



**INTENTION
SETTING
JOURNAL
CRYSTAL THEME**

**MANIFEST WHAT YOU WANT
IN YOUR LIFE!**

The background features a repeating pattern of purple gemstones and flowers. The gemstones are faceted and arranged in a grid, while the flowers are smaller and interspersed between the gemstones. The overall color palette is soft purple and pink.

INTENTION

SETTING

JOURNAL

ADD YOUR NAME ABOVE

INTRODUCTION

If you are someone that has an avid interest in natural health, you have likely considered using healing crystals. While the term crystal is often confused with others, it is essentially just a type of raw form of gemstone. You probably recognize a lot of the more common gemstone names like amethyst and rose quartz, but don't realize many of these have healing properties.

When you are working on natural healing, it is good to incorporate a lot of different forms of healing, from herbs to essential oils. But don't forget about the crystals! As you start collecting healing crystals, such as the ones collected in this report, you will hold them in your hand or place them on different parts of your body. This helps to remove negative energy and promote healing in those areas of the body.

Below are 12 of the more popular healing crystals and some information about the healing properties they each possess.



Jarrold Cripps



INTRODUCTION

The Intention Setting journal is for anyone who wants to uncover the powerful healing properties of crystals. If you're wishing to heal, cleanse or quash any negative feelings you may be having, you can use the journal to record how you feel when working with each of the different crystals.

One of the most important factors in using crystals effectively is to set intentions carefully. Different crystals have diverse properties that make them helpful for specific uses, but all crystals need their user to inform them of the way they can help. To tell crystals their purpose in our lives, this is why setting intentions is such an essential part of using crystals to heal and feel positive energy.

There are different reasons for why you like specific crystals. Often, a color, shape, or size of a crystal may draw you to it. You need to trust in your intuition when selecting crystals that seem to resonate with you. Once you make a choice, it is essential to set your intention for how you want the crystal to work in your life.

Before you set an intention with a crystal, clear your mind of any negative thoughts. When you are placing an intention into a crystal, having a clear mind will help you focus the intention into the crystal. Choose intentions that focus on both short and long term goals. Hold the crystal up to your mind's eye, the space in the middle of your forehead. Write down the intention to the crystal in your journal. It can also be beneficial to hold the crystal over one's third eye.

Examples of Intentions

- I am worthy of love and kindness in my life. I choose to live each day, showing kindness to myself through self-care.
- I want more money in my life that shows up in ways that balance myself with my passions, values, and time.
- I desire to spend more time with my family and have the universe support us with finances that allow us to save for the future.
- I am worthy of a better job position that provides me with the freedom of creativity I need and finances that stabilize my lifestyle while saving for the future.
- I want a house that supports my family and me with enough space and a good flow of energy that uplifts and motivates us to aspire to a balanced, healthy lifestyle.

You can even use the blank pages of your journal to keep track of your life. For example, you may have been working on your abundance intention in the past. If all of a sudden, you get a raise at work, be sure to write it down in your journal. Writing it down helps you see for sure how well intentions work. It's an excellent reminder that personal transformation occurs in many ways.

You may also wish to rewrite your intentions in the journal. You'll want to do this because your intentions and personal goals can change over time. Always check your goals every couple of months to make sure that they still align with what you had hoped to change about your life.



CRYSTAL INTENTIONS

CRYSTAL -
QUARTZ

INTENTIONS

NOTES

This is definitely one of the most common and popular crystals to use for healing powers. What you will find is that there are many forms of quartz, including rose quartz which is also on this list due to its unique healing powers. But when you just see 'quartz', they are usually referring to the basic quartz, which is a clear and almost translucent crystal.

Healing Powers of Quartz

Quartz helps with improving your focus, alertness, and stimulating your brain function. It is often used to provide general positive energy, helping you feel body and making you more conscious during work and school. It is also great because it is easy to get ahold of.



CRYSTAL INTENTIONS

CRYSTAL -
ONYX

INTENTIONS

NOTES

Next on the list is onyx, an interesting black crystal that usually has more of an opaque appearance. You will find onyx used a lot in jewelry as a black gemstone. Onyx, like quartz, comes in different colors, but we are talking about the dark, black onyx here.

Healing Powers of Black Onyx

With black onyx, you will use it when you are experiencing emotional stress in most cases. It can help with high amounts of stress and anxiety, or when you are grieving after losing a loved one or pet. It can also help with confusion, as well as provide some physical benefits like improving your stamina. If you feel like your energy is being drained from emotional causes, black onyx is a good crystal to have on hand.



CRYSTAL INTENTIONS

CRYSTAL -
AMETHYST

INTENTIONS

NOTES

Amethyst is a beautiful gemstone that also works great for a healing crystal. It is the birthstone for February and is often used with zodiac signs like Aquarius, Capricorn, Virgo, and Pisces. This crystal comes in different shades of purple, depending on the rock it comes from.

Healing Powers of Amethyst

Amethyst provides some of the same benefits as quartz since it is a type of quartz, including improving brain potential and alertness. It is also frequently used to help with the lack of energy and headache pain from hangovers. You can also use amethyst when you want to connect a little better with your spirituality.





CRYSTAL INTENTIONS

CRYSTAL -
LABRADORITE

INTENTIONS

NOTES

You may not recognize the name of labradorite, but you should definitely become more familiar with it. This is a type of feldspar that comes in vibrant colors, usually multi-colored. It has colors like blues and purples, often with flecks or streaks of green, yellow, and red. Some labradorite can also have brown or grey in it. It looks like it has black, but that is actually just a very dark purple or blue.

