

Crystals *for* Beginners

The Guide to Get Started with
the Healing Power of Crystals

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Crystal Lattice Patterns



The six crystal lattice patterns include the following:

HEXAGONAL crystals have an interior structure that resembles a 3-D hexagon. Hexagonal crystals help with manifestation.

ISOMETRIC crystals have an interior cubic structure. These crystals can improve situations and amplify energies.

MONOCLINIC crystals have a 3-D parallelogram structure. They are protective crystals.

ORTHORHOMBIC crystals have a diamond-shaped crystalline pattern. They cleanse, clear, and remove blockages.

TETRAGONAL crystals have a rectangular interior structure. These crystals are attractors; they make things more attractive and they help you attract things to you.

TRICLINIC crystals have an interior structure with three inclined axes. These crystals ward off unwanted energies or help retain energies you'd like to keep.

CRYSTALS, GEMS, MINERALS, OR ROCKS?

A Crystal in Your Hand, a Rock in Somebody Else's

Not everybody reacts to the same crystal the same way. For example, my husband and I went to one of my favorite rock shops in Portland. As we talked with the store's manager, he pulled out a tray of phenacite, which is a very high-vibration crystal. I hadn't encountered phenacite before, and as he set the tray before me (I didn't even touch it), I felt all of my energy lift up and into my head. For lack of a better explanation, I felt high. My husband, on the other hand, felt nothing. So whose experience was more valid? Neither, really. They were just different.



In my classes, I frequently pass around different crystals for people to hold, and my students report the sensations they experience. Some are similar, and some are different. Two people can work with the exact same crystal and experience completely different outcomes. How you experience a crystal depends on your own perspectives, vibrations, needs, and beliefs. These factors will likely

Crystal Workhorses

While all crystals have unique healing properties, some are more powerful and/or versatile than others. In [chapter 5](#), we'll explore these 10 crystals in some detail. For now, think of these as your crystal starter kit—true workhorses everyone should have.

1 **CLEAR QUARTZ:** If you don't know which crystal to use, start with clear quartz; it works with every type of energy.

2 **SMOKY QUARTZ** is the crystal I use the most because it's a manifestation stone that converts negative energy to positive.

3 **CITRINE** promotes self-esteem and prosperity.

These three create a powerful collection that will help you as you work with many energetic issues. However, for more versatile crystals to fill out your collection, add the following.

4 **ROSE QUARTZ** supports all types of love, including unconditional and romantic love.

5 **AMETHYST** helps you tune into intuition and guidance from higher realms, as well as the power of your dreams.

6 **BLACK TOURMALINE** is a protective and grounding stone that keeps negativity at bay.

7 **RAINBOW FLUORITE** deepens intuition, promotes love, and facilitates clear communication.

8 **CARNELIAN** helps you set appropriate boundaries, have integrity, and be creative.

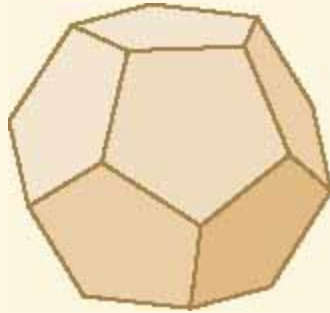
9 **HEMATITE** is protective, grounding, and centering and can also attract energies you'd like in your life.

10 **TURQUOISE** promotes luck, prosperity, and personal power.

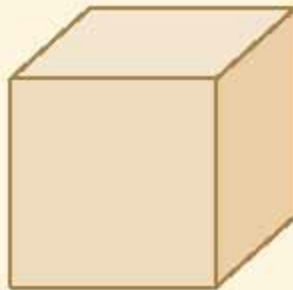


The Sacred Geometry of Cut Stones

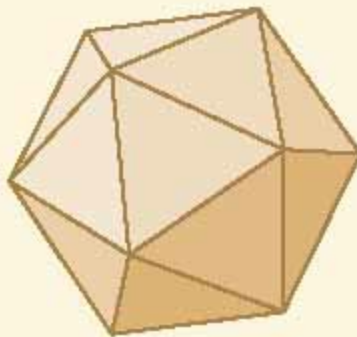
You can find crystals cut into many different shapes, including spheres and polyhedrons, which have varying properties. Working with stones cut into these shapes will impart the properties of both the crystal and the sacred shape.



DODECAHEDRON The dodecahedron is associated with the element of the Ethers and connects you to intuition and higher realms.

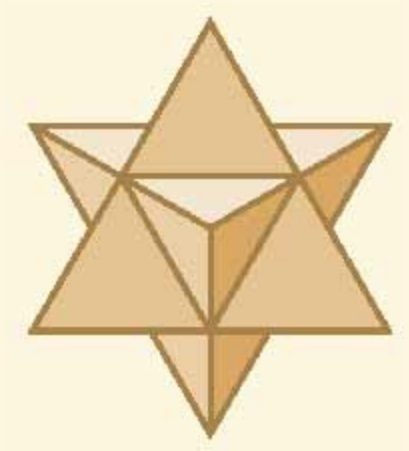


HEXAHEDRON The hexahedron, or cube, represents the element of Earth. It is grounding and stable.

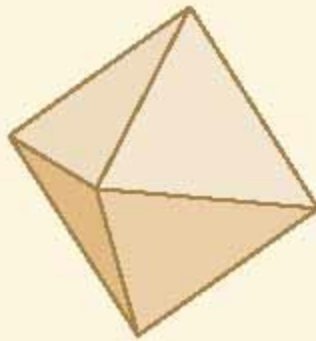


ICOSAHEDRON The icosahedron is linked to the element of Water. It connects you to change

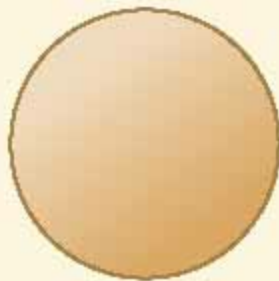
and flow.



MERKABA The merkaba is a 3-D star. It contains all five of the above polyhedrons within it and therefore combines all the effects of each. It is also associated with the energy of sacred truth and eternal wisdom.



OCTAHEDRON The octahedron represents the element of Air and promotes compassion, kindness, forgiveness, and love.



SPHERE The sphere has the energy of completeness, wholeness, and oneness.

Pairing Crystals

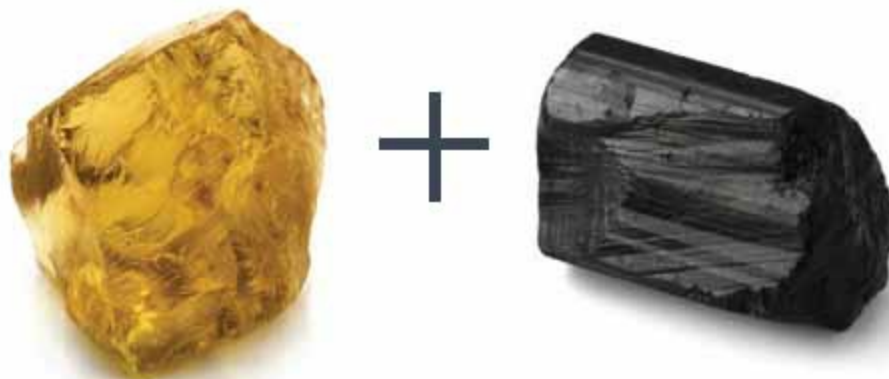
Like wine and food, some crystals pair well to make them better than the sum of their parts. Crystals that pair well have complementary energies that can really help focus energy. For example, the energy of any crystal is amplified when paired with clear quartz. Here are some other pairings that work well:



SMOKY QUARTZ + APACHE TEARS (a type of obsidian) is a powerful combination for people who are grieving. Apache tears help you process grief while smoky quartz transmutes negative energy to positive.



AMETHYST + LABRADORITE can help you have a more restful night's sleep. Amethyst is excellent for insomnia, while labradorite calms nightmares and promotes good dreams.



CITRINE + BLACK TOURMALINE can help ground you in prosperity. Citrine is a stone of prosperity, while black tourmaline is grounding and also blocks negative energy, which can help remove thoughts that prevent prosperity.

