



## GEM ENCHANTMENT CRYSTAL DIRECTORY

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## Agate

- Agates stabilise the aura and transform and eliminate negative energies
- Their energies are generally grounding and protective
- Agates promote personal and spiritual courage and strength
- It is a strong healing stone and can help to increase physical stamina
- Agates stimulate talents, analytical capabilities and precision
- Agates can enhance perception
- Produces inspiration from and connected-ness with entities residing in spiritual worlds
- "It can strengthen sight, diminish thirst, promotes marital fidelity"

## Agate – Blue Lace

- Blue Lace Agate balances the throat chakra
- It promotes clear self-expression and communication –helps shy people to speak up
- It can be used to treat stuttering
- Its energies are calming and centring
- Blue Lace Agate provides connection to the Angelic realms
- It aids mediation
- "Treats arthritic conditions and 'hereditary' bone deformity; strengthens skeletal structure; enhances the mending of breaks and fractures; strengthens nails. Helps to remove blockages in nervous system and capillaries. Treats disorders of the pancreas and glands associated with digestion. Can also be used for fluid balance around the brain"

Chakra: Throat

Birthstone: Pisces

## Agate – Botswana

- Botswana Agate stimulates the crown chakra, bringing energy into the aura
- It helps the user to see the bigger picture
- Botswana Agate promotes creativity
- When placed on the third eye, Botswana Agate can cut the mental cords between self and a manipulating person releasing repression
- Botswana Agate can act as an anti-depressant
- It is helpful to use when stopping smoking
- "Treats disorders of the nervous system and helps rid body of toxins. Counteracts poisoning on the physical, emotional and intellectual planes. Relieves depression and stress"

Chakra: Crown

Birthstone: Scorpio

## Agate – Fire

- Fire Agate can transmute fear
- It provides a protective shield of energy which reflects all threats of harm back to the source; with the source recognising the act
- Stimulates progression and advancement
- Fire Agate dispels desires which are not for the highest good
- "Treats disorders of the eyes, clarity to sight and enhances night-vision"

Chakra: Solar Plexus, Sacral, Root

Birthstone: Aries

## Agate – Dendritic

- Dendritic Agate is a stone of 'plenitude' – it promotes abundance in one's life
- It provides a stable and peaceful environment
- Dendritic Agate helps the user to remain centred within confusion
- Helps to keep a positive yet realistic attitude and to overcome self-destructive emotions
- Dendritic Agate helps the user to remain grounded & keep in touch with the physical world
- It will open and align the chakras and facilitate the integration of higher consciousness
- "Treats disorders of skeletal system and aligns the bone structure. Aids disorders of the nervous system and ameliorates degraded conditions of the small capillaries which are located in the structure of the blood veins. It can also be used to relieve pain"

Chakra: All

Birthstone: Gemini

## Amazonite

- Pacifies, soothes & dispels negativity (especially at heart & throat)
- Brings personal truth, luck & prosperity
- Balances male & female energies giving clarity & clear spirit
- Traverses all boundaries – spiritual & chaotic to get to harmonic centre
- Helps to manifest & retain universal love
- Good for nervous system; energy blocks; tooth decay; osteoporosis

Chakra: Throat, Heart

Birthstone: Virgo

## Amber (A fossilised resin)

- Helps manifestation; Stone of 'choice' – helps to choose & be chosen
- Allows body to heal itself by absorbing & transmuting negative energy into positive
- Calms nerves & enlivens disposition; Purifies mind, body & spirit
- Cleanses environment – especially birthing & re-birthing rooms
- Stimulates intellect & opens crown chakra
- Symbol of renewal of marriage vows & assures promises
- Treats goiter & dis-ease of throat; disorders of kidneys & bladder

Chakra: Solar Plexus

## Amethyst Brandberg

- A stone for the heart
- Brings connection to the violet flame of unconditional love
- Brings profound healing and freedom from past-life heartbreak
- Aids spiritual development
- Sets you free to call in your twinflame... that totally supports who you are in your fullness and spiritual being

## Amethyst - Vera Cruz

- Opens and activates the third eye and crown chakras
- Brings calmness and serenity
- Helps the user to receive higher guidance and aids higher dimensional perception
- Promotes inner guidance and inner wisdom

## Amethyst

- Amethyst is a stone of spirituality and contentment
- Opens and activates third eye & crown chakras - increasing spiritual awareness, intuition and psychic abilities
- The energies of Amethyst can clear the aura and create a protective energy field around the user which transmutes negative energies and protects against psychic attack
- Amethyst promotes inner peace, self-worth and courage
- The clarity it brings promotes common sense and fairness *vis-a-vis* emotion-based response
- It balances the mind, which can help the user to overcome addictions
- It calms the mind, which can help to relieve insomnia
- Amethyst is an excellent meditation aid
- "It stabilizes mental disorders. Treats hearing disorders, strengthen skeletal system/reinforces posture. Stimulates sympathetic nervous system & endocrine glands. Treats nervous system, digestive tract, heart, stomach, skin & teeth. Helps cellular disorders re-adjust and re-align."

Chakra: Etheric, Crown, Third Eye

Birthstone: Virgo, Capricorn, Aquarius, Pisces

## Ametrine

Emits the energies of both Amethyst and Citrine; and

- Ametrine promotes universal equilibrium and balances one's male and female qualities
- It disperses negativity from the aura and fills voids with pure light energy
- It releases mental, physical and emotional blockages
- Ametrine helps to still the nerves and calm the heart
- Ametrine stabilizes the balance between spirituality and daily life, it brings spiritual values to daily life and aids in working with spirit guides; Good for meditation
- "It can stabilize / correct RNA/DNA structuring within body. Stimulates oxygenation. Helps to recognize & accept changes to body" (age, implants, artificial organs etc.)"

Chakra: Crown, Solar Plexus

Birthstone: Libra

## Apatite (blue)

- Helps to enhance creativity and clears mental confusion
- Eliminates over-activity, under activity and blocks in all chakras
- To realise strength is from spiritual avenues and love; dissolves aloofness & negativity
- Helps to develop deeper states of meditation and reflection, self-insight and peace
- Can suppress hunger

Chakra: Third Eye

## Auras - Aqua Aura

- Aqua Aura Quartz is clear quartz that has been enhanced with pure gold
- Aqua Aura Quartz activates all chakras – particularly stimulating the throat chakra
- Useful during emotional traumas – it helps to release deep inner emotional tensions
- Aqua Aura Quartz releases negativity from emotional, physical, intellectual & spiritual bodies

- It cleanses and smooths aura and encourages channelling
- Aqua Aura Quartz activates the energies of other minerals for healing
- Improves heart, lungs, throat and thymus (immune system)

Chakra: Third Eye, Throat

### Gold

- *Gold symbolizes the purity of the spiritual aspect of 'all that is'*
- *Gold balances the energy fields and helps to eliminate ego conflicts*

### Auras - Flame Aura

- Created from Titanium and Niobium
- Has a harmonising energy, increases the life force and vitality
- Promotes enjoyment of life, humour and relaxation
- Can bring a profound multidimensional energy shift, drawing kundalini energy up the spine through all subtle bodies
- It mediates its effect to provide what each individual soul needs for its evolution
- Can help to 'read' people

Chakra: All

### Auras - Opal (Angel) Aura

- Opal Aura is clear quartz that has been coated in pure platinum
- This crystal cleanses the aura and acts to stimulate and cleanse all chakras
- The clear quartz amplifies, focuses, stores and transfers energy
- Platinum provides permanence to relationships and stimulates self-approval
- It enhances intuition, psychic abilities and awareness of other levels of intelligence
- Useful for circulatory disorders, vertigo and burns. The Platinum balances and centres the meridians of the body, adjusts polarity in body & is useful for cellular memory reprogramming

Chakra: Etheric, Crown

### Aquamarine

- Aquamarine is a stone of courage
- It promotes balance, order and calmness
- Aquamarine provides for mental clarity and rapid intellectual response and reasoning
- It accelerates spiritual and intellectual development and enhances the connection to the Higher Self
- It helps to make the user unconquerable through learning – about the physical world and about oneself
- Aquamarine helps the user to 'always be prepared'
- Blue Aquamarine stimulates, cleanses and activates the throat chakra
- Green Aquamarine cleanses blocked emotions at the heart chakra
- Aquamarine shields the aura and the subtle bodies
- It aligns the chakras and balances the physical and ethereal bodies
- "It has been used in the treatment of swollen glands & balances and fortifies glands. Excellent for eyes, improves vision. Assists in maintenance of teeth & formative bone structure"

Chakra: Throat, Heart

Birthstone: Aries, Gemini, Pisces

## Astrophyllite

- Fills the whole being with light bringing self-realisation, self-acceptance and self-forgiveness
- It connects the Soul Star chakra with the Earthstar chakra and activates and aligns all chakras in between
- Astrophyllite helps the user to recognise that they have no limits
- It helps the user to face their deepest fears
- It helps to clear from life that which should be eliminated
- It shows that as one door closes, another opens
- Astrophyllite facilitates astral travel and expands consciousness into the higher realms
- "Can be used in the elimination of fatty deposits, to increase sensitivities of touch. Treats the reproductive system and regeneration at the cellular level"

