

# **7-Day** *Crystal Compass* **Crystal Energy Reset**



# Welcome to Your 7-Day Crystal Compass Reset

✨I'm so glad you're here. ✨

**Crystals have been my trusted companions** for almost three decades, and they never stop amazing me with their beauty, wisdom, and energy. Over the years I've learned that working with crystals doesn't have to be complicated - even the simplest daily practice can shift your mood, clear your energy, and reconnect you to your inner light.

## **This 7-Day Reset is designed to help you:**

- Recenter when life feels busy or overwhelming
- Reconnect with your intuition and inner calm
- Reawaken your joy, love, and sense of possibility

Each day you'll explore **one crystal, a short affirmation, and a quick practice** you can do in just a few minutes. There's also a journal prompt if you'd like to reflect more deeply in the space provided. Whether you're brand new to crystals or have a whole collection already, these small rituals will meet you right where you are.

**Take this week as a gift for yourself.** You don't need to be perfect or do every practice exactly "right." Simply showing up with curiosity and openness is enough.

At the end of these 7 days, you'll have **a clearer mind, a lighter heart, and a taste of how crystals can support you** every single day. And if you love this journey, it's just a glimpse of what's inside the full *Crystal Compass Planner*, a year-long guide filled with crystal energy, rituals, and inspiration.

So grab your stones, take a deep breath, and let's begin.

Warmly,

Jennifer 

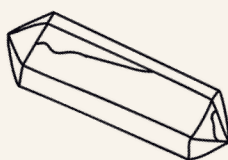
# Amethyst - Calm + Clarity

Amethyst is known as a stone of spiritual protection and inner peace. Its soothing violet energy gently quiets the mind, eases stress, and opens space for clarity and higher guidance. Many people keep it nearby for restful sleep, meditation, or simply to soften the edges of a hectic day.



## JOURNAL PROMPT

Where do I need more calm in my daily life?



## PRACTICE

Hold Amethyst in your palm for 3 deep breaths. Imagine a violet light sweeping through your mind, clearing away stress and clutter. Let the energy create a calm space within you.



## AFFIRMATION

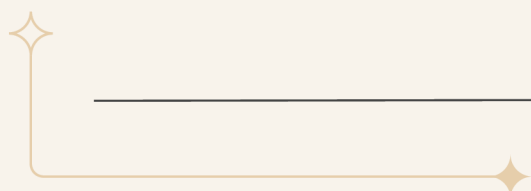
I allow stillness and peace to guide my thoughts.

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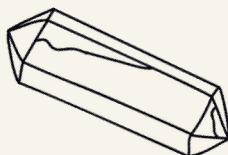
# Citrine - Joy + Flow

Citrine radiates warmth and optimism, often called the “stone of abundance.” Its golden glow inspires confidence, clears away negativity, and encourages you to trust in the flow of life. Citrine is a reminder that joy isn’t something to chase - it already lives within you.



## JOURNAL PROMPT

What sparks joy for me right now?



## PRACTICE

Place Citrine near your workspace or carry it in your pocket. Each time you glance at it, smile and recall one thing you’re grateful for.



## AFFIRMATION

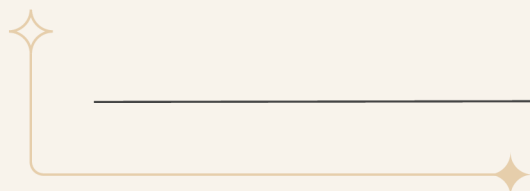
I shine my light with ease and confidence.

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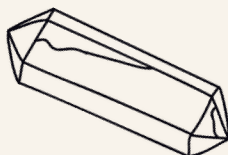
# Rose Quartz - Self-Love

Rose Quartz carries the energy of unconditional love and compassion. Its soft pink hues invite healing for the heart, helping you release tension and open to kindness - especially toward yourself. This crystal reminds you that self-love is the foundation of all love.



## JOURNAL PROMPT

How can I soften toward myself today?



## PRACTICE

Before bed, hold Rose Quartz to your heart and whisper one kind thing you wish to hear. Let the stone amplify it back to you.



## AFFIRMATION

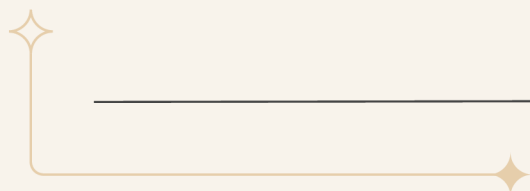
I am worthy of compassion and kindness.

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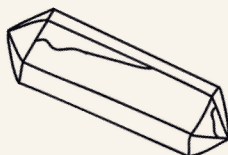
# Selenite - Energy Cleanse

Selenite is a crystal of pure light, named after the moon goddess Selene. It carries a clear vibration that sweeps away stagnant energy and restores a sense of peace. Known as a cleansing stone, Selenite can clear your personal energy as well as the energy of other crystals.



## JOURNAL PROMPT

What is ready to be released?



## PRACTICE

Sweep a Selenite wand or palm stone around your body from head to toe, as if brushing away heavy energy. Take a deep breath to seal the cleanse.



## AFFIRMATION

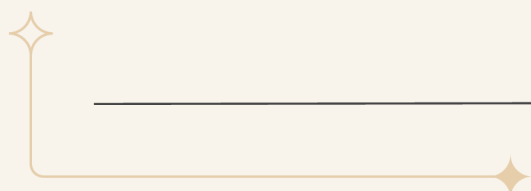
I release what no longer serves me.

