

ACTINOLITE - balances yin / yang, protection, raises vibratory rate - A PHENOMENAL SHIELDING DEVICE

AEGRINE - helps you get through hard times, aids in recognition of Personal Truth, gives you strength of your convictions
- STONE FOR ENERGY GENERATION

AMAZONITE - aligns astral bodies, unity with life, enhances creative expression, calms emotions, regulates metabolism, (liver) reduces cramps - STONE OF HOPE

AMBER - eases pressure, easier to make decisions, connects to nature, transmutes negative energy, positive, uplifting - HEALS THE BLOOD - PURIFIES THE BODY

AMETRINE - disperses negativity, releases blockages, stabilizes, frees us from fear of change, helps to relieve allergies, connects our knowledge with our wisdom and with our personal guides

AMETHYST - helps to "let go & trust", one of the best stones for meditation - AMETHYST IS HERE TO TEACH HUMILITY, spirituality, contentment, third eye stone, repels negative, helps eyes, liver, pancreas, intestines & lungs - AURIC CLEANSER, balances energies of the intellectual, emotional & physical bodies, amplifies healing energies, reduces tension & headaches - FOCUSES THE VIOLET RAY

AMMONITE - FOSSIL in the shape of a slug or snail, shows proportions of the sacred spiral, helpful in birthing, provides stability, eases depression - ASSISTS IN FINDING ONES CORRECT PATH

AMOLITE - gem quality ammonite, properties of ammonite plus insight, protection and stimulates architects or builders - ALBERTA'S GEM STONE

ANGELITE - protects from negativity, strengthens degenerate organs, excellent for creative people, provides spiritual awareness
- STAIRWAY OF LIGHT

ANGELSITE - used to assist in channelling or contacting entities on "the other side", a loving mineral which allows for open communication - HELPS BRING FORTH DREAMS INTO REALITY

APACHE TEARS Obsidian - grounding, comforting, dissolves shocks, fears, blocks and traumatization, relieves pain, expands consciousness
- PROTECTS AGAINST PSYCHIC ATTACK

APATITE - any weight (obesity or anorexia) or food allergy problem should be treated with apatite, also used to stimulate intellect, enhance creativity, develop clairvoyance, clairaudience, clairsentience and the awareness of the devic worlds, helps in meditation. Apatite is for proper metabolizing of nutrients, reflection and raising Kundalini - oneness with higher self - CLEARS MENTAL CONFUSIONS

APOPHYLLITE - provides contact to higher dimension and universal love, used to facilitate astral travel, helps in remembering dreams, connects to spirits of the land, - INCREASE INTUITIVE VISION

AQUA AURA QUARTZ - combines properties of Gold and quartz, releases negativity from emotional, physical and spiritual bodies, activates other minerals for healing, stimulates, throat and third eye chakras - AN INTENSE ENERGY

AQUAMARINE - emanates peace, refreshes spirit, inspires and uplifts, integrates our past with our future - STONE OF COURAGE

ARAGONITE - heals base chakra, allows for insight, aids self discipline if directed, nourishes adrenal & pituitary glands - CALMS & CENTRES

ARROW HEADS - recently made in the south west Unites States, comes in sandstone and obsidian, used as totems, in medicine bags and as ornaments

AVENTURINE - independence, strong legs, joints & heart, helps in career change, stimulates dreaming & relaxation, aligns & balances
- MAGNIFIES DIVINE BLUE PRINT

AZURITE - guidance to the "psychic self", enhances communication, cuts through illusion, brings forth creativity - STONE OF HEAVEN

AZURITE BLUE BERRIES - cuts through illusion, enhances communication & meditation, liver & thyroid stimulant, aids detoxification - GUIDANCE TO PSYCHIC SELF

AZURITE - MALACHITE - combines properties of both minerals, deepens meditation in order to be reborn in the light, stimulates liver, detoxifies and releases cramps, and gall bladder problems, initiates transformation and helps release suppressed emotions

