



CRYSTAL GUIDE

by besovibe



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WELCOME

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besovibe team



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HOW TO USE THIS QUICK GUIDE

Crystals are natural elements that give us energy and well-being. With this quick guide to crystals you will be able to learn the characteristics and properties of the best-known crystals as well as the most efficient way to use and care for them to make the most of all their benefits.

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CRYSTAL CLASSIFICATION

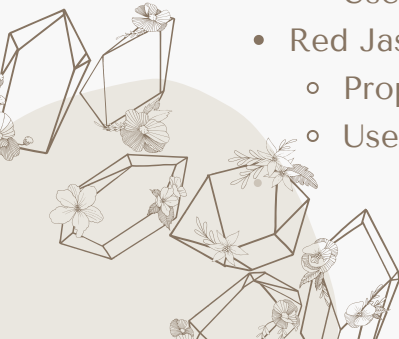
PROPERTIES AND USES

Crystals and quartz have been used for centuries by various cultures due to their energetic and healing properties. Here we present a list of the 20 most popular crystals, along with their energetic properties and how you can incorporate them into your daily life,



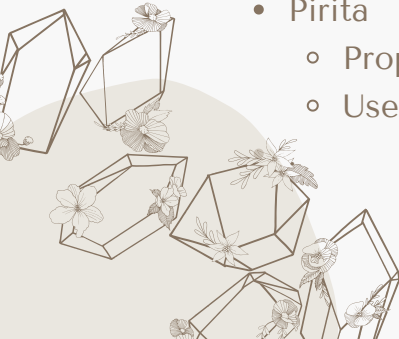
CRYSTAL CLASSIFICATION



- Transparent Quartz
 - Properties: Mental clarity, energy amplification.
 - Use: Meditation, purification of other crystals.
 - Amethyst
 - Properties: Mental calm, psychic protection.
 - Use: Place in the bedroom to fall asleep.
 - Pink quartz
 - Properties: Unconditional love, emotional healing.
 - Use: Wear as an amulet or place in the heart area.
 - Black Tourmaline
 - Properties: Protection against negative energies.
 - Use: Carry in your pocket or place at the entrance to your home.
 - Selenita
 - Properties: Mental clarity, purification.
 - Use: Place on the desk to encourage concentration.
 - Tiger's Eye
 - Properties: Inner strength, protection.
 - Use: Wear as jewelry or personal amulet.
 - Smoky Quartz
 - Properties: Anchoring, dissipation of negative energies.
 - Use: Place in the home or carry in times of stress.
 - Lapis lazuli
 - Properties: Spiritual connection, wisdom.
 - Use: Meditation, place in work area.
 - Citrine
 - Properties: Abundance, joy.
 - Use: Place in your wallet or financial space.
 - Red Jasper
 - Properties: Vitality, physical strength.
 - Use: Wear during sports practice.
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CRYSTAL CLASSIFICATION



- Obsidian
 - Properties: Psychic protection, introspection.
 - Use: Meditation, wear in moments of self-reflection.
 - Green Aventurine
 - Properties: Personal growth, luck.
 - Use: Place in your work area or carry in your purse.
 - Agate
 - Properties: Emotional balance, stability.
 - Use: Wear as jewelry or place in the home.
 - Cianita
 - Properties: Clairvoyance, spiritual connection.
 - Use: Meditation, place in the third eye.
 - Fluorite
 - Properties: Concentration, purification.
 - Use: Place on desk or study area.
 - Coral
 - Properties: Marine protection, emotional balance.
 - Use: Wear as jewelry or place in the home.
 - Rhodonite
 - Properties: Self-love, emotional healing.
 - Use: Carry in times of emotional need.
 - Amazonite
 - Properties: Communication, harmony.
 - Use: Place in work area or carry during difficult conversations.
 - Moonstone
 - Properties: Intuition, connection with femininity.
 - Use: Place in the bedroom to encourage lucid dreams.
 - Pirita
 - Properties: Abundance, energy protection.
 - Use: Wear as an amulet or place in the work space.
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CLEANING

It is essential to understand the proper methods for cleansing and charging crystals, as this ensures that they maintain their optimal energy. Some crystals, such as selenite and citrine, have the ability to self-clean and do not require regular cleaning. However, others, especially those that absorb negative energies, need to be cleansed and recharged periodically.

To clean the crystals, you can use water and sea salt, incense smoke, or methods of exposure to sunlight or moonlight. However, it is essential to take into account the individual characteristics of each crystal to determine the most appropriate method. Crystals that can be cleansed with water and sea salt include black tourmaline and green aventurine. However, it is important to note that some crystals should not be wet, as they may become damaged or lose some of their natural brilliance. These crystals include selenite, pyrite and lapis lazuli. For these crystals, it is recommended to use dry cleaning methods, such as incense smoke or exposure to sunlight or moonlight.

When charging the crystals with solar energy, it is recommended to expose them for approximately 1 to 2 hours, preferably during the morning or afternoon when the sunlight is not too intense. Crystals that benefit from solar energy include clear quartz, citrine and amethyst. On the other hand, to charge the crystals with lunar energy, it is recommended to expose them throughout the night, from sunset to sunrise. Crystals that benefit from lunar energy include moonstone, fluorite, and rhodonite.

It is crucial to follow these specific guidelines to ensure that the crystals maintain their optimal energy and continue to provide their therapeutic and energy balancing benefits.





CONCLUSION

GUIDE TO WELL-BEING

Crystals offer a fascinating world of energy and healing. We hope this guide has given you an overview of some of the most commonly used crystals and their properties. We encourage you to continue exploring this exciting world and discover how crystals can enrich your life! Don't hesitate to consult more resources in our library to continue learning about topics of interest to you.

Thank you



Questions?

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