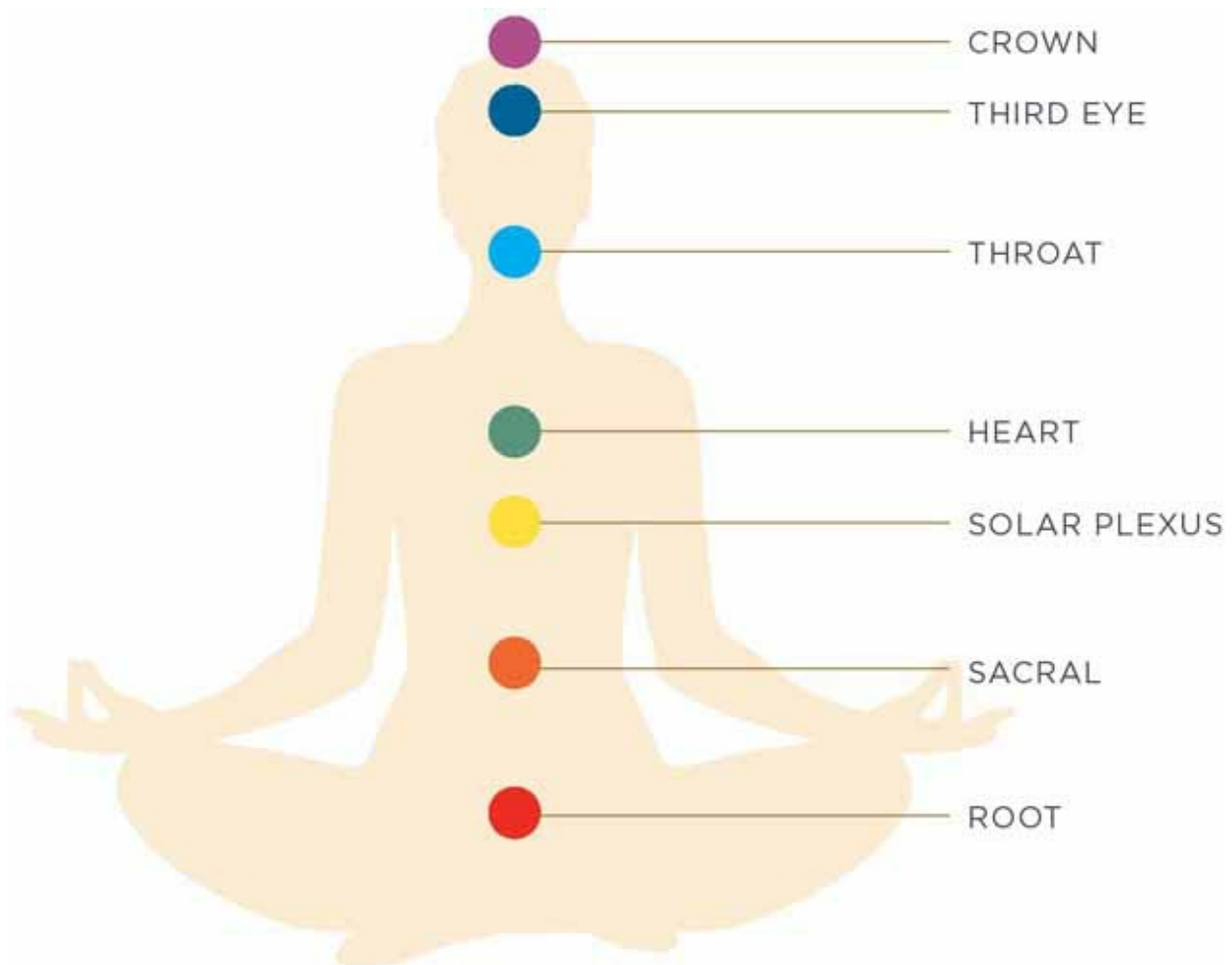


ROSE QUARTZ + RUBY OR GARNET is an excellent pairing for relationships. Rose quartz supports any and all kinds of love, as do rubies and garnets; however, rubies and garnets are also grounding, so they can keep you grounded while you're experiencing love and keep you from losing yourself in love.



BLACK TOURMALINE + CLEAR QUARTZ balance masculine and feminine energies and can help facilitate the free flow of balanced energy.

CROWN Located at the top of your head, the seventh chakra vibrates white and corresponds with your higher self and Divinity. Systemic issues and musculoskeletal issues are related to the crown chakra.



COLOR CORRESPONDENCE

As noted, you'll see that certain issues correspond with the chakras, and each chakra has a different color. Other energies are also associated with colors, so choosing crystals of those colors can help you work through particular issues. The tables below offer basic color correspondence for physical, mental, emotional, and spiritual issues.

BLACK / GRAY

PROTECTION • GROUNDING • SAFETY • SECURITY • ISSUES IN THE COMMUNITY
(RELATED TO TRIBAL IDENTITY) • UNCONSCIOUS • UNKNOWN • SHADOW SELF

BLUE

TRUTH • WISDOM • LOYALTY • LISTENING • THROAT • THYROID • DENTAL ISSUES •
SELF-EXPRESSION • SURRENDERING TO DIVINE WILL

BROWN

WORLDLINESS • EARTH • NATURE • GROUNDING

GREEN

LOVE • HEART • FINANCIAL • WEALTH • FORGIVENESS • COMPASSION • KINDNESS •
LUNG ISSUES • PHYSICAL HEALTH • CHANGE • GROWTH

ORANGE / PEACH

FAMILY ISSUES • PERSONAL INTEGRITY • SOCIAL ADAPTATION • SOCIAL ANXIETY
• SEXUALITY • SELF-IDENTIFICATION • EGO • LOWER BACK ISSUES • SEXUAL
ORGAN ISSUES

PINK

COMPASSION • KINDNESS • FORGIVENESS • UNCONDITIONAL LOVE • ROMANTIC

LOVE

RED

PASSION • GROUNDING • PHYSICAL VITALITY AND ENERGY • STAMINA •
STABILITY

VIOLET/PURPLE

SPIRITUALITY • DIVINITY • INTUITION • CONNECTION TO HIGHER SELF •
INTELLECT • REASON • HEALING • LOYALTY • DEVOTION • MIGRAINES AND
HEADACHES • EYE PROBLEMS