BERYL - includes aquamarine, emerald, goshenite, heliodor, morganite and golden or yellow beryl. Golden Beryl represents purity in all aspects of all planes of being, promotes the will to succeed with confidence, is a mental balancer, stimulates clairvoyance, telepathy, foresight and astral travel - BERYL IS TO AWAKEN THE PSYCHE TO ITS SKILLS AND EDUCATION

BI-COLOUR TOURMALINE - usually green or blue and pink; Green increases success, attracts prosperity; Pink - joy, peaceful change enthusiasm, strengthens the heart physically and emotionally

BLACK TOURMALINE - used to both repel and protect against negativity, helps one deflect feelings of doom and gloom, helps lung problems and dealing with air pollution, grounds and anchors one in the physical body, used for arthritis, dyslexia, heart disease, anxiety and disorientation as well as balancing adrenals, helps protect against cell phone and electromagnetic smog - A BASIC STONE FOR THE FIRST CHAKRA

BLIZZARD STONE - magnetic qualities protects our fields, helps us cope with computer stress & worry - HELPS TO RECALL PAST LIVES

BLOODSTONE (Heliotrope) - aids in decision making, prevents high blood pressure, cleanser of the body, blood & liver balancer
- BRINGS GOOD FORTUNE

BLUE CHALCEDONY - balancing the energies of the body, mind, emotions & spirit, enhances generosity, responsiveness & receptivity
- THE CRYSTAL OF DIPLOMATS

BLUE JASPER - helps to stabilize emotions, accept the self unconditionally, releases spaciness - MOTIVATES FROM APATHY TO ACTION

BLUE LACE AGATE - arthritic conditions, strengthens skeleton, expands consciousness, leads to spiritual maturity & inner attunement -

BRINGS ANGELIC ENERGY

BLUE QUARTZ - produces a comforting resonance, generates composure, helps release introversion and fear, attunes to connectedness of others, activates throat chakra to help one speak over mind - HELPS DISPEL DEPRESSION, CONFUSION AND FEAR

BRECCIATED JASPER - balances and strengthens, provides power and courage, allows one to see in the interconnectedness between all worlds, used on eyes and bacterial infections, helps during maturation

BOJI STONES - aligns all subtle bodies, balances and aligns chakras, draws out pain, removes energy blockages - PRODUCES A CIRCULAR ENERGY FROM CROWN TO BASE

BORNITE - see Peacock stone

CALCITE - balances mental and emotional, aids memory, teaches adaptability and learning for learning's sake - STONE OF GROWTH AND CHANGE

CALCITE Blue - helps with memory and concentration, good for students who struggle with school or during exams

CALCITE Gold or Yellow - stimulates second and third chakras, may help with bladder and internal infections, enhances meditation, brings in spiritual light and knowledge

CALCITE Green - excellent for anything connected to calcium: pains, broken bones, muscles and tendons, motivates - a mental healer, brings balance

CALCITE Orange - provides happiness, vitality and sexual energy, strengthens the second chakra, heals stomach, especially if connected to muscles, dissolves problems and maximizes potential

CALCITE Pink - often called Mangano - great for the heart and solar plexus, facilitates emotional clarity, calming for the whole body

CALCITE Red - strengthens the body, increases energy, uplifts emotions, aids willpower, opens heart chakra

CARNELIAN - releases sorrow, envy, fear, apathy & rage, past life work, clears blockages, balances emotions, promotes optimism
- GUIDE TO THE FOURTH DIMENSION

CANDLE QUARTZ - A STONE FOR THE LUMINARIES - aids in accessing ancient knowledge and putting it to use, a mansion for comprehension of our physical body, helps us discontinue negative self-fulfilling prophecies - A TRANQUILLIZING ENERGY

CATHEDRAL QUARTZ - used to balance intuitive sense and inner knowing, awakening the wisdom of the soul, a focus point for learning and enlightenment
- A MASTER CRYSTAL

CELESTITE - highly spiritual, clears mental clutter, enhances thyroid function, stress reduction, helps to adjust to higher state of awareness
- STONE OF ANGELS

