depression.
 - * Removes unhealthy bonds with people in life.

Affirmation:
I am one with my body and soul.

- **Larvakite-**
 - * Root chakra, third eye chakra, and throat chakra.
 - * Repeals negativity and is grounding.
 - * Helps see past lives and travel through dimensions.
 - * Also known as the “Norwegian Moonstone.”
 - * Helps with enhancing psychic abilities and inner visions.

Affirmation:
I can see my past but focus on my future.

- **Lavender Moon Quartz-**
 - * Third eye Chakra
 - * Helps you appreciate the things around you.
 - * Feel your self-worth rise and feel more balanced in all aspects of your life.

Affirmation:
I am uplifted and feel all the love for myself.

- **Lemon Chrysoprase-**
 - * Heart and solar plexus Chakra
 - * This is the stone of success.
 - * Bring in good luck and abundance of good things.
 - * Bring in help with soothing heartache, loneliness and grief.

Affirmation:
Abundance flows to me as fast as a river.



L

Lemon Jade-

- * Solar Plexus Chakra.
 - * This helps bring in wisdom, tolerance and creativity.
 - * Bring in happiness and uplifting energy. This will increase your self-esteem.
- Affirmation:*
I feel connected to all living beings.

Lepidolite-

- * Only used for the highest good
 - * Best crystal for stress and depression.
 - * Activates heart, throat and crown chakra. *
- Opening blockages and clear negativity.
* Emotional balance.
- Affirmations:*
I am attracting positive energy in my body.
I breathe in relaxation, I exhale tension.

Leopard skin jasper-

- * Helps you to be honest with yourself and others.
 - * Release all illusions and truly feel free.
 - * Brings harmony and protection to your journey.
- Affirmation:*
I'm fully ready for all truths to achieve my highest power.

Lizard Skin Jasper (Chyrotile)-

- * Crown and root chakra.
 - * This gem will show you your faults and help you change your ways for the better.
 - * Helps you also see when others are manipulating you.
 - * Known as the stone of honesty.
- Affirmation:*

M

Magnesium feathers-

- * Helps bring good sleep and new ideas.
- * Also helps one to receive messages from spirit guides.
- * This crystal is known to help calm nerves as well.

Mahogany Obsidian-

- * Root chakra
 - * This crystal has the protection benefits of obsidian mixed with inspiring growth and wisdom.
 - * Clears negative abuse or trauma.
 - * Ancestral healing.
- Affirmation:*

Magnetite-

- * Helps attract love in your life. Brings commitment and loyalty.
 - * Also said to be an anti-inflammatory, helping relieve muscle aches and pains.
- Affirmation:*

Malachite-



M

Mangano calcite-

- * Heart Chakra
- * Release lingering pain and trauma
- * This crystal is known as the “Reiki” stone to help meditation and contact higher realms.
- * Boosts forgiveness and compassion.

Affirmation:

I forgive myself and others my past will not hold me back.

Moldavite-

- * Most life changing crystal
- * Very high vibration giving you fast spiritual growth and transformation.
- * Third eye, crown and heart chakra.

Affirmation:

I'm on my true path.

Mookaite-

- * Nurturing stone that supports and sustains during times of stress.
- * Helps with making choices, especially when we are having a difficult time.
- * It encourages versatility and helps us to accept change.

Affirmation:

As I heal myself, I heal my lineage

Moss Agate-

- * Heart chakra
- * This stone focuses on balance and strength.
- * Helps gain a deeper connection to Mother Nature as it's also known as the “Gardener stone”
- * Promotes forgiveness and happiness

Affirmation:

I am cherished by nature itself

Meteorite-

- * They can help treat mental distress.
- * They have a high vibrational state of consciousness.
- * Encourages spiritual growth and shows your soul's purpose on earth.

Affirmation:

Money Jasper- (Money Agate)

- * Brings in all your manifestations, wealth, prosperity.
- * Can also help with clearing negative thinking, self-acceptance and clearing guilt.

Affirmation: Money flows to me as fast as a river. I am loved.

