

Crystal & Gemstone Guide

One of our favorite parts of throwing Blue Soul Circles is how they start: surrounding ourselves with beautiful White Light and setting an intention around a crystal grid which we create before the circle begins.

We use particular crystals and gemstones that have particular healing properties and energy and give the grid an intention that we want for those participating, such as abundance and prosperity, love and connection, forgiveness, healing or another emotion or energy we want to focus on as a group. We work with dozens of different crystals and gemstones but here's a list of a few of our favorites and frequently used ones. (and why!)

Amethyst: This beautiful soothing stone is one of our go to choices because it's so calming and versatile. Calming the mind and expanding upon your intuitive abilities at the same time, amethyst is meant to help remember your dreams and has a relaxing effect, making it easier to meditate and be still with your thoughts and imperfections.

Although it's not a deeply grounding stone like Shungite or Black Tourmaline, it does provide some grounding support as well. It also helps protect from negative energies and geopathic stress. We put amethyst in almost every room in our home – it's especially wonderful in the bedroom and living room as it can be transformative in nature, bringing tranquility and serenity into the space. We particularly love the deeper and richer pieces found in Uruguay which is where most of our amethyst collection is from.



Black Tourmaline: We were drawn to Black Tourmaline even before we knew of its protective qualities. In the early days of connecting to Spirit, we were told to wear it on our bodies daily and even at night.

Black tourmaline is meant to both repel and block negative energies as well as “psychic attack.” If you’re not doing deep spiritual work on a regular basis or are a healer, you may not need such a strong grounding stone, but we find this stone so versatile that regardless of what you do in the world, it can assist with keeping negative energies at bay. It is not only great for the removal and blocking of negative energies but also incredibly grounding when coming out of a deep meditative state.

Unlike Pyrite, which is another great protective stone, it doesn’t keep you awake at night should you decide to sleep with it although check if this is the case for you as every stone works differently with each person.



It is said that Black Tourmaline can also be used to cleanse, purify, and transform dense energy into a lighter vibration. Black Tourmaline also helps to eliminate toxic metals, improve circulation and is a general good overall detoxification stone. We keep some in our home office to ward off toxicity from EMF’s (emitted from our router & cell phone) together with Himalayan Salt Lamps, which also help diffuse these frequencies as well.

Celestite: Celestite is such an amazing crystal – it’s clear soothing and heavenly blue color radiants while calms the mind at the same time. It is connected to the celestial realm and our favorite pieces have come from Madagascar although it can be found in other parts of the world as well.

Known as a powerful healing crystal, friends who practice Reiki regularly use it – celestite is also meant to heighten your intuition when working with spiritual realms. It's one of my go-to crystals for a variety of purposes: from deeper connection to the Other Side to better "hearing" messages from the Angelic Realm.



It's so calming and peaceful, we keep some in our living room and bedroom and often meditate with it. While it's not under my pillow at all times, occasionally, I'll sleep with some celestite as well. Celestite is such a neutral and balancing crystal that simply harmonizes, harmonizes, harmonizes!! The stone has a very high vibration, bringing a sense of clarity and peace to you when you need it most. It can help you tap into the wisdom beyond what you can imagine in your earthly body.

Citrine: Typically drawn to earth energy and celestial colored stones (blues, greens and purples), I first found Citrine too orange and bright to work with. After learning more about Citrine's properties and adding it to other earth colored stones like Tiger's Eye, Jasper and even Petrified Wood, we have begun to see Citrine's calming effects and powerful link to manifesting abundance and prosperity into our lives.

It is most known for its link to prosperity, abundance and wealth and is often found in Wiccan books (spells to attract more abundance into your life) as well as in crystal grid books for the same reason.

Citrine helps to break open your intuition, widening its field and is a wonderful stone for clarity and self-esteem. After working with it for awhile now, I see its value in boosting positive emotions and keeping negative emotions at bay. It is also meant to stimulate the brain and your intellectual curiosity.



I have found that citrine can also be useful for motivating you when you are starting a project, negating the fear and when you're stuck in a moment of diffused focus. Citrine can also be invigorating and charging – it is supposedly a great stone for harmonizing chemical imbalances, digestion, the kidney, bladder, thyroid, the spleen, constipation and pancreas.

Crystal Quartz: Clear crystal quartz is known by most as the “master healer” because of its powerful energetic effect on the body. I always find that I get more clarity in my every day life with clear crystal quartz around but it also has powerful healing properties as well. thought. It is said to regular energy & help provide a clearer connection to the Other Side.



We have a variety of Crystal Quartz pieces, including higher quality crystals from Herkimer and Brazil. It is meant to neutralize and clear away negative energy, including electromagnetic smog (*and why we have some in our office*) and petrochemical emanations. It is also said to help cleanse the organs as well as the soul, helping to bring about more balance in the body. Some use it as a harmonizer of chakras & auras as well.

