

# Crystal Guide



*aviva*

aviva stanoff

*protect  
ground  
calm*

*manifest*



# Essential Crystal Guide

Crystals are well known to have wellness properties. They are an extra boom boom pow to positively support different aspects of your life. We each have our own power within. We welcome you to celebrate each of these crystals and their unique properties as they are a powerful way to support you on your journey. Reset your intentions, clear energy, and flow as your best self. Create your own sacred space for meditation, resetting intentions, and energy work. These gemstones and crystals are hand-selected and curated with love and intention in Southern California with your wellness in mind.

The shape of the crystals can attract different types of energy. Spheres emit energy from all sides . . . the heart shape is known to be powerful for love . . . towers direct energy up and out . . . the delightful thing about crystals is that they are gorgeous specimens of how amazing our precious earth is.

To surround yourself with beautiful examples of Mother Nature's gifts is always a positive thing. When those gifts happen to support your wellness journey, well, that is just a Sparkletunity! We invite you to curate your own sparkly sanctuary.

We adore orbiting with you.

With gratitude,

XOX  




# Crystal Properties

Each crystal with its unique properties is a reflection of ourselves. Each of us has our own way we shine and sparkle - and we are all perfectly imperfect in our own way. We believe in the power of nature has a positive impact on all spaces. Each crystal had a different effect on the mind and body. Let us share some benefits of crystals.



## Agate

Agate is a powerful mineral that harmonizes Yin and Yang. It supports stability and grounding in your life.



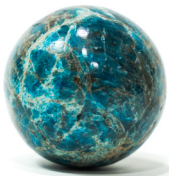
## Amethyst

Amethyst is a powerful, protective stone with strong cleansing powers. It promotes relaxation and reduces stress and attracts positive energy.



## Ammonite

Ammonite supports stability, protection, and feeling grounded. It supports balance in your body, mind, and spirit.



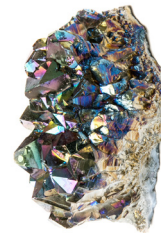
## Apatite

A stone for manifesting, apatite motivates you to succeed, achieve goals and is known to boost creativity, imagination, and self-confidence.



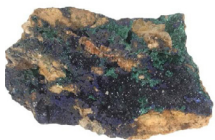
## Aragonite

This "Earth Healer" aids in concentration, supports acceptance, and attracts patience. Aragonite also shields against stress.



## Aura Quartz

Gazing upon Aura Quartz evokes a sense of euphoria. It is a crystal for optimism, supporting you to take part in the greater good and connect with others.



## Azurite

Azurite helps to relieve stress and enhances creativity. It also helps to clear your mind and show new opportunities.



## Bismuth

Bismuth is a man-made material known to support transformation, relieve feelings of isolation, and assist in achieving goals.



## Calcite

Calcite supports grounding and protection. It can help bring inner peace and promote creativity and imagination.



## Carnelian

Carnelian is said to support manifesting your goals and tapping into your true potential.



## Celestite

A stone of peace and harmony that brings a sense of calm, celestite inspires deep relaxation and supports restful sleep.



## Cherry Quartz

A man-made quartz based material, cherry quartz is said to support manifesting intentions and shield against negative energy.

### Clear Quartz



Clear Quartz, known as the "Master Healer," aids in shielding against negative energy while clearing and cleansing your space.

### Fire quartz



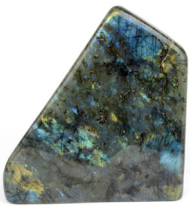
Combining clear quartz, the "Master Healer," with the balancing properties of hematite, fire quartz provides shielding against negative energy.

### Fluorite



Fluorite is a stone for calm, focused, and balanced meditation. This grounding stone attracts peace and supports decision-making.

### Labradorite



Labradorite imparts strength and perseverance upon you. It banishes fears and insecurities and strengthens faith in yourself to trust the Universe and to never give up.

### Lapis Lazuli



Lapis Lazuli is the stone of "this too shall pass." It supports shifts in life, amplifies calm, and brings wisdom.

### Obsidian



A protective stone, obsidian shields against negative energy and promotes strength and patience to overcome challenges.

### Pyrite



Pyrite attracts prosperity, wealth, and financial success. It is powerful in shielding against negative energy and supporting the spirit of boldness.

### Quartz Geode



Combining the powerful cleansing energy of both clear quartz and geodes, quartz geodes promote self growth and clear your aura of negative energies.

### Rose Quartz



The stone of "universal love", rose quartz promotes trust and harmony in relationships and encourages unconditional love.

### Sakura Agate



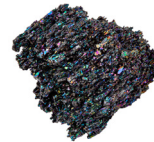
Sakura Agate is known to remove self doubt and promote self growth. It promotes calm, concentration, and converts negative energy into positive.

### Selenite



Selenite supports clarity and shields against negative energy. A calming stone that instills feelings of deep peace and is excellent for meditation.

### Silicium



Silicium is a "grace under pressure" crystal. It is known to support clear and focused communication.

### Smoky Quartz



Smoky Quartz promotes fearlessness and calm. It shields against negativity, relieves stress and is helpful in reducing anxiety.

### Tigers Eye



Tiger's Eye encourages one to live life fiercely and instills a brave spirit. It provides mental clarity.

### Zeolite



Zeolite is known as excellent reiki stones because they will help attune you with the energies around you. They can give you a boost in spiritual healing.



# Crystal Shapes

Crystal and stones can come in a wide variety of shapes, making each crystal type even more unique. They are all beautiful and magical in their own way but there is more to each shape in regards to their meaning, energy output, and usage.

## Cluster



Clusters radiate energy from all their points. They aid in decision making, protecting, and are powerful energy cleansers.

## Cube



Cube shapes support feeling grounded and stable. They are helpful for holding and setting intentions.

## Double Terminated



Double terminated shapes has two points that are perfect to use in energy healing and spiritual practices.

## Egg



Egg shapes are great when used in reiki, massage, and meditation. They are imbued with feminine energy that empowers you to chase your dreams.

## Freeform



Freeform crystals are irregularly rounded and can often reset, change, or clear the energy in the room.

## Geode



Geodes are associated with charging and cleansing crystals, their many points allowing for deep cleanse.

## Heart



Heart shaped stones allow you to receive unconditional love and are perfect for gentle energy healing.

## Palm Stone



Palm stones fit right into your hand and bring renewed focus and gentle soothing when falling asleep.

## Pyramid



Pyramid shapes are known to transmit intentions into the universe and assist with manifestation.

## Raw



Raw stones, in their natural state, support strong, pure energy. and clarity of mind.

## Sphere



Spheres radiate energy from all sides, guiding peace, harmony, and stability to flow outwards.

## Tower/Point



Points and towers support calm thoughts, bringing concentration and revitalized energy when used in meditation.

Please note that all minerals and crystals are natural products designed by Mother Nature. Each specimen is unique. Properties shared for each crystal refers to the benefits that have been used by different cultures today and throughout history. Please always listen to the advice of your medical professional.



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