Chakra: All

Birthstone: Scorpio

## Atlantasite

- Helps to access past lives in Atlantis and stimulates spiritual evolution
- Helps those who have misused their spiritual powers (at any time), teaching correct use of will
- Lowers stress levels, brings peace to the environment (can clear the earth's energy where there has been death and destruction)

## Aventurine (Green)

- Aventurine is a healer of the heart and soul and is a great all-purpose healing stone
- It clears and activates the heart chakra and protects the heart by shielding it from those who wish to 'tap-in' and use the energies of another
- Aventurine gently dissolves energy blockages and is very good to use in times of stress
- Aligns intellectual, emotional, physical & auric bodies bringing mental & emotional wellbeing
- It promotes creativity, decisiveness and one's leadership qualities; balances male/female
- "[Aventurine] has been used in the treatment of disorders of the lungs, heart, adrenal glands and the muscular and urogenital systems"

Chakra: Heart

Birthstone: Aries

## Azurite

- Azurite is a 'stone of heaven' - it stimulates the pursuit of the heavenly self
- It helps the user to connect with spirit guides; is a helpful meditation tool
- It inspires creativity, compassion, self-confidence and invincibility
- Azurite is a bringer of truth and brings clarity and wisdom to any situation
- Eliminates indecision and worries; clears the mind of unwanted or unhealthy thought forms
- Azurite aligns the chakras and dissolves energy blockages and negativity
- It strengthens the mind, increasing memory and assertiveness
- Azurite gives the user the courage to speak up for themselves & also wisdom to remain silent



- “Azurite treats disorders of spinal alignment, ameliorates the arrangement of vertebrae, rib cage and small bones. Treats circulatory disorders, to disseminate and disperse growths, clears toxins from the body & stimulates functioning of synapses”

Chakra: Crown, Third Eye

Birthstone: Sagittarius

### Bio Quartz – Citrine & Smokey Quartz

- *Emits energies of Citrine and Smokey Quartz. The faceted form has maximum energy potential*
- The combination does not accept negativity - the Citrine helps to maintain the clarity of the Smokey Quartz which in turn provides for grounding of all endeavours
- Bio Quartz helps to remove obstacles from one's life
- It is helpful to further business and increase profits
- Bio Quartz attunes the third eye and enhances psychic abilities
- It links the 'star people' of this planet with those of other realms

Chakra: Solar Plexus, Sacral, Root

Birthstone: Aries, Gemini, Leo, Libra, Sagittarius, Capricorn

### Bloodstone

- Reduces stress and tension, calms the mind, dispels confusion, helps with decisions
- Good for root and heart chakras - a good grounding and protection stone
- Strengthens, refreshes and oxygenates blood; Vitalises heart and brain function
- An excellent cleanser & immune stimulator. Treats spleen, bladder, liver, kidneys, leukaemia

Chakra: Heart, Root

### Blue Goldstone

*Blue Goldstone is a manmade material of glass and copper. It has many of the properties of natural glass and copper. It was originally created when alchemists were working towards creating gold*

- Blue Goldstone is a gently uplifting stone; It stabilises energies and emotions
- The copper specks remind the user that 'light' is always there & that they are not alone
- Blue Goldstone brings calm assurance that things will work out for the best
- It reminds the user to reach for the stars and achieve their highest potential
- Blue Goldstone helps to reduce stomach tension and increase blood flow

### Bronzite

- Bronzite is useful for decision making and helps the user to maintain control in situations where they may feel powerless or out of their depth
- Bronzite can protect against curses
- It can help one with all facets relative to service, highlighting the value of assistance
- It is a stone of courtesy, promoting loving equitability and unprejudiced discernment
- It also provides the stimulus for decisiveness of that which is unresolved in one's life
- “[Bronzite]...Brings the alkaline body state to the acid condition... quickens the assimilation of iron & provides for increased duration of iron within the physical body”

Birthstone: Leo

## Carnelian

- Carnelian is a stone of creativity, individuality, personal power, courage and vitality
- It protects against envy, fear, rage and emotional sorrow
- Carnelian brings perception to situations and helps to make appropriate life choices
- It aids concentration and encourages analytical and inquisitive thinking
- It is said to bring good luck
- Carnelian has a stimulating energy – increases physical energy and sexual passion
- Carnelian can help the user to attract love
- “Carnelian can treat neuralgia, gall stones, kidney stones, pollen allergies and colds. Useful to aid in the amelioration of disorders of the spine, spleen and pancreas.”  
Increases fertility, treats lower back problems, rheumatism, arthritis, depression

Chakra: Solar Plexus, Sacral, Root

Birthstone: Taurus, Cancer, Leo

## Chalcedony (Blue)

- Blue Chalcedony balances the energies of the body, mind, emotions and spirit
- It heals the aura and has a protective energy
- Blue Chalcedony lessens negativities, anger, irritability and self-doubt
- It encourages brotherhood, honesty and goodwill
- Blue Chalcedony promotes vocal clarity, intuition, wisdom and psychic abilities
- “Chalcedony can improve assimilation of minerals and combat build-up of materials in veins. It is said to cure varying forms of dementia, to rectify senility and to increase mental stability”

Chakra: Third Eye, Throat

Birthstone: Cancer, Sagittarius

## Charoite

- Charoite is a stone for transformation
- It helps the user to recognise the difference between conscious / subconscious fears (subconscious fears often being warnings from intuition)
- Charoite then dissolves fear that may be limiting the user
- It promotes power, courage and inner strength
- Charoite cleanses the aura and fills the chakras with purity, transmuting any negativity
- It promotes unconditional love and acceptance of others
- Charoite promotes inspiration, creativity and spiritual growth
- Shows new possibilities even in old situations.
- Charoite helps perception, discrimination and analysis – helps with decision making
- It grounds the spiritual self and aids spiritual growth
- Brings insight to past lives and can help to redress karma
- “Treats disorders of eyes & heart; allays headaches & general pains; improves degraded conditions of pancreas and stimulates & regulates blood pressure & pulse rate”

Chakra: Soul Star, Crown, Third Eye, Solar Plexus, Root, Earth Star

Birthstone: Scorpio, Sagittarius

## Chlorite in Quartz

- A powerful healing combination - the Quartz amplifies the purifying, detoxifying properties of the Chlorite making it one of the best crystals to use for physical cleansing
- Chlorite works with the auric body, helps to cleanse the aura, chakras and energy meridians.
- It can dissolve excessive anger or frustration, it gently removes and dissipates the energy
- Chlorite in Quartz will help to resolve issues of the heart & remove blockages & resistance that will allow one to acknowledge, forgive, release & move forward
- Chlorite is also a wonderful stone to use to cleanse the environment... use a natural Chlorite in Quartz point placed point down in the toilet tank to energetically cleanse an entire home

Chakra: Heart, Third Eye

## Chrysoprase

- Chrysoprase is calming and brings openness to situations
- It helps to look at past egotistical motives and their effect on development
- Good for forgiveness, acceptance and compassion. It opposes judgmentalism
- Enhances feelings of security and trust; Stimulates fluent speech and mental dexterity
- Detoxifying and stimulates liver function
- Chakra: Heart, Solar Plexus

## Chrysocolla

- Chrysocolla has a calming effect at the solar plexus chakra releasing fears, anxieties and guilt
- At the heart chakra, Chrysocolla eases heartache and increases capacity to love
- At the throat chakra, it gives strength and balance in expression and promotes creativity
- Chrysocolla helps the user to recognise when silence is beneficial
- The energies of chrysocolla are balancing and grounding
- It gives inner strength and physical vitality
- Chrysocolla purifies home and environment and eliminates negativity from within
- "Regenerates pancreas, regulates insulin, balances blood sugar. Strengthen muscular structure of legs, arms, back, abdomen. Treats blood disorders and disorders of the lungs, re-oxygenates the cellular structure, furnishes greater lung capacity and increased breathing capabilities. It has also been used in the treatment of muscle cramps and spasms"

Chakra: Throat, Heart, Root

Birthstone: Taurus, Gemini, Virgo

## Citrine

- Stone of success and good fortune, bringing joy, confidence and prosperity
- It is a stone for manifestation and abundance
- Citrine balances the emotions; it relieves depression and mood swings and eases anger, self-doubt and fears. It can reduce self-destructive tendencies
- It helps the user to align with the Higher Self, heightens intuition
- It increases creativity, self-expression and self-esteem; mental focus and motivation

- It does not accumulate any negative energy, as it is self-cleansing. It brightens and cleanses the aura, can clear unwanted energies from the environment and good for general protection
- It can help to resolve family or group problems
- Citrine was traditionally known as a merchant stone as it attracts wealth and is said to bring money if carried in a purse. It is beneficial for business pursuits
- "Citrine, especially faceted, stimulates crown chakra, allowing for synthesis between intellect and total perfection; therefore, helpful in problem solving and promotes mental awareness on a moment-to-moment basis. Stimulates openness & accelerates awakening of the mind"
- "Citrine aids digestion, can treats digestive disorders and can promote blood circulation. Can diminish growths"

Chakra: Crown, Solar Plexus, Sacral

Birthstone: Aries, Gemini, Leo, Libra

### Coral - Red

- Helps to harmonise with the natural forces of the universe
- Aligns one with the source of all wisdom
- Balances the material with the spiritual
- Opens and activates the base chakra
- Protects against depression and despondency
- Treats hiccups, colic and heartburn. Helps to release impurities from the muscular system. Treats disorders of the cellular structure of kidneys, bladder and parathyroid.

