

# CRYSTAL PROPERTIES FOR BEGINNERS

Looking to get into crystal meditation? Here are some of the essentials for a happier and healthier life:

by Neha Yousuf



## AGATE

This is for if your life is feeling out of balance and is spinning out of control. This is for support, grounding, and stability. Using this crystal will bring forth your strengths and put you back in power of your life.

## AMETHYST

This is for peace, intuition and spirituality. This will give you a sense of relaxation and will help you go to sleep after a long week of stressful nights. It's a spa-day in a crystal.

## BLACK TOURMALINE

This is for protecting yourself and your home. It's one of the most powerful crystals to defeat negative energy. It's a great boundary wall for people to give off negative energy or to put in the corner of your room to ward off negativity.

## CITRINE

This is for happiness, joy, and light. It makes room for positive spirits within you and eliminates any pessimism and negativity. It makes you radiate and helps you go about your life stronger.



## JADE

Jade is for wealth, success, and wisdom. It brings luck and is very popular in most cultures for the same reasons. It helps open up your third eye and even lets ancestors in on your life to help guide you in a better direction.

## MALACHITE

This is for transformation, openness, and love. If something is going wrong in your relationships from lack of communication to lack of clarity, use this to help find answers. It's a very transformative crystal.

## OBSIDIAN

This is for protection, growth, and major self-reflection. This crystal helps conquer the good and bad in your life with more ease. It helps you become more self aware and will assist you with cutting stress.



## SELENITE

This is for cleansing yourself and your space. It brightens the energy of everyone and everything within it. Raising your vibration is essential to keeping feelings of grief, fear, anger and anxiety out of your mental and physical space.