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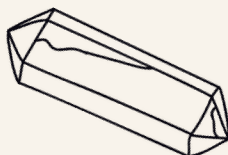
## Black Tourmaline - Protection + Grounding

Black Tourmaline is a powerful stone of protection and stability. Its deep, earthy energy helps absorb negative or heavy vibrations while anchoring you firmly to the present moment. It's a wonderful ally when you need to feel safe, rooted, and clear of outside stress.



### JOURNAL PROMPT

What helps me feel safe and grounded?



### PRACTICE

Place Black Tourmaline near your front door or at your feet while you sit. Visualize roots extending into the earth, holding you steady.



### AFFIRMATION

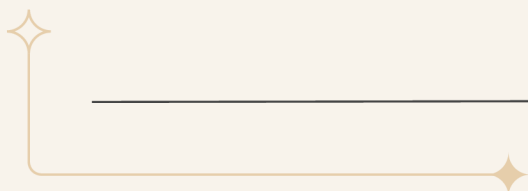
I am rooted, safe, and strong.

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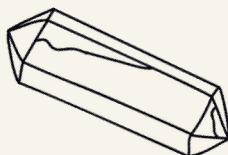
# Clear Quartz - Focus + Amplify

Clear Quartz is known as an amplifier of energy. Like a clear channel, it helps you focus, sharpen your intentions, and magnify whatever energy you put into it. With Clear Quartz, even the simplest intention becomes more powerful.



## JOURNAL PROMPT

What one intention matters most to me this week?



## PRACTICE

Write down one intention for the week on paper. Place Clear Quartz on top and keep it somewhere visible. Revisit it daily with a breath of focus.



## AFFIRMATION

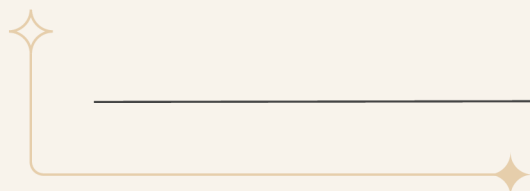
My intentions are strong and clear.

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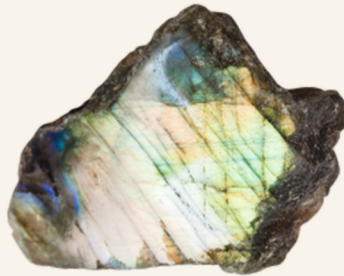
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# Labradorite - Magic & Insight

Labradorite shimmers with flashes of color, reminding us that magic often hides beneath the surface. It's a stone of intuition and mystery, encouraging you to trust your inner wisdom and stay open to possibilities you can't yet see. Labradorite is a portal to your own inner magic.



## JOURNAL PROMPT

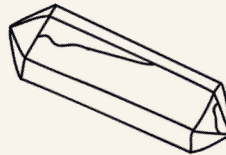
What intuitive nudges have I been ignoring?

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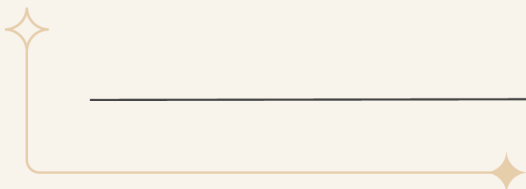
## PRACTICE

Hold Labradorite in dim light, letting its flash remind you of unseen magic. Sit quietly, asking your inner wisdom one question, and listen.



## AFFIRMATION

I trust my intuition and embrace the mystery.



✨ You Did It!

## **Congratulations on completing your 7-Day Crystal Compass Reset!**

**Take a moment to notice how you feel.** Maybe it's a little more grounded, a little lighter, or simply more connected to yourself. Even the smallest daily practices can create meaningful shifts - and crystals are such loving allies on that journey.

What you've just experienced is only a taste of what's possible. The Crystal Compass Planner, a yearly dated planner mixed with a crystal workbook and journal, was born from my own desire to stay connected with crystals in an intentional, simple way all year long.

### **Inside you'll find:**

- A crystal practice for every week of the year
- Seasonal rituals and reflections
- Journal prompts to deepen your awareness
- Guidance to integrate crystals into everyday life

Think of it as your companion for weaving crystal wisdom into your daily rhythm - a guidebook for living with more clarity, joy, and alignment.

👉 Continue your journey here: [\*\*www.crystallinelight.com\*\*](http://www.crystallinelight.com)

The Crystal Compass is typically available by November of each year.

Thank you for letting me share this space with you. May your crystals continue to light your path.

Warmly,  
Jennifer 💜

Find more information, and a large variety of crystals, gemstones, jewelry, and other products, visit at [\*\*www.crystallinelight.com\*\*](http://www.crystallinelight.com).

## ♥ Meet Jennifer

Hi, I'm Jennifer - a Crystal Intuitive, Teacher, and lifelong crystal lover. My fascination with stones started when I was a kid, thanks to my science-loving grandfather, and it grew into a lifelong passion for the beauty and energy of the mineral kingdom.

For nearly 30 years, I've been sharing crystals through classes, workshops, and my company Crystalline Light, helping people discover practical, real-life ways to bring crystal magic into their daily lives. My approach is simple, grounded, and heart-centered - because I believe crystals aren't just beautiful, they're powerful allies for your personal and spiritual growth.

When I'm not teaching or curating crystals, you'll find me enjoying time with my husband and family, exploring nature, or soaking up the beauty of Lake Superior.

✨ Thank you for letting me share this journey with you. May your path always be lit with crystal light.

**[www.crystallinelight.com](http://www.crystallinelight.com)**

