



VOL. 1

I AM ENERGY COLLECTIVE

CRYSTAL *dictionary*





CRYSTAL DICTIONARY

Agate (Blue Lace) – Bridges the physical into spiritual realm. Use to receive clear messages & downloads.

Agate (Flower) – Inspires rebirth and growth after an old cycle has closed.

Agate (Teal) – Encourages peace, supports growth & develops confidence for your spiritual gifts

Agate (Moss) – Welcomes in new beginnings & refreshes the soul. Very grounding connection to nature

Amazonite – The stone of truth, communication & harmony. Calms your mind and nerves

Amethyst – Opens intuition and enhances psychic gifts, also calming for the nervous system

Amethyst (Chevron) – Very calming to nervous system, while helping find balance during life's ups & downs

Ametrine – Amethyst + Citrine – Brings in peace and lifts depression. Makes room for clarity.



Apophyllite - A powerful meditation stone to connect to the spiritual realms and crown chakra

Aquamarine - Stone of courage and protection. A soothing energy to ease fears and phobias

Aventurine (Blue) - Promotes leadership qualities to help you move forward on your journey

Aventurine (Green) -Aids in releasing fear and anxiety and promotes the frequency of healing love.

Aventurine (Red) - The stone of creativity, sexuality & vitality. Guide you to find alignment in your life.

Aventurine (Pink) - Loving stone that brings energy to find courage in challenging & transitional times.

Azurite - Heals emotional trauma from present & past lives. Promotes karmic healing of negative patterns.



Blue Apatite - Opens space for truth, & harmony. Brings in high level spiritual communication

Blood Stone - Grounds physical energy & balances a hurt heart. Very grounding and protective.

Carnelian - Brings in vitality, creativity & deeper awareness that guides towards all forms of love & success.

Calcite (Blue) - Brings a calming energy to the mind and emotions. Balances the throat chakra.

Calcite (Honey) - Creates emotional resilience. Combats laziness & brings back motivation when lost.

Calcite (Green) - Renews sense of purpose. Enhances wisdom & assists to apply past lessons to the present.

Calcite (Optical) - Brings in clearer visions and communication with the higher realms.

Calcite (Orange) - An energy of complete joy and happiness. Powerful to balance anxiety + depression.



Calcite (Red) – Mover of stagnant energy upward from the root chakra. Brings in uplifting vitality & willpower.

Celestite – Calming uplifting energy and very spiritual stone to connect with higher beings & dimensions

Chrysocolla – Balances & clears negative emotions like fear and worry. A healer of feminine energy.

Chrysoprase – Awakens hidden talents and purpose to show your true potential.

Citrine – Draws in prosperity abundance and magnifies your visions. Reclaims power within the solar plexus.

Diopase – Allows your to forgive past hurts, release whats being held onto and accept change.

Dumortierite – Brings discipline to daily routines and helps to get organized. Helps to accept reality.

Emerald – Very compassionate energy that welcomes in love and prosperity when in alignment



Fluorite - Brings order to chaos in the physical & spiritual realms. Welcomes harmony & balance around you

Fuschite - Calms overactive energy.

Transform negative thoughts into positive ones. Heals the heart chakra.

Obsidian (Mahogany) - Encourages strength & trust within your life. Stimulates growth at all levels.

Obsidian (Snowflake) - Brings balance to the body, mind & soul. Shows empowerment in times of loneliness.

Obsidian (Sheen) - Eases the ego when making decisions to bring forward what's for highest good.

Onyx (Black) - Powerful protection stone to ward off negative energy. Comforts feelings of grief.

Peacock Ore - Stone of happiness. Emits a joyful energy to brighten any mood.

Peridot - A patient energy that allows in clarity from the most positive outlook.



Prasiolit - Opens and stabilizes the heart.

Transmutes negative energy to positive. A form of heated quartz.

Prehnite - Gets to the root cause needed for healing. Helps to declutter what you've been hoarding.

Pyrite - Stone of good luck & abundance. It strengthens personal worth and value that hold you back.

Quartz (Clear) - Master healer & energy amplifier. Magnifies intention + energy around it, like other crystals

Quartz (Lemon) - Blesses you with optimism, well being and creativity. Help you understand your true power.

Quartz (Lemurian Seed) - Brings ancient wisdom from Lemuria. Planted to bring healing knowledge in present day.

Quartz (Phantom) - Instils patience to trust in the universe and divine timing. Releases stagnation.



Quartz (Rose) – The stone of unconditional love. Opens the heart to give & receive love from others + yourself

Quartz (Smoky) – Disperses fear, lifts depression & negativity. Relieves stress and anxiety

Quartz (Tourmalinated) – Black tourmaline x clear quartz – Very amplified protection energy.

Rhodonite – Opens the heart and creates space for forgiveness. A loving gentle energy.

Rhodochrosite – Stimulates love & passion to energize the soul. Brings stability when tensions are high for the heart

Selenite – Cleanses your energy field & other crystals. Brings clarity to the mind and opens the crown chakra.

Septarian – Brings strong communication in groups. Encourages flexibility & tolerance in challenging times

Serpentine – Clears emotional baggage from past lives & relationships. Adds gentleness to confrontation



Shungite - Reduces pain and assists in physical healing. Powerful protector against EMFs

Sodalite - Calming and soothing connection to your third eye and throat chakra. Allows you to see & speak the truth.

Spirit Quartz - Brings collaboration and cooperation to your relationships.

Stillbite - Enhances creativity & being more open minded. A powerful detoxifier.

Sunstone - A joyful & inspiring energy. Lifts dark moods like an depressant, especially during winter.

Tektite - Balances yin / yang energies. Opens the third eye & enhances communication with other dimensions.

Tigers Eye (Brown) - A stone of courage, will power and determination. Work with to manifest abundance into your life

Tigers Eye (Red) - Brings an energy of quick thinking, action.

Tigers Eye (Blue) - Stabilizes temper and quick emotional changes.



Topaz - Stone of health & wealth. Eliminates procrastination to bring in success.

Tourmaline (Black) - Carry as a protection stone against dense energy coming at you.

Tourmaline (Green) - Brings in abundance and awareness of the environment around you.

Tourmaline (Pink) - Allows you to trust in the power of love and brings understanding in times of conflict.

Tourmaline (Watermelon) - Refreshes the heart chakra with both masculine & feminine energies. Encourages love, friendship & security.

Turquoise - Master healer. Use for travel protection and bringing in new friendship.

Unakite - Assists in enhancing psychic visions and past-life healing. Protects against EMFs.

Vanadinite - Helps balance & revitalize sexual energy. Encourages you to express your ideas and desires more easily.

Zolite - Aids indecisiveness to gain clarity and truth within yourself.



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