

# CRYSTALS

## Amethyst

Birthstone: February

Chakra: Crown and Third Eye

Element: Wind

Planet: Jupiter, Saturn and Neptune

Best for: Trust, intuition and spirituality, breaking addictions

## Aventurine (Green)

Birthstone: April and May

Chakra: Heart

Element: Earth and Water

Planet: Earth

Best for: Good fortune, opportunity and confidence

## Black Obsidian

Birthstone: November

Chakra: Root

Element: Fire

Planet: Saturn

Best for: Self-reflection, growth and protection. Improves circulatory system health, digestive health, wound healing and detoxification. Also believed to speed healing of sprains, bruises and sores. Assists with recovery from substance addiction and excessive behaviours.

## Bloodstone aka Blood Jasper / Heliotrope

Birthstone: March

Chakra: Root and Heart

Element: Earth

Planet: Saturn

Best for: Self-esteem, confidence, strength and power

## Blue Dalmatian Jasper aka Dalmatian Stone\*

Birthstone: October

Chakra: Root and Sacral

Element: Earth

Planet: Saturn

Best for: Spiritual grounding and psychic protection

\*Although it is often called Dalmatian Jasper, in truth, it should more correctly be referred to as Dalmatian stone as its makeup does not meet the gemmological definition of jasper. The dark spots are caused by Tourmaline deposits, which adds the energy of spiritual grounding and psychic protection to this stone.

## Blue Striped Agate

Birthstone:

Chakra: Throat

Element: Water

Planet: Mercury

Best for: Good overall healing stone, believed to help ease painful strains and sprains

## Blue Tiger's Eye aka Hawk's Eye, Falcon's Eye, and Silicified Crocidolite

Birthstone: July

Chakra: Third Eye and Throat

Element: Air

Planet: Jupiter

Best for: Protection, warding off curses and illnesses, calming anxiety and stress

## Carnelian

Birthstone: August

Chakra: Sacral

Element: Fire

Planet: Mars & Sun

Best for: Motivation, endurance, leadership and courage

## Citrine

Birthstone: November

Chakra: Solar Plexus

Element: Fire

Planet: Sun

Best for: Diminishes self-destructive tendencies by raising self-esteem. Good for overall emotional well-being.

## Clear Quartz

Birthstone: N/A

Chakra: All

Element: Storm

Planet: All

Best for: Good for the brain and soul by dispelling negativity

## Fluorite

Birthstone: N/A

Chakra: Third Eye

Element: Wind

Planet: Mercury

Best for: Stabilising effect on emotions and influences the structure and strength of the human body.

## Goldstone

Birthstone: N/A

Chakra: Root and Sacral

Element: Fire

Planet:

Best for: Helps soothe pain in the joints and stomach. Grounds the individuals emotions, protects the individual from anxieties. Drives ambition and courage, builds courage and confidence.

## Hematite

Birthstone: February

Chakra: Root

Element: Earth

Planet: Mars

Best for: Enhances personal magnetism, will and courage. Believed beneficial for blood flow, stress and nerves. Encourages a sense of worth, aids in self forgiveness, provides a sense of balance, helps control emotions, promotes positive energies and outlooks. Helps believe and manifest your dreams, Aids in ascension by promoting contact with higher spiritual energy

## Honey Calcite (Honey)

Birthstone: N/A

Chakra: Root, Sacral and Third Eye

Element: Earth, Wind and Fire

Planet: Earth

Best for: Great for accomplishing high-effort tasks and projects, encourages us to get up and get going, helps jumpstart new projects.

## Howlite (Natural White / Blue Dyed)

Birthstone: N/A

Chakra: Throat, Third Eye and Crown

Element: Earth and Air

Planet: Moon

Best for: Can induce calm and soften negative emotions. Believed good for teeth and bones, helpful in balancing calcium levels.

## Moss Agate

Birthstone: January & September

Chakra: Heart & Root

Element: Earth

Planet: Earth

Best for: Stability, protection and emotional security

## Jasper (Brecciated / Red and yellow / Kalahari Desert Stone)

Birthstone: March

Chakra: Root

Element: Earth

Planet: Sun & Earth

Best for: Grounding, cleansing and calm

## Lapis Lazuli (runes)

Birthstone: N/A

Chakra: Throat and Third Eye

Element: Water

Planet: Mercury, Jupiter, Saturn and Neptune

Best for: Beneficial to the throat, larynx and vocal chords, and can help regulate the endocrine and thyroid glands. Also used to relieve general pain and aids the nervous system and brain disorders or headaches and migraines. A crystal of truth, it promotes inner awareness and wisdom. One of the oldest spiritual stones it represents universal truth. It releases stress and expands awareness when placed over the third eye.

## Rose Quartz

Birthstone: January

Chakra: Heart

Element: Water

Planet: Venus

Best for: Matters of the heart and calming friction in relationships of all kinds

Rose Quartz is the famous “love stone”. It wants to align you to self-appreciation and self-love, because true love starts with you.

## Selenite aka Selene

Birthstone: N/A

Chakra: Third Eye, Crown and Etheric

Element: Wind

Planet: Moon

Best for: Cleansing, clarity and light. Clears energy blockages, balances and stabilises the body, aids and promotes healing, increases libido, protects during pregnancy, strengthens core. Reduces insecurity, increases desire, cleanses mind of negativity, helps with decision making, helps to move on with life. Cleanses the aura, activates upper chakra, increases spiritual attunement, strengthens telepathic ability, increases intuition.

## Smoky Quartz

Birthstone: June

Chakra: Solar Plexus, Sacral and Root

Element: Earth

Planet: Earth, Saturn and Sun

Best for: Healing, grounding and letting go

## Snowflake Obsidian

Birthstone: November

Chakra: Root

Element: Earth

Planet: Earth

Best for: A “stone of purity” bringing balance to the body, mind and spirit. Said to be beneficial for the skin and veins.

## Sodalite

Birthstone: February

Chakra: Throat and Third Eye

Element: Wind

Planet: Venus

Best for: Balances metabolism and cleanses the lymphatic system along with boosting the immune system. It also treats the vocal cords and larynx as well as lowering blood pressure and stimulating the absorption of fluid in the body, instils a drive for truth and clears electromagnetic pollution, stimulates trust between members of a group and eliminates mental confusion, and encourages psychic development and spiritual growth.

## Tiger's Eye (Golden)

Birthstone: July and August

Chakra: Root, Sacral and Solar Plexus

Element: Earth

Planet: Sun

Best for: Good fortune, prosperity and inspiration. A protective stone. Can benefit those suffering from mental health disorders.

## Turquenite / Turquentine (Magnesite dyed blue)

Birthstone: December?

Chakra: Third Eye and Crown

Element: Water

Planet: Moon

Best for: It can be used to stimulate passion and heart-felt love. Said to aid the treatment of fever and chills. Magnesite healing properties include: intuition & psychic abilities, meditation, purpose, visioning.

## Unakite

Birthstone: March

Chakra: Solar Plexus and Heart

Element: Fire and Water

Planet: Earth

Best for: An earth lover's stone. It resonates with those who love animals and nature and will strengthen the bond between a witch and their familiar.

Information sourced primarily from:

Spells8 printable PDFs

The Little Book of Crystals by Astrid Carvel

Crystals for Witches by Eliza Mabelle,

<https://thecrystalcouncil.com/> and

<https://www.thepsychictree.co.uk/blogs/healing-crystals-guide>