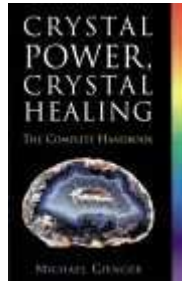


# A to Z of crystals and tumbled stones

## crystals for crystal healing



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**Abalone:** Healing tumbled stones with a sheen of many colors. Good for strengthening muscles. Invigorating and works on every chakra.

**Actinolite:** Works on the heart chakra to produce awareness. Very soothing tumbled stones they can bring new awareness.

**Adamite:** Mineral (blue/green) for consulting the inner self when facing difficult choices. Works on the heart or throat chakra.

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**Agates:** Blues, reds, orange, yellows, browns and greens.

**Blue lace** For peace, works on the base and heart Chakras. Also use to relieve headaches when stone is placed on the brow.

**Crazy lace** For balance. Swirls of red/yellow/brown.

**Green moss** Good for blood sugar balance and Anorexia. Works on heart chakra. Also can bring back a sense of self esteem.

**Fire** Really earth and fire. Works on the whole system to produce healing and re growth.

**Iris** Use to heal burns.

**Picture.** Used in meditation .

**Plume** Brown/orange/red works on the lower body to accelerate healing.

**Silver leaf** Used for grounding oneself and to bring abundance.

**Snakeskin** Brings peace of mind.

**Tree** Used to gain insight into problems and see them for what they really are.

Agates are great aids for meditation and powerful healing stones.

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**Alexandrite:** Clear violet-green, blue or orange-yellow iridescence. Alexandrite changes its colour depending on the light. High chrome content. Use for spiritual love and luck. For healing it works best on the crown, brow and solar plexus chakras. Very good healing stone.

**Amazonite:** Solid blue/turquoise. Soothing stone. Works on the throat chakra. And gives confidence. Also known as the ' Hope Stone' because it inspires Hope.

**Amber:** Orange/brown. Petrified tree resin. Sacred to American Indians. Electro magnetic properties. Reputed to have the ability to draw disease from the body. It absorbs negative energy so it needs cleansing regularly. Acts through the solar plexus chakra. It also calms nerves and gives confidence. Very sensual.

**Amethyst:** Translucent, purple/lavender quartz. Third eye Chakra stone. Aids sleep, boosts the spirit and can help heal stomach disorder Good for addictions and can ease arthritis. Enhances intuition. It can also fade slightly in sunlight. Ancient stone of great repute.

**Andalusite:** The colour tint changes depending on your view. Green/yellow/pink/red/brown varieties.

**Angelite:** Working on the heart and throat chakras, it calms fear and anxiety. Blue/white crystal with many Spiritual properties.

**Apache Tears:** Dark, smoky-translucent Obsidian. Eases pain, loss and sadness.

**Apatite:** Transparent blue. Reputed to help stuttering. Works on the throat chakra. yellow/clear/purple. Helps form muscles. Works best on the Solar plexus chakra.

**Apophyllite:** Clear/white/green striated crystals. Use for meditation, clairvoyance and Astral travel. Green is the most powerful colour.

**Aqua Aura:** Clear quartz with metallic light blue tint from electrical infusion of gold. Increases awareness. Use for meditation, telepathy, healing.

**Aquamarine:** Clear blue-green. Releases anxiety and fear. Helps relaxation on long journeys. Gives insight and perception when dealing with people. Also gives protection.

**Aragonite:** Translucent purple-pink-brown hexagonal, or white needle crystals. Use for deep, peaceful meditation and balancing yin-yang energy. Ideal gift for young people facing the first problems of life

**Aurichalcite:** Blue. Regenerates the brain's nervous system and helps paralysis by energy routing new pathways to the brain. Works best on the brow chakra. Use in deep meditation to calm the mind.

**Aventurine:** Translucent dark/light green quartz. Dispels pain and fear. Gives love, and prosperity. Heals the emotions. Colour can fade in sunlight.

**Azulicite:** Works on the Meridians to release blockage and aid flow.

**Azurite:** Deep blue/blue-purple. Reduces anger and stimulates the mind and body. Increases Psychic awareness and helps reduce abnormal cell growth.

**Azurite/Malachite:** Green tinge Healing stone for skin disorder. Helps reduce vanity and excessive feelings of self importance.

**Barite:** The 'Desert rose' is the popular stone. **Blue very** popular with the ancients, who used it to calm shock by placing it on the brow chakra. Much used as a healing stone for soldiers injured in battle. **Gold for** honesty and dignity. **Clear for** clarity of thought.

**Benitoite:** Blue,purple fluorescent mineral. For Clairvoyance.

**Beryl:** Clear,golden Brown,pink,grey. Heliodor is yellow, Morganite is pink. Some can look greasy. It stimulates the mind, increases confidence and cleanses.

**Bloodstone:** (Heliotrope) Dark green/red flecks. Used in ancient Egypt and Atlantis for calming, grounding, revitalizing strength and to attract wealth. Famous reference to this stone in the bible indicating the likeness to the blood of Christ spilling from the cross. Electro magnetic stone.

**Blue Calcite:** Calming stone that also has healing properties for liver and colon.

**Blue John:** Beautiful fluorite from the Blue John cavern in Derbyshire, England. The only place so far, that it has been found. Strangely enough, it is not blue but comes in a variety of colours..

**Boji Stones:** Grey-brown round discs. Electro magnetic. Balances body's energy field. Re charges electrically in sunshine. Not to be used with tiger's eye. Use in pairs and store them well apart to keep their charge. The rough stones are male, the smooth stones are female.

**Bowenite:** Translucence green mineral.

**Brass:** Alloy of copper and tin. Used as a shield.

**Bronze:** Another alloy, touch is important with this metal. As physical contact with this metal can bring on great calmness and deep meaningful thoughts, leading to a far greater insight into your problems.

**Cacoxinite** A golden colored mineral that sometimes forms as an inclusion in quartz or amethyst. It is a rather rare occurrence, and can make for visually spectacular stones to be used in jewelry. Found mainly in western Brazil. Cacoxinite can bring new ideas into one's thoughts and can activate the third eye and crown chakras. It brings personal will into harmony with the higher self.

**Calcite:** Lime green-Use for soothing the spirit. Yellow cleans toxins from body. Clearer vision and general cleansing. Blue - Eases back pain. Orange - For,happiness and great humor. White - Improves memory.

