



Where Hearts Heal
and Spirits Soar

www.wholeheartedstudio.net

CRYSTAL JOURNAL

Welcome to Your Crystal Journal

Ready to work with crystals in a way that's practical, not complicated crystal theories? As a Certified Crystal Practitioner, I'm here to cut through the confusion and show you what actually works.

Real Talk: Crystals aren't magic rocks that will solve all your problems. But they are powerful tools for intention-setting, energy awareness, and creating supportive environments for your healing work.

This journal helps you: • Learn which crystals actually resonate with YOU

- Track how different stones affect your energy and mood
- Build a practical crystal practice that fits your real life
- Document your experiences without the fluff

Authentic Growth: We're skipping the part where you need to memorize every crystal property from some book. Instead, you'll discover what each stone means to you through direct experience. Ready to build a crystal practice that actually makes sense?

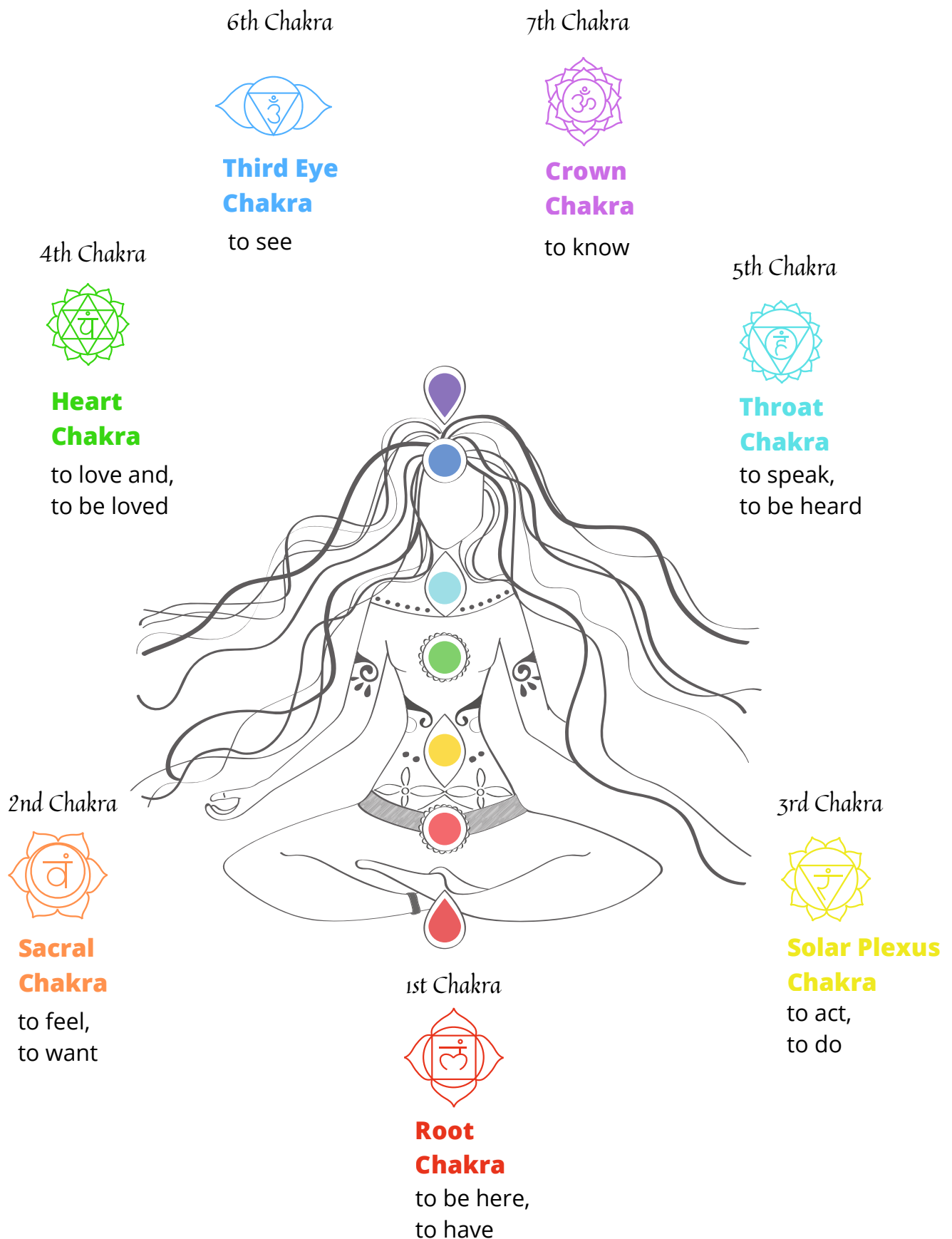
Melissa Bishop

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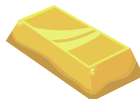
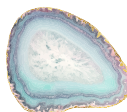


CHAKRA SYSTEM



CHAKRA STONES CHART

Please find below the best healing crystals for balancing chakras.
Balance and harmonize your 7 chakras with these stone sets.

CHAKRA	CRYSTAL SETS		
 CROWN	 DIAMOND	 QUARTZ	 GOLD
 THIRD EYE	 LAPIS LAZULLI	 AMETHYST	 PURPLE FLUORITE
 THROAT	 TURQUOISE	 AQUAMARINE	 AZURITE
 HEART	 MALACHITE	 EMERALD	 PINK QUARTZ
 SOLAR PLEXUS	 YELLOW CITRINE	 CHRYSOBERYL	 TIGERS EYE
 SACRAL	 CITRINE	 CARNELIAN	 MOONSTONE
 ROOT	 FIRE AGATE	 RED JASPER	 HEMATITE

