

# CRYSTALS

THE STONE DECK

## HOW TO USE THE DECK

Enjoy this deck as a visual glossary to the wonderful, weird, woke world of crystals. You can seek out a particular stone you have in mind. Or, spread the cards on a table and hover your left hand over them. If you feel a little bump, pulse, or subtle pull over a particular card, that's the crystal energy you need to be working with. Or, close your eyes and pull a card. There's no such thing as random.

Just looking at the image of a crystal will offer some of its energetic benefits. In case you are away from your IRL stone beauties, you can still get some of their valuable powers.

If a stone gives you a jolt, tickles you, or just feels good against your heart, trust your intuition and go with it!

# HOW TO MEDITATE WITH CRYSTALS

A lot of people say, "I don't know how to meditate." But, it's the easiest thing ever. In its simplest form, meditation is the practice of not being judgmental and self-critical. Emphasis on "practice."

It's not *not* thinking. It's not being perfectly still, Zen, enlightened, peaceful, whatever. It's just sitting comfortably, concentrating on your breathing, and definitely not checking your phone.

Adding stones to your meditation practice can transform your experience. You can place a stone on an altar or on the ground in front of you and call upon its energy with a deep breath. Or, you can hold stones in your upturned palms.

The left hand is your receiving hand.

The right, your grounding hand.

Try meditating with an activating stone like Moldavite in your left hand. And a grounding stone like Jet in your right.

If you have trouble focusing, choose a focusing stone like Fluorite.

If you notice that stones of a certain color make a certain area of your body vibrate or light up, you are already a pro.

Usually, white stones like Selenite, Howlite, and Magnesite tend to bliss out the brain. Clear stones like Apophyllite and Danburite might deliver an illuminating, white light sensation around your body. Meditating with stones like Pyrite or Carnelian for a few minutes might leave you feeling activated, energized, even overcome with carnal desire. Easy, tiger.

The key is to experiment and be open to a stone's energy on the day you need it.

If you pull a card from the deck today, try taking a few minutes to meditate with an intention that reflects that stone's unique vibe. It might be just what you need.

## HOW TO MAKE A FASHION STATEMENT

Even when you have a stone hiding in your pocket, its energy is making a fashion statement for you. Create an empowered "look" with a selection of stones that feels right for the day (or night out) and accessorize, accessorize, accessorize!

### THE LOOK

### THE STONE

Boho chic

Turquoise

Goth chic

Black Tourmaline

Prep chic

Emerald

Yoga chic

Rose Quartz

UFO chic

Moldavite

Assassin chic

Obsidian

Classic chic

Ruby

## HOW TO HONOR YOUR ASTROLOGICAL SIGN

SIGN	STONE	USE FOR
Aries	Shiva Lingam	Focus
Taurus	Rose Quartz	Receptivity
Gemini	Quartz	Clarity
Cancer	Moonstone	Nurturing
Leo	Sunstone	RAWWRRR
Virgo	Sodalite	Perfectionism
Libra	Ametrine	Balance
Scorpio	Obsidian	Protection
Sagittarius	Tibetan Black Quartz	Exploration
Capricorn	Muscovite	Logic
Aquarius	Moldavite	Intergalactic Dance Parties
Pisces	Amethyst	Temperance



# HOW TO MAKE THE WORLD'S SIMPLEST CRYSTAL GRID

First, set a clear intention for the grid. Write it down on a piece of paper. Fold it.

Then, pick a crystal card that represents you right now. This card will act as the central stone for the grid. Place that stone atop your written intention. If you feel like a blank slate, try programmable Quartz. If you feel like an immovable force, try something earthy like Jasper.

Next, pick a stone that represents your vision for the future, for example, if your intention is romance novel hot, perhaps you choose Ruby. Place it above the central stone.

Below the central stone, place a grounding, protective stone that keeps the past in the past, and guards your path forward, like Black Tourmaline or Jet.

Then, consider what's standing between you and your intention. On the left side of the central stone, place a stone that represents the energy you need more of to approach the task at hand. If you're lazy, perhaps Honey Calcite.

On the right side of the central stone, place a stone that represents the energy of one of your strengths, something that will hold you down in your pursuit. If you are a bastion of compassion, try Kunzite.

Then, with a Selenite wand (or your hand), activate your five-card grid. Say your intention aloud, in the present tense: "I am prom queen!"

Then, get to work.

If time goes by and you feel like your intention is getting further away, reset, smudge your grid by burning some desert sage, and get back to work.

