



VELORA CRYSTALS

Crystals · Healing · Awareness



Your Crystal Journey

A Beginner's Guide

CRYSTALS · HEALING · AWARENESS



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Awaken. Align. Heal.

A Gentle Reminder



The properties and meanings we share for our crystals are meant to support your spiritual journey and energetic healing. However, they should never replace the care of a doctor or medical professional. Crystals offer a supportive treatment by working with your vital energy, rather than providing a direct cure for physical ailments. We encourage you to always seek professional medical guidance for any health issues. Although traditional science is still catching up to the experience of crystal enthusiasts, we believe in the profound impact their energy can have on your daily life.

This guide is offered with love, care, and the deepest respect for your personal journey.





How to Choose *Your Crystal*

A crystal connection is rarely accidental. Here is how to find the one that is meant for you.

Trust the Crystal That Calls to You

Choosing a crystal is often a deeply personal experience. While many people begin by researching crystal properties, zodiac signs, or intentions, the most meaningful connection often happens before a single word is read. Sometimes a crystal simply catches your eye, sparks your curiosity, or creates a feeling you cannot quite explain.

At Velora Crystals, we believe there is no "wrong" crystal to choose. Every stone carries its own natural beauty, history, and symbolism. The crystal that resonates with you today may be exactly what you need for this moment in your journey.

Begin With Your Intention

One of the most meaningful ways to choose a crystal is by reflecting on what you wish to invite into your life. Sit quietly and ask yourself:

"What am I seeking more of right now?"

"What area of my life needs attention?"

"What energy would I like to cultivate?"

"What personal goals am I working toward?"

"What situation repeatedly drains my energy?"

"What colour am I drawn to most at this moment in my life?"

A Guiding Principle in Crystal Healing

"Do not ask which crystal is the most powerful. Ask which part of yourself is asking to be heard. The crystal is often a mirror of that answer."

Listen to Your Intuition

Imagine standing before a collection of crystals. Without reading the labels or descriptions — which one attracts your attention first? Which crystal would you instinctively pick up? Your intuition is your inner guidance system. It often notices what resonates with you before your logical mind has a chance to analyse it.

After reflecting on the questions above, look for the themes that appear most often in your answers. The list below can guide you toward crystals traditionally associated with those themes:

Calm & Peace Amethyst, Moonstone, Lepidolite

Love & Compassion Rose Quartz, Larimar, Rhodochrosite, Green Aventurine

Protection & Boundaries Black Tourmaline, Black Obsidian, Black Agate

Confidence & Success Citrine, Malachite

Grounding & Stability Smoky Quartz, Red Jasper, Hematite

Focus & Mental Clarity Fluorite, Labradorite

Courage & Motivation Carnelian, Tiger's Eye

Spiritual Connection Clear Quartz, Selenite

Connect With Crystal Colours

Colour is often the first thing we notice when choosing a crystal. Many spiritual traditions associate colours with specific energies and intentions. Pay attention to the colours you naturally gravitate toward — they may reflect qualities you wish to strengthen or explore.

Pink — Love, compassion, self-care, and emotional warmth.

Purple — Wisdom, intuition, reflection, and spiritual awareness.

Green — Growth, abundance, harmony, and renewal.

Blue — Communication, tranquility, and clarity.

Yellow & Gold — Confidence, creativity, joy, and optimism.

Red & Orange — Vitality, passion, courage, and motivation.

Black — Protection, grounding, resilience, and strength.

"The most powerful crystal is not necessarily the rarest, most expensive, or most popular. It is the one that feels meaningful to you."

The most meaningful crystal is often the one that naturally draws your attention.



Cleansing *Your Crystals*

Caring for your crystals mindfully deepens your connection with their beauty and energy.

The Air & Spirit Method — Safe for All Crystals

This is the universal cleansing method — safe for even soft or metallic crystals such as Selenite, Pyrite, or Malachite that should never touch water or salt. Perform the cleansing outside or near an open window, in daylight.

What You'll Need

Ethically sourced Palo Santo, Sage, or Incense of your choice.

The Method

Pass each crystal through the rising smoke 3–7 times.

The Visualisation

Imagine the smoke gently lifting heavy energy away, carrying it up into the sky.

After Cleansing

Leave your crystals on a silk cloth for one hour, then set your intentions before use.

Salt Cleansing — A Traditional Method

Salt has been used for centuries in rituals and protective practices, symbolically associated with purification, protection, and renewal. The safest method uses dry sea salt or Himalayan salt — never salt water.