Morganite-

- * Divine love & emotional healing.
- * Helps release heartbreak and turn grief into wisdom fast.
- * Brings empathy & patience in relationships.
- * Connects to angels.

Affirmation: I am loved by the spirit.



N

O

Ocean (Sea) Agate-

- * Overall, this is a spiritual connection.
- * Helping you clear your mind and make space for good things to come.

Affirmation:

I am nourished by the earth and life

Octahedron Fluorite-

- * Place this crystal on your heart and breathe the color of octahedron into your heart to remove energy blocks.

- * Brings forgiveness, empathy and passion.

- * Helps bring clarity in a time of need.

Affirmation:

Opal-

- * Brings wealth, generosity and love.
- * Also improves communication and balances your mood.
- * Helps with creativity and brings adventure.

Affirmation:

Optical calcite-

- * This cleansing energy helps align you.

- * Clear and activate all chakras.

- * Be able to see clearly in all aspects of your life.

- * This learning stone is the Crown Chakra.

Affirmation:

My intentions are clear and I'm ready to live my best life.

Orange aventurine-

- * Solar plexus & Sacral Chakra.
- * "The stone of opportunity"
- * Bring in happiness, courage and enhance your confidence.
- * This energy will promote a relaxed, happy atmosphere in your home or workplace.

Affirmation:

I have no fear talking to others and meeting new people

Orange Calcite-

- * Brings positive energy increasing confidence and motivation.

- * Helps open a more creative side.

- * Helps Overcome depression.

Affirmation:

I'm expanding my knowledge.

Affirmation:

Orca Agate-

- * Known as the "Forgiveness stone."
- * Frees you of self-doubt and self-loathing.
- * Brings strength and grounding energy.

Affirmation:



P

Peach Moonstone-

- * Heart Chakra
- * Helps bring creativity & self-expression.
- * Relieves anxiety and worry.
- * Keep close during full moon to bring your desires closer.

Affirmation: I embrace my divine feminine.

Peridot-

- * Helps bring a sense of liberation and independence.
- * Helps with owning up to mistakes.
- * Increases happiness.

Affirmation:

I enjoy life and feel very blessed.

Phantom Quartz (Garden Quartz)-

- * Helps make your wishes come true.
 - * Helps open doors to new realms.
- Earth element.
- * Helps release past.

Affirmation:

I will make my wishes come true.

Phosphosiderite-

- * Crown Chakra
- * These tranquil vibrations will help alleviate stress and anxiety.
- * Connect to your spirit guides and feel safe.
- * Help raise a higher level of consciousness.

Affirmation:

My inner peace is my sanctuary.

Picture Jasper-

- * Third eye and Root chakra
- * All about feeling connected to the earth.
- * Brings in harmony and feel well rested with this gem (good for bedside table).

Affirmation: My dreams bring me deeper connections to the earth.

Peacock Ore-

- * Helps block all chakra when put at each point.
- * This gem brings clarity, increases creativity and brings prosperity.
- * Part copper part pyrite.

Affirmation:

Petrified Wood-

- * Heals past family history.
- * Helps heal past lives and bring stability.
- * Grounding protection crystal.

Affirmation:

I live my life without fear holding me back.

Phoenix Stone-

- * Helps provide courage, strength and self-confidence.
- * Assists in spiritual evolution.
- * Keeps anger away

Affirmation:

I have courage.

Picasso Jasper-

- * Attracts new connections.
- * Brings stronger relationships with new and old friends.
- * Brings out creativity (good for writer's block).

Affirmation-

I attract friends who are trustworthy

Pietersite-

- * Helps strength your personal powers.
- * Helps with intuition and transformation.
- * Enhances Telepathic powers.
- * Solar plexus, sacral, and third eye chakra.

Affirmation:

My higher self is open to new visions.



P

- ❑ **Pink amethyst-**
 - * Heart, third eye and crown chakra.
 - * Helps with accepting others for what they really are.
 - * Enhances creativity and removes anxiety.

Affirmation:
I will not judge others and focus on myself.

- ❑ **Pink Opal-**
 - * The crystal for love and hope.
 - * Heart chakra
 - * Helps give you good sleep
 - * Fills your aura with love, peace and tranquility.

