

WE NORMALLY HAVE SAMPLES OF ALL OF THE FOLLOWING IN STOCK.

They may be specimen, rough, tumbled, shaped or in jewelry. We will add items as we find more and ask you to contact us if you are looking for something not listed. We can often source it for you. As you can see we've added MANY NEW STONES and have not had time to post the properties but we wanted you to be aware WE ARE STOCKING THEM. Forgive us please if we are temporarily sold out of the item you want. The only items we will have pictures and prices for will be found under the Featured Products section of our website: www.ablecrystals.com. These will be special items of higher value so if you have a list of smaller items you want please email it and we will quote.

Disclaimer : The metaphysical and healing properties of gems and crystals outlined in this section are for inspiration and reference only. These properties are suggested by myriad sources and are their attitudes and beliefs. We do not necessarily agree with all the attributes suggested but offer this information as "that of common belief". In no way are is this offering meant to replace diagnosis or treatment by a qualified therapist or physician.

Content Source Disclaimer: The material in the crystal descriptions is a compilation of pieces often verbatim and mostly without reference as the sources include many books and many sites which very often had identical information. The material is automatically out of date anyway as the crystal consciousness is evolving as are we. The basic information was correct and the stones will still maintain many of these properties while having already added others. If anyone chooses to accuse me of copyright infringement please simply contact me with the item and I will have it changed and/or removed.

Stone	Description
ABALONE	Abalone is used to enhance smudging activities- can stimulate fertility of the mind and body, enhancing decision making processes-promotes co-operation between groups.
ACTINOLITE	Also known as the 'Ray Stone', Actinolite is found in metamorphic rocks. It encourages the spirit to explore new directions, and gives awareness if you have strayed from your original goals. Actinolite promotes a feeling of self-worth and strength. Encourages inner balance and patience. Physically it stimulates the function of the kidneys, liver and aids the elimination of toxins. Balances yin / yang, protection, raises vibratory rate - A PHENOMENAL SHIELDING DEVICE
FERRO ACTINOLITE	stimulates creativity, access memories of Ancient Egypt, protective of the heart, strengthens self-worth, enhances life force - ASSISTS IN ASTRAL TRAVEL
ADAMITE	Adamite was named after Gilbert-Joseph Adam (1795-1881), French mineralogist, who found the first specimens. It blends the heart and mind allowing them to work together towards conscious outcomes. It provides inner strength when dealing with emotional issues and helps us vocalise our feelings. Adamite provides us with courage to step into the Unknown.
AEGRINE	helps you get through hard times, aids in recognition of Personal Truth, gives you strength of your convictions - STONE FOR ENERGY GENERATION
AGATE	Agates generally carry a quiet energy that works on the subtle bodies, and are great for achieving stability and balance in many aspects of one's life. Agates tend to work behind the scenes on the cause, instead of the symptom, believed to improve mental functions where issues of clarity and stability are concerned. Agate is helpful in overcoming negative emotions by bringing love into the chakras. Agates work very slowly and deliberately, this gentle nature helps them to have a lasting impact. A banded variety of Chalcedony found in white, red, pink, gray, blue, green, brown, or any combination of these colors.
APRICOT AGATE	Apricot agate comes in natural swirling layers of pink, cream, and orange. These lovely stones are said to balance the yin and yang and ground the user by improving perception and truthfulness. A very calming stone. It stabilizes the aura, providing for a cleansing effect which acts to smooth dysfunctional energies and diverse transform and eliminate connectivity.
BLACK AGATE	Black Agate brings the Great Spirit into ones life. Attracts good fortune. Increases concentration and clarity. Promotes good will. Aids in overcoming flaws, fears, and loneliness. Removes jinxes, helps eliminate bad luck. Has a calming effect during times of stress. Gives a sense of strength and courage. Encourages fertility. Powerful healer.

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

BLUE STORM AGATE It can help our inner attunement and deepen our focus. It helps us find our right path and remain on it against all odds. It has been called the Stone of Peace and Healing. They can help to help calm and relieve stress, helping created peace in the area where it is located. Help neutralize negativity from one's life, enhances self worth and boosts perceptiveness. Helps during mediation, aids access to the Angelic Realm and helps reduce lethargy. Also has all the properties of agate.

BOTSWANA AGATE Botswana Agate can help as an anti-depressant,-may help those who are struggling to be genuine as it promotes an understanding of the need for deeper meaning. Use it to promote creative ability rather than focusing on negative aspects of daily challenges. Its has soothing and calming qualities,-energizes the auric body and is a reminder that we are love and compassion in action.

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

FIRE AGATE The Fire Agate contains inclusions of Goethite or Limonite which produces an iridescent effect or "fire." Represents the spiritual flame of perfection. It is connected to Earth Energies and physical vitality. The energy of this stone will keep you calm and at ease, grounds and balances. Shares the message, "Be the best you can be. Tap into your own perfection." Helps to protect from energies not in your best interest. Helps to reduce cravings with addictions helps the stomach and digestive organs, lymphatic system, and skin disorders. Use Fire Agate as a support stone when going through emotional trauma.

MONTANA AGATE Montana Agate prods and energizes you to seek growth, from the physical to the spiritual planes. Historical folk medicine: treatment of burns Balances emotions, discerns the truth, accepts circumstances, powerful emotional healer. Turritella Agate is primarily a stone of protection and survival. - helps to overcome fatigue. Assists with absorption of minerals and vitamin A.- stimulates and soothes the digestive tract.

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

OKOS AGATE

PINK LACE AGATE Pink Lace Agate helps your attitude, ease despair and depression and encourage and support. Its energy is flowing and circular, but it is not a protector stone. Use it to help bring out your inner beauty. Pink Lace Agate increases friendship and happiness, it achieves this by helping you balance your attitude. Also, this stone brings balance to the heart chakra.

TREE AGATE Tree Agate brings prosperity and abundance especially in the form of bountiful crops and can help increase the health of plants at home. It helps connect with the earth and nature and encourages self-discovery. It can help relieve stress and give peace of mind. A type of Dendritic Agate it is a mostly white stone with its characteristic green mossy inclusions.

TURRITELLA AGATE Some 40-60 million years ago, an ancient saltwater sea covered what is now Wyoming. A snail of the *Turritella* species lived in its shallow waters. The shell material was completely replaced by agate and chalcedony. Turritella Agate is a stone many use for healing Mother Earth, as it opens the channels between the plant world and the mineral world.

WHITE AGATE White agate is especially considered a stone of hope.

- AGNITITE** The energy of Agnitite aids one with one's intuition and inner knowing so that one has an understanding that one is part of the "group consciousness" of Humanity, awakening one to higher dimensional energies. Its name is derived from the Sanskrit word for fire, "Agni". It fills body with fiery energy, increases vitality, detoxifies cells and increases one's passion for spiritual and physical life. The frequency of Agnitite connects to all of the chakras helping to unify whole of one's energy system.
- ALBITE WITH TOURMALINE** This is a very powerful combination to repel negativity and protect the mind. It is said to enhance clarity of thought and improve one's ability to cooperate with others in quite a tactful manner. Albite is also said to give courage and confidence when confronting the unknown, as well as being a wonderful blood cleanser, purifier and assistance with the blood pressure.
- ALEXANDRITE** Alexandrite was the favorite gemstone of the royal Russian family. The fine gems shift in color from red to green (the colors of Tsarist Russia). Alexandrite is believed to increase confidence and self esteem. It brings about success and prosperity. It is a stone for spiritual re-birth and is useful in repairing the tissues of the body. Alexandrite is special and meaningful because of its ability to change color in different light, thus bringing into harmony and union the parts of the self that are healed by those colors. For example, stones that contain red and green will stimulate and harmonize the base chakra with the heart chakra. Alexandrite is said to stimulate pleasure and love. It is also used as a lucky stone.
- AMAZONITE** aligns astral bodies, unity with life, enhances creative expression, calms emotions, regulates metabolism, (liver) reduces cramps - **STONE OF HOPE**
- AMBER** The oldest found amber dates to 320 million years ago.
- BALTIC AMBER** Approximately 40 million years ago, large stands of forests began to seep globs of sticky resin! As geologic time progressed the forests were buried and the resin hardened into a soft golden gem, amber. Amber gives a soothing, light energy that is calming and energizing. It can help manifest desires and heighten intellectual abilities, clarity of thought, and wisdom. Eases pressure, easier to make decisions, connects to nature, transmutes negative energy, positive, uplifting - **HEALS THE BLOOD - PURIFIES THE BODY**
Amber is said to help relieve addictions
Amber from the Baltic and the Dominican Republic are 25 to 40 million years old.
- HONEY AMBER** Honey/Golden amber can be used in healing to repair damages to the auric field, karmic release, and emotional healing.
- COPAL AMBER** Hardened tree resin that is less than 100,000 years old is called Copal. Copal is still in the process of turning into a fossil, and becomes Amber when it has finished fossilizing. Copal can "craze" or crack on the surface as the volatile oils (or turpenes) evaporate. The life force trapped within promotes fertility, and its protective and environmental clearing properties make it a good stone to use to prepare a healing or birthing room. Use with the Solar Plexus Chakra to increase confidence, mental clarity, and creative self-expression.
- AMBLYGONITE** Amblygonite was first discovered in Saxony by August Breithaupt in 1817, and named by him from the Greek *ambly*, blunt, and *gonia*, angle, because of the obtuse angle between the cleavages. Amblygonite provides the necessary elements to calm nerves and over sensitivity. It is a very useful stone to keep in an office type setting when intense stress and mental activity is present.
- 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**
- BLACK PHANTOM AMETHYST** RARE with Similar properties to quartz phantoms yet magnifies ones abilities to see the unlimited possibilities in all of creation. A stone for personal expansion.

BRANDBERG AMETHYST Brandberg Amethyst offers clarity - Access to past lives and a feeling of Oneness. They help you to travel the astral planes. The phantoms in them help to access information about past energies. These are a powerful stone and much sought after as they are hand mined in Namibia.

CHEVRON AMETHYST Chevron Amethyst (also called "Banded Amethyst" or "Dogtooth Amethyst") combines the strengthening and enhancing qualities of Quartz with the stress relieving qualities of Amethyst. A wonderfully spiritual stone, for gently removing the veils that obscure some of the hidden meanings in life. Chevron Amethyst is one of the best stones to work with the Third-Eye, enhancing both intuition and physical vision on all planes of existence. Helps remove resistance to change, and repel negativity kinds. Creates a strong healing field, to enhance the immune system, and amplify energies needed for manifestation. A "Master Healing Crystal", Amethyst is excellent for meditation.

DOGTOOTH AMETHYST - see CHEVRON AMETHYST

GREEN AMETHYST - see PRASIOLITE

VERA CRUZ AMETHYST Vera Cruz Amethyst is one of the finest manifestations of amethysts purple ray vibration. It offers a very clear energy for purification and protection from negative influences, and linkage with the divine aspect of the self. When worn or carried it can imbue the auric fields with a light that dispels all sorts of negative attachments, on spiritual and physical levels. Vera Cruz Amethyst will take you almost instantly into a meditative and/or journeying state because it can produce an immediate "Beta" state during meditation, and can help achieving a deep meditation. This property can also help those trying to connect with angels or spirit guides. Try mediating with a Vera Cruz Amethyst Point on the Third Eye Chakra for developing intuition and connecting with spiritual realms. Using Vera Cruz Amethyst with the Heart Chakra can promote Universal Love within the self, for application in one's daily life.

AMETRINE

Ametrine is a combination of Amethyst and Citrine, connects physical and spiritual realms. A very soothing stone, believed to be valuable for chronic, long-term diseases. The Amethyst part of Ametrine can help one experience Divine Guidance, while the Citrine aspect allows for this guidance to be assimilated into one's life. Enhances creativity combines masculine and feminine energy and helps bring harmony with others. For stress-relief, helps to remove negativity from the physical body as well as the auric field, assists in removing blockages from all bodies (physical, mental, spiritual, etc). Helps to relieve allergies, connects our knowledge with our wisdom.

AMMONITE

Ammonite gives stability and structure to ones life. It can eliminate the caustic attributes and can transform negativity into a smooth, flowing energy. It also tends to encourage and to supplement ones survival instincts. It is a stone to assist one in the promulgation of the requirements, and the actions necessary, for world survival. 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

ANANDALITE

See Quartz, Anandalite

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

ANHYDRITE

Anhydrite acts something like a radar detector. It has a way of finding toxins and energy blocks within the body. When the toxin or blockage is identified the Anhydrite works energetically to cause release. It balances hormones, which are upset by toxins and stress. It allows you to understand your physical body and to do what is necessary to begin healing.

APACHE TEARS
APATITE

- See OBSIDIAN

Apatite is a stone that mystically can stimulate the thoughts and ideas. It is said to increase intellect, imagination, and intuitive awareness. As a medication or awareness tool it is said to help you maintain focus, learn, concentrate effectively, think clearly, and communicate better. Apatite can be used to enhance the energies of other crystal stones. 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

BLUE APATITE overall it is a powerful stone to aid the generation of many psychic gifts. It has a powerful ability to stimulate the development of your psychic visionary abilities.

GREEN APATITE Green Apatite is a connection crystal of the heart. It communicates wisdom of the mind with the emotion of the heart, balancing one to the other, and is helpful in overcoming difficulties when bringing one's vision to reality. Green Apatite stimulates the flow of energy on the physical plane and can be used as an abundance stone, for spiritual and financial manifestation.

APOPHYLLITE

Apophyllite has been used to create a conscious connection between the physical form and the spiritual realm. It facilitates attunement to one's body as well as to the higher dimensional life forms. It allows one to both recognize and act upon the truth in all situations. It enhances mindful analysis, and helps to realize that the state of perfection is the natural state of being. 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

GREEN APOPHYLLITE Green apophyllite assists the soul's union and journey into wholeness and full unity with the Creator. Opens us to cosmic bliss and our connection with the ocean, our receptivity to dolphins and whales. Opens our energy fields to merge with the twin flame. Green apophyllite activates the heart energies and assists us to be a channel of love.

AQUAMARINE

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

ARAGONITE

Aragonite comes in a large variety of colors, each one with a different vibration. The attributes, spiritually, are the same for all of them, you should listen to your intuition. The colors aragonite are gray, yellow, pale blue, violet, brown, and clear or colorless. Commonly a grounding stone, it will aid in centering and grounding your energies, self discipline, and will help you with spiritual matters. A great relaxer it can be used during stressful times. It will also strengthen your connection with the earth and its energies, and is a stone of balance, and of cleansing. It opens you up to new visions, and can help you view your inner self with better clarity. While these three properties are secondary, they are good for you nonetheless and can be used for healing purposes. It moves energy throughout the body, aids in calcium absorption, and stops muscle spasms, nourishes adrenal and pituitary glands -a great stone for those who feel overworked, out of touch with self or the earth. A CALMING AND CENTERING STONE.

BLUE ARAGONITE Whites and blues benefit the upper chakras, especially the fifth chakra, sixth and seventh chakras

BROWN ARAGONITE Browns and reds heal disturbances to the first chakra

CLUSTERS

GOLDEN ARAGONITE Yellows and oranges take care of the second and third chakras, respectively

GREEN ARAGONITE Green and pink shades of Aragonite ensure the well-being of the heart chakra

SPINE ARAGONITE Spine Aragonite also known as sputnick star clusters. Calms and centres, enlivens curiosity, connects our mind and our brain to old knowingness, assists with dyslexic patterns - HELPS MAINTAIN CONFIDENCE

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

ASTROPHYLLITE Astrophyllite is a very rare mineral. Its name comes from the Greek words *astron* (star) and *phyllon* (leaf). It allows for the recognition that there are no limitations and that, "we are, in fact, all stars." It helps us make leaps forward beyond the obstacles. Sometimes we feel as if we're stuck and our best efforts haven't enabled us to move ahead - that's when Astrophyllite can help.

ATACAMITE Atacamite forms in dry and arid climates where copper minerals are exposed to oxidation. The Atacam Desert, from where Atacamite gets its name, is one of the driest places in the world. Atacamite is a stone that will help us to be more self-motivated and enhance our confidence and our enthusiasm. It is also useful in removing energy blocks.

ATLANTISITE Also known as Stichtite, It brings one higher awareness of one's emotions. In the home, it creates a tranquil environment, and can be useful in adapting children's behaviour so that it is more acceptable. It also encourages one to be true to one's word, to keep an open mind. Stichtite eases the passage of Kundalini energy through the Heart chakra.

AVENTURINE Aventurine ranges in color from green, to brown, peach, yellow and red; Aventurine is considered a lucky stone, in any color; although the green color of this stone seems to be the most powerful. It gives the wearer inner equilibrium and it stimulates dreaming. Generally it is said to have a positive effect on the psyche, strengthening an individuals sense of self, being the ideal stone for those who are looking for a positive view of life. IT MAGNIFIES THE DIVINE BLUEPRINT

BLUE AVENTURINE Blue Aventurine for healing and balancing the emotions, communicating and creativity. It enhances leadership qualities and intuitive power.

GOLD AVENTURINE - See AZEPTULITE QUARTZ

GREEN AVENTURINE Green Aventurine is said to relieve anxiety and calm one's emotions, bringing opportunity and luck in gambling. It is said to enhance the sense of humor and cheerfulness of its possessor. While it makes a powerful good luck piece. It may also draw good luck in love.

PEACH AVENTURINE Peach Aventurine is considered a stone of good luck, fortune, and a manifestor of exciting new possibilities. It has been called the "Whisper Stone" since the judgmental inner voice. Peach Aventurine also calms and stills the mind of inner chatter when preparing for and during meditation.

RED AVENTURINE Red Aventurine is said to enhance responsibility, choice, and compassion. Used in mystical dreamwork, it can enhance dream recall. It is said to assist in protection and rescue from danger. Red Aventurine is associated with the first and second chakras. Metaphysically, it is purported to have a stabilizing effect, and help one take all one's energy and use it in a balanced manner.

AXINITE Axinite allows one to submit gracefully to changes and provides grounding in all endeavors. It inspires friendship and an energy that helps to stabilize all types of relationships. Axinite transmits healing energy to the hands and is a perfect companion for energy workers. It is an excellent problem solving stone as it clears away ego and allows us to get to the heart of the matter. Axinite helps to dissolve energy blockages and transmute negativity. It is a very positive crystal that brings out the positive in everyone who encounters it. Physically, Axinite treats disorders of the adrenal glands.