Healing Powers of Labradorite

Labradorite can help a lot with your intuition, being used if you want to find what psychic abilities you have. You can use it to help with your level of consciousness, protect your aura, and help you with changes in your life. It is excellent for increasing your perseverance through struggles you might be going through.



CRYSTAL INTENTIONS

CRYSTAL -
BLUE AGATE

INTENTIONS

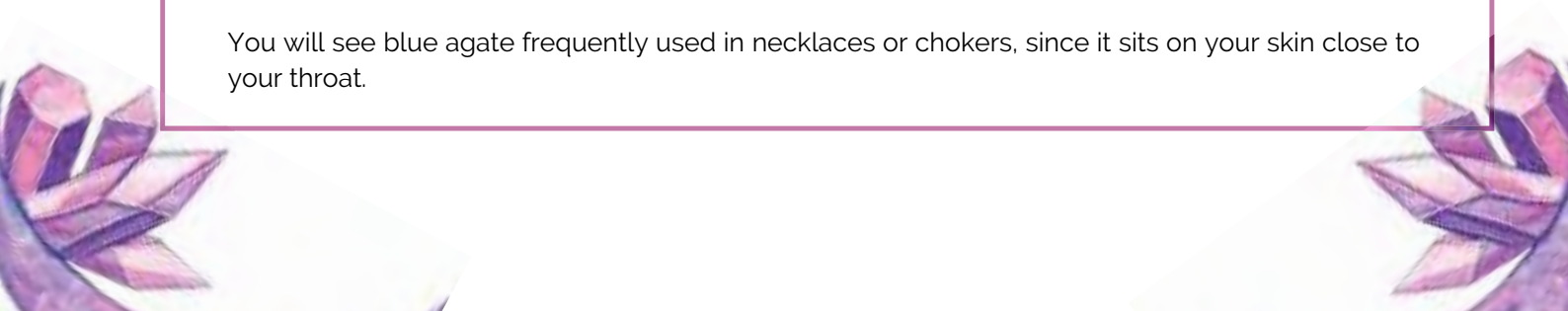
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Agate on its own can be a powerful healing crystal, but this often comes in a yellowish orange and brown tinted gemstone. While agates themselves are excellent for protection and emotional strength, we want to go over a type of agate called blue lace agate, or blue agate.

Healing Powers of Blue Agate

This healing stone is used very often when you have chakra healing done with different stones and crystals. It is of course a blue crystal, which is often used for throat chakra. In throat chakra, you are improving your voice, opening it up and clearing it. You can use this for physical and emotional expressions and improve the positive energy in this part of your body. Blue lace agate is also great for balancing out the positive energy in your body.

You will see blue agate frequently used in necklaces or chokers, since it sits on your skin close to your throat.





CRYSTAL INTENTIONS

CRYSTAL - AQUAMARINE


INTENTIONS

NOTES

This is a beautiful healing crystal that many people are familiar with. You might have chosen a pair of earrings or ring with aquamarine because you enjoyed the beautiful blue-green appearance, but had no idea of its healing properties. Aquamarine looks like the sea, so it helps a lot with promoting calm and relaxation.

Healing Powers of Aquamarine

When you use aquamarine as a healing crystal, it can balance out your emotions and help with relaxing you in times of stress or anxiety. It can clear your mind, so it is great for holding onto during a meditation session. In chakra healing, aquamarine is used with heart chakra to help you with your self-expression and find your identity.





CRYSTAL INTENTIONS

CRYSTAL -
TOPAZ

INTENTIONS

NOTES

This is one of those excellent gemstone crystals that comes in a wide range of colors and varieties. You should know that each type of topaz does have some unique healing properties and benefits, but any topaz will also have the general healing powers. You can find topaz in a colorless form, similar to quartz. It is also frequently found in oranges and browns, red, pink, yellow, green, and even a bright blue color.

Healing Powers of Topaz

Topaz is all about restoring positive energy in your body and removing the negative energy. When you need motivation and to be re-charged, this is a good healing crystal to use. It can help with many things affecting your body's energy, from healing and soothing physical ailments, to providing joy and abundance when you need it. If you need to forgive someone, it can help you find peace with that as well.



CRYSTAL INTENTIONS

CRYSTAL -
JADE

INTENTIONS

NOTES

If you have ever purchased a piece of jewelry with a gemstone that isn't translucent, but more of a solid, matte appearance, you might have jade. Aside from onyx, this is one of the only healing crystals that looks like this. It is a deep green crystal, though some are darker or lighter. Jade is often used in Asian-inspired designs and has been used as a good luck charm for many years.

Healing Powers of Jade

So what can jade help with? It is the crystal to use when you are setting goals and trying to manifest positive dreams. Jade stands for transformation, so people will use the crystal when they have fears they are trying to get rid of, as well as work on their future self. You can also use jade for encouraging feelings of generosity and courage. With jade, it is all about finding a more fulfilling life.



CRYSTAL INTENTIONS

CRYSTAL -
ROSE QUARTZ

INTENTIONS

NOTES

If you were born in April-May or September-October, you might be a big fan of rose quartz. It is often associated with Libras and Taurus's. Rose quartz is a type of quartz that has more of a pinkish hue. This is also frequently associated with love and romance, often being a gemstone people put in jewelry that they will gift their significant other. However, it has many other healing properties as well.