CHAROITE - accelerates spiritual growth, enhances self-esteem & ability to love, helps us cope with change, reduces stress & worry, excellent to charge elixirs and potions - VERY HIGH VIBRATION

CHRYSANTHEMUM STONE - also called Chinese writing stone. This is a pattern not a fossil. Helps one understand the flower is always within the self, enjoy the now, bloom into your full potential, inspires, enlivens, eliminate jealousy and animosity - REPRESENTS HARMONY AND CHANGE

CHRYSOCOLLA - encourages balanced nature & self awareness, communication, female energy, relieves ulcers, arthritis & lowers blood pressure, for stress & tension release - CREATIVITY & INNER STRENGTH

CHRYSOPRASE - prevents depression, increases grace & equilibrium, balances energy; yin / yang, stimulates liver, detoxification & elimination
- PROMOTES INDEPENDENCE

CINNABAR - excellent in extracting energy blockages and physical obstacles, used for blood disorders and weight management, increases assertiveness, excellent for business, merchants stone - FOR THE STRENGTH OF THE HEART MUSCLE AND ITS VALVE FUNCTION

CITRINE - a gentle energy, builds confidence, develops the self-discipline to live in a higher awareness - THE MERCHANT'S STONE, aids focus & intuition, stimulates healing, removes mental blockages, cleans auras, detoxifies the body, aids tissue regeneration EMPOWERS FREE THINKING, attracts prosperity
- A POWER STONE OF THE AGES

CLEAR QUARTZ - stone of power, very programmable, amplifies body energy & thought, enhances life force, channelling stone
- CONNECTS TO SPIRIT - used for gazing into past & future, aids with anxieties of all kinds; loss, grief, death - SEER'S STONE

COLOURED AGATE - expands consciousness, soothing, wise, inner stability & sense of reality - PUBLIC SPEAKING

COPPER - conducts all energies well, removes discordant energy and helps light flow, stimulates initiative, optimism, diplomacy and independence, use with Quartz to enhance energy flow - HELPS RELEASE SELF RESTRICTION

CORAL - calms emotions, leads to inner tranquillity, use on bone and calcification, facilitates intuition and mystical propensities, helps communication with past spiritual masters - ACCELERATES THE TRANSFER OF KNOWLEDGE

DALMATION jasper - motivates us through apathy into action, helps one to experience life - CALLS ONE TO PLAY

DANBURITE - amplifies ability to channel and connects to inner guidance, assists self actualization, reminds us we cannot dominate anything - not even ourselves, connects us to the exact knowingness we need right now - STIMULATES INTELLECT - SHAMAN'S TOOL

DIOPTASE - attracts love, abundance, prosperity and health, encourages, enlivens and inspires - PRESENTS INTEGRATION AS HEALING

DESERT ROSE (gypsum) - earth healer, enhances love, stimulates teamwork, directs personal development and self improvement, keeps us calm in the storm
- REMINDS US THAT ALL THINGS ARE POSSIBLE

ELESTIAL QUARTZ - assists in comprehending life, levels of death, spirit and immortality, embodies the physical while aligning with the angelic, brings a sense of balance and well-being, elestial quartz purges through the darkness of the mind, enabling the revelation of truth and attunement to the celestial realms - A GIFT FROM THE ANGELS

EMERALD - eliminates negativity, enhances memory, quiets emotions, brings confidence & stimulates our Co-Creative nature
-UNITES US WITH BEAUTY

ENHYDROS - crystals with trapped fluid in which a moving bubble is seen, helps to initiate the coupling of imagination and practicality, a vibratory link to ancient creativity, demonstrates the integration of all forms; solid, liquid, gas; helps us to know we are more than we realize - A STONE OF EMPATHY

EPIDOTE - enhances personal power and perception to that which you can attune it, supports the thymus, gives joy to responsibility, adds clarity to focus, releases need for self defeating or distracting habits, allows us to be all of our possibilities and to embrace ourselves in all change - EPIDOTE REPRESENTS THE COMMITMENT TO FOLLOW THROUGH IN OUR EVERY ACTION