Method

1. Fill a bowl with a layer of dry salt.
2. Place your crystal on top of or partially within the salt.
3. Set an intention for cleansing and renewal.
4. Leave for several hours or overnight.
5. Remove the crystal and gently brush away any remaining salt.

A Simple Cleansing Intention

"I release any energy that no longer serves my highest good. May this crystal be renewed, balanced, and aligned with positive intentions."

Important: Crystals to Keep Away from Salt

Certain crystals can become damaged or weakened through contact with salt. Always avoid using salt on:

Avoid Salt	Generally Safe for Dry Salt
Selenite	Clear Quartz
Malachite	Rose Quartz
Lepidolite	Amethyst
Angelite	Citrine
Calcite	Carnelian
Celestite	Black Obsidian
Fluorite	Tiger's Eye
Azurite	Red Jasper
Pyrite	Aventurine
Hematite	Smoky Quartz

Other Gentle Cleansing Methods

Moonlight

Place crystals under the light of the full moon, or the new moon, overnight.

Sound Cleansing

Use singing bowls, bells, tuning forks, or gentle chimes.

Incense or Sacred Smoke

Pass the crystal through the smoke of incense, palo santo, or sage.

Selenite Charging Plate

Place stones beside or on a selenite plate overnight.

Visualisation

Hold the crystal and imagine it surrounded by bright, cleansing light.



Programming *Your Crystals*

Setting a clear intention is the bridge between you and your crystal's energy.

What Does It Mean to Programme a Crystal?

In crystal healing, "programming" a crystal is the symbolic practice of setting a clear intention into your stone. It is a mindful act of focus — a way of telling the crystal what you would like it to remind you of and support you in.

All crystals should be cleansed before they are programmed. This clears any residual energy and prepares the stone as a fresh, receptive tool for your intention.

The Crystal Alignment Principle

A foundational teaching in crystal healing is that a crystal works most effectively when the intention you programme into it aligns with that crystal's traditional symbolic properties. The closer the alignment, the more focused and meaningful the crystal becomes as a tool for mindfulness and personal growth.

For example:

Amethyst Inner peace, intuition, spiritual awareness

Rose Quartz Self-love, compassion, emotional healing

Citrine Confidence, abundance mindset, personal empowerment

Black Tourmaline Grounding, protection, energetic boundaries

Carnelian Motivation, courage, creativity

Fluorite Focus, mental clarity, organisation

Using this principle, rather than programming a Rose Quartz for "business success," you might programme it with the intention: "I open my heart to give and receive love freely." And rather than programming Citrine for "finding a soulmate," you might use: "I embody confidence, optimism, and personal power."

"Do not ask which crystal is the most powerful. Ask which part of yourself is asking to be heard."

Technique 1 — The Crystal Alignment Method

Best for: Any beginner, any crystal

Step 1: Cleanse the Crystal

Before programming, cleanse your crystal using your preferred method — incense smoke, sound, moonlight, or a selenite plate. As you cleanse it, imagine any old or stagnant energy gently dissolving.

Step 2: Identify the Crystal's Traditional Purpose

Ask yourself: what is this crystal traditionally known for?

Amethyst Peace, intuition, spiritual awareness

Rose Quartz Love, compassion, emotional healing

Citrine Confidence, abundance, optimism

Black Tourmaline Protection and grounding

Step 3: Create an Aligned Intention

Your intention should reflect the crystal's natural qualities. Examples:

Amethyst: "I welcome peace and clear spiritual insight."

Rose Quartz: "I open my heart to love and self-acceptance."

Black Tourmaline: "I remain grounded, protected, and centred."

Step 4: Hold the Crystal

Place the crystal between both hands at heart level. Close your eyes, take ten slow breaths, and allow yourself to relax fully.

Step 5: Visualise

Imagine a sphere of warm white light surrounding you. See that light flowing into the crystal. Visualise your intention as if it is already active in your life — feel the emotion it carries: peace, love, confidence, or protection. The feeling is more important than the words.

Step 6: Programme the Crystal

Repeat your intention three times. Then say aloud or in your mind:

"I programme this crystal to amplify and remind me of this energy for my highest good."

Step 7: Seal the Programming

Imagine your intention flowing from your heart into the crystal. When you feel complete, offer a moment of gratitude. Carry the crystal with you, wear it, or place it somewhere you will see it daily.

Technique 2 — The Breath & Light Method

Best for: Those who find visualisation challenging

Step 1: Cleanse the Crystal

Use your preferred cleansing method.

Step 2: Choose One Clear Intention

Keep it simple and personal. Examples:

"I am calm."

"I trust myself."

"I am protected."

"I express my creativity freely."