Healing Powers of Rose Quartz

When you use rose quartz, it will provide a relaxing and calming atmosphere. If you have a lot of negative energy that you feel is harming your emotional energy, this is a good crystal to use. You can also use it to help promote a healthy relationship and secure the bond between you and a loved one.

Rose quartz is a good healing crystal for yourself or to give to others. It also makes a good apology gift for a loved one to improve the positive energy between the two of you.



CRYSTAL INTENTIONS

CRYSTAL - OBSIDIAN

INTENTIONS

NOTES

Obsidian is another darker stone, which is often confused with black onyx. It can be a black, translucent crystal or a very dark green that looks nearly black. Obsidian comes from volcanic glass, and is formed when lava from a volcano cools.

Healing Powers of Obsidian

With obsidian, you get physical and emotional healing properties. For physical benefits, it is excellent with arthritis and joint pain, as well as any extremity pain, muscle cramps, and even indigestion. Many people also use obsidian when trying to detoxify their body. There are also emotional healing powers, including protecting your energy and blocking psychic attacks. It is good for tension and stress, as well as anxiety. If you have a lot of confusion, you can gain more clarity with obsidian.

You will also get other healing properties, depending on the type of obsidian you use. There is golden obsidian, which is best for protection and balancing the energy in your body. You can get black obsidian for self-control and resolving negative thoughts, or mahogany obsidian for helping with your aura.



CRYSTAL INTENTIONS

CRYSTAL - LAPIS LAZULI

INTENTIONS

NOTES

Lapis lazuli is another healing crystal often chosen for jewelry and accessories based on its vibrant color. It comes in a brilliant, royal blue color, but with flecks of gold and other colors interspersed in the crystal. Lapis lazuli is a semi-precious gemstone that comes from a blue metamorphic rock.

Healing Powers of Lapis Lazuli

You should use lapis lazuli as a healing crystal when you are having trouble with finding yourself and mental clarity. It is perfect for achieving a higher level of consciousness and better awareness of yourself. This is also used in throat chakra for healing crystal chakra treatments. In addition to self-awareness, lapis lazuli can also help you with finding your communication and creativity. If you have harmful energy, it will replace it with positive energy.

You can use lapis lazuli in a stone that is in its raw or polished form by holding it in your hand or against your throat, or wear it around your neck where it is used throughout the day for positive energy.



CRYSTAL INTENTIONS

CRYSTAL -
CITRINE

INTENTIONS

NOTES

The last healing crystal we want to talk about is citrine. If you were born in November, you might have had birthstone jewelry with the bright orange color of citrine. Both bluish-green topaz and orange citrine have been associated with the November birthdays.

Citrine is powered by the sun, so you will see that a lot of its health properties have to do with light and sunshine.

Healing Powers of Citrine

Cleansing your aura of negative energy is one of the bigger health benefits of citrine as a healing crystal. It will provide happiness and joy to your life, bringing out your inner light, and providing you with positive energy. You can also get more focus and clarity when you use citrine, along with energizing your body and mind.



PROGRAMMING CRYSTALS

CRYSTALS USED

AFFIRMATION STATEMENTS

NOTES



CRYSTAL CARE

CRYSTALS USED

CARE PERFORMED

- CLEANSING CHARGING ACTIVATING PROGRAMMING

CLEANSING & CHARGING PERFORMED

- WATER MOONLIGHT SUNLIGHT SAGE SOUND CRYSTALS

REMINDERS

NOTES



INTENTION TRACKING

CRYSTALS USED

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CRYSTALS USED

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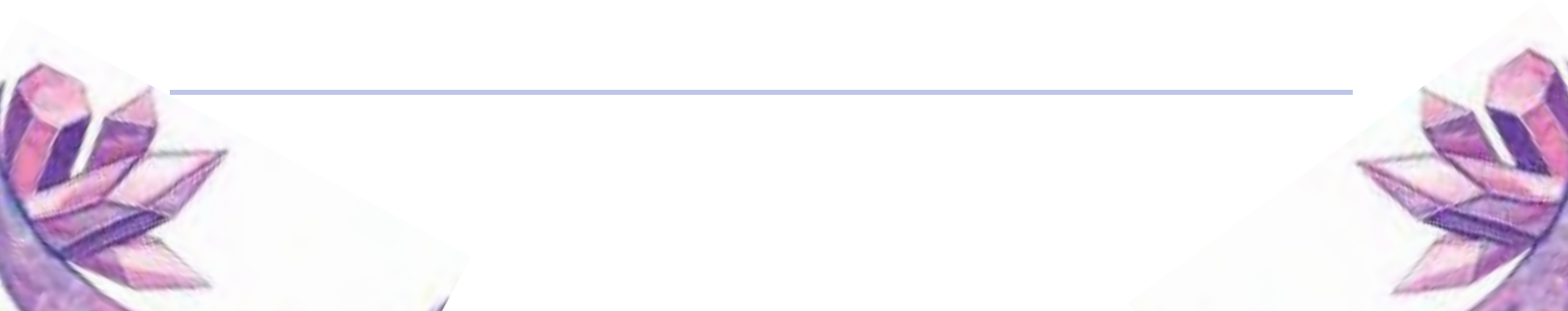
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NOTES