EUCLASE - inspires pride in accomplishments, helps one attain the ultimate, teaches one to “watch the stars”, excellent to enhance communication skills, stimulates crown, throat & heart chakras, helps realign body energy fields - STONE OF HAPPINESS

FERRO ACTINOLITE - stimulates creativity, access memories of Ancient Egypt, protective of the heart, strengthens self-worth, enhances life force - ASSISTS IN ASTRAL TRAVEL

FLUORITE - aids comprehension, strengthens teeth & bones, stabilizing & calming, dissolves blocks or fixed ideas, transmutes negativity - STIMULATES FREE SPIRIT

GARNET - transforms negativity, activates the life force within, enhances stamina, links our life force with practical determination
- STONE OF HEALTH & BUSINESS SUCCESS

GEODES - an ocho is a small geode, allows one to analyse the total picture prior to decisions, allows one to mould and shape ones future, used with weight disorders both anorexia and bulimia - THE ENERGY IS CONDUCTIVE TO FREEDOM AND INNOCENCE

GHOST JADE - “very rare” - a timeless stone, the stone of heaven, full of mystical properties, strongest stone to neutralize fear and anxiety, activates the body as a clear expression of spirit, activates wisdom to use knowledge - BALANCES EVERY SINGLE PART OF THE BODY

GOLDEN (Imperial) TOPAZ - centres compassion, develops curiosity and humour, stands for kindness and adaptability, provides energy, strengthens the intellect, acts to further the quest for the enlightened state- TOPAZ CHANGES NEGATIVE ENERGY TO POSITIVE - A SHIELD STONE

GOLD STONE - man made from glass and copper, provides confidence, strength and happiness - GOOD FOR CREATIVITY

GREEN TOURMALINE - transforms negative to positive, attracts prosperity, helps develop feelings of love and renews creativity, teaches us to see with the heart, holds the essence of the plant kingdom, helps healing plants and transfers energy from mineral to plant kingdoms, for treatment of blood sugar imbalances, is primarily for female use. A gift of Green Tourmaline by a female to a male will tend to drive him away - she should give him Pink Tourmaline, a green received from a male will make him seem more attractive - see Pink Tourmaline and the “Can’t Miss” Watermelon Tourmaline - GREEN IS FOR THE FEMALE OF THE SPECIES

HAWK’S EYE - aids self-understanding, helps develop your super human abilities at the physical level - EXPANDS THE MIND

HEMATITE - very grounding, promotes common sense & focus, level headedness, concentration & assuredness - STONE FOR THE MIND

HERKIMER DIAMOND - the neck, throat, larynx, voice box and vocal chords are all under its influence, stimulates clairvoyance, psychic abilities, amplifies miracles and infinite possibilities, connects into the source of bliss - HERKIMER DIAMONDS EMBODY CLEAR TRUTH AND THE ABILITY TO DELIGHT IN IT

HOWLITE - encourages emotional expression, increases ability to endure, comprehend and be discrete, fosters acceptance of others, proffers the value of service, flexibility and willingness to share personal resources, helps build compassion, reasoning observation and patience - HOWLITE EXEMPLIFIES THE JOY OF SERVICE

INFINITE - a loving angelic energy, strength through gentleness & tenderness, healing treatment of veins, pores & lungs, relieves chronic fatigue, pulls pain out of the body - THE HEALER’S STONE

JADE - facilitates peace within, promotes longevity, reduces eyestrain & negativity, enlivens inner images & dreams - GOOD LUCK STONE

JASPER - see Dalmatian, Brecciated, Orbicular, Ocean, Picasso or Starry

JET - absorbs negativity, helps one deal with fears, teaches trust, aligns the base chakra - A CALMING AGENT

KUNZITE - stress relief, emotional equilibrium, powerful peace, removes obstacles, conditions the immune system, fosters mindful activities, connects us to self nurturance, teaches us to give way without being untrue to ourselves and encourages willingness to serve - KUNZITE IS LIKE THE SERENITY PRAYER IN MINERAL FORM

