

# Grey Fern Herbal Crystal Guide:



## How to Cleanse Your Crystals:

### Cleansing with Smoke

Use your favorite herbs, incense, or a smoke cleansing bundle to cleanse your crystals. Stones related to the element of air are easily cleansed with smoke. Much of cleansing with smoke is all about intention and your herb choice. I recommend cleansing with rosemary, cedar, or a local sage.

### Cleansing with the Moon

While I recommend working under the Full Moon, crystals can be cleansed under any moon phase. Crystals like moonstone, quartz, agates, and howlite absorb the moon's energy and transmute it into healing for the user.

### Cleansing with Water

Water can be used in multiple ways to cleanse your stones. Simply placing your stone into water that also contains salt is a great way to reset your stones. You can also create misters using essential oils like Angelica Root, Sage, Black Pepper, or Cedar to spritz your stones and cleanse any stagnant energy. Be sure your stone isn't water soluble before placing it into water.

### Burying your Stones

Burying your stones is a more traditional way to cleanse your stones. Choose the moon phase you'd like to work under and bury your stones in the ground. Surround your stones with herbs and sacred elements while they rest within the earth before resurfacing them the next morning.



# Creating a Crystal Grid:

A crystal grid is a way to access the energy of multiple crystals crystals at one time in order to achieve a goal or desired energy. Within creating a crystal grid, you can integrate sacred geometry, herbs, and other sacred objects.

When creating a crystal grid, we recommend using stones that align well with each other and have a similar energy. Stones that align with manifestation, for example, would be Pyrite, Hematite, Epidote, and Quartz.

Creating a crystal grid can be done with a pattern or on a blank surface. Below you can find an example of a sacred geometry pattern that you can print out and use yourself!

Once you have your grid set up, you can cleanse it with smoke or water like mentioned above, and then charge it with your own personal energy. If you include quartz points within your grid, you can charge your grid by turning the quartz points toward the center of the grid and then activate the grid by turning them outward!

You can even create crystal grids with stones like Tourmaline, Jett, Selenite, and Onyx to cleanse your other stones.



Stone	Color	Structure	Chemical Composition	Key Words	Metaphysical Use
Howlite	White	Monoclinic	$\text{Ca}_2\text{B}_5\text{SiO}_9(\text{OH})_5$	Attunement, Transitions, Calming	A stone of attunement, Howlite allows access to higher realms and creates a healing environment in which one can grow with grace.
Quartz	Clear	Hexagonal	$\text{SiO}_2$	Amplifying, Magnification, Healing	Use Quartz to set a healing focus within your ritual space as well as to amplify your workings.
Tree Agate	White & Green	Hexagonal	$\text{SiO}_2$	Divine Truth, Grounding, Manifestation	Tree Agate gets us in touch with what we truly need and how to best take care of ourselves.
Prehnite	Green	Orthorhombic	$\text{Ca}_2\text{Al}(\text{AlSi}_3\text{O}_{10})(\text{OH})_2$	Gratitude, Communication, Inner Peace	Manifestation starts with alignment and gratitude. You must first see what you have before you can call in more.

Tanzanite	Purple	Monoclinic	$\text{Ca}_2\text{Al}_3(\text{SiO}_4)_3(\text{OH})$	Truth, Spiritual Perception, Self Expression	Integrates the mind and the heart while lending a compassionate perspective.
Rose Quartz	Pink	Hexagonal	$\text{SiO}_2$	Love, Self Love, Connection	The perfect stone for those just starting to use stones. Rose quartz calls in peace and alignment with your highest self.
Amethyst	Purple	Hexagonal	$\text{SiO}_2$	Grounding, Spiritual Alignment	Amethyst calls in enlightening energies while grounding us into our higher selves.
Rutilated Quartz	Clear with Gold inclusions	Hexagonal	$\text{SiO}_2$ & $\text{TiO}_2$	Amplification Expansion, Acceleration	Activates the higher mind and allows us to move through spiritual development rapidly.
Malachite	Green	Monoclinic	$\text{Cu}_2(\text{CO}_3)(\text{OH})_2$	Heart Centered, Warrior Stone, Movement	A stone of protection, Malachite circles the heart with loving energy that helps the heart center open within its means.

Aquamarine	Blue	Hexagonal	$\text{Be}_3\text{Al}_2(\text{SiO}_3)_6$	Soothing, Cooling, Communication	Cleanses and calms the emotional body while assisting in clear communication.
Serpentine	Green	Monoclinic	$(\text{Mg,Fe,Ni, Mn,Zn})_{2-3}(\text{Si,Al,F e})_2\text{O}_5(\text{OH})_4$	Connection, Kundalini, Spiritual Awakening	Allows access to earthly energies and the Kundalini life force energy.
Pyrite	Gold	Isometric	$\text{FeS}_2$	Manifestation, Grounding, Change	A stone of manifestation, Pyrite grounds us into our reality and helps us to manifest what we need to walk on our highest path.
Tourmaline	Black	Trigonal	$\text{A}(\text{D}_3)\text{G}_6(\text{Si}_6\text{O}_{18})(\text{BO}_3)_3\text{X}_3\text{Z}$	Grounding, Energy Clearing, Purification	Tourmaline draws and absorbs negative energy off of the user and thus must be cleansed regularly. Use to purify sacred space and ground into ritual.