CRYSTAL PROPERTIES

CRYSTAL NAME

RAW

CRYSTAL PROPERTIES

TUMBLED

POINT

CLUSTER

USE FOR

HEALTH

MIND

MONEY

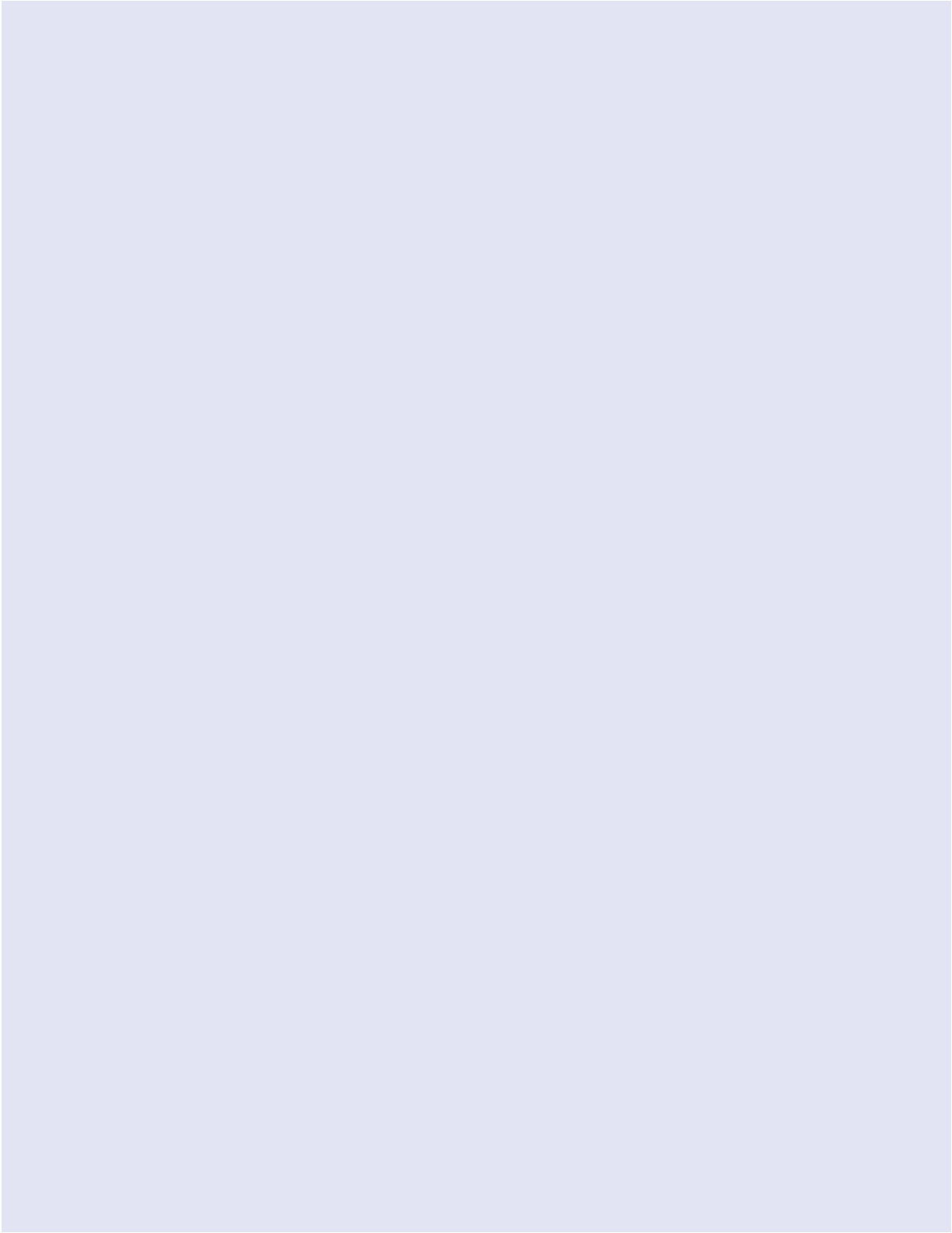