**Carnelian:** Orange/translucent. Chalcedony (jasper). Use for confidence, boldness, initiative, dramatic abilities, assertiveness, fertility. Warms and cleanses blood, kidneys. Stimulates appetite, emotions, passion, sexuality, physical energy, celebration, reproductive system. Healing stone for menstrual cramps, arthritis, kidneys, gall bladder, asthma and the pancreas. Like Amber, it needs cleansing regular. Another stone of great ancient repute.

**Cat's Eye:** yellow/green/brown/blue/orange... etc Similar to Chrysoberyl. Like a cat's eye it reflects light.

**Celestite:** White/clear/ light blue cluster crystals. Soothes nerves and stress, quietness of the mind. Use for serenity, harmony. It signifies honesty and helps tiredness. This stone will fade in sunlight.

**Cerussite:** Clear/misty white/brown. Helps self confidence, gives good Psychic Awareness. Use for addictions and general healing. Renowned for plant growth.

**Cerussite/malachite:** Healing stone for bronchial problems.

**Chalcedony rose:** A stone of some use to females who wish to become males, or males who wish to become females, or both. And if they have a problem with that.

**Charoite:** Purple. Works with the Indigo and violet Chakras and opens the heart. Provides faster healing. Also for alcohol detoxification.

**Chlorite:** crystal In harmony with all things vegetarian. Helpful healing stone for the digestion.

**Chiastolite:** (stones of the cross) Similar to Andalusite but with black cross shaped flecks.

**Chromite/malachite:** Clairaudient enhanced. Healing stone for the lungs.

**Chrysoberyl:** Translucent Gold or Green Cat's Eye. Usually clear or green/brown. For wealth and confidence.

**Chrysocolla:** (Gem Silica) Blue/blue-green. Gentle and soothing. For peace and patience. Also good for blood sugar levels. Very good pain reliever. Use to cleanse the aura.

**Chrysolite:** Helps reduce depression.

**Chrysoprase:** Translucent green chalcedony. For wisdom and depression. Placed on heart, neck, or on brow when meditating.

**Cinnabar:** Reputed to give wearer long life. Connected will all things physical, exercise and keep fit etc.

**Citrine:** Clear yellow/orange. Use for mental and emotional clarity, memory improvement, stronger will power, optimism and confidence. Wealth bringer. Healing stone for digestion, stomach, food disorders, allergies and detoxification. Reduces anxiety, fear and depression Electro magnetic wonder stone. May fade in the sun.

**Cobalt-Calcite:** Pink is believed to inspire love, patience, gentleness and compassion. Balances the emotions.

**Conichalcite:** Green is known to assist healing of all skin related diseases.

**Copper:** Excellent energy conductor! Sends and amplifies thoughts. Worn next to the skin it soothes arthritis and rheumatism problems. Improves circulation, balances warm sun energy and cool lunar energy. Sunshine will energize copper.

**Coral:** Calcium and calcite. Red and orange: stimulates Root and Spleen Chakra for energy and warmth, fertility. Energizes emotions. Muscles, blood, heart, reproductive

system; thyroid, metabolism; meridians; spine, bone and tissue regeneration. (It is best not used if you have high blood pressure, fever or are anxious.) Red is more masculine, calming and attuning to the Earth's energies and providing protection. Pink: Heart Chakra, increases sensitivity, caring, compassion. White: Soothes; heals meridians, stress, smell ability, nerves. Black: Creativity repels lower energies.

**Covellite:** An iridescent copper mineral with an indigo and purple sheen to its faces. It is an energy stone and intent but its colour works on the mental area, imparting force to creativity. This is a good meditation stone or it may help you accomplish a goal. Unfortunately this mineral is now extinct in its prime mining areas.

**Creedite:** Small crystals that are usually found embedded in a white matrix form this mineral. Occasionally it is found in a violet form, which gives power to the third eye area, this is good for spirituality. It helps us to be connected to the spiritual opening.

**Crocoite:** Pinkie red crystals or on a brown rock matrix is how this mineral is usually found. It is a very feminine stone, if worn by a single female it is said to higher her chances of finding a partner. Its colour says, "I am a health, fertile female". By promoting fecundity in woman it thereby allows the woman to fully realize her feminine aspects.

**Cuprite:** this deep wine red colored crystal helps with vitamin and mineral absorption. It is said to open the flow of root and spleen Chakras, Kundalini energy, will power. Also, with Heart Chakra. Strengthens thymus, heart, blood, and oxygen, metabolism, stamina and healing. Historically also heals relationship with father, the yang side of us, masculinity (for men) and confidence, security issues. Access past life.

**Danburite:** This is a clear Quartz crystal. It is excellent to cleanse, purify, or debrief. It fills the Crown Chakra with joy and illumination and brings truth, honesty, a smile to the heart and open to mind and spirit. Excellent healing tool. This is a Shamans tool and is best used in the hands of an experienced practitioner.

**Desert Rose:** this belongs to the gypsum family. Its colours are usually brown, pale yellow, grey, buff and red tones. It is a gentle grounding stone that clarifies thinking and mental vision. Quiets worry, brings out practicality and also it quiets the mind.

**Diamond:** this well known mineral Powerfully absorbs and amplifies thoughts of user, other gems and wearer's strengths and weaknesses. Used with loving, clear intent it clears blocks and opens Crown Chakra. It helps with spiritual love, peace, clarity, trust and confidence. No emotion can effect its pure mental nature. Ancients also used for detoxing as it is said to protect from poisons.

**Diamantina Quartz:** Clear Diamantina carries within it psychic serenity and celestial interaction. Cracked faces within a crystal are frequency points, as they change, so the frequency changes.

**Diamantina:** Clouded crystals will often clear with use, this shows the user it is clearing toxins from their physical body. A clear Diamantina has been used before.

**Diopside:** Clear, deep green. It sends deep healing to the Heart center and is said to bring love, commitment, trust humbleness.

**Dioptase:** there is much in this tiny deep blue-green mineral. Its powerful green reaches deep into the Heart Chakra to release and heal sadness, heartache, abuse and neglect. It empowers the heart with new depth, strength, healthiness, courage, and ability to love deeply. It is said to connect the emotional heart with the spiritual heart to receive abundance. It also promotes genuineness, sincerity, emotional balance, self-worth, and deep well-being. Quite rare and expensive.

