



Power Crystals

for Protection and
Positive Energy

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Power Crystals for Protection and Positive Energy

What Are Protection Stones?

Protection stones are crystals that can shield individuals from

Negative Energies
Emotional Distress and harmful influences

Commonly used in everyday life, meditation and spiritual practices.

How Do Protection Stones Work?

These stones work by grounding energy and promoting emotional balance

Like all universal entities – stones emit vibrations. Their vibrations work with an individual's vibrations to help ground energy and promote emotional balance.

Certain stones can counteract negative energies. For instance, Hematite, Tiger Eye, Labradorite, and Rainbow Moonstone are known to reflect negativity back to those who emit it.

Smokey Quartz captures and cancels negative energy.

While the effects of crystals are often considered symbolic or psychological, many find comfort in the crystals calming presence and grounding properties.

How to Use Them

Carry them, wear them as jewelry, or place them in living spaces to ward off negative vibes.

Power Crystals for Protection and Positive Energy

- Black Tourmaline - shields against negative energy and promotes grounding
- Black Obsidian - absorbs negative energy, purges toxic thought patterns, and protects one's energy. Black Obsidian is a powerful crystal and is best worn in moderation.
- Apache Tear Obsidian - The Stone That Heals Sorrow –has a gentler energy than regular Black Obsidian. Primarily used to help individuals process and release grief, sorrow, and trauma. They absorb negative emotions and bring comfort, promoting forgiveness and acceptance.
- Jet aka Lignite or Azabache: "The Mourner's Stone" - Jet is a stone known for its calming and stabilizing properties, providing comfort during times of loss.
- Shungite: EMF Protection, Water Purifier - is known for its uses in water purification (absorbing pollutants) and protection against electronic (EMF) radiation.
- Hematite - offers grounding benefits for individuals seeking balance and stability
- Amethyst - provides spiritual protection.
- Citrine - attracts wealth and has a calming effect on the solar plexus and third eye chakra
- Pyrite - boosts confidence, and attracts abundance
- Selenite - cleanses for balance and harmony.
- Tiger's Eye - enhances willpower, emotional stability, and protection from negative influences.
- Lapis Lazuli - improves clarity, emotional balance, and strengthens self-awareness.
- Fluorite - sharpens focus, promotes calmness, enhances intuition and aligns the chakras

Black Tourmaline: The Ultimate Shield

Black tourmaline is a powerful crystal that acts as the ultimate shield against negative energy. Renowned for its protective properties, this crystal not only defends against negative energies but also promotes grounding, making it one of the best protection crystals available.

How to Use Black Tourmaline

Wearing it as jewelry or placing it in strategic locations can greatly enhance its protective properties. For instance, positioning the crystal near doorways and windows can block negative energy and guard the area from any harmful energies entering the zone.

Cleaning

To cleanse black tourmaline, use smoke (sage/palo santo), sound (bowls/bells), or place it on cleansing crystals (selenite/clear quartz).

Benefits and Properties

Black tourmaline's protective properties include:

- Shielding against negative energy
- Replacing negative energy with a sense of neutrality
- Defending against psychic attacks
- Disrupting negative thought patterns

One of the unique features of black tourmaline is its ability to cleanse other stones. Its ability to clear energy helps keep your crystals pure and effective.



Black Obsidian: The Energy Absorber

Obsidian, a naturally occurring volcanic glass, is an energy absorber. This powerful protective stone offers the following benefits:

- Absorbs negative energy
- Protects against psychic attacks
- Eliminates unhealthy vibrations
- Purges toxic thought patterns

With its ability to shield you from negativity, the obsidian is one of the perfect protection stones for safeguarding your energy.

How to Use Obsidian

To harness the power of the obsidian, you can wear it or place it in areas of high tension. For instance, positioning it at entrances and in areas with negative energy can help absorb and transmute that energy into positivity, effectively keeping negative energy at bay and reducing negative emotions.

Cleaning

To cleanse black obsidian, use smoke (sage/palo santo), moonlight, sound (bowls/bells), or bury it in brown rice for 24 hours. You can also place it on cleansing crystals (selenite/clear quartz).

Benefits and Properties

Obsidian's energy-absorbing properties serves as a shield against psychic attacks, providing protective energy that blocks any negative energy that could be sent your way.

Additionally, obsidian facilitates a connection to your inner power, enabling access to your intuition and inner strength.



Apache Tear Obsidian: The Stone That Heals Sorrow

Apache Tear Obsidian has a gentler energy than regular Black Obsidian. This powerful protective stone offers the following benefits:

- Absorbs negative energy
- Offers compassionate strength
- Associated with healing sorrow
- Provides support during times of grief and promotes stronger emotional resilience.