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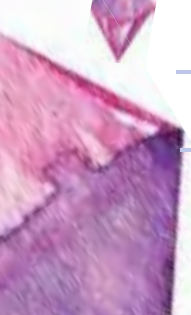
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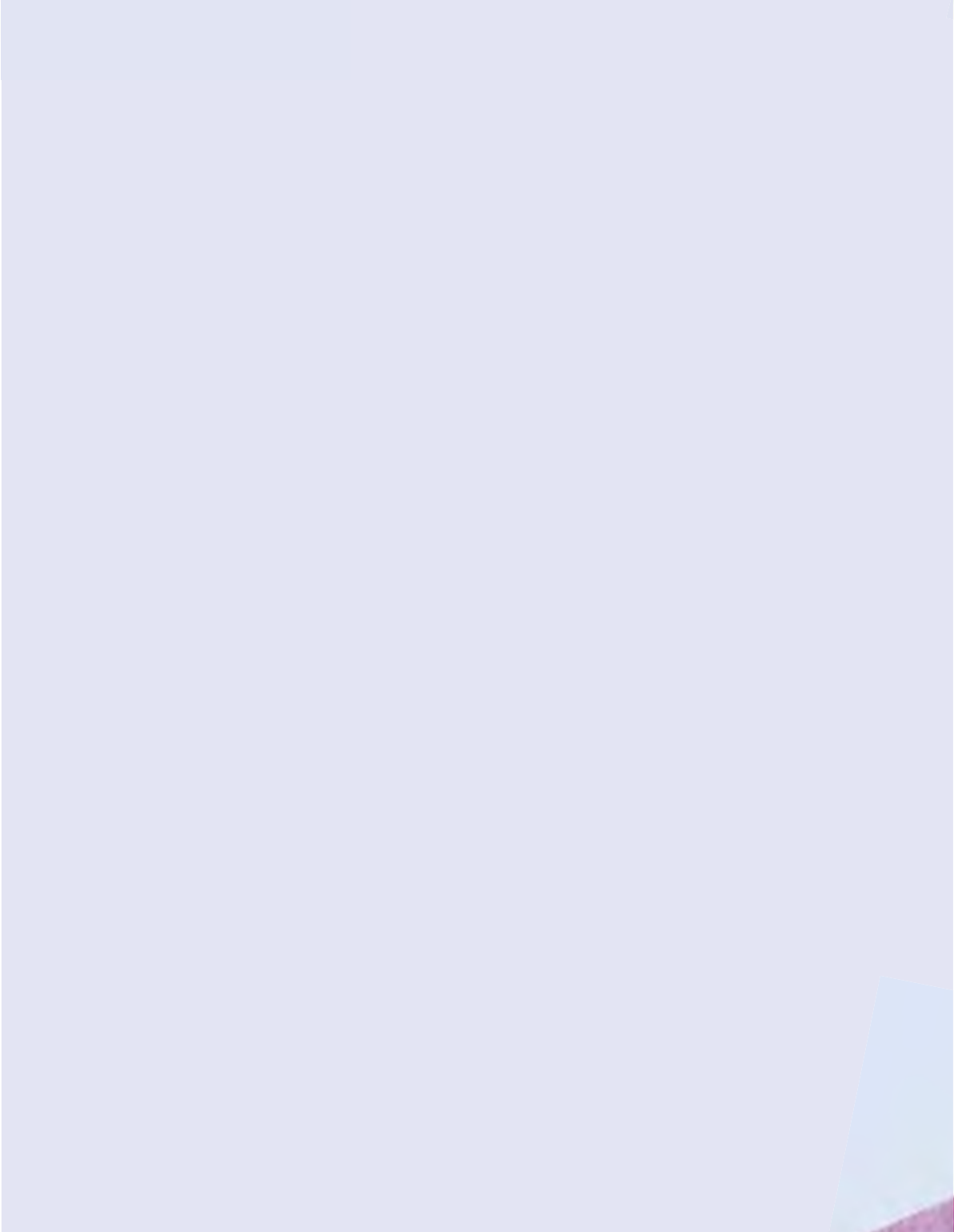
OTHER

