

Here's a list of 21 crystals and their emotionally therapeutic properties:

- 💜 Amethyst – Promotes calmness, reduces stress, and supports emotional balance.
- 💖 Rose Quartz – Encourages self-love, emotional healing, and deeper compassion.
- 💛 Citrine – Boosts confidence, joy, and a positive outlook on life.
- 🖤 Black Tourmaline – Provides grounding, emotional protection, and relief from negativity.
- 💙 Lapis Lazuli – Enhances self-expression, inner truth, and emotional clarity.
- 💚 Green Aventurine – Encourages optimism, emotional renewal, and heart healing.
- 💫 Clear Quartz – Amplifies positive energy, clarity, and emotional awareness.
- ❤️ Carnelian – Increases motivation, courage, and emotional resilience.
- 💜 Lepidolite – Helps ease anxiety, encourages emotional stability, and promotes deep relaxation.
- 💙 Aquamarine – Soothes emotions, promotes inner peace, and encourages open communication.
- 🖤 Smoky Quartz – Assists in releasing fear, stress, and emotional blockages.
- 💚 Malachite – Supports deep emotional healing and transformation.
- 💙 Blue Lace Agate – Encourages calm communication and emotional expression.
- 🖤 Obsidian – Provides emotional protection and helps release past trauma.
- 💖 Pink Opal – Nurtures emotional healing, especially from heartbreak or loss.
- 💛 Tiger's Eye – Builds confidence, courage, and emotional strength.
- 💜 Fluorite – Enhances mental clarity and helps clear emotional confusion.
- 💚 Amazonite – Encourages harmony, balance, and emotional resilience.
- 💙 Sodalite – Supports emotional intelligence and rational thinking.
- ❤️ Garnet – Stimulates passion, emotional strength, and self-empowerment.
- 💛 Sunstone – Uplifts mood, promotes joy, and encourages emotional warmth.

Each of these crystals can serve as a supportive companion on the journey to emotional healing and inner peace. ✨💖