KYANITE Blue - promotes clarity & understanding in dream work, enhances creativity, healing for emotional & mental relationships
- ALIGNS CHAKRAS

KYANITE Green - calms anger and hopelessness, teaches us to stand on our own centre stage and show our talents without shame, facilitates meditation - KYANITE DIRECTS US TO BE FULLY OURSELVES AND ALL OF OUR TALENTS

KYANITE & MICA - Rare - cuts through blocked chakras, promotes clarity & understanding in dream work, enhances creativity, corrects most imbalances, meditation tool, works well with Phenacite - A PSYCHIC SCALPEL

KYANITE & RUBY - protection and astral travel, an attunement stone, amplifies the positive and initiates Kundalini movement, allows for vocalization and resolution of basic difficulties or issues - VIBRATES TO MASTERS NUMBER 66

LABRADORITE - supports the path of the spiritual seeker, helps one to adapt to new energies and integrate new structure, enhances affirmation and visualization - RELIEVES DÉPRESSION

LARIMAR - activates the 5th chakra, confidence builder, reduces depression, builds serenity, dissolves energy blocks, stone for Earth Healing - THE GODDESS STONE

LAPIS LAZULI - evokes the wisdom of heaven and expands our insight on earth, for empowerment, releases and heals emotional wounds of the heart - STANDS FOR TIMELESS WISDOM AND FREEDOM

LEPIDOLITE - promotes self love & inner peace, alleviates stress, anger & tension, helps with nerve sciatica & joint pain - SUPPORTS BASE CHAKRA

LODESTONE (Magnetite) - enhances receptivity, provides guidance, aligns meridians of the physical body, for cramps, female problems, bladder & rheumatism - BALANCES MALE/FEMALE

MALACHITE - aids sleep, asthma & labour, intense & probing, stimulates inner imagery, IS MUCH MORE EFFECTIVE IF WORN ON THE RIGHT SIDE - STONE FOR TRANSFORMATION - LUCKY MONEY STONE

METEORITE - recommended during meditation as it encourages contact with distant worlds, telepathic connector, it emits a trusting energy, the metallic content chills therefore it is recommended for people who suffer hot flashes - REPRESENTS ENERGY OF OTHER WORLDS

MIMETITE - facilitates channelling situations, enhances communication/reception for clarity and precision, helps one be themselves, a protective stone - STIMULATES PRACTICAL INDEPENDENCE

MOONSTONE - calming, introspective, assists with emotional release & balancing, aids intuition & clairvoyance- OPENS US TO RECEIVE

MOQUI MARBLES - see Shaman Stones

MOSS AGATE - CONNECTS OUR HEART TO THE UNIVERSE, expands consciousness, harmony, self-esteem, prosperity, helps to communicate with plant & mineral kingdoms - NATIVE AMERICAN POWER STONE

NEBULA STONE - strengthens ones connection to higher cosmic forces, harmonizes chakras, increases vitality & spirituality - INTEGRATES CONFLICTING EMOTIONS

OBSIDIAN Black - used by Shaman to remove blockages from the body, induces creativity in all endeavours - HONES AND TUNES THE GIFT OF PROPHECY

OBSIDIAN Gold Sheen - amplifies sensations, grounds and eases focus on goals, helps attain communion with the source of all being - PROMPTS ONE TO HAVE BEAUTY COME FORTH

OBSIDIAN Purple Sheen - reveals the heart of problems, helps find a definition of ones path of action - ASSISTS IN BRINGING ONE TO AN ENLIGHTENED STATE

OBSIDIAN Silver Sheen - used by advanced Shaman for gazing, helps bring the advantage throughout life - STIMULATES SEEING YOURSELF AS OTHERS SEE YOU

OBSIDIAN Snow Flake - eliminates gullibility, offers detachment, very protective, brings balance & purity to body, mind & spirit - A STONE OF PURITY

