

10

*Stones*

Everyone Should  
Have in Their  
Collection



[12StonesandLavender.com](http://12StonesandLavender.com)

*Welcome to*

# 12 Stones & Lavender

Simple, affordable, science-based tools to help you achieve your goals.

Crystals have been a mystery for some and misunderstood by others. Many have chosen to hide their love of crystals behind closed doors out of fear of judgment and we would like to change that!

We believe that crystals, minerals, and gemstones belong in every home that wishes to enjoy them. Our goal is to make it easier to learn about them, to choose which ones are right for you, and obtain quality specimens.

'If you wish to understand the universe, think of energy, frequency and vibration.'

—Nicola Tesla



## *Important tip*

We recommend "cleaning" and charging your crystals by placing them in a sunny window sill or outside in the sun for about 30 minutes. Then they are ready to go! (This is not the only way to clean and charge just a quick way to get you started)

While all crystals have unique healing properties, some are more powerful and/or versatile than others.

This list is based on the recommendations from the book  
Crystals For Beginners  
by Karen Frazier





## 1. Quartz

This stone is a magnifier and an amplifier. It works with every kind of energy. Because it's a magnifier and amplifier of energy, we believe it's best to be used with other crystals. When it's used by itself, it can magnify the negative energy just as easily as the good.

## 2. Smoky Quartz

Serenity and Calmness – Converts negative energy to positive.



## 3. Citrine

Promotes confidence in yourself, prosperity, and happiness.



## 4. Rose Quartz

Promotes all types of love in relationships included self love, friendships, parental, and romantic.



## 5. Amethyst

Inner peace and relieves stress.  
Promotes spiritual awareness and  
is a great stone for meditation  
and sleep.



## 6. Tourmaline

Protective and grounding stone.  
Electrical in nature and clears  
negativity.



## 7. Fluorite

Promotes self confidence, deepening  
intuition, enhancing concentration  
and memory.

## 8. Carnelian

Helps with creativity. It improves  
sociability with approved boundaries  
and enhances your individuality.





## 9. Hematite

This is also a protective stone. It assists with grounding and balancing your life while enhancing the feeling of stability.



## 10. Indian Turquoise (Raw)

Promotes prosperity and clear communication, helps with travel protection and is a talisman of success.

## Selenite

Selenite are prized by crystal healers for purification and all types of energetic cleansing because of their pure vibrations.

Selenite will amplify other vibrations that are in it's proximity.



You can use your selenite wand to amplify the energy of a specific crystal you're working with. For example, keeping a grounding stone and selenite wand next to you on your nightstand. The selenite wand will amplify the energy of the grounding stone and produce a super calming vibration for sleep. You could also place the amethyst cluster next to or on top of the selenite wand when you want even stronger clarity or stress relief.

You can simply hold your chosen crystal in one hand and selenite in the other, or keep them in close proximity to one another, while meditating.

Selenite is also used to clear or "clean" other crystals. You can place your crystals to rest on your wand or simply place selenite around them to clean them after use .

Selenite it's self doesn't need cleaning but I personally recommend charging it in the sunlight as I have discovered they seem to crave the light.

# 12 Stones & Lavender

[Buy Your Starter Kit Here](#)



We hope you enjoy  
your Crystal Starter  
Collection.

