


Selenite


This is my go-to for clearing energy — of people, spaces, and even other crystals. It's like an energetic breath of fresh air. Lovely to wave over your body or place on your altar after journaling or sessions.

 Good for: energetic hygiene, calming, uplift

 Feels like: lightness, purity, peace

Clear Quartz

I call this the amplifier — it takes whatever you're working on and turns up the volume. You can “program” it with your intention just by holding it and speaking to it. It brings a sense of clarity and focus, and works beautifully with other stones.


 Good for: intention setting, clarity, focus

 Feels like: sparkle, amplification, clean power

Tourmalined Quartz

It blends clear quartz with little streaks of black tourmaline inside. So you get the clarity plus a layer of protection and grounding. I reach for it when things feel heavy but I still want to stay clear and open.


 Good for: energy clearing, transitions, boundaries

 Feels like: resilience, balance, inner clarity

Black Tourmaline


What I turn to when I need deep grounding. It's protective without being harsh — really anchoring. If I'm feeling scattered, over-sensitive, or "too open," this brings me back into my body.

 Good for: protection, grounding, absorbing negativity

 Feels like: solid, rooted, safe

Tiger's Eye

Helps when you need courage or want to step into your power with clarity. Great for decision making and speaking your truth — kind of a bold but grounded energy.

 Good for: confidence, action, empowerment

 Feels like: steady fire, bold focus

Citrine

This one brings joy. It's like bottled sunlight. Citrine is also about abundance — not just money, but receiving, feeling worthy, trusting life. It's a self-clearing stone, which I love.


 Good for: joy, creativity, worthiness

 Feels like: bright, warm, magnetic

Blue Apatite

Supports your voice — especially your inner voice. Great for intuitive writing, visioning, or speaking with clarity. Use it when you want to go deeper into your own knowing or share something vulnerable.

 Good for: intuition, communication, journalling

 Feels like: truth, insight, inner vision