WHITE/CLEAR

NEW BEGINNINGS • DIVINITY • PURITY • PEACE • CONNECTION TO HIGHER
REALMS

YELLOW / GOLD

SELF-WORTH • SELF-ESTEEM • SELF-LOVE • SELF-IDENTITY • SPIRITUAL RICHNESS
• SPLEEN • GALLBLADDER



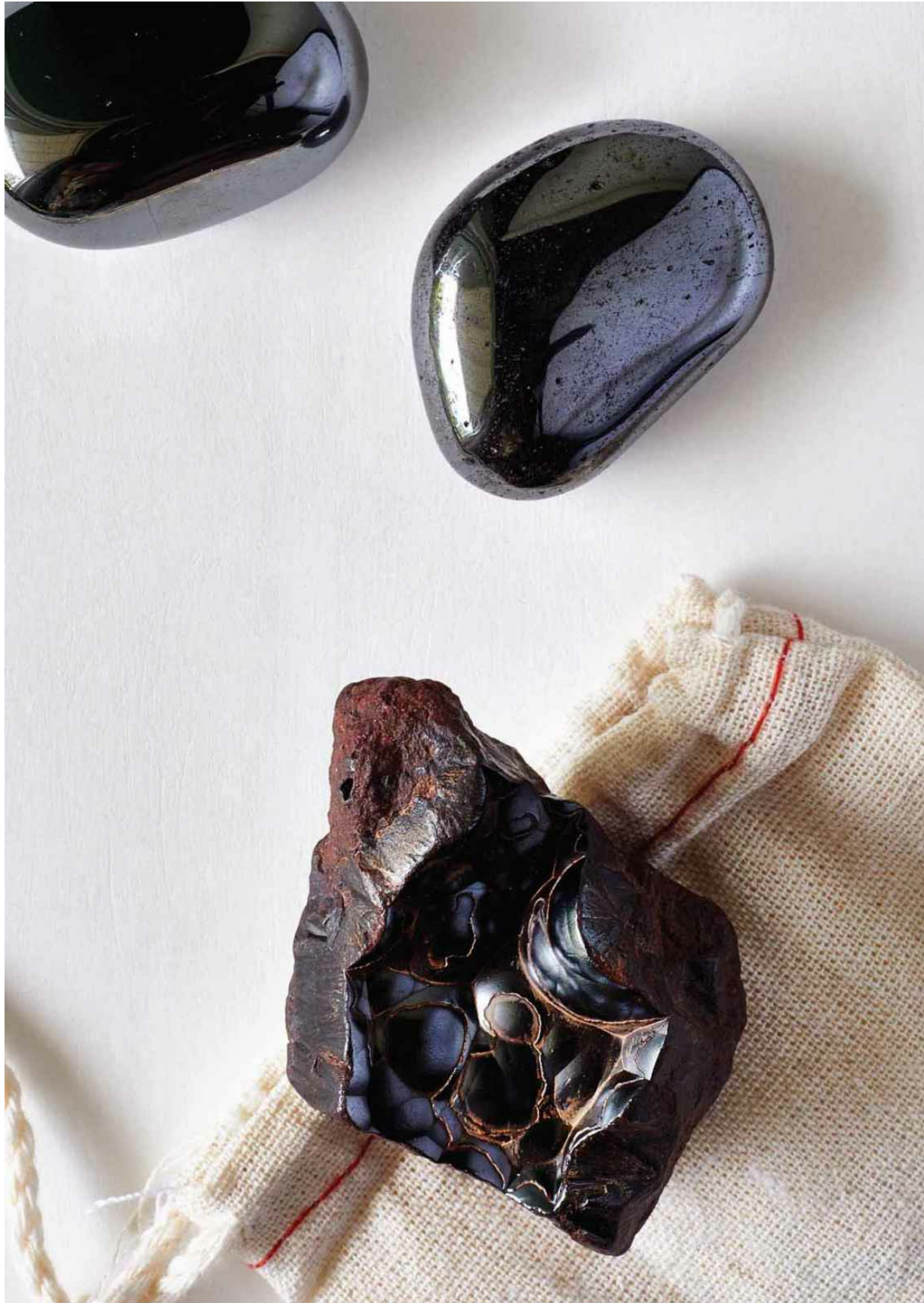






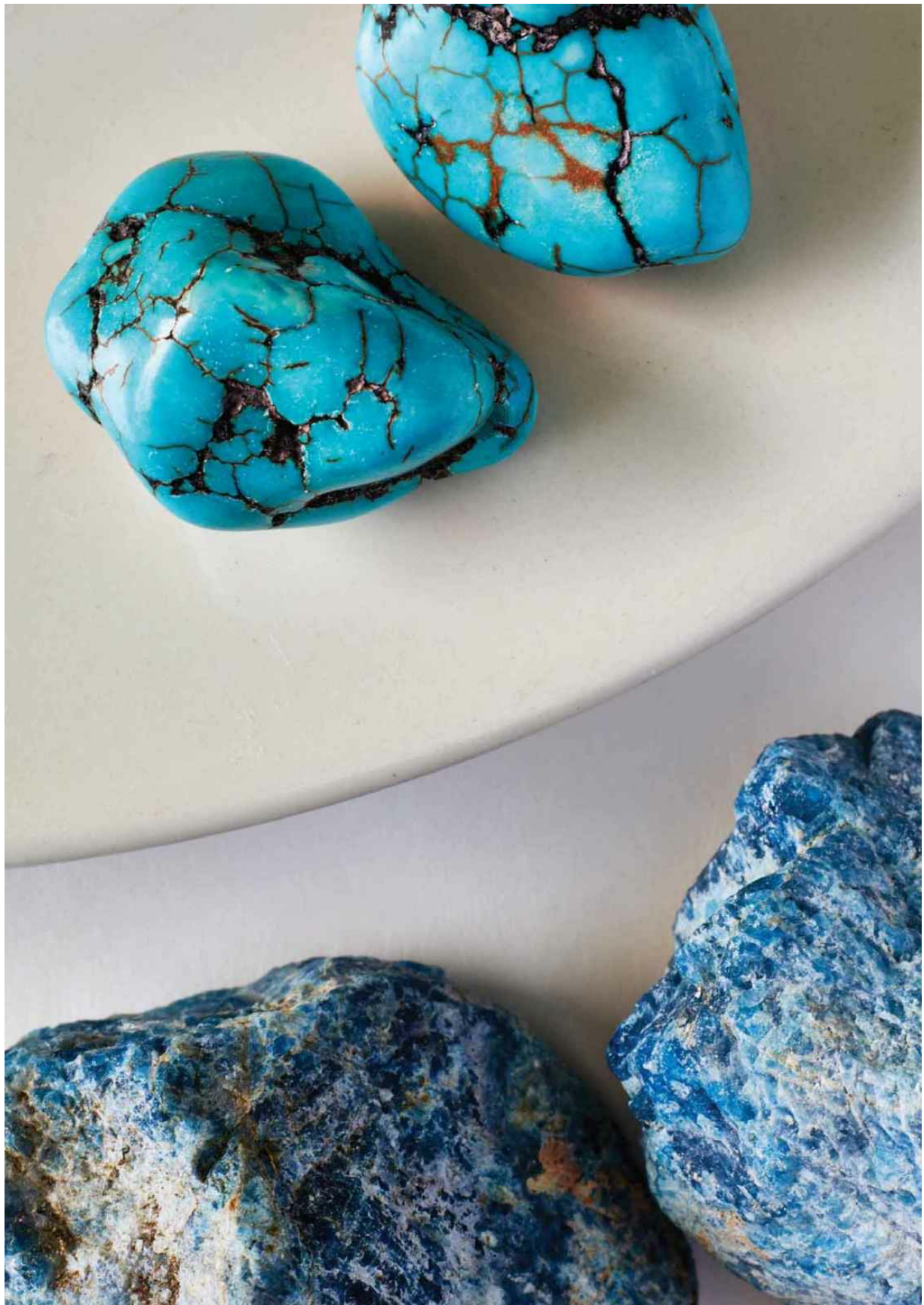


















































