**Diopase/kinoite:** This is a rare combination, It helps to cleans and keep tissues from decay. It is excellent for older people as it is said to stimulate hormones that tend to slow down through old age.

**Dolomite:** Also known as the "Pearl spar" these pink, pastel, milky and clear colored rocks are a natural abrasive and sponge in one. Clear varieties, especially pink are used to softly open and heal Heart Chakra. Facilitates giving and receiving, generosity, spontaneity, creativity, and energy uplift. Calcium content strengthens bones, teeth, muscles, and woman's reproductive system; helps PMS.

**Dravite:** This stone is strongly associated with healing, especially in the legs. It is said that if you suffer from hip problems, to lie on either side and place the mineral on the hip will sort the problem. It works well with Jade and Selenite, the selenite draws healing white light through the crown chakra while the Jade can be placed on the heart chakra to ease tonal frequency.

**Dumortierite:** This mineral is found in dark blue, violet, reddish brown and clear colours. It is said to reduce stubborn tendencies and encourage patience.

**Elestial:** this is a Special form of clear, Smokey Quartz. It is said to change confusion and illusions to clarity and also to help you see truth, and overview. It can help you with psychichness and openness to a higher self and spirituality. Said to heal brain cells from drug and alcohol abuse. This is a "All-seeing Stone" it brings infusion of light. You can use it as a bridge stone to enhance energy flow between Chakras.

**Emerald:** this wonderful green stone strengthens the Heart Chakra for abundance, growth, peace, harmony, patience, love, fidelity, and honesty. It has been said to lift depression, insomnia. Said to bring knowingness of the heart and peaceful dreams. An excellent general healer and also used in Ancient times as a blood detoxifier and anti-poison.

**Epidote:** this deep green stone heals the linkage between us and the psychic plane. It helps use to receive certain knowledge often from firsthand sources. This simple grounding 'back to the Earth' vibration strengthens over all health. It tells us when we need to eat better and when we need to rest.

**Erythrite:** This mineral forms bright crimson crystals. Hold this crystal between the thumb and forefinger in the left hand to infuse energy into your self. This causes a healing reaction as it stimulates vital organs.

**Flint:** This stone is said to prevent nightmares. It is used as an overall tonic for strength and healing. It comes in a range of different colours from red, grey, blue to black with white bands. The stone has great healing capacity as it stimulates tissue regeneration throughout the organs. Not only is it a good healer it has been used as a weapon or tool for generations.

**Fluorite:** Appearing in all rainbow colours. This mineral balances the mental energies and is excellent for meditation. Fluorite clears the mind of stress and aids sleep, the blue, purple, golden and white colours are very affective with the higher chakra's.

The colours are as follows:-

Blue: this is beneficial to the throat, nose and ears.

Clear and purple: they are uplifting aura cleansers & psychic protectors.

Green: stills the mind and heart while harmonizing and recharging the chakras.

Yellow: helps focus, co-operation and group alignment.

Lavender: brings serenity, well being, peace and connection with the universe.

Rainbow: is good with change, management and can assist the user in getting out of a rut.

**Fuchsite:** this is a beautiful mint green mineral. On a physical level it improves recuperation and aids in the immune system. It also sparks the joy of our inner child hood reminding us that youthful vitality is an attitude of heart and mind.

**Garnet:** It is a deep rich wine red in colour though there is also green. Garnet is recommended for those of us who need to improve our self confidence and increase our courage. It also assists in past life recall and attracts love.

**Galena:** This stone is an infection fighter and helps to strengthen the lungs. It is a cubic lead structure that adds balance to the emotions and the etheric body.

**Gehlenite:** This stone heightens the awareness of nature and the natural rhythms of Earth. It aids concentration and soothes the nerves as it has very good nurturing and calming qualities.

**Gem Silica:** this clear high-blue colored mineral will tend to give its wearer active compassion. The Yin (female) energy of this stone gives you an emotional balancing effect. It is said that this mineral will enhance feminine energy and help alleviate female problems. Because of the affects of this mineral it is prized for healing layout work.

**Geode:** This is a mineral product of volcanic bubbles. It has an exterior of solid agate with a center of rock crystal, amethyst and sometimes opal.

**Glauberite:** This mineral is used in the garden as an anti fungal agent. When combined in conjunction with rose quartz, plants are able to fully utilise available nutrients in the soil, and in return you get better and fuller bloom's and fruits.

**Goethite:** This is a water mineral and brings the user a glimpse of the power and mystery of the ocean. As we all know water is essential to our health and well-being, with out respect for this element healing is misunderstood.

**Gold:** this very precious metal is a stabiliser, balancer and grounder. It prevents personal and spiritual corrosion. Gold is an all purpose healer. Gold also attracts prosperity, stores and increases thoughts, emotions and energy.

**White gold:** Combines sun and moon's energy, thus higher conductor and amplifier.

**Goldstone:** Medium brown with tiny coppery glitter. Goldstone is a man-made stone, just a type of glass with glittery metallic material in it. It is a valid classification, as it has many properties of NATURAL glasses, such as obsidian, which are modified by its being man-made and having been doped with additives. Originally created when alchemists were working towards creating gold. Gently uplifting, mildly helpful to reduce stomach tension and protect the canter of the body.

**Green Phase:** This stone is an healers stone. It is also useful for entering or exiting this world. Bringing peace and harmony and smoothing transitions.

**Gypsum:** This is a category of sulfate minerals. They are usually clear and tabular with distinctive layers. It relieves tension and is a good balancer of the bodies

electrical charges.

**Golden:** for those with psychic leanings, hold in the left hand to increase receiving and in the right hand to increase transmission, or hold it in both hands to optimise both. It can be worn on the body, over the third eye or held in the psychic's hands.

**Hanksite:** These cloudy, opaque, yellow crystals have a similar shape to the Herkimer diamond, resembling lemon drop sweets. Its golden tones stimulate our spiritual nature. It is good for healing as its double termination assists energy flow to all affected areas.

**Hawk's Eye/Falcon's Eye:** Natural Green, grey or blue Tiger's eye-like quartz. It helps us to gain perspective to see and face situations fully. We then can see the overview clearly and as from a Hawk's eyes.

Blue: Deepens meditation and helps us see the truth in ourselves and in others.

