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**Many types of crystals
hold specific
intentions to bring
into our lives,
from happiness to
money to love.**

Using crystals in your everyday life
helps you bring these intentions
into reality.

The background of the image is a light-colored marble surface with grey veining. In the top right corner, there is a large, rough, natural amethyst crystal cluster. In the bottom right corner, there are three smaller, clear, faceted amethyst crystals. A white rectangular box is centered on the page, containing text.

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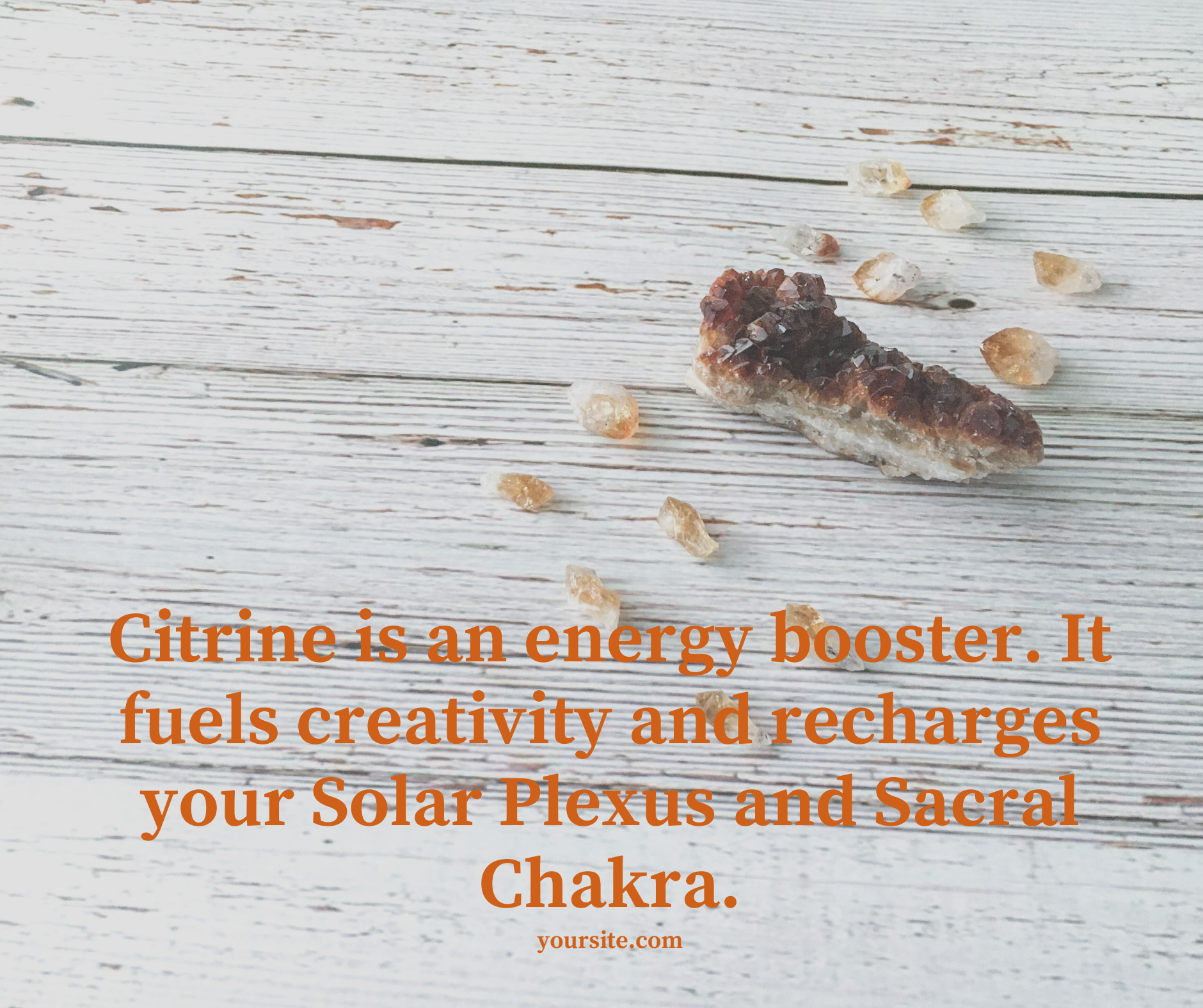
**Amethyst's purple
color is also calming
and carries with it the
ability
to return to yourself.**

Using it during your journaling time
helps clarify questions

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**White quartz crystals help
with finding negative energy
to release and let go of in
meditation.**





**Citrine is an energy booster. It
fuels creativity and recharges
your Solar Plexus and Sacral
Chakra.**

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life is better
with crystals

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blue lace agate
is a stress
busting crystal



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selenite has a
protective, energy
clearing vibe

white quartz is
easy to program
your intention
for everyday use

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