### Coral - White

- White Coral facilitates intuition, imagination, visualisation and clairaudient abilities
- It helps to understand the use the qualities of the mystic and helps to communicate with the past spiritual masters of this world; helps to transfer knowledge
- White Coral Opens and clears the crown chakra
- It dissipates energy blockages in the physical body and then fills voids in one's aura
- "Can strengthen circulatory system and bones. Stimulates tissue regeneration and nourishes blood cells. Treats disorders of the spinal canal, the alimentary canal and the nervous system.

Chakra: Crown

Birthstone: Pisces

### Cryolite

- Connects to the heart, third eye, crown and soul star chakras
- Helps to become focused and to align with one's spiritual truth
- Also helps to align with one's soul energy and thus the energy of love... to live with a heart centred awareness
- Dispels thought forms and belief systems that no longer serve you
- To overcome indecisiveness regarding one's life path... to move forward with clarity and focus

## Danburite

- A very spiritual stone with a pure vibration
- It works on the heart energy and activates both intellect and higher consciousness, linking into the angelic realms
- Smooths the path ahead, brings serenity, eternal wisdom and accesses inner guidance
- Bring patience and peace of mind
- A karmic cleanser; brings about deep change and helps to leave the past behind
- It stimulates higher crown chakras and aligns them with heart chakra. Clarifies aura
- Placed by bedside, it can accompany the dying on their journey beyond death and enabling a conscious spiritual transition to take place
- A very powerful healing stone. Clears allergies and chronic conditions. Detoxifies. Liver and gallbladder. Adds weight to body where required.

Chakra: Etheric, Crown, Heart

## Danburite - Drusy

- Amplifies heart energy to a finer vibration and draws in archangels and higher powers
- Promotes harmony, helps to accept and appreciate and to laugh at life even in the most difficult of circumstances
- Beneficial for the terminally ill or the deeply troubled soul

## Drussie Chalcedony

- It balances the energies of the body, mind, emotions and spirit
- It heals and brightens the aura and has a protective energy
- Lessens negativities, anger, irritability and self-doubt
- Increases confidence, motivation, personal power & intuition, wisdom & psychic abilities
- It encourages brotherhood, honesty and goodwill
- Improve assimilation of minerals; decreases build-up of materials in veins; cures dementia, senility & increases mental stability

## Dumortierite

- Reduces excitability, gives patience & eliminates stubbornness
- Provides for recognition of the potential of those around you
- Stimulates verbalisation of spiritual ideas
- Good for treating wasting disorders; provides strength to cope with dis-ease & insight into the basis of the condition

Chakra: Third Eye

## Epidote

- Increases spiritual attunement and removes ingrained resistance to spiritual awakening\*.
- Brings courage to enjoy life to the full, ability to manifest dreams
- Dispels critical-ness, enhances perception, stimulates participation and interaction and supplements personal power
- Combats dehydration and treats disorders associated with the nervous system, brain, thyroid

Chakra: All

## Eudialyte

- A stone of personal empowerment, clears depression and dissatisfaction, releases negativities and promotes self-forgiveness and self-love
- It helps the user to embrace the fullness of all life; teaches that you can grow spiritually through joy and fulfilment rather than suffering
- Eudialyte can be used to help end a situation or relationship with ease rather than conflict
- It can draw together soul companions and can reveal the reason for the reunion

Chakra: Heart

## Fluorite

- Fluorite brings order to chaos, cleansing and purifying any form of disorganisation to physical, emotional and mental bodies
- It grounds and integrates spiritual energies; can quicken spiritual awakening
- Provides physic protection
- Fluorite calms and focuses the mind bringing impartial, unbiased, detached reasoning
- An excellent learning aid – it increases the ability to concentrate, promotes quick thinking and represents height of mental achievement
- Fluorite is beneficial for group energies - linking them to common purpose
- **Blue** fluorite promotes balanced thoughts and calm, clear communication
- **Green** fluorite cleanses all chakras and eliminates negativity
- **Purple** fluorite promotes psychic and spiritual growth
- **Clear** fluorite guards against psychic attack
- “Fluorite can dissipate states associated with colds, flu, staph and strep infections, infectious cankers, herpes, ulcers and similar infections. Can treat violent / highly infective dis-ease. It has been used to treat tumours – at initial growth stage. Treats both the structure of bones and composition and formation of cells”

Chakra: All / colour specific

Birthstone: Capricorn, Pisces

## Fossil

- Fossils have been used to enhance telepathic communication between present and prior worlds and current other worlds
- The energies of fossil enhance the quality and excellence in one’s environment
- Fossils are beneficial for business pursuits
- Can help to remove old ‘programming’ and bring in fresh innovation
- “Used in the stimulation of the thymus, and in the treatment of disorders associated with atrophication, the skeletal system and the hands and feet”

Chakra: Crown, Root

Birthstone: Virgo

## Garnet

- Garnet enhances love and passion – balances sex drive, express emotions & rekindles feelings
- It is a stone of commitment – it inspires love and devotion - to purpose, others and oneself
- It is a stone of health – it extracts negative energies from the chakras

- The energies of garnet are protective and grounding – it is a strong base chakra activator which helps to boost the survival instinct, internal fire, physical strength and courage
- Garnet helps to calm anger (especially anger that is directed at the self)
- It sharpens self-perception and extends openness to others
- Garnet is said to bring prosperity and good luck in business
- It helps to eliminate inhibitions and taboos
- “An excellent healing stone for disorders of spine and spinal fluid, bone, cellular structure and composition heart, lungs and blood. Enhance assimilation of iodine, calcium, magnesium and Vitamins A, D and E. It can repair and prevent damage to RNA/DNA structures”

Chakra: Heart, Root

Birthstone: Leo, Virgo, Capricorn, Aquarius

### Green Garnet - Tsavorite

- Regeneration and rejuvenation of all bodies
- Stone of commitment – it inspires love and devotion to purpose, others & oneself
- Enhances abundance, motivation and manifestation; Helps the user to live their destiny
- Calms anger and anxieties

### Geode (Formation)

- Geodes hold and amplify energy within themselves. The numerous terminations then diffuse the amplified energy allowing the energy to flow out slowly
- Useful for protection and aids spiritual growth
- Help to break addictions and benefit an overindulgent personality

### Golden Healer

- Empowers healing at all levels, its energy is both ‘gently soothing’ and ‘powerful’
- A stone of success - increases creativity and self-confidence
- Facilitates spiritual communication over long distances, including between worlds and helps one to discover their spiritual purpose, enhances all psychic abilities and serves as a ‘spiritual library’, storing information for access at a later date.
- Helps to maintain integrity in relationships & promotes desire to move forward in life
- Sometimes used to stimulate the body's immune system, reduce tension and provide relief for a range of debilitating stomach problems

### Green Quartz (Green Amethyst / Prasiolite)

- Green Quartz opens and stabilises the heart chakra
- It promotes the energies of love and helps the user to receive love
- Green Quartz transmutes negative energies to positive
- It helps the user to connect to the earth and also to open him/herself to spirit
- Green Quartz inspires creativity, success, prosperity and abundance
- It also encourages compassion, self-acceptance and self-honour
- Green Quartz supports the physical heart. Helps with digestion, stomach-acid imbalance, assimilation of nutrients and cellular nourishment. Can help to remedy eating disorders. Green Quartz interacts with the endocrine glands to keep the body balanced.

Chakra: Crown, Third Eye, Heart, Solar Plexus

## Healer's Gold

- Holds an extremely positive energy
- Increases energy levels and increases 'healing energies'
- Balances male and female aspects; activates weak or lazy chakras
- Promotes a sense of overall wellbeing, confidence, acceptance and balance
- Shields the aura during the day; helps to restore auric fields whilst asleep

Chakra: All

## Hematite

- Hematite is a stone for the mind –good for memory, original thinking, concentration & focus
- It balances the mind, body and spirit bringing peace, self-control and inner happiness
- Hematite is grounding and protective – it dissolves negativity, protects the aura and helps the user to not be affected by other peoples' energies
- It is useful to help overcome compulsions, addictions and overindulgences
- Hematite helps the user to view mistakes as lessons (rather than disasters)
- It imparts energy to the user and revitalises, enhancing personal magnetism and optimism
- Hematite supports timid women - boosts self-esteem, will-power and confidence and dissolves self-imposed limitations
- “[Hematite] helps the body to remain cool. It can be used in the treatment of leg cramps, blood disorders, nervous disorders and insomnia. Assists in spinal alignment and healing of breaks and fractures”
- Chakra: Root  
Birthstone: Aries, Aquarius

## Hematite-included Quartz

- An energising crystal that invigorates, cheers and rejuvenates and helps to restore optimism and faith in the future
- Has grounding and protective energies
- Strengthens and focuses the mind; improves concentration and problem solving
- Assist the soul in returning to the body after spiritual journeying
- Can empower timid women
- Helps to balance yin-yang, circulation, production of red blood cells, kidneys, tissue regeneration, cramps, anxiety, insomnia