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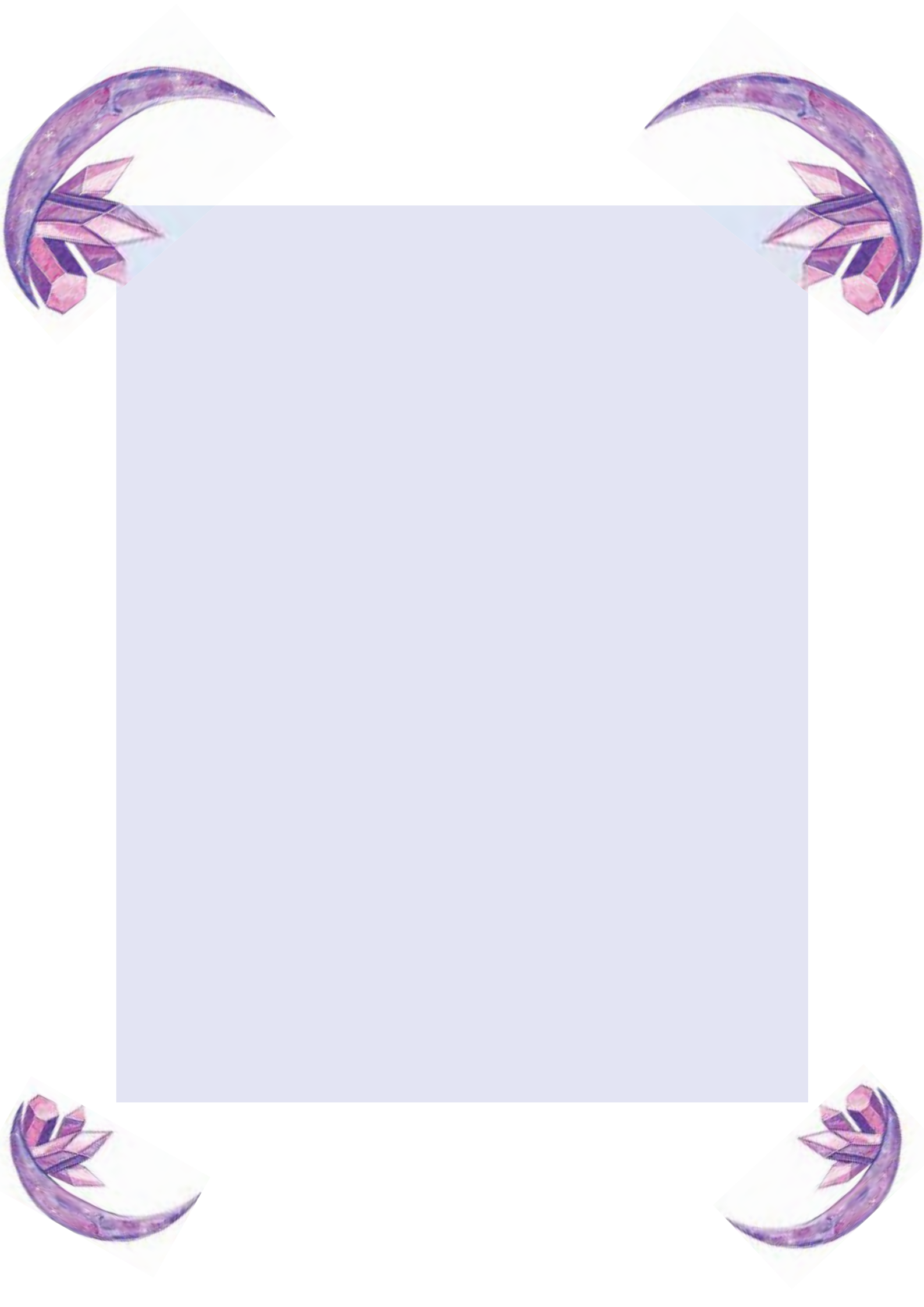