AZEPTULITE - See QUARTZ

AZURITE	Azurite is a copper carbonate mineral. No stone is a purer embodiment of the Blue Ray than Azurite. It's rich dark-blue color carries the exact frequency of the third-eye chakra and is a natural tool for the activation of that energy center. It is known as a "stone of heaven". It stimulates the pursuit of the heavenly self, awakening the development of the psychic self. Enhances communication & meditation, liver & thyroid stimulant, aids detoxification - cuts through illusion, brings forth creativity. 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
BARITE TABULAR CRYSTAL	Barite is the mineral source of Barium. It's name comes from the Greek word "Barys", meaning "Heavy", as it is unusually heavy for a non-metallic mineral. Barite is an excellent stone for use in the healing of the earth. It produces incentive to "go for" ones dreams without restraint. It enhances friendship, harmony, and love, and can provide independence and motivation.
BAUXITE	Bauxite is the most important aluminum ore. It was named after the village Les Baux in southern France, where it was first discovered in 1821 by the geologist Pierre Berthier. It is a stone of manifestation that helps ground the ideas of philosophers, thinkers, and dreamers by manifesting their plans. It has the effect of making ideas come to life.
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
	GREEN BERYL Not quite an Emerald. Green beryl can be used to treat the heart, lungs, spine and muscular system of a patient when used in a crystal healing grid. This version of beryl also has links to eyesight as it is thought to help both heal eyesight and increase the clarity of vision of a person as well as promoting discernment. Emotionally it can help to clear blockages to do with partnerships and unfaithfulness as well as promoting harmony and equilibrium.
	GOLDEN BERYL Golden Beryl is said to protect the wearer from being manipulated (telepathically). It also said to increase psychic awareness. With its beautiful Golden Color it would be associated with the Sun. Promotes ones will to succeed even at times when courage fails. Teaches that there is no obstacle in any circumstance which cannot be overcome with confidence, courage and conviction.
BISMUTH	Bismuth is a man made crystal grown in a lab at about 271 degrees centigrade or 520 degrees Fahrenheit. It can only be grown from electronic grade highly refined bismuth. It has the properties of virtue and unification. It is said to assist one with bringing continuity to activities and seeing situations from different points of view. It is used to gather and store information.
BIXBYITE	Bixbyite grounds and energizes, an excellent protection piece, enhances intuition, sensitivity, imagination, adaptability and spirituality. It provides for teaching with integrity via insight. Bixbyite can help to ease headaches and painful conditions of the body.
BLIZZARD STONE	Blizzard was discovered in Alaska in the 1990s while Steve Monroe was looking for meteorites. It heightens the frequency balance of brain-wave transmission and provides connection to the Higher Self, awakening the energy of the third-eye. The stone has been used to locate energy blockages within the body and used extensively in dynamic healing. Magnetic qualities protects our fields, helps us cope with computer stress & worry - HELPS TO RECALL PAST LIVES Blizzard stone is technically an indigo gabbro Merlinite. It is also found in Madagascar.
BLOOD OF ISIS	- See CARNELIAN

BLOODSTONE (Heliotrope)	This mineral is an intense healing stone and a "stone of courage". It can be used to awaken and to introduce uniformity within the vibrations of energy in the base, navel, sacral, and heart chakras. It helps one to accept the change in energy fields and also helps one toward the direct union with the Divine through contemplation, meditation, and love. Aids in decision making, prevents high blood pressure, cleanser of the body, blood & liver balancer - BRINGS GOOD FORTUNE
BLUESTONE	- See PRESILI STONE
BOJI STONES	Boji Rock is a type of mineral only found in one location in the world, around a natural pyramid in Kansas. These stones have been termed "living stones" due to their own energy field and ability to "die". The energy of the Boji Rock is electromagnetic, and when a pair are held near each other, a slight pushing and pulling is experienced. It aids in meditation and healing. 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
BRAZILIANITE	Brazilianite works well with the Solar Plexus and Heart chakra, assisting release of that which is not desired. Promotes understanding and insight into difficult situations. Brazilianite encourages close examination into situations and relationships. Used to diminish fevers, stabilize the body temperature
BRONZITE	Bronzite is called both a Stone of Focused Action and a Stone of Courtesy, helpful with certainty and taking control of our actions. It can also help one to think ahead enhancing the ability to take control of our own lives, it can help us also take necessary actions for our own benefit. Bronzite is a good grounding stone also, promotes change in a harmonious way, -helps assimilation of iron, lessening muscular tension, dispelling restlessness caused by emotional and psycho-physical ailments.
BROOKITE	Brookite is a titanium oxide mineral. It is an ascension stone, helping one increase the vibratory frequency of the spiritual body. It enhances psychic communication and connection to extraterrestrial beings. It is said to be a powerful chakra activator, especially the crown, third eye and the Kundalini channel. It can help one deal with intolerable situations.
BUSTAMITE	Bustamite belongs to the silicates group. In South Africa it is found with sugilite in Kalahari manganese fields. This is truly a stone for powerful energy work. Used in meditation, it provides a safe and sacred place where the soul is honoured and the inner being can feel the perfection of health, harmony and congruity of the universe.
CACOXENITE	- See SUPER SEVEN

CALCITE

balances mental and emotional, aids memory, teaches adaptability and learning for learning's sake -
STONE OF GROWTH AND CHANGE Clear Calcite is sometimes called Optical Calcite or Iceland Spar. Clear calcite can be used to open and balance all the chakras. Calcite is probably the premier cleanser of stored negative energies in the human system, and works on all levels from the physical to the etheric. This makes it a very purifying stone. It can also be used to clear negativity in the environment, such as a room that it's in. In the realm of relationships, calcite brings its properties of grounding and centering, to make it a stone of reconciliation. Calcite can ameliorate arguments in a relationship, and help maintain a practical balance between the people in the relationship. Physically, calcites are good for back pain, increasing physical strength, teeth, eyes, and are generally good for healing. Clear calcite can be used for treating all conditions. It can also be used for detoxifying and as an antiseptic agent. Calcite is especially helpful with emotional and mental conditions. All forms of Calcite are energy amplifiers and can make you feel more energized when you carry them. Calcite alleviates skin and intestinal complaints and helps to ease the improper functioning of the kidneys, pancreas and the spleen. It helps to both normalize the rhythm of the heart and to strengthen the heart. Calcite encourages the healing of tissue and bones. It is particularly effective against laziness. Calcite can enhance our memory and is an excellent crystal for those who have lost hope. It has a strong effect in the speeding up of our spiritual development. Orange Calcite can also help to heal problems with the reproductive system, the gallbladder and the intestines. It is an uplifting stone bringing us joy, happiness and good humor. It is also a stone for balancing the emotions. Orange Calcite can help us to overcome fear and depression and is, in general, good for melting away or dissolving problems. Orange Calcite is an ideal stone for helping us to maximize our own potential.

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

CLEAR CALCITE See ICELAND SPAR CALCITE

Cobalto-calcite Cobalto-calcite amplifies and cleanses energy from the environment- restores motivation and accelerates growth and development- raises consciousness- links to higher spiritual states and awakens psychic abilities. Absorbs energy and returns it to the sender having transmuted and amplified it- cleanses the auric field and chakras, and is the stone of new beginnings. It helps dissolve pain and lower blood pressure- harmonises the bodies ability to assimilate calcium-is a powerful detoxifier and acts as an antiseptic. This is a stone that speaks of dreams. It helps with the formation of friendships. It enhances psychic abilities and assists one in understanding the cause, effect, and karmic lessons one has or is experiencing.

Dogtooth Spar Calcite This mineral releases electrical impulses when placed under pressure, and is an energy amplifier. It helps the mind to remember information brought to bear during astral travel and channeling experiences. Calcite is a world teacher for all of humanity, facilitating macrocosmic awareness and appreciation of creative forces of nature.

Fairy Stone Calcite Calcite Fairy Stone has a very soothing energy, which brings peace and calm to those in its energy field. This soothing energy is extremely beneficial for emotional pain or illness. It also brings heightened energy even as it calms. Calcite Fairy stone is great for meditation. It enhances both the conscious intellect and the subconscious mind, and eases stress and anxiety.

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

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

HEMATOID Calcite Powerful amplifier, heightens your energy, shifts energies that are stagnant or slow moving. Helps the body remember its perfection. .

Calms as dissolves negativity. Grounds you when your mind is not your own - opening up the lower chakras. Supports timid, boosts self esteem

Honey and Maripose Calcites are beautiful varieties of the abundant group of Calcites. They have the same metaphysical properties, and gently amplify energy. They also assists in the challenges associated with change. They enhance psychic abilities, astral projection and higher consciousness. They also enhance intellect and memory.

ICELAND SPAR, ICE OR CLEAR amplifies and cleanses energy from the environment. Restores motivation and accelerates growth and Calcite development and raises consciousness, links to higher spiritual states and awakens psychic abilities. Iceland Spar Calcite absorbs energy and returns it to the sender having transmuted and amplified it. Provides insight and clarity to the causes of negative emotional states and resistance to change.

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

Pink Calcite Pink or Manganocalcite is sometimes called the Reiki Stone and has a gentle but powerful energy. It has excellent energy amplification ability. It repairs inner child hurts and past abuse replacing it with a sense of motherly love. It is excellent for channeling It helps learning and studying. Manganocalcite is a nurturing stone which assists in self care. It allows us to accept love and have self-love -a high powered stress reliever - removes fears and reduces nightmares. Physically, pink it is beneficial for general health and healing, bones, joints, kidney, uterus, and physical heart issues. Often called Manganite - great for the heart and solar plexus, facilitates emotional clarity, calming for the whole body

Red Calcite strengthens the body, increases energy, uplifts emotions, aids willpower, opens heart chakra. Red calcite is an energizing and detoxifying stone. It also brings stability to one's will, and increases inner strength. It assists with problem solving. It can also attract love. Red calcite is a stone that eases and releases fear. It calms the rushes of adrenaline caused by fear. This is particularly helpful for those who are warriors or "do battle" in their daily lives.

Spectaria Calcite see Septarian

White Calcite White Calcite helps us to trust ourselves and promotes a sense of stability and constancy which helps us to overcome difficulties and setbacks. It is particularly effective against laziness, helping to make us more energetic, industrious and successful and helping use to put our ideas into action. Calcite is a wonderful stone to use when studying the arts and sciences.

Yellow Calcite Yellow Calcite is often used to enhance one's will and self-confidence. Those who can benefit most from Yellow Calcite's are people who are pessimistic, sarcastic, or overly analytical.

CARNELIAN

This mineral stimulates analytical capabilities and precision. It provides for perceptiveness to situations and awakens ones inherent talents and adroitness. It is also used to produce inspiration from, and connectedness with, the spiritual worlds. It protects against envy, fear, and rage, and helps to banish sorrow from the emotional structure. Releases sorrow, envy, fear, apathy & rage, past life work, clears blockages, balances emotions, promotes optimism - GUIDE TO THE FOURTH DIMENSION

CARNELIAN BLOOD OF ISIS a type of Carnelian and its characterized by a deep, rich colour that's even throughout the stone. The Blood of Isis is restorative and healing, a perfect compliment to such a beautiful Carnelian! Carries all the properties of Carnelian.

CASSITERITE	Cassiterite, also called "Tinstone", can manifest dreams by helping to focus intent and manifestation energies. Provides for grounding and protection. For those with issues of rejection, prejudice, abandonment, or disapproval. It will help to dissolve the pain or negative energies of these feelings. Encourages/enhances optimism and positive spirit. Physically, Cassiterite has been used in the treatment of eating disorders, compulsive behaviours, obesity and hormonal imbalances. Color: Black, Red/Brown, Yellow
CATS EYE	- See QUARTZ
CAVANSITE	Cavansite is a beautiful and rare mineral. Cavansite is a stone that aids in many psychic areas. It can stimulate intuition greatly, heightens psychic awareness, stimulates the third eye, and enhances channeling abilities. It is especially helpful in psychic healing and protects the healer during psychic healing sessions. It helps see what part of life needs attention.
CELESTITE	Celestite has a high vibration and is a teacher for the new age. It is imbued with divine energies. It takes you into the infinite peace of the spiritual and contacts the angelic realms. It jump-starts spiritual development and urges you toward enlightenment. This beautiful crystal promotes purity of the heart and attracts good fortune. It heals the aura and reveals the truth. Highly spiritual, clears mental clutter, enhances thyroid function, stress reduction, helps to adjust to higher state of awareness - STONE OF ANGELS
CERUSSITE	Cerussite is a popular collection mineral. It is famous for its great sparkle, great density and amazing twinned crystals. Cerussite has one of the highest densities for a transparent mineral. It is over six and a half times as dense as water. Cerussite helps us be centered, confident, capable and versatile amidst life's challenges. Grounding to here/now and higher self.
CHALCANTHITE	Chalcantinite is a water soluble, copper sulfate. Since it dissolves easily, it is generally found in arid regions, and less frequently occurs in wetter areas. It is a "stone of enchantment". It provides for sincerity, clarity of thought and inducement to accept the invitations of life. It heightens one's instincts and one's innate loyalty to fostering of humanity.
CHALCEDONY	Chalcedony is great for promoting a sense of peace and joy, helps to relieve one of negative emotions, bringing a greater sense of overall happiness into one's life. All Chalcedonies are thought to absorb negativity. A stone of Brotherhood. Promotes group stability, alleviates hostility, increases physical energy and balances the body, emotions, mind and spirit. As a member of the Quartz family, Chalcedony brings a greater sense of overall happiness into one's life. Blue Chalcedony is often used during public speaking. Working with the Throat and Third Eye Chakras, Blue Chalcedony is believed to facilitate an exuberant vibe from a speaker to an audience. Blue Chalcedony can be used when facilitating telepathic communication, as well as communication with other realms. Carry when in need of relief from depression or an immune system boost. Has a special connection with the Angelic Realm. Can bring a sense of generosity imparting more joy into one's life centered around service to others.
	BLUE CHALCEDONY balancing the energies of the body, mind, emotions & spirit, enhances generosity, responsiveness & receptivity - THE CRYSTAL OF DIPLOMATS
	CHALCEDONY An irregular semi concentric formation with rose like patterns. Carries the properties of chalcedony PSEUDOMORPHS
	WOODEN CHALCEDONY a well-known example is petrified wood, in which the wood has been completely transformed into Chalcedony.
CHALCOPYRITE	is an excellent stone for meditation and this is its most powerful aspect, although it is also a strong healing stone for the physical body. It has a powerful resonance within the higher chakras, and is acknowledged as a stone of the mystic, as it is common for it to make a powerful connection to the higher spiritual and mystical realms.
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

CHIASTOLITE A mysterious crystal found only in few places on Earth. This rare form of Andalusite is the only crystal that bears this unusual cruciform pattern inside. Chialstolite is a powerfully protective stone. This is a creative stone with the power to dispel negative thoughts and feelings. Chialstolite is a gateway into mysteries and facilitates journeys out of the body.

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 This is a beautiful stone ranging in color from blue to turquoise to green. This is an "Earth" stone. It can help one become better attuned to the Earth - making it easier to communicate with the spiritual forces of the Earth. Chrysocola promotes harmony on a universal level, but it can also purify the home and can even work to eliminate negativity within an individual. 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

LEMON CHRYSOPRASE Lemon Chrysoprase is said to help with depression and help keep the mind more alert. It helps with nightmares specially in children - is good for liver and heart problems, treats hormone imbalance, and soothes the digestive system. Lemon Chrysoprase stimulates 'thinking out of the box', and can facilitate visions and a deep peaceful state. It helps harmonize relationships, stimulating self love and passion. It assists in uncovering deceitful unconscious thought patterns and encourages feelings of trust and security. It is the stone of the heart and encourages compassion.

CINABRITE Scapolite + epidote It's a new find of 2012 from Peru , an association of white scapolite with red patches of red epidote.

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

COPAL - See AMBER

COPPER Copper was the first metal mined and crafted by man, and has been the most important one in the oldest times of history. It is a metal with a high electrical and thermal conductivity. Copper can combat lethargy, passivity, restlessness, and non-acceptance of oneself. It stimulates initiative, optimism, and independence. It emits a philosophic energy, free of orthodoxy and bias. 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 Coral was once believed to be a plant, but is now known to actually contain living animals called polyps. It is the result of accumulated skeletal masses from these polyps. Coral symbolizes life and blood force energy. It can be used for heating and stimulating the bloodstream, to restore harmony to the heart. Also it aids in depression, lethargy or deficient nutrition. 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

BLACK CORAL BLACK CORAL is said to grant serenity and peace while absorbing negative energy. In Asia, black coral has been sold as scepters, divining rods and amulets to ward off evil or injury. In North Africa, black coral was believed to neutralize the effects of the "evil eye."

COVELLITE	Covellite stimulates the Third Eye energies, initiating/opening the intuition, helps to access metaphysical abilities. It is also a stone for the dream state, enhances dreams, helps to remember details upon waking. A stone of harmony and unconditional love. Helps access and understand the Divine Source within. Enhances communication skills and stimulates a positive outlook, relieves and heals emotional wounds. Assists in eliminating toxins and dense/stagnant energies, excellent assistant in the treatment of Cancer and where toxicity and cell invaders are present. Caution: not recommended in any type of elixir as it contains copper.
COWRIE SHELL	bestows insight and psychic awareness to their owners. This powerful shell imparts fertility, potency, secrets from the sea, and secrets of Divination. Metaphysically Cowrie is a shell from the sea and is recognized as an ancient symbol for creation, birth, and re-birth. It is said to inspire the creativity of excellence, to provide for both intuitive and intellectual control, and to promote achievement in aesthetic and artistic endeavors. It is useful in stimulating learning and retention and aids in providing initiative in advancement of scholarship and to recognize the self as the vehicle of understanding. The Cowrie Shell is used in the art of manifestation and brings good fortune and affluence to its' user. It is revered by the Native American Coastal Indians as a symbol of wealth.
CREEDITE	Creedite helps Throat and Crown Chakras, for clarity in expression in the spiritual realm, to attune to a higher spiritual vibration and clarify channeled messages received, helps to gain access to the sacred texts, and to understand the subtle messages within. Use when working to astral travel or out of body experiences. Acts as a guide and helps to recall these experiences. Can be used to assist in the healing of fractures, torn muscles and ligaments, helps assimilate vitamins and nutrients. Caution: Contains Aluminum. Color: White, Colorless, Purple. Some colorless Creedite appears with Orange hues which is due to the inclusion of Hematite.
CROCOITE	Crocoite energizes your whole system. It stimulates creativity, and helps you to be passionate about whatever you are doing. It does not need to be held to work, is grounding, -infuses vitality and zest into life. It creates a strongly spiritual and loving vibration in your life.
CUPRITE	Cuprite is a mineral with high copper content. Metaphysical lore says that it is helpful for reducing worries about things one has no control over, awareness, teaching, and delivering spiritual messages. Cuprite is associated with kundalini energy as well as opening the flow of the base (root) chakra, the solar plexus, and balancing the heart and base chakras.
DANBURITE	Danburite is a calcium boric silicate crystal with a hardness of about 7. Its name comes from its initial discovery in Danbury, Connecticut. Danburite stimulates spiritual awareness & activates the crown chakra, the energy center at the top of the head. It is said to be a stone which connects with the realm of angels, and to be useful in communicating with them. 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
DIASPORE	is not a very well-known gem, and since it is relatively new, there is very little fame, myth or legend. However diaspore is a gemstone of many colors, and in the metaphysical world of crystal energies, color is very important. Personal reaction to colors should be the focus. Gem quality pieces are sold by specialty dealers.

DIOPSIDE

Colors Green to green /black. It is a strongly empowering stone for anyone who has a strong interest in the well-being of the planet... and it is quite a compelling crystal, as it promotes the ideal of 'service' to the earth.

This lovely crystal is most commonly seen as the green stone... which brings through the green ray, which helps you make a heart based connection with the energy of the planet on which you live.

If you wish to make a connection to Mother Gaia, this crystal will help the process, as it may aid you to harmonize with her energy. Many of you may be feeling concern at all of the earth changes that you have experience.

DIOPTASE

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

BLACK DIOPTASE It can help heal in many ways emotionally, including helping get one started clearing one's issues, and releasing negative emotions. It promotes healing from abuse, neglect, sadness, and despair. It is called a stone of "Living in the Moment" because it helps one overcome these hurtful past energies and find the joy of the current moment, bring calm, confidence, and self-worth.

GREEN 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

DIAMOND

Diamond occurs in almost every colour,-the hardest known substance, Diamond is a stone of manifestation and abundance and when Diamond is given freely also manifests love, unity, harmony, purity, constancy, trust and fidelity within the partnership. Diamond can clear the mind to illuminate that which needs removing on the path to enlightenment. Diamond amplifies the energy of other crystals.

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

DOLOMITE

Dolomite encourages charitable actions, generosity and giving encourages energetic thinking, original thinking, spontaneity, creativity, and manifestation. It can help develop stamina for dealing with hyperactive people. It is a particularly good stone for relieving sorrow, and soothing hurt, loneliness and anxiety. Sometimes it is called the "herb" of rocks. In the physical realm it is also beneficial for strengthening bones, teeth, muscles, and the female reproductive system. It reduces the effects of PMS. Pink dolomite is also particularly good for insomnia

DRAVITE

See TOURMALINE

DUMORTIERITE

Keywords: Order, Peace, Expression

Dumortierite is a stone of order. It is used to enhance self-discipline, organizational abilities, and general orderliness. This sense of orderliness comes to all arenas, which can release fear and bring courage and peace to one's life.

Dumortierite brings this sense of order and clarity to all things, and releases fear, bringing courage to one's life. It also acts as a booster for creativity and expression, bringing raw creative energy into an organized state allowing higher expression of that creativity.

ELBAITE

See Multicolour Tourmaline

EMERALD	eliminates negativity, enhances memory, quiets emotions, brings confidence & stimulates our Co-Creative nature -UNITES US WITH BEAUTY
ENHYDROS	Although other stones have water droplets within them, the most common is quartz. See Quartz Enhydros.
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
EUDIALYTE	Eudialyte, is a somewhat rare, red silicate mineral, which forms in alkaline igneous rocks, such as nepheline syenites. Eudialyte is considered a personal power stone that increases and revitalizes one's personal power. It is also a stone of the heart, bringing harmony, and dispelling jealousy. As it combines pink and red, it also brings the root and heart chakras into alignment.
FIRE OPAL FLINT	- See OPAL Flint is a siliceous rock. It was used in the Stone Age as raw material for weapons, tools and implements. This mineral is an excellent choice for use in activities related to thought transference; one may transfer information, ideas, and loving emotional messages to another and receive, in return, the touching interpersonal experiences or the energy of the universe.
FLUORITE	aids comprehension, strengthens teeth & bones, stabilizing & calming, dissolves blocks or fixed ideas, transmutes negativity - STIMULATES FREE SPIRIT
	BLUE FLUORITE Blue Fluorite is highly protective, especially on a psychic level. It helps you to discern when outside influences are at work within yourself and shuts off psychic manipulation and undue mental influence and blocks geopathic stress. Used in healing, Blue Fluorite draws off negative energies and stress of all kinds.
	PURPLE FLUORITE Purple Fluorite is a useful stone for clarifying one's mental processes and bringing one's energies down to earthy. It is believed to facilitate enhanced concentration and more rapid learning, as well as to help one to make better judgements. It also can be used as a healing stone to remove any type of negative stress.
	RAINBOW FLUORITE This is the best crystal to use to overcome any form of disorganization. It grounds and integrates spiritual energies. It promotes unbiased impartiality and heightens intuitive powers; makes you more aware of higher spiritual realities and can quicken spiritual awakening; and focuses the mind and links it into the universal mind.
FUCHSITE	It promotes the examination of issues related to basic foundations and personal concerns, including problems and solutions directly related to interactions with others and the material world. It facilitates the transfer of energy from other minerals; hence, using this mineral in conjunction with other minerals during healing sessions promotes an increase in energy transfer.
FULGERITE	Fulgerites are one of the oddest examples of Nature at work. These thin quartz silicate tubes are formed in a fraction of a second as lightning strikes the ground. Thousands of degrees of heat melt sand into these bizarre tubular shapes. Enhances communication on the physical plane, and strengthens connections with other worlds, can be used to intensify concentration. Great for manifesting one's prayers, magnifying one's intentions. Helps to let go of our old ways of being and take on those new forms necessary to enable us to become channels of Divine energy.
GAIA STONE	See Green Obsidian

GALENA

a transformation stone. It is effective when embarking on a personal spiritual journey.

