

my front door crystals

clockwise from right to left

SELENITE WAND: my sage stick alternative and all-purpose cleanser

CITRINE: powerful cleanser and regenerator, releases; abundance stone attracts wealth and prosperity. useful for smoothing group / family discord

BLUE SODALITE: brings together logic and intuition and opens spiritual perception. brings harmony in a group and solidarity of purpose

AVENTURINE: positive stone of prosperity; promotes compassion and encourages perseverance. green aventurine is a general harmoniser and brings well-being and emotional calm. known also as the stone of opportunity

ROSE QUARTZ: the stone of unconditional love and peace; release unexpressed emotions, encourages self-forgiveness and acceptance

DESERT ROSE: releases limiting beliefs and strengthens affirmations of purpose

BLACK TOURMALINE: mental healer, cleanser, purifier and transforms dense energy into a lighter vibration



my chakra toolkit



BASE CHAKRA / SMOKEY QUARTZ: helps anchor the natural world, draws "white light energy from the Crown down through the body to be deeply rooted into the physical plane" ([crystalvaults](#))

SACRAL PLEXUS / RED JASPER: strengthens, detoxifies circulatory system, assists rebirthing. soothes nerves and restores balance

SOLAR PLEXUS / HONEY CALCITE: Increases feelings of self worth, confidence and courage and assists to overcome obstacles.

HEART CHAKRA / AVENTURINE: positive stone of prosperity; promotes compassion and encourages perseverance. green aventurine is a general harmoniser and brings well-being and emotional calm. known also as the stone of opportunity

THROAT CHAKRA / BLUE SODALITE: has a strong vibration, helpful with developing intuition, helps to keep calm before a speech and is excellent to aid communication generally; brings attention to the qualities of idealism and truth.

THIRD EYE / AMETHYST: the stone for spiritual protection and purification; acts as a barrier against lower energies and unhealthy environments; opens intuition and enhances psychic abilities and has strong healing and cleansing powers

CROWN CHAKRA / CLEAR QUARTZ: amplifies any energy or intention; protects against negativity, relieves pain and often used to cleanse, open, activate, and align all chakras



my bedside crystals

clockwise from right to left

SELENITE WAND: my sage stick alternative and all-purpose cleanser

CELESTITE: inspires deep relaxation by restoring the natural state of joy; bring tranquility and harmony into your sleeping space and is also considered as the perfect medicine for a restful sleep

DESERT ROSE: releases limiting beliefs and strengthens affirmations of purpose

AMETHYST: relieve stress and anxiety; purifies your mind and clears it of negative thoughts

BLACK TOURMALINE: mental healer, cleanser, purifier and transforms dense energy into a lighter vibration

ROSE QUARTZ: the stone of unconditional love and peace; bringing a sense of tranquility to your space; improves sleep quality and will help you to have pleasant dreams

SELENITE WAND: my sage stick alternative and all-purpose cleanser



my travelling crystals

clockwise from right to left

LABRODORITE: destiny stone; protects from irrational fears and brings order in chaos

SODALITE: brings harmony in a group and solidarity of purpose

BLACK TOURMALINE: mental healer, cleanser, purifier and transforms dense energy into a lighter vibration

AMETHYST: soothes anxiety and promotes relaxation and shields from negative energies

ROSE QUARTZ: serves as a tangible reminder that you are always loved, unconditionally

SELENITE: the stone for spiritual protection and purification; acts as a barrier against lower energies and unhealthy environments; opens intuition and enhances psychic abilities and has strong healing and cleansing powers

BLUE LACE AGATE: i use this when travelling as a great supportive stone to neutralise anger, infection, inflammation and fever.

MOON STONE: known as "the travellers stone". ideal to carry with you to encourage a positive mood especially when experiencing homesickness; also brings about good fortune in travels

RHODONITE: powerful stone to carry in foreign or unfamiliar surroundings; also ensure that you and all your possessions reach your destination quickly and peacefully.

CLEAR QUARTZ: healing stone, my source of light and energy when I feel a bit out of whack



(centre)

TIGER EYE: promotes courage when exploring new places, so it's great for getting the most from a trip.

SHUNGITE: limits exposure to EMFs cast off by devices at airports etc
not in picture)

MALACHITE: the go to stone for those fearful of flying and suffer from vertigo. it will calm and surround you with loving energy.