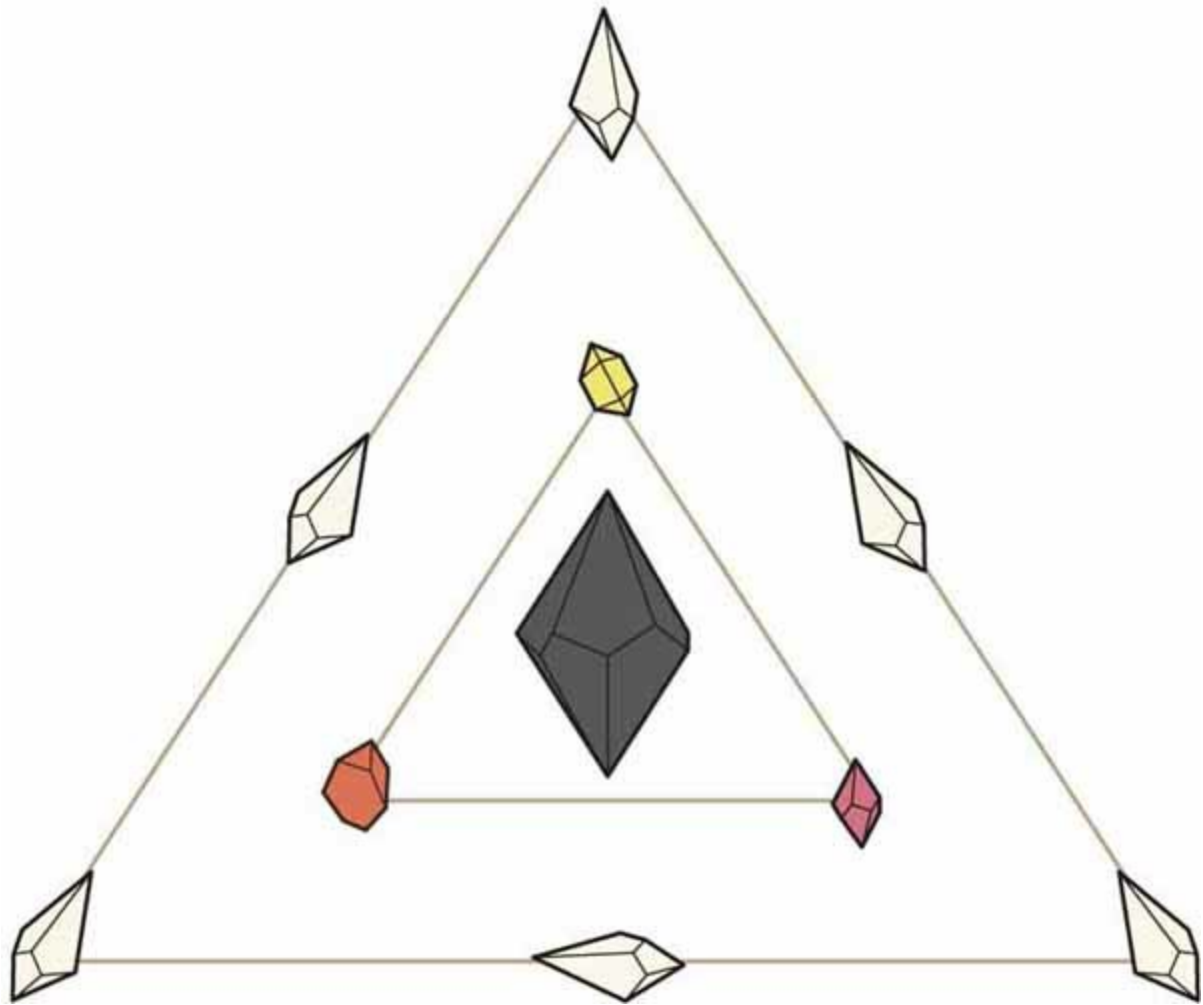


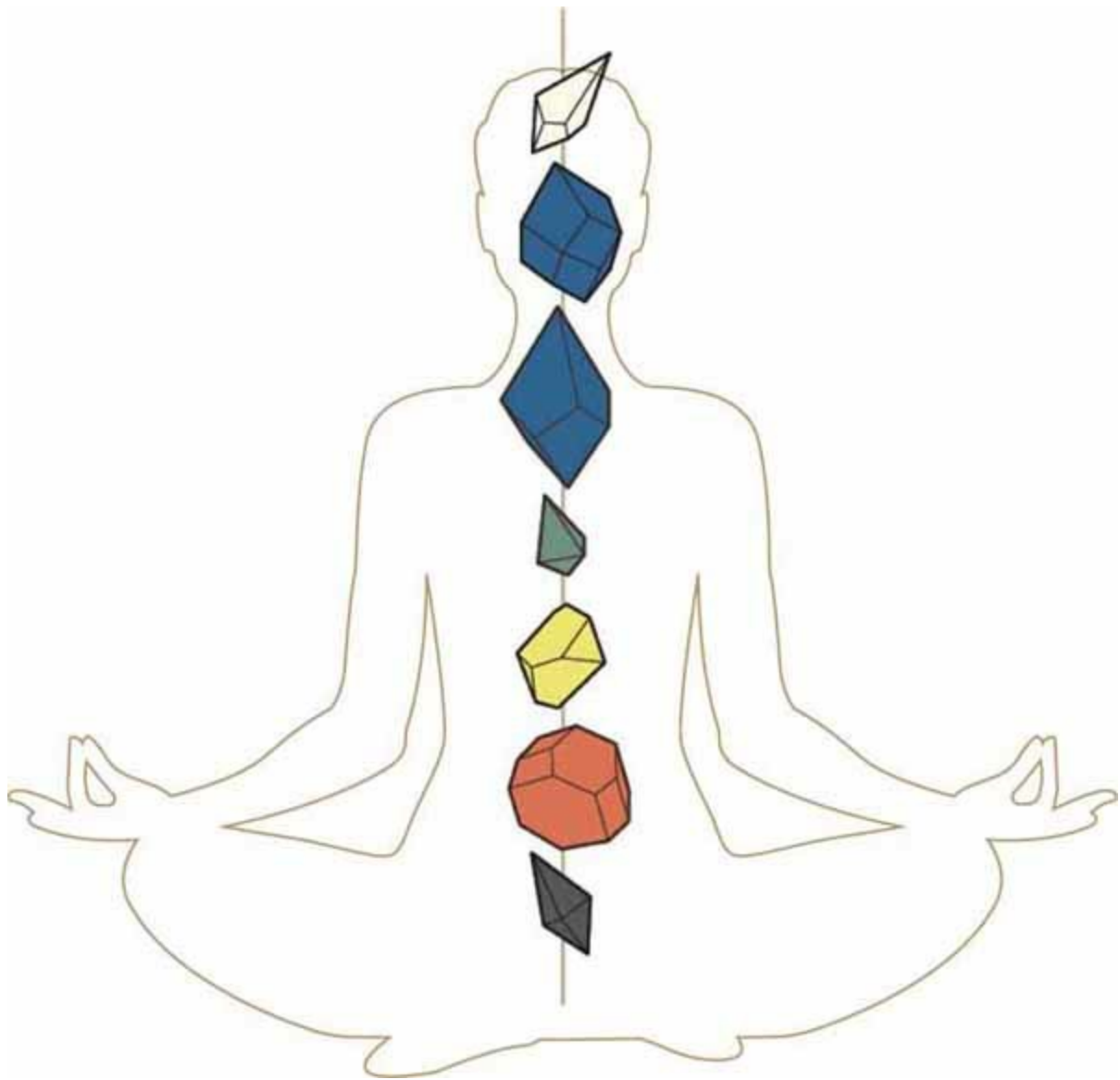


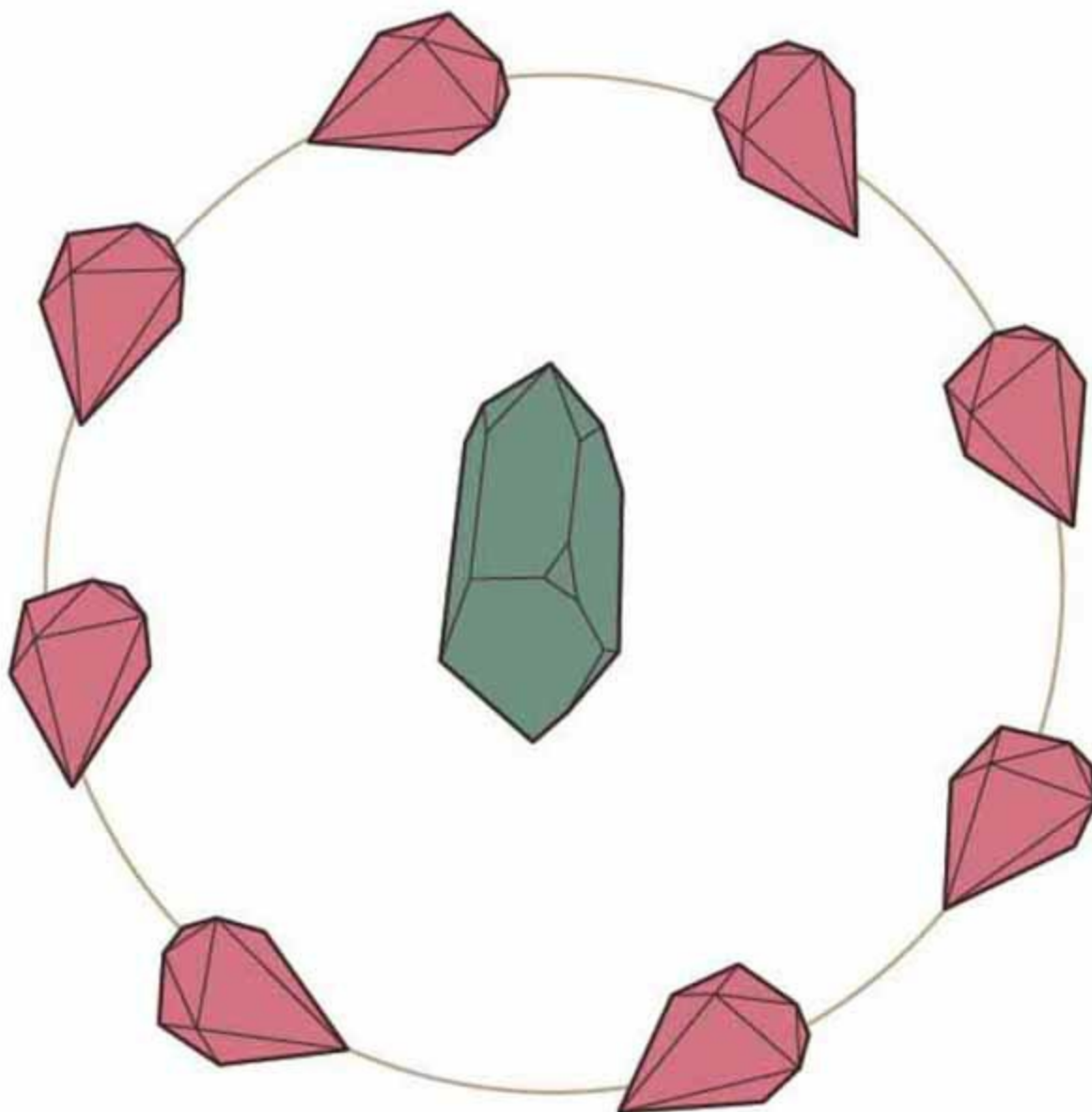


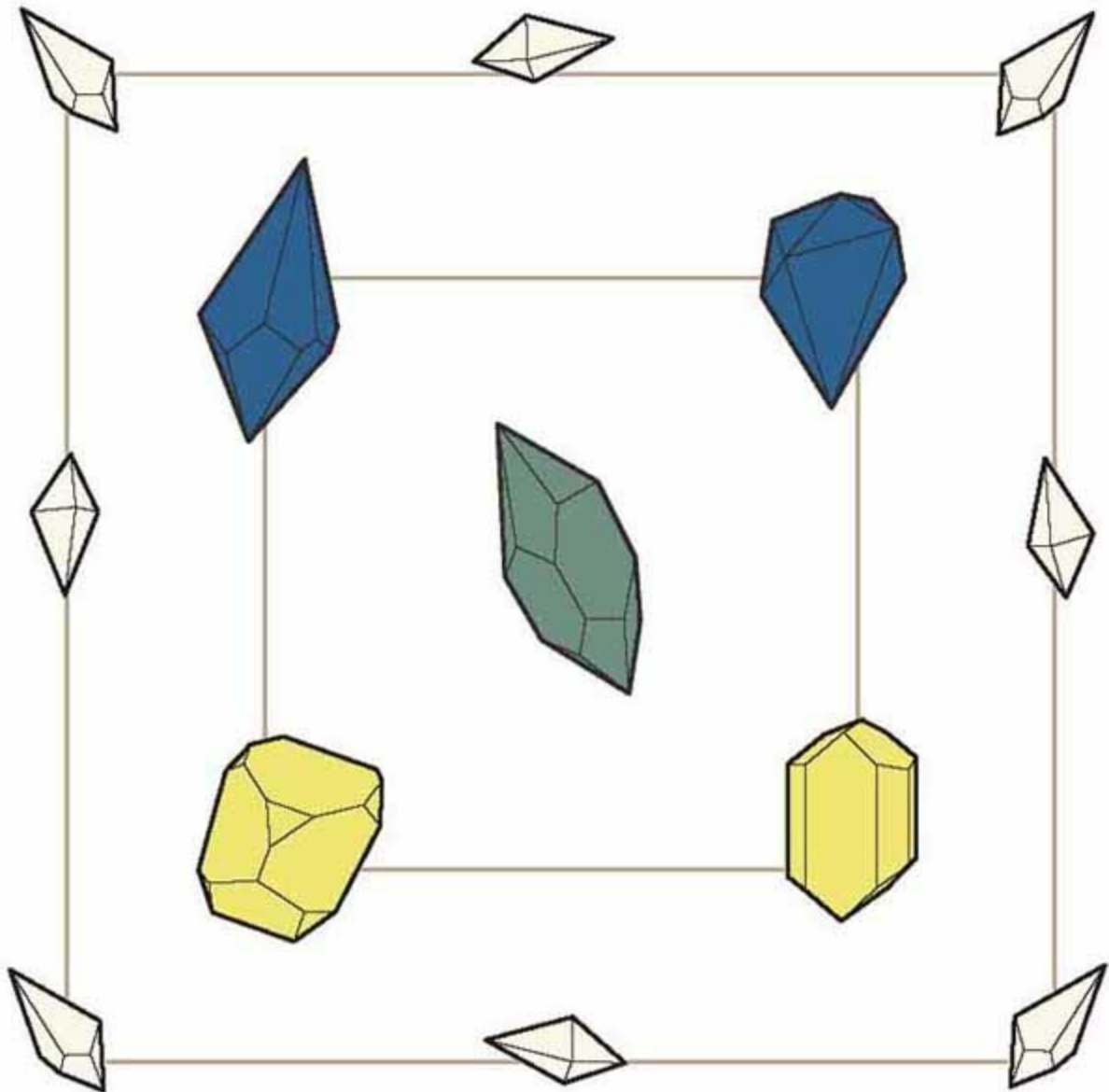












but also to make them based in love and compassion as well as gut instinct.

Lie on your back with a piece of ametrine halfway between your heart and throat chakra (on your upper chest).

Ask the question about the decision you have to make.

Visualize the energy moving upward from the solar plexus, passing through the heart, and into your third eye chakra.

Allow the information that comes through to guide you to a decision.