Galena is sometimes used in past life regression therapy as a guide to inner vision. It assists in facing and overcoming one's deepest fears.

Galena is an Earth stone and as such has strong grounding properties:

- Brings strength, courage and ability to face difficult times
- Helps one to recover personal power
- Assists in countering the ill effects of radiation, electromagnetic pollution, long hours in front of the computer

Galena is used by healers to counter infection, protect against radiation, recover from addictions.

GARNET

Its name comes from Latin granatus meaning seed, because it often resembles small round seeds. Garnet has been used as adornment for thousands of years. It is mentioned in the Old Testament as the stones in the Aaron's breastplate. It aids in the flow of energy through the body and is a stone of cleansing. It is used to work through issues of abandonment and to raise self esteem. Transforms negativity, activates the life force within, enhances stamina, links our life force with practical determination - **STONE OF HEALTH & BUSINESS SUCCESS**

ANDRADITE GARNET Andradite Garnet is a calcium iron silicate. It is well-grounded in Earth's elemental colors of green or olive, dark yellow, and black. It is also a stone of strength and safety. Like a forest shields an ebony pool from the summer sun, Andradite offers protection and confidence and self-empowerment. Andradite Garnet is dynamic and flexible, stimulating creativity and attracting into your relationships what you most need for your personal development. Most notably, this mineral works to stabilize and enhance the male qualities of strength, stamina and courage. [Melody, 118][Hall, 137 The energies and healing powers of Andradite Garnet reflect the strength and protection of all garnets. Its physical healing power encourages the stimulation and regeneration of blood, the assimilation of vital minerals, and strengthens the immune system. Emotionally, Andradite Garnet brings strength, stability and balance, opening up the mind to higher thinking and better relationships, and stimulating creativity, will and focus,-a powerful spiritual cleanser. A host of angels are associated with Andradite's color energies and it honors two Goddesses. Garnet is the traditional birthstone of January, and Andradite is the natural birthstones of those born in the in the heart of spring (April 20-May 20) and the beginning of summer (June 21-July 21). It is a talisman of protection.

GREEN or GROSSULAR GARNET Also called Vasonite. Green Garnet is a powerful aid to the manifestation of prosperity and abundance in all earthly endeavors. It is said to be a 'gemstone of good fortune' in matters of money. Green Garnet is also said to activate the heart chakra, awakening compassion & charity. It strengthens, purifies, revitalizes and energizes the body's systems. The pituitary gland is also affected by this stone. The name grossular is derived from the botanical name for the gooseberry, grossularia, in reference to the green garnet of this composition that was first found in Siberia. Grossular Garnet is a powerful aid to the manifestation of prosperity and abundance in all earthly endeavors. Grossular Garnet is also said to activate the heart chakra, awakening compassion & charity.

HESSONITE GARNET Hessonite Garnet is a stone of passion and creativity. - it is particularly geared toward creative and personal expression. Is used in crystal healing for issues of sexuality, emotional balance, and lack of interest in life. Physically it is used in crystal healing and folklore for bladder, intestine, sexual organs, and spleen.

SPESSARTINE GARNET Excellent for anyone whose career is in the home; strengthens happiness and contentment. Spessartine Garnet vibrates at a very high rate, which imparts a willingness to help others and strengthens the heart. Spessartine enhances analytical process and your rational mind. It helps with depression and suppress nightmares.

TSAVORITE GARNET Tavorite garnet is colored green due to chromium content in the crystal. As with other grossular garnets, Tavorite aids in calm acceptance and the universal All. It is a good stone to use during life's many challenges. Tavorite can be used as a gentle pain reliever, and sometimes to treat eye problems.

GARNIERITE/NOUMEITE A stone of acquisition and accumulation. Gamblers "winning stone". Helps honor magnificence in self and others. Stimulates and heals heart chakra. Enhances recuperation and physical regeneration. Often used as a barricade to gossip. Stimulates confidence and self sufficiency for single-parenting and/or single living.

GASPEITE Gaspeite helps one to feel safe and secure in one's physical vehicle, allowing one to release emotional attachments to material possessions or to past experiences which no longer serve. It aids healing and has excellent metaphysical properties to aid weight loss and to help you to clear clutter. It embodies a highly spiritual vibration, that encourages one to live life in the real world, yet from a spiritual perspective so that one is able to perceive higher vibrational or the "spiritual" synchronicities that occur in everyday life.

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

GIRASOL See Quartz - Girasol "Blue Opal Quartz"

GLENDONITE Glendonite is a teaching stone of learning, discovery, and understanding. It supports the learning process by helping process information and thoughts in easy to understand terms. Because of this, it may help discover one's life purpose. Physically glendenite helps heal broken bones, abrasions, regenerates cells, and makes teeth and bones stronger.

GOETHITE Goethite, named after the German Johann von Goethe, is an iron bearing oxide mineral. Goethite has been well know since prehistoric times for its use as a pigment. Goethite stimulates psychic and metaphysical pursuits and aids concentration. Goethite raises consciousness and vibration, enabling clairaudient communication and linking into the angelic realm.

GOLD STONE The sparkles of Goldstone are symbolic of the light that can always be found in the darkness. This Goldstone is one of our few synthetic stones. This Goldstone can be used during Meditations. and is a gently uplifting stone. Goldstone, like diamond, is a good deflector of unwanted energies, and is highly regarded in the spirit realm as a protection mineral. Goldstone helps to reduces stomach tension. It is a nervous system stimulant and enhances transmission of healing energies from the hands, therefore it is applicable to long distance healing. Made with glass and infusions of metallic copper crystals man made from glass and copper, provides confidence, strength and happiness - GOOD FOR CREATIVITY

BLUE GOLDSTONE

HEALER'S GOLD See Quartz - Healer's Gold

HAWK'S EYE See TIGER EYE

HALITE Halite clear to white halite (rock salt) is a purifying crystal. Use it to: give illumination, remove barriers to Light energy and to purify energy or the environment. Halite is soluble in water. Keep halite dry.

BLUE HALITE Blue halite is the result of exposure to natural gamma radiation. Blue Halite is excellent in rectifying mood swings, enhances good will and diminishes negativity. It stimulates and preserves acupuncture, acupuncture meridians. Blue Halite clears the third eye and stimulates psychic power, mysticism and intuition. Blue Halite is for activation of the third eye, crown chakra and Soul Star, also auric cleansing, stimulating psychic abilities. The Rich Blue/Violet inclusions in these stones stimulate the higher mind.

PINK HALITE Pink Halite harmonizes the heart and solar plexus chakras, making it a wonderful stone to promote self-love. Pink halite dissolves confusion and doubt. It assists one to clean up the spiritual or physical environment of unhealthy habits, relationships, incomplete projects, etc. Some use it in bath water to clear and restore spiritual energy. Halite Pink is said to bring peace to the heart and solar plexus chakras, making it a stone to promote self-love. Pink Halite helps dissolve confusion and doubt and take positive action towards a more self-loving lifestyle, and inner clarity. It clears unhealthy habits, incomplete projects, etc. Use it to remove emotional wounds.

HEALER'S GOLD Healer's Gold helps one connect with the energy of the Earth and channel that energy through the body. It can bring more life force into the body and balance your energetic field. It allows those who do healing work on others to do so without depleting their own energy. Also, it enhances confidence, clarity, patience, persistence and overall positive outlook on life.

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

BOTRYOIDAL HEMATITE Hematite is an important ore of iron and its blood red color (in the powdered form) lends itself well in use as a pigment. Ancient superstition held that large deposits of hematite formed from battles that were fought and the subsequent blood that flowed into the ground. Because it can repel and dissolve negativity, hematite is sometimes called the anti-stress stone.

HERDERITE Herderite is a high-vibration stone which aligns the subtle chakras, raising consciousness to the highest possible levels. Spiritually, when Herderite opens the third eye, it involves full body awareness and a deep connection to the Earth. It is helpful for improving concentration and memory. Herderite also assists with headaches, migraines and brain-damage and supports brain function, the pancreas and spleen.

HERKIMER DIAMOND See QUARTZ

HIDDENITE Hiddenite is best for attracting prosperity. It also is a heart chakra stone that provides protection and support for the emotions. Hiddenite helps relieve loss, particularly in the areas of love or money. It is a very calming stone, and helps engender compassion for others. It also brings trust to relationships of all kinds. It also stimulates the intellect. It is helpful for helping regain youthful-type vigor, skin issues, and circulation, plus any diseases from repressed emotions.

HOWLITE Howlite is an extreme calming stone. Placed under the pillow, it is an excellent antidote to insomnia, especially when this is caused by an overactive mind. Howlite links into spiritual dimensions, opening attunement and preparing the mind to receive wisdom and insights. It assists journeys out of the body and accessing past lives. 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

HULLENDITE This stone is very helpful with past life recall, weight loss, keeping an open mind, and helping one deal with loss. Hullendite is in the zeolites family of minerals and has been grown aboard the space shuttle. Hullendite is a stone that promotes receptiveness especially in difficult situations. As a psychic tool, hullendite is used for past-life recall.

IDOCRASE See VESUVIANITE.

IOLITE

Iolite is one of the best stones to use in psychic, healing, and spiritual activities. It can open one to psychic talents and expand them, and is excellent for use on the 3rd eye and crown chakras. It is often known as the Viking stone. It is thus said that Iolite can bring clear psychic vision. It can also enhance curiosity. It is also an excellent stone for astral travel. It helps one grow spiritually. Iolite is considered a very strong "Shaman" stone, and can stimulate visions. It is very helpful when dealing with addictions, including alcoholism. It assists in detoxification as well as maintaining sobriety. Iolite is also said to help build relationships of all kinds.

INDICOLITE

- See QUARTZ

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

Jade is a stone of the heart. As such it is related to the heart chakra and has a beneficial effect on all heart chakra related issues. So, of course, it can attract and enhance love of all kinds. It is also a stone of fidelity and generosity. It is also considered to be good for the physical heart and for emotional balance and stability. Jade is also very helpful as a stone of abundance. Physically, jade is used to heal lung problems, kidney problems, immune system weakness, PTSD, and nervous system overwork. Jade is also known as the dream stone bringing realization to one's potential. Put a piece under your pillow and suppressed emotions will be released through dreams. Brings harmony. Astrological sign of Aries, Gemini, Taurus and Libra. Jade vibrates to the master number 11. Jade is known as a dream stone and as a stone of fidelity, bringing realization to one's potential and devotion to one's purpose. It improves remembering of dreams and assists in dream solving. It is used to release suppressed emotions via the dream process. Jade helps to cherish one's desires and facilitates the building of dreams in this physical reality. Facilitates peace within, promotes longevity, reduces eyestrain & negativity, enlivens inner images & dreams - GOOD LUCK STONE

BLUE JADE Blue Jade contributes serenity and harmony in any situation, Blue Jade can help with emotionally charged issues a stone of wisdom, Some find that using Blue Jade helps to still the mind which helps one to see solutions Many also use Blue Jade to help achieve progress in a situation that originally seems insurmountable. helps finding ability to accept and find peace in those issues that cannot be changed, so that you can release them and move on.

BUTTER JADE Butter Jade is known to bring good luck. It is also good for helping accept one's life path, and is excellent for self-realization and acceptance. It promotes clear thinking and decision making. It aids those on the path to enlightenment, helps one to overcome the ego, selfishness and greed. Heightens awareness and compassion; promotes a peaceful mind.

CANADIAN JADE See NEPHRITE

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

JADEITE JADE Jadeite is a sodium aluminium iron silicate mineral. Jadeite and Nephrite have gem varieties of Jade. Trace impurities in Jadeite produce more colour varieties than Nephrite. Jadeite is used as an ornamental precious gemstone. Many common names are given to Jadeite including Imperial Jade, Chinese Jade, Lavender Jade. Jadeite Jade is widely used in the jewellery and ornamental carving trades, the clearer, more intense greens commanding high prices. known as the dream stone, and assists in dream recall, analysis and dream connection to ancient wisdom. harmonizes relationships and stimulates recognition of skills and common goals-stimulates a self reliant confident nature. Jadeite Jade calms and instils a sense of inner peace and tranquillity.

LEMURIAN JADE Lemurian Jade can enable one to balance the male and female energies. A very rare over-soul Stone from Peru that can soothe and heal the heart center and is useful for those who have had a hard or difficult life or who have been abused in the past. Lemurian Jade also helps one to appreciate what we already have and to stop moaning about what we don't have. Feel its protective energies if you feel threatened.

NEPHRITE JADE Nephrite Jade, while being a stone of abundance, it is also considered to be good for emotional balance and stability. Nephrite jade is related to the heart chakra and has a beneficial effect on all heart chakra related issues, and all love relationships. good protection for children, against illness, and for psychic protection. Physically, nephrite jade is used in the crystal healing of the physical heart, and kidney problems. Allows one to tune into other's feelings, to enhance self-confidence, and to bring wisdom into new situations. Meditating with Green Jade can enhance the flow of abundance through one's life as well, by releasing blockages and helping one to recognize that the universe is unlimited and there is no lack.

PERUVIAN JADE Properties common to all Jade include its ability to mellow one's existence. Helps one rid themselves of negative thoughts and energy. Very beneficial to the heart in both physical and spiritual senses. It is a very protective stone and will keep its wearer out of harm's way. Jade bounds us to our earth energies and physical instincts. Jade is a humbling stone.

PINK JADE The 'Stone of Dreams', takes the being on journey into the fascinating and even magical world of dreams, but not without helping to prepare the mind, body and spirit before hand by bringing deep relaxation and calm throughout the whole of the being.

Jade overall is a gentle natured stone, its loving, soothing, caring and uplifting.

It can help ease disruptive sleep patterns, returning them to a more balanced and healthy state.

This is a stone that resonates well with the being who wishes to have a more visionary or lucid dream state. . It opens the mind to become lighter, and can help break negative thought cycles, as well as lift the mood.

A stone which is very beneficial in encouraging the body to glow from the inside out. Pink Jade can be kept close, even as an item of jewellery, to bring back and keep a youthful and healthy glow of the skin. This is especially helpful for the being who has gone through hormonal change such as the menopause.

SIBERIAN JADE See Nephrite as this carries the similar properties

JASPER

QUALITIES APPARENT IN ALL JASPERS Jasper is a stone of gentleness and relaxation. It enhances one's ability to relax and brings tranquility, comforting, wholeness, healing, and gentle endings. It is sometimes called the nurturing stone for its nurturing and protective energies. Psychically, jasper is used to assist with astral travel. In the physical realm, jasper is used for the liver, gallbladder, soothing the stomach, and balancing yin/yang energies. Jasper is a variety of quartz, so it also has the metaphysical and healing lore energies of Quartz.

BANDED JASPER This is a stone for grounding and centring the energies of the Root or Base Chakra. Use for self control, grounding, resilience, quiet power, grounding, invisibility, peace and anxiety. Banded jasper is considered a receiving stones and is used for calming, soothing, inward meditation and reflection. When used for Chakra healing and balancing, banded jasper represents the element earth, and is therefore related to our survival instincts, and to our sense of grounding and connection to our bodies and the physical plane. Ideally, when using these stones at the Root Chakra, they bring us health, prosperity, security, and dynamic presence.

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

BRECCIATED JASPER Brecciated Jasper is veined with Hematite. is great for working with the base Chakras. Use it as a comfort stone to take advantage of its calming and nurturing properties. It's a great Protector and helps promote Mental Clarity. Brecciated Jasper is a stone for shamans. It enhances organizational abilities, relaxation and a sense of wholeness. 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

BROWN ASH JASPER Wearing brown jasper will help for centering and grounding, especially after a heavy magical ritual, psychic or spiritual work. If you tend to live with your head in the clouds to the point of possibly endangering your own life, please wear brown jasper for grounding and protection. (energy: receptive; element: earth; planet: Saturn)

DALMATIAN JASPER Dalmatian Jasper is a stone for those who are overly analytical. Helps to ground and center all bodies (physical, emotional, intellectual, etc), and connects with the etheric energies. A stone of service, used to calm and soothe animals that are hurt and scared, a stone of service for all, reminding us that we can make a difference. It brings a sense of fun to our lives. It is a stone of protection from nightmares, depression, and negative thinking. Helps to harmonize the emotions and maintain composure, under difficult circumstances. A good stone for relationships in general and particularly good for long term relationships. It is said to both increase loyalty and to aid memory, and use to help you to make more informed choices. It is said to give stamina, can also help with cartilage problems and with purifying the blood. Cleanses the aura and dispels/transmutes negative energy (due to the black Tourmaline inclusions), protects the user from harm. Use when you are feeling down and out, restores a sense childlike wonder- a true pick me up!

FANCY JASPER Fancy Jasper - is professed to enhance one's ability to relax and bring- comforting, wholeness, healing, - As with all jaspers, it is also a good protection stone. In mystical healing lore, jasper is said to be good for the liver, all bladder, and soothing to the stomach. Fancy Jasper is reputed to be particularly good at bringing energies of wholeness and healing to an environment or situation.

KAMBABA JASPER Kambaba Jasper is an exotic looking jasper from Africa. It is said to mystically soothe the nerves and state of mind. - It is purported to be beneficial for plant growth and health, particularly in arid environments or where the soil is poor. Crystal healing lore says that Kambaba Jasper helps dietary stabilization, assimilation of vitamins and minerals, and cleansing the body of toxins. Kambaba Jasper is an excellent protection stone, providing protection for both travellers and astral travellers. It is also a ground stone and is especially useful in healing. Kambaba jasper instills a feeling of wholeness, serenity and being cared for. Kambaba Jasper aids in mental clarity and functioning, brings balance and relaxation.

LEOPARD SKIN JASPER Leopard Skin Jasper (also called Jaguar Stone) is a stone to utilize when connecting/communicating with the Animal Kingdom, in both the physical and spiritual planes. Leopard Skin Jasper is connected with Shamanism, helping to discover personal animal totems (power animals) and learning how to work with them. Leopard Skin Jasper also aids in out of body experiences and journeying. Powerful protection stone. A protective stone during ritual. Is closely associated with strength and vitality, and brings stability to those who may be experiencing chaotic energies in this incarnation. Is known for its healing energies, for those experiencing chronic health conditions. Facilitates self-healing, is an important component of one's medicine bag, known as the supreme nurturer, sustains and supports during times of stress, unifies all aspects of your life. Jasper reminds people to help each other. Resembles the spots found on a Leopard. Leopard skin jasper (also called leopard stone) is a stone of shamanic journeying. It also aids in service to others. It helps discover and connect with one's animal totems or "power" animals. It makes it easier for one to take responsibility properly. Helps with creative visualization. As with all jaspers, this is a protective stone, and it is particularly protective during shamanic journeying. Physically it helps eliminate toxins and decrease body odor, and is very helpful in self-healing. It has properties of protecting the third chakra, but is associated mainly with the root chakra.

MOOKAITE (MOOK JASPER) The term 'Mookaite' is an unofficial, locally coined name for a silicified porcelanite which forms in the weathering profile of a geological formation known as Windalia Radiolarite. It is a stone of the "here and now." It can help one balance the internal and external and acceptance of change. It helps with living meditation, where one makes a meditation of any act one does.