## HOW TO KEEP BAD VIBES OUT

Black stones—Jet, Obsidian, Black Tourmaline—are the spiritual guardians of the crystal universe, keeping dark energies at bay. Wearing these stones in crowds, on public transportation, and while leading any kind of spiritual or healing work keeps your own energy in your own zone, and the shadowy energies of shadowy others out. Healthy boundaries are a beautiful thing. Having Black Tourmaline by all the doors to your house says, “Bad vibes are not welcome here.” Remember: You decide who (and what) you allow to enter your life. Vampires have to be invited in. Protect yourself.

## HOW TO FEEL BETTER, GUARANTEED

Take a deep breath.

## HOW TO GET GROUNDED

Assuming you aren't in high school anymore, it feels good to be grounded. This is an age of ambient anxiety, where messages and data are zooming by us at all times. It can sometimes be difficult to find solid ground beneath our feet. A stone like Hematite can help reaffix you to the Earth below. Take a comfortable seat and imagine you have roots—like a tree—that bore deep into the ground beneath you. Breathe deeply. Pull up whatever “nutrients” you need from down there, and give back anything you don't need.

## HOW TO SET AN INTENTION

From to-do lists to vision boards to New Year's resolutions, we set intentions all the time. To set an intention using crystals, pick a stone that has an energy that resonates with what you're trying to accomplish. If you're all business, consider a stone like Malachite. If your intention is heart-centric, think about something pink or green, like Rose Quartz or Emerald. Then, tune into the energy of the stone. Hold it. Smudge it. Stare at it. Talk to it. Write down your intention. Or, even better, yell it out loud. “In two years, I'm the CEO of my own organic bakery!” And, voila! From that point forward, your stone has a job to do. You can keep the stone close at hand as you work toward your goal. Or, you can display it in a special place as a reminder to get back to work.

## HOW TO POWER UP FOR THE LONG HAUL

For some, laziness is a gift. It's unadulterated robe-clad relaxation, far from the hamster wheel of the corporate world. For others, it's a curse. A side effect of perfectionism or fear of failure. Remember: If you have an amazing talent and aren't using it, you aren't the only one who is losing out. The whole world wins when your gifts are experienced by the greatest number of people. Power up with a stone like Pyrite (or for the most dire cases, harder to find Libyan Gold Tektite) held to the solar plexus—or will center—while setting real attainable goals for one year, five years, and ten years (or just to get out of bed).

## HOW TO EXPRESS YOURSELF

Everyone needs an outlet to express themselves. Bottling things up builds resentments and tight jaws. Journal. Say, "I love you." Write a memoir. Tell someone "Boy, bye!" These can all be extremely liberating, healing experiences. Stones like Amazonite and Turquoise help you express yourself clearly and from the heart. These are great stones to have in your pocket anytime you have something important to say—whether it's in the sheer terror of one-on-one intimacy or in the sheer terror of standing up and speaking in an auditorium full of a thousand people.



# HOW TO TAKE CARE OF YOUR STONES

Your stones are your friends! Ask them how they're doing! Always thank them for having your back! If they're non-toxic, kiss them! And keep them clean and clear. Here are a few ways to keep your crystals performing at optimal level:

**TAP THEM WITH A MAGIC WAND.** A Selenite wand (available at most rock shops) can reboot the operating system of your stone.

**BURY THEM IN SEA SALT.** Salt is purifying. For both you and your stones.

**GIVE THEM A COLD SHOWER.** Most crystals wake up when held under cold, running water. If you're not near a mountain stream, holding them under the tap will do.

**SMOKE THEM OUT!** Smudging stones with desert sage or Palo Santo is a good idea before (and especially after) you've worked with stones, removing any energy they might have picked up in the healing process.

**LEAVE THEM OUT UNDER A FULL MOON!**

Every 29.53 days, leave your stones outside for a night, to power up with the moon's positive, nurturing vibes.

**GIVE THEM THE WAVE OF GOOD INTENTIONS.**

You'd be surprised how much power you have in your hands right now. Brush away bad vibes from your stones like dirt off of your shoulder.

# HOW TO DREAM BIG

There are two kinds of dreams. The active, waking dreams: aspirations, goals, visions for the future. And then there are the dreams of slumber, the reality-bending messages from the subconscious. If we're lucky, we'll spend a third of our lives asleep. Might as well take advantage of that time. Placing a stone like Solecite or Blue Calcite under your pillow before you fall asleep can make for an extremely enlightening evening. If you're looking for answers and aren't finding them during daylight hours, ask the stone to put your subconscious to work. And keep a notebook on your bedside table to record what goes down in there.

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