OPAL - has been used to awaken both psychic and mystical qualities, helps understand higher intuition, furthers clear true spontaneous action - CAUTION - do not wear for extended periods of time as it can cause liver dysfunction. Opals should be worn on the RIGHT not LEFT hand for best results - A STONE OF HAPPY DREAMS AND CHANGES

OCEAN JASPER - see Orbicular

ORBICULAR JASPER - helps support pursuits based upon service, stimulates creativity and originality, increases attribute of patience, helps eliminate toxins and improve digestion - A SHIELD STONE FOR POSITIVE OUTCOMES

PEACOCK STONE (Bornite) - fresh new outlook on life, strong healing properties, energizes & balances, chakra activator - STONE OF HAPPINESS

PERIDOT - opens new doors, removes stress, fear, guilt, links us to unacknowledged parts of being, takes us to the heart of denial with happiness, calls to the shaman within to reveal itself - ACTIVATES PERSONAL GROWTH

PETALITE - helps connect with spirit guides, dissolves negativity and black magic, used in Vision Quests and medicine wheel ceremonies for strength and protection and sense of peace. Balances yin/yang and body, mind and spirit, enhance ability to feel energy in stones - THE STONE OF ANGELS

PETRIFIED WOOD - sensitizes to Earth and Nature, removes petty annoyances, imparts stability and belonging, presents balance and good health, holds old myth which guides the new reality - STONE OF INTEGRATION

PHENICITE - urges us to act on our unknown boundless perfection, highest vibrational stone on the planet, inner knowing, spiritual travel - INCREASES ENERGY OF OTHER STONES

PICASSO JASPER - a stone which accepts intense reasonability in the realm of protection, stimulates creative visualization - jasper REMINDS US THAT BEING ALIVE IS A WONDERFUL THING NOT TO MISS

PINK TOURMALINE (Rubilite) - strengthens insight and acceptance, emotional stabilizers, helps attain peace and understanding, tactfulness and independence, stimulates healing qualities of the heart, use for disorders of lungs, heart and digestive system, will help males be attracted to a mate so it is a great gift from a female to male. CAUTION - the opposite - a gift of Pink Tourmaline to a female from a male will drive her away - males should give green - the reverse is true - see Green Tourmaline and the "can't Miss" Watermelon Tourmaline - PINK IS FOR THE MALE OF THE SPECIES

PYRITE - soothes pain, encourages self realization, openness and honesty, eases anxiety, shielding on all levels
- INTEGRATES WITH INNER CHILD

PIETERSITE - unsurpassed for calming, dignified power & loving guidance, allows for recognition of divine potential
- ACCESSES AKASHIC RECORDS

PREHNITE - for heart chakra, balances chakras, enhances personal relationships, balances spiritual & mental levels - A HEALING STONE

RED jasper - strengthens the ability to survive, encourages taking responsibility for decisions, helps one to learn, to progress and to eliminate aspects of depression - MAY ASSIST MEN'S SEXUAL FUNCTIONING

RHODOCHROSITE - strengthens mental power, brings perspective of "universal love", unites conscious & unconscious - UNLIMITED LOVE

RHODIZITE - a stone that is neither negative nor neutral, this stone is truly positive and one of the few that needs no cleaning, Rhodizite gives one the ability to meditate with ease, brings stability to brain waves and levels out body acid and inflammation- TRULY A SHAMAN'S OR MAGICIAN'S STONE

RHODONITE - balances Yin & Yang, dispels anxiety, provides assuredness, helps one achieve greatest potential - OPENS HEART, GROUNDS LOVE

ROSE QUARTZ - helps bring out your inner truth, helps reduce weight & wrinkles, stimulates circulation & the heart, imparts empathy, encourages helpfulness, makes us gentle yet firm, supportive of the emotional body, encourages proper self-love, liberate from worry, helps fulfil elementary needs
- LOVE STONE

