



VELORA CRYSTALS

Crystals · Healing · Awareness



# The Art of *Wearing Crystals*

*A Complete Guide to Crystal Jewellery for Healing,  
Balance & Personal Growth*

CRYSTALS · HEALING · AWARENESS



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Four Crystal Activation Rituals



*Awaken. Align. Heal.*

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# 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.

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





# Choosing the Right *Crystal Jewellery*

*The right crystal is not always the most beautiful — it is the one whose lesson aligns with your current stage of growth.*

## The Crystal Does Not Choose Your Path — It Reflects It

Many beginners are drawn to crystals because they are searching for something more — confidence, peace, clarity, emotional healing, protection, love, or spiritual connection. Yet the crystal itself is not the destination. It is a symbol of the qualities you wish to cultivate within yourself.

Before choosing a crystal, pause and ask yourself:

*"What support do I need most right now?"*

Your answer becomes the foundation for choosing a crystal with intention.

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## Choosing by Intention

The most effective way to select crystal jewellery is to begin with your intention. When your intention aligns with the traditional properties of a crystal, the relationship often feels more meaningful and focused.

### For Emotional Healing and Self-Love

These stones remind us that healing often begins with kindness toward ourselves.

#### Recommended crystals

Rose Quartz  
Rhodonite  
Pink Opal

#### Wear these when working on

Self-worth  
Emotional recovery  
Forgiveness  
Compassion  
Inner healing

*"How can I be kinder to myself today?"*

### For Confidence and Personal Empowerment

Confidence-focused crystals symbolise courage, optimism, and personal growth.

#### Recommended crystals

Citrine  
Carnelian  
Peridot

#### Wear these when working on

Confidence  
Motivation  
Leadership  
Creativity  
Personal empowerment

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*"What would I do today if I fully trusted myself?"*

## For Peace and Emotional Balance

These crystals encourage reflection, patience, and inner stillness during stressful periods.

### Recommended crystals

Amethyst  
Lepidolite  
Moonstone

### Wear these when working on

Patience  
Emotional balance  
Stress management  
Peace of mind  
Reflection

*"What can I release that no longer needs my energy?"*

## For Protection and Grounding

These crystals symbolise strength, resilience, and healthy boundaries.

### Recommended crystals

Black Tourmaline  
Smoky Quartz  
Hematite

### Wear these when working on

Grounding  
Stability  
Healthy boundaries  
Resilience  
Focus

*"Where do I need to establish stronger boundaries?"*

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## For Clarity and Focus

These stones remind us to simplify, focus, and move forward with intention.

### Recommended crystals

Fluorite

Clear Quartz

Sodalite

### Wear these when working on

Mental clarity

Focus

Decision-making

Organisation

Purpose

*"What is the most important thing I need to focus on right now?"*

## Choosing Through Intuition

There are moments when a crystal seems to call to us without explanation. Rather than immediately asking "What does this crystal do?" — try asking:

*"Why am I drawn to this crystal today?"*

Sometimes the answer reveals a need, lesson, or opportunity that has not yet reached conscious awareness.

## Choosing the Jewellery Style

### Pendants

#### Ideal for:

Emotional healing

Communication

Spiritual growth

Self-love

Because they rest close to the heart and throat, pendants create a constant reminder of your chosen intention.

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## Bracelets

Ideal for:

- Daily support
- Confidence building
- Grounding
- Habit reinforcement

Because they remain visible throughout the day, bracelets help strengthen awareness and mindfulness.

## Rings

Ideal for:

- Focused intentions
- Goal setting
- Personal empowerment

Many people use crystal rings as reminders of commitments they are making to themselves.

## Earrings

Ideal for:

- Mental clarity
- Communication
- Intuition

Their proximity to the head makes them popular for intentions involving insight and expression.

*"Do not ask which crystal is the most powerful. Ask what quality you are ready to strengthen within yourself."*



# Understanding *Hand Placement*

*Which hand you choose can profoundly influence how you connect with your crystal's energy.*

## The Left Hand — The Hand of Receiving

In many spiritual traditions, the left side of the body is considered the receptive side. It is associated with receiving energy, inner growth, reflection, emotional awareness, intuition, and spiritual connection.