Fluorite	Green & Purple	Isometric	CaF <sub>2</sub>	Clearing, Mental acuity, Decisiveness	Cleanses the auric field while calming and centering the mind so we can access our higher self for decision making.
Septarian Nodule	White & Brown	Concretion	Ca (Al <sub>12</sub> Si <sub>7</sub> O <sub>18</sub> y H <sub>2</sub> O NaCa <sub>4</sub> ) (Al <sub>9</sub> Si <sub>27</sub> ) O <sub>72</sub> 30-H <sub>2</sub> O	Transitions, Perception, Ancient Knowledge	A stone that allows access to knowledge from past lives and higher minds. Filled with calcite, Septarian Nodule allows us to see things from other perspectives.
Dalmation Jasper	Brown & Black	Hexagonal	SiO <sub>2</sub>	Grounding, Inner Peace, Transmutation	A nurturing jasper filled with black tourmaline, this stone brings inner peace while cleansing negativity.
Stromatolite	Brown	Concretion		Ancient Knowledge, Connection, Past Life Recall	Stromatolite is made up of petrified algae. It contains energy from ancient life and the growth of that life even after death.

Unakite	Green & Pink	Monoclinic & Hexagonal	$\text{SiO}_2 \text{ Ca}_2 + (\text{Fe}, \text{Al}) \text{ Al}_2 [\text{O}   \text{OH}   \text{SiO}_4   \text{Si}_2\text{O}_7], \text{K} [\text{AlSi}_3\text{O}_8]$	Love, Heart Healing, Heart Mind Connection	Unakite brings together the heart and mind to create an energy of abundant peace and love.
Dravite	Brown	Hexagonal	$\text{NaMg}_3(\text{Cr}, \text{Fe}^{3+})_6(\text{BO}_3)_3\text{Si}_6\text{O}_{18}(\text{OH})_4$	Self Acceptance, Growth, Reassurance	A stone to assist in accepting oneself. Dravite takes what we see in ourselves and helps us to let go of old emotional patterns.
Citrine	Yellow	Hexagonal	$\text{SiO}_2$	Manifestation, Personal Will, Clarity	Brings increased clarity and makes goals more tangible.
Smokey Quartz	Black	Hexagonal	$\text{SiO}_2$	Energy Clearing, Anxiety Relief,	Smokey quartz transmutes negative energy into something more useful. Use to ground and clear negative energy from the aura.

Celestite	Blue	Orthorhombic	$\text{SrSO}_4$	Higher dimensions, Angels, Divine Guidance	Allows access to higher energies for spiritual development. Creates a connection to the divine.
Selenite	White	Monoclinic	$\text{CaSO}_4 \cdot 2\text{H}_2\text{O}$	Spiritual Activation, Cleansing, Charging	A high vibration stone that draws in high vibration energies. This stones never needs to be cleansed and is a great tool for recharging other stones.
Petrified Wood	Brown	Hexagonal	$\text{SiO}_2$	Growth, Knowledge, Inner Peace	A stone of immortal energy. A great stones for past life recall. Use to access healing deep within yourself.
Kyanite	Black	Monoclinic	$\text{Al}_2\text{SiO}_5$	Psychic ability, Cleansing, Empathy	A deeply grounding stone that creates a connection to others and the divine. This stone absorbs negative energy from the user.

Hematite	Silver / Black	Hexagonal	$Fe_2O_3$	Grounding, Manifestation, Polarities	Hematite makes the divine more physical. It draws in energies to move us forward and manifest our goals.
Labradorite	Blue	Triclinic	$((Ca, Na)(Al, Si)_4O_8)$	Magic, Protection, Energy Movement	A stone to inspire us to see magic in the mundane.
Ruby	Red	Hexagonal	$Al_2O_3$	Life Force, Courage, Passion	Ruby helps us to access our divine energy sources and imbue our physical and energetic body with motivation.
Aragonite	Orange	Orthorhombic	$CaCO_3$	Balanced energy, Emotional Healing, Strength	This stone cleanses and balances the energetic body and can be used to draw out negativity.
Pink Calcite	Pink	Hexagonal	$(Ca, Mn)CO_3$	Connection, Wholeness, Well-being	A great stone for energy workers as it provides a connection to the divine and our clients.