## Specular Hematite

- Simultaneously provides both grounding and increase in energy
- Helps to release judgement or self-recrimination regarding one's spiritual growth and self-worth
- Helps the body to comfortably integrate Light energy
- Regulates electromagnetic fields; good to wear when exposed to toxic energy

## Herkimer Diamond

- Herkimer Diamonds will amplify the effect of other stones. Also raise human energy levels
- Herkimer Diamonds are known as stones of attunement –to another person, another environment or to another activity –useful in a practitioner/client relationship
- They have a calming energy and can bring clarity of mind, relieving stress and tension



- Herkimer Diamonds enhance creativity and bring cheer and joy to one's life
- The multiple facets of Herkimer Diamonds bring an abundance of light making them one of the most powerful dissolvers of energetic blockages – including past life blockages
- Herkimer Diamonds are excellent for dream recall and stimulate psychic abilities
- Herkimer Diamonds detoxify the body and can correct imbalances in the metabolic rate

Chakra: Crown, Third Eye

Birthstone: Sagittarius

## Hyperstene

- Hyperstene brings quick solutions; opens the door to unlimited & desired opportunities
- It combats irritability and critical-ness
- It encourages the user to stand up for what is right in their moral structure
- It helps to maintain business relationships and to further personal relationships
- Increases self-respect and enhances clairaudience
- “Hyperstene can diminish stomach acidity, to decrease pain, to lessen tension in the limbs and shoulders, and to treat fever, spasms, far sightedness and over-activity of the pituitary gland. Can disperse growths. Eases painful conditions of the Achilles tendon”

Birthstone: Libra, Sagittarius

## Iolite

- Iolite is also known as ‘Water Sapphire’ or the ‘Violet stone’
- Iolite activates the third eye and is good for meditation and clairvoyance
- It awakens inner knowledge and encourages spiritual growth
- Iolite promotes positive and calm mental energies, bringing a clear perspective on situations
- Helps the user to enjoy each moment, to take responsibility for self, and to express true self
- Iolite helps the user to understand and release the cause(s) of addictions
- “Iolite can treat the liver; can lessen fatty deposits and rid the body of toxins. It has been used in the treatment of malaria and other fever-producing disorders”

Chakra: Third Eye

Birthstone: Taurus, Libra, Sagittarius

## Jasper

- Jasper is known as the supreme nurturer – it encourages the user to assist others
- It keeps the user grounded and brings psychic and physical protection
- Jasper stabilises the aura and cleanses dysfunctional energies
- A sustaining stone – useful for stress, extended hospitalisation, low energy / fasting
- Jasper is a good stone to use when in situations of isolation
- “Jasper can treat the tissue deterioration of internal organs and disorders of kidneys, spleen, bladder, liver and stomach. Also treats the loss of sense of smell. Can soothe the nerves. Helps with balancing mineral content and regulating the supplies of iron, sulphur, zinc and manganese within the body”

Birthstone: Leo

## Jasper - Compressed Iron

- The high iron content balances mental and emotional energies
- It encourages openness and receptivity to tranquillity and abundance
- Compressed Iron Jasper treats blood disorders and internal bleeding; it can strengthen the reproductive system and nails

## Jasper – Imperial

- Imperial Jasper provides protection and stabilises the emotions
- It reduces fears and insecurities
- Imperial Jasper helps to reveal who we are as spiritual beings – it dissolves the illusion of separation and allows us to understand that we are a part of God and All This Is

## Kambaba - Jasper

- Calming, soothes the nerves and state of mind
- Promotes connection with the earth
- Beneficial for plant growth and health, especially for the soil is poor
- Helps dietary stabilization, assimilation of vitamins & minerals & cleanses the body of toxins

## Jasper - Mookaite

- Mookaite encourages balance and versatility
- It brings a desire for new experiences and calmness to face them
- Mookaite helps the user to make the right choices - improves 'knowing' and instinct
- Mookaite fortifies the immune system, heals wounds and purifies the blood

Chakra: Third Eye, Solar Plexus, Root

## Jasper – Ocean

- Ocean Jasper helps the user to accept responsibility
- It encourages patience and helps to facilitate circular breathing
- "Can improve the digestive processes and related organs, and to assist in the elimination of toxins leading to the decrease in body odour and dis-ease"

Chakra: Throat, Heart, Solar Plexus

Birthstone: Capricorn

## Jasper – Picture

- Picture Jasper is a stone of proportion, harmony and abundance
- It helps the user to face hidden thoughts, grief, fears and hopes
- Picture Jasper aids visualisations and can help to reveal hidden messages from the past
- It is said to help support business pursuits
- Picture Jasper stimulates the immune system and treats disorders re: skin and kidneys
- Chakra: Third Eye, Root

## Jasper – Red

- Red Jasper is a stone of health and re-birth
- It is energising and has a strong grounding energy
- Red Jasper can transmute pain – emotional, mental and physical

- Red Jasper can assist in dream recall
- It can help to rectify unjust circumstances
- Red Jasper helps to protect the user in times of danger

Chakra: Sacral, Root

Birthstone: Taurus

### Kunzite

- Kunzite activates the heart chakra and aligns with throat and third eye chakras
- It encourages loving thoughts and loving communication; purifying on all levels by connecting one to the infinite source of love
- It helps the user to express self-love, unconditional love and romantic love
- Kunzite can remove obstacles from one's path; brings strength and confidence
- It transmutes negativity and provides a shield of protection – it can dispel possession from outside entities
- Kunzite helps the user to be centred and promotes deep meditative states
- Strengthens & reinforces physical heart muscles. Treats disorders of glands & circulatory functions & ameliorates stress-related dis-ease. Eliminates energy blockages which encourage the onset of dysfunctions. Stimulates the secretion of hormones of well being

Chakra: Heart

Birthstone: Taurus, Leo, Scorpio

### Kyanite

- Kyanite is mentally and emotionally calming - it dispels anger, frustration and confusion
- Kyanite will immediately align the chakras and grounds the spiritual self
- Blue Kyanite is beneficial for third eye; meditation, increases clairvoyance & psychic powers
- Blue Kyanite stimulates communication, strengthens the voice, heals throat and larynx
- Black Kyanite is particularly grounding
- Kyanite aids weight loss
- It is one of two minerals that does not accumulate or retain negative energies
- Crystalline Kyanite helps to link the user to their life path and true vocation and helps to build lasting relationships (each person having an attuned stone)
- “[Kyanite] can be used in the treatment of disorder of the muscular and urogenital system, adrenal glands, throat, parathyroid glands and brain”

Chakra: Third Eye, Throat, Heart, All

Birthstone: Aries, Taurus, Libra

### Labradorite

- Brings in Magic
- Labradorite enhances faith, clarity to the inner self and understanding of one's destiny
- It protects the aura – keeping it clear and balanced
- Labradorite reduces anxiety, stress, insecurities and fears
- It reflects and amplifies the strengths of the user
- It improves originality and precision. Helps to put intuition into intellectual thought
- Labradorite helps the user to 'be' and to embrace the possibilities of the moment – detaching the user from old ways of doing things and promoting creativity
- It promotes patience and helps the user to know the 'right time'

- “[Labradorite] can be used to treat disorders of the brain, stimulates mental acuity and reduces anxiety and stress. Aids digestion, regulation and metabolism. Clarifies the eyes”

Chakra: All, Third Eye

Birthstone: Leo, Scorpio, Sagittarius

### Lapis Lazuli

- Lapis Lazuli is a stone of total awareness; brings clarity, objectivity and mental endurance
- It clears, activates and energises the throat and third eye chakras and unifies all chakras
- Lapis Lazuli enhances psychic abilities and communication with the Higher Self and Guides
- It provides strong protection from physical and psychic danger
- It helps to overcome depression and encourages self-acceptance
- It diminishes the internal smouldering fire which leads to dis-ease
- Lapis Lazuli is beneficial for public speakers and singers
- It brings creative expression and it helps one to speak their truth
- “Treats disorders of throat, bone marrow, thymus and immune system. Relieves insomnia, vertigo and dizziness. Prevents & rectifies RNA/DNA damage; activates regenerative energies. Stimulates cellular re-structuring re: hearing loss and the Eustachian tube”

Chakra: Third Eye, Throat

Birthstone: Sagittarius

### Larimar

- Larimar represents peace and healing
- It is a stone for earth healing – it stimulates the evolution of the earth
- Larimar activates the heart, throat, third eye and crown chakras
- It facilitates inner wisdom, outer manifestation – it helps the user to communicate clearly with a balance of love and mindfulness
- It supports in times of change & removes blockages preventing spiritual development
- Larimar can aid past life karmic relationships
- Larimar facilitates angelic connections
- “Treats cartilaginous portions of the body, as well as the hair and the feet. It can open the acupuncture/acupuncture meridians at the feet”

Chakra: Crown, Third Eye, Throat, Heart

Birthstone: Leo

### Leopardskin Serpentine

- A shamanic stone, energy of the Leopard for power or healing; Extremely grounding
- Helps to reclaim power, even that lost in previous lives or other dimensions
- Promotes shamanic consciousness, trancework, meditation, spiritual guidance
- Helps to align with your soul plan

### Lepidocrocite in Quartz or Amethyst

- An empowerment stone; aligns personal vision with the highest good for manifestation
- Facilitates communication with angelic realms and activates spiritual awareness

- Dissolves false self-image, delusions & confusion bringing true perception, intuition & instinct

Chakra: Heart

### Lepidolite

- Assists with openness and honesty; self-love, acceptance and trust
- Reduces stress and alleviates despondency
- Helps the user to handle change, to restructure and reorganise old patterns
- Helps with transitions from one life to another
- Activates and opens the throat, heart, third eye and crown chakras
- Clears electromagnetic pollution

Chakra: All, esp. Heart, Third Eye

### Lithium Quartz

- A natural antidepressant, neutralises ancient anger and grief and dissolves the roots of emotional dis-ease (even from past lives)
- An excellent cleanser for chakras and will purify water
- Also heals plants and animals

Chakra: All

### Lodolite Quartz (Lodalite)

*A type of included quartz crystal with inclusions of many possible colours and types, often having the look of gardens, landscapes, or underwater scenes; lodolite is often called garden quartz, landscape quartz, or scenic quartz.*

- Lodolite is said to bring loving energies and energies of gentle strength
- For manifestation of one's desires
- Said to enhance communication with beings on the spiritual plane and heighten one's spiritual energies. Used to increase ESP & bring knowledge from past lives
- Enables energetic shifting so that healing will occur.
- Lodolite is associated primarily with the crown chakra.