OCEAN or ORBICULAR JASPER Ocean (orbicular) Jasper- Helps support pursuits based upon service, stimulates creativity and original thinking, increases the attribute of patience. It is very soothing and helps to love one's self as well as others. It is very healing of the emotions. The orbs (eyes), are said to protect from the evil eye. It helps with acceptance of responsibility and increases patience. Physically, ocean jasper is beneficial to the digestive organs, removing toxins, and lessening body odor. Ocean Jasper is related to the heart chakra. A SHIELD STONE FOR POSITIVE OUTCOMES

PICASSO or PICTURE JASPER Picasso jasper is metamorphic limestone, Geologically, a metamorphic stone forms deep in the earth, its essential nature altered by heat and pressure. It has strong metaphysical qualities of grounding and calming. It also promotes weight loss and assists in the development of creativity, as well as engendering strength and self-discipline. A stone which accepts intense reasonability in the realm of protection, stimulates creative visualization. Picture Jasper is a nurturing stone, helping one understand that one must help others to help oneself. It stimulates creative visualization. Picture jasper helps create harmony, proportion, creative visualization, positive things in business pursuits. It brings and shows hidden messages from the past as well as hidden thoughts, fears, and hopes. These qualities make it useful as an emotional/psychological healing stone. - JASPER REMINDS US THAT BEING ALIVE IS A WONDERFUL THING NOT TO MISS

PINK JASPER Keywords: Devotion, Aspiration, Perfection, Gratitude, Efficiency,
Protects Against: Impulsiveness, Betrayal

POLYCHROME JASPER Polychrome Jasper is a 'happy energy' stone. It is said to bring good fortune and a happy outlook on life. It is also used to assist in attuning to and communication with animals. In Crystal Polychrome Jasper is used to ease stress and increase stamina, and the ability to adjust to change. It is also used to bring out hidden fears as well as hopes.

PORCELAIN JASPER Also known as Exotica Jasper or Sci-Fi Jasper, Porcelain Jasper is a very nurturing gemstone that helps to uplift and support during times of stress. It is a powerful stone to balance the energy vortex of the heart chakra, helping us to communicate through love with humans and higher beings. Porcelain Jasper helps to unite all aspects of one's life.

RAINFOREST JASPER The unusual patterns are where this stone gets its power to heal. Associated with the Heart Chakra, it is (RHYOLITE) thought to help people deal with past-life issues, by helping one to see the relationship between karma and what is happening now, making these issues much easier to accept and work through. Rainforest Jasper will assist one in the laying down of burdens which no longer act to serve in one's life. Using Rainforest Jasper may help with healing old and deep emotional wounds in this lifetime as well. It is the perfect piece to carry when facing confrontation. It helps to eliminate procrastination and distractions, often used as an aid to contact loved ones who have ascended. An excellent tool to use when communicating with animals.

RED JASPER Red Jasper is said to enhance responsibility, choice, and compassion. Used in mystical dream work, It is said to assist in protection and rescue from danger. It is also said to be a stone that helps in all areas of survival, and is a very protective stone. Red jasper is said to be a stone of controlled passion and used to help control one's own passions. Crystal healing lore says that physically it assists in healing by maintaining positive movement with all types of disorders and disease. 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

SEA FOSSIL JASPER Sea Fossil Jasper is distinguished by its fossilised and silicified organic patterns. It is an excellent protection stone, providing protection for both travellers and astral travellers. Fossil Jasper is also a grounding stone, and is especially useful in healing. Sea Fossil Jasper instils a feeling of wholeness, serenity and being cared for. It aids mental clarity and functioning and aids past life recall.

SHELL JASPER Shell Jasper is highly valued as a sacred and powerful stone of protections and grounding. It brings the energy of the Sun to rejuvenate and strengthen the body. It helps to bring about relaxation, contentment and serenity. Some call it Shell Marble. Shell Obsidian or Marbled Shell Jasper. Whatever its name, its patterns are striking and unique.

STARRY or SILVER LEAF JASPER Starry Jasper releases spaciness, helps to accept responsibility, and increases one's patience. Assists one in rectifying unjust circumstances; - - Assists in providing for rescue in situations of danger. Facilitates remembering dreams. It is said to provide protection and good luck. Starry Jasper balances all chakras and stabilizes the energy levels. - The Supreme Nurturer. It was worn by shamans to provide protection. It can have a very stabilizing effect on the whole person. Releases spaciness, to accept responsibility, increases one's patience - HELPS ONE "BE OF SERVICE"

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

UNIKITE JASPER 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**

YELLOW JASPER Yellow jasper has characteristics of helping one be strong and balanced in the social arenas and protects one's social welfare. It is associated with the solar plexus (belly) chakra. Yellow jasper is a protective stone that particularly gives protection during travel, both physical and spiritual. It also shields one from negativity, and can protect from depression. Yellow Jasper also has the ability to neutralize radiation and other forms of environmental and electromagnetic pollution. It is a nurturing stone, helping to calm the nerves and emotions.

ZEBRA JASPER Zebra Jasper -a grounding stone- keeps one centered with the earth during higher spiritual work- helps with depression and anxiety- encourages us to stop considering failure as an option in life, and to take action towards reaching our dreams and goals- helps us to escape the perils of over-thinking and promotes the enjoyment of experiencing life as it comes- Physically is also said to be helpful with stamina, endurance, bone disorders, osteoporosis, teeth, gums, muscle spasms, and heart palpitations. Zebra jasper helps you connect with Mother Earth. It encourages universal Love, and brings the true natures of the user to the surface. Use it to dissolve illusion, and for aura protection. Athletes would benefit from this stone as it can increase stamina. Physically, zebra jasper strengthens bones, teeth, and gums. It aids osteoporosis, muscle spasms, and heart palpitations.

JET Jet is a black gemstone, which is actually an organic product, a bituminous coal which can be polished. It is contained in many antique jewelry pieces and beads. Jet assists in entering and exploring your inner void of creation, this is the place in which potential and power lies. It enables you to see the lesson behind negative experiences in your life. 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 **KYANITE DIRECTS US TO BE FULLY OURSELVES AND ALL OF OUR TALENTS**

BLACK KYANITE Black Kyanite and kyanite with mica is known for its ability to provide a stimulating energy, encourage clarity and intuition. It is considered to help dispel anger, confusion and frustration, whilst calming and strengthening in energy sapping situations. This combined with the ability to align all chakras instantly and the fact that it never needs cleansing or cleaning. Black Kyanite aids in the manifestation of vision and clairvoyance. Full of healing energy, can be placed on any chakra to send healing energy to any tears or holes. Helps communication between people. Keep a piece to help out in conflict or misunderstanding. For grounding during a chakra alignment or meditation. Works with all Chakras, focusing most on the Root Chakra. Can be grounding and energizing at the same time, excellent meditation tool, can help one to come up with important insights. Often used to explore past-lives, helps one to see how current actions effect future lives. Aligns all chakras, and can be used to open them also aligns all layers of the aura.

HIMALAYAN KYANITE is widely believed to inspire many spiritual and mystic properties, including affording one with insight and foresight, as well as a deeper understanding of their own sub-conscious thoughts. Owners are also said to be blessed with healing powers, where the stone emits meditative and calming influences, as well as soothes anger and depression.

KYANITE Blue Blue Kyanite transmits and amplifies high-frequency energies, making it a great stone for meditation, brings a calming energy, assists in receiving intuitive and psychic thoughts, and dream recall. Kyanite restores Qi (or Ki) to the physical body, and balances yin/yang energies. promotes clarity & understanding in dream work, enhances creativity, healing for emotional & mental relationships - **ALIGNS CHAKRAS**

GREEN KYANITE Green Kyanite is a rare cousin to the blue variety. These stones can create a bridge between oneself and the balance of Nature. It helps one to feel the ever-moving perfect flow of the life-force of the Universe. It helps one to connect with the truth of the heart. And if one is not speaking truthfully from their heart, Green Kyanite will help you know this. It is definitely a sound 'sincerity detector'. It can serve to help one connect with Nature devas. It is often used to make contact with the nature spirits, and is great to take along on hikes or camping trips. Plant lovers place Green Kyanite into the soil of a potted plant to improve growth and stamina. Green Kyanite can facilitate astral travel, lucid dreaming, and other forms of dream work. It helps transfer the higher-frequency vibrations from higher realms. Calms anger and hopelessness, teaches us to stand on our own centre stage and show our talents without shame, facilitates meditation

OPTICAL KYANITE is also remarkable in that it balances, immediately and without conscious effort. The presence of this healing crystal can align chakras and all the subtle bodies of the multidimensional human energy field. Like the work of the acupuncturist, it helps to cleanse the meridian system that flows throughout the body, balancing and stabilizing the biomagnetic energy field and restoring vital energy to the physical body.

ORANGE KYANITE Orange kyanite helps open and balance the Sacral Chakra. This is your sexual drive, your creativity. It can be used as a tool to clear, activate and balance the Second Chakra for "gut instinct". It renews our passion for life.

LABRADORITE

Labradorite was named after the Canadian city Labrador. It is truly a fascinatingly beautiful mineral and can produce a colourful play of light across cleavage planes and in sliced sections called labradorescence. It is a stone of transformation. It clears, balances and protects the aura. It helps provide clarity and insight into your destiny. It attracts success. Supports the path of the spiritual seeker, helps one to adapt to new energies and integrate new structure, enhances affirmation and visualization - **RELIEVES DEPRESSION**

LARIMAR

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

LAPIS LAZULI	Lapis brings truthfulness, openness, inner power, intuition, virility and manifestation. It strengthens the mind and body as well as increasing awareness and spiritual evolution. It can help organize daily life and contact guardian spirits. Lapis also helps build self-confidence, and is a stone traditionally for royalty. Lapis brings spiritual love and fidelity. 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
LAVA ROCK	Lava Rock is the physical embodiment of fire. It started as molten lava and formed into rock. It is an incredible powerful stone for anyone born under a fire sign in their astrology, or for anyone who needs more fire in their lives. It can be very useful for those who are indecisive, timid or who generally feel weak. It helps one to develop stronger ties with the mother earth.
LAZULITE	Called a "stone of heaven" lazulite is a rare and beautiful mineral. An old legend explains that lazulite was created during a giant upheaval of the universe when pieces of the sky and sunlight were captured and held captive by Mother Earth. Bringing in clarity and purity of energy from the omnipresent forces of the universe. It promotes peace and enhances sanctity.
LEMURIAN SEED CRYSTAL	See QUARTZ
LEOPARDITE	Enhances our own self-respect and self-value. Allows us to accept ourselves as we really are. An emotionally balancing stone. It helps us to deal with those difficult situations in life in a calm and concentrated way. Leopardskin is a stone of change and of progress. It can help us to clear things from our past and to see a clearer future. It helps us to resolve things.
LEPIDOLITE	Lepidolite is a lithium-mica. It 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, well-being, Balances Brow Chakra with new spiritual love. Promotes self love & inner peace, alleviates stress, anger & tension, helps with nerve sciatica & joint pain - SUPPORTS BASE CHAKRA
BLUE LEPIDOLITE	Blue lepidolite is a new find from Western Australia. Lepidolite is a lithia mica and is usually lilac or purple coloured however in this case the colouration is caused by rubidium. Lepidolite is associated with stability and acceptance and can assist in the change and transition. It brings about cosmic awareness and aids in spiritual journeys.
LIMONITE	Limonite is the generic name for iron oxide and the name derives from the Greek leimons, meaning 'boggy meadow'. Its association with water led to it being a treatment for dehydration but it is excellent for removing oneself from the mire. A grounding and protective stone that stabilizes life, affords the physical body protection during metaphysical activities, defends against mental influence or attack, enhances telepathy, and ameliorates confusion and psychic overwhelm. Legend: A powerful mental healer, Limonite restores youthful properties and supports standing firm without needing to fight back. It facilitates inner-child healing with other stones. Color: is yellow, orange, reddish brown, brownish black.
LIONSKIN	a polished stone, is a new name that has been given to silicified Golden Tiger Eye which has an optical reflectance similar to Pietersite. It is NOT a Jasper as it is currently identified on several Websites. Tumbled Lionskin are mostly smooth, but do have some dents and pitting. Some are filled with the golden optical reflectance fibers while others are a blend of quartz and fibers (which looks like a really thick Rutile visually). The properties of both Quartz and Golden Tiger Eye will apply to this stone as it is a combination of both. Golden Tiger Eye is helpful for those seeking clarity. It can be used to enhance psychic abilities and can assist in the gentle attunement of the Third Eye. Golden Tiger Eye often gives off a very earthy energy and as such, is often chosen by "earthy" people. Golden Tiger Eye balances yin-yang energies. It can be used to stimulate wealth and maintain wealth. Golden Tiger Eye produces soothing vibrations, generating calmness to unsettled turmoil. Quartz is a stone of amplification - which makes Lionskin a very powerful stone indeed!
LLANITE	- See QUE SERA STONE

LODESTONE	See Magnetite
MAGIC FOREST QUARTZ	- See QUARTZ
MAGNESITE	Magnesite forms in compact and microcrystalline masses. An ore of Magnesium. The brain form of Magnesite has a powerful effect on the mind, bringing the hemispheres into harmony and stimulating creativity. Magnesite promotes original and dynamic ideas. Instills peace. Good for mediation. Eliminate self-deceit. Stimulate passion.
MAGNETITE (Lodestone)	Magnetite is known as Lodestone an iron oxide mineral and a member of the Spinel group it occurs in a variety of rock types and is often the main constituent in black sand, and naturally occurring magnetic. Magnetite specimens are often covered in 'hairy' fragments of iron, which makes Magnetite a uniquely unusual collectors piece. Magnetite is highly grounding, stabilising and protecting and when used in healings will align the meridians, chakras and subtle bodies. Magnetite releases deeply held negative emotions like fear, grief, anger and all forms of attachment. Magnetite can be used for manifestation affirmations and has been used to attract love. Enhances receptivity, provides guidance, aligns meridians of the physical body, for cramps, female problems, bladder & rheumatism - BALANCES MALE/FEMALE
MALACHITE	It is a "stone of transformation", assisting one in changing situations, and providing for the transfer of sacred information leading to spiritual evolution. It stimulates instinctive and intuitive reasoning, allowing for change which facilitates advancement. It also represents fidelity in love and friendship. Malachite is an excellent balancer on all levels. 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
MAMMOTH IVORY	It is especially well suited for ailments of the bones, joints, and teeth. Also benefits the skin and the circulatory system. Helps you become more introspective and analytical. It may make you more in tune with animals and nature, but you have to have this desire in order to open a path for this expression.
MERLINITE	<p>BLACK MERLINITE Black Merlinite connects to the third eye and crown chakras so that one's consciousness is open to perceive higher dimensional energies. It helps with one's intuition and psychic abilities. Black Merlinite allows one to be aware of, and understand, the darker aspects of one's being allowing one to integrate these aspects thus aiding self-mastery. It helps one with Shamanic journeying and recalling past lives to aid one in this lifetime. Its protective energy helps to dispel negativity thus offering spiritual protection to one's being.</p> <p>WHITE/BLACK MIX MERLINITE Merlinite is a stone of magic, conjuring the memories of wizards and alchemists. It is said to blend heavenly and earthly vibrations, allowing one access to multiple realms. It can be used to access the akashic records, to draw upon the powers of the elements, to enhance shamanic practices, and to bring magic into one's life. Merlinite aids our spiritual growth.</p>
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
CAMPO DEL CIELO	from Argentina - The Campo Del Cielo crater field is a group of at least 22 meteorite impact craters situated in Argentina. The meteorite is held sacred and is esteemed in many cultures. It represents the energy of other worlds and allows for access of this energy by the user. Meteorite enhances connection with extraterrestrial energies and expands awareness.
MICA	

MUSCOVITE Is also known as Common Mica. This mineral stimulates the heart chakra and allows the layers of insecurities and uncertainties to disperse. It can be used to lessen self-doubt, to promote the acts of looking to the past for lessons which truly have been assimilated, and to look to future with optimism and knowledge that one can advance with success. It strengthens the intuitive processes.

PINK GREEN MICA This mineral activates the throat chakra, the heart chakra, the third eye, and the intellect. It also opens the crown chakra and allows for the flowering of the inner blue lotus, assisting one to become aware of the subtle vibratory energies both within and without of the self. It facilitates astral travel, assists in birth and re-birthing.

PHLOGOPITE Phlogopite is a rarer member of the mica group and is not well known even by mineral collectors. It has been mined however for its heat and electrical insulating properties which are considered superior to other micas. Since we are inundated with excess electrical energy in our environments, extra magnetic energy can help to balance the electromagnetic field of the body.

STAR MICA Star Mica is extremely useful in the reduction of stress and depression. It halts obsessive thoughts, relieves despondency, and overcomes insomnia. It stabilizes mood swings and bipolar disorders. It is excellent for overcoming any kind of emotional or mental dependency, supportive in releasing from addictions and complaints of all kinds.

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

MOHAWKITE Helps to improve self-awareness, allowing you to change negative thinking or patterns. A combination of many minerals, Mohawkite connects to all of the chakras and encourages stability and balance.

MOLDAVITE Moldavite is the product of a meteor collision with Earth nearly 15 million years ago. It has the power to quicken ones spiritual evolution and enhances inner journeys, cosmic consciousness, crystal consciousness, expansion, contact with interdimensional or extraterrestrial forces. One of the main functions of Moldavite is that it helps people acclimatize to an earth plane environment.

MONDOLITE - See QUARTZ
MOOKAITE See Mook Jasper

MOONSTONE Moonstone is helpful for those who seek to embrace the Goddess within. A wonderfully helpful stone for women for its ability to balance hormonal and menstrual cycles. A stone of intuition, helps to connect to the different cycles one experiences in life, helps to balance the emotionals, and aggressive tendencies in males or females. Many people find it to be very soothing and use it to help relieve stress. Moonstone connects us to Divine Inspiration, and channels it into our own intuition, encourages introspection and judgment, also enhances emotional vision, bringing greater creative abilities to open one up to increased synchronicities, Can promote conception by aiding all aspects of the reproductive system, is also known to help with digestive system, including the liver. Calming, introspective, assists with emotional release & balancing, aids intuition & clairvoyance- OPENS US TO RECEIVE

BLACK MOONSTONE Black Moonstone is especially powerful with creative insight and achievement. It is also a stone for easing the changes of life; knowing that when one phase ends the next is soon to begin. It keeps us self centered as we age. It has been used as a help for hand eye coordination in children, and as a helpful stone for clumsy accident prone people. Black Moonstone is also used to help improve concentration and help stroke victims recover, and is used to cleanse the kidneys, liver and spleen. It connects to goddess energy, or what is termed the Primal Feminine Energy. It is used by males and females to re-balance our feminine side, reducing aggressive tendencies and replacing them with a nurturing drive.

BROWN MOONSTONE Has the energies of both peach and black moonstone depending on the shade. Follow your intuition.

GREEN MOONSTONE Green Moonstone is used to enhance the feminine aspects of our personality. It also enhances the dream time experience, helps with conception, pregnancy and birth. Green Moonstone is very beneficial to the heart, through its calming and stress relieving properties. It brings balance to the heart chakra, helping with all kinds of emotional issues.

PEACH MOONSTONE wonderful stone of soothing, feminine energy. Calming and brightening the emotions and it helps to improve the wearer's self-image. It reminds us of our own worth and divinity. It invokes sensuality and gentle passion. The color reminds the enchanted feeling we get when the Full Moon is huge and orange and low on the horizon.

RAINBOW MOONSTONE Rainbow Moonstone can raise our vibrational frequency to create a smoother transition into meditation. It calms the physical mind from the chatter that can affect our meditative state. This allows us to simply "BE" in that space with no distraction. being. Rainbow Moonstone helps us to remember our true nature.

WHITE MOONSTONE carries the energy of the new moon at the height of its power, stimulating psychic perception, vision and dream work. It can magnify one's emotions, activating the kundalini energy in women and emotional balance in men, and is supportive in children to drive away nightmares or insomnia.

MOQUI MARBLES see Shaman Stones

MORGANITE Morganite is a good stone for combating illnesses caused, or brought on by stress, e.g. heart problems and nervous complaints. Morganite awakens in us a love for life and a love for all living things. It inspires compassion, empathy and patience and helps us to realise the equality that exists between the sexes, different races and in our own relationships.

MOTHER OF PEARL It is said to attract prosperity. It is used in mystical work and lore to heighten intuition, psychic sensitivity, and imagination. It is purported to protect from negative influence, and transmute negative energy. It is said to be highly protective and a particularly potent stone of protection for children. A traditional lore use of Mother of Pearl is to purify environments. Mother of Pearl is also used in metaphysics to access primordial and racial memories. Crystal healing and folklore say that Mother of Pearl is helpful for high blood pressure, dizziness, improving vision, cataracts, and wound healing.

NATROLITE Natrolite is known as a stone that will prepare you spiritually for amazing shifts - will empower you in a totally new way... and creates a change in your energy... that may stimulate coincidence or synchronicity excellent effect on the nervous system... One of the first things it does is to aid the nervous system to be able to deal with high vibrations.

NAUTILUS See also AMMONITE - The nautilus is a cephalopod, which is a predatory marine mollusk. These fossils date back to the Albian period of the Cretaceous Age (100 million years ago). Fossils are this planets gifts from the stars that help enhance communication from present reality to prior worlds. Fossils also help dispense with the old so that one can be open and receptive to the new.