**Heamatite:** Silver-gray metallic is an iron ore which is iron oxide usually FeO<sub>2</sub>. It is one of the most grounding of all stones, it reduces stress and combats insomnia. It is said to help increase courage, concentrate energy and strengthen the heart. It is very beneficial to those attracted to it, but it is one of those stones that you either love or hate.

**Herkimer Diamond:** this is one very powerful stone with similar qualities to quartz. It is known as a friend to all with the ability to release stress and tension throughout the body. It also strengthens and boosts the power of other stones.

**Hiddenite:** A spodumene, like kunzite. Green. It is best known for drawing prosperity. It is a calming stone that helps to ease love or money loss.

**Holly Blue:** This is a wonderful alter stone. If you place it on your table it shows that you are thankful for the sustenance received. It is known for purifying air and water so it needs regular cleansing in rose water once a week for several hours.

**Hornblend:** This stone help when your argumentative side takes over with friends or loved ones. It helps individuals to accept compromise so that all parties can attain resolution. It is a grounding stone and works well with other minerals and humans.

**Howlite:** this is a white stone with a high calcium content, this makes it an ideal stone for pregnant and nursing mothers. It is good for deepening sleep thus recovering wisdom from the dream state.

**Hubnerite:** This is an expander of creativity and insight which can greatly assist in clarifying your direction in life. **Iolite:** this is a translucent blue, violet or brown stone it is helpful for clearing the mind and seeing the truth.

**Jade:** Solid to translucent. Jade may come in a variety of colors, green, blue, black, violet, white, yellow and a reddish and brownish variety. Each with its own slightly different use. Green: Health, wealth, longevity stone. Ancient Chinese used it also for courage, wisdom, justice, mercy, emotional balance, stamina, love, fidelity, humility, generosity, peace, and harmony. Lungs, heart, thymus, immune, kidney and blood detoxification and the nervous system. It is a very popular gemstone projecting universal love, health, wealth and long life.

**Jadeite:** Best grade of Jade, especially the Imperial Green.

**Jasper:** Chalcedony quartz. Multicolored, solid. Yellow, orange, brown, green. Yellow

for stomach, intestines, liver, spleen areas. The light colors are best for healing. Green: Respiratory, Heart Chakra. General tissue regeneration; mineral assimilation; general healing. Darker colors: more grounding can be used for protection. Picture jasper. Excellent aid for successful business. Dalmatian jasper. aids memory retention and development of psychic ability. Fancy jasper. use for depression or if something is bothering you. Poppy jasper for happiness and contentment.

**Jet:** Black mineral, most comes from Whitby in England. It is popular carved into animal designs and used as jewelry. Offers protection from ill health.

**Kunzite:** Spodumene with lithium. Pink, clear. Powerful, high level stone. Strengthens healers, teachers. Opens the emotional heart and spiritual heart. Unconditional lovingness, compassion. Helps emotional balance, confidence and oneness. Reduces depression, mood swings and stress. Deepens altered state: psychic readings, healing, emotions and spiritually.

**Kyanite:** Light blue, splintery. Placed on brow, this opens the 3rd eye and blue/throat Chakra. Enhances psychic images, foresight, consciousness, meditation, and communication. Place on 3rd eye; answers questions, especially in imagery. Brings out our natural ability to manifest things into reality via thoughts and visualization. Gives peace and Tranquillity.

**Labradorite:** Said to greatly help your resolve with weight loss. (Spectrolite) Subtle green/blue/yellow/etc. metallic iridescent. Brings forth each person's strengths to share with the world. Originality. Easier, more restful sleep. Helps us relate to others. Opens energy flow to Solar plexus and Brow Chakra and whatever other centers are most in need. Still evolving along with us. Fragile, avoid salt cleansing.

**Lapis Lazuli:** Solid, medium to dark blue. Contains gold pyrite and calcite inclusions. In meditation, opens Brow Chakra: higher guidance, intuition, and connection to higher self, overview, and decisions for good of all. Organizes, quiets mind. Opens Throat/Thyroid Chakra: Self-expression, writing, creativity, dream insight., anxiety, restlessness, insomnia, autism, shyness, nervous system; MS, speech, hearing, pituitary, DNA, lymph, inflammation, pain (especially head), protection.

**Larimar:** A gentle, soft, sky-blue Caribbean healer. Brings tranquillity of water/sea and air to heart and mind. Soothes and uplifts hurt, fear, depression, pain of life, changes with love. Self-expression, patience, accepting-ness, simplicity, creativity, artwork. With red spots: helps gentle people be assertive. Cools, draws out inflammation, fevers, sunburn heat. Especially helps the creativity and Throat Chakra. (shoulder, thyroid, nose). Pleasantly uplifts the heart and eases stress.

**Lazulite:** Yang stone for peace and tranquillity. Useful in any negotiations.

**Lepidolite:** Lepidolite is a lithium-mica. It is high in lithium and was originally mined for the mineral. Solid lavender to soft pink, dull, sparkly. Calms and relaxes. Gently eases intensity of feelings, stress, mood swings, depression, manic-depression, self-criticism, anxiety, addictions, worrying. Brings hope, relief, gentleness, self-love, patience, self-forgiveness, unworried sleep, mental/emotional balance, and well being. For master gland and immune system, skin, DNA. Balances Brow Chakra with new spiritual love. Fragile; salt water cleanse may cause it to break apart.

**Lithium:** Useful for meditation. Balancing and calming stone full of power.

**Lodestone:** (Magnetite, Iron.) Metallic black, natural magnet. Related to (and works like) hematite for grounding, clear thinking, focus (detail work, decisions, etc.). Electro magnetically pulls toxic blocks and pain from energy meridians, pancreas, and lower glands.

**Malachite:** Steady pulsing electromagnetic energy. (High copper content) Malachite

and azurite are the same chemical, practically, Copper Carbonate. The only difference is the ordering of the elements in the molecule. On brow: Stimulates physical and psychic vision and concentration. The Egyptians used green Malachite paste for eye makeup, calling it Udju, they believed it gave them psychic protection: Stomach, liver, kidney stones, lungs, immune system, radiation, MS, circulation. Powerful healer with azurite or chrysocolla for healing: Releases and draws out pain, inflammation, depression, anger; heals blocks. Protects well by powerfully cleaning the auric field, rapidly absorbing undesirable energies, including: computer, TV, and other radiation, etc. Place in the 4 corners of a room to cleanse carpet toxins/gases.