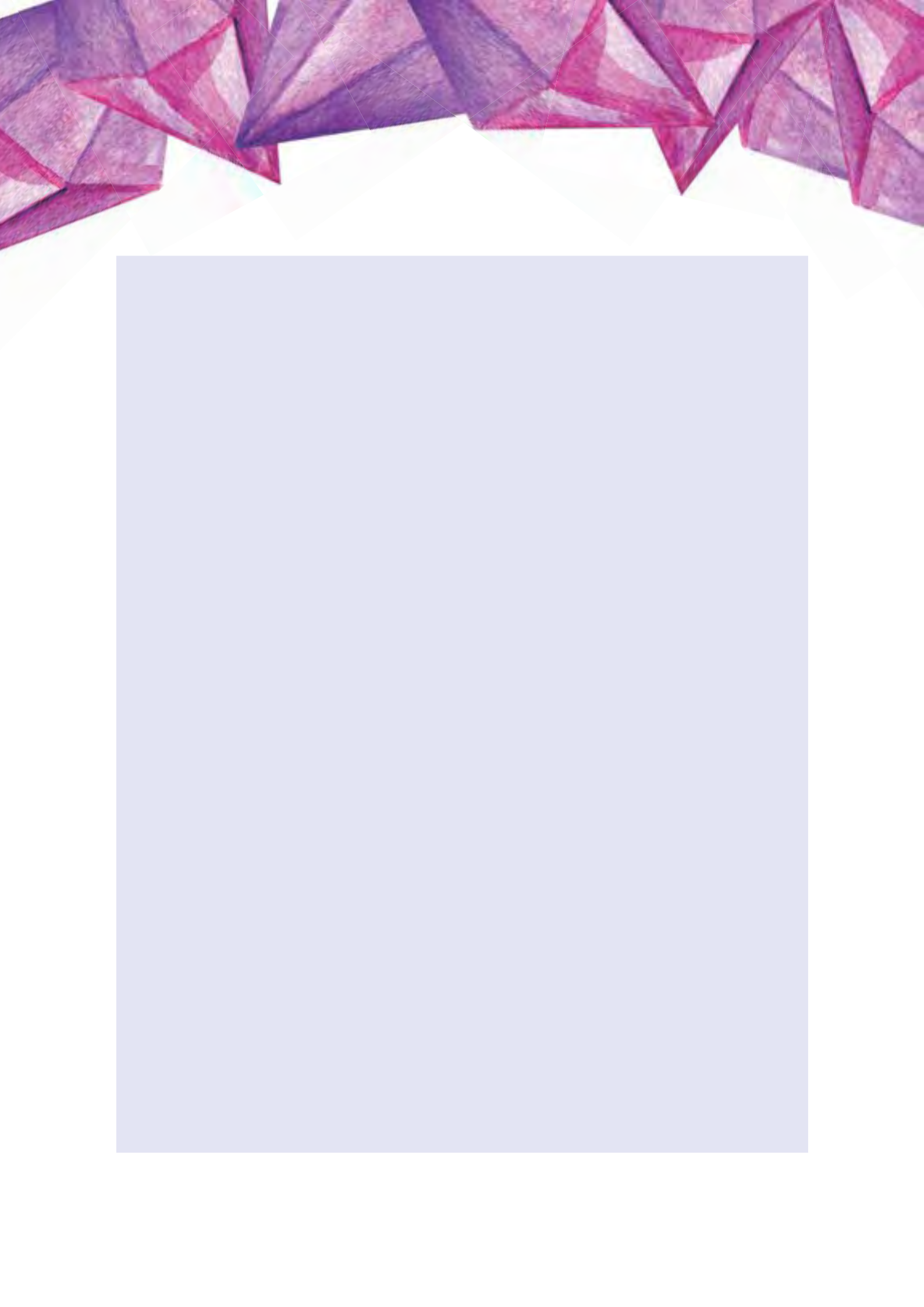


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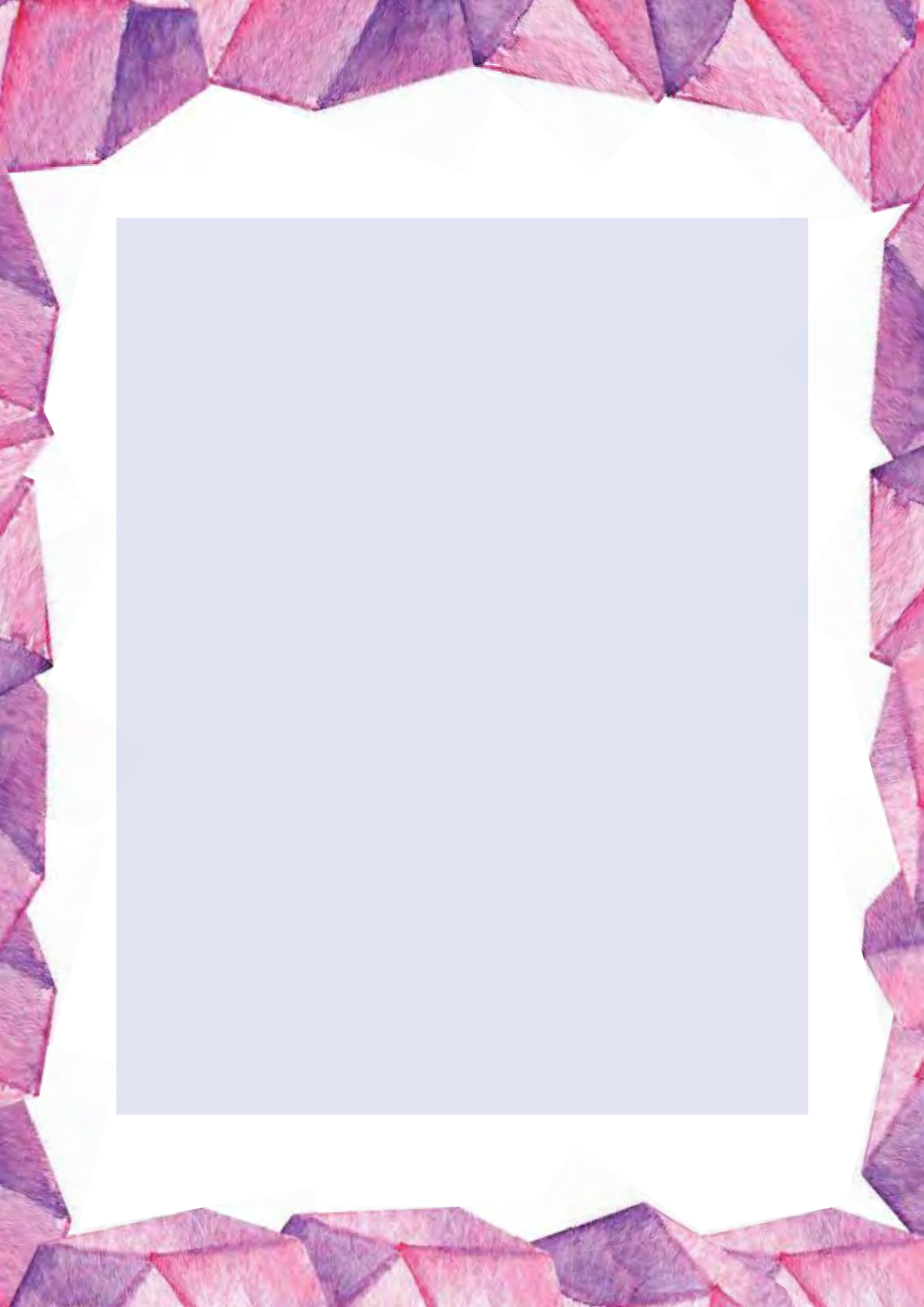




























