

Crystal Starter Kit Checklist

A simple first-week ritual plan for cleansing, placing, and using your beginner crystals.

1. Cleanse Your Crystals

Use sage smoke, palo santo, sound, or moonlight to clear lingering energy. Only rinse stones if you know they are water-safe.

2. Set Your Intention

Hold each crystal, breathe slowly, and state one clear intention such as, "I invite clarity and focus."

3. Place Them Strategically

- **Amethyst:** nightstand or meditation space for calm and intuition.
- **Rose Quartz:** bedroom or heart-space ritual for love and self-care.
- **Clear Quartz:** workspace or pouch for amplification.
- **Black Tourmaline:** front door or computer area for protection.
- **Citrine:** wallet, desk, or abundance corner.

4. Create a Grid

Arrange stones in a circle, square, or flower-of-life pattern. Place a written intention in the center.

5. Use One Stone Daily

Spend 1-2 minutes each morning holding one crystal, breathing deeply, and reaffirming your intention.

6. Recharge Weekly

Use moonlight, sunlight for sun-safe stones, or a selenite charging plate for 4-6 hours.

7. Trust Your Intuition

If a stone feels "off" or another crystal keeps drawing your attention, follow that signal.

Bonus: Pair your crystal practice with manifestation journaling to reinforce the habit.