



# How To Choose

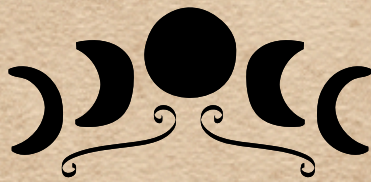
## TRUST WHAT PULLS YOU

CHOOSING A CRYSTAL DOESN'T REQUIRE EXPERIENCE, KNOWLEDGE, OR "DOING IT RIGHT". THE CRYSTAL YOU'RE DRAWN TO IS OFTEN RESPONDING TO SOMETHING YOUR ENERGY ALREADY KNOWS.

## HOW TO USE THIS GUIDE:

TAKE A SLOW BREATH.  
READ THROUGH THE CRYSTAL NAMES.  
TAKE A LOOK AT THE IMAGES.  
NOTICE WHICH ONE CATCHES YOUR  
ATTENTION - EVEN SUBTLY.  
THAT'S YOUR CRYSTAL.

THERE'S NO WRONG CHOICE.  
YOUR INTUITION IS ALWAYS VALID



# THE CRYSTALS

## AMETHYST

CALMING • PROTECTION • REST

YOU MAY BE FEELING OVERWHELMED,  
OVERSTIMULATED, OR IN NEED OF PEACE.

AFFIRMATION: I ALLOW CALM TO MOVE THROUGH ME.



## CARNELIAN

CREATIVITY • DRIVE • VITALITY

YOU MAY FEEL STUCK, LOW-ENERGY,  
OR DISCONNECTED FROM JOY.

AFFIRMATION: I MOVE FORWARD WITH CONFIDENCE.



## MOONSTONE

INTUITION • EMOTIONAL BALANCE • CYCLES

YOU MAY BE NAVIGATING EMOTIONAL SHIFTS  
OR SEEKING CLARITY.

AFFIRMATION: I TRUST MY INNER KNOWING.



## CITRINE

CONFIDENCE • ABUNDANCE • MOTIVATION

YOU MAY BE READY TO STEP FORWARD OR  
RECLAIM YOUR POWER.

AFFIRMATION: I WELCOME ABUNDANCE WITH EASE.

## ROSE QUARTZ

SELF-LOVE • HEALING • COMPASSION

YOU MAY BE LEARNING TO SOFTEN, HEAL,  
OR GIVE YOURSELF GRACE.

AFFIRMATION: I AM WORTHY OF LOVE.



## CLEAR QUARTZ

CLARITY • FOCUS • AMPLIFICATION

YOU MAY NEED DIRECTION OR ENERGETIC SUPPORT.

AFFIRMATION: MY ENERGY IS CLEAR AND ALIGNED.

## BLACK TOURMALINE

GROUNDING • PROTECTION • BOUNDARIES

YOU MAY NEED ENERGETIC PROTECTION OR STABILITY.

AFFIRMATION: I AM SAFE AND SUPPORTED.





# WHAT TO DO NOW

**IF ONE CRYSTAL STOOD OUT**  
THAT'S USUALLY WHERE IT STARTS.

YOU DON'T NEED TO OVERTHINK IT OR JUSTIFY WHY.  
NOTICING A CRYSTAL IS OFTEN THE FIRST SIGNAL.  
SOMETIMES IT'S ABOUT WHAT YOU'RE DRAWN TOWARDS.  
SOMETIMES IT'S ABOUT WHAT YOU'RE READY TO WORK THROUGH.  
EITHER WAY, THE PULL ITSELF MATTERS.

**YOU DON'T NEED TO DO ANYTHING YET**  
AT THIS STAGE, AWARENESS IS ENOUGH.

YOU MIGHT:  
FIND YOURSELF THINKING ABOUT THIS CRYSTAL AGAIN LATER  
NOTICE IT SHOWING UP IN OTHER PLACES  
RECOGNISE IT'S THEMES PLAYING OUT IN YOUR LIFE

**THERE'S NO RUSH TO ACT.**  
CRYSTALS HAVE A WAY OF ARRIVING WHEN THE TIMING MAKES SENSE.

**A GENTLE CHECK-IN**  
IF YOU WANT TO, TAKE A MOMENT AND ASK YOURSELF:  
WHAT DO I NEED MORE OF RIGHT NOW?

**YOU DON'T NEED A CLEAR ANSWER.**  
CURIOSITY IS ENOUGH TO START WITH.

**WHEN YOU'RE READY TO WORK WITH IT**  
WHEN YOU DO CHOOSE TO BRING THIS CRYSTAL INTO YOUR SPACE, KEEP IT SIMPLE.  
HOW YOU USE IT MATTERS LESS THAN HOW IT MAKES YOU FEEL.

**TRUST WHAT FEELS SUPPORTIVE, GROUNDING, OR REASSURING.**  
**THAT'S THE PART WORTH PAYING ATTENTION TO.**

**IF YOU'D LIKE A LITTLE HELP**  
IF YOU'D RATHER NOT CHOOSE ALONE, I OFFER INTUITIVE CRYSTAL PULLS  
IN MY SHOP AND DURING LIVE SALES.