CREATE A CRYSTAL GRID

SET AN INTENTION



LOVE



JOY



GROWTH



TRAVEL



INTUITION

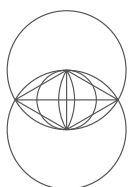


MONEY

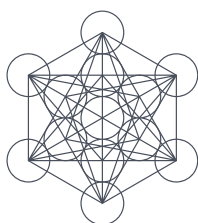


HEALTH

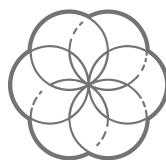
SELECT A LAYOUT



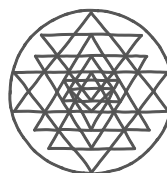
VESICA PISCIS
New Beginnings



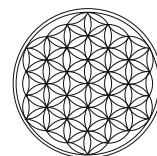
METATRON'S CUBE
Energy



SEED OF LIFE
Growth

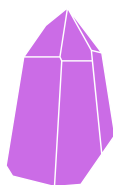


SRI YANTRA
Balance



FLOWER OF LIFE
Connection

SELECT YOUR CRYSTALS



AMETHYST
Intuition



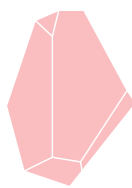
CITRINE
Abundance



SODALITE
Expression



QUARTZ
Ultimate Healer



ROSE QUARTZ
Love



CARNELIAN
Creation



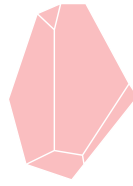
AVENTURINE
New Beginnings

12 HEALING CRYSTALS



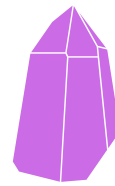
ONYX

- Cleanses the air
- Rids your home of negative energy



ROSE QUARTZ

- Helps relieve stress and frustration
- Eases anxiety



AMETHYST

- Helps relieve headache and fatigue
- Promotes good dreams and good skin
- Supports bones, joints



CITRINE

- Use to boost concentration
- Boost memory
- Spark creativity



LAPIS LAZULI

- A touted ancient migraine remedy
- Supports the immune system



OPAL

- Increases inspiration and creativity
- Helps with PMS and headaches



TOPAZ

- Works to balance hormones & combat aging



AQUAMARINE

- Aids with acid reflux and gastrointestinal disorders



JADE

- Supports the adrenal glands and relieves headaches



GARNET

- Good for back pain, calcium deficiencies and tissue regeneration



BLOODSTONE

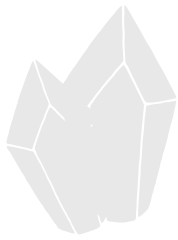
- Helps regulate blood pressure and supports the circulatory system
- Good for colds



AGATE

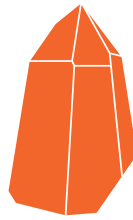
- Detoxifies
- Eases anxiety

CRYSTAL COLORS



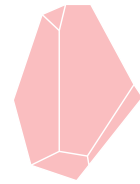
CLEAR

Piece, purify, mental clarity,
protections, intuition



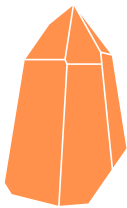
RED

Power, actions, motivation,
physical energy,
determination



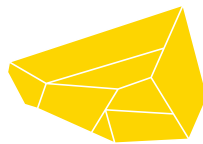
PINK

Love, compassion, emotional
healing, forgiveness



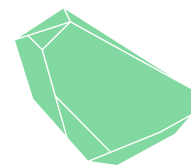
ORANGE

Creativity, sexuality,
inspiration, self power,
confidence



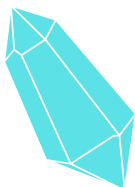
YELLOW

Optimism, willpower,
courage, awareness of self,
confidence



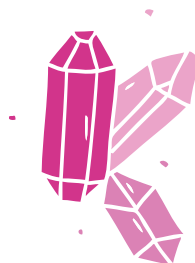
GREEN

Growth, abundance,
prosperity, productivity



BLUE

Communication, self
expression, authenticity,
harmony



PURPLE

Intuition, spirituality,
inspiration, meditation,
relaxation



BLACK

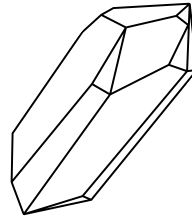
Protection, safety, security

CRYSTAL SHAPES

TUMBLER



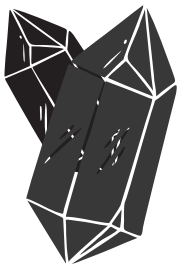
Radiates gentle energy in all directions, place in your pocket or bag for constant flow of subtle energy.



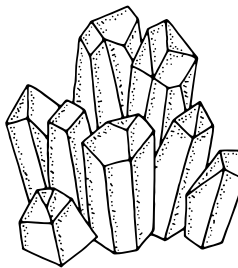
RAW

Emits a strong, pure energy. This assists with grounding abilities.

POINTS



Can be single or double ended and are good for concentrating and energy flow. Aids in meditation and manifestation.



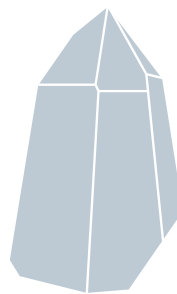
CLUSTER

Clusters emit high energy vibrations in different directions. Use for cleansing and charging other crystals or to raise the ambient energy in a room.

WAND



Crystal wands are healing tools that transmit positive energy through the tip and draw out negative energy through the bottom end. Use in meditation and to heal and balance the chakras.



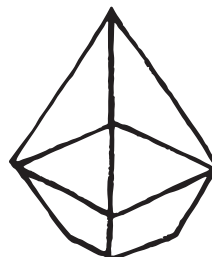
TOWER

Towers emit amplified energy upwards and can raise the vibration in a space and change other nearby crystals. Great for meditation and increased focus.

BALL



Crystal balls radiate a soft and even energy in all directions. They are used to promote stability and harmony.



PYRAMID

Crystal pyramids are great manifestation tools that are grounded to the earth but transmit direct and focused energy upwards.

HEALING WORKSHEET

Crystal healing:

1. Hold your crystals
2. Recite your affirmations

3. State: "I will heal from ... "

4. "I commit to ..."

5. "My heart is healed, protected and open. So let it be"

MY AFFIRMATIONS:

.....

.....

.....

.....

MY CRYSTALS TO WORK WITH:

Crystal Name:

SKETCH
Purpose:

Crystal Name:

SKETCH
Purpose:

Crystal Name:

SKETCH
Purpose:

What is it that you need healing from/to overcome?

.....

.....

.....

Of the things you can control, what will you commit to doing, now?

.....

.....

.....