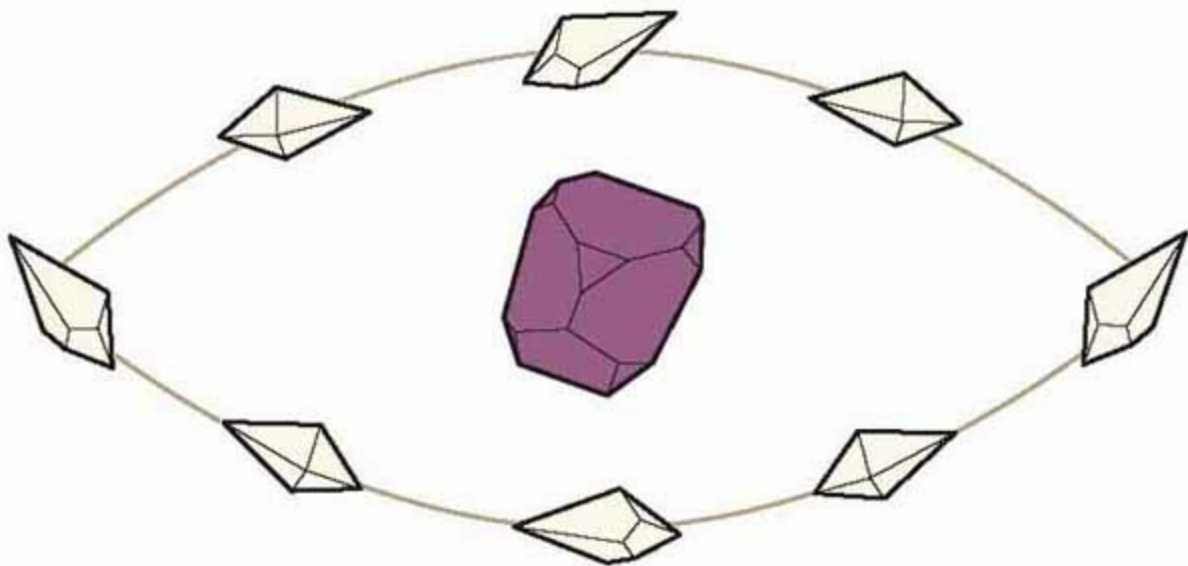
PRESCRIPTION #3—THIRD EYE GRID

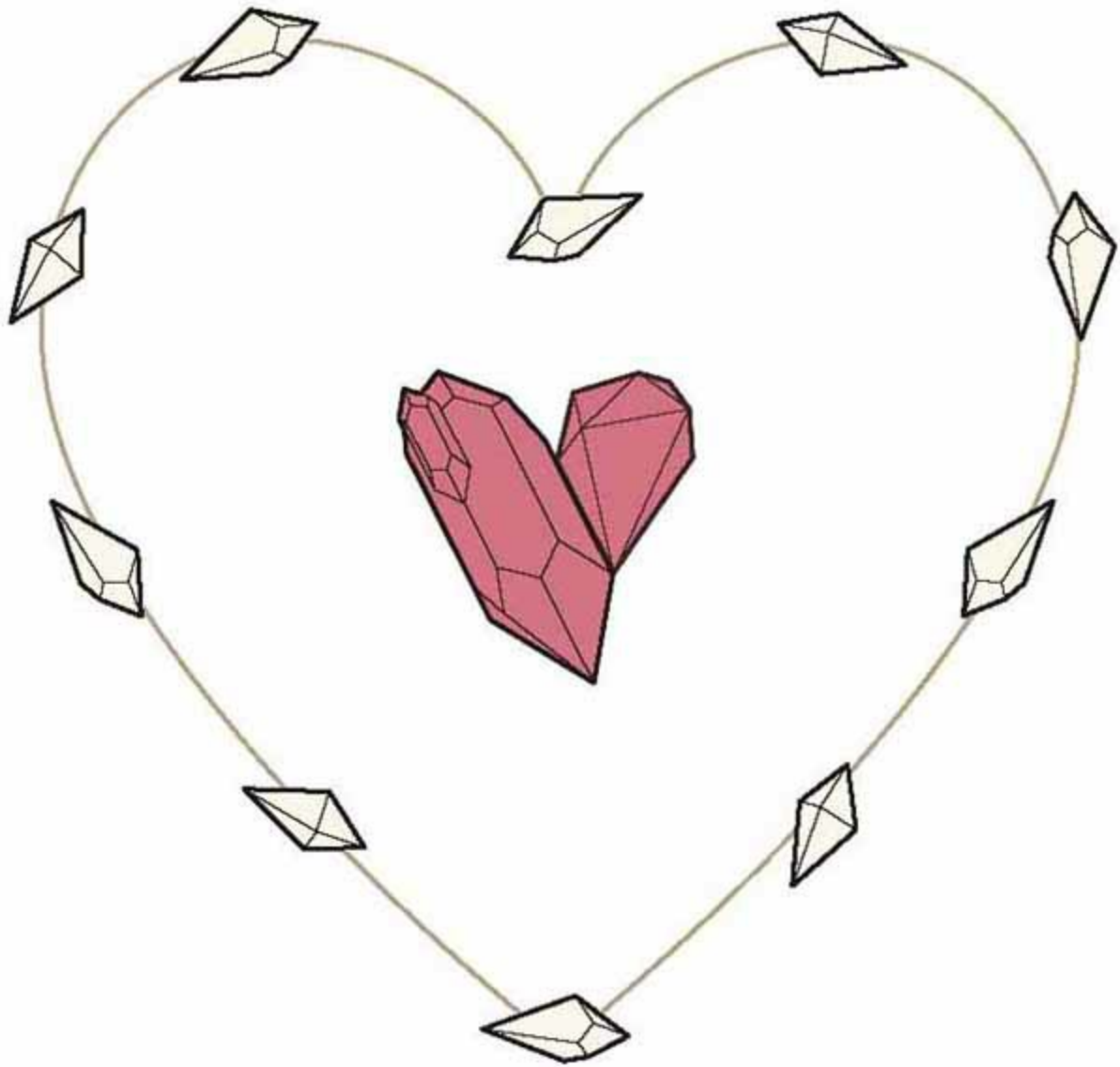
Make a third eye grid with amethyst and clear quartz. Lay it out on your bedside table, ask your question before you go to sleep, and then sleep on it. The amethyst and clear quartz will help the answer come to you as you sleep. You can use any size and shape of stone.

CONFIGURATION: Eye

FOCUS STONE: Amethyst (a stone deeply connected to your third eye and intuition)

PERIMETER/INTENTION STONES: Clear quartz (magnifies)