Chakra: Works well with the Root Chakra (Muladhara) for grounding.

How to Use Apache Tear Obsidian

Worn as jewelry (pendants, bracelets) or kept as tumbled stones for emotional support during grief and trauma.

Cleaning

Clean Apache Tears with canned air to remove dust and debris. Apache Tears can also be cleaned with a mild soap or detergent and rinsed, or it can be wiped down with a damp cloth.

Benefits and Properties

- The name "**Apache Tears**" originates from a Pinal Apache legend from the 1870s. According to the story, after a battle where outnumbered Apache warriors rode their horses off a cliff to avoid capture, the grieving tears of their families turned into these black stones upon hitting the ground.
- **Grief and Emotional Healing:** They are primarily used to help individuals process and release grief, sorrow, and trauma. They are believed to absorb negative emotions and bring comfort, promoting forgiveness and acceptance.
- **Protection and Grounding:** The stones are considered protective talismans that shield against negative energies and psychic attacks.
- **Gentler Energy:** Unlike standard black obsidian, which can be intense, Apache Tears offer a more gradual and nurturing energy, making them ideal for long-term emotional healing.
- **Good Luck:** It is said that whoever possesses an Apache Tear stone "will never have to cry again" and that the stone brings good luck.



Shungite: EMF Protection, Water Purifier

Shungite is known for its unique composition, including fullerenes, which leads to purported uses in water purification (absorbing pollutants) and protection against electronic (EMF) radiation, along with various spiritual and healing claims.

How to Use Shungite

It's used as jewelry, for water filtration, and as a grounding stone,

How to Use Shungite in Water

1. Wash stones thoroughly.
2. Soak in water (1:10 ratio) for several days.
3. Drink the energized water, remove stones before consuming.

Cleaning

After washing, expose your Shungite to sunlight for 2 hours or moonlight for 5 hours to recharge it. Cleaning and recharging it should be done regularly.

Benefits and Properties

- **EMF Protection:** Placed near devices, it's thought to shield against electromagnetic frequencies (EMFs) from phones, computers, and Wi-Fi.
- **Water Purification:** Historically used to clean water, it's believed to remove contaminants like chlorine, bacteria, nitrates, and heavy metals, while enriching water with minerals.
- **Spiritual & Energetic Cleansing:** Used for grounding, balancing energy, clearing auras, relieving stress, and promoting harmony in the mind, body, and spirit.



Jet aka Lignite or Azabache: "The Mourner's Stone"

Jet is formed from fossilized, compressed wood (often Araucaria trees) over millions of years, It achieved wide popularity as mourning jewelry after Queen Victoria wore it following the death of Prince Albert. It's softer than many gems, burns with a coal-like smell, and is prized for its deep black color, making it ideal for intricate carvings and jewelry.

How to Use Jet

It's used as jewelry, and as a grounding stone.

Cleaning

To cleanse jet, use gentle methods like smudging with sage, burying it in brown rice or soil, or wiping with a damp cloth, as it's softer and can scratch. Charge by placing it near Quartz Crystal, Selenite, Smokey Quartz or Amethyst. Never try to charge your jet by using moonlight or sunlight.

Benefits and Properties

- Jet is associated with the Root Chakra and is used for grounding, protection, and purification.
- Jet safeguarding occurs at the aura or etheric layer.
- it is considered especially potent against mal de ojo (the evil eye).
- Provides clarity and strength by absorbing negative energy during grief or stress.
- it can generate an electric charge when rubbed against natural fibers, and it will burn like coal, giving off a coal-like odor.
- It is also considered a stone of luck.



Hematite: The Grounding Stone

Hematite is a grounding stone that has the following properties:

- Protects against negative energy
- Enhances self-esteem and mental clarity
- Reduces stress and anxiety, promoting a sense of calm and inner peace

Its healing properties make it an ideal crystal for those seeking balance and stability in their everyday lives.

How to Use Hematite

Use hematite in the following ways:

- Wear or place in areas of high stress to guard against negative energy and bolster self-esteem
- Beneficial in aiding relaxation, grounding one's energy, and establishing boundaries

Cleaning

To cleanse Hematite, use methods that avoid prolonged water exposure (which causes rust), like smoke (sage), sound (singing bowls), sunlight (briefly), or moonlight.

Benefits and Properties

Hematite's grounding and protective properties make it an essential stone for those seeking balance and stability. It can help bring harmony to the body and mind while reducing feelings of anger and frustration.