**Marble:** Cool calcite base. Promotes universal love. **Mariposite:** Helps us adapt to new situations easily. **Meteorite:** Usually solid, dull, mottled, brownish to black. Noniron varieties amplify thoughts/telepathic sending/receiving, greater awareness, and some connection to extraterrestrial life. Odd/unusual energy, best used by those drawn to them.

**Microlite:** See Amazonite.

**Moldavite:** Greenish to brown-green Tektite (fell to earth). Dull outside, deep clear green inside. Powerfully expands psychic ability, channelling. On Heart Chakra. Eases longing to leave earth. On pillow, brow, and crown: Telepathic access to spiritual laws, info from higher regions/planes to help us and Earth to be healthier and more spiritual. An intense meteorite helping people incarnating from elsewhere be more comfortable here on earth (reducing asthma, toxin sensitivity, emotional intensity, epilepsy...)(May make some too spacey; be sure to ground self after use and before driving). Fragile - Don't salt cleanse! More rare, expensive and powerful than a plain "tektite."

**Moonstone:** Feldspar (contains aluminum). Translucent with white, pink, yellow, soft sheen. Soothes stress, anxiety, women's hormones/menstrual imbalance, and lymph. Enhances intuitive sensitivity via feelings and less overwhelmed by personal feelings. Greater flexibility and flow with life. Connects 2nd and 6th Chakra and Pineal for emotional balance, gracefulness. Helps all be more comfortable with our gentler feminine/yin receiving side. Especially for water signs.

**Morganite/Pink Beryl:** Related to Emerald and Aquamarine. Clear/soft pink to violet, translucent to clear. Inspires spiritual lovingness, compassion, equality, upliftment, empathy, and patience. Spiritual Heart Chakra. Also heart, lungs, breathing, throat, oxygenation. One of the highest frequency stones available.

**Mother of Pearl (MOP):** Beads/decor made of glossy pearly inside of pearl oyster shell. (Isn't a stone) Carries the gentle, peaceful healing energy of the sea. Relaxes, soothes emotions, sensitivity, stress.

**Muscovite:** This stone is very useful for a person who's wish it is to contact their spirit guide.

**Neptunite:** Belongs to those of us who serve the community. It aids development of communal works that are stuck in a rut.

**Obsidian:** Volcanic glass which cannot be used for evil.  
Smoky. Helps with hearing defects.  
Black. This is the Wizards stone and much prized.  
Golden. For protection and invigorating.  
Green. Use with other stones to heal and charge them if they have been misused.  
Rainbow. contains the essence of the joy of life in all the colors.  
Mahogany. Reduces tension especially if stroked.  
Snowflake. Use for astral travel and clairaudience, absorbs negative energy and

therefore is used to cleanse before crystal healing.

**Okenite:** Delicate and beautiful in itself.

**Onyx:** Balances and grounds, good stone for protection. Absorbs and flattens emotional intensity. Androgynous. Can't retain healing energy very long.

Black: Root Chakra. Grounding.

Green: Heart Chakra.

Yellow: 3rd Seriousness, logic.

Blue: 5th Chakra. The more translucent/clearer ones are more effective.

**Opal:** A silicate. Contains water, correlating with our emotions. Clarifies by amplifying and mirroring feelings, buried emotions, desires (including love and passion). Less inhibition, more spontaneity. Crown and Brow Chakra. Visualization, imagination, dreams, healing. Easily absorbs, stores emotions and thoughts. Fragile. Fades/cracks in sun, heat, salt, acidic foods. Moisten frequently with water or oil. Some cancel/negate other gems. (backfires if not used for good of all) May change color with high energy/intensity people. White: Balances Left and Right. Brain. "Black"/dark blue: One of the most potent. Fire Opals: May stimulate passion, temper, and energy.

**Orthoclase:** Useful in meditation.

**Peacock Ore:** chalcopyrite. Bornite: Called "The stone of happiness" because it can do so much. Excellent healing stone that also protects us from all negative energy. Helps us to let go of the old and gives great insight into the new.

**Pearl:** White: Symbol of pure heart and mind; innocence, faith. Of the sea, it has watery and lunar elements, thus balancing emotions, especially for water signs. Absorbs thoughts, emotions. For Solar plexus Chakra (digestion, stomach, immunity) and emotional stress. Low integrity or anger rebounds to user (like Opal). Cleanse frequently. Fire signs less compatible unless drawn to Pearl. May cool and soothe. Gold and Black: Also for prosperity. Pink: Works especially with the Heart Chakra. Pearls best without other gems. Divers wear for shark protection.

**Pecos Diamond:** Peach pink it looks a bit like Rose Quartz but has some different properties. Used to stabilize the emotions, it also promotes Love and a better understanding of your own true path in life. Comes from the Peco River Valley in Texas.

**Peridot:** Clear bright green/green-yellow. Clears Heart Chakra, pathway, strengthening breath of life, prosperity, growth, and openness. Used by Egyptians, Aztecs, and Incas to gently cleanse and heal the physical heart. (lungs, lymph, breast) Yellowed gems also for Solar Plexus Chakra (stomach, liver, adrenal...) helps understand relationships, other realities Alleviates depression, anger, fear, jealousy, anxiety.

**Phenacite:** (Phenakite) Milky white to clear crystal. A powerfully loving, healing, spiritual stone newly more available. Clearer stones intensely opens 3rd eye, Crown and Transpersonal Chakra as a white light channel. Clairvoyance/spiritual communication, meditation, astral travel. Energizes meridians and healing of other stones.

**Prehnite:** Utilized for meditation. Enhances the ability to make contact with unseen entities. Multiplies/increases energy and strengthens ones protective fields. Considered the stone for dreaming/remembering. Increases ability for prophesy. Allows inner knowing. Powerful stone, not to be taken lightly. Increases accuracy with predictions.

**Picasso Stone:** A type of marble limestone which is said to help strengthen bone and tissue. Also good for finding oneself and choosing the right direction in life.

