

THE CRYSTAL RECORDS

New Energy for the New Year!

Happy New Year from everyone here at Dynamic Energy Crystals! We hope that your holiday season was full of new memories to cherish and left you feeling rejuvenated and ready for 2024! However, if you are feeling a bit burnt out or overwhelmed after 2023, don't worry! We've got you covered.



Give a Warm Welcome to Big Baby Coffee!

Start the new year out right with a fresh bag of Big Baby Coffee! In case you haven't heard, Big Baby Coffee is a family owned and grown product from the Quindio region of Colombia. Luz Elena,



the owner of Dynamic Energy Crystals, has grown up around coffee her whole life and is very excited to introduce her family's high quality beans to the United States for the first time. The coffee itself is a whole bean, medium roast with hints of chocolate, sugar cane, citrus, and hazelnut. Whether you enjoy your coffee black, with creamer, or the Colombian way with a bite of chocolate, you are sure to love the delicious and complex taste of Big Baby Coffee. We are currently selling

12oz and 8oz bags at our crystal store in Sausalito, so feel free to stop in at any time to get your first bags!

Other than at Dynamic Energy Crystals on Princess Street, you can find Big Baby Coffee at Driver's Market in Sausalito and Jupiter Foods in Petaluma! For even more information, visit our website: www.bigbabycoffee.org and follow us on instagram [@drinkbigbaby](https://www.instagram.com/drinkbigbaby).

Crystals of the Year: Citrine and Aventurine

According to the Chinese Zodiac, 2024 is the year of the wood dragon! The last time this happened was all the way back in 1964. Here's what you need to know to take advantage of the good omens for this year. The dragon represents success, good luck, strength, and fortune. The element of wood also brings vitality and creativity. With all this in mind, we recommend Citrine and Aventurine to assist you in making the most of this new year.

Citrine

Citrine is a perfect crystal for 2024 as it promotes emotional balance, alleviates stress and depression, and is known for bringing prosperity. These qualities pair perfectly with the energy of the dragon to ensure that 2024 is a year of abundance and happiness. The name citrine comes from the French word *citron*, which means lemon and refers to the gemstone's gorgeous yellow color. Over the centuries, citrine has been used in jewelry, furniture, talismans, and even as adornments for Scottish daggers and swords. This crystal has caught people's eyes for hundreds of years because of its beauty and powers of manifestation. Pick up a piece of citrine today to have a little piece of the sun to keep you warm and happy all year long.



Aventurine

Aventurine is also a great choice for 2024. Our Aventurine comes in a variety of forms: pendants, towers, tumbles, skulls, and spheres. You are sure to find a piece that best fits your needs! The origin of the name Aventurine comes from the Italian *ventura* or *all'avventura* meaning "by chance" because it coincidentally has a similar appearance to a type of Italian glass. As such, Aventurine is seen as a stone of opportunity. Our Aventurine comes in multiple shades of green, which is also the Chinese lucky color of the year.

Metaphysically, Aventurine brings a sense of renewal, luck, health and wellbeing, and is known to dissolve unhealthy thoughts and feelings. Like Citrine, Aventurine breaks down negativity and any stress or depression to allow you to truly thrive.

How to Use Your Crystals

Now that you know two of the crystals we recommend for the new year, you might be asking yourself, “Okay, but what do I do with them?” No problem. For the most part, it is up to each individual how they want to use their crystals, but we can give you three tried & true techniques fit for both beginners and experts alike.



1. **Meditation.** Our brain is our most powerful tool, so why not put it to work for us? Crystals and minerals come straight from the earth and usually include many of the same elements that make up our own bodies. Through intentional thought, you can try to access those similarities and connect through that bond to get your desired result. Some people will hold a stone in their hand or up to their heart. Others keep them in their pocket or wallet to carry around, wear them as a piece of jewelry, or leave them in a place they frequent often, like a desk or bedside table. Wherever you keep your crystals depends on what works best for you, but as long as you keep an open mind and take the time to think proactively about the specific effect you are looking for —like emotional balance or grounding—then you are already working towards that positive change in your life.
2. **A grid or altar.** Crystal grids are a wonderful way to set an intention and invoke the combined power and energy of the crystals in the grid to create real changes in your life. We began this new year by creating a beautiful grid using Citrine and Aventurine (pictured above). Our grid is based on the seed of life pattern, which is useful for manifesting and achieving actionable desires. If you want to learn more about creating crystal grids we carry several books on the subject.
3. **An affirmation/mantra.** This approach to using your crystals focuses on holding the crystals and repeating a specific set of words, such as “I am successful, I attract health, abundance and prosperity.” This action helps verbalize your intention and actualize the properties you wish to invoke by holding the relevant crystals.

Looking Forward

Despite any trials or tribulations this new year may bring, we hope that Dynamic Energy Crystals will always be a place where people can come to relax and feel rejuvenated. We look forward to hearing more stories, creating fond memories, and seeing more of your lovely faces. May we all have a successful and fruitful year!

That's All for Now!

Thank you so much for supporting our small business. We love each and every one of you!

- Luz Elena & the Dynamic Energy Crystals Team



Green Calcite with San Francisco in the background.