In addition to its grounding effects, hematite can enhance self-esteem and confidence. It can assist in augmenting self-confidence and self-worth, as well as mitigating feelings of insecurity and fear.



Amethyst: The Spiritual Protector

Amethyst is a beautiful purple crystal, It is the spiritual protector, offering both spiritual and emotional protection while promoting inner peace. It can also help with personal growth and healing.

How to Use Amethyst

You can use amethyst in various ways to promote protection and spiritual growth. Placing a piece of amethyst under your pillow can help guard against nightmares and psychic interference while sleeping. Wearing it in a necklace can shield you from negative energies while in a public setting.

Cleaning

To cleanse Amethyst use warm, soapy water and a soft brush for thorough cleaning, or simply rinse with cool water for a quick refresh, avoiding harsh chemicals, extreme heat or sunlight, or prolonged saltwater soaks which can damage its color and structure.

Benefits and Properties

Amethyst is much more than just a spiritual protector. It can facilitate spiritual growth and improve general well-being. For many individuals this crystal can instill calmness and serenity, thus promoting a more optimistic outlook.

Amethyst also has healing properties. It has the power to cleanse and purify the body and spirit, as well as to assist in healing the mind and body.



Citrine: The Positivity Generator

Citrine, often referred to as the “Sun Stone,” is a crystal that generates positive energy. Known for its ability to eliminate negativity, citrine promotes abundance and success and helps to create a positive and abundant environment.

How to Use Citrine

You can use citrine in various ways to harness its protective and positive properties. Positioning it in your home or workspace can help eliminate negativity and promote a positive energy flow. Wearing citrine jewelry can also provide protection and positivity when you’re on the go.

Cleaning

To cleanse citrine, use gentle methods like running water, moonlight, smudging with sage, or placing it on a quartz/selenite cluster, but avoid prolonged, intense sunlight (which can fade it) or extreme heat.

Benefits and Properties

Citrine’s positivity-generating properties make it a valuable addition to your protection arsenal. Using citrine can:

- Attract wealth and prosperity
- Bring optimism and happiness
- Inspire clarity and focus
- Attract abundance

Citrine also has a calming effect on the solar plexus and third eye chakra, providing relief from fear and anxiety and dispelling negative thoughts. This gemstone can help you manifest your desires while maintaining a positive attitude.



Pyrite: The Confidence Booster

Pyrite, also known as fool's gold, boosts confidence while releasing negative energy and attracting abundance. Its golden hue serves as a reminder of the wealth and success you can draw into your life with the help of this powerful crystal.

Pyrite is a great choice for anyone looking to increase their confidence and attract abundance into their lives.

How to Use Pyrite

Position pyrite virtually anywhere to influence your life positively. Keep it in your pocket or place it throughout your home to attract good fortune and positive energy.

You can also wear pyrite as jewelry or place it on your desk to inspire creativity. Its attractive hue serves as a reminder of the wealth and success that you can draw into your life with the help of this powerful crystal.

Cleaning

To maintain its abundant energy, cleanse it regularly with clear quartz. Other cleansing choices recommended; gentle dry methods like soft cloths, smoke (incense/candle), or short sunlight (10-20 mins).

Benefits and Properties

Pyrite is more than just a confidence booster. It can offer protection against negative energy and undesirable vibes, making it a valuable addition to your collection of protective crystals.

Pyrite also attracts wealth and abundance through the emanation of positive energy. Its presence in your life serves as a reminder that you have the power to manifest your desires and create the life you dream of.



Selenite: The Purifier

Selenite is a satin spar stone, that can:

- Eliminate stagnant and negative energies and replace them with uplifting vibrations
- Purifies your environment
- Promote mental clarity
- Support spiritual growth

It is a powerful tool for meditation and can open and activate the mind.

How to Use Selenite

Selenite has purifying and protective properties. Place it throughout your home to create an atmosphere of tranquility and luminosity. Wear it as a necklace to maintain a constant connection to its purifying energy.

Cleaning

Because selenite has strong vibrational energy, it can recharge itself. To cleanse selenite, use waterless methods like smudging with sage, or sound cleansing (singing bowls). Place Selenite with other charging crystals like Clear Quartz or Amethyst to enhance its energy. The energetic properties of these crystals can transfer and amplify the energy in Selenite.

Benefits and Properties

Selenite's purifying and healing properties make it an essential crystal for those seeking harmony and balance in their lives. It has the following benefits:

- Eliminates obstructed energy
- Replaces negative energy with high buoyant vibrations
- Creates an atmosphere of tranquility and luminosity

In addition to its purifying properties, Selenite can help you connect with your higher consciousness and spiritual guides, making it an ideal crystal for those seeking to deepen their spiritual journey.



