

THE Crystal Energy RESET



Seven days.
Seven crystals.
One gentle reset for your energy and spirit.

Includes:

- 7 crystal practices
- guided reflections
- affirmations for daily clarity

by Jennifer Salness



Welcome to Your 7 Day Crystal Energy 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.

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

Warmly,

Jennifer 

How to Use This Guide



Over the next seven days, you will explore one crystal each day along with a simple reflection and energy practice. The goal is not perfection. It is presence.

Think of this as a gentle pause in your week. A moment to reconnect with yourself, your energy, and the quiet wisdom that crystals can help bring forward.

Here's how the reset works:

1. Set aside a few quiet minutes each day.

You only need about 5 to 10 minutes. Morning, evening, or whenever you can find a small pocket of calm.

2. Work with the crystal for that day.

Each day introduces a different stone and the unique energy it carries. If you have that crystal, hold it during the practice. If you don't, simply visualize it or reflect on the qualities it represents. You can carry it with you, have it near you, wear it as jewelry.

3. Read the daily insight.

Each crystal offers a small reminder about energy, awareness, and balance.

4. Use the journal prompt.

Write whatever comes to mind. There are no wrong answers. Sometimes a single sentence is enough. Other days you may find yourself filling the page. Use a journal of your own if you'd like.

5. Try the simple crystal practice.

These are small grounding moments designed to help you feel the energy of the stone and reconnect with your breath and awareness.

6. Repeat the affirmation quietly or aloud.

Affirmations help anchor the energy and intention of the day.

A Gentle Reminder

This is not about doing it perfectly.

Some days you may journal more. Some days you may simply read the page and take a breath with your crystal in your hand.

Both are meaningful.

Let the experience unfold naturally.

Optional but helpful

You might enjoy keeping these nearby while doing the reset:

- a small crystal for each day
- a notebook or journal
- a candle or quiet space
- a cup of tea or calming music

Tiny rituals create powerful shifts.

Most important of all

Be kind to yourself during this process.

Crystals are wonderful allies, but the real transformation comes from the moments of awareness you give yourself.

And that begins right here.

Let's begin.



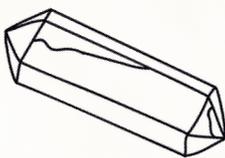
Amethyst - Calm + Clarity

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.



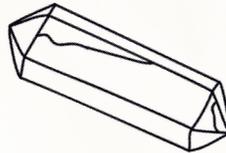
Citrine - Joy + Flow

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.



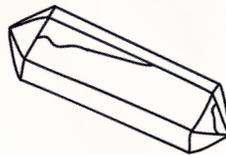
Rose Quartz - Self-Love

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.



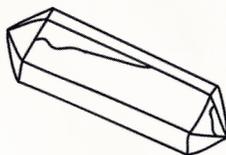
Selenite - Energy Cleanse

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.



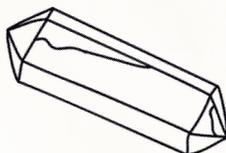
Black Tourmaline - Protection + Grounding

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.



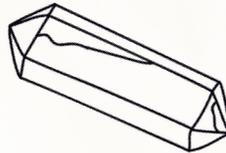
Clear Quartz - Focus + Amplify

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.



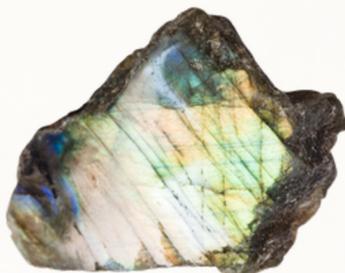
AFFIRMATION

My intentions are strong and clear.



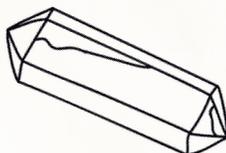
Labradorite - Magic & Insight

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?



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.



A Final Closing Moment

You've just spent seven days reconnecting with your energy, your breath, and the quiet support that crystals can offer.

Take a moment and notice how you feel.

Maybe a little calmer.

Maybe a little clearer.

Maybe simply more aware.

Small moments of intention can create powerful shifts over time. Crystals are wonderful allies for this journey, but the real magic comes from the space you give yourself to pause, reflect, and listen inward.

And this is just the beginning.





ABOUT CRYSTALLINE LIGHT

Hi!

I'm Jennifer, crystal intuitive, teacher, and the founder of Crystalline Light.

For over 25 years, I've worked with crystals as tools for grounding, clarity, emotional support, and everyday self-connection. My approach is practical, accessible, and rooted in real life. No pressure. No overcomplicated rituals. Just meaningful practices that help you feel more supported, centered, and aligned.

Crystalline Light exists to bridge ancient wisdom with modern living. I believe crystals should feel personal, usable, and empowering, not intimidating or out of reach. Everything I create is meant to support a crystal practice that fits naturally into your life.



LET'S STAY CONNECTED

You're always welcome to connect, learn, and explore more with me here:

WWW.CRYSTALLINELIGHT.COM

facebook.com/crystallinelight instagram.com/crystalline.light pinterest.com/crystallinelight/

READY FOR YOUR NEXT STEP?

If you're feeling called to go deeper, you have two beautiful ways to continue:

✦ Explore the Shop

Discover hand-selected crystals, ritual tools, and guides designed to support clarity, grounding, abundance, and everyday intention.

✦ Join My Online Course

My Crystal Energy Basics online course offers structured guidance, practical teachings, and supportive practices to help you build confidence with crystals and create your own intuitive, sustainable crystal practice.

Choose what feels right for you right now. There's no rush. You're already on the path.