Affirmation:
My heart is full of love.

- ❑ **Pistachio Calcite-**
 - * Solar plexus and Heart chakra
 - * Great for lung issues.
 - * This peaceful stone provides insight and appreciation.
 - * Focuses the mind for positive thoughts and ideas.

Affirmation:

- ❑ **Prasiolite (Green Quartz)-**
 - * Heart Chakra
 - * Know your self-worth and heal your heart from past traumas.
 - * Ignite your love life and bring a whole new level of love.

Affirmation:
I remove negative energy. I am worthy of love.

- ❑ **Pink jade-**
 - * Heart chakra.
 - * Helps eliminate toxins from the body.
 - * Calms the nervous system.

Affirmation:
I am purifying my body from all mental and emotional toxins.

- ❑ **Pink Tourmaline (Rubellite)-**
 - * Helps heal past trauma.
 - * Works as an antidepressant
 - * Gives aura love & kindness.

Affirmation:
I love myself unconditionally.

- ❑ **Polychrome Jasper (Desert Jasper)-**
 - * Root chakra
 - * Helps bring happiness, protection and inspiration into your life.
 - * Increases positive thoughts and overcome conflicts.

Affirmation:

- ❑ **Prehnite-**
 - * Helps with deep meditation.
 - * Helps protect one on all levels.
 - * Known as the prophecy crystal.

Affirmation:
I am connected with my spiritual path.



P

Prophecy stone-

- * This stone from Egypt is a very high vibration.
- * It helps stimulate prophecy and precognitions.
- * This rare healer is also very grounding

Affirmation:

Purple kunzite-

- * Activates the heart chakra.
- * Helps align throat and third eye chakra.
- * Attracts romantic relationships.
- * Brings creativity and self-expression.

Affirmation:

I am open to unconditional love.

Pyrite-

- * Brings prosperity and abundance.
- * Helps find your purpose.
- * Promotes optimism for the future.

Affirmation:

I will attract all that I need.

Purple fluorite-

- * The "Dream Crystal"
- * Defends one from evil spirits and is a perfect crystal for getting rid of nightmares.
- * Helps with visions and clairvoyance.

Affirmation:

My third eye is awakened and I'm ready to grow.

Purpurite-

- * Crown Chakra
- * Known as "The stone of freeform".
- * Bring in abundance, success and lots of growth.
- * This is also known to help cleanse your body of radiation.

Affirmation:

I am free to feel what I feel.

Pyrite in Agate-

- * Powerful crystal to overcome bad habits.
- * Increases willpower.
- * Brings good health and positive change.

Affirmation:

Q

Quartz-

- * Provides clarity of mind.
- * Raises one's vibrations and balances auric fields.
- * Provides. Clearing, Cleansing, Healing and energy

Affirmation:

The energy of the universe flows through me.

Que Sera-

- * Changes your perception and perspective on life.
- * Helps recharge energy and in return gives you clarity.

* Rare crystal that helps cleanse your aura.

Affirmation:

Wonderful things are unfolding before me.



R

Rainbow Moonstone-

- * Crown, third eye and sacral chakra
- * This gem sharpens intuition.
- * Helps see new opportunities.
- * Brings optimism and self-love.

Affirmation:

Rainforest Jasper-

- * Heart and Root chakra
- * Connect and communicate with nature.
- * Feel grounded and Secure with yourself.

Affirmation:

I have the power in me.

I am connected to nature.

Red Hematite-

- * Root chakra
- * This crystal brings protection, strength and lots of courage.
- * Enhances your confidence and vitality.

Affirmation-

I have the strength to overcome.

Red Tiger's Eye-

- * Helps activate sex drive.
- * Root chakra
- * Helps resolve sexual issues
- * Brings confidence and motivation

Affirmation:

I deserve pleasure in my life.

Rainbow Obsidian-

- * Root chakra
- * Helps protect against depression.
- * Gives you resilience and self-control.
- * Offers love and happiness in abundance.

Affirmation:

I will let go of negativity and be happy in my thoughts.