### Malachite

- Malachite is stone for transformation – it can transmute fears and limitations
- It helps the user to recognise appropriate steps to bring their dreams into physical reality
- Malachite clears and activates all chakras – particularly stimulates the heart and throat
- It stimulates instinctive and intuitive reasoning; It clarifies and balances the emotions
- Malachite 'brings up' negativity and mental, emotional, and physical blockages
- It helps the user to look within the self and recognise the reasons supporting an illness, it then guides and supports the user to release the emotional factors contributing to illness
- Fidelity & loyalty in love, friendships & partnerships; practicality & responsibility in business
- Malachite helps the user to accept responsibility for their actions
- "Can be used in the treatment of asthma, arthritis, swollen joints, tumours, growths, broken bones and torn muscles... to enhance the immune system and to ease the process of birth"

Chakra: Heart, Solar Plexus

Birthstone: Scorpio, Capricorn

## Manifestation Quartz

- Also known as Baby in Mother Quartz
- This crystal facilitates manifestation, but the user has to be clear and specific as to what is desired, and at the same time, not to be selfish
- An excellent crystal for group-work and endeavours for the highest purpose and good of all
- Stimulates creativity, original thinking and visualization
- Removes what is not wanted or needed
- Helps to realise which 'path' one should be on to enable the greatest good

Chakra: All

## Maw Sit Sit

- A very rare stone from the Himalayan Foothills of Burma - mined in very small quantities
- This stone is life-giving, refreshing, energizing and warm
- Helps to lift depression and melancholy; Aids inward reflection and meditation

## Moldavite

- Moldavite is a stone for the new age
- It is the rarest variety of tektite, the only known 'gem quality' stone of extra-terrestrial origin
- Moldavite draws upon the user thought-patterns and light-vibrations optimal for ascension
- It accelerates spiritual awakening and progress
- Moldavite enhances communication with the Higher Self and Ascended Masters
- It opens up the mind for more universal thinking far beyond the user's own personal interests, limits and boundaries
- It assists the user to trust their self. Promotes confidence & strength of life purpose
- Moldavite is a powerful emotional healer for the heart
- It brings good fortune and fertility and it increases the vibrations of other crystals

Chakra: All, esp. Crown, Third Eye, Heart

Birthstone: Scorpio

## Moonstone

- Moonstone empowers the feminine aspects of oneself
- It is a stone for feeling – intuition and emotion (rather than intellectual reasoning)
- Moonstone promotes emotional balance and eases emotional trauma
- It stimulates awareness, calmness, confidence and composure
- A stone for hoping and wishing - brings new beginnings
- Moonstone helps the user to gracefully acknowledge life cycles and to accept change
- It cleanses negativity from the chakras and provides psychic protection
- Moonstone brings good fortune to the user
- It is a traveller's stone for protection
- "[Moonstone] can facilitate and promote ease in pregnancy and childbirth, to enhance fertility, to ameliorate PMS and change-of-life, to eliminate insomnia, and to provide remedial action for disorders related to water [e.g. swelling] and insect stings or bites... can be used in the treatment of circulatory disorders"

Chakra: Crown, Third Eye, Sacral

Birthstone: Cancer, Libra, Moonstone

## Mystic Topaz

- Mystic Topaz sheds light on the spiritual path, highlights goals and taps into inner resources
- Supports affirmations, manifestation and visualization, to set intention from the heart
- To trust the universe, to 'be' rather than 'do'; it removes doubts & uncertainties
- Releases tensions and promotes relaxation. Helps to solve problems
- Mystic Topaz is an emotional supporter; it stabilises feelings and helps the user to be receptive to love from every source.
- Manifests health on all levels. Assists digestive and anorexia, restores taste, fortifies the nerves and stimulates the metabolism (*taken from The Crystal Bible Vol 2 Judy Hall*)

## Nuummite

- Is only found in Greenland and is thought to be one of the oldest gemstones
- Connects to base, collar plexus and third eye chakras
- Allows the consciousness to journey to the vibrational dimension where the soul resides... to acknowledge/understand all parts of one's 'self' ... healing one to become whole
- Helps to step into one's 'inner power', to become confident & accept & love oneself
- To recognise one's true nature, aiding self-mastery
- Helps inner vision, intuition and clairvoyance

Chakra: Third Eye, Solar Plexus, Root

## Obsidian

- Obsidian is an excellent grounding stone – connects the user to the heart of the earth
- A strong protection stone – from that which could bring physical or emotional harm
- Obsidian provides a shield against negativity
- It brings clarity for healing
- Obsidian promotes self-insight and truth – shows the user changes needed to eliminate flaws within the self
- It disperses unloving thoughts from within the self
- "Can treat disorders of spinal alignment and improve the arrangement of impaired vertebrae. Treats circulatory disorders, disseminates and disperses growths, ameliorates toxicity, enhances and strengthens structure of veins, and to allay spasmodic conditions"

Chakra: Root

Birthstone: Sagittarius

## Blue Obsidian

- Activates the throat chakra and supports communication
- Opens the aura to receive healing
- Treats speech defects, eye disorders, Alzheimer's, schizophrenia and multiple personality disorders

## Green-Blue Obsidian

- Opens heart and throat chakras
- Helps to speak one's truth and understanding from the heart
- Balances mind, body and spirit; Empowers Reiki healing

## Obsidian – Gold Sheen

- Gold Sheen Obsidian is a good stone for 'gazing' – it can provide information concerning the 'root' of a problem or situation
- It can reflect what is needed in one's life and show ways in which to attain this
- Gold Sheen Obsidian balances the energy fields and can eliminate ego conflict

Chakra: Solar Plexus, Root

Birthstone: Sagittarius

## Obsidian - Rainbow

- A stone of 'pleasure' – it brings light and love to life
- Rainbow Obsidian is very protective - although a gentle obsidian
- It absorbs negative energies from the aura and draws off stress from the body
- Rainbow Obsidian promotes the recognition of the spiritual side of one's nature
- Rainbow Obsidian cuts the cords of old love and releases and replenishes the heart energy

Chakra: Root

Birthstone: Libra

## Obsidian – Snowflake

- Snowflake Obsidian is a 'stone of purity'; brings purity and balance to mind, body and spirit
- It helps the user to recognise and stop harmful thinking and stressful mental patterns
- It teaches to value mistakes as well as successes
- Snowflake Obsidian gives strength to change one's life for the better
- It aids meditation

Chakra: Third Eye, Root

Birthstone: Virgo

## Onyx

*Onyx is a type of chalcedony; it has the properties of chalcedony, and:*

- Onyx helps the user to centre, and it aligns the total person with higher powers
- It helps the user to be a master of their own destiny
- Onyx promotes strength and stamina, wise decision making and self-control
- It banishes grief and sorrow, worries and fears
- It can help the user to release old relationships
- Onyx stimulates happiness and good fortune
- “[Onyx] has been used in the treatment of disorders related to bone marrow, to the soft tissue structures and to the feet”

Chakra: Third Eye, Solar Plexus, Root

Birthstone: Leo

## Opal

- Opal brightens the aura and promotes true and spontaneous actions, releasing inhibitions
- Opals work well with the emotions, promoting inner balance
- Opal magnifies thoughts and feelings and can amplify the control and focus of attention
- It assists in recognising personal creativity & provides inspiration & imagination



- Opal improves the memory, useful for students; promotes faithfulness and loyalty
- It enhances psychic and mystical qualities, helpful with shamanic work
- Can disperse infections, purifies blood and kidneys and regulates insulin production. Treats disorders of vision and eyes, alleviates fevers, and stimulates circulatory functions. Assist in the recovery from Parkinson's dis-ease, and to provide comfort and ease during childbirth"