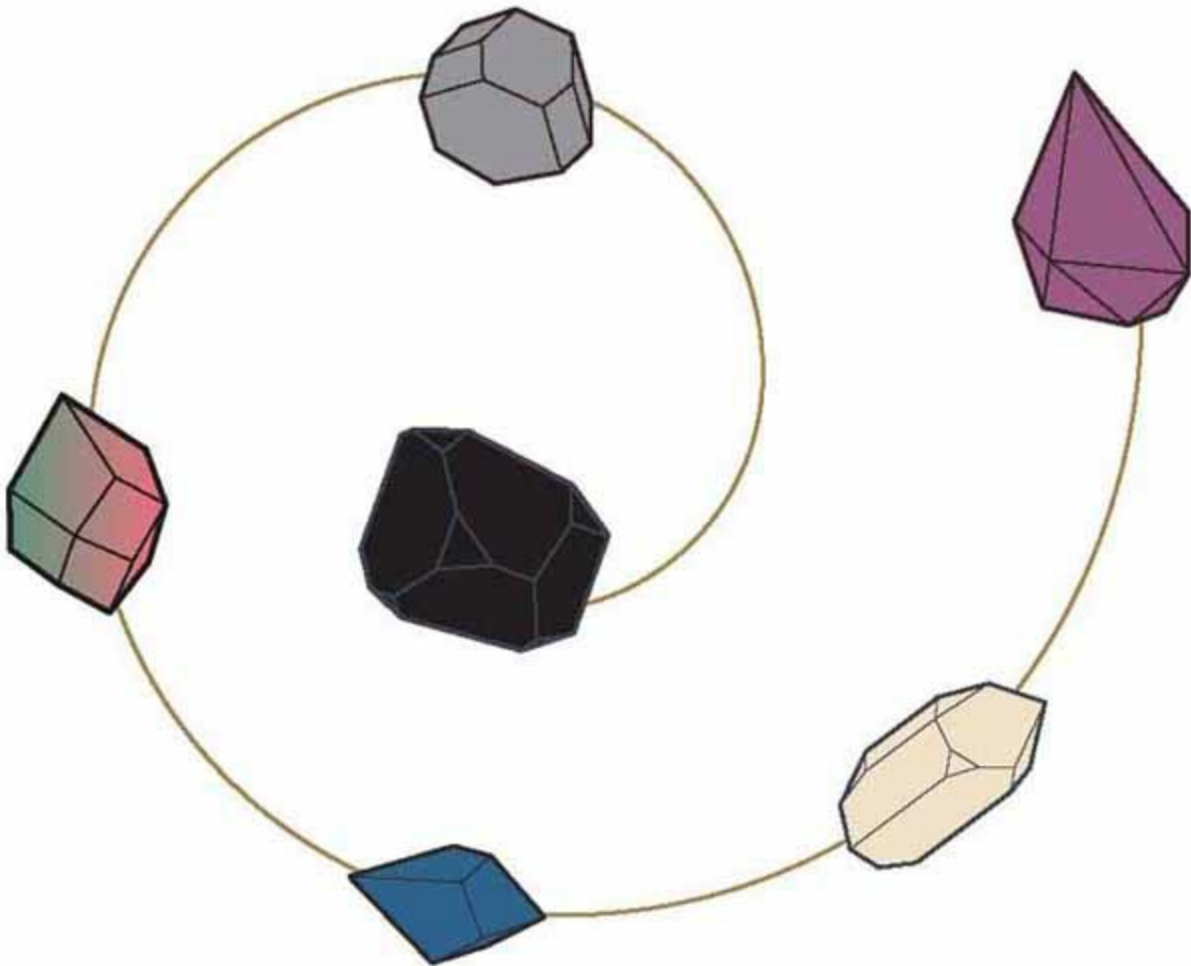


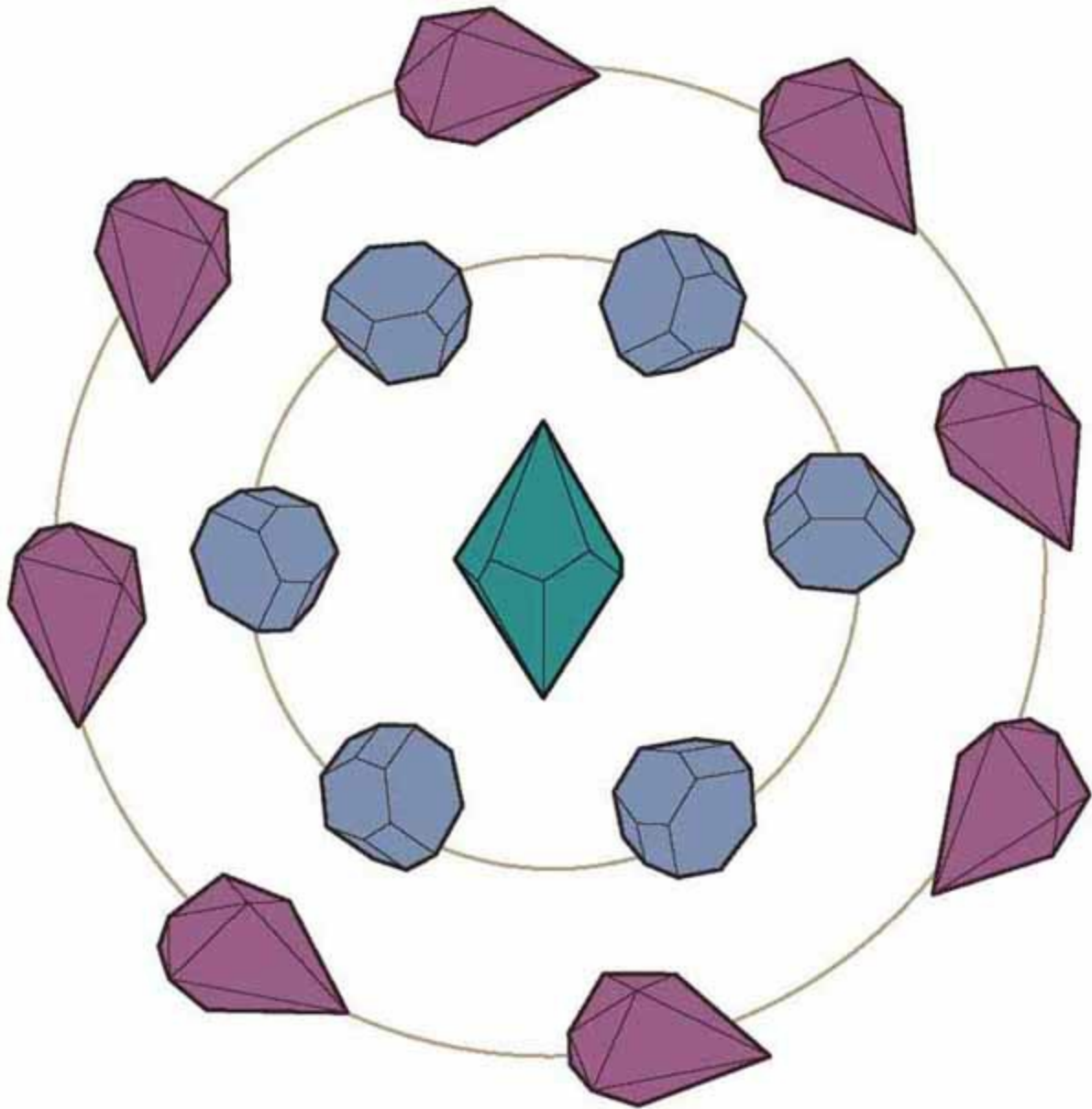


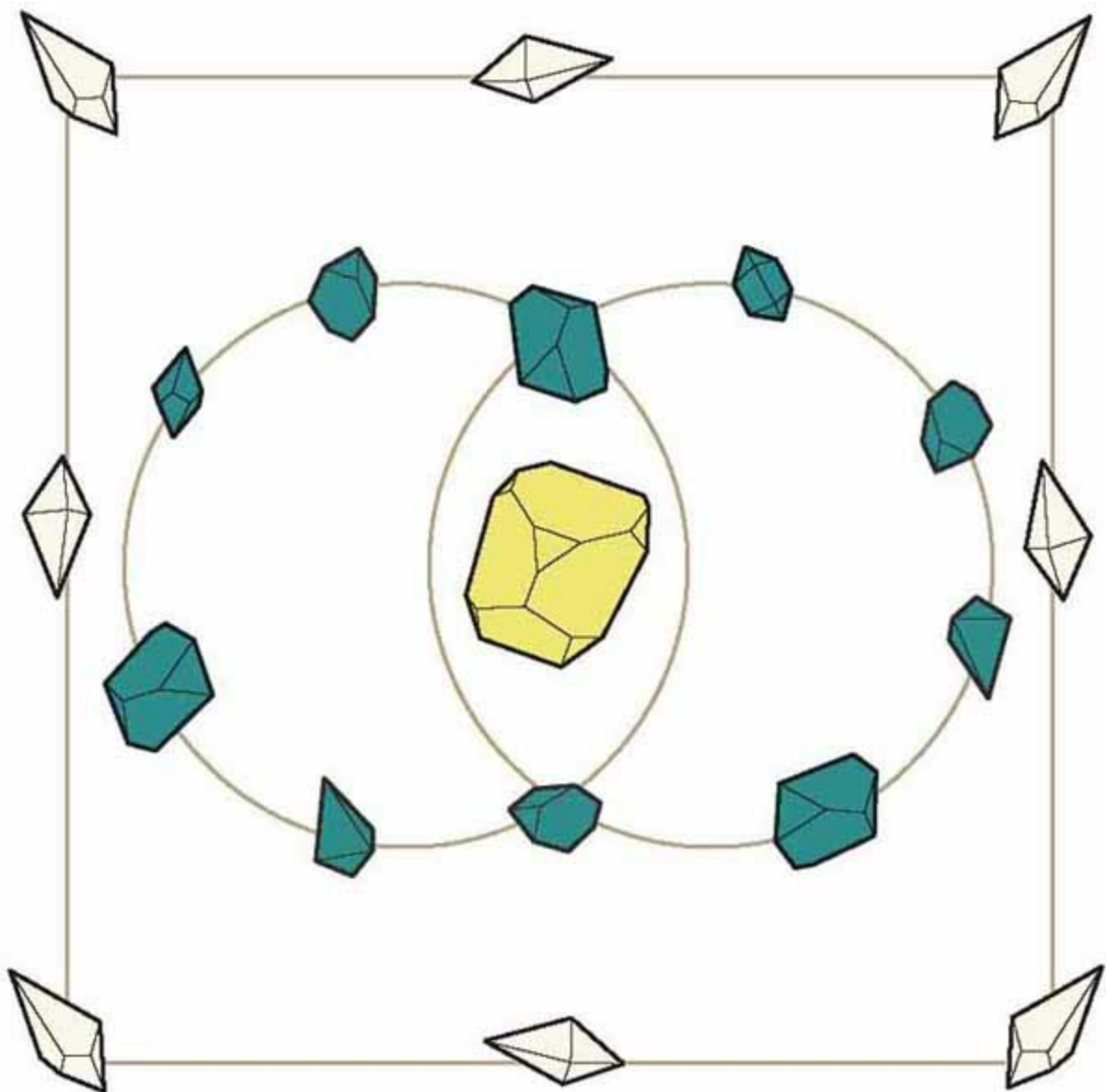
PRESCRIPTION #3—GRIEF GRID

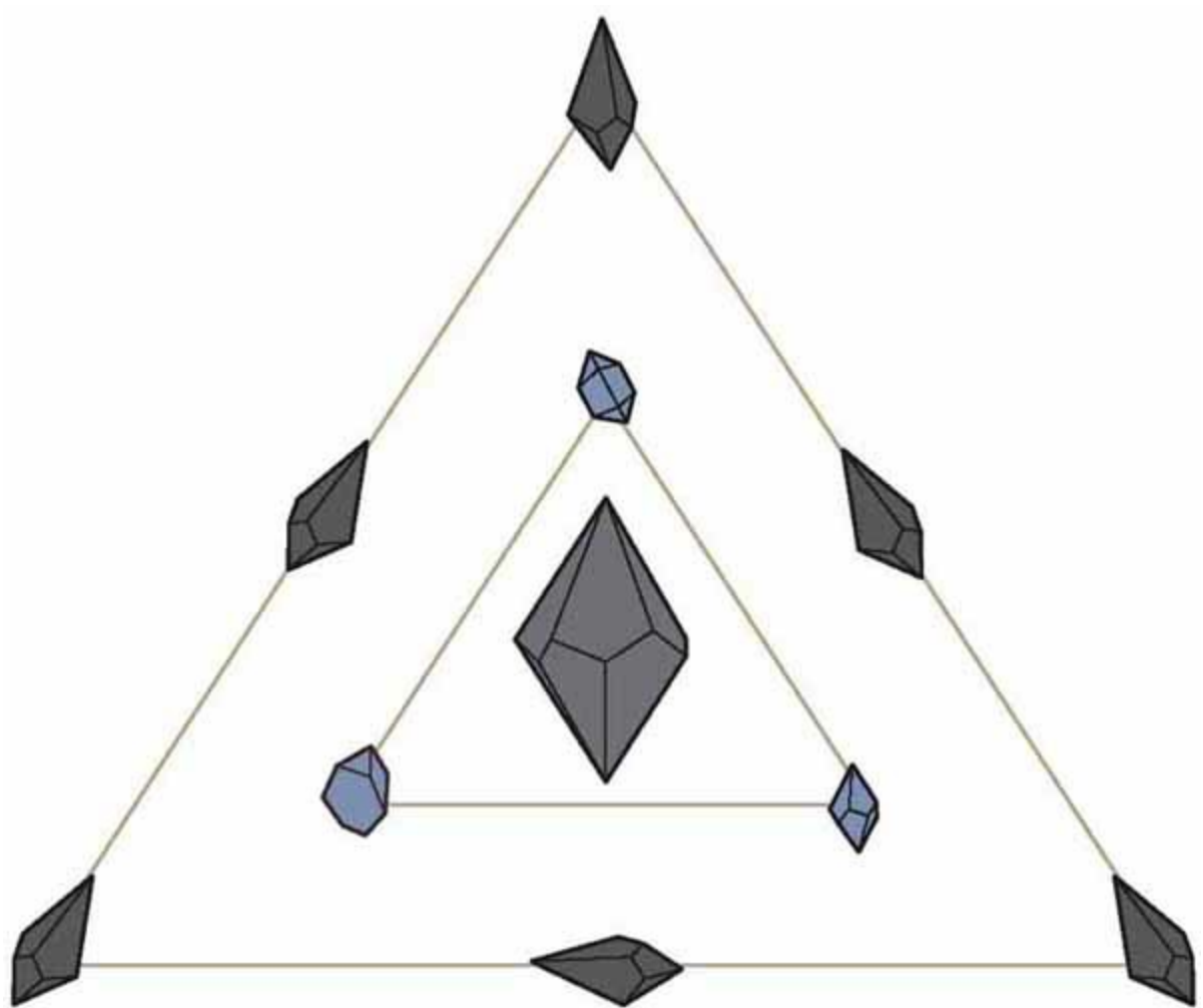
Make a stages-of-grief grid and place it under your bed or near somewhere you spend a lot of time. Arrange the stones in a spiral with an Apache tear as the first stone in the center and the following stones (in order) spiraling outward: hematite (for anger), rainbow fluorite (for denial), blue kyanite (for bargaining), smoky quartz (for depression), and amethyst (for acceptance).

Because of the unique configuration of the stones, there isn't really a focus stone or perimeter stones here. Instead, each stone helps you manage one stage of grief.












BLACK

	APACHE TEARS		BLACK CALCITE
	HEMATITE		BLACK JADE
	BLACK JASPER		BLACK KYANITE
	LODESTONE		OBSIDIAN
	ONYX		BLACK OPAL
	BLACK TOURMALINE		

BLUE			
	BLUE LACE AGATE		BLUE APATITE
	AQUAMARINE		BLUE AVENTURINE
	BLUE CALCITE		BLUE CHALCEDONY
	BLUE FLUORITE		BLUE KYANITE
	LABRADORITE		LAPIS LAZULI
	LARIMAR		SAPPHIRE
	SODALITE		TANZANITE
	BLUE TIGERS EYE		TURQUOISE











BROWN








	BROWN AGATE		BROWN APATITE
	ORANGE AVENTURINE		JASPER





GRAY

	BLACK OR GRAY AGATE		BOTSWANA AGATE
	GRAY AVENTURINE		SMOKY QUARTZ

GREEN





	MOSS AGATE		AMAZONITE
	GREEN AVENTURINE		GREEN CALCITE
	EMERALD		EPIDOTE
	GREEN FLUORITE		FUCHSITE
	TSAVORITE GARNET		GREEN JADE
	MALACHITE		MOLDAVITE
	PERIDOT		GREEN TOURMALINE








ORANGE			
	ORANGE APATITE		ORANGE AVENTURINE
	CARNELIAN		HESSONITE GARNET
	PEACH MOONSTONE		FIRE OPAL
	PADPARADSCHA SAPPHIRE		

MULTICOLORED			
	BANDED AGATE		AMETRINE
	RAINBOW FLUORITE		WATERMELON TOURMALINE











PINK













	PINK APATITE		PINK CALCITE
	PINK DANBURITE		PINK FLUORITE
	RHODOCHROSITE		ROSE QUARTZ
	PINK TOURMALINE		

PURPLE			
	PURPLE AGATE		AMETHYST
	PURPLE CALCITE		PURPLE FLUORITE