**Platinum:** This metal is the closest match to Electrum the metal of the Ancient Rods. Charges Yin energy.

**Purpurite: Pyrite/Fool's Gold** one of the most grounding stones in use today. Used for focus, practicality, logic, memory, clearing fuzzy thinking/scattered thought etc. Like Hematite it helps the Yellow Chakra: Stomach, intestines, ulcers; sulphur and mineral assimilation, circulation, body acidity imbalances, depression, illusions/lack of clarity about situations/people. Great for grounding spiciness after meditation/psychic readings. Represents Sun's golden energy.

**Quartz "Rock Crystal":** Clear, many forms and colors! Probably the most versatile multi purpose healing stone. Easy to cleanse, store info/energy in, program or amplify energy and healing with. Can both draw and send energy. Powerful clear ones open Brow, Crown, and Transpersonal Chakra for meditation, sending/receiving guidance. Stimulates natural crystals in body tissues and fluids to resonate at new healing frequency. See also many other stones (Amethyst, Tiger's Eye...) India: Detected food poison by clarity change. Yin or Androgynous. Works with all chakras and master gland. All With Chlorite: Powerful for sending and advanced specialized uses. Blue (Or grey/lavender): A good healing stone for linking heart with Throat and Brow Chakra to expand self expression and creativity, plus refining communication skill to new levels. Eases throat tension. Immune system, thyroid, iodine and B Vitamin use. Some say shining light through Blue Quartz can help reduce need for glasses. Still evolving. Yin.

**Rose Quartz:** Translucent to clear Pink. Love, beauty, peacefulness, forgiving, lovingness, self-love, emotional balance. Soft. Gently soothes and warms heart center. Emotional healing, loss, stress, hurt, fear, low confidence, resentment, anger. Slowly eases childhood traumas/neglect/lack of love, low self-esteem. Cleanse and recharge often. Especially if fades. Aligns mental, emotional, and astral bodies.

**Quartz Rutilated:** Clear Quartz with metallic, golden rutile, copper, or blue/grey titanium fibers that powerfully electrically conduct and amplify energy/thoughts/programming for healing. Intensifies/deepens altered states. Opens Crown/Brown Chakra for meditation, clairvoyance, telepathy, and insight. Some make one too spacey or scattered to wear. (Induces Alpha) Stimulates immunity, strength, blue corona, imagery, and dreams. Golden fibers may increase radiation protection and health rejuvenation. Each stone's energy/qualities are unique. Androgynous.

**Quartz smoky:** 2 kinds: 1.) Smoky, root beer, or chocolate-colored clear crystals. The clearest, most intense ones powerfully open the Crown Chakra crawling light down the Root Chakra, inducing Alpha/deep meditation for channelling/higher guidance, deep relaxation, lovingness. Ancient use also to stimulate meridians, kundalini, and correct fertility/PMS/reproductive imbalance. Stores info well. Alleviates fear, anxiety, depression, emotional Dense, dull, solid/semi solid black/brown, less attractive. Very grounding, opposite of other smokeys. May feel dense, heavy, non conductive many were irradiated to turn them this flat, dark color with white edge of base. If so, they're not useful for conducting light/healing, thus less useful for wearing or healing.

**Rhodochrosite:** Solid to clear pink. Gentle, yet probably the most vibrant loving stone to heal the Heart Chakra, especially for giving/receiving love. Also for loneliness, loss, heartache, fear, insecurities, inner-child issues, abuse, and incest.. Helps self-forgiveness and trust issues, spiritual and self love, desire to live, purpose. Best worn 24 hrs. a day. Electro magnetic. Stronger than Rose Quartz. Solar plexus, stomach (anxiety), food addictions, anorexia, asthma, eyesight (especially emotional not-seeing, to avoid pain). Thymus. Open the hand healing Chakras. Specialized uses to detox/heal blood, liver, cancer.

**Rhodonite:** Pink, black inclusions. Works with Heart Chakra; helps us express confidence and lovingness on physical plane in day to day ways. Calms and feeds the soul through the heart.. Soothes nightmares. Stress, heartache, loss, etc. Very good for speech and hearing problems. Eases Asthma suffering.

**Rubellite/Red Tourmaline:** Strengthens, grounds/rejuvenates, warms. Unites heart and body for love, courage, passion, energy, stamina, and steadiness. High Lithium content (thus pink/red color) brings emotional balance, lovingness, and devotion in a down-to-earth way. Balances body's electro chemistry. Heart and Root Chakra. Helps detach from personal pain. Releases reproductive, blocks; stimulates fertility. Used to strengthen and detox blood and immune system and to ease radiation effects. Yang.

**Ruby:** Red Corundum. Contains chromium (blood sugar balance). Warms, energizes after exhaustion. Strengthens physical and emotional heart (4th chakra), love, courage, confidence, vitality, stamina, strength, leadership, and success over challenges. Intensifies all emotions (passion, jealousy, impatience, love...) Attempted use for pressure/control (for love) backfires onto user. Used for reproductive/root Chakra; infections, cholesterol, clots, blood detox (alcohol, caffeine), sexual blocks. Stimulates circulation, menses, and pituitary healing the earth.

**Sapphire:** Corundum. Blue, green, pink, purple, clear. Related to Ruby. Blue: Communication, insight, intuition, clairaudience, inspiration, spiritual prayer/devotion, peacefulness. Pituitary and Thyroid. Detoxing skin, body. Anti depressant. Cools, contracts, soothes, thus reducing inflammation, fevers, and nose bleeds. Hearing problems, TB, burns, etc. Nervous system (& Epilepsy) and meridians. Strongest if next to skin. Especially Throat Chakra. Also: wisdom, will, centering, and cheerfulness, luck. Reduces radiation effects, anxiety, and procrastination. Some effects subtle. Black: more grounding. Protection. May strengthen by posing challenges to overcome.

**Sardonyx:** A type of chalcedony/onyx which is said to be a stone of great virtue. Honesty is the main one but enhances all the senses.

**Satin Spar/Selenite: Translucent/opaque from Gypsum group.** A Gypsum. White/clear striated crystals. Mental focus, growth, luck, immunity, kundalini. Centuries old record keepers of events/information. Smooths emotions. Holding crystal, visualize it bringing white light/energy (higher ideas/consciousness) from transpersonal point above head down through body, out through feet into earth/physical plane. Place on 3rd eye for stored info. May help physical and emotional letting go. Repro; spine and nerve system, emotional and athletic flexibility. Sends healing to the earth. Expands sensitivity, field of awareness.