### Opal (blue)

- Blue Opal is an emotional soother that realigns the user to spiritual purpose
- It supports a calm and centred mind and helps the user to 'view' their thoughts rather than become wrapped-up in them
- Blue Opal enhances communication, and gives the user courage to speak freely
- It strengthens the will to live
- It helps where past life injuries/experiences affect present life
- "Can balance metabolism, assists in the assimilation of iron and treats fatigue and hair loss"

Chakra: Throat

Birthstone: Taurus, Cancer, Libra, Scorpio, Pisces

### Opal (pink)

- Stone for renewal, inner knowing; helps to release old patterns
- Teaches love and non-violence; purifies mind and heart
- For disorders of lungs, spleen, heart, diabetes

### Boulder Opal

- Mental & emotional balance; Centres one for decision making & during stress
- Quickly gets to the base of problems, helps to create & implement the new
- Clears & brightens the aura, helps to access spiritual & animal guides
- Increases healing energy; good for ageing & frailty; clears intestinal blockages. Helps veins & brainwave disorders

### Orthoceras

- Connects to the base chakra and is very grounding
- Reduces anxiety and stress and helps to promote confidence
- Balance the emotions and helps to treat depression
- Reduces tiredness
- Stimulates the mind and enhances telepathy

### Pearl

- Pearls signifies faith, charity and innocence
- They are a stone of sincerity – truth to situations and loyalty to a cause
- Pearls symbolise and enhances purity, bringing the user into this state for wisdom and receipt of spiritual guidance
- They focus one's attention, enhances personal integrity, inhibits boisterous behaviour
- Pearls provides a reflection to see how the user appears to others
- "Can treat digestive disorders and relieve conditions of biliousness and bloating, treats the soft organs of the body and can increase fertility and ease childbirth"

Birthstone: Gemini, Cancer

## Peridot

- Peridot has a warm, friendly energy which enlivens the life-force and brings happiness
- It provides a shield of protection and keeps the user balanced
- Peridot acts as a tonic for mind and body - relieving stress and dullness of spirit
- Cleanses heart/solar plexus chakras, brings openness, acceptance & self-forgiveness
- Peridot heals the bruised ego by lessening anger, jealousy and resentment
- It magnifies the aspects of situations and helps the user to recognise detrimental patterns
- It helps the user to take responsibility for their own life
- "An excellent healing stone, a 'tonic' to strengthen and regenerate. It can treat disorders of the heart, lungs, spleen and intestinal tract. Strengthen the eyesight. Facilitates the birthing process, stimulating contractions and opening of the birth canal"

Chakra: Heart, Solar Plexus

Birthstone: Leo, Virgo, Scorpio, Sagittarius

## Phosphosiderite

- Reduces anger, brings comfort and tranquillity
- Promotes balance and stability
- 'Helps to ensure that we do not have negative emotional responses to every new situation we come across'
- Revitalises the brain and help to detox. Good for skin and hair

*Information kindly provided by the lovely Steve and Mo at Hehishelo*

## Pietersite

- Pietersite is said to contain the keys to the kingdom of heaven – it helps the user to recognise the beauty of the soul
- Pietersite empowers 'walking your own truth'; it enhances inner guidance and will-power
- Pietersite helps to release mental and verbal conditioning - past and present and can release vows and promises - past and present
- It helps the user to recognise other people's truth / falsehood - It dispels illusion & confusion
- It aligns the energy centres of the body
- Pietersite enhances visions whilst in the meditative state
- It is grounding to the etheric body which facilitates spiritual journeying and access to the Akashic records
- "Pietersite can stimulate the pituitary gland... and to produce in proper quantities the hormones concerned with growth, sex, metabolism, blood pressure and body temperature." Helps lungs, liver, intestines, feet and legs and to absorb nutrients from food

Chakra: Third Eye, Solar Plexus

Birthstone: Leo

## Prehnite

- Prehnite is a stone of unconditional love
- Multiplies energy – works well with Reiki –strengthens flow of vital energy in the body
- Prehnite heals the Healer

- It seals the aura in a protective shield of divine energy
- Prehnite is beneficial to use in mediations – it amplifies the ability to receive guidance and shows the user the way forward for his/her spiritual growth
- It enhances prophecy, bringing inner knowledge to prepare in advance for unknown situations
- Prehnite can alleviate nightmares, phobias and deep fears
- It is an appropriate stone for hyperactive children
- A Feng Shui stone – useful for decluttering and organising
- “[Prehnite] can be used in the treatment of disorders of the kidneys, the bladder and the connective tissues, and for gout and anaemic disorders of the blood”

Chakra: Heart, Solar Plexus

Birthstone: Libra

### Purpurite

- Provides psychic protection, cleanses the auric field and keeps it free from negative entities and attachments
- Helps the user to be aware of their Angelic guides
- Stone of insight and truth; helps the user to comfortably claim their power for highest good
- It is stone of freedom; helps to recognise psychological barriers to freedom and inspiration to release these barriers

Chakra: Crown, Third Eye

### Pyrite

- Pyrite provides a powerful shield and protects against negativity on all levels
- It encourages a positive outlook, strengthens the will and brings harmony with self and others
- Stimulates intellect, enhances memory and assists in memory recall
- Pyrite activates and nourishes the energies of the body
- Encourages and sustains the flawless ideal of health – physical, intellectual and emotional
- Pyrite is a useful protector from radiation from computers
- “[Pyrite] can treat both the structure of bones and composition and formation of cells. Treats bronchitis and disorders of the lungs. Treats violent / highly infective disease... used to lessen fevers and reduce inflammation.” Can be used to treat male impotence and infertility

Chakra: Solar Plexus, Root

Birthstone: Leo

### Quartz (Clear)

- Clear Quartz is a stone of ‘power’
- It can amplify, focus, store and transfer energy
- Provides for clarity and purifies physical, mental and spiritual bodies
- It can dissolve energy blockages
- Clear Quartz facilitates both the speaking with and receiving information from the spiritual and other-worldly masters, teachers and healers
- It can create altered states of consciousness

Chakra: All

## Que Sera

- Is a mix of Feldspar, calcite, kaolinite, iron-oxides, magnetite and quartz
- To be aware that we all have options to create the life we want; good for manifestation
- To have the courage to take the risks for the life we want
- Helps the user to say 'no' to others, to stop being a people pleaser
- An excellent meditation aid- to receive energies from higher planes and then distribute those energies to all who may need them
- To discover the souls' true purpose

*Information kindly provided by lovely Steve and Mo at Hehishelo*

## Rhodochrosite

- Rhodochrosite is a stone for love and balance
- It energises, purifies and balances the base, sacral and heart chakras
- It also balances mental processes, enhancing spirituality and awareness
- Rhodochrosite is a strong emotional healer, promoting faith, trust and courage
- It improves self-worth, promotes a positive attitude and lightness of spirit
- It removes tendencies towards avoidance or denial and helps the user to face the truth about self/others with loving awareness
- Rhodochrosite heals the inner child
- It encourages spontaneous expression of feelings: ('giggle stone')
- It can assist to heal 'wounds' caused by sexual abuse
- It is said that rhodochrosite can help attract your soulmate
- “[Rhodochrosite] can rectify various kinds of elimination problems, strengthens the walls of intestines, promotes the production of the proper range of gastric fluids to enhance digestion. Balances heart energies and stabilizes heart and pulse rate. Treats thyroid imbalances”

Chakra: Heart, Solar Plexus

Birthstone: Leo, Scorpio

## Rhodonite

- Rhodonite is a stone for love
- It opens, cleanses and activates the heart chakra
- Rhodonite promotes unconditional love whilst grounding physical and mental energies
- It can help to reduce anxiety
- Rhodonite is very supportive and helps the user to achieve their highest potential
- Rhodonite can help to alleviate self-destructive or self-abusive tendencies. It can also reduce co-dependency
- “Rhodonite can treat emphysema. Also treats the inflammation of the joints, light sensitivity, streptococcal throat infections, heart disorders and arthritis”
- Chakra: Heart, Root
- Birthstone: Taurus

## Rose Quartz

- Rose Quartz is a stone for unconditional love and infinite peace
- Rose Quartz purifies and opens the heart chakra promoting deep inner healing: - self-love, self-forgiveness, self-trust and self-acceptance. Following from this, it helps the

- user to become receptive to love
- It provides comfort in times of grief and emotional trauma
- Rose Quartz can help to dissolve stress and tension
- It helps to clear feelings of anger, resentment, guilt, fear and jealousy
- Rose Quartz is an excellent stone for mid-life crisis
- Promotes self-confidence, self-worth and creativity
- “Rose Quartz can clear fluids in cells and release impurities. Treats disorders of kidneys and adrenal glands. It can clear the skin and reduce wrinkles. Placed upon the heart chakra, it can diminish pain and stimulate proper functioning of the heart. Placed upon the thymus, it has decreased coughs and soothed bronchial and lung areas. It has also been used to diminish burns and blistering due to heat. It has been used in the treatment of vertigo”

Chakra: Heart

Birthstone: Taurus, Libra

### Ruby

- Ruby balances and activates the heart chakra, promoting love, passion and devotion
- It encourages you to 'follow your bliss' - helps you to select and maintain your ultimate values and to change your world
- Ruby can encourage a positive and courageous state of mind - inspiring strength, honour and leadership
- Ruby brings energy to the user - enhancing vigour and motivation
- It is an excellent shielding stone and conquers darkness on all levels
- Ruby is a strong abundance stone
- “Ruby treats fever and heart disorders relating to blood flow through the ventricles. It decreases the length of time required for chemicals and toxins to exit the body. It can ameliorate the intake of caffeine, acting as a counter balance to stimulants. Helps with the optimum formation of children in the embryonic stage”