Red Banded Calcite (Pork Stone)-

- * Helps release negative energy and protect boundaries.
- * This amplifier crystal also cleanses the space around you.

Affirmation:

I release all negativity and doubt.

Red Jasper-

- * Helps bring courage and wisdom when needed.
- * Heart chakra and fire element
- * Heals past trauma.

Affirmation:

I have great strength and courage with in me.

Rhodochrosite-

- * Helps give you courage to love
- * Relieves asthma & respiratory issues.
- * Removes irrational fears
- * Helps heal childhood trauma making you feel free & happy.

Affirmation: As I release the pain of the past, I find joy & magic in the present.



R

Rhodonite-

- * Soothes anger, fear and stress.
- * Helps bring out your hidden talents.
- * Amplify & activate your heart and root chakras.

Affirmation:

I'm living the life I was meant to live.

Ruby Fuchsite-

- * Heart, third eye and crown chakra.
- * Changes negativity into positivity.
- * Enhances love and intuition.

Affirmation:

My heart is open and ready to receive love on many levels.

Rutilated Quartz-

- * Clears energy blockages from all chakras.
- * High energy which helps bring balance and stability.
- * Enhances decision making.

Affirmation:

I am a beacon of light.

Rose quartz-

- * Heart chakra
- * Helps purify and open the heart on all levels.
- * Self-love stone and attracting love. It can take bad energies and replace them with love.

Affirmation:

The love I have for myself attracts others.

Ruby Zoisite-

- * Crown and heart chakra
- * Helps alleviate grief, anger, despair and defeat.
- * This is a powerful stone for deep healing.

Affirmation:

I give & receive only loving information.

S

Saffordite (Cintamani Stone)-

- * Considered a sacred stone to help you feel fulfilled in life.
- * Also known as the most powerful wishing stone.
- * Bringing your dreams into reality.

Affirmation:

Sardonyx Agate-

- * The strength and protection stone.
- * Brings happiness and stability for marriage or partnership.
- * Great focus stone for meditation.

Affirmation:

I am worthy of a healthy loving relationship.



S

☐ **Satin spar-**

- * Grounding stone for personal improvement.
 - * Cleanses and recharges crystals without having to be cleansed like (selenite)
 - * Helps PMS and menstrual cycles by regulating hormone.
 - * Extremely calming stone bringing clarity.
- Affirmation:*
My mind is clear and I'm at peace with myself.

☐ **Septarian Dragon-**

- * This crystal helps ground you & give you patience.
 - * Brings confidence, strength and protection.
 - * Root chakra, fire element
- Affirmation:*
My patience will achieve more than force.

☐ **Serpentine-**

- * Clear out clouded areas of the chakras.
 - * Stimulate the crown chakra, promoting spiritual understanding and psychic abilities.
- Affirmation:*
I Am aligned.

☐ **Shungite-**

- * Helps detox body, mind & soul.
 - * Protects against EMF's
 - * Helps with sleeping problems.
- Affirmation:*
My body is cleared of toxins.

☐ **Selenite-**

- * High vibration stone
 - * Clear and charges crystals without ever having to be cleaned or charged.
 - * Brings peace, tranquility and protection.
- Affirmation:*
I embody peace and clarity in all that I do.

☐ **Seraphinite-**

- * Crown and Heart Chakra
 - * This gem is full of feminine energy.
 - * Helps support your heart and lung health.
 - * Helps remove blocked toxic energy within and provide nurturing love.
- Affirmation:*
I feel the Divine light entering my body and removing everything toxic.

☐ **Shiva Eye shell-**

- * Brings Transformation, Divination and protection.
 - * Helps stimulate psychic powers enhancing abilities to connect with others and earth on a deeper level.
 - * Wards against bad dreams and nightmares.
- Affirmation:*

☐ **Silver obsidian-**

- * Sharpens one's senses and stimulates growth.
 - * Helps instill confidence and wards off negative energy.
- Affirmation:*
I am the greater power. I trust myself fully.