### Wear on the Left Hand to:

- Invite love and emotional healing
- Cultivate inner peace and self-awareness
- Strengthen intuition
- Support meditation and spiritual connection
- Encourage personal reflection and inner growth

*"The left hand is a doorway through which symbolic energies are welcomed inward."*

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## The Right Hand — The Hand of Expression

The right side is often viewed as the active, projective side — associated with action, confidence, leadership, personal expression, and outward energy.

**Wear on the Right Hand to:**

- Express confidence and take decisive action
- Share creativity and leadership qualities
- Establish personal boundaries
- Project strength and determination
- Focus on goals and manifestation

*"The right hand is where intention becomes action. It is where dreams become decisions."*

## The Sacred Balance

The greatest lesson of crystal bracelets is understanding that both hands are necessary.

The left hand teaches us to receive. · The right hand teaches us to express.

The left hand teaches us to listen. · The right hand teaches us to act.

The left hand teaches us to trust. · The right hand teaches us to create.

True transformation occurs when we learn to receive wisdom with one hand and express it through the other.

## What If I Am Left-Handed?

Many people adapt these traditions based on their dominant hand — believing that your non-dominant hand receives energy while your dominant hand expresses it. Ultimately, there is no strict rule. Trust your intuition.



# Crystal Bracelet *Reference Guide*

*A complete crystal-by-crystal guide to hand placement and intention.*

The following guide shows the most common wearing hand for each crystal, based on spiritual tradition. Use it as a starting point — your intuition always has the final word.

## Rose Quartz

*The Stone of Love & Compassion*

### Left Hand

Inviting self-love, compassion, emotional balance, and nurturing energy inward.

### Right Hand

Expressing kindness, openness, and loving intentions toward others.

### Most Common Placement

Left Hand

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## Amethyst

*The Stone of Peace & Intuition*

### Left Hand

Encouraging reflection, mindfulness, inner peace, and spiritual exploration.

### Right Hand

Sharing wisdom, calm communication, and thoughtful decision-making.

### Most Common Placement

Left Hand

## Black Obsidian

*The Stone of Protection & Truth*

### Left Hand

Seeking grounding, protection, and a stronger sense of inner stability.

### Right Hand

Creating energetic boundaries and symbolising strength in challenging environments.

### Most Common Placement

Right Hand

## Black Tourmaline

*The Stone of Grounding & Boundaries*

### Left Hand

Associated with grounding and personal stability.

### Right Hand

Symbolic protection and maintaining strong personal boundaries.

### Most Common Placement

Right Hand

## Citrine

*The Stone of Confidence & Abundance*

### Left Hand

Welcoming optimism, creativity, and confidence into your inner world.

### Right Hand

Projecting positivity, motivation, and ambition into daily life.

### Most Common Placement

Right Hand

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## Carnelian

*The Stone of Courage & Action*

### Left Hand

Supporting inspiration, creative motivation, and inner drive.

### Right Hand

Courage, confidence, leadership, and taking purposeful action.

### Most Common Placement

Right Hand

## Tiger's Eye

*The Stone of Focus & Determination*

### Left Hand

Encouraging inner confidence and clarity of thought.

### Right Hand

Determination, courage, and decisive action.

### Most Common Placement

Right Hand

## Moonstone

*The Stone of Intuition & Reflection*

### Left Hand

Deepening intuition, emotional awareness, and inner reflection.

### Right Hand

Trusting your instincts while navigating change.

### Most Common Placement

Left Hand

## Labradorite

*The Stone of Transformation & Insight*

### Left Hand

Introspection, personal growth, and self-discovery.

### Right Hand

Embracing transformation and pursuing new opportunities.

### Most Common Placement

Left Hand

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## Clear Quartz

*The Master Amplifier*

### Left Hand

Amplifying intentions, focus, and self-awareness.

### Right Hand

Expressing clarity, purpose, and positive energy.

### Most Common Placement

Either Hand

## Lepidolite

*The Stone of Calm & Balance*

### Left Hand

Receiving emotional support, calm, and gentle inner healing.

### Right Hand

Rarely worn on the right; most effective as a receiving stone.

