



# Julie's Tarot Reading

## 7 Crystals for confidence & self empowerment

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These 7 crystals all have unique properties, but there is one thing they all have in common, they enhance yourself belief, confidence, courage together with being calming & cleansing.

If you suffer from feelings of anxiety or low self worth, or if you struggle with anxiety, these are great tools for strengthening your self confidence.

Crystals have the unique ability to boost low energy, block negativity & positively support your entire energetic system. The following crystals for self confidence & empowerment have all been chosen for their ability to prompt feelings of inner strength & that's what confidence is all about.

### *1. Amethyst – confidence & courage*

Choosing amethyst as a crystal for enhancing confidence; this purple beauty is amongst the most renowned & popular gemstones & with good reason!

**Healing properties:** Amethyst is a purple crystal. Its colour can range from violet to dark purple, with the darkest shade of purple usually appearing at the tip of the crystal. Some stones exhibit a secondary colour of red or blue.

Amethyst was considered a precious stone with magical powers in ancient Egypt, where it was used extensively in the production of amulets and talismans.

- Zodiac: Pisces, Virgo, Sagittarius, Capricorn
- Planet: Jupiter
- Element: Air, Water
- Numerical Vibration: Number 3
- Chakra: Third Eye & Crown Chakra

Amethyst can give your confidence a big boost with its calming properties. Known as a protective gem, it has the power to reduce anxiety, calm frazzled nerves and restore spiritual balance. If you struggle with starting projects, but not seeing them through, amethyst is a great stone to work with & its calming properties promote clarity & enhance emotional regulation.

### *2. Orange Calcite – cleansing & calming, helps with creativity*

Orange calcite is a rock forming mineral that's mined in many countries. Its colour ranges from yellow to orange & its opacity is translucent to transparent, referred to as "the stone of creativity. Orange calcite, like many crystals, has been used all over the world in spiritual and folkloric traditions.

- Zodiac: Aries, Gemini, Leo, Libra
- Planet: Jupiter
- Element: Air
- Numerical Vibration: Number 6
- Sacral and Solar Plexus Chakras

**Healing properties:** Orange calcite has the unique ability to both cleanse & amplify energy, dispelling negative energy & helping balance emotions. It's particularly notable for removing feelings of fear & anxiety. It's also known as the "brain stone" due to its ability to enhance cognition and learning. Need to focus on your studies? Orange calcite can enhance your ability to focus by amplifying your energy levels.



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### 3. Amazonite - emotional healing

The soothing vibration of this crystal can dispel worries, promote restful sleep & gently increase self confidence. Amazonite can be found in hues ranging from milky blue to light green. It's never solid in colour & is almost always streaked with white.

- Zodiac: Virgo
- Planet: Uranus
- Element: Earth, Water
- Numerical Vibration: Number 5
- Chakras: Heart & Throat Chakras

**Healing properties:** You only have to look at an Amazonite crystal to see how serene & calming its energy is. In fact, it's noted for its ability to soothe frayed emotions & heal wounds from past traumas. If your nerves are frazzled & you frequently feel stressed, this could be the crystal for you.

Put Amazonite under your pillow for a good night's sleep. It's soothing properties combat insomnia & aids in restorative rest. Use this stone if you struggle with nightmares, it is calming vibrations soothes the nervous system & calms racing thoughts.

Amazonite is also a good gem to work with when you need to see both sides of a problem clearly. Because this stone is associated with the throat & heart chakra, amazonite can promote open hearted, clear communication.

### 4. Sunstone for confidence & empowerment

Try keeping a piece of the Sun stone in your pocket with this powerful mood boosting crystal that's guaranteed to lift your mood & boost your confidence. Sunstone has a rosy, golden finish with a glittery shine that makes it immediately distinguishable from other crystals.

This crystal is formed from the molten lava of discharged volcanoes; this gemstone gets its iridescent sparkle from the inclusion of other minerals such as pyrite and hematite. It's mined in Norway, Russia, Canada, Australia & Sweden. Ancient Greeks revered it as a symbol of the Sun god & believed that wearing it as an amulet offered protection from calamities.

- Zodiac: Libra, Leo
- Planet: Sun
- Element: Fire
- Numerical Vibration: Number 1
- Chakras: Sacral Chakra & Solar Plexus Chakra

**Healing properties:** Sunstone boosts your mood & lifts your spirits, enhancing your creativity & confidence, use this to boost your mood & lift your optimism. Sunstone is the crystal to choose if you're a people pleaser who hates saying "no", even when you need to. The powerful vibes of this gemstone can aid in setting healthy boundaries & defending them with confidence.