MY CRYSTALS FOR INSPIRATION

NAME:

☐

Got it

☐

On Wishlist

NAME:

☐

Got it

☐

On Wishlist

NAME:

☐

Got it

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On Wishlist

NAME:

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On Wishlist

NAME:

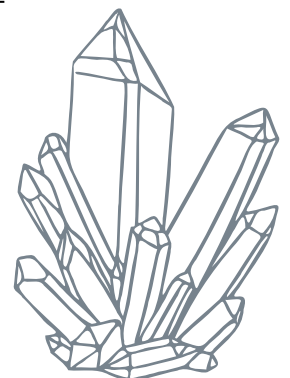
☐

Got it

☐

On Wishlist

MY THOUGHTS:



MY CRYSTALS FOR HEALING

NAME:

☐ Got it ☐ On Wishlist

NAME:

☐ Got it ☐ On Wishlist

NAME:

☐ Got it ☐ On Wishlist

NAME:

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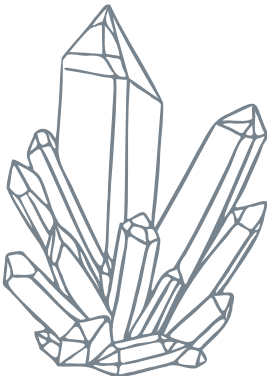
NAME:

☐ Got it ☐ On Wishlist

NAME:

☐ Got it ☐ On Wishlist

MY THOUGHTS:



MY CRYSTALS FOR FOCUS

NAME:

☐ Got it ☐ On Wishlist

NAME:

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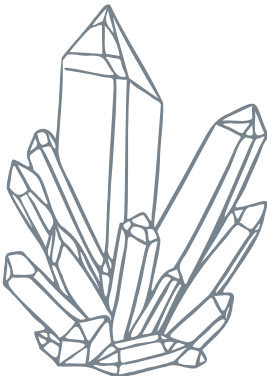
NAME:

☐ Got it ☐ On Wishlist

NAME:

☐ Got it ☐ On Wishlist

MY THOUGHTS:



MY CRYSTALS FOR PROTECTION

NAME:

☐ Got it ☐ On Wishlist

NAME:

☐ Got it ☐ On Wishlist

NAME:

☐ Got it ☐ On Wishlist

NAME:

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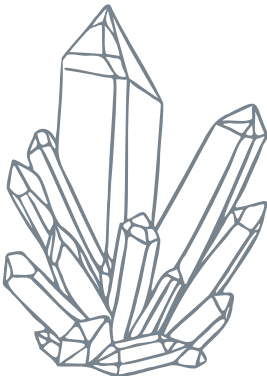
NAME:

☐ Got it ☐ On Wishlist

NAME:

☐ Got it ☐ On Wishlist

MY THOUGHTS:



MY CRYSTALS FOR RELAXATION

NAME:

☐ Got it ☐ On Wishlist

NAME:

☐ Got it ☐ On Wishlist

NAME:

☐ Got it ☐ On Wishlist

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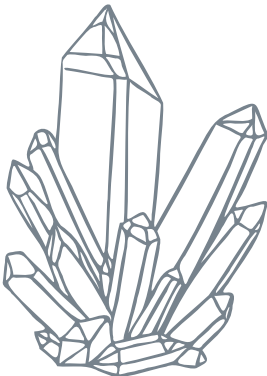
NAME:

☐ Got it ☐ On Wishlist

NAME:

☐ Got it ☐ On Wishlist

MY THOUGHTS:



FACT FILE

CRYSTAL NAME:

SKETCH / IMAGE

--

CRYSTAL PROPERTIES

USED FOR

- ☐ On Wishlist
- ☐ In Collection
- ☐ Frequently Used
- ☐ Must Use More

AFFIRMATION

--

CRYSTAL RESOURCES

LEARN ABOUT

--

BOOKS TO READ

WEBSITES

CHECKLIST

THINGS TO TRY

--

WORKING WITH CRYSTALS

[illegible]

DATE:

MY GOAL

WHAT DID I DO? DID IT WORK?

MY THOUGHTS AND FEELINGS?

MY COLLECTION

[illegible]

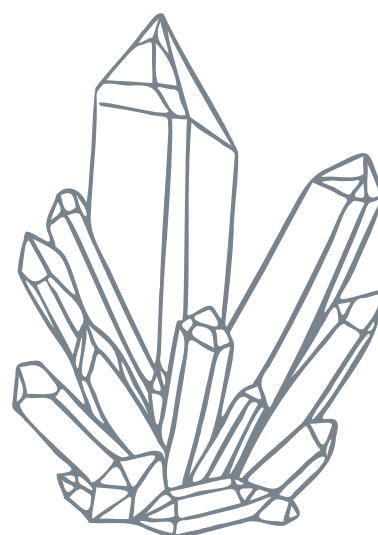
MY WISHLIST

[illegible]

I FEEL ...

Choose a crystal and describe how it makes you feel

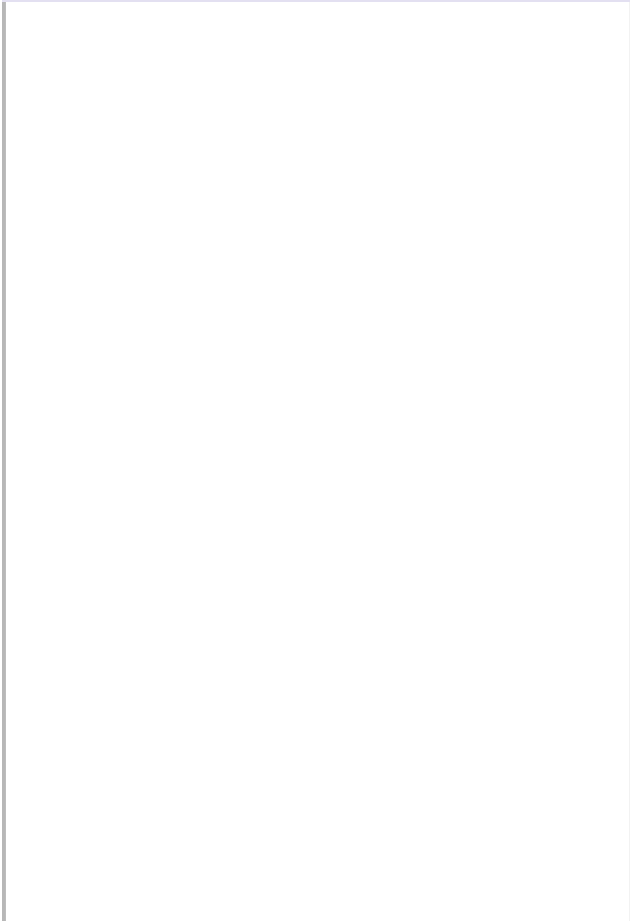
HOW DO YOU FEEL TODAY?