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

NOUMITE See Garnierite

NOVACULITE

A type of Flint or Chert. It helps alleviate depression and despair. A stone of protection, and one that fires up and charges all the Chakras.

It can be used to intuitively locate lost items. Additionally, it can help you connect with your Spirit Guides. Flint increases courage, boldness and daring. It's a great stone for overcoming shyness. It fosters loyalty and self-reliance. You can also use Flint to increase all interpersonal communication and to spark creative inspiration. Novaculite contains all these properties.

In healing at the physical level, Novaculite can be used to help heal clinical depression, obsessive-compulsive disorders and other chemical imbalances. It can be used in healing for warts and moles. You can also use Novaculite to help soothe allergic reactions.

NUUMITE

Nuumite (also Nuummit) is a very protective stone. It can protect one from negative energy of many, many kinds by wearing or carrying the stone, and is often sought for this shielding property. It is also helpful for removing energy blockages, and to clear the aura. Nuumite is also good for synthesizing psychic and intuitive wisdom with intellectual thought.

OBSIDIAN

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

OBSIDIAN Black Black Obsidian is a very powerful and creative stone. It grounds the soul and spiritual forces into the physical plane, bringing them under the direction of the conscious will. Self-control is increased by the use of this stone. Black Obsidian forces facing up to one's true self, taking you deep into the subconscious mind in the process. 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

GAIA STONE (Green Obsidian) Gaia Stone or Green Obsidian comes from the volcanic ash of the eruption of Mt. St. Helen's. It is associated with the heart chakra, but can also be used to balance all the chakras. It is associated with the Goddess connection, and is thought to attract earth and nature spirits. It is said to carry the Earth's energy, and is sometimes referred to as the "Soul of the Earth."

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

RAINBOW OBSIDIAN Rainbow Obsidian (Sheen Obsidian) called a stone of pleasure is one of its most notable stones to bring pleasure, love, light and joy to one's life. It can bring out the Spiritual and is used to enhance clairvoyance and scrying stone, in the areas of love, relationships and self-development -a very protective stone, and is especially effective in grounding out negativity in protection rituals. -a very grounding and centering stone.

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 Snowflake obsidian brings things to the surface. They could be positive or negative, love, anger, secrets; but with snowflake obsidian, these things are brought up gently. It can provide balance during times of change -aids in seeing patterns and recreating them in a more beneficial way -a stone of serenity and purity -shields against negativity -is beneficial for the veins, skeleton, and skin It gives protection from physical and emotional harm -a stone bringing purity, balancing body, mind and spirit. It restructures destructive thought patterns. Eliminates gullibility, offers detachment, very protective, brings balance & purity to body, mind & spirit - A STONE OF PURITY

SPIDER WEB OBSIDIAN Spider Web Obsidian is a volcanic glass that has a spider web pattern. Highly recommended to healers, as it will protect from absorbing negative energy from the patients. It grounds the soul and spiritual forces into the physical plane. Makes it possible to manifest spiritual energies on earth. Brings light and love to one's life. Known also as the stone of pleasure.

OKENITE stimulates the crown chakra and is a crystal of purification. It initiates healing and recognition of one's karmic debts, and helps uncover unconscious thoughts and feelings that are no longer self-serving, assisting one to see the truth of a situation. Okenite facilitates psychic visioning and channeling. It has been used to treat blood flow disorders and to soothe stomach cramps. Okenite may help regulate body temperature, balancing fevers and chills.

OKOS See AGATE

ONYX Onyx assists with challenges in life, especially those caused by a drain of energy. It prevents the draining of personal energy and is used for protection- helps with controlling or eliminating excess or unwanted energies. It has been used for wound healing, childbirth and to increase stamina and self-control. Black onyx and red onyx are associated with the base (root, first) chakra. White onyx is associated with linking the base and crown chakras to have balanced energy throughout the chakra system.

BLACK ONYX A powerful protection stone, Black Onyx absorbs and transforms negative energy, and helps to prevent the drain of personal energy. Black Onyx aids the development of emotional and physical strength and stamina, especially when support is needed during times of stress, confusion or grief. Black Onyx fosters wise decision making. Black Onyx is a strength-giving stone and can provide support for self-discipline issues. Because it helps to hold physical memories, Black Onyx can be useful in healing old wounds or past life issues.

GREEN ONYX Green onyx is known to separate. It can help release negative emotions such as sorrow and grief. It is used to end unhappy or bothersome relationships. Onyx guards against negativity. **GREEN ONYX:** fosters achievement, balances Yin & Yang energies & promotes vigour, steadfastness & stamina. It is said to banish grief, bring good fortune, self-confidence and recognition of personal strengths. Provides support in difficult or confusing circumstances and during times of enormous mental or physical stress. Centers your energy and aligns it with a higher guidance, helping one to connect with the "whole"

SARDONYX Sardonyx encourages stability, self-confidence and generates a hopeful attitude. Attracts friends and helps to lift depression. It helps us to understand the things that happen to use each day. It helps to bring happiness to marriage and to "live-in" relationships. Diminishes hesitation and provides courage. Stimulates our driving for, and understanding of, a meaningful existence. Sardonyx is a stone of protection and strength. It attracts friends and good fortune and can bring happiness and stability to marriage and partnerships. Sardonyx alleviates depression, improves perception and the processing of information. It supplements willpower, increases stamina, vigor and self-control. Sardonyx is most helpful in the healing of bones and lungs, strengthening the immune system and regulates fluids and cell metabolism. They allow the wearer to project irresistible and incredible charisma. Gem Therapists caution that these gemstones should be used with care so we don't overwhelm others. In other words, go ahead and wear these stones when you need that extra edge in dealing with others. It is said to be grounding and keeps energy within the body and prevents its drainage by stress. It is also thought an important stone governing the 1st Chakra, especially important for the ovaries, womb and menses.

STRIPED ONYX It was thought to cure depression. . Striped onyx, a form of chalcedony, is suggestive of foods that comfort us: mashed potatoes, peppermint tea, ice cream or rich, smooth chocolate. All things that soothe us, lifting our spirits, like beautiful, creamy striped onyx.

WHITE ONYX is associated with linking the base and crown chakras to have balanced energy throughout the chakra system.

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

ANDEAN GREEN OPAL Green Opal is a cleansing and rejuvenating stone that promotes emotional recovery and aids relationships. With the ability to filter information and reorient the mind, it gives meaning to everyday life and brings about a spiritual life perspective. In healing, Green Opal strengthens the immune system and alleviates colds and flu.

BLUE OPAL Blue Opal assists in the assimilation of iron and balances the metabolism -is useful in treating fatigue and hair loss - enhances communication skills -helps you to voice information that you have not been courageous enough to voice. It enables you to speak more freely. It stimulates "connecting" with other people. All opals have long been revered for their ability to awake psychic and mystical qualities.

EITHIOPIAN OPAL When a decision is called for, this Opal helps you see all sides that you need to see. This crystal will help you to hone your communication skills as well as create a voice in your own future. It is called a "Crystal of Joy". This crystal shields you against negativity.

FIRE OPAL is an excellent crystal for business. It is said to draw in money, smooth the path of change and to encourage progress. Fire Opal is also said to enhance personal power, to awaken your inner fire and to revitalize and reenergize your mind and body. It is believed to protect against danger and to be an energy amplifier.

GREEN OPAL Green Opal is used for opening the heart, embracing joy, releasing past life fixations.

PINK OPAL Pink Opal for heart, and spleen problems. It is also helpful in treating diabetes and hypoglycemia - promotes an easy, uninhibited manner in us and provides a feeling of lightness in our lives. Reduces feelings of shyness, shame and inhibition while encouraging feelings of warmth and generosity - teaches us Love and non-violence. - a very useful stone deeper insights into psychological issues. It often releases old patterns of behavior and assists us to generate new ideas - a stone of spiritual awakening.

WHITE OPAL This stone is also known as 'milk' or 'milky' opals. As with any kind of opal, white opals can display any color of the spectrum in a beautiful play of color .
In the Middle Ages, opal was considered a stone that could provide great luck because it was believed to possess all the virtues of each gemstone whose color was reflected in the color spectrum of the opal.

YELLOW OPAL Yellow Opal a, 'Stone of Comfort', brings comfort and soothing and is helpful for calming and soothing babies. It can be a mirror to the whole self both inner and outer. Use it in times of any upset or discomfort to see the bigger picture. It can lift the mood and lighten the heart.

ORPIMENT

Orpiment is an arsenic sulphide mineral and should be kept from direct sunlight and stored in dry light proof containers. - handle with care due to the arsenic content. Always wash hands after handling, avoid inhaling dust and never ingest or lick. - Orpiment opens and aligns the solar plexus chakra. Orpiment stimulates the intellect and is an excellent crystal to use when engaged in investigative analysis or examinations-stimulates growth and provides insights into that which needs to be done. Orpiment should not be used as an elixir.

ORTHOCLASE FELDSPAR

Orthoclase Feldspar a cousin of Moonstone is of a family of silicates that makes up about 60% of the Earth's crust, Orthoclase Feldspar has a pleasant, refined energy. It can help overcome tragedy, as well as align the chakras and meridians of -it encourages cooperation among individuals and offers insight into group experiences -helps one find new and unconventional ways to obtain goals, and is said to foster connection to the wisdom of ancient Egypt.

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	Petalite is a calming and stress relieving stone. It helps to increase the flexibility of both our muscles and our skeleton. It also stimulates telepathic communication. Petalite is both a very spiritual and a very protective stone. It is sometimes referred to as a "A stone of the Angels" as it can also help to make better and more meaningful angelic connections. 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
PHENACITE	Phenacite is one of the highest crystal vibrations discovered. It is a high frequency purifying agent for the body and soul. It activates the light and aids in the ascension process. Madagascar phenacite is interdimensional. Urges us to act on our unknown boundless perfection, highest vibrational stone on the planet, inner knowing, spiritual travel - INCREASES ENERGY OF OTHER STONES
PIETERSITE	unsurpassed for calming, dignified power & loving guidance, allows for recognition of divine potential - ACCESSES AKASHIC RECORDS
PRASIOLITE	(GREEN AMETHYST) Prasiolite is a form of green Quartz. It is a very personal magical stone which seems to warm to you as you hold it in your hand. Used in spells to aid attunement with Nature and to learn how to communicate with spirits of the Earth. Meditation with this stone can help you discover how you can tread lightly on the Earth and make a difference to the world as we know it today.
PREHNITE	Prehnite is a very protective stone and can protect one on all levels. It strengthens the life force and generally increases and stimulates energy. It aids spirit communication through meditation or visualization, out-of-body travel, and is a powerful dream stone. Prehnite is also known as a stone of prophesy which stimulates inner-knowing. For heart chakra, balances chakras, enhances personal relationships, balances spiritual & mental levels - A HEALING STONE
PRESILI STONE	Preseli Bluestone. Used to build Stone Henge. It has a strong connection with the electrical impulses produced by the human body, and has a particularly strong connection with the heart. Bluestone clears the heart centre, and strengthens the electrical workings of the heart. It improves electrical communication throughout the body, which in turn serves to balance and strengthen the immune system. The electrical connection does not stop there, but helps us to link into the electromagnetic field of the Earth itself.
PURPURITE	Purpurite stimulates spiritual aspirations, spiritual thoughts and spiritual enlightenment-supports the breaking of old patterns of thought and behaviors that no longer support the soul-allows externalization of inner knowing thoughts and feelings.
PYRITE	Pyrite is one of the most powerful preventive stones. It repels many forms of negative energy. Its protective qualities work on the physical, etheric and emotional levels. Pyrite is excellent to keep in one's possession when performing dangerous work. Its color symbolizes the warmth and lasting presence of the sun and it is helpful in developing love and friendship. Soothes pain, encourages self realization, openness and honesty, eases anxiety, shielding on all levels - INTEGRATES WITH INNER CHILD

CHALCOPYRITE Chalcopyrite can assist one in finding lost objects; it also often 'disappears' to accumulate information beneficial to the user. Enhances ones perception and strengthens ones contact with the ancient cultures. A connective force between the physical and other cultures so one may receive information. Removes energy blockages, opens the Crown Chakra, cleansing and activating at the same time. an excellent companion when in meditation, as it helps to attain and maintain the meditative state. Used to stimulate and repair RNA/DNA, reduce inflammation ,relieve pressure of tumors and/or, growths.

PYRITE SUN This flat, round form of pyrite is named for its resemblance to the sun. They are found in narrow seams of shale (about 320 million years old) between seams of coal. They are pyritezed replacements of an earlier fossil creature. Pyrite is one of the most powerful preventive stones. It repels many forms of negative energy.

PYROMORPHITE

Pyromorphite is a mineral that enhances the energies of other minerals. Pyromorphite is said to attract money and other objects of wealth, and can help one see the steps to take to achieve goals, giving it the nickname "the Victory Stone". It also activates and stimulates one's personal energy. Pyromorphite can be used to get rid of creative blocks.

QUANTUM QUATRO SILICA QUARTZ

- See SILICA

Quartz, also known as Rock Crystal, is further named after the growth types Phantom, Elestial, Double Terminated; locality Tibetan Black, Herkimer Diamond; inclusions Rutile, Tourmalinated; artificial coatings Aqua Aura, Opal Aura; and synthetic production Siberian Blue, Green; and that's to name but a few. Quartz is the most powerful healing stone of the mineral kingdom, In general, Clear Quartz is the most versatile healing stone among all crystals. Quartz Crystals aid greatly in purifying the physical, mental and spiritual bodies -healer of negativity associated with ones perspectives and judgments -helps one to redirect ones materialistic energies towards the Spiritual realm. It can produce a healing force field of negative ions while clearing positive ions and cancels the harmful effects of radiation/radioactivity. A single quartz crystal, carried or placed in ones environment will help maintain balance, energy and protection. Whether carried or placed somewhere, the 'force' of the crystal stays attuned to the one to whom it is connected.

As well as the listed types, we have hundreds of natural and polished points in all sizes plus a large variety of clusters.

NOTE: Descriptions of Aura Quartz are followed by some of the many natural quartz formations.

AURA QUARTZ VARIETIES: Aura Quartz Varieties Are Man Altered by adding other minerals.

AQUA AURA QUARTZ Aqua Aura Crystal is created by treating crystals of natural quartz with an infusion of pure gold. The quartz is placed in a pressurized chamber at high temperature and exposed to pure vaporized gold. Aqua Aura has an energy that can enhance intuition, calm nerves, and energize mental abilities. It also helps one's inner beauty to shine, and to attract wealth and success. 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

COBALT AURA QUARTZ Also known as Siberian Blue Quartz this Heavenly blue crystal was created from natural quartz infused with cobalt. It helps one communicate with angelic clarity. It enhances one's psychic abilities and increases visionary experience. It is a powerful carrier of the pure Blue Ray. This stone is a valuable ally when one wishes to access higher guidance or instruction.

INDIGO AURA Indigo Aura, also called Tanzan Aura or Tanzine Aura is a high vibrational stone, helps you to communicate any psychic visions or dreams you might experience with this stone. A spiritual stone, Indigo Aura Quartz is helpful in recognizing the Christ consciousness within, aids in communications with the spiritual realms (guides, Angels, guardians) and can be used to access information from the Hall of Records. In your pocket it can help when encountering situations loaded with negative vibrations.

OPALESCENT ANGEL AURA Opalescent Angel Aura Quartz or Opal Aura Quartz, sometimes called rainbow aura cleanses the aura and is useful for communication with Angels, Spirit Guides, and other Teachers. Having such a fine vibration, Angel Aura Crystals also allow the user to clear away negativity and helps to gently raise energy levels in those who are feeling depleted. Angel Aura can help to release negative emotions such as resentment or grief and is a perfect piece to use when facing a dysfunctional type of relationship, bringing a deeper insight into the relationship and the holder's part in it.

RAINBOW AURA Rainbow Aura Quartz is the trade name of an attractive metallic blue and iridescent rainbow play of coloured Quartz. Rainbow Aura is also named Flame Aura and Titanium Aura- activates and balances the seven major chakras-stimulates and clears a pathway for the Kundalini and should be used with caution- lends itself to clairvoyance and clairsentient uses, brings insight and healing to dysfunctional relationships, helping to release deep resentments, grief and karmic ties-assists in the treatment of hormonal dysfunction. - helps treat throat, ear and eye disorders. Because the colours are produced by blending natural substances with a natural affinity, the metaphysical properties are enhanced rather than destroyed.

ROSE AURA Rose Aura Quartz Crystal is a high vibration stone created from permanently bonding Platinum, Gold, Silver, and other trace metals onto the purest Quartz. Use for the pineal gland and the heart chakra to transmute doubts about self-worth. It connects to universal love and restores cellular balance. It has been called a master healer as it can bring the body into balance and dispels anger and provides emotional healing.

TANZAN AURA QUARTZ Tanzan Aura Quartz is a gemstone of the indigo/violet ray. It is one of the most powerful stones to bring up one's psychic abilities and to enhance the connection with the spiritual world. It is an incredible potent aid for intuitives of all sorts - mediums, shamans, readers, channelers and healers. It activates the third eye and crown chakras.

TITANIUM AURA QUARTZ See Rainbow Aura Quartz

Following are some of the many natural formations of Quartz

AMPHIBOLE QUARTZ See Angel Phantom Quartz

ANANDOLITE Anandalite is also known as: Aurora Quartz ,7 Color Quartz Rainbow Quartz and Iris Quartz and come from the Sanskrit "Divine Bliss." A healing stone considered to stimulate the kundalini energies in the body, and is among the most powerful stones for Light Body activation and awakening. It helps fulfill one's true potential and can ease disappointment, as well as bring joy and happiness. It is a new find of luminescent quartz from India and is a fully natural quartz that has the same visual effect as the treated Angel Aura Quartz.

ANGEL PHANTOM QUARTZ Angel Phantom Quartz or Amphibole Quartz has a lovely vibration that will help you to reach the higher realms in meditation. These lovely stones may be used to make contact with angelic beings, and to find a deep sense of inner peace and tranquility. Beautiful and unusual, Amphibole Quartz is rare and hard-to-find. It assists in connecting to your inner spiritual guidance. This crystal enhances mental clarity, will power, and confidence. It helps to overcome emotional traumas and grief. It is also good for psychic awareness and spiritual development.

ATLANTEAN QUARTZ See Cathedral Quartz

Atlantean Love Star Quartz See Candle Quartz

AZEZTULITE QUARTZ Azeztulite facilitates meditation inducing a state of "no mind". A stone of inspiration. Tunes into spiritual guidance assisting in making important decisions. Activates ascension points at base of spine, middle of abdomen, and center of brain. Helps to see the future.

GOLD AZEPTULITE Golden Azeptulite Quartz is aligned with the purpose of our evolution into spiritual human beings. It specifically is attuned to the unknown latent capacities of the brain/mind and nervous system, stimulating the prefrontal lobes of the brain very intensely and very precisely.

PINK AZEPTULITE Pink Azeptulite Quartz also known as Rhodazex, can aid in soul retrieval. It is an ideal stone for healers, facilitating a compassionate rapport between practitioner and client. It promotes empathy, and can help those who do intuitive readings to connect with the client's soul, and to read the client's Divine blueprint. Pink Azeptulite facilitates a sweet, calm, serene, yet highly activated state of awareness.

WHITE AZEPTULITE White Azeptulite Quartz- accelerates the state of no mind when used as a focus for meditation. Azeptulite™ can stimulate and activate the third eye bringing personal, universal and future visions and guidance to the user. Azeptulite™ should be used with caution as the vibrational shift it can induce may cause disorientation for those unused to working with spirit at high vibration.

BLACK QUARTZ Black or Morion quartz the most universally powerful member of the quartz family absorbs and focuses all wavelengths of energy. It is pitch black. It is rarely found in large crystals and is also one of the rarest forms of quartz, and the most beautiful

BLUE QUARTZ Blue Quartz-(Dumortierite)- is a stone of support, as it helps with those who may feel less than confident in thought and idea. Assists in staying true and in standing up for one's self.-it encourages one to see and accept reality, and react to it in an intelligent manner It is a perfect stone for families. For children, Dumortierite helps to reduce excitability and stubbornness. For parents, it is an excellent stone for calm and patience, a stone of communication, can stimulate the verbalization of ideas. Dumortierite is also a wonderful stone to use when feeling scattered, unfocused and disorganized. Dumortierite will help to enhance the energies of orderliness, self discipline and organizational abilities, also promotes an understanding of karma and forgiveness, especially self-forgiveness. Blue quartz is a helpful aid in any issues requiring diplomacy, a soothing and calming stone, bringing a relaxing, peaceful vibe to any situation. Helps to improve one's communication skills, including with others, but also communication from the higher self into the 3D self, and contact with spirit guides and angels -helps you express your spiritual thoughts. Physically, blue Quartz is said to enhance the immune system and encourage proper function of the Lungs, Heart, Throat, and Eyes. Helps with cooling the body, throat, thyroid, and parathyroid, detoxification, over stimulation, hyperactivity, endocrine system, and blood. 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

BRANDBERG QUARTZ Brandberg Quartz Crystals are liquid light and people drawn to their bright and clear energy, They radiate light and power and can call you to meditative states effortlessly They are prized for their glassy sides and clarity. Brandberg crystals bring balance, peace and holding a Brandberg crystal can open us to the Divine presence, or Source. Blessings flow out of these magical crystals.