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### 5. Topaz – Love & good fortune

Topaz is a powerful manifestation crystal & brings the wearer love & good fortune.

Different shades of topaz have different healing properties, but all topaz stones are associated with self control. Topaz, in its natural form is colourless, however, impurities can make it pale blue, brown or golden yellow but rarely can you find this crystal in shades of pink & red.

Ancient Egyptians believed that this crystal was so powerful that it could harness the power of the Sun.

- Zodiac: Leo, Scorpio, Sagittarius
- Planet: Jupiter
- Element: Air
- Numerical Vibration: Number 6
- Chakras: Sacral Chakra & Solar Plexus Chakra

**Healing properties:** Different colours of topaz have different healing properties. In fact, though topaz is frequently associated with the sacral and solar plexus chakras, blue topaz can also be beneficial for the throat chakra.

Topaz in its natural colourless & closely resembles a diamond & frequently used as a substitute for its more expensive cousin. White topaz is associated with the energies of the Moon; it aids Clairvoyance & gifts the wearer with self awareness & heightened intuition.

Blue topaz has calming & soothing energy; it can unlock a blocked throat chakra & helping you communicate with clarity & confidence. If you fear public speaking, try blue topaz.

Yellow topaz is an optimistic stone that can dispel negative energy & imbue the wearer with a sense of confidence and joy. It's noted for its ability to aid in manifesting intentions & is a powerful gemstone for strengthening will and conviction.

### 6. Carnelian – Confidence & employment

This gemstone is known for its ability to strengthen determination, motivation & drive. If you're feeling unmotivated, reach for a Carnelian. Carnelian is a stabilizing gemstone, noted for its ability to give courage & dispel apathy & listlessness. The vitality of this gemstone can help when you're running low on motivation.

**Healing properties:** Carnelian crystals are an orange colour & a new member of the quartz family, they range in colour from reddish brown to orange.

- Zodiac: Taurus, Cancer, Leo, Virgo
- Planet: Mars
- Element: Fire
- Numerical Vibration: Number 5
- Chakras: Root Chakra & Sacral Chakra

This crystal can help with mindfulness & grounding yourself in the present. It sharpens concentration & strengthens your resolve & determination to complete tasks. Not only that, Carnelian helps you trust your own perceptions. It's a great crystal to work with if you struggle with self belief.



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### *7. Turquoise – Balance & protection*

Turquoise is the most ancient crystal to be used in the healing arts. This blue/green brings calm the spirit & encourage deep self reflection. If you're looking for a powerful crystal for confidence, you can't go wrong with turquoise.

**Healing properties:** Turquoise ranges in colour from light blue to greenish blue. The stunning blues and greens of this gemstone have been prized for millennia. Turquoise is a mottled, waxy stone that's flecked with brown and black ribbons. Its opacity is semi translucent to opaque.

History tells that Native Americans revered it as a symbol of god of the sky. It was used as a conduit to speak with the spirit world, and as a talisman to guard burial sites.

- Zodiac: Scorpio, Sagittarius, Aquarius, Pisces
- Planet: Venus & Neptune
- Element: Earth, Air, Fire
- Numerical Vibration: Number 1
- Chakra: Heart Chakra, Throat Chakra, Third Eye Chakra

Turquoise balances emotions. If you struggle with fluctuating moods, this is the gemstone that will calm & stabilize you. The striped ribbons characteristic of this stone symbolize the blending of feminine & masculine energies & turquoise will aid in balancing these energies in the wearer.

Turquoise will help you speak your truth with confidence & clarity. This beautiful blue stone resonates strongly with the throat chakra, where it aids with clear communication. If you struggle with overreacting to challenging situations, Turquoise can provide the calm and clear headed resolve that will get you through life's difficult periods.

## *And Finally*

### *Crystals for anxiety*

To overcome anxiety try these crystals, they enhance your confidence & calm: Amethyst, Rose Quartz, Citrine, Amazonite, Black Tourmaline & Sodalite are recommended.

### *Crystals for confidence*

To boost your self confidence try Amethyst, Carnelian, Topaz, Sunstone, Turquoise, Amazonite & Orange Citrine, they dispel negative energy & amplify positive energy.

### *Crystal boosts self esteem?*

Increasing self esteem is about learning to love your-self fully & authentically. Try Rose Quartz, Rhodochrosite, Aventurine, Amazonite, Amethyst & Carnelian, they aid in self love.