Step 3: Hold the Crystal Near Your Heart

Sit comfortably. Relax your shoulders. Close your eyes.

Step 4: The Ten-Breaths Activation

Take ten slow, deep breaths. With each inhale, imagine drawing warm light into your heart. With each exhale, imagine sending that light into the crystal. Count each breath until you reach ten.

Step 5: Speak the Programming

After the ten breaths say:

"I awaken the highest qualities of this crystal."

"May it support me in embodying _____."

"May this intention serve my highest good."

Fill in the blank with your chosen intention.

Step 6: The Light Seal

Imagine the crystal glowing brighter and brighter. See your intention resting inside it like a seed of light. Say: "This programming is now complete."

Step 7: Daily Reinforcement

Each morning, hold the crystal for 10–20 seconds and repeat your intention once. This reinforces the connection between the crystal and your chosen focus.

Before programming any crystal, ask: "Does my intention align with the traditional qualities of this crystal?" The closer the alignment, the more focused and effective the crystal becomes as a tool for mindful intention.



The Best Crystals *for Beginners*

Five crystals that cover the most common intentions beginners explore.

You do not need dozens of crystals to begin. A carefully chosen set of five can cover most of the intentions beginners commonly explore: clarity, emotional balance, protection, confidence, and love.

I. Clear Quartz

The Master Amplifier

Clear Quartz is considered the most versatile crystal in healing traditions. It is used as a foundation stone because it amplifies intentions and works harmoniously with other crystals.

Traditional Properties

- Mental clarity
- Spiritual growth
- Focus and concentration
- Energy amplification
- Intention enhancement

When to Use It

- During meditation
- When setting goals
- When programming other crystals
- When seeking clarity before making decisions

Beginner Programming Intention

"I programme this crystal to help me think clearly and stay aligned with my highest intentions."

Life Lesson

Clarity — before taking action, you must first see clearly.

2. Amethyst

The Stone of Peace and Wisdom

Many people begin their crystal journey seeking calm, balance, and inner peace. Amethyst is one of the most widely used crystals for meditation and relaxation.

Traditional Properties

- Inner peace
- Intuition
- Spiritual awareness
- Stress relief
- Emotional balance

When to Use It

- Before sleep
- During meditation
- During stressful periods
- When trying to quiet an overactive mind

Beginner Programming Intention

"I programme this crystal to help me remain calm, centred, and connected to my inner wisdom."

Life Lesson

Peace — wisdom often emerges when the mind becomes quiet.

3. Rose Quartz

The Stone of Love and Compassion

Rose Quartz is more broadly associated with self-love, kindness, forgiveness, and emotional healing — not only romantic love.

Traditional Properties

- Self-love
- Compassion
- Emotional healing
- Forgiveness
- Harmony in relationships

When to Use It

- During emotional challenges
- When healing from heartbreak
- When working on self-worth
- During gratitude practices

Beginner Programming Intention

"I programme this crystal to help me treat myself and others with compassion and understanding."

Life Lesson

Love — healing often begins when we learn to be gentle with ourselves.

4. Black Tourmaline

The Stone of Protection and Grounding

Many beginners report feeling emotionally overwhelmed or struggling to stay grounded. Black Tourmaline is traditionally used for energetic protection and stability.

Traditional Properties

- Grounding

Protection
Strong boundaries
Stability
Security

When to Use It

At work
During stressful social situations
During travel
When feeling emotionally drained

Beginner Programming Intention

"I programme this crystal to help me stay grounded, protected, and balanced throughout my day."

Life Lesson

Boundaries — not every energy belongs to you.

5. Citrine

The Stone of Confidence and Personal Power

Citrine is associated with optimism, motivation, confidence, and abundance. It encourages action rather than waiting for opportunities to appear.

Traditional Properties

Confidence
Motivation
Positive mindset
Creativity
Personal empowerment

When to Use It

Starting a new project
Public speaking
Business activities
Goal setting

Beginner Programming Intention

"I programme this crystal to strengthen my confidence and help me take inspired action."

Life Lesson

Empowerment — growth happens when confidence meets action.

Your Starter Crystal Set

Together, these five crystals represent the five core areas of personal growth that most beginners are exploring when they begin their journey.

Crystal	Core Focus
Clear Quartz	Clarity
Amethyst	Peace
Rose Quartz	Love
Black Tourmaline	Protection
Citrine	Confidence



A Note from Velora Crystals

Every crystal carries a story shaped by nature over millions of years. By caring for your crystals mindfully, you create a deeper connection with the beauty, symbolism, and inspiration they bring into your life.

Every crystal tells a story. The next one may become part of yours.



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www.velora-crystals.com