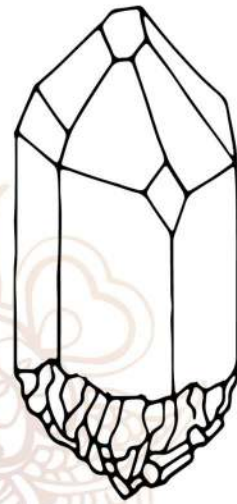


Clear Quartz

Clear quartz is a quintessential gemstone. Believed to be the Master Healer and a great protector against negative energy, it provides mental clarity in times of anxiety. This type of quartz can help you enter a state of meditation, calm, and spiritual healing.

Origin: Most quartz is formed by crystallizing from molten magma. It's the most abundant mineral.

Main uses: Protection, Mental clarity, Stimulating the Crown Chakra, Healing.



Cleanse + Activate

It can be put under running water to cleanse it. It is a hard stone, about 7 on the Mohs hardness scale, and will not be damaged with mild contact with water. You can use a toothbrush to remove stains.

To spiritually cleanse it, you can leave it out on a Full Moon night. Be sure not to place the crystal in direct sunlight because this could cause it to heat up too quickly and become damaged or cracked.

To activate it, light a white or purple candle on your altar. Follow a guided meditation to open your crown chakra and attune your crystal to mental clarity and balance.

Other uses

Carry it with you in a bag, purse, pocket for protection. Keep it in your home or bedroom for purification and to raise your energy.

Keeping a sizeable clear quartz at home improves the energy in your living spaces, transmitting peace and attracting positive energies.

Hold it during meditation or keep it near your desk or work area to achieve more mental clarity and persistence in your goals.