S

☐ Smokey Quartz-

- * Root and Solar plexus Chakra
- * Bring in willpower, transformation, pride and protection.
- * Clear your aura of all negativities.

Affirmation:

I lift the veil of depression, and know I'm protected.

☐ Sodalite -

- * Awakens the Third Eye.
- * Reduces inflammation in the body.
- * Connects you to the angels.
- * Prepares the mind to receive inner and intuitive knowledge.

Affirmation:

My mind is open to new information.

☐ Specularite (Specular Hematite)-

- * This rare gem dissolves negative energy.
- * Brings willpower and is very grounding.
- * Boost confidence and helps with memory loss.

Affirmation:

☐ Sphalerite-

Very rare

- * Helps make you feel more attractive.
- * Purifies aura bringing energy.
- * Improving the ability to teach others.

Affirmation:

I can connect with others and help spread my knowledge

☐ Snowflake Obsidian-

- * The "truth revealer crystal"
- * Exposes one's self that needs growth and development.
- * Grounding, giving your soul purpose.

Affirmation:

I have the power to create change.

☐ Solar Quartz-

- * This energy enhancer helps bring in harmony.
- * Used mostly for the Crown chakra but is flexible enough to work with all chakras.
- * Solar quartz helps aid in clarity and letting go of toxic things.

Affirmation:

☐ Spessartine Garnet- (orange garnet)

- * Sacral and Solar Plexus Chakra
- * Unleash your creativity.
- * Get rid of negative thoughts and replace them with happy ones.
- * Brings love and self- confidence.

Affirmation: I will fulfill all my dreams.

☐ Spider Web Jasper-

- * Root Chakra
- * Stabilize your aura with this grounding gem.
- * Helps you feel compassion and kindness
- * Let go of your ego and see clearly.
- * Gives you energy and helps with astral travel.

Affirmation:



S

☐ **Spirit Quartz (Cactus Quartz)-**

- * Crown & third eye chakra.
- * Best for grief.
- * Helps remove fear and anxiety.

Affirmation:

Everything will get better.

☐ **Sugilite-**

- * Crown and Third eye Chakra
- * This violet flame stone burns away negative attachments.
- * This gem keeps you grounded and thankful.
- * Bring in lucid dreams and unleash a new power.

Affirmation:

I look for progress and not perfection.

☐ **Super Seven-**

- * Energizes all chakras.
- * **Never needs cleansing.**
- * Helps enhance telepathy, clairvoyance, and all psychic abilities.
- * Helps to attune to all the celestial energy.

Affirmation:

I am transforming into my highest spiritual self and expanding consciousness.

☐ **Strawberry quartz-**

- * Heart chakra
- * Attracts one's soul mate.
- * Helps bring wisdom and amplifies good intentions.

Affirmation:

I draw love and romance in my life.

☐ **Sunstone-**

- * Helps bring confidence, balance and leadership.
- * Sacral and solar plexus chakra.
- * Increases sexual vitality.
- * Carries the light and happiness of the sun.

Affirmation:

I am the light that brings happiness to others.



I

- **Terahertz-**
Rare crystal
 - * Helps speed up spiritual growth.
 - * Enhances imagination.
 - * Gives you strong mental power.

Affirmation:
My mind is clear.

- **Tiger's Eye-**
 - * Enhances will power
 - * Increases confidence
 - * Brings good luck and prosperity

Affirmation:
I am strong and powerful.

- **Titanium Quartz-**
 - * Third eye & crown chakra
 - * Helps with reading auras
 - * Opens energy blockages and focuses on vitality & strength.
 - * Element water

Affirmation:
I will embrace the joys of life.

- **Tourmalated Quartz-**
 - * Root chakra and crown
 - * Balances Ying and yang
 - * Brings protection, balance, insight and luck.

Affirmation:
I am able to withstand all storms.

- **Thousand Eye Jasper (Shell Jasper).**
 - * Crown, Third eye and Root Chakra.
 - * Heightens your vibrations, increases energy and helps bring focus to projects.
 - * Manifest your true desires.

Affirmation:
I feel rejuvenated and energized.