CANDLE QUARTZ Also known as Atlantean Love Star Quartz. 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 - A STONE FOR THE LUMINARIES.

CATHEDRAL QUARTZ Cathedral Quartz or Lightbrary crystals hold a record of all that has occurred on Earth. The energy of the Atlantean Quartz works to bring together the participants of humanity to save the planet. It is also an excellent tool for mediation and for assisting in the connection with the higher realms. May also assist one in meeting a personal guide. Used to balance intuitive sense and inner knowing, awakening the wisdom of the soul, a focus point for learning and enlightenment - A MASTER CRYSTAL

CATS EYE QUARTZ Cat's-eye quartz is said to bring good judgement and provide deeper understanding. It is also said to enhance intuition and to increase one's psychic abilities and powers of concentration. Cat's-eye quartz has been used to treat vision disorders and is considered to be a powerful stimulus for one's self-healing abilities.

CELESTIAL QUARTZ Also known as "Candle Crystal", it has a very unique characteristic, lots of tiny small crystals all over the body of the main crystal. It emits multi-spectrum healing energy along with peacefulness and protection. It brings harmony to all who are near and are being used in families, communities, and businesses to promote group cohesiveness and willingness to work together.

CHERRY QUARTZ See STRAWBERRY QUARTZ

CHLORITE IN QUARTZ Chlorite in Quartz, is 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 not only works with the physical body, but the auric body as well. Chlorite will help to cleanse the aura, chakras and energy meridians. Chlorite is a great piece to use when there is excessive anger or frustration, gently removing and dissipating the energy. Chlorite in Quartz will help to resolve issues of the heart and remove blockages and resistance that will allow one to acknowledge, forgive, release, and move forward.

CRACKLE QUARTZ Crackle Quartz is Pure quartz crystal (silicon dioxide), that was heated then cooled in a dye bath to create rich coloured crystal. It maintains its basic quartz properties, and carry the energy of the colour introduced into it as well. It clears blockages and balances the spiritual, physical, mental and emotional planes as well as giving clarity and bestowing energy.

DIAMANTINA STAR SEED QUARTZ Diamantina Star Seed Quartz Crystals, named for the area in Brazil from which they come, are said to be encoded crystals much like the Lemurian Seed Crystals, but by beings of other star systems. 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.

DOUBLE TERMINATED QUARTZ Double Terminated Quartz Points can absorb, amplify and emit energy from both ends at the same time, Use Double Terminated Quartz as a bridges between any two things - two energy points, two chakras, two people, two places, - or between Spirit and Matter. Double Terminated Quartz Points can help you to be a part of the [WINDOWS-1252?]"flow" of life, avoiding stagnation. Double Terminated Quartz Points can be used to amplify energy and intention, and protect against radiation.

DREAM QUARTZ Dream Quartz gets its colour from Epidote inclusions, and has a soft soothing energy that is helpful during states of meditation. It can help you remember your dreams and enhances their spiritual qualities. While awake, Dream Quartz aids in envisioning and manifesting your dreams for the kind of life you would like! It also assists in quieting the negative voices in your head (you know the ones!) allowing room for more positive thoughts.

ELESTIAL QUARTZ It is the "enchanted crystal", bringing with it the concepts of Shiva and the understanding that after transition from one phase of life from the physical body, the newness will be re-instilled. It provides the user with "a hug from the wind in the willow", allowing for flow in change and actualization. It can be used to help one to become aware of the immortality. 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

ENHYDRO QUARTZ Enhydro water bubble Crystal is a true spectacle of nature. Being able to see water bubbles move in solid rock that was formed millions of years ago is hard to imagine but enjoyable to watch. Enhydros are associated with cleansing and purification, be it emotional, spiritual or mundane. It is a Great crystal for dream or meditation work. 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

FADEN QUARTZ Faden Quartz are Tabular (Tabby) Quartz Crystals that have a milky white thread-like line of growth running edge to edge through the crystal. It is easily programmed and should be thoroughly cleansed of all previous programs when first received. Faden Quartz will fill holes in the aura and the Etheric body, a strong healing crystal, helping wherever there are disconnections involved, such as in cases of broken bones, torn ligaments, or any time there is a severing of parts. Energetically, Faden Quartz will make the connections, allowing for healing to commence. The thread that runs through the Faden Quartz is symbolic of the cord that connects the holder to another person. In this way, this crystal can facilitate better communication between people and enhance the relationship. A great aid for those who are seeking truth. Faden Quartz is a stone for the exploration of the parallel dimensions of ones reality. It strengthens the "silver cord" and produces an energy which both promotes and protects one during flight. This crystal facilitates the attunement between the self and another. It assists in producing and maintaining the ethereal connection which one has with another.

FAIRY WAND QUARTZ Fairy Wand Quartz is a crystal with an overgrowth capping in its termination. The cap is actually a younger crystal which grew over the top of the older one. It symbolizes sovereignty, authority, divine or royal power. Also it is and always has been associated with all sky deities. It reminds us of who we really are, the sons and daughters of spiritual royalty.

FIRE QUARTZ See Hematoidal Quartz

FIRE AND ICE (QUENCHED QUARTZ) Fire and Ice is a stone of initiation and profound acceleration that slices through old patterns in order to expose the Soul's purpose and how to create and manifest our own Reality. Fire and Ice has come from the same seam of quartz that was producing the Lemurian Seed crystals...carrying the cosmic fire of transformation that is awakening our spiritual purpose. Absorbing Light energy from the sun...it transmits healing energy into the deep heart of Mother Earth and humanity. It re-energizes the Earth's grid and enriches our planet by providing a power source for Life transformation. These crystals are especially beneficial for Spiritual manifestation through a strong resonance with the magnetic energy of the Universal Divine Feminine...the Law of Attraction.

These crystals are the most dedicated and intentional of stones for this time on our Earth and are not satisfied with sitting on the shelf...they are devoted to a very specific purpose in healing and aligning the energies of the Earth and all sentient Beings living here. This they do through their direct connection to the Sun and water...the Living Flowing Light of our Earth. With their multi-dimensional properties...they are able to clear and aid the transformation of energies on many levels simultaneously...being some of the most expedient and powerfully effective Master healers of our times. This new crystal sustains us during this significant transition into the Love and Light of the New Earth. It is a beacon of pure Love...laughter and joy that can bring a true resurrection of Life Spirit on Earth.

GIRASOL QUARTZ Girasol, also known as "Blue Opal Quartz" though it is not an opal. A stone of gentle but powerful energy enhances and mirrors feelings -excellent for visualization, imagination, dreamwork, and guided direction of energy -enhances communication skills including freely speaking thoughts you've been holding back - encourages creativity in the artistic and practical areas -a powerful healing stone that works to enhance healing on all levels. Girasol is particularly helpful for metabolic disorders like diabetes and others, and fatigue and chronic fatigue.

GREEN QUARTZ Green Quartz has a healing effect when worn or carried. Use Green Quartz to help transmute negative energies into positive ones. Green Quartz is also known to attract prosperity, will help to activate the Heart Chakra, and impart a sense of wholeness. Can help one to feel empathy and universal love for others, and as such, is a great stone for people who are overly selfish or controlling, can promote cooperation and tactful honesty.

GREEN GOLD QUARTZ See Quartz Ouro Verde

GOLDEN HEALER QUARTZ Golden Healer Quartz is a powerful healing crystal, allows the golden light of Universal Life Force to flow into body through the Crown Chakra. Clears blockages and imbalances that ready the body for multi-level healing. A Master Healer, the Golden Healer is of the highest vibration. Hold a Golden Healer when meditating to connect with the "One". It enhances joy, peace and the spirit of Oneness. A true Golden Healer is a crystal with an iron oxide coating under or in between layers of crystal. Colors will range from a pale, clear yellow to lemon to darker mustard. This is not a crystal that has a dusting or stain on the outside.

GOLDEN YELLOW QUARTZ Golden Yellow Quartz is a stone of success, generosity, confidence and stability. Use it to increase creativity and bring success in business and ventures. It releases anxiety and panic, strengthens memory and increases concentration.

HEMATOIDAL QUARTZ also called Fire Quartz. Hematoid Quartz contains both the amplification properties of Quartz with the balance and stability of Hematite. The combination of Quartz and Hematite balances the body, mind and spirit. It brings a unique clarity and understanding to the emotions, helping to understand the difference between an unconscious reaction and a conscious response. Hematoid Quartz also assists when Self Worth and Self Esteem are lacking. Especially helpful for those with ADD and ADHD. It can also be used to calm anxieties, panic and/or hysteria. A single Quartz point or cluster that contains a heavy concentration of Hematite and/or Limonite. This concentration will generally appear as either stains on the outside of the quartz crystals or colorful inclusions of dots, drips, phantoms within the quartz crystals or clusters. Often red to orange and black.

HERKIMER DIAMOND QUARTZ 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

IMPERIAL QUARTZ Imperial Quartz promotes inner self evaluation and evolution. It brings the strength and loving essence to continue in any and all pursuits. It allows one to retrace any negative energy which attempt to penetrate one's protective shield. Its energy brings the tendency to feel less vulnerable, more dispassionate, and calm when dealing with the actual path for "change".

INDICOLITE IN QUARTZ Indicolite Quartz specimens work especially well with the Throat, Third Eye and Crown Chakras, allowing for enhancement of intuition and clarity of communication. The combination of Indicolite (blue tourmaline) and clear quartz helps to amplify the wondrous qualities of blue tourmaline and combine it with the versatile quality of quartz.

Extremely popular metaphysically, Clear Quartz is known as the "Master Healer", with its very high vibration, and is the most versatile healing stone among the crystals. Clear Quartz is said to protect against negativity, attune to your higher self, and relieve pain.

LASER QUARTZ Laser Quartz is the name given to a form of Quartz points which are naturally long and tapered towards the termination, which has small faces-also known as Laser Quartz Wands, are often etched on the surface- focuses energy into a concentrated beam, which can be used for precision healing. Laser Quartz Wands provide energetic protection when worn as a pendant, clears negativity, attachments, implants and cords.

LEMON QUARTZ See Quartz Ouro Verde

LEMURIAN SEED CRYSTAL Lemurian Seed crystals are "master" crystals within the Crystal kingdom. They transmit the message of Oneness and Unity and Love that was the key energy of Lemuria. This is their work, to reactivate within the planetary matrix this ancient memory of Oneness and Unity so that it may become the way of life on the New Earth. They allow unconditional love for the Divine. Lemurian Seed Crystals were originally programmed by the inhabitants of Lemuria. These crystals have been encoded with the knowledge of the healing systems, culture and spirituality of Lemuria. To access the information inside the seed crystal, enter a meditative state while gently rubbing the crystal. Thoughts, visions, voices, feelings, sounds, will come to you. Lemurian seed crystals are also able to help one to time travel, especially back to the time of Lemuria. Legend states that there was once an advanced ancient civilization called Lemuria, similar to Atlantis but more spiritually developed and peaceful. As the end of their time on Earth was coming to an end, the Lemurians programmed these crystals to teach their messages of oneness and healing - messages that would be revealed when the energy on Earth was ready to receive them. The Lemurians then planted (or "seeded") the Lemurian Crystals, encoded with their ancient knowledge and wisdom, to be found centuries later by us

LEPIDOCROSITE QUARTZ Lepidocrosite Quartz aligns personal vision with the highest good to manifest dreams. Dissolving a false self-image and delusions, it instills true perception. An empowerment stone that takes you beyond time and space. Used with awareness, this crystal can take you into the future to see the effects of present actions or to the highest levels of being to meet your true self.

LITHIUM QUARTZ Lithium Quartz is a super high energy healing and balancing stone. It is said to be self-clearing and self-cleansing. It sends and receives energy as well as storing it -is balancing and calming -is used in crystal healing as a natural anti-depressant. Used to relieve stress, anxiety, and tension, bringing relaxation and peace. It works in a gentle, steady and powerful manner, without the discomfort of sudden change -is excellent for meditation and prayer to heal repressed grief and anger, as well as past life emotional issues -is said to purify water. -is used in crystal healing for stress related disorders, depression, bipolar disorder, muscular tension, and repetitive motion injuries.

LODALITE QUARTZ Lodalite Quartz is the name given to Quartz included with indeterminate minerals. Lodalite Quartz is also known as Seer Quartz or Shaman Quartz when cut and polished into a magnifying lens. The included minerals within Lodalite Quartz often resemble a lunar landscape. - offer a window into another world and softly gazing into - can facilitate a cosmic shift of consciousness.- is useful for journeying on all levels, cosmic, soul and personal. As a shamanic gazing crystal, Lodalite Quartz helps one connect the animal realm, provides protection during exploration of shadow traits, releasing fear and promoting understanding of the impermanence of body consciousness- can be used to stimulate healing, as its function is to harmonise the higher vibrational energies. It is believed that physical dis-ease is a consequence of dis-harmony in the energies of the subtle body- assists deep emotional healing related to past life attachment.

MAGIC FOREST QUARTZ A unique multi-vibrational crystallization which blends mineral and plant frequencies to balance body, mind, and spirit. Magic Forest Quartz demonstrates the singularity of source while recognizing the autonomy of each of its components. This assists us in integrating our multifaceted aspects and lessening our sense of internal division. This helps us focus on the present and release concerns about the future. It is a tool which opens us to seeing the ongoing processes of change while keeping us living in the NOW. This helps us see the beauty in transition and transformation while providing clarity in the most complex situations as it moves us into our heart center. As a friend it can be used as a meditation tool. Its consciousness is a composite of harmonizing, relaxing, soothing, calming, and uplifting energies all at the same time while helping us see past limiting beliefs and focus where we most need to. Magic Forest Quartz speaks to us with the intelligence of several worlds and is truly, " A Tool For The Golden Age".

MANIFESTATION CRYSTAL Manifestation crystals are also called the INNERCHILD. They are truly rare, wondrous crystals that are one of nature's truest gifts. They should be actively sought out and used constantly as Manifests are the crystals of Inner Joy. It occurs when a quartz crystal is totally enclosed by a larger quartz crystal. It is the rarest shaman stone and is believed to have the purest vibration of any quartz crystal.

MONDOLITE QUARTZ Mondolite is a red quartz from the Sahara desert near Morocco. An excellent grounding stone, connecting one to the earth. It is said to strengthen and harmonize invigorate and dispel tiredness. It is said to stimulate digestion, blood flow and the immune system helping with female reproductive organs, blood diseases and arthritic problems. It can be used like Rescue Remedy in state of shock, for headaches, for intestinal problems and helps balance ones emotional state. One of the best ways to use it is to lay it in a glass of water in the evening and drink the water the next morning. It works well with water treated with Shungite. – Rarity: scarce

MORION QUARTZ Morion Quartz is naturally formed black quartz, created from exposure to radiation, sister to smoky quartz. These crystals have very old, wise energy and are deeply grounding. They reconnect you to yourself, assisting you to be true in thought and actions. They are very calming when you feel overwhelmed. They can also dispel nausea, and shortness of breath due to anxiety.

NATURAL RAINBOW QUARTZ Radiating the white light energy of the Universe, Rainbow Quartz crystal is Light made solid. Activating all the energy centers in the body, this crystal clears a path for the life force to manifest thought the various bodies, bringing in vibrant energy and zest for life. It facilitates spiritual communication over along distance, including between worlds.

NIRVANA QUARTZ Nirvana Quartz is found in the Himalayan mountains at altitudes over 18,000 ft. where glaciers are receding. Nirvana Quartz has a mission to attune us to the not yet formed potential of what we can be. They are conduits for profound inner illuminations and awakening. This stone can assist in achieving one's destiny. Not many crystals can top the love and joyous energy radiating from the Nirvana Crystals. These crystals speak of the sacred joy found in the heart chakra. Quite possibly one of the most complex energies found in the mineral kingdom, they whisper of ancient secrets to be found by opening the heart and letting Divine Presence enter.

OURO VERDE (Green Gold) Green Gold Quartz , Ouro Verde or Lemon Quartz is named for its gold-green color; it is said to represent Arcturus, the bright golden star called "the guard of the bear;" it is said to bring an energy of the first magnitude; provides a strength of protection to the user; enables one to experience the deeper meanings of life; helps prevent the uptake of radiation from both natural and generated by products; assists one in adhering to rules and regulations; enables one to make the correct choices in life; a stone of prosperity and achievement; assists one in "shining" in whatever realm they pursue; assists one in finding the causes of sporadic ailments, such as headaches or ulcers, so that they can avoid them; is said to be helpful for the immune system and allergic reactions; it is a primary product after high-energy electron bombardment of "Metamorphosis Quartz;" the Gamma irradiation produces the golden green color

PEACH QUARTZ Peach Quartz is great for grids, meditation, and energy-work. It can help one to transcend the mundane, open up to the Divine, and to discover their intent for the highest good. Peach quartz also helps to promote an understanding of how to connect one's dreams to their reality -is wonderful for releasing energy blockages The clearing of these blockages can help one to recover self-respect, independence, creativity, and sociability. It can support those who work in public service by keeping their focus on the needs of others. Working with it can help regulate and balance one to focus on their partner during sexual intimacy. Carry these Tumbled Peach Quartz Crystals with you when you find it difficult to express yourself emotionally or when you feel that you are lacking in personal power.

PHANTOM CRYSTAL Phantoms are facilitators for growth, The Phantom crystal is a crystal or mineral deposit within a crystal. The color of Phantoms will vary depending upon the type of mineral of which they are made, Phantoms look like the "ghost" of a crystal within another crystal. Use Phantoms to facilitate inner growth, when in need of help in understanding and resolving past issues. The White Phantoms inside work with the Crown Chakra to integrate the experiences of the higher self into the other Chakras. Green Chlorite Phantom Crystals specifically work on self-healing and regeneration, and facilitate detoxification. They help the user in achieving a state of balance. Green Chlorite Phantoms help one recognize the Earth as a living being, and connect to Her on a soul-level. Quartz Phantoms have also been referred to as Ghost crystals, Spectre crystals and Shadow crystal.

QUE SERA CRYSTAL Que Sera crystal is said to have good vibration. If you do meditation it's a great stone to have. Que Sera crystal has been shown to facilitate the amassing of ones mental, physical, psychic and spiritual powers so that one is always alert. Que Sera encourages risk-taking. It is used to understand emotions.

According to Melody this stone is from one of the grand formations of the planet... meaning that all these stones have the same properties regardless of their actual physical make-up! Melody calls them UPS - uninterrupted power supply. These Que Sera stones resonate strongly within the higher chakras. It has a number of quite interesting stone meanings and its qualities keep unfolding as you use it. The make up of Que Sera stone is as follows: Feldspar, Calcite, Kaolinite, Iron-oxides, Magnetite, Clinzoistite, and Leucozene. It also may have some quartz. They are still natural crystals stones. This is an interesting stone, that vibrates to the words of the song of the same name Que Sera, sera, "whatever will be, will be".

RASPBERRY QUARTZ Raspberry Quartz has a raspberry hue from the inclusion of lepidocrite, hematite, goethite, or amethyst. It assists in clearing and activating the seven major chakras.

RED FLAME CRYSTAL QUARTZ Red Flame Crystal stimulates our Earth Star energy centre, the furthestmost energy centre that grounds our Crystalline Matrix (energetic bodies) into the Earths Grid. It connects strongly to the elements of fire, and to the second chakra. This Crystal can help with past life healing, especially "where the soul feels it has made a mistake for which it must pay." Also contains many attributes of MAGIC FOREST QUARTZ.

REVERSE SCEPTER QUARTZ Reverse Scepter quartz are Scepter quartz with inverted scepters. These look like a smaller quartz crystal emerging from the apex of a larger one. Extremely rare! They are used to bring the energy of rebirth and renewal. They are guides to growth and new beginnings and powerful conduits of the Universal Life Force as it manifests it self as the engine of renewal in the Universe.

