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Crystals, Oils, and Herbs for Energetics

Psychic/Spirit Communication

Crystals

- Quartz (clear)
- Amethyst
- Celestite
- Labradorite

Oils

- Bay
- Juniper
- Lemongrass
- Myrrh
- Peppermint
- Yarrow

Herbs/Other

- Cedar
- Lemongrass
- Mugwort
- Honeysuckle
- Eyebright
- Bay leaves
- Arnica

Protection against Negative Energy

Crystals

- Black tourmaline
- Hematite
- Obsidian

Oils

- Star anise
- Aniseed
- Cajeput
- Cedarwood
- Clove
- Coriander
- Clary Sage
- Cumin
- Fennel
- Geranium
- Ginger
- Frankincense

Herbs/Incense/Other

- Acorn
- Amber
- Angelica
- Bay leaves
- Birch
- Black pepper
- Cedar
- Cinnamon
- Juniper

Grounding

Crystals

- Garnet
- Magnetic stones
- Lodestone
- Magnetite
- Hematite
- Smoky quartz
- Black tourmaline

Oils

- Blue chamomile
- Lavender
- Myrrh
- Sweet marjoram
- Patchouli
- Petitgrain

Herbs/Other

- Pine
- Sea salt
- Himalayan pink salt

Positive Energy/Transmuting Negativity

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Crystals

- Smoky quartz
- Amber
- Iolite
- Clear quartz

Oils

- Neroli
- Peppermint
- Pine
- Sage
- Sandalwood
- Yarrow

Herbs/Other

- Amber
- Basil
- Sage
- Sweetgrass

Spirit Crossing**Crystals**

- Blue lace agate
- Selenite
- Clear quartz

Oils

- Bay
- Elemi
- Galbanum
- Marjoram
- Myrrh
- Rosemary
- Sandalwood

Herbs/Other

- Basil
- Sage
- Palo santo
- Clover

Release/Letting Go**Crystals**

- Rutilated quartz
- Apache tears
- Smoky quartz

Oils

- Benzoin
- Cedarwood
- Chamomile
- Citronella
- Cypress
- Myrrh

Herbs/Other**Emotional Pain/Grief****Crystals**

- Apache tears
- Obsidian
- Danburite
- Aquamarine
- Rose quartz
- Chrysoprase

Oils

- Frankincense
- Myrrh

Herbs/Other

- Cypress
- Marjoram
- Sage
- Thyme
- Witch hazel

Inner Peace**Crystals****Oils****Herbs/Other**

- Angelite
- Amethyst
- Celestite
- Blue lace agate

- Amyris
- Chamomile
- Lavender
- Jasmine
- Mandarin
- Sandalwood

- Valerian
- Aloe
- Coriander
- Lavender

Purification

Crystals

- Selenite
- Clear quartz
- Labradorite
- Fluorite

Oils

- Star anise
- Basil
- Bay
- Cajeput
- Cedarwood
- Fennel
- Eucalyptus
- Frankincense

Herbs/Other

- Arrowroot
- Angelica
- Birch
- Cayenne
- Cedar
- Copal

Nightmares

Crystals

- Manago calcite
- Amethyst
- Smoky quartz
- Prehenite
- Purple flourite

Oils

- Aniseed

Herbs/Other

- Rosemary
- Thyme

Happiness/Joy

Crystals

- Amber
- Chrysoprase
- Green tourmaline
- Sunstone
- Citrine

Oils

- Sweet marjoram
- Neroli
- Orange
- Mandarin

Herbs/Other

- Agar agar
- Palo santo
- Sweetgrass
- Lavender

Cleansing

Crystals

- Clear quartz
- Selenite
- Smoky quartz

Oils

- Bay
- Basil
- Cajeput
- Juniper
- Melissa

Herbs/Other

- Sage
- Palo santo
- Cayenne
- Frankincense

Releasing Fear/Worry/Anxiety

Crystals

- Clear quartz
- Citrine
- Rutilated quartz
- Carnelian
- Smoky quartz

Oils

- Chamomile
- Frankincense
- Marjoram
- Sandalwood
- Neroli
- Ylang ylang

Herbs/Other

- Basil
- Nettle

Balance Energy

Crystals

- Ametrine
- Turquoise
- Sodalite
- Rainbow fluorite

Oils

- Clary sage
- Geranium
- Thyme

Herbs/Other

- Geranium
- Carnation

Love/Compassion

Crystals

- Rose quartz
- Emerald
- Peridot
- Green kyanite
- Sodalite
- Moldavite

Oils

- Coriander
- Chamomile
- Lemon
- Frankincense
- Marjoram

Herbs/Other

- Tarragon
- Valerian
- Vanilla

Breaking Patterns/Overcoming Inertia

Crystals

- Turquoise
- Amazonite

Oils

- Chamomile
- Cajeput

Herbs/Other