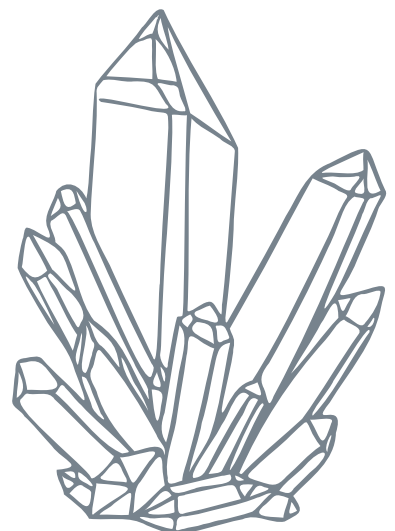


WHY CRYSTALS?

Do you sometimes feel more drawn to one kind of crystals? Why?

WHICH CRYSTALS ARE YOU
DRAWN TO TODAY?

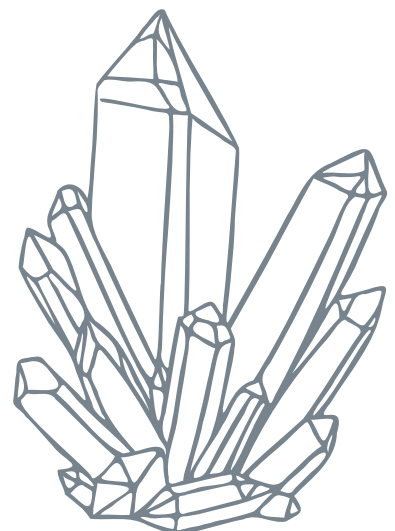




SHOPPING

What do you look for when buying a crystal?

WHICH CRYSTALS ARE YOU
LOOKING TO BUY NEXT?



CLEANSING & CHARGING CRYSTALS

SMOKE

Use your choice of incense, sage, palo santo, herbs (like rosemary or lavender) to light up and direct the smoke around the crystal. Make sure to set an intent.

INTENT

Hold the crystal in your hands and set a positive intention and visualize impure energy washing away and picture the crystal being surrounded by a bright, white light.

WATER

Rinse crystals with water and visualize the negative energies washing away. You can use tap water, river water, moon or rainwater, but we wary of water soluble crystals.

SUNLIGHT

Place sun safe crystals outside for 6-8 hours in indirect sunlight. The masculine energy of the Sun soaks up negative energy and replaces it with light.

MOONLIGHT

Leave crystals outside overnight to bask in the feminine energy of the moon. Full moon provides the ultimate charging energy.

SALT

Place crystals in a tray filled with sea salt to soak up negative energies.

SOUND

Use bells, Tibetan singing on Youtube, bowls or music to shake of the negative energies of crystals.

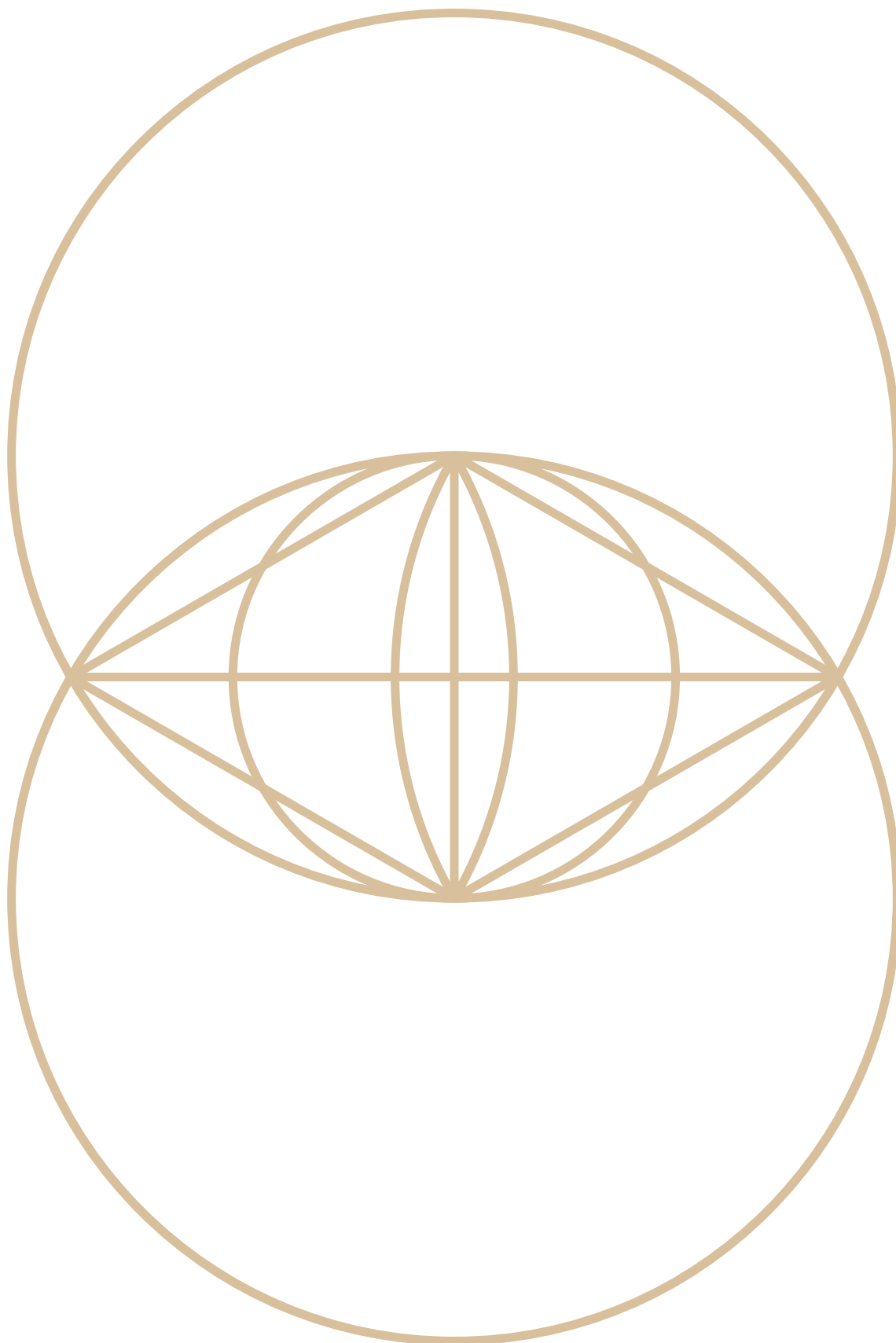
OTHER CRYSTALS

Place a crystal you want to charge on top of a crystal cluster, geode or slab. Selenite and clear quartz work best.