Lapis Lazuli: Ahhh yes, Lapis Lazuli, the stone of vibrant magic that draws you in immediately when you see or touch it. It is one of the most sought after stones since man's history began -- its deep, celestial blue is a symbol of royalty and honor, gods and power, spirit and vision. It is known to be a universal symbol of wisdom and truth.

Ancient in origin, Lapis Lazuli came from some of the oldest mines in the world and found as long ago as 4,000 B.C. It is often connected to Archangel Michael and is said to be a powerful crystal for activating the higher mind and enhancing intellectual ability. The stone is said to stimulate the desire for knowledge, truth and understanding. During our circles, if Spirit comes through to work on a throat chakra, it could be because there's a blockage there or a need to more loudly speak your truth & your voice. Lapis helps with both the written and spoken work and I have a ton of it lying around the House as well as on our altar.



Malachite: The deep green of Malachite radiates and touches everything it touches in a deep and meaningful way. It can have a different effect depending on where you are in your life. A strong stone connected to the heart and throat chakras, it has been referred to as the Stone of Transformation.

We have used malachite when feeling negative energy or having a “down” day. While it is said to boost mood, we find it too strong of a stone to sleep near, although we love it in the living room and office as its healing and clearing and often provides clarity. We also use it in crystal grids during our Blue Soul Circles for intention around prosperity and connection.



Rose Quartz: Said to reduce tension & agitation when feeling overwhelmed and stressed out, rose quartz is very empowering for the heart. We love that this soothing stone seems to work with everyone, even masculine energies. Not only is rose quartz meant to lower stress and clear out anger but also jealous feelings and resentment. Because of its relaxing elements and connection to heart, rose quartz is also a very healing stone and helps to release negative feelings. Love is the order of the day with this stone. It is connected to the heart shakra & deals with all aspects of love: divine love, romantic love, family love, friendship love & beyond.



Selenite: Made of gypsum, there are various types of selenite but it is most known and found as a translucent kind of white. A strong metaphysical stone used for clearing and cleansing, it was apparently named after Selene, the Greek Goddess of the Moon.



We have used it for clearing and protecting when working with spirits outside of our known Spirit Guides as it's meant to be very protective, especially from outside (and unknown influences). It is also known to assist in activating and opening the Crown Chakra as well.

Smoky Quartz: We both find Smoky Quartz to be both very soothing and grounding, but not so rooted to Earth that you cannot connect to other realms. You'll find Smoky Quartz in many places, so it's easy to get, but be sure to check the quality of it.



The lighter and clearer it is, the cheaper is likely will be. If you can get a deeper richer Smoky Quartz, we'd recommend it as we find the darker Smoky Quartz stones to be more powerful. An early and natural stone, it is connected to hearth (home), your natural environments and can also be relaxing at home, connecting you to the roots of stability, security and connectedness.

We love the ones we have from South America and Tibet – you can get it rough and smooth/finished or also as a Tourmalinated Smokey Quartz Point, which visually looks interesting in an earthy home environment.

Tiger's Eye: I have found that almost everyone connects to tiger's eye at some level, especially my male warrior friends. Although it has brown and yellows (*and so, is not as soothing and relaxing as a green aventurine or flourite for example*), tiger's eye is known to relax the mind and help to reduce fear and anxiety. This stone is all about harmony, balance and clarity but also grounding and protective.



It is known to bring good luck and could be why so many people resonate with it from a past they no longer remember. It's a powerful stone because so many find it so connecting and grounding and well, safe. Whenever we are looking for answers for something, we may sleep with some tiger's eye under our pillows.

Tiger's Eye dispels negative feelings and emotions, and helps to keep anxiety and fear at bay. It is also meant to balance toxic emotions and bring clarity when you need it. Think of it as a compass that will guide you beyond fear and a frozen place of being. We love using it in a crystal grid with Citrine.

Turquoise: Growing up, we used to see turquoise everywhere on our travels to the western United States. It was inexpensive to buy and silver always accompanied it in jewelry (rings, necklaces and powerful wrist cuffs). No longer is this the case and it is not as readily available, so turquoise has become much more expensive in recent years as there's not much to be found in the mines anymore.

Turquoise comes in a variety of textures from a vibrant blue/green, which is a hydrated phosphate of copper and aluminum. While known to be a healing stone connected to immune, respiratory, waste and skeletal systems, I also find it to be a very empowering stone to wear, strengthening feminine energy while also serving as a protector.



Turquoise is said to be one of the oldest stones in human history and was used as the talisman of kings, shamans, and warriors. Among other things, consider these qualities connected to turquoise: wisdom, elegance, connectedness, balance, love, protection and intuition. And, of course, it makes fabulous jewelry.