### Most Common Placement

Left Hand

## Smoky Quartz

*The Stone of Grounding & Release*

### Left Hand

Inviting stability and the release of what no longer serves you.

### Right Hand

Projecting grounded strength and practical determination.

### Most Common Placement

Either Hand

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## Popular Bracelet Combinations

Many crystal enthusiasts stack bracelets based on their intentions.

### Love & Harmony

Rose Quartz

Amethyst

Moonstone

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Confidence & Success

Citrine

Carnelian

Tiger's Eye

Protection & Grounding

Black Obsidian

Black Tourmaline

Smoky Quartz

Clarity & Focus

Clear Quartz

Fluorite

Amazonite



# The Power of *a Crystal Pendant*

*For centuries, people have worn sacred objects not simply as ornaments, but as symbols of devotion and spiritual connection.*

## Carrying Your Intention Close to Your Heart

Unlike a crystal placed on a shelf, a pendant remains close to your energy field throughout the day. It moves with you, accompanies your experiences, and becomes part of your daily awareness.

*"A pendant is not just something you wear. It is something you carry — a companion, a reminder, and a reflection of the qualities you are choosing to cultivate."*

## Choosing a Pendant by Intention

Before selecting a crystal pendant, ask yourself:

*"What lesson am I currently learning?"*

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## For Self-Love and Emotional Healing

A pendant chosen for emotional healing serves as a gentle reminder to approach life with greater compassion and acceptance.

### Recommended crystals

Rose Quartz  
Rhodonite  
Pink Opal  
Moonstone  
Larimar  
Aventurine

### Wear these when working on

Self-worth  
Emotional recovery  
Forgiveness  
Compassion  
Inner healing

*"How can I be kinder to myself today?"*

## For Confidence and Personal Growth

Confidence-supporting crystals serve as daily reminders of our inner strength.

### Recommended crystals

Citrine  
Carnelian  
Peridot

### Wear these when working on

Confidence  
Motivation  
Leadership  
Creativity  
Personal empowerment

*"What would I do today if I fully trusted myself?"*

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## For Peace and Emotional Balance

During stressful periods, crystals that symbolise calmness and inner stability can become powerful daily anchors.

### Recommended crystals

Amethyst  
Lepidolite  
Moonstone  
Blue Lace Agate

### Wear these when working on

Patience  
Emotional balance  
Stress management  
Peace of mind  
Reflection

*"What can I release that no longer needs my energy?"*

## For Spiritual Growth and Intuition

These pendants are chosen for inner exploration — reminding us to slow down, listen, and reconnect with our inner wisdom.

### Recommended crystals

Amethyst  
Labradorite  
Clear Quartz  
Selenite

### Wear these when working on

Meditation  
Self-discovery  
Spiritual practices  
Intuition  
Personal insight

*"What is my inner wisdom trying to teach me?"*

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## A Morning Pendant Practice

Before putting on your pendant each morning, pause. Hold the crystal in your hands. Take three slow breaths. Then ask yourself:

*"What quality do I wish to carry with me today?"*

Place the pendant around your neck and repeat: "May this crystal remind me of the qualities I am choosing to strengthen today." This simple practice transforms the act of wearing jewellery into an act of intention.



# The Sacred Bridge

## *Between Heart & Voice*

*Between these two energy centres lies one of the most important spiritual lessons of human growth.*

When worn around the neck, a pendant naturally rests between two important energy centres — the Heart Chakra and the Throat Chakra.

The Heart Chakra is associated with love, compassion, forgiveness, and our ability to give and receive love. The Throat Chakra is associated with communication, self-expression, truth, and our ability to speak from the soul.

### Learning to Express What We Truly Feel

Many people experience a disconnect between the heart and the voice. They feel emotions they cannot express. They know their truth but are afraid to speak it. They carry love but struggle to show it.

*"True emotional healing begins when the heart and the voice work together.*

*The heart teaches us what is true. The voice gives that truth expression."*

A pendant becomes a symbolic bridge between feeling and expression, between inner knowing and outer communication.



