

A close-up photograph of a woman's torso and arms. She is wearing a necklace with several clear, pointed crystals hanging from a chain. Below that, she wears a necklace made of white seashells. She is also wearing a patterned top and a ring on her finger. She is holding a white flower in her hand. The background is a soft, out-of-focus beach scene.

# *7 Essential Crystals*

AN EASY BEGINNER'S GUIDE FOR HIGH VIBE BABES CRYSTAL + ENERGY LOVERS

Reamie Joy Wellness Agency: Lifestyle + Healing

# *Why these crystals?*

I chose these crystals for beginners because they are a must-have when you are just starting out. While there are several types of crystals and stones and help with different healing, these 7 are a crucial to anyone's collection.

# Clear Quartz

- Quartz is a fundamental healing tool and a good choice for your first.
- While Quartz comes in many types and shapes, the clear quartz brings strength and clarity, helping with concentration, memory and can filter out distractions.
- Great for helping to sleep and can also be used in the bathtub for a more relaxing soak



CLARITY



# Amethyst

- One of the most popular crystals!
- Has super strong spiritual powers that help cleanse, give you deep sleep, calmness, and healing on all levels.
- Use for protection and help develop your natural intuitive abilities.

THE INTUITIVE POWERHOUSE



# *Tiger's Eye*

- This golden brown stone carries a more masculine energy.
- An ideal crystal for helping build confidence and self-belief.
- A powerful stone that is known to ward off all forms of attacks.



PROTECTION



# Rose Quartz

- Rose Quartz is the Mother of all crystals!
- Gentle and soothing, it helps heal emotional pain.
- Allows you to feel compassion for others and yourself.
- Self-Love Stone

UNCONDITIONAL LOVE

# Hematite

- Dark grey metallic crystal brings inner peace and dissolves negative energy into love.
- Balances the energies that exist between the mind, body, and spirit creating harmony within yourself and all around you.



GROUNDING



# *Smoky Quartz*

This form of Quartz crystal can be brown to smoky black in color.

Opens the window to your heart to let in positivity and light.

The truth can set you free and Smoky Quartz provides the roadmap to get there.

THE STONE OF POWER



# Citrine

- Premier stone of manifestation, imagination, and personal will.
- Renowned for its ability to draw prosperity and abundance into your life
- Good for self-confidence and encourages a more positive state of mind.
- Awakens creativity and encourages fullness of life, fresh beginnings, and new pursuits.



THE MERCHANTS STONE



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# Thank you

I hope you loved this guide and have been able to add some new crystals in your life! Remember, this is only a tiny glimpse into the world of crystals, with many more to learn and experience!

Time to make your dream a reality, babe! I love to connect with high vibe crystal lovers from all over the world! Make sure to stay in touch via Instagram, Facebook, & my website!

xo,  
reamie