Chakra: Heart, Root

Birthstone: Cancer, Leo, Scorpio, Sagittarius

### Ruby and Zoisite

- Ruby and Zoisite stimulates and amplifies all psychic abilities
- It amplifies the entire energy field of the body
- It promotes individuality alongside connected-ness with humanity
- Ruby and Zoisite can create altered states of consciousness
- “It acts to improve disorders of the heart and to help one recover from those disorders associated with diminished physical vitality”

Chakra: Crown, Third Eye, Heart, Root

Birthstone: Gemini, Cancer, Leo, Scorpio, Sagittarius

### Zoisite

- Zoisite will provide for decomposition of negativity
- helps to dispel laziness and idleness

Chakra: Third Eye, Heart, Root

## Rutilated Quartz

- Heals, cleanses, energizes and balances the aura by repelling negative energies
- Enhances the life-force - treats exhaustion / energy depletion and dissolves energy blockages
- Is as an antidepressant – relieves fears and anxieties and counters self-hatred
- Rutilated Quartz can bestow inspiration – it helps the user to get to the root of problems and subsequently facilitates a change of direction
- It is helpful for therapists as it filters negative energies from clients whilst at the same time supporting them during emotional release
- Rutilated Quartz dispels unwanted interference from the physical and spiritual worlds
- “Rutile treats bronchitis, stimulates a ‘sparkle’ in the eyes, regulates mothers’ milk, strengthens the walls of the blood veins and stimulates sexuality [when consciously directed]”

Chakra: All

Birthstone: Taurus, Gemini

## Schalenblende

*A combination of Sphalerite, Pyrite, Wurtzite and Gelena*

- Schalenblende promotes peace and is supportive
- Encourages the user to follow their highest spiritual ideals
- It regenerates and strengthens the physical body and helps to overcome mental exhaustion
- Supports the mind, good for concentration and analytic abilities whilst at the same time boosts intuition
- Promotes communication and interaction
- Provides protection and keeps the user grounded
- Provides a shield during spiritual journeying and out of body working and assist soul to return to physical body

## Scolecite

- Brings inner peace and awakens the higher mind
- Encourages the spontaneous expression of love
- Enhances the dream state and facilitates dream recall; to understand one’s soul journey
- Assists travel through time and space, allowing access to knowledge from ancient and future civilisations

Chakra: Crown, Third Eye

## Septarian

- A stone of the Earth
- Harmonises emotions and intellect with the higher mind to bring illumination
- Enhances the cohesiveness of any spiritual group. Particularly useful for drumming and chanting circles
- Also empowers NLP, helps to repattern and reprogram
- Mentally, Septarian provides support when incubating ideas and assists in manifesting them, including patience, tolerance and endurance. Helps with public speaking
- Emotionally, it is nourishing and calming and helps to care for others
- Physically, it detects and rebalances blocks in the body. It focuses the body’s healing ability and facilitates flexibility of movement

## Seraphinite

- Seraphinite is an important healing stone for this age
- It strengthens and activates all chakras
- At the crown & higher crown chakras, seraphinite helps the user to make angelic connections
- At the third eye chakra, it brings spiritual enlightenment and helps access self-healing
- At the heart chakra, it promotes living from the heart - seraphinite can cleanse and open the heart encouraging the user to give and receive love
- Seraphinite can dissolve blockages and can draw out emotional problems and old traumas that may be causing dis-ease
- Helps user to review their life path and to identify changes needed for peace and fulfilment
- It helps the user to work holistically, not just healing the physical body but also strengthening the astral and energetic bodies
- Seraphinite protects the physical when making out of body journeys
- "Has been used to enhance circulation both of energy and blood. Can assist in weight loss. Releases neck muscle tension"

Chakra: All

## Shell

- Stimulates intuition, sensitivity, imagination & adaptability
- Provides clarity & insight; helps with decisions
- Brings co-operation within self, between self & others & groups
- Good for hearing disorders; calcium deficiencies; spinal canal & nervous system. Heals breaks in skeletal structure. Helps assimilation of Vit. A & D

## Shungite

- Shields from and eliminates detrimental effects of electro-magnetic frequency emissions
- Clears out mental or emotional pollutants
- Encourages the user to keep the wisdom of the past and to apply it to the present so as to create a new future
- Boosts physical well-being and absorbs that which is hazardous to health (e.g. pesticides, free radicals, bacteria)

Chakra: Root

## Silver

- Silver has a lunar, feminine energy
- It mirrors the soul – silver increases perception & regulates emotional and intuitive energies
- Silver is able to attract and retain into itself the energies emitted by crystals
- Silver also provides a steadying influence on gemstones
- It can enhance the power of the moon and so is good to use when energising other stones during the full and new moons
- "Silver helps to cleanse the body via the pores, and to eliminate toxins at the cellular level. It can be used in the treatment of hepatitis, to increase the assimilation of Vitamins A and E, and to ameliorate disorders associated with unstable vision"

## Smokey Quartz

- Smokey Quartz is an excellent grounding, purifying and protective stone
- It penetrates and gently purifies negativity - dissolving mental and emotional blockages
- Smokey Quartz can dissolve fears and worries and can treat depression and stress
- Smokey Quartz bestows courage and confidence and helps the user to let go of anything which no longer serves them
- It facilitates manifestation; gives personal pride and joy in living
- Aids meditation by stabilising an over-active mind
- "It can regulate liquids within the body and can produce a state of equilibrium within the body re: mineral supplementation. It can also dissipate congestion from the physical organs and glands located in the solar plexus area and relieves disorders of the hands and feet"

Chakra: Root

Birthstone: Sagittarius, Capricorn

## Sodalite

- Sodalite aids concentration and promotes mental clarity and creativity
- Is grounding and calming – releasing fears and bringing peace to the user
- It helps the user to recognise and express their true feelings, beneficial for group energies
- "Treats gland metabolism, digestive disorders and disorders associated with deficiencies of calcium. A purifying agent for the body. Dispels insomnia"

Chakra: Third Eye

Birthstone: Sagittarius

## Solar Quartz

- Solar quartz is sliced from stalactites. It is an agatized quartz
- It has a centring energy, enhances energy and connections and provides strength and clarity
- Used to communicate with Spirit, the higher realms, animals, plants and minerals
- A protective gemstone that purifies the physical, mental and spiritual bodies

## Staurolite (Fairy Cross)

- Traditionally this is a stone for protection and good luck
- Relieves stress, alleviates depression and addictions and negates tendencies to overwork or overcommit (particularly useful for those wishing to stop smoking)
- It connects the physical, etheric and spiritual planes and promotes communication between them
- It enhances and strengthens rituals and is used in white magic ceremonies. Said to access ancient wisdom from the Middle East

Chakra: Crown, Third Eye, Heart, Root



## Sugilite

- Sugilite is a stone of love for this age – it promotes spiritual love (awareness) and wisdom and assists the user to re-address his/her beliefs
- Sugilite cleanses and strengthens the aura. It also repels negativity
- The energies of sugilite promote peace, forgiveness, inspiration and optimism
- It comforts during times of despair; eliminates anger, hostility, jealousy and prejudice
- Sugilite attracts a strong healing power to the user and provides recognition of the connections between the well-being of the body and mind
- It is a strong meditation and channelling stone
- It protects against the harsh realities of this world; helps to understand why we are here
- “Sugilite is an excellent remedy for headaches... It has been used to dispel all types of discomforts and feelings of disorder”

Chakra: Etheric, Crown, Third Eye

Birthstone: Virgo

## Sunstone

- Sunstone brings in the essence of the sun – it clears, energises and revitalises
- It helps to dissolve heavy emotions that are held at the solar plexus area
- Sunstone relieves depression, fears and stress
- It brings self-empowerment, independence and vitality
- Sunstone can remove 'hooks' (mental/emotional) from other people (eg parents, kids, lovers)
- Sunstone is useful for those people who find it difficult to say 'no'
- It bestows luck and good fortune
- “Sunstone is quite helpful with chronic sore throats. It has been used to reduce stomach tension and to relieve ulcers. It can also be used in the treatment of cartilage problems so often suffered by athletes. It was used by ancients for rheumatism”

Chakra: Solar Plexus, Sacral

Birthstone: Leo, Libra

## Super 7 (The Melody Stone)

- Facilitates spiritual growth on all levels of being.
- To remember why you are here and that all creation exists within you.
- Takes you directly to any core belief system and identifies what could be holding you back from embracing your life purpose. Enables transformation to facilitate growth.