	LAVENDER JADE		

RED			
	RED AGATE		RED CALCITE
	RED GARNET		RED JADE
	RED JASPER		RUBY
	RED TIGERS EYE		

WHITE

	WHITE AGATE		WHITE CALCITE
	DANBURITE		COLORLESS FLUORITE
	HOWLITE		WHITE JADE
	MOONSTONE		OPAL
	CLEAR QUARTZ		SELENITE

YELLOW			
	YELLOW AGATE		AMBER
	YELLOW APATITE		YELLOW AVENTURINE
	YELLOW CALCITE		CITRINE
	YELLOW DANBURITE		YELLOW FLUORITE
	YELLOW JADE		YELLOW KYANITE
	YELLOW TIGERS EYE		TOPAZ

Glossary

AFFIRMATION A statement of positive intent

AGGREGATE A substance that is a combination of several minerals without a crystalline structure

AURA An energy field extending out beyond the body

CHAKRA Energy centers that connect the physical to the nonphysical

CHARGING A method of adding intention to a crystal's energy

CLEANSING Clearing energy from crystals so they can resonate at their own frequency

CRYSTAL SYSTEM The various systems into which crystals are categorized based on the crystalline lattice patterns

DIVINE Higher realms

ENERGY The substance that underlies all matter in the universe

ENTRAINMENT Two energetic systems with different vibrations synchronizing when placed near each other

GIVING HAND The hand that sends energy out from your body, typically your dominant hand

GROUNDING Rooting your energy to the energy of the Earth

HEXAGONAL One form of crystal system structure; hexagonal crystals are manifestors energetically

BOOKS

The Chakra Bible: The Definitive Guide to Working with Chakras by Patricia Mercier (New York: Sterling Publishing, 2007)

Crystals for Healing: The Complete Reference Guide with Over 200 Remedies for Mind, Heart & Soul by Karen Frazier (Berkeley, CA: Althea Press, 2015)

Higher Vibes Toolbox: Vibrational Healing for an Empowered Life by Karen Frazier (La Vergne, TN: Afterlife Publishing, 2017)

The Subtle Body: An Encyclopedia of Your Energetic Anatomy by Cyndi Dale (Louisville, CO: Sounds True, 2014)