# Programming Your *Crystal Jewellery*

*Creating a conscious relationship with your crystal — one of intention, partnership,  
and personal growth.*

Programming a crystal is not about controlling it. It is about consciously connecting with its symbolic lesson and inviting that lesson into your life.

Before programming any crystal, ask yourself:

*"Does my intention align with the traditional lesson of this crystal?"*

## The Golden Rule of Crystal Programming

### Rose Quartz

Self-love · Compassion · Emotional healing · Forgiveness

### Citrine

Confidence · Motivation · Personal empowerment

### Amethyst

Peace · Intuition · Spiritual reflection

### Black Tourmaline

Grounding · Protection · Energetic boundaries

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## Carnelian

Courage · Motivation · Creative expression

## Labradorite

Transformation · Intuition · Self-discovery

*"A crystal is not a magic wand. It is a teacher. It is a symbol. It is a reminder. The true power lies not in the stone, but in the awareness and personal growth it inspires within the person who wears it."*

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## Ritual One



# The Crystal Alignment Ritual

## *Crystal Jewellery Activation*

### Purpose

*To align your intention with the natural qualities traditionally associated with your crystal.*

### Best Time

When wearing a crystal for the first time

### The Ritual

1. Hold your crystal jewellery between both hands.
2. Close your eyes and take three slow breaths.
3. Ask yourself: "Why have I chosen this crystal at this moment in my life?"
4. Reflect on the qualities that attracted you to it.
5. Complete this sentence: "I choose this crystal because I am ready to develop..."
6. Examples: Confidence · Patience · Self-love · Courage · Inner peace
7. Once you have your answer, repeat: "May this crystal remind me of this quality every day."
8. Wear the jewellery immediately afterward.

### Why This Ritual Works

*The crystal becomes connected to a clear personal intention rather than a vague wish.*

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## Ritual Two



# The Heart and Soul Activation

## *Crystal Jewellery Activation*

### Purpose

*To create a deeper emotional connection with your crystal jewellery.*

### Best Time

During a New Moon or whenever beginning a new chapter in life

### The Ritual

1. Hold the crystal over your heart.
2. Close your eyes.
3. Visualise a warm light expanding from your heart centre.
4. As you breathe, imagine this light surrounding both you and the crystal.
5. Ask yourself: "What lesson is my soul trying to learn right now?"
6. Do not force an answer. Allow whatever arises naturally.
7. Once you receive a word, image, or feeling, say: "I welcome this lesson with an open heart."
8. Wear the crystal and carry that awareness with you.

### Why This Ritual Works

*It transforms the crystal from an object into a symbol of personal growth.*

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Ritual Three



# The Future Self Ritual

## *Crystal Jewellery Activation*

Purpose

*To align your crystal with the person you are becoming.*

Best Time

At the beginning of a month or personal goal cycle

The Ritual

1. In a journal, write: "Three qualities I wish to strengthen..."
2. Close your eyes and imagine yourself six months from now.
3. Visualise yourself embodying those qualities naturally.
4. Notice how you carry yourself, how you speak, and how you make decisions.
5. Hold the crystal jewellery and repeat: "Every day I move closer to the highest version of myself."
6. Wear the crystal as a reminder of that vision.

Why This Ritual Works

*It focuses attention on growth rather than simply wishing for change.*

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Ritual Four



# The Morning Activation

## *Crystal Jewellery Activation*

Purpose

*To activate your intention each day.*

Best Time

Every morning before putting on your crystal jewellery

The Ritual

1. Hold the jewellery in your hands.
2. Take three slow breaths.
3. Ask: "What quality do I most need today?"
4. Choose one word — examples: Trust · Confidence · Patience · Joy · Courage · Clarity
5. Place the jewellery on your body.
6. Say: "Today I choose to embody this quality in my thoughts, words, and actions."

Why This Ritual Works

*It transforms unconscious habits into conscious living. This takes less than one minute.*

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# The Velora Crystals Philosophy

Whether you wear your bracelet on your left wrist, your right wrist, or alternate between both — the most important element is your connection to the crystal itself. Trust your intuition. Wear what resonates.

*Wear it with purpose. Wear it with intention.*



*Awaken. Align. Heal.*

[www.velora-crystals.com](http://www.velora-crystals.com)