Tiger's Eye: The Balancer

Tiger's eye is a golden-brown stone which resembles a tiger's eye. Associated with courage, focus and confidence, it's a popular choice for those seeking balance and empowerment in their lives.

How to Use Tiger's Eye

To use tiger's eye, carry it in your pocket or wear it as jewelry to benefit from its energy throughout the day. You can also place it on your desk or in your living space to promote motivation and ward off negativity. During meditation, hold tiger's eye to connect with its grounding energy and improve mental clarity.

Cleaning

To cleanse Tiger's Eye, use methods like running it under cool water, burying it in the earth, smudging with sage/incense, sound cleansing, or placing it on selenite.

Benefits of Tiger's Eye

The benefits of tiger's eye include enhanced willpower, emotional stability, and protection from negative influences. It can boost self-confidence and courage, helping you face challenges with determination. Additionally, tiger's eye is thought to attract prosperity and success, making it a popular choice for career growth and financial stability. Whether used for meditation, personal growth, or energy protection, tiger's eye is a versatile and powerful stone that supports a positive and grounded outlook on life.



Lapis Lazuli: The Stone of Wisdom

Lapis lazuli is a striking deep-blue stone often flecked with gold and white. Prized for its connection to wisdom, truth, and spiritual enlightenment, lapis lazuli is associated with the third eye and throat chakras, making it a powerful tool for enhancing intuition, communication, and self-expression.

How to Use Lapis Lazuli

To use lapis lazuli, wear it as jewelry, such as a pendant or ring, to keep its energy close throughout the day. Place it on your desk to inspire creativity or use it during meditation by holding it or placing it on your third eye to enhance insight. You can also keep it near your bedside to promote restful sleep and vivid dreams.

Cleaning

To cleanse lapis lazuli, use gentle methods like smudging with sage, placing it on selenite or clear quartz overnight, use sound (singing bowls), or a quick rinse in cool, running water.

Benefits of Lapis Lazuli

The benefits of lapis lazuli include improved clarity, emotional balance, and strengthened self-awareness. It encourages honest communication and fosters relationships based on trust. Spiritually, it aids in accessing higher consciousness and inner truth, making it an excellent stone for meditation and personal growth. By using lapis lazuli, you can unlock your inner wisdom, enhance your intuition, and align your energy for greater confidence and peace.



Fluorite: Stone of Clarity and Focus

Fluorite is a vibrant, multicolored mineral. Known for its translucent beauty and powerful healing properties, it often appears in shades of purple, green, blue or yellow. It is a stone of clarity and focus. Fluorite can cleanse and stabilize the aura, making it a favorite among those seeking mental clarity and energetic balance.

How to Use Fluorite

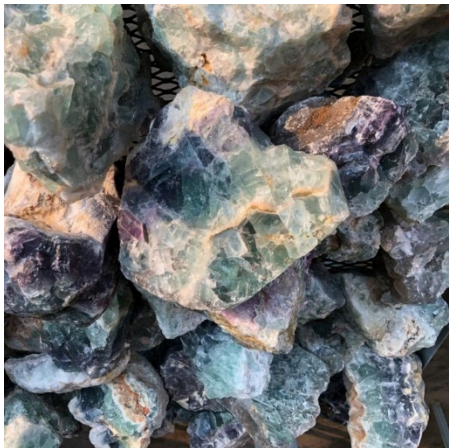
To use fluorite, carry it with you or wear it as jewelry to maintain a sense of focus and calm throughout the day. During meditation, hold a fluorite crystal or place it on your third eye to enhance intuition and concentration. You can also place it in your workspace to boost productivity or near electronic devices to help neutralize electromagnetic stress.

Cleaning

To cleanse fluorite, use gentle methods like smudging with sage, placing it on selenite or clear quartz overnight, use sound (singing bowls), or a quick rinse in cool, running water, mild soap and a soft brush.

Benefits of Fluorite

There are many benefits of fluorite. **Mentally**, it sharpens focus, clears confusion, and aids in decision-making, making it an excellent tool for students and professionals. **Emotionally**, it promotes calmness and reduces stress, fostering a balanced and peaceful mindset. **Spiritually**, fluorite enhances intuition, protects against negative energy, and aligns the chakras. Its ability to absorb and neutralize negativity makes it a protective stone for both personal energy and physical spaces. With fluorite, you can achieve clarity, stability and a sense of harmony in your life.



Resources:

HowStuffWorks

Purifying Crystals – Michael Gienger

The Great Encyclopedia of Healing Stones, Fragrances & Herbs

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