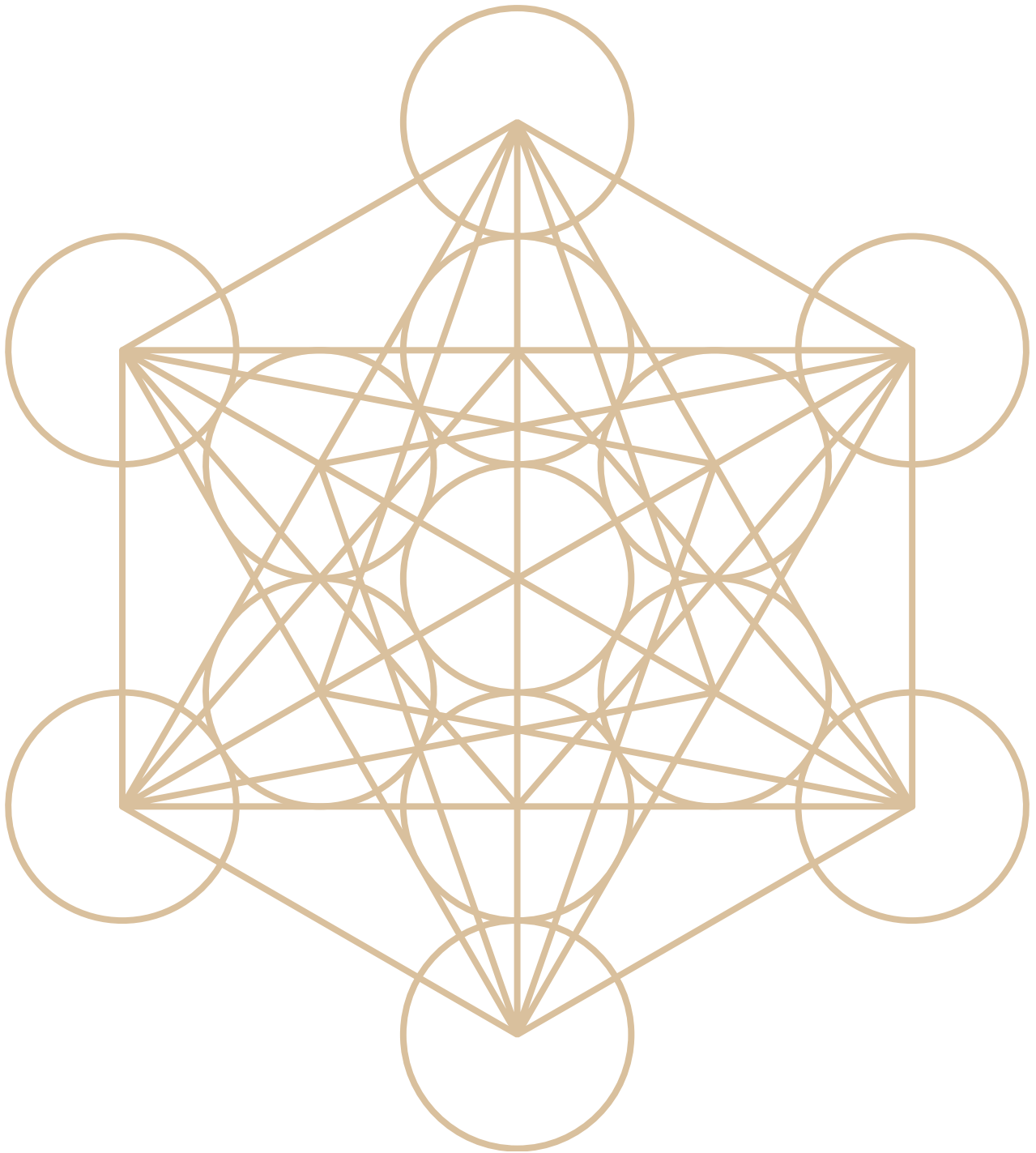
CRYSTAL LAYOUTS

Crystal layouts can follow geometric patterns or may be done intuitively. The overall purpose is to direct the flow of energy from the stones to shift the energy within your body, mind, spirit, and life.