*Super 7 comprises of:* -

- **Amethyst** - for transformation, spiritual growth and connection with higher states of consciousness
- **Smokey Quartz** - grounding and energising. Clears entire energy field
- **Rutile** - amplifies energy, opens awareness to multi-dimensional states of being (clairvoyant, clairaudient and clairsentient abilities)
- **Cacoxenite** (yellowy-brown) - awakens and connects to infinite intelligence, brings solutions
- **Goethite** - transforms old unconscious beliefs into new vibrations for a higher purpose
- **Lepidocrocite** - aligns, harmonises and anchors the energetic bodies
- **Clear Quartz** - to embrace the soul's highest purpose

## Tiffany Stone

- A highly spiritual stone; it enhances intuition and unconditional love
- Encourages persistence to follow the soul's path
- Helps to become more open and receptive, promotes emotional strength
- Can be used for clear thinking and mental acuity, can help to communicate and cleanse hidden feelings
- It helps energies to flow freely and energises the chakra system. Stimulates the libido and flow of sexual energy
- Promotes decluttering at all levels

Chakra: Crown, Heart

## Tigers Eye

- Tigers Eye is a grounding and centring stone
- It enhances will-power and helps the user to manifest their thoughts and desires
- Tigers Eye strengthens perception and gives clarity to thought – it can provide insights to issues which induce internal mental battles
- Tigers Eye helps to eliminate the blues – it promotes brightness and optimism
- It can help to release introversion, limitations and fears
- Help to discipline sexual and emotional life; can stimulate wealth and stability to keep it
- “[Tiger Eye] has been used to treat disorders of the eye, throat, reproductive system. Aids night vision. Strengthen alignment of spinal column; facilitates mending of broken bones”

Chakra: Solar Plexus, Sacral, Root

Birthstone: Capricorn

## Tiger Iron

- Tiger Iron is a combination of jasper, hematite and tiger's eye
- It is a strong grounding and protection stone
- Tiger Iron promotes vitality, combats exhaustion, stress and emotional / mental burn-out
- [Tiger Iron] has been used to promote the assimilation of B-complex vitamins and to increase the white/red blood cell count... It can also be used to strengthen the muscular structure and to stimulate the production of steroids”

Chakra: Solar Plexus, Sacral, Root

Birthstone: Leo

## Topaz

- Topaz is a stone of love & good fortune –promotes joy, generosity, abundance & good health
- Topaz replaces negativity with serenity and forgiveness
- It supports affirmations and manifestation – and helps the user to define and attain goals
- Topaz promotes individuality and creativity
- It removes doubts & uncertainties. Helps the user to have confidence to trust their decisions
- “[Topaz] can be used to manifest health. It has been used in the treatment for the loss of sense of taste and in the healing of wounds and skin eruptions”

## Topaz – Blue

- Blue Topaz is beneficial for throat chakra – it enhances self-expression and creativity
- Blue Topaz balances the emotions
- It helps the user to live according to own aspirations and truth and to transcend limitations
- Blue Topaz enhances cosmic understanding and psychic perception

Chakra: Third Eye, Throat

Birthstone: Virgo, Sagittarius

## Topaz – Golden / Imperial

- Golden Topaz activates and stimulates the first three chakras and the crown chakra
- Enhances relaxation, lightness of spirit, peace, faith and quest for enlightened state
- Golden Topaz can be used to store energy, information, thoughts and love
- It brings abundance and attracts people for friendship or business
- Golden Topaz benefits those seeking fame - bestows charisma and confidence
- It helps to overcome limitations and initiate plans
- “[Golden Topaz] can also be used in the treatment of disorders of the liver, gall bladder and endocrine glands”. Benefits nervous exhaustion

## Tourmaline

- Its energies relate to each chakra – it clears, maintains, stimulates and balances
- Tourmaline breaks up energy blocks and cleanses, purifies and transforms dense energies
- Promotes self-confidence, calmness, clarity, inspiration, compassion and tolerance
- It brings healing powers to the user
- Provides protection on the physical plane; Diminishes fears & releases the ‘victim’ concept
- Tourmaline is very balancing –male/female energies, the mind, energy centres & aura

## Tourmaline - Black

- Black Tourmaline repels and protects against negativity
- It prevents others from draining the user’s energy
- It is a protective stone against spells and those who are not in the ‘light’
- Black Tourmaline dissolves inner negativities such as anger, resentment or jealousy
- It increases courage, physical vitality, emotional stability and intellectual acuity
- Black Tourmaline activates the grounding of the base chakra to the centre of the earth, increasing the user’s well-being and encouraging a positive attitude
- It dissolves old patterns and fears
- “Acts to stimulate the reflex points associated with the lower back. Treats arthritis, dyslexia, heart dis-ease, anxiety and disorientation. Stimulates /balances adrenal glands”

Chakra: Root

Birthstone: Capricorn

## Tourmaline - Green

- Green Tourmaline helps the user one to see and express themselves with the heart
- It clears emotional pain and confusion; transforms negative energies to positive
- Green Tourmaline inspires creativity and attracts success and abundance
- It helps the user to create and manifest goals
- It assists one in rectifying psychological problems associated with the father and/or other male forces in one's life
- Green Tourmaline holds the essence of the plant kingdom. It heals plants and assists in the study and practise of herbalism and healing
- "Green Tourmaline can be used in the treatment of eye disorders. Also, can facilitate weight loss & regenerates & heart, thymus, ductless glands & the immune system"

Chakra: Heart

Birthstone: Capricorn

## Tourmaline - Pink

- Pink Tourmaline stimulates the crown and heart chakras and the connection to 'All That Is'
- It treats emotional pain, loss and fear and helps the user to trust in the power of love
- Promotes joy and enthusiasm for life; peace and understanding; trust and awareness
- It can help to attract / express love; it also helps the user to share physical pleasure
- It helps the user to release destructive tendencies
- "It has been used to treat disorders of the heart, lungs and skin"

Chakra: Heart

Birthstone: Libra

## Tourmaline - Watermelon

- Watermelon Tourmaline is the 'super activator' of the heart chakra
- It stimulates, energises and connects the heart chakra to the Higher Self
- It helps the user to recognise the benefit and humour in experiences/situations
- Watermelon Tourmaline enhances co-operation and tact
- "[Watermelon Tourmaline] has been used in the treatment of nervousness, disorders of the heart and lungs and in dysfunctions of the emotional system"

Chakra: Heart

Birthstone: Gemini, Virgo

## Tourmalinated Quartz

*Combines the energies of Black Tourmaline, Tourmaline and Clear Quartz; and:*

- Tourmalinated Quartz strengthens the aura and protects against detrimental environments
- Its energy is harmonising, it adjusts imbalances throughout the bodies
- Tourmalinated Quartz provides a 'solving atmosphere'
- It alleviates destructive tendencies

Chakra: All, Root

Birthstone: Capricorn

## Triplite

- Connects the base, heart and crown chakras to help the physical, emotional and mental bodies to connect and integrate
- Facilitates connection of all levels of one's being; Soul Connection
- Aids 'knowing', awareness and 'Universal one-ness'
- To manifest from the heart for the highest good of oneself and others
- When with Pyrite and/or Wagnerite it provides insight into dualities, shields from negativity and to manifest that which is 'perfect' for one's growth

## Turquoise

- Turquoise gives protection and strength
- It heals the spirit and helps the user to develop trust, wisdom, understanding and kindness
- To guide one through the unknown, protecting while promoting independence
- It is a good meditation aid
- Its energies are grounding, centering and harmonizing
- Turquoise enhances communication relating to emotions, creativity and intuition
- It aligns the chakras and helps to balance the male/female aspects of one's character
- It can help the user to release past vows and inhibitions
- Turquoise is considered Lucky by many cultures
- "Turquoise is also a master healer, emanating a purifying energy which tends to dissipate negativity; it is an excellent anti-negativity stone [where the negativity is not within the self]. It can be used for emotional, mental and physical problems..."
- "Turquoise can strengthen the entire anatomy and can treat all dis-eases and disorders. Promotes the absorption of nutrients, stimulates the regeneration of tissue and increase circulatory flows to muscular tissue"

Chakra: Throat

Birthstone: Scorpio, Sagittarius, Pisces

## Mohave Turquoise

- Pieces of natural Turquoise are dyed and compressed - retains the properties of natural Turquoise plus: -
- Helps to solidify groups or families and expands unity consciousness

## Unakite

- Unakite assists in self-awareness, self-esteem and self-love
- It balances the emotional body
- Unakite can dissolve energy blockages and help in the steady release of long-held feelings
- It assists to release conditions which have been inhibiting personal growth – it helps the user to detach from old ways of doing things
- Unakite helps the user to see beyond the physical symptoms of an illness and to understand its mental and emotional sources
- It helps the user to see what past issues may be holding him/her back spiritually, and to release these issues
- Unakite provides grounding and assertiveness

- “Unakite can treat the reproductive system and stimulate healthy pregnancies while facilitating the health of the unborn”

Chakra: Heart, All

Birthstone: Scorpio

### Variscite

- Enlivens, helps with chronic tiredness and eases inner restlessness
- Helps to be objective and rational and to express yourself clearly
- Instils hope and trust; Calms nervousness and rids of despair

Chakra: Heart

### Zebra Rock

- Zebra Rock enhances compassion and understanding for others
- It helps the user to look beyond the superficial and to recognise that the universe is an eternal source of energy and love
- Zebra Rock stimulates physical energy and provides stamina and endurance
- “Used in the treatment of bone loss, to ameliorate degeneration of the teeth and gums, for dryness of skin and alleviate of muscular spasms, heart palpitations and vitamin deficiencies”

Birthstone: Taurus, Gemini