**Serpentine:** Clears the Chakras and is excellent for enhancing meditation.

**Schorl:** Black Tourmaline

**Silica:** "Gem Silica": The highest, purest form of gem quality Chrysocolla. One of the highest evolved blue-green stones. (Also see: Chrysocolla.)

**Silver:** Excellent for mental, emotional, and physical releasing and cleansing. Works on mind/emotions to see overview, emotional balance, patience. Like the moon's energy, it has gentle, cool, smoothing effect. Thus it reduces inflammation, fever, and nervous system stress. Best with the gentler, cooler-colored gems. Works with pituitary and upper energy centers. Generally Yin. Wear the metal that you feel attracted to.

**Smithsonite:** Light blue, pink, or lavender fuzzy bubbles. Harmonizes and aligns Heart, Throat, and Brow Chakra for smoother communications, leadership,

perceptiveness and depth in relationships, and expansion into new areas. Meditation clarity, and receptiveness. Insight via dreams, dream recall. Versatile; Historically works well in many areas, especially Throat Chakra, nose, lymph, immunity; tissue elasticity. Chakra corresponds with stone color.

**Soapstone:** Easy carving stone used for ornaments. **Sodalite:** General communication and writing stone. Logic, ideas, truth. Balances body energy levels via thyroid, pituitary, lymph, and other glands. Helps Throat Chakra, insomnia, neck, mouth, hearing, blood sugar, etc. Cooling and drawing for infections, burns, sinus inflammations, high blood pressure, etc. Still evolving.

**Spectrolite:** See: Labradorite

**Spinel:** Blue, green. Calms and alleviates stress, depression. mental rejuvenation. Most commonly used to aid in detox (together with fasting, enemas, and alcohol/chemical detox of blood and organs, including skin). Red: Also for strength, kundalini.

**Sphene:** Titanite. Staurolite/"Fairy Cross": Brown/grey, cross like extrusions. Represents four elements and joining of spirit with earth/matter. Spirituality, compassion, allowing ness, dis-attachment; Focus centered on the Here and Now.

**Stilbite:** Pale pink/grey/white. Pink is especially helpful with loving, creative energy, accepting ness, allowing ness, letting go, manifesting May vivify/heighten physical senses, esp. taste. Detoxifies. Gentle self-expression.

**Socialite** ( Ululate/Royal Adele): Solid, purple. Important healer's stone used to gently draw out pain (headaches too), inflammation, stress, dis-ease, toxins, and emotional blocks. Protects; Absorbs and dissolves anger, hurt, unwanted energies. Is placed on Brow to alleviate depression/despair, stress. Brings spirit/light into physical body and heart for healing. Balances adrenal, pineal, pituitary, left/right brain. Peace of mind, well being, spiritual love. Androgynous.

**Sulphur:** Solid/clear yellow. Rejuvenating, especially if one does a great deal of thinking/mental wk and little physical exercise. Mental clarity, focus, analysis, understanding, will power, discipline, confidence. Used in Egypt and modern hot springs/baths for arthritis, pain, rheumatism, swelling, lymph, cysts, and hemorrhoids. Traditionally very healing for wounds, cleansing and healing skin, sinus, pancreas, liver, syphilis, appendix, indigestion, insomnia, depression; Strengthens endocrine glands. Found in garlic, mustard, chives, onions, horseradish, etc. Repels garden bugs.

**Sunstone:** Aventurine feldspar with gold-orange metallic sheen. Warms the heart and lifts/rejuvenates the spirit. Protection, life force, grounding.

**Tanzanite:** Rare, Clear, blue-purple-violate Zoisite crystal. (Use clear ones for healing meditation.) Placed on brow, it powerfully opens brow plus Crown centers for clairaudience, visions, spiritual connect-ness, protection, manifesting. Helps expand our physical and mental seeing, hearing, hair, skin.

**Tektite:** Assists knowledge, as it is extraterrestrial in origin. Strengthens the energy field.

**Thulite:** zoisite. Brings a better understanding of yourself, so that you can gain a true insight into your true purpose in life.

**Tiger's Eye:** Chalcedony Quartz Cat's Eye. Yellow-gold. Confidence, will power, clears thinking (and thus speaking), personal power in life. Yellow/Solar Plexus Chakra. (Not

as strong as citrine or Topaz.) Works on Mental plane: amplifies thinking and manifesting what you think about (careful)! will. Helps separate thoughts from feelings, so centered, less emotional. Digestion, stomach, anxiety, ulcers, bones. Rub with essential oil on Front. bottom for blood detox. Use with malachite or pearl for mental/emotional balance, understanding. Helps change anxiety, fear and obsessiveness into practicality, logic. Yang. Green or Blue: See Hawk's Eye.

**Topaz:** Golden or pink/"Champagne" Crystal. Golden: The most powerful, electromagnetic of yellow/solar plexus gems. A strong, steady, high level gem for mental clarity, focus, perceptively, high level concepts, confidence, personal power, stamina. Helps mood swings, insomnia, worries, fears, depression, exhaustion, nervous system stress, and stomach anxiety. Also works somewhat with the Crown Chakra. Liver/pancreas detoxification, blood sugar balance, tissue and backbone strengthener (physically and emotionally). Radiates warmth, sun/light energy, and protection. Excellent for water signs, teachers, excess work stress, manifesting, higher-self connection. Brings emotions and thinking into balance. Pink and Champagne: Works also especially with the heart for love, spiritual compassion. Blue: Alignment with our higher self, creative expression, writing, focus on your path.

**Tourmaline:** A powerful, electromagnetic, striated gem. Strengthens body and spirit (and meridians), transmutes lower frequency thought/energy to a higher frequency of light and brings light/spirit into the physical. Radiates light protection for wearer. Clears higher frequency, effectiveness. Especially for nervous system; blood/lymph toxins. Black: Powerfully deflects/shields against unwanted or dark energies, especially for sensitive people. Grounds spiritual/light energy into Root Chakra, for centered-ness amid chaos. Neutralizes fears, resentment, neurosis, obsessions, intestinal or spine energy blocks, toxins, constipation. Place at feet, knees, or base of spine for groundedness during/after healing. Radiation protection.