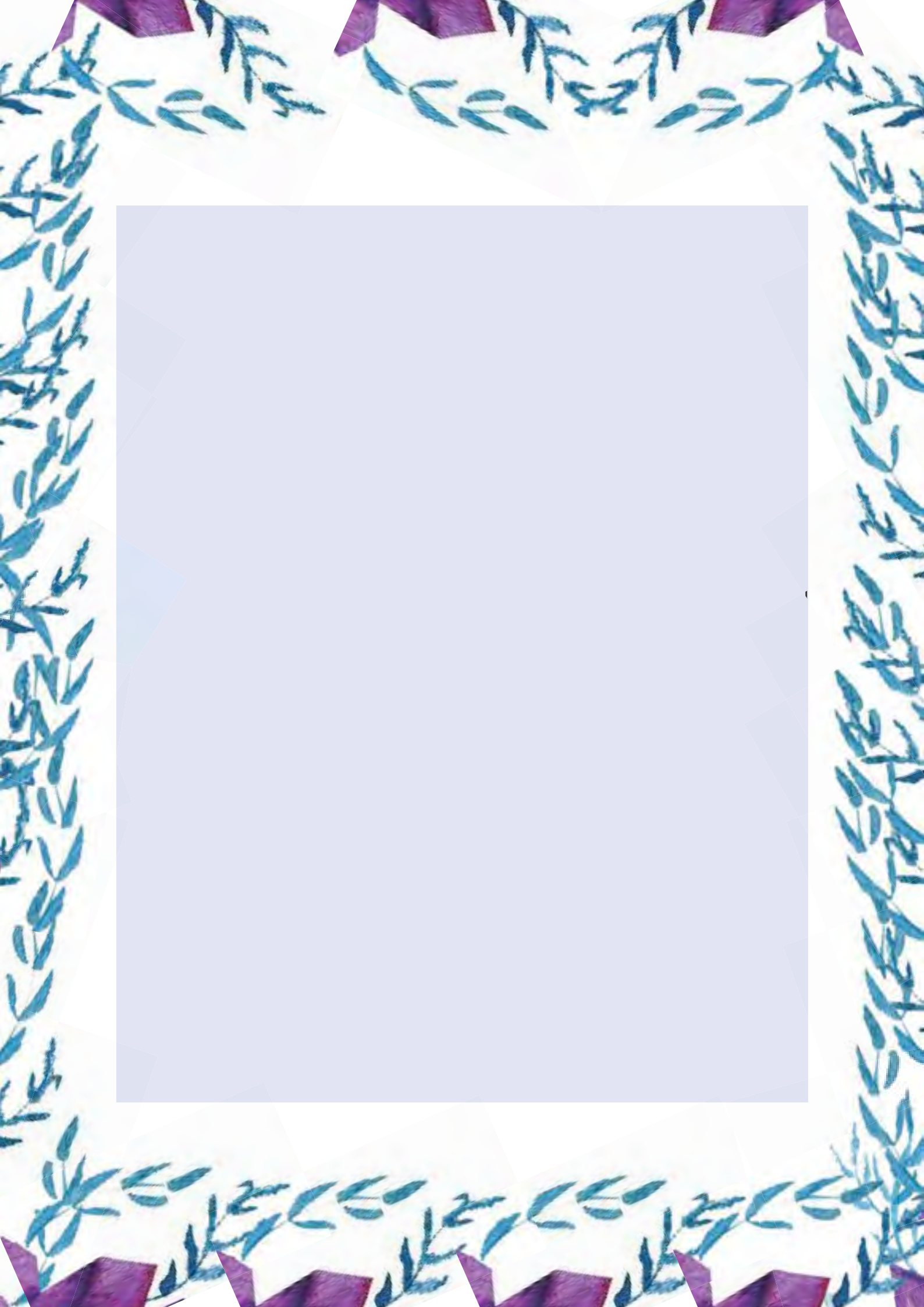
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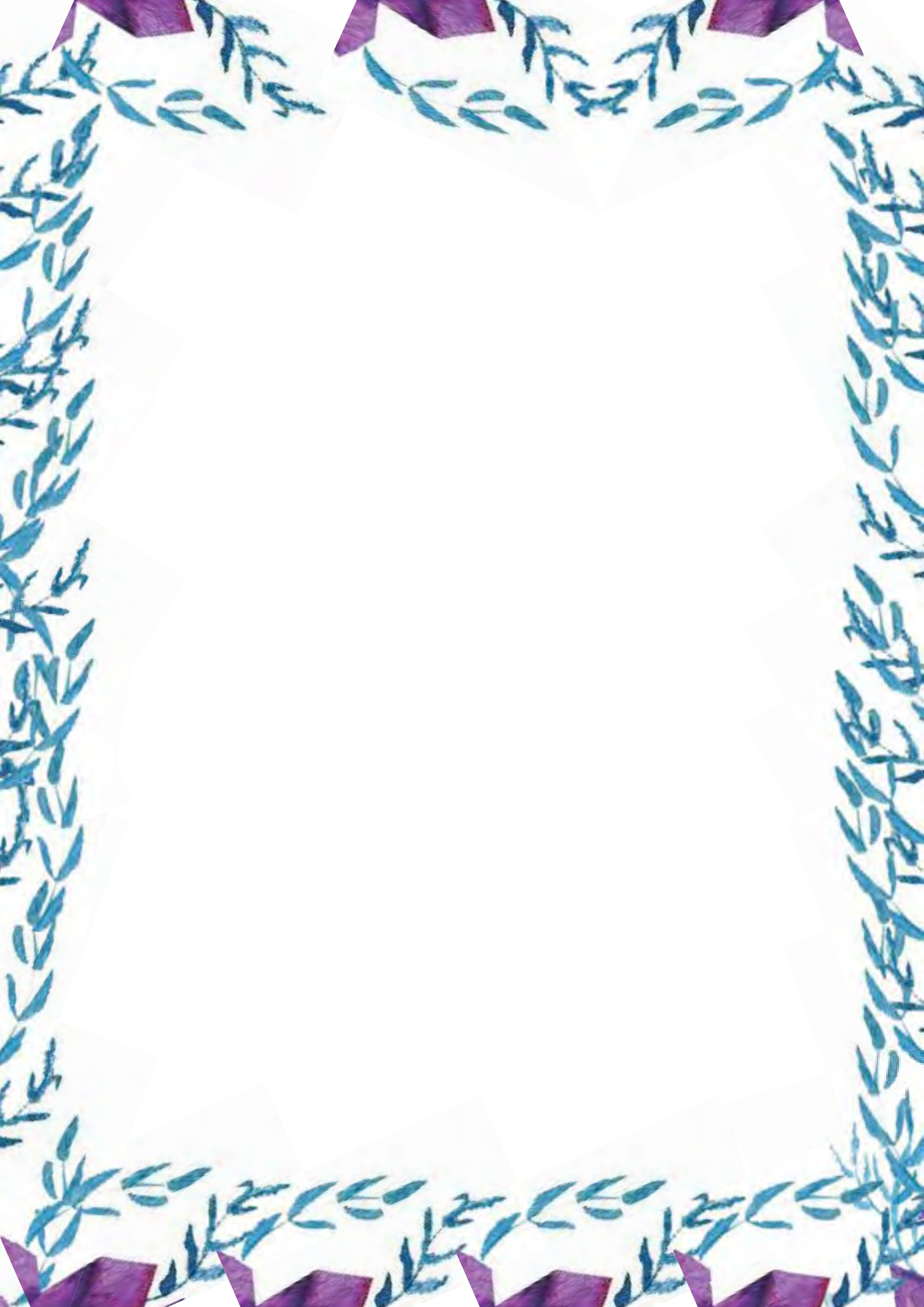






















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