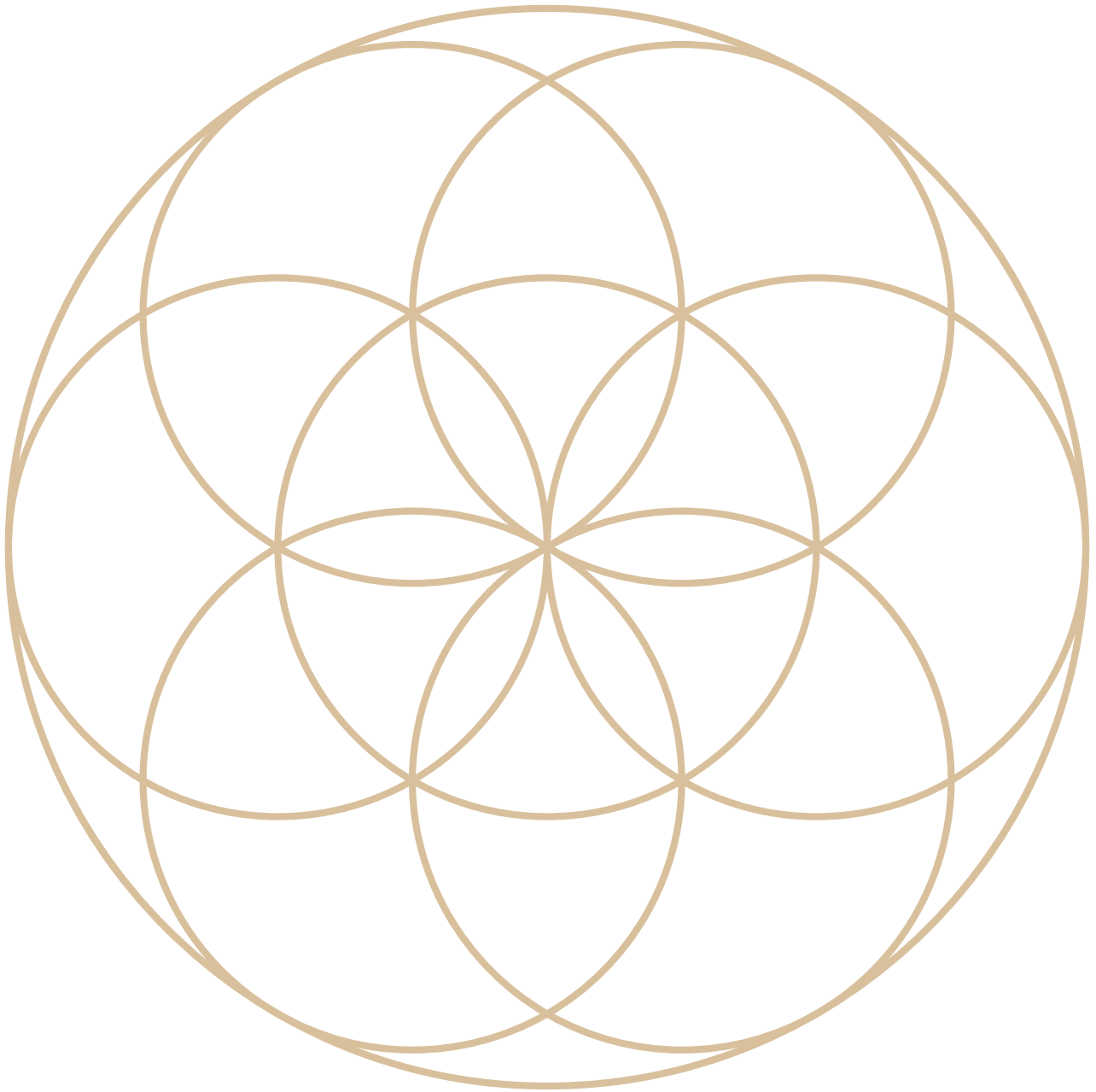
VESICA PISCIS



METATRON'S CUBE



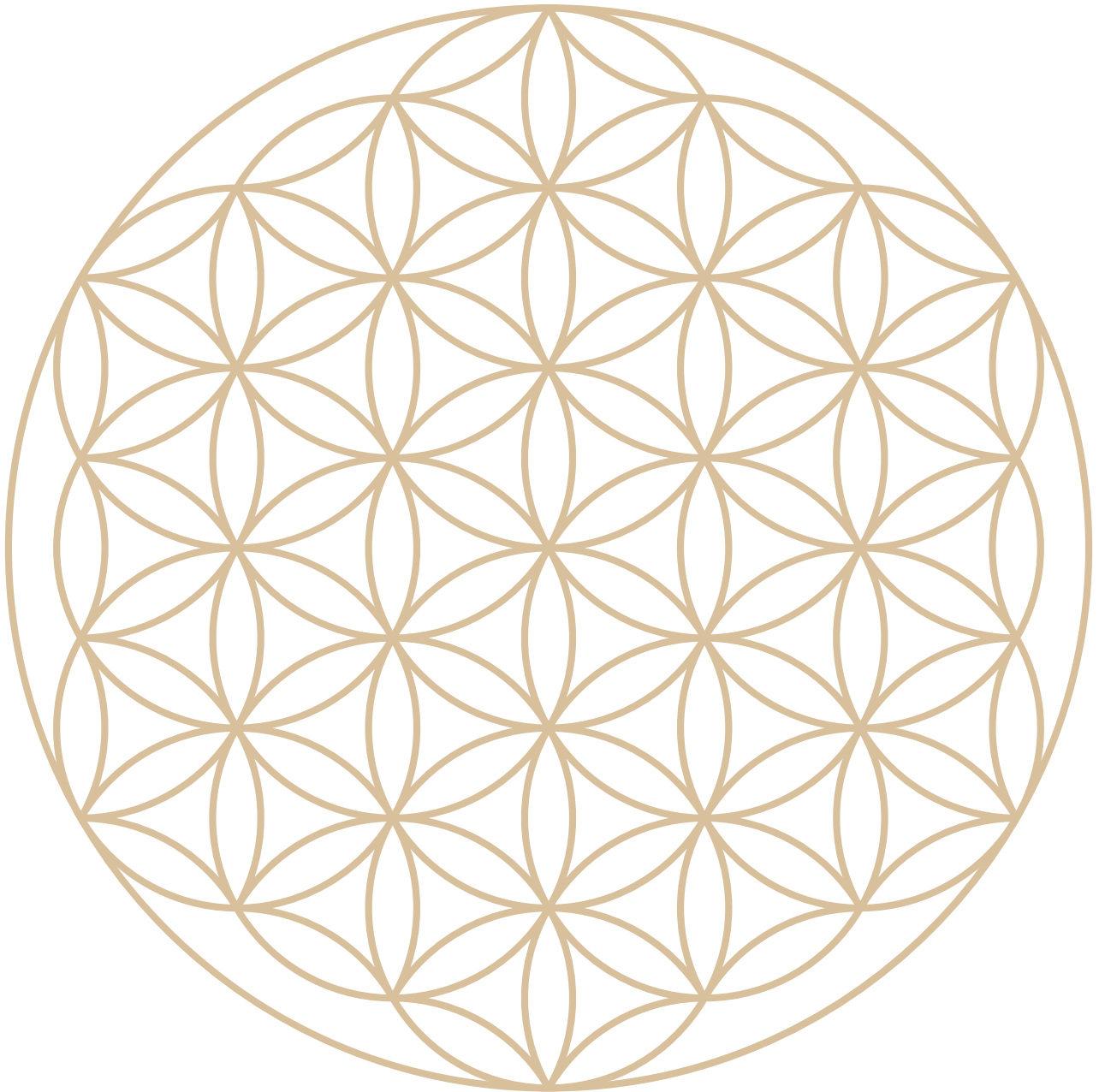
SEED OF LIFE



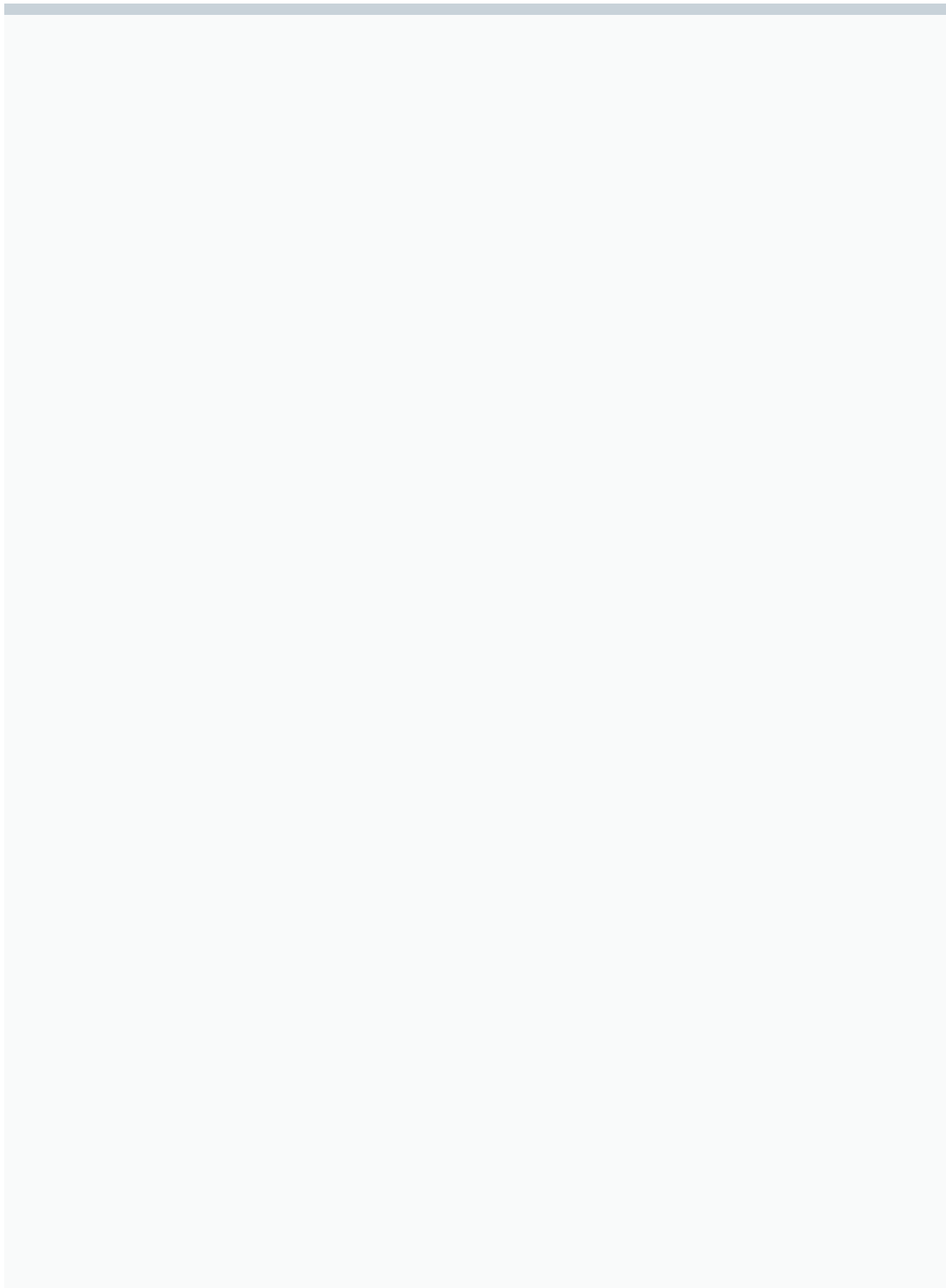
SRI YANTRA



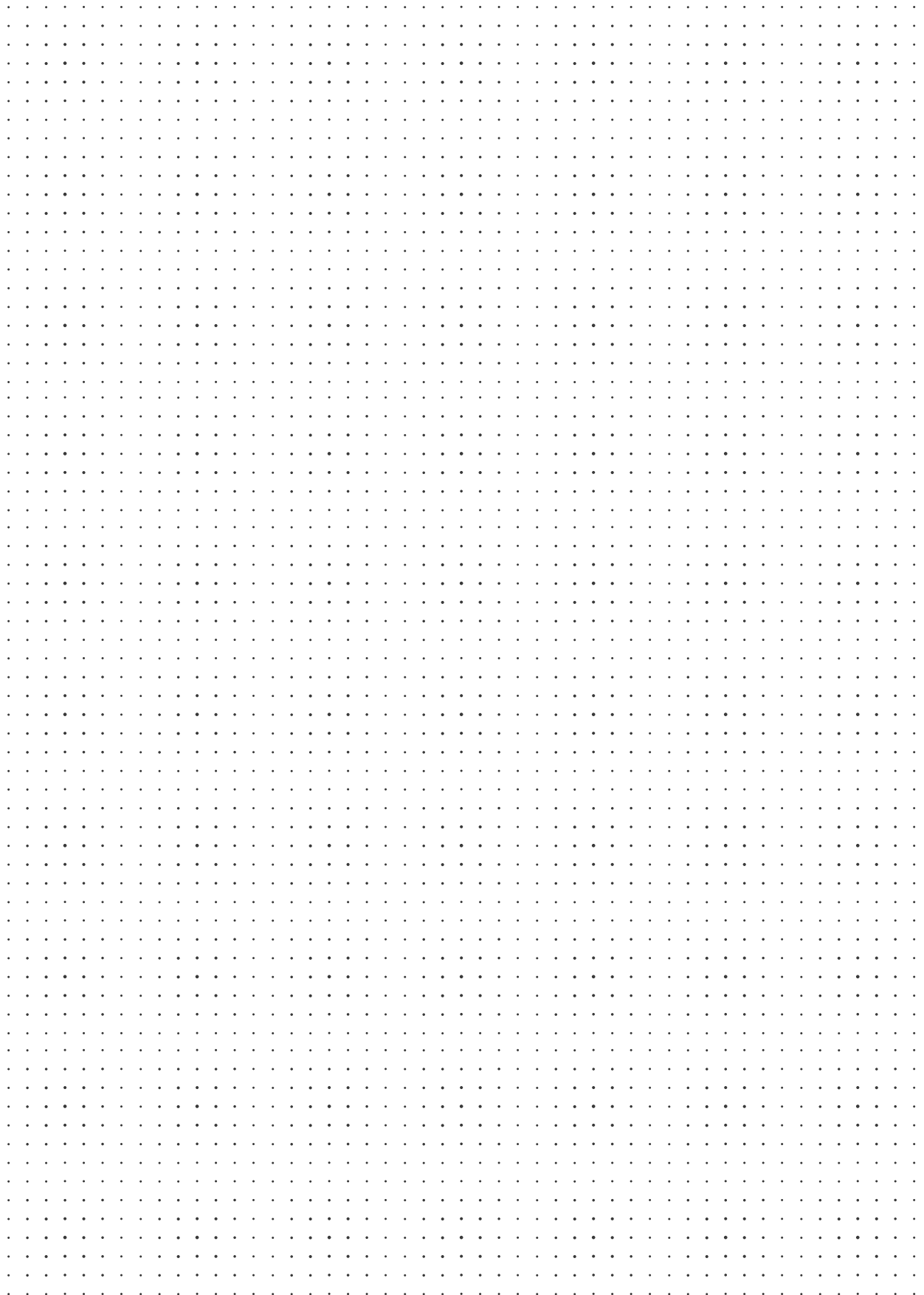
FLOWER OF LIFE



DOODLE PAGE



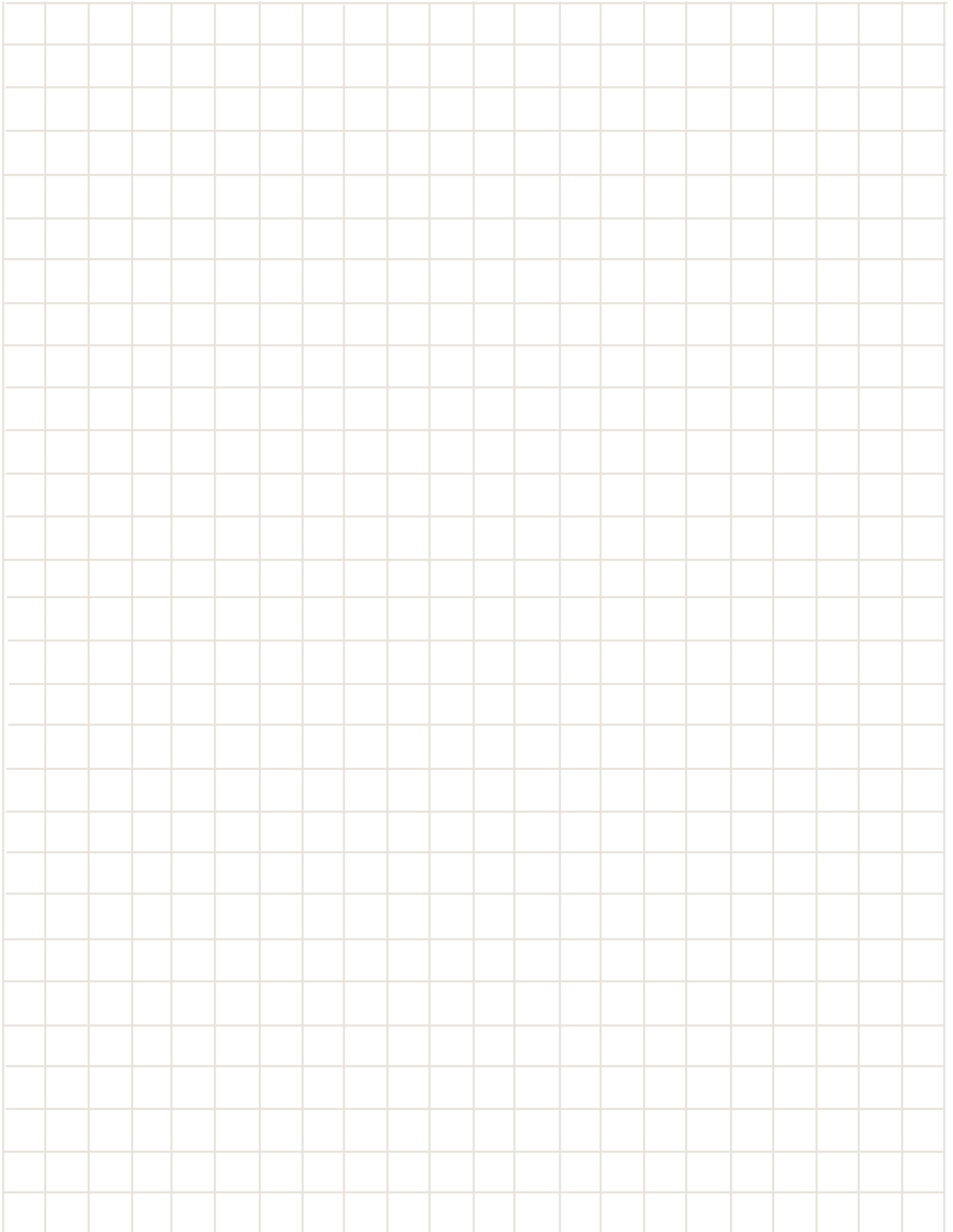
JOURNALING PAGE



JOURNALING PAGE



JOURNALING PAGE



JOURNALING PAGE

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Resources for Ongoing Support

If you found this guide helpful and want more support:

Services that support sustainable wellness:

- Reiki sessions for energy balance and stress relief
- EFT Tapping for emotional regulation
- Intuitive coaching for authentic growth
- Intuitive Readings for clarity and guidance
- Mediumship readings for connection with loved ones
- Revolutionary Love Program (RLP) for comprehensive healing

Follow for more real talk about wellness:

- Facebook: Wholehearted Healing Studio
- Instagram: @wholeheartedhealingandreadings

Remember: You don't have to do this alone. Professional support isn't a sign of weakness – it's a sign of wisdom.

Contact:



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Delaware 19904 Phone: 302-922-7100 Email:

Melissa@wholeheartedstudio.net

Website: www.wholeheartedstudio.net