

## Entertainment



DATING

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## 7 Essential Crystals for Beginners



By Karen Frazier

Psychic Medium, Tarot Reader, and Energy Healer



Using [healing crystals](#) is an easy way to get started with [energy healing](#). Each crystal combines an array of properties (such as color, [lattice structure](#) [↗](#), shape, and opacity) that cause them to vibrate at certain frequencies. This vibration intermingles with the [human energy field](#) and raises its vibration to facilitate emotional, mental, spiritual, or physical healing.

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Advice you can

trust.

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always positive.

- Smoky quartz wards off negativity. If you work near someone who is negative, place a piece of smoky quartz between you and that person to help ward off that negativity.

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