**Blue (Indicolite):** Wonderful for aligning with higher self for deep insight, vision, intuition, mental peace, patience, nerve system. Throat Chakra Green: Taking heart, will to live, life force, prosperity, compassion. Energizes Central Nervous System (for neuralgia, migraine, burns, etc.) Opens/heals physical and emotional Heart Chakra. Lungs, asthma. Cleanses meridians and blocks, stimulates new growth, rejuvenates heart, lymph, immune system. Thymus and entire body health. Yang. Pink: Emotional and spiritual love, healing loss, emotional pain, fear, self-gentleness (especially with severe illness like cancer, emphysema). Best in combination with counseling. Most powerful together with Kunzite or Rhodocrosite. Self-love, compassion, release of old hurt. Trust. See Rubellite. Watermelon: (Red/pink and green) Brings together compassion, passion, depth of heart with life force and groundedness (red). Emotional and spiritual love (light pink) expressed in the physical heart (Green) Excels for immune system and life-threatening illnesses. Balances metabolism, endocrine system; harmonizing. Empowers other tourmalines. Yin/yang balance.

**Tsavorite:** Rare stone which is much akin to grossular garnet. Helps a person to find inner knowledge and connects with spirit on the top levels.

**Tugtupite:** Helps give self confidence and remove feelings of revenge or regret. good stone for the heart chakra.

**Turquoise:** Light blue/blue-green. A good general healer for all illnesses and excellent conductor (high copper). This gentle, cool, soothing stone is a Native American classic. It opens the Throat Chakra, for open communication, creativity, serenity, spiritual bonding, upliftment; Opens the Heart Chakra for giving/receiving. Symbolizes our source (spirit/sky) and spiritual love for healing, help. On brow: Psychic connection to Great Spirit. Strengthens and aligns all meridians, chakras, and energy fields. Like amethyst, it protects and detoxes from alcohol, poison, pollution, x-ray/sun radiation. Ancient absorber of "negativity"; protection from "evil eye." Brings wisdom. Helps anorexia, headache, fear, etc. Throat, lungs, asthma, infections,

teeth, TMJ, hearing, high blood pressure, creativity block, depression. Dull, paler, weaker. Works well with Chrysocolla, best with Silver. Used for healing on every continent! Androgynous, balances yin/yang. Fades in sunlight, sweat, oil, and dishwater. Avoid bleach/chlorine!

**Ulexite:** ("TV Stone") White/Translucent. Insight into self and others; seeing solutions to difficulties. Somewhat 3rd eye opening. Some find it helpful for amplifying dreams, imagination, imagery, fantasy states for creativity (not recommended if addictive or escapism tendency). May fall apart if soaked in water.

**Unakite:** We often think of the emotions as originating and residing in the heart, but another place where they live, often imprisoned, is in the solar plexus. As young children, discouraged away from the full expression of our emotions, we learn that shallow breathing helps us not to feel as much. The repression of feeling can become automatic, and life, while perhaps less painful, also has less joy. Unakite can be very helpful in the steady release of feelings long held in. An opaque coral and olive-green stone (two colors associated with the solar plexus), it consists of three minerals: feldspar, epidote, and quartz. When one is supported by deepened self-esteem and self-awareness, it is easier to allow old feelings to arise so that they may be released. Unakite lends another element to self-awareness. In working with this stone people have noticed that they were able to go deeper than the physical symptoms of an illness and understanding the mental and emotional sources for it. It is also believed to help release conditions, which have been inhibiting personal growth.

**Unakite:** Used for enhancing weight (such as muscle) and other chosen parts. Very useful for pregnancy as it promotes the health of the mother and baby. It works on a higher plane than the physical, going beyond into the Spiritual world to find the true cause of disease and discomfort.

**Uvarovite:** Green garnet. Used to give greater precision and understanding to the intellect.

**Vanadinite:** Enhances meditation and promotes the conservation of wealth or energy.

**Variscite:** Solid cool, pale green. eases depression, fear, worry, anxiety, impatience, stress of a hectic/pressured day by bringing calm and stillness to even the most busy/talkative mind, thus a good meditation stone. Works on astral and etheric level for healing via the nervous system (Central Nervous System) and at DNA level. Centers the Solar Plexus and Heart Chakra; also slightly helpful for intuition center. Skin and blood vessel elasticity, impotence/male reproductive healing.

**Variscite:** Gives courage to the carer to continue with the treatment of the sick and elderly and promotes understanding and help with that difficult task.

**Verdite:** The Ancient and helpful can connect with the owner of this stone to bring help and understanding for the good of all.

**Vivianite:** Used to bring beauty to the wearer.

**Vogesite:** is a form of Jasper. It comes from South Africa. It is a multicolored jasper/chalcedony with patterns and swirls of golden yellow, reds, olives, browns, and ivory.

**Wavellite: Worry/Stress Stones** This is not one particular kind of stone, but usually any crystal that is sliced into a thin piece and often has a groove carved into the stone for the thumb. Worry stones are great to use in a stressful situation. You simply rub the flat stone with thumb and forefinger. It is said that the stone will

absorb the stress from your body the more you gently rub the stone. Stones that are easily cut, such as agate, onyx, and quartz, make great Worry stones

**Wulfenite:** Translucent yellow to red, mostly orange crystal. Invigorates and harmonizes emotions, passion, appetite. Warms and grounds. Helps us get in touch with feelings. Used for healing and warming reproductive (especially women's). Spleen and yellow chakras, and digestion/nutrition assimilation. Cleanses and uplifts emotions, muddiness, stuck ness or imbalance in spleen.

**Zircon:** Known as "The stone of virtue" All colors. Clear, colorless, natural form: Works with the Crown Chakra and transpersonal point (and pituitary and pineal) for Universal Truth, intuition, durability, steadiness, integrity and connection with "All That Is." Eases depression, insomnia. Also historical poison detoxifier. Man-made (cubic Zirconia or "CZ") is not nearly as strong/effective as natural. "Pink Ice" is pink CZ.

**Zoisite:** Green with red streaks of ruby. For trust in the universe, releasing fears. Strengthens heart, energy/adrenals and reproductive Chakra. General health

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Did you know that they find new crystals and minerals every year?

A new mineral which has just been found will be formally named **Jadarite** when it is described in the European Journal of Mineralogy later this year.

**Jadar** is the name of the place where the Serbian mine is located.

This white mineral contains boron and lithium, which is used in some batteries to provide power and energy.

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