- **Titanium Druzy-**
 - * This is known to be a guide for your soul.
 - * Helps assist you in recalling past lives.
 - * Helps activate all chakras.

Affirmation:
I am worthy of all the blessings coming my way.

- **Topaz-**
 - * Blue topaz relieves stress related problems.
 - * Imperial topaz helps overcome fears mainly dealing with public speaking.
 - * White topaz helps manifest your dreams.
 - * Helps boost your faith and help raise your spirits.

Affirmation-
It is safe to taste life's pleasures.

- **Trolleite-**
 - * Third eye Chakra
 - * Helps attract what you want based on your desires.
 - * This high vibration gem will help connect you to your soul's purpose.
 - * Cleanse your mind and release all the emotional clutter in your head.

Affirmation:
I am enlightened.



I

Tremolite-

- * Crown, third eye & heart chakra.
- * This gem has a very powerful vibration.
- * Helps with the dream world as it brings on vivid dreams.
- * Also helps relieve sadness and bring a sense of calmness.

Affirmation:

Turquoise-

- * Throat chakra
- * Element earth, air and fire.
- * Brings spiritual protection.
- * Helps embrace your self and provides balance in your life.

Affirmation:

U

Unakite-

- * Release what holds you back. This brings in love and friendship.
- * Recovery and balance

Affirmation:

I'm connected to mother earth and ready for what's ahead.

Unicorn Stone-

- * Bringing joy this gem helps Empaths balance emotions.
- * Brings positivity and help you feel more safe.
- * Removing tension, it can also help with heartache.

Affirmation:

I am safe, I am loved, I am happy.

V

Vanadinite-

- * Root Chakra
- * Helps with writer's block, stimulating creativity.
- * Gives you the drive and energy to get things done.

Promotes healthy hormones.

Affirmation:

Variscite-

- * Heart and Solar Plexus Chakra
- * Clears the aura of any debris.
- * Enhancing one's creativity and providing deep meditation.

- * This is a great gem for peaceful sleep.

Affirmation:

I embrace myself lovingly.



V

Velvet Fluorite-

* Helps with emotional connection and compassion.

* Open your third eye and deepen your spiritual connection.

Affirmation:

I'm open to new opportunities that lead me to my higher self.

W

White jade-

* Crown Chakra.

* This is White Light energy.

* Feel clarity, harmony and tranquility.

* Helps remove the feeling of being overwhelmed.

* Bring in peaceful sleep

Affirmation:

I feel pure and full of love.

Watermelon Tourmaline-

* The stone brings balance, opens your heart and makes you want to cry tears of joy.

* Lifting your emotional stress, this mineral can also help with blood circulation, wound support and healing fast after surgeries.

Affirmation:

X



Y

☐ **Yellow & Pink Banded Calcite-**

- * Yellow Calcite brings strength.
- * Helps with self-esteem and healing emotional wounds.
- * Pink Calcite brings relief and helps cleanse energy.
- * Energizes the chakras.

Affirmation-

I am at peace with myself.

☐ **Yellow jade-**

- * Helps bring joy and connection.
- * Solar plexus.
- * Helps with releasing past trauma.

Affirmation:

I breathe happiness

☐ **Yellow Aventurine-**

- * Solar Plexus and Sacral Chakra
- * Emotional Detox mineral.
- * Helps you feel less overwhelmed and more focused.
- * Bring in more personal power and energy to achieve your dreams.

Affirmation-

My dreams are coming true. I am balanced.

☐ **Yooperlite-**

- * Helps you express and recognize your feelings.
- * Stimulates self-acceptance releasing you of fears and anger.

Affirmation:

Z

☐ **Zebra jasper-**

- * Root & Crown chakra.
- * Brings joy, balance, manifestation, and optimism.
- * Helps with calming the mind

Affirmation:

I can handle what life brings in a calm manor.

☐ **Zoisite-**

- * Heart Chakra
- * Defeat the feeling of hopelessness.
- * Alleviate grief and anger.
- * Growth is upon you and new beginnings with this gem.
- * This is also known to help your metabolism.

Affirmation-

I let go of all sorrow and know I'm loved and love.