

Choosing

# Your Crystals

In the world of crystals there are hundreds to choose from for your healing needs. It can get overwhelming at times trying to find the perfect one to aid in your healing. That is why I created this PDF as a guide to help you and ease the discomfort that comes with choosing the right crystal just for you. Here you will find a few easy steps to find your perfect match and suggestions on which to gravitate to if you are a beginner.

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**1** Decide what the purpose is. If you are a beginner and unsure about this step, Clear Quartz like shown here is a solid choice. Clear Quartz is a master healer, which means it can help with many issues such as keeping any negativity at bay. It can also enhance the energies of other crystals you may have. It is a great stone to start with and add on to your collection afterward. Rose quartz is another must have. This crystal is usually light pink in color. It will aid in your self love journey and it can also help to lower anxiety.



*Both crystals pictured are Clear Quartz*

**2** Find a retailer that you feel has good energy. You can usually tell if they have good vibes. A great way to judge is if they mine their own crystals or they have a good relationship with their supplier. You can ask the owners of the shop where they typically buy from. A few shops I love that are online and have very good quality are @the.dream.den on instagram and EnergyMuse.com.

**3** As you shop, notice the crystals you are particularly drawn to. If one sticks out it usually means that your intuition is activated and that one has picked you. If you happen to be shopping in person and are unsure, you can always pick up the stone and feel its energy through your hands. If it feels calming when touched this could be the stone for you.

***Now that you have the steps to pick out your one of a kind stone, make sure to post a picture of your baby and tag us on insta @S.H.E.Unbound. We would love to follow your holistic healing journey!***