ROSE QUARTZ Rose quartz is a stone of unconditional love that opens the heart chakra to all forms of love: self-love, family love, platonic love, and romantic love. It brings gentleness, forgiveness, compassion, kindness and tolerance, raises one's self-esteem and sense of self-worth. and it helps balance emotions, heal emotional wounds, traumas, even grief, bringing peace and calm -removes fears, resentments and anger. It can also heal and release childhood traumas, neglect, and lack of love. Overwhelming or unreasonable guilt is eased by rose quartz. It also eases the process of transition in dying. Rose quartz can be helpful for dream recall and dream work. It is used in crystal healing to benefit the heart, the circulatory system, fertility, headaches, kidney disease, migraines, sexual dysfunction, sinus problems, throat problems, depression, addictions, ear aches, slowing signs of aging, reducing wrinkles, spleen problems, fibromyalgia, and reaching one's ideal weight / weight loss. It is also helpful and protective during pregnancy and with childbirth. The small Rose Crystallized Clusters are a very rare formation; they may be referred to as the "enchanted crystals;" it is said to be a stone of the heart and love; it is said to help one to understand that after transition from one phase of life, or from the physical body, that the newness will be re-instilled; gives one a "cosmic hug" when needed; is also used to assist one in overcoming burdens by bringing the heart and the intellect into synchronicity; carries the vibration of the heart; assists in developing self love, as well as love for others; the properties of Rose Quartz also apply. This gentle stone both stimulates unconditional love from within and attracts it from without. Promotes peace, forgiveness, and self-acceptance. Brings peacefulness to relationships and aids in the soothing of emotions. Removes negative energy from the chakras and replaces it with self-love. It acts as a rejuvenating agent for the physical body and the emotions. Helps bring out your inner truth, helps reduces 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

RUTILATED QUARTZ Rutilated or Rutile Quartz is the name given to Quartz crystals included with Rutile. The Rutile inclusions can be orange to gold, red to brown or silver coloured, and resemble metallic hair. Rutilated Quartz is also known as Angel Hair Quartz or Star QuartzIt is used to activate the third eye and crown chakras, amplify conscious connection with the higher vibrations of spirit. Meditating with it stimulates psychic development, astral travel, manifestation and facilitates channelling abilities. Rutile Quartz can be used to stimulate healing of any dis-ease, as its function is to harmonize the higher vibrational energies of the aura, light body or subtle body. It is believed that physical dis-ease is a consequence of dis-harmony in the energies of the subtle body. It is useful in the treatment of depression and anxiety. Rutilated Quartz assists digestive dis-orders and is helpful in the treatment of respiratory dis-ease. Guides instant communication between all life forms, encourages spontaneity, aligns mind and body, connects with energy fields - REPRESENTS IMMEDIATE ENERGY OF ALL KIND

SATYA MANI QUARTZ Satya Mani Quartz is said to be a stone of spiritual truth and initiation, a stone of enlightenment, bringing the light of the heart's Truth into one's mind. It may enhance inner radiance, compassion and creative manifestation. Satya Mani Quartz™ is for creative manifestation, deepening our link with the sources of the manifest world. It brings the joy of recognizing that the world is simply the manifestation of deeper living currents from the spiritual realms. Its currents intensify the consciousness between the heart and the high brain, or the third eye and crown chakras- Robert Simmons

SCEPTRE QUARTZ Scepter (Tibetan) Crystals focus spiritual energy from higher realms deep into the center of a problem or issue. They remind us of our true selves and our true paths, and give courage, especially to take a needed action. Scepters were said to be used in healing ceremonies by priests/priestesses in Atlantis and Lemuria, and were symbols of power in those realms. This Quartz is mined in the Himalayan Mountains of Tibet, one of the most sacred areas on Earth. The vibration of this highly spiritual area is imparted on the stones, making thousands of years of spiritual and healing knowledge more easily accessible. Their source also seems to give Tibetan Quartz Crystals an almost holy, enlightened vibration as well as very harmonious and balanced energy. They can create a field of protection around the user, blocking negative energy from entering. The purifying energies of Tibetan Quartz also make it an excellent stone for balancing the chakras and meridian systems. Sceptre Crystal is a crystal with an overgrowth capping in its termination. The cap is actually a younger crystal which grew over the top of the older one. Scepter Crystal symbolizes sovereignty, authority, divine or royal power. Scepter is and always has been associated with all sky deities. It reminds us of who we really are, the sons and daughters of spiritual royalty. Atlantian / 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

SEER'S STONE 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

SICHUAN QUARTZ Sichuan Quartz provides protection and purification, and are perfect crystals for opening to spirit and developing psychic abilities. Clears and expands the aura, raising the vibrations such that the physical body can attune to and assimilate the full spectrum of light-stimulates clairaudient abilities. Sichuan Quartz stimulates the third eye & crown chakras. It can open one's consciousness to inner visions. It is also said to stimulate clairvoyance, mediumship and other psychospiritual abilities such as prophecy. It is also said to harmonize the astral, subtle and causal bodies. Connects with the realm of angels and is useful in communicating with them.

SINGING QUARTZ Singing Quartz is the name given to small Quartz points, often cloudy Singing Quartz are said to be imbued with the ancient force that created the Universe, resonating the high pitched Om vibration when two Singing Quartz crystals are gently brought together like tingsha- provide a gateway to extra-ordinary communication with vibrational consciousness when used in meditation-instil a sense of happiness and acceptance of ones place in the here and now

SHAMANIC DREAM CRYSTAL Very powerful journeying crystals. One can get lost in the landscapes of these beauties! They are very soft in energy and you get a sense of swimming in a warm ocean; one filled with wonderment. These crystals have been used by shamans to induce visionary experiences and healings. They assist one in seeing auras and in maintaining the connection between body and spirit.

SMOKY QUARTZ Smoky quartz is an excellent stone for removing negative energy of any kind and transforming it to positive energy. It is also a very protective and grounding stone. It brings physical & psychic protection from negative energy. It can help one reach personal and business goals. It can make wishes come true. It also helps with creativity, prioritizing needs and wants. It brings abundance, prosperity, and good luck. It is excellent for elevating moods and relieving depression. Smoky quartz relieves stress, fear, jealousy, anger and other negative emotions by transforming them into positive energies. Smoky quartz is very comforting and calming, and can be considered a stone of serenity. It can be very helpful in relieving grief. It is said to treat kidneys, abdomen, pancreas, reproductive organs, menstrual cramps, fertility issues. Smoky quartz also removes toxins from the body and helps the adrenal glands. It is also very helpful for regulating body fluids and relieving fluid retention. Smoky quartz is also excellent for dealing with hyperactivity, and A.D.D. relieves depression, tension, balances sexual, mental & vibratory energies -
BUILDS A PROTECTIVE ENERGY

SNOW QUARTZ (Quartzite) Snow Quartz or (Quartzite), is beneficial for the immune system. It helps us to feel more pure, and indeed, is sometimes used in purification ceremonies. It is a bringer of good fortune, peace and wisdom. Snow Quartz stimulates a love for the truth and fosters clarity of mind. It enhances our personal levels of tact and co-operation and can help us to think before we speak. Snow Quartz can help us to identify with the infinite. It brings us closer to our own God or Gods and helps us to become more spiritually minded. It is a very good stone for meditation and looking within and can also help us to develop our psychic abilities. A programmable stone, connects mind & physical, stimulates cooperation & tact, excellent support for LESSON LEARNING

SPIRIT QUARTZ Spirit Quartz brings peace and positive energy to all realms. It is excellent for auric shielding as well as mental and physical types of protection. Spirit quartz is also excellent for astral rebirthing. It works very well with other minerals and can boost their energy as well as cleanse and activate them.

STALACTITE QUARTZ Stalactite Quartz is quartz often with apophyllite druse. It reminds us to go deep within our body and look around. It comes from deep inside the earth and mirrors the beauty to be found deep within our souls, - "as above, so below", - "as within, so without". Helps connect with what lies deep within us and see the beauty there. It reminds us to honor the Earth as our home, for we chose to reside here in order to learn.

STRAWBERRY QUARTZ Strawberry Quartz can help the body to heal itself from many ailments by bringing the power of universal Love into the body's system. It stimulates the energy centre of the heart allowing you to totally experience the feeling of Love. It is a good stone for bringing you joy and happiness. It enhances self-esteem and reduces anxiety. It can promote clear thinking and has a calming influence. It is also a stone to encourage romance and can ease tension in an existing relationship. It is a very good stone to meditate with as it balances both the physical and subtle bodies and stimulates astral travel. Meditation with Strawberry Quartz can also indicate to you the reasons why you have chosen the life and the reality that you have. Strawberry Quartz was used in Atlantis and Lemuria in healing ceremonies and to stimulate recall of the "beginning"; it was held by the high council, those being the most spiritually developed of the realm. This mineral stimulates the energy center of the heart, bringing added energy to the quartz, and filling ones total person with the feeling of love. 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 ATLANTEAN AND LEMURIAN HEALING CEREMONIES

SULPHUR IN QUARTZ An Amazing Combination. A single Clear Quartz crystal, carried with you or placed in your environment will help maintain balance, energy and protection. Whether carried or placed somewhere, the force of the crystal stays attuned and connected to you. Sulphur energises, inspires and assists in you in perfection of your Self. It discourages the infestation of insects, annoyances and negativity from your environment. It also has the ability to cleanse caustic, annoying, negative attitudes from your own personality! It is an energetic stone, boosting your energy levels, providing inspiration and instilling devotion to progress on a personal level. Physically, Sulphur is used to treat infections, pain and swelling.

TABULAR QUARTZ Tabular Quartz Crystals have a flat shape, because they have two sides that are much wider than the other four. Tabular-shaped crystals, also called "Tabby" Quartz, are excellent for transmitting energy and thought, and contains a variety of information relating to our Planet Earth. Many Tabular Quartz Crystals have notches on them, that when rubbed, can help to release the stored information to the user. Tabular Crystals can be activators for other crystals. Meditating with these higher vibrational stones facilitate attunement with the Earth's energies and communication with higher realms. Tabby Quartz is helpful during times of confusion and misinterpretation. The free-flow of energy within this crystal can help to clear away energetic blockages along with any misunderstandings of the user, making it a great aid in communication with others as well as the inner-self. Tabular Quartz Crystals are great for making grids for and energy healing.

TANGERINE QUARTZ Tangerine Quartz carry the same healing properties as your clear quartz crystal - along with their own special healing qualities. Tangerine quartz is naturally colored with a Hematite (Iron Oxide) film or coating. It is an excellent stone to use after shock or trauma and especially at the soul level. It can be used to heal after a psychic attack. This gem can also be used for past life healing. Tangerine Quartz helps to stimulate the flow of creative energy. It helps to evaluate and face inner issues without judgment or criticism. It allows for the forgiveness and release of past issues/traumas that no longer serve and in fact have held us back. It can take you beyond your limited belief system into a more positive vibration, as it raises your frequency.

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

TIBETAN QUARTZ Tibetan Quartz Crystals hold sacred energy frequencies and the wisdom of ancient cultures. This crystal can be used to enhance, amplify, and intensify transformation, releasing self-limitations, disease and disorders. Tibetan Quartz Crystals gather, hold and release a very high energy iwth a powerful "OM" vibration. It is also an enhancer and activator of other crystals. It is believed that they have the ability to receive or transmit energy from both ends and are used for alignment, patience, perseverance, protection, dreams and astral projection. Double terminated crystals strengthen energy flow, and create an energy vortex that can clear all unwanted energy, changing negative into positive energy. Tibetan "Black" Quartz is a powerful stone with purifying energies and the vibration of the "OM". It is also called Tibetan Smokey because it is often smokey and can have black inclusions, although clear examples exist too -can be used to balance very powerful energy grids and deep spiritual meditation. It is excellent for dissolving energy blockages. A superb protection and purifier for the aura and environment. It isoften used in the corners of a room for purifying energies and protecting the space from negative energies. Wearing or carrying this type of quartz will cleanse the aura and protect it from negative influences, as well as helping ground the wearer. Physically, Tibetan "Black" Quartz is used in crystal healing for powerful healing of any type, removal of toxins and other impurities, and moving illness energies out of the body. helps to adapt the fourth dimension into the third, Titanium has the quality of flexibility and openness to your energy field whichhelps align with today's new energies - **STRENGTHENS INNER BEAUTY AND REFLECTS IT OUTWARDS**

TOURMALINATED QUARTZ The Black Tourmaline in this quartz will protect the wearer or carrier from being harmed by the negative energy of another.The Tourmaline within this quartz grounds the First Chakra to the centre of the Earth providing protection from those who do not understand the love of the Universe. a tool which produces a "solving atmosphere", eliminates crystallized patterns which may be destructive, aids in adjusting imbalance, has properties of Tourmaline & Quartz

VOGEL CRYSTAL WANDS Vogel Faceted crystal was created by Marcel Vogel who formed the Psychic Research Inc., a non-profit company devoted to the study of metaphysical energy. Vogel found that by cutting and faceting the natural quartz it would increase the amplification and storage capacity of the human energy in the stone. Vogels allow for focusing of energy and to amplify healing.

QUE SERA STONE

Que Sera Stone: (Llanite, Vulcanite)

Properties: This unique stone is made up of a conglomeration of minerals. They are part of a whole (mother) formation, which gives these stones the same properties, regardless of their actual mineral composition, since there is often a certain percentage of each stone within the conglomeration. Because of this mix, Que Sera stone vibrates at a very high level resonating with our Throat, Third Eye and Crown Chakras. As such, they are very beneficial for tapping into our creative identity, Clairaudience and orientation to self-expression. They empower our psychic capacity, telepathy, intuition and orientation to self-reflection. They connect us to our consciousness as pure awareness, Universal identity and orientation to self-knowledge. Que Sera stones offer us an uninterrupted supply of present power, which is always switched ON, working as a power house for receiving energies from higher sources or streams of consciousness. This stone is associated with the Angel of Air and the zodiac signs of Cancer and Aquarius.

Folk Remedies: Use this stone for overcoming stress treating adrenal fatigue

REALGAR

Keywords: Energy, Unlocking

Realgar is a stone that is especially potent at drawing energy into the body on all levels. As a root chakra stone, it tends to bring energy -- related most likely to kundalini -- up through the chakras to enable its use on all levels.

Realgar is used to go into the subconscious and unlock things we have hidden from ourselves. It can bring them to light where we can use and work with them. This makes realgar a crystal healing tool said to be excellent for healing past traumas where memories have been suppressed. This reflection of our true hidden selves can also bring calm acceptance of our selves and personal compassion.

Realgar is said to be helpful for growth at a cellular level. It is also used in crystal healing for detoxification and reducing or removing dependency.

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

RHODOCHROSITE

This mineral represents selfless love and compassion. It expands consciousness and integrates the spiritual with material energies. This stone imparts a dynamic and positive attitude. Rhodochrosite is an excellent stone for the heart and relationships, especially for people who feel unloved. It attracts a soulmate but this may not be the blissful experience you are hoping for. Strengthens mental power, brings perspective of "universal love", unites conscious & unconscious - UNLIMITED LOVE

RHODONITE

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

RHYOLITE

See Rainforest Jasper

ROSOPHIA

Rosophia (Rose of Shophia), a very powerful healing stone. Rosophia can bring your entire being into wholeness, heals negative patterns and imbalances on all levels, completely heal and align your Heart with your Mind, calms the emotions and relieves stress, fear & anxiety & can lead to profound states of bliss, enlightenment, and powerful mystical experiences!

RUBY

For thousands of years, ruby has been considered one of the most valuable gemstones on Earth. It has everything a stone should have: colour, excellent hardness and brilliance. It is a very rare gemstone, especially in its finer qualities. Ruby is the stone of nobility. Opens the heart and encourages bliss. It has been used to induce a stability in ones economic status. 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 FUCHSITE Ruby in Fuchsite is the perfect Heart Stone. Ruby Fuchsite will help to clear any blockage of the Heart Chakra and fill the void with positive, loving energies, helps one to maintain an awareness of individuality, while also connecting with humanity. Use Ruby Fuchsite for transforming destructive, negative energies into positive, helpful ones. The combination of Ruby and Fuchsite help to open and enhance psychic awareness, enhances the connection to spiritual realms, promotes physical vitality, recovery/relief from extended or chronic illness and can be of assistance for strengthening the heart and bloodflow/circulation issues. A wonderful piece to keep close for those who have trouble going to sleep and/or staying asleep.

RUBY IN KYANITE 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

RUBY IN ZOISITE Ruby in Zoisite- (Anyolite), helps to amplify the body's energy field, instills joy, laughter and spontaneity, enhances physical vitality, passion, improves circulation and quality of the blood, and heart disorders. Zoisite transmutes negative energy, connects the user with the spiritual realms, natural detoxifier. Ruby is a powerful heart healer, balances emotions, makes you more emotionally aware, and helps you connect to others emotionally. The combination of Zoisite and Ruby are quite magical! Psychic abilities may be stimulated

STAR RUBY Star Ruby is an excellent stone for when you need to be assertive and stand your ground. It helps you be rounded in your self love, find your inner strength and feel safe in order to move forward, leaving behind outmoded ways of being. Excellent for wearing if you are in abusive or threatening situations or if you are leaving relationships where you need to be strong in order to make the change. Strengthens the immune system. Helps to improve disorders of the heart. Encourages recovery after illness or particularly intense levels of stress. Helps us to rediscover our suppressed feelings and to live through them and to express them. Helps us to avoid conforming to other peoples ways and ideas by making us aware of our own individuality, whilst at the same time, allowing us to maintain a sense of "connected-ness" to all of humanity.

SAPPHIRE

Sapphire known as the "wisdom stone", releases mental tension, depression, unwanted thoughts and spiritual confusion. Sapphire restores balance within the body, aligning the physical, mental and spiritual planes, bringing serenity and peace of mind. It stimulates concentration, brings lightness, joy and peace of mind. Sapphire is also known as a "stone of prosperity", attracting gifts of all kinds and fulfilling dreams and desires. Dark blue sapphire will allow one to use their full creative potential. it is like a mother stone because it tends to your needs as your creative juices flow so that you do not become scattered about but remain grounded. It is also good for helping solve problems, sexual relationships because it tends to make deep bonding between people and creates loyalty. 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

SARDONYX

- See ONYX

SCAPOLITE

Scapolite assists one to focus on a goal until completion. Great for writing a book, losing weight, exercising more, giving up bad habits, etc.

SCOLECITE	Though somewhat rare, scolecite is a popular mineral among collectors. It forms in volcanic bubbles called vesicles along with other zeolites. Scolecite is a tectosilicate mineral. Scolecite helps one to realize subtle messages from the inner self and from higher sources. It enhances the dream state, facilitating dream recall, lucid dreaming and restful sleep.
SELENITE	Selenite is powerful enough to clear negative energies, and reprogram all your crystals. You never need to recharge it! It can help in expanding your awareness and contacting your Spiritual Guides and Angels. Rubbing the stone may help you enter in the realm of dreams, intuition and in a meditative state. Selenite can be placed on the Third Eye Chakra to increase telepathic abilities. The insight it provides makes it valuable in any healing treatment. Selenite is a major rock forming mineral that produces massive beds of rock, usually found near saline waters. It is a soft stone, that can be scratched with a fingernail. Do not immerse in water it can eventually dissolve the mineral. To clean, just wipe with a damp cloth. Do not use soap! Flexibility, decision making, clarity, strengthens spinal column, access to past lives, balances body's electrical system - INTEGRATES DIMENSIONS - SELENITE REPRESENTS SIMPLENESS AND CLARITY
FISHTAIL SELENITE	Fishtail Selenite, also known as Angel's Wing actually looks like the tail of a fish. Fishtail Selenite is great for calming and healing the nerves. It can ease the emotions and get rid of tensions. Use this Angel's Wing to contact your angels. Fantastic for meditation, connection to the higher self, self awareness and remembering past lives.
SEPTARIAN	(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
SERAPHINITE	Seraphinite often referred to an angel stone because of its higher energies and is said to help contact communicate with the angelic realm. Psychically, beneficial for intuition and psychic awareness. Is protective of the heart chakra and is used for sending unconditional love. A purifying stone to help find one's higher purpose, -extremely helpful for transformation and transmutation. Physically, seraphinite heals nerves, brain cells, purifies the blood. kidneys, liver. and eliminates toxins. It appears to have feathery wing patterns which are mica in the stone.
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 transmuting 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
SHATTUCKITE	Shattuckite is a strong psychic communication stone. It will assist with the development of psychic visions, intuition, mediumship, channeling, psychic knowing and automatic writing, all from a position of absolute truth. This stone allows you to communicate better with the spirit world, as it heightens the vibration of your connection. This ensures that any link you make will be with guides of the highest vibration. It will also facilitate a stronger connection with your personal guides and teachers, and your loved ones who have passed over.

SHUNGITE Shungite is a rare and very ancient stone, around 2 billion years old. Shungite is a powerful stone to shield you from the electro-magnetic radiation given off by electrical equipment... including computers, mobile phones, microwaves and televisions. It is said to aid those who read the future and will help to emphasize the gift of prophecy. Shungite needs to regularly be cleared as it loads up. A neutralization ring is the most effective way to do this.