RUBY - aligns the lower spine, completely activates life force energy providing vitality and strength, encourages one to follow bliss, changing one's world to promote creativity, expansiveness in awareness and manifestation, a stone of happiness that keeps love relationship, provides economic stability - RUBY ENLIVENS US BEYOND HEALTH INTO BEAUTY - IT IS THE PHYSICAL, MENTAL AND SPIRITUAL SEX INFLUENCE

RUBY IN KYANITE - see Kyanite and Ruby

RUTILATED QUARTZ - guides instant communication between all life forms, encourages spontaneity, aligns mind and body, connects with energy fields
- REPRESENTS IMMEDIATE ENERGY OF ALL KIND

SAPPHIRE - comes in a variety of colours, clarifies emotions, helps self actualization, assists in healing all parts of the body, amplifies intuitive abilities and invites us to explore our own truths and capabilities - SAPPHIRE IS KNOWN AS A STONE OF PROSPERITY

SCEPTRE QUARTZ - Atlantean / Lemurian symbol of power, focuses energy within the heart, links our powers and responsibilities harmoniously, express male energy compassionately, use as wands to direct energy - INSPIRES US TO ACTION

SELENITE - flexibility, decision making, clarity, strengthens spinal column, access to past lives, balances body's electrical system - INTEGRATES DIMENSIONS - SELENITE REPRESENTS SIMPLICITY AND CLARITY

SEPTARIAN NODULE (also called Spectaria Calcite)- a clay, ironstone, calcite bond, enhances public speaking acumen, placed in the centre of healing, drumming circles, it assists in the direction of the energy of the minerals to penetrate the area which one desires to be healed, promotes survival and self healing abilities, activates turtle and beetle totems

SERPENTINE - protective & balancing, enhances balancing effect of other crystals, assists in use of kundalini - ENHANCES MEDITATION

SHAMAN STONES - Moqui or Mochi Marbles - iron and silicon concentrations, found on 5 continents in archeological sites, always in pairs, they bring forth the wisdom of the ancients when we most need them, used for visioning and for journeying, brings balance to male and female energies, they provide protection and clean areas used for healing while absorbing and transmuted negativity into good and useful energy, recommended for personal as well as environmental uses - MOQUIS HELP US TO RELEASE ANYTHING WE TAKE TOO SERIOUSLY - for more information see link to separate section of this site

SHARK'S TOOTH - collected from the ocean bed as sharks continually replace their teeth, use with fluorite for a runny, draining sinus, use with coral for a broken nose, also use as talisman in medicine bag or around neck, Shark's tooth is for the nose, sinus and nasal passages and works whether it is internal or external

SMOKY QUARTZ - relieves depression, tension, balances sexual, mental & vibratory energies - BUILDS A PROTECTIVE ENERGY

SNOW QUARTZ (Quartzite) - programmable stone, connects mind & physical, stimulates cooperation & tact, excellent support for LESSON LEARNING

SODALITE - healer of throat chakra, prophetic dreaming, endocrine system, eliminates confusion, supports higher creative expression, balances will - CONNECTS OUR TRUTH

SPECTARIA CALCITE - see Septarian Nodule

SPINE ARAGONITE - calms and centres, enlivens curiosity, connects our mind and our brain to old knowingness, assists with dyslexic patterns - HELPS MAINTAIN CONFIDENCE

STARRY JASPER- releases spaciness, to accept responsibility, increases one's patience - HELPS ONE "BE OF SERVICE"

STIBNITE - focuses on strengths and helps make decisions and encourages achievement of goals, protects against negativity, helps to remove toxins and remove the intrusive, clears old blockages and congestion, increases understanding between one and the animal and plant kingdoms, enhances the energy field - A STONE TO STABILIZE ONE'S ECONOMY

STRAWBERRY QUARTZ - stimulates the energy centre of the heart, balances connections between physical and subtle bodies and stimulates the psychic systems, helps us to find "the reason behind it all" - WAS USED IN ATLANTIC AND LEMURIAN HEALING CEREMONIES

