

Jayde's Top 5 Starter Crystals and How to Use Them

Oh, I love crystals and rocks. There is no such thing as, “just a rock.” If you connect with it, then by all means, keep it close! Some rocks are prettier than others, but in all cases, rocks carry the wisdom and solidity of the ages. Here are my suggestions for some great starter crystals you should have on hand for this crazy ride we call, life.*



Amethyst – If February's your birth month, this is your stone. But even if not, this is your stone! Amethyst is a sweet healer that also helps you with addictions, whether they be food, drink or even relationships. It's connected to the third eye chakra and helps channel higher vibrational energies for healing. From dark purple to very light lilac, it is just so pretty to look at. I've been wanting an amethyst cathedral forever, but haven't found one in my price range, YET. TIP: *Check Goodwill and thrift shops—sometimes these places get rocks they don't know what to do with!*

TO USE: Hold in hand or place on forehead when meditating.
Great meditation to try: www.youtube.com/watch?v=oVqo5ncandk



Rose Quartz – The Love Stone. Want love in your life? Wear rose quartz to attract it. It's great to wear crystals against pulse points, like in a bracelet, so the benefits are close to your circulatory system. There are different types of love for all of us, including love of SELF, and there's nothing wrong with wanting to love yourself and be kind to YOU.

TO USE: Place a large or several small pieces of rose quartz by your bedside to encourage loving dreams.

Mantra: “I accept myself for who I am and I act with love and compassion. I am worthy of love.”



Selenite –This is a transmitting stone that directs and amplifies the energies of other stones. On its own it brings pure white light energy from the Divine to help any situation. This crystal is connected to our crown chakra. When it comes to healing, selenite can bring pure healing energy to any part of the mind or body.

TO USE: Get a large piece of selenite and use it to set other stones on for cleansing, no salt or water needed!

Mantra: “I ask that this stone (these stones) be cleansed and that their energies be purified and renewed for the highest good. So mote it be.”



Black Tourmaline – Black stones are often used for protection, and this is no exception. It's one of my personal favorites for protection because of its ability to deflect ill intent. Tourmaline is also a great grounding stone for when you feel disconnected from your body.

TO USE: Keep pieces of black tourmaline, which aren't expensive, in your car, on your desk, in your purse and by your front door, to keep negativity away. Set outside under the full moon when possible to cleanse and renew its energy.

Mantra: "I am shielded. I am protected. Let that which is sent to me go right back to the sender with love and gratitude." (*I know, I know. Sometimes you'd rather say, "Send that shit back with a chaser of KARMA!" but we must always try to act with love and compassion. Notice I said, "try."*)



Carnelian – This is the stone the Romans embedded in their armor to protect them during battle. Its fiery orange-red colour creates an aura of power, protection, energy, vitality and heat. It can also help with sexual dysfunctions and fertility issues since it connects to our sacral chakra.

TO USE: If you don't have any carny jewelry yet, stick a piece of it in your pocket or even your bra when going into situations where you need to protect yourself, whether it's your integrity, your feelings or your wallet!

Mantra: "Nothing can touch me, I am hardened steel. I have the strength of my ancestors and the blood of a warrior!"

**I'm not a doctor. These wellness statements are suggestions, not medical advice. Of course you should see your doctor for any illnesses you have. A rock isn't a substitute for professional medical care and I'm not suggesting it is. What I am saying is, rocks and crystals are excellent tools for wellness, much like essential oils or a great yoga studio. They're relatively inexpensive, too. If it works, use it!*