SHIVA LINGHAM STONE The Shiva Lingham Stone is from the sacred Narmada River one of India's seven holy areas. This Crypto-crystalline quartz is gathered from shallow riverbeds and hand polished to balanced egg-like proportions . This often worshiped fertility stone is revered by Hindus as the embodiment of Lord Shiva. Lingham is also the sacred Sanskrit word for phallus. In Tantric Hindu tradition, the shape embodies masculine energy, dynamic expression and knowledge. The markings named Yoni (sacred Sanskrit word for vulva), depicts the feminine energy, wisdom and intuition. Together, the female energy arouses the masculine urge to create. As such, the Tantric Lingham unifies the dualistic (male female) world into harmonious balance. A great stone for those who did not receive proper nurturing in childhood.

SILICA

QUANTUM QUATTRO SILICA This beautiful and rare stone first arrived on the gemstone market around September 1996. It is comprised of a unique combination of royal blue shattuckite, robins egg blue chrysacolla, forest green diopside, in smokey quartz with pastel light green malachite swirling together in a vibrant mix of colors rarely seen together. Namibia is the only known location for this mineral. It is said to have these metaphysical properties: - Bolsters the immune system; - Heals grief from past trauma; - Aligns all chakras; - Brings mental clarity when placed on the Third Eye;

SMITHSONITE Smithsonite was named after James Smithson, the founder of the Smithsonian Institution. The luster of smithsonite sets it apart from other minerals. Smithsonite promotes energies in an environment that brings about kindness, charm and pleasantness. It can be used to replace any stone during a "laying-on-of-stones" healing layout.

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

SPECULARITE Specularite is a variety of hematite. It has been observed on the Martian surface by TES (Thermal Emission Spectrometer). This has been a significant discovery due to the preferred formation of specularite, which is through aqueous precipitation. Specularite assists energy workers to find the best solutions when guiding and healing people.

SPHALERITE Sphalerite is a mineral of strength, vitality and grounding- enhances perceptions to determine the truth about a problem, insights, or the right path to success. Enhances creativity Increases energy in athletes or anyone doing physical training. Sphalerite is used to assist the immune system, prevent infections. Staurolite is sometimes referred to as 'Fairy crosses' - as it was once believed to be created by the tears of fairies crying when they heard of Christ's crucifixion. Considered a good luck charm as well as a charm that would protect children from evil spirits. Staurolite is a grounding stone,-assists in connecting with the fairy realm. It is used by some as a tool to psychically communicate with the animal kingdom. Staurolite is an aid in discarding destructive habits, stabilizing the emotions, and brings a feeling of protection, safety and security,-an excellent stone for use in widening one's vision and awareness of other realms,-used by healers to counter the effects of aging, recover and for from abusive habits, muscle and blood formation.

SPHENE Sphene a calcium titanium silicate mineral, is also known as Titanite, which is the preferred name. Sphene stimulates the third eye and crown chakra-facilitates altered states of awareness- journeying. Meditation with Sphene raises consciousness linking into universal wisdom and alternate realities- can be used to access and recall past and future life consciousness- may help boost the immune system.

SPINEL	Spinel is a very attractive and historically important gemstone. Its typical red color, rivals the color of ruby. In fact, many famous rubies belonging to crown jewellery, are actually spinels. Its energy is said to have the capability of renewing vitality and the desire to try again. It gives hope to those who thought hope was dead, raise thoughts and purifies the imagination.
STALACTITES	Stalactites are the formations that form on the ceilings of caves. Stalactites begin their life as a single drop of water which has been combined with carbon dioxide, calcium carbonate, and calcite. It is a protecting, grounding and centering stone, and can help bring inner peace. It can also be helpful in astral travel and in channelling.
STAUROLITE	Since the first time it was worn, it has been considered a good luck charm as well as a charm that would protect children from evil spirits. Staurolite is a grounding stone that assists in connecting with other worlds, including the fairy realm. It is used by some as a tool to psychically communicate with the animal kingdom. Staurolite is an aid in discarding destructive habits, stabilizing the emotions, and brings a feeling of protection, safety and security. This is an excellent stone for use in widening one's vision and awareness of other realms. Opens the inner eye; Helps to find lost objects; Increases the connection to other worlds. Staurolite is used by healers to counter the effects of aging, recover from abusive habits, muscle and blood formation, general well being.
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
STICHTITE	Stichtite brings emotional awareness and expansion,-a calming stone that brings tranquility individuals and one's environment,-helps one to be gentle with self and others,and promotes keeping promises, openly sharing opinions, and considering all thoughts with love. It engenders loving companionship of all kinds. Stichtite can help children behave positively.Physically, stichtite helps heal teeth, gums, skin elasticity, skin regeneration,and mucous membrane problems.
STILBITE	This is a mineral which can powerfully enhance our levels of creativity and intuition. It also helps us to be more self-expressive. A very good mineral for those who astral travel, as Stilbite can provide you with guidance whilst when you are going through dimensions. It also helps us with transition from one plane to another. Silbite is a powerful detoxifier.
STROMATOLITE	Stromatolite is the oldest of all fossils. The banding that commonly appears in stromatolite is a record of the growth patterns of colonies of microorganisms. This stone is said to help cleanse the mind, body and spirit and to purify the environment all around. A great stone to aid and speed up the healing process and to use in healing ceremonies. The healing properties of Stromatolite include assistance in past-life meditation. It is also said to relieve physical and emotional stress, while refreshing the flow of body fluids that may have become heavy, blocked, or dried. It can also aid in promoting adaptability.
STRONTIANITE	Strength and confidence, enthusiasm for life, increased vitality and sexuality, decisiveness and self-control
SUGILITE	Sugilite is one of the newest and rarest gemstone. Many have hailed Sugilite as the gem of the "New Age". It can help to clear the mind, making the way open for the rising of consciousness. It is also beneficial in opening and centering of the Heart Chakra. These two enhancements are the essence of the next evolutionary step for mankind. 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

SULPHUR Sulphur carries a negative electrical charge, making it great for removing negative energies from a person, environment, or item. Sulphur supports a healthy self-will and self-respect. It can help you to release negative, repetitive behavior patterns of rebellion. The volcanic origin of Sulphur makes it especially helpful to those who have trouble with outbursts or eruptions, be it emotional, intellectual, spiritual, or physical. It has the property of quelling outbursts of rage and is good for those having anger management issues. Personality disorders are often helped, and some have even used it to ameliorate symptoms of turrets syndrome. Sulphur is believed to help with acne, inflammation, fever, and infections. Sulphur is toxic and should never be taken internally, even as an elixir.

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

SUPER SEVEN It represents the universal brotherhood of humanity! Also known as Sacred Seven and Melody's Stone, Super Seven retains all the properties of Amethyst, Clear Quartz, Smoky Quartz, Cacoenite, Rutile, Geothite and Lepidocrocite combined. This is part of what makes this stone so desirable. It is a powerful stone for healing the earth, mind, body and spirit.

TANZANITE Tanzanite helps us cope with change, calms us and reminds us to slow down and take some time for ourselves. Tanzanite helps us to overcome fear, depression, worry and anxiety,- a stone of protection making us feel happier, more compassionate, loving, trusting and more centered within ourselves,-a high vibration stone, good for deep meditation, providing us with links to both the angelic realms and to our spirit guides. It helps us to see the next level of our own spiritual evolution. Tanzanite stimulates clairaudience, enhances our psychic abilities and expands our mental sight.

TEKTITE (BLACK) 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

LIBYAN GOLD TEKTITE Libyan Gold Tektite is a rare translucent golden gemstone that was once used in the ceremonial jewellery of the ancient Egyptians. It is believed to carry extraordinary energies because of the phenomenal forces involved in its creation from a huge meteorite impact. It transmits the Golden Ray; which is the highest light vibration the physical body can receive.

TIBETAN HERKS See QUARTZ

TIFFANY STONE Highly energetic but subtle stone. Helps with communication and interpretation of psychically received information of all kinds, including telepathic, channelled, clairaudience, clairvoyance, and others. Energetically it is excellent for removing energy blockages of the meridians and chakras. Tiffany Stone is associated primarily with the third eye chakra.

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

BLUE TIGERS EYE Blue Tigers Eye, and Hawks Eye, enhances integrity of communication. It can help find courage to recognize thoughts and ideas, and the willpower to carry them into the physical realm. Blue tigers eye can be used for protection, it is also said to bring good luck to one who wears or carries it.

HAWKS EYE Also known as falcon's eye and blue tiger eye. It is the unoxidized form of brown tiger eye.

RED TIGER EYE is a stimulating stone that is said to increase motivation and to help overcome lethargy . Red Tigers Eye brings energies of vibrance and vitality, and of enhancing integrity of self and can be very grounding. It is said to help one have the practicality and willpower to take care of oneself fully. It is a survival stone and can help with the correct use of power for survival in difficult times, and can bring vitality.

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**

THULITE

Thulite stimulates the sacral and heart chakras and aligns the energy of the heart with the energy of the mind. Thulite facilitates the integration of the inner world with the external world, the energy of love with the energy of reason- encourages healthy relationships with others and oneself- dissolves negative emotions and teaches one how to find joy in all aspects of life. Thulite helps break self destructive habits of thought.

TOPAZ

Topaz enhances clarity of mind, confidence, strength, willpower, alertness. It is excellent for meditation and attuning to the higher self, assisting in living according to your own aspirations and views. Also, it attunes to the angels of truth and wisdom. It assists in seeing the scripts you have been living by and to recognize where you have strayed from your own truth. 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 a powerful stone in the way that quartz is. It is a balancing and calming stone that balances emotions, releases tension, balances emotions, and can bring joy. Topaz is also believed to bring success and good fortune, and synchronicity. It is also used for protection, particularly protection from the evil eye and greed. It also is said to bring creativity, individuality, true love, and hope. Spiritually it brings in spiritual love and peace. Physically, topaz aids with gout, blood disorders, hemorrhages, poor appetite, tissue regeneration, tuberculosis, aging (reverses), endocrine system. Light blue topaz can be helpful for providing emotional support, repelling negativity, and cultivating the knowledge that "all is as it should be".It has been used as a protective amulet against psychic attacks and household accidents.Helps understand the big picture. - **TOPAZ IS THE KEEPER OF CLEAR, COMPASSIONATE COMMUNICATION**

BLUE TOPAZ Placed on the throat chakra or third eye, aids those chakras and verbalization. It is excellent for meditation and attuning to the higher self, assisting in living according to your own aspirations and views. This color attunes to the angels of truth and wisdom. It assists in seeing the scripts you have been living by and to recognize where you have strayed from your own truth.

GOLDEN (Imperial) TOPAZ Imperial or Golden Topaz enhances mental processes, bringing clarity and logic to any situation,-helps one to see all aspects of an issue or problem,making it easier to find a solution. In this way, Topaz is also helpfulto those searching for existential meaning, illuminating all the piecesof the puzzle and helping one to become receptive to their form. A "stone of good fortune," Imperial Topaz has been credited with bringing prosperity and abundance to the wearer, by clearing away blockages that inhibit the vibrations of one's intention. Carry Imperial Topaz with you when depleted of energy and in need of a boost. Also known as Yellow Topaz, it acts like a battery and recharges spiritually and physically, strengthening faith and optimism. It is an excellent stone for conscious attunement to the highest forces in the universe and can be used to store information received in this way. It reminds you of your divine origins. Imperial Topaz assists in recognizing your own abilities. Centres compassion, develops curiosity and humour, stands for kindness and adaptability, provides energy, strengthens theintellect, acts to further the quest for the enlightened state- **TOPAZ CHANGES NEGATIVE ENERGY TO POSITIVE - A SHIELD STONE**

MYSTIC TOPAZ Mystic Topaz is white topaz enhanced with a US patented coating technology. The process is called "physical vapor deposition", it produces a kaleidoscope of colors. Mystic Topaz helps to build a stronger connection to your faith, religion or spirituality. Also it helps with the releasing of negative emotions such as depression and fear.

TOURMALINE

Tourmaline is a stone that has been revered over centuries by the cultures of ancient India, Africa, the Native Americans and the Australian Aboriginal tribes. African Shaman have used Tourmaline to awake from illusion and become one with the Universal Spirit. It balances the Male and Female energies within the body. It also clears, maintains and stimulates each Chakra point on the body. Black Tourmaline helps with arthritis, dyslexia, heart dis-ease and anxiety. An excellent protecting and strengthening stone. Helps to reduce fear, particularly if related to bad dreams or nightmares. Instills confidence and understanding. Aids in balancing extremes. 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

ALBITE WITH TOURMALINE see ALBITE

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 It can be used to both repel and protect against negativity. It also has been used as an energy deflector, being an excellent stone for those with potential for exposure to excessive amounts of radiation. It provides for an increase in ones physical vitality, emotional stability, and intellectual acuity. It also maintains the sense of you "feeling good" about yourself. 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

BLUE TOURMALINE Blue tourmaline is said to combat water-retention, promote detoxification of the entire body, strengthen the immune system, as well as reducing throat and bronchial infections. Blue (energy: receptive, element: water) this stone is best worn for peace and restful sleep as well as to de-stress.

BROWN TOURMALINE (DRAVITE) Dravite helps one to form a subtle, but solid Earth connection. It is said also to bring a realization of the "God-within". It can be used to clear the aura and align the energies of the aurithic field about the body. Some say that faster plant growth may be stimulated by placing a piece of Dravite on top of the soil in the planter.

GREEN TOURMALINE (Verdilite) 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

MULTICOLOUR TOURMALINE (Elbaite) Tourmaline is excellent for balancing the hemispheres of the brain, clearing away blockages, and transmuting negative energies. It works well with all of the Chakras, and promotes compassion, sympathy, and self-confidence. It is also thought to help lessen depression and mend emotional wounds by allowing the one to see the meaning and purpose of certain events in life.

PARAIBA TOURMALINE Paraiba Tourmaline is mined laboriously by hand. It comes from 60 meters deep tunnels where it is found only in small pencil-thin veins. Because of the difficulty in mining, this mineral will always be rare and expensive. It brings the mind, body, spirit, and soul into wholeness. It is an excellent stone for imagery, promoting dreams, and inspiring creativity.

PINK TOURMALINE (Rubellite) Rubellite tourmaline strengthens the will to understand love and promotes creativity in the various realms of loving aspirations. It also provides physical energy and vitality. It assists one in the development of creative talents, and the fulfillment of artistic enterprises. It reduces stress and brings peace. It promotes peak states of meditation and total recall of dreams. 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

WATERMELON TOURMALINE A wisdom stone. Watermelon tourmaline brings the energy of green and red tourmalines. It promotes creativity, spiritual love and enhance willpower. It is especially thought to bring emotional healing. Above all it promotes a feeling of joy. It is energizing and rejuvenating. Holding a piece of watermelon tourmaline in the receptive hand whilst boost one's energies. 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

TURQUOISE Turquoise is a gift from the Earth, bringing the blue of the sky to the Earth and melting together the energies of the heavens with the consciousness of the Earth. It strengthens and aligns all chakras, meridians, and subtle bodies. It can bring any and all energies to a higher level. It stimulates the throat chakra, bringing communication skills, creativity and intuition. Friendship, mental relaxation, respiratory system, helps re-learn forgotten abilities, calming & protective - HELPS RESOLVE OLD KARMA

ULEXITE Ulexite is also known as "TV rock" due to its unusual optical characteristics. Its fibers act as fiber optics, transmitting light along their lengths by internal reflection. Ulexite is a fantastic stone for students/studiers as its energies help to understand different problems, providing clarity and direction. It's energies increase imagination and creativity.

UNIKITE See UNIKITE JASPER

UVAROVITE Uvarovite can be an excellent healer of emotional problems as it helps to release old emotional traumas and can also provide you with a way of accepting of things that have happened in your past. It can promote mental clarity and instills a sense of peace. It can also enhance relationships by helping people to "come together" with a single moer focused thought in mind.

VANADINITE Vanadinite's deep red colour, high lustre and attractive short hexagonal prism crystals make this a highly collectable crystal. -a crystal of focus and action to pursuing and attaining ones goals. Vanadinite clears the mind of distraction, Vanadinite can help bring order to those prone to the chaos associated with the flight of thoughts. Metaphysically, Vanadinite tells us that maybe our true destiny lies with just being who we are, living spontaneously, being true to our beliefs. Vanadinite carries within it the light of greater self realization.

VARASITE "The Stone of Prosperity", aka Utahlite, is a stone of calm and soothing energy. It is known as an excellent meditation stone. It contains energy of the Earth, which assist in keeping one grounded and centered. This stone encourages the heart to be filled with peace and harmony and promotes serenity through balance and universal love. In return, one will come to better understand the importance to use peace and love in every situation encountered.

Variscite is best known for its ability to help aid in past life work, align the subtle bodies and help one find self-acceptance. It's vibrations calm and soothe the mind to allow for higher states of logic, learning and reasoning. Variscite is a fairly rare stone.

VASONITE - See GREEN GARNET

VERDILITE - See GREEN TOURMALINE

VESUVIANITE	Vesuvianite (Idocrase) provides a link to the higher self and the information it offers to the soul in incarnation. Psychologically, it releases feelings of imprisonment and restraint, -is helpful for healing past-life experiences of being a prisoner, of extreme danger, or of mental or emotional restraint; it gently dissolves anger and alleviates fear, creating inner security. It opens the mind and clears negative thought patterns, -stimulates inventiveness, linking this into creativity. Vesuvianite, also known as Idocrase, was first found on Mt. Vesuvius, Italy Vesuvianite facilitates a connection to one's soul consciousness for the progression along one's spiritual evolution- unshackles the bonds and chains of past traumas in the form of repetitive negative or depressive thoughts, and instills the courage to face the challenge of change. - assists one to feel comfortable in one's own body. Vesuvianite can support in the treatment of depression and anxiety. Assists with 'healing of heart and mind'
VIVIANITE	Vivianite a rare mineral is colorless when it is first excavated, but as exposed to the air it colors to blue or green, eventually darkening to an intense dark blue, purple and even black. a useful gemstone for people who are not comfortable with their body. Vivianite is especially useful for children, it helps them in their process of growth. In general, it helps to accept to be on earth.- a symbol of rebirth, burning away old ways of looking at things and giving you a new perspective on life and clarity of path. - reminds the body how to heal itself. stimulates the body's own healing and aids iron assimilation, making it useful in treatment of anaemia- assists mental clarity, and can possibly be used to treat cases of dementia. Attention: don't expose your specimen of vivianite to direct sunlight, keep it indoors – as the UV rays will darken it and it will go completely black when left outdoors!
VOGEL CRYSTAL WANDS	See Vogel Quartz
VULCANITE	See QUE SERA STONE
WAVELLITE	Wavellite stimulates the intuitive abilities of the third eye chakra, connecting one to inner wisdom-acts to support those whose decisions require attention to detail and a high degree of focus. It is known as the balancer of energy flow acting as a regulator for optimal physical health- can be useful in treating blood cell disorders- has been used to treat skin cell disorders.
WULFENITE	Wulfenite is one of the most popular minerals around for many collectors. This lead molybdate was named for Franz Xavier Wulfen (1728-1805), who wrote about the mineral's occurrence in Carinthia, Austria. Wulfenite is a very warming and grounding stone, one that helps us to get in touch with our feelings. It both cleanses and uplifts our emotions.
ZEBRA ROCK	Zebra Rock is a mixture of Quartz and Basalt, occurring in a zebra-type pattern. This mineral brings one compassion and understanding for others; it serves to assist one in realizing that "if you see an empty house, it does not necessarily indicate that no one is home". It helps one to look beneath the superficial attributes and to recognize the loving spirit which always abides.
ZINCITE	Zincite in metaphysical lore is a stone of synthesis. It can bring together seemingly disparate or chaotic energies and synthesize them to work together well. It is particularly well-known from Melody's books to synthesize energies of personal power, physical energy, and creativity. This makes it a powerful stone for boosting creative energies in a way that brings creations to fruition. It is often used to remove energy blockages, as well as being used in Radionics. Zincite can also synthesize groups of people or things, bringing together like-minded people and promoting their efforts as a group. Yellow Zincite in particular can bring or boost a strong sense of one's own personal power and enable one to use it. Zincite is used in crystal healing lore to treat chronic fatigue, AIDS and other auto-immune problems, bronchitis, and candida, as well as prevention of epileptic seizure. Zincite is related to the lower chakras.

ZIRCON

Zircon strengthens the mind, aids bowel problems, creates emotional balance, self-esteem, aids with sleep. Red or Purple Zircon are said to increase prosperity. Zircon stimulates the liver, alleviates pain in general and helps with cramps. It balances the emotions and enhances self esteem. Zircon also helps us to overcome loss. It helps you to think about what are the truly important things in life and to let go of materialism. Zircon is said to be a stone of purity and innocence. It helps in experiencing spiritual reality. Zircon stimulates your mind to think about the meaning of existence. Zircon is the oldest mineral on earth. Radiometric dating calculated an age of 4.404 billion years for some zircons. This age is interpreted to be the age of crystallization. It has the capability to survive geologic processes like erosion, transport, even high-grade metamorphism. Zircon facilitates time travel, it helps with the understanding of our existence.

ZOISITE

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