SUGILITE - fortifies our "sixth Sense", an innate knowingness that defies description, leads us into our intuition, connects body and soul, helps heal the inner child, dissolves tension in the soul, alleviates sorrow and grief and helps with fears, paranoia and schizophrenia - A STONE FOR THE AGES, SUGILITE IS FOR SELF DISCIPLESHIP

SUNSTONE - dissipates fearfulness, increases vitality, spiritual growth, clears & energizes chakras - STONE OF LUCK

TEKTITE - increases awareness of all senses, enhances our ability to be present now, integrates future and past in the now, powerful tool to bring cosmic knowledge into the earth plain, facilitates remembrance of the larger reality - BALANCES MALE / FEMALE OF SELF - EXTREMELY POWERFUL

TIBETAN HERKS - stimulates clairvoyance and psychic abilities, soothes tension, encourages adaptability, stimulates remembrance of greater reality - CONNECTS TO THE SOURCE OF BLISS

TIGER EYE - for fatigue, gives an immediate energy boost or "second wind", helps achieve clarity, helps strengthen your light structure, opens physical to light - GREAT FOR BUSINESS - PSYCHIC PROTECTOR

TIGER IRON - combines qualities of Red jasper, Tiger Eye and Hematite since it contains them all. Focuses our power to create more and new life, encourages us to face our fears allowing us to feel capable in any situation, tones the circulatory and immune systems, integrating the body's and mind's empowering ways, helps to find havens of refuge when danger is perceived - CONNECTS US CONSCIOUSLY WITH OUR POWER

TITANIUM QUARTZ - helps to adapt the fourth dimension into the third, Titanium has the quality of flexibility and openness to your energy field which helps align with today's new energies - STRENGTHENS INNER BEAUTY AND REFLECTS IT OUTWARDS

TREE JASPER - activates healing & tissue regeneration, enhances a broader viewpoint, increases life force- STONE FOR INTUITION

TOPAZ - changes negative energy to positive, encourages self realization, suppresses fears, releases infections, tones immune system, a stone of true love and success in all endeavours, check books for particulars on various colours., stands for kindness, adaptability and gracious humour - TOPAZ IS THE KEEPER OF CLEAR, COMPASSIONATE COMMUNICATION

TOURMALINATED QUARTZ - a tool which produces a "solving atmosphere", eliminates crystallized patterns which may be destructive, aids in adjusting imbalance, has properties of Tourmaline & Quartz

TOURMALINE - promotes understanding & self confidence, balances male & female energies, the mind & the auric body, balances right/left side of brain, helps release the "victim consciousness", provides for protection from danger on the physical plane, Note: different coloured Tourmaline has specific traits - HELPS TO DIMINISH FEAR

TURQUOISE - friendship, mental relaxation, respiratory system, helps re-learn forgotten abilities, calming & protective - HELPS RESOLVE OLD KARMA

UNIKITE - may help find real reason for diseases and problems, balances and strengthens the heart area, acts on emotional body bringing it into alignment with higher forces of spirituality, drawing out hidden or forgotten powers, Unikite can help integrate and open communication between male and female polarities of self, may bring up difficult issues which other crystal energies will help to resolve - ENHANCES SENSE OF PERSONAL POWER

WATERMELON TOURMALINE - a super activator of the heart chakra, helps one appreciate nature and have self love, the green and red create a nurturing space for its opposite which eventually allows each to support a perfect balance, this enables self love and the love of others - TEACHES US TO GIVE BUT ALSO ACCEPT LOVE

ZOISITE - dispels laziness & idleness, clears, heals & transforms lower chakras, stabilizing, energizing, helps balance ovarian functions - BRINGS NEW AWARENESS OF YOUR POTENTIAL

CAUTION - DIAMOND WORN EXCESSIVELY ON THE LEFT HAND IS VERY RESTRICTIVE - BEST TO REMOVE WHEN NOT IN PUBLIC AND DURING SLEEPING.

ALSO - PROLONGED USE OF DIAMONDS AND PEARLS TOGETHER MAY CAUSE INSTABILITY