

# Your Free Crystal Healing Starter Guide

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*Welcome to your crystal healing journey. This guide will give you everything you need to get started with confidence.*

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## The 7 Essential Crystals Every Beginner Needs

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### 1. Clear Quartz — The Master Healer

Clear Quartz amplifies the energy of every other crystal around it. It's the most versatile stone in any collection and is used for clarity, intention-setting, and amplifying manifestation work.

**How to use it:** Hold it while setting intentions, place it on your desk to boost focus, or use it to charge your other crystals.

### 2. Amethyst — The Tranquilizer

Amethyst calms an overactive mind, promotes restful sleep, and provides spiritual protection. It's the most popular crystal for a reason.

**How to use it:** Place it on your nightstand or under your pillow. Hold it during meditation.

### 3. Rose Quartz — The Love Stone

Rose Quartz opens the heart chakra and promotes self-love, compassion, and emotional healing. It's essential for anyone doing inner healing work.

**How to use it:** Keep it in your bedroom, hold it during morning affirmations, or wear it as a bracelet.

#### **4. Black Tourmaline — The Protector**

Black Tourmaline creates a powerful energetic shield, absorbing negative energy and grounding your energy field. Essential for empaths.

**How to use it:** Place near your front door, next to your computer, or carry in your pocket.

#### **5. Citrine — The Merchant's Stone**

Citrine is associated with abundance, success, and positive energy. It never needs cleansing because it doesn't hold negative energy.

**How to use it:** Place in the wealth corner of your home (far left from your front door), or keep in your wallet.

#### **6. Green Aventurine — The Stone of Opportunity**

Green Aventurine is known as the luckiest of all crystals and is associated with new beginnings, growth, and opportunity.

**How to use it:** Carry when starting new projects, job interviews, or any situation where you need luck.

#### **7. Selenite — The Cleanser**

Selenite has a very high vibration and can cleanse and charge other crystals. It also creates a peaceful, protective atmosphere.

**How to use it:** Place other crystals on a selenite plate overnight to cleanse them. Keep in your bedroom for peaceful sleep.

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## **How to Cleanse Your Crystals**

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Before using any new crystal, it's important to cleanse it of any energy it may have absorbed during mining, shipping, or handling.

**5 Methods:**

1. **Moonlight:** Leave crystals outside or on a windowsill during a full moon overnight.
  2. **Sunlight:** Place in direct sunlight for 1–4 hours (avoid for amethyst and rose quartz as they can fade).
  3. **Sage Smudging:** Pass the crystal through the smoke of burning white sage.
  4. **Sound:** Use a singing bowl or tuning fork to bathe the crystal in sound vibrations.
  5. **Selenite:** Place crystals on a selenite plate for 24 hours.
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## How to Set an Intention

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Once your crystal is cleansed, hold it in both hands, close your eyes, and speak your intention aloud or in your mind. For example:

*“I program this amethyst to support peaceful, restful sleep and to calm my anxious mind.”*

The more specific and heartfelt your intention, the more powerful the connection.

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## Your First Crystal Ritual

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### The Morning Alignment Practice (5 minutes)

1. Hold your Rose Quartz in your left hand (receiving hand).
2. Take 3 deep breaths.
3. State one thing you are grateful for.
4. Set one intention for the day.
5. Place the crystal on your heart for 30 seconds.

That’s it. Simple, powerful, and transformative over time.

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## Sandy's Top Product Recommendations

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These are the exact products I use and recommend to every beginner:

- **Best Starter Kit:** [Premium 7-Chakra Crystal Set](#)
  - **Best Journal:** [The Five Minute Journal](#)
  - **Best Book:** [The Untethered Soul](#)
  - **Best Cleansing Kit:** [White Sage & Palo Santo Bundle](#)
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