

# Stones and crystals and their properties

## Agate

Composed of microscopic crystals of quartz laid down in colorful bands or ribbons. The appearance of the stone is waxy and soft. Almost always translucent and occasionally transparent. Agates are grounding stones. They help obtain a better physical/emotional balance. They work to raise consciousness. Builds self-confidence.

### Blue lace

Works well with not only the throat chakra, but the heart, third eye and crown chakra. Strengthens hereditary skeletal structure, outward manifested growths, arthritis. Helps to focus on the inner source of love within you that transforms and heals all wounds. Contains the qualities of flight, air, movement, and grace. Highly inspirational when working with the inner self.

### Chalcedony

qtz. Red, orange, yellow, browns solid, grounding. For stomach, colon, liver, spleen, kidneys. Blood sugar, anorexia/food issues, lymphnodes, restores nerve feeling and healing after injury/burns. Centering, taking heart. Balances emotions. Insight, gaze into for meditation. Left/right brain balance. Patience, peace. Cools.

### Moss

Connects one to nature. Translucent, transparent agate containing inclusions of minerals that look like moss or foliage. Improves ego and self-esteem, emotional balance and strengthens positive personality traits. Allows one to see all the beauty one's eyes touch.

### Botswana

Gray and waxy in appearance. Beneficial to the circulatory system, the skin, and the brain. Strongly recommended for firefighters, people who smoke, and for anyone who comes in regular contact with excessive amounts of heat or smoke. Helpful for anyone who wants to quit smoking. A pleasant side effect may be giddiness. Soothes depression.

### Fire

Helps alleviate problems relating to the stomach and endocrine system. Comes in shades of orange, brown, blue, or green. Strong connection to the energies of the earth. Excellent stone to use before meditating. Induces a feeling of relaxation. Helps you examine and deal with problems in a calm and safe manner. Helps take the edge off difficult experiences. Recommended for those in the healing profession.

## Amazonite

Solid lt. Blue/turquoise. Opens throat, heart, and solar plexus centers for self-expression, artistic creativity, healing. Throat, thyroid, nerve and brain paths. Prosperity. Gentle friendly, calming, soothing; reduces self-damaging behavior, increases straight posture of self-respect, confidence, grace, self-assuredness with communication. Great over a door to bring in new business. Green stone instrumental in distilling the raw information used for personal expression. Helps filter information and combines it with natural intuition. Enhances masculine qualities. Good for anyone involved in the arts.

## **Amber**

Clear yellow or orange ancient petrified resin (possibly pine tree). Electromagnetic. Past life work, weight gain. Opens solar plexus chakra for mental clarity, moods balance, confidence. Stomach anxiety, spine, central nervous system, brain, memory loss, cell regeneration. Useful on the brain, lungs, thyroid, spleen, endocrine system, inner ear, and neurological tissue. Draws disease out of afflicted areas and neutralizes negative energy. Aligns mental and emotional bodies via orange and yellow. Excellent detoxification and protection from radiation, especially sun, computers, airport, planes and others' energies. It is a grounding healer. Can add stability to your life. Helpful in clearing up depression and bringing about a positive mental state. Also useful as a memory aid. Amber should be cleansed after being used for healing to dispense the negative energy it has absorbed.

## **Amethyst**

Translucent, purple/lavender qtz. Brow + crown chakra. Headaches, eyes, scalp/hair, pituitary, pineal, bloodsugar balance. Especially helps sobriety; alcohol/food/sex/other addictions. Famous ancient detoxifier (especially helped with poisons, alcohol). Amethyst has a direct link to the mind. It bolsters the production of the hormones, and strengthens the cleansing organs, the circulatory system and blood, the immune system, and body metabolism. It soothes the nervous system and aids in the transmission of neural signals. Psychicness, imagery, mind quieting. Wear when sleeping or when awake to reduce anger, impatience, and nightmares. Dream recall. Stone of spirituality, contentment, meditation. Provides common sense, flexibility in decisions. Helps you feel less scattered and more in control of your faculties. Memory skills and motivation improve. Goals are clearer, more realistic, and easier to achieve. However, you must use this stone cautiously with subjects who have paranoid or schizoid tendencies. Can benefit people with insomnia or troubled sleep. Ideal for those who meditate. Promotes selflessness. Useful in dispelling rage, anger, fear, and anxiety, and is a good stone for clarifying and remembering dreams. Helps relieve physical and emotional pain.

## **Angelite**

Medium blue to white crystals. Regenerates and rejuvenates ill or depleted areas. Provides a protective energy field around the area where it is placed. fairly new discovery in Peru during the harmonic conversion. Excellent balancer, polarizing and aligning the physical body with the ethereal network. Used to call your angels for guidance and support. Psychic connection to oneness with universe, angelic realm, spiritual guidance. Astral travel, heightened sensory awareness. Seeing paths to surmount challenges. Aligns physical and etheric fields for healing self & others.

## **Apache tears**

Small, dark, smoky-translucent obsidian pebbles. Eases and releases pain, loss, sadness, anger, to help heal grief and go on with life. For looking within, protection, vision quest/purpose. Gently grounds and unblocks lower body and endocrine glands/chakras. Helps healing. Represents tears of grief shed by native American women after their loved ones' deaths due to invading troops.

## **Apatite**

Transparent dk. Blue, clear. Weight loss. Helps to deepen meditation. Blue and purple are used especially to heal and stimulate throat chakra, teaching, healing mouth, throat, thyroid, high blood pressure, stuttering. Reducing hunger. A mineral still in its embryonic stage as a healer. Benefits muscle tissue and general motor skills. Promotes calcium absorption. Eases hypertension and restores clear thought.

## **Aquamarine**

A beryl. Clear light blue, blue-green. Throat (& spleen) chakra, heart, immune system, thymus, lymphnodes, especially for mouth, ears. Breathing allergies, water travel, journeys. Filters out unnecessary information to the brain. Calms the nerves. Clarifies perception and strengthens the body's cleansing organs such as the liver, spleen, thyroid, and kidneys. Helps the eyes, jaw, neck, stomach, teeth, and throat. Tranquilizing, uplifting, openness, innocence, lightheartedness, creativity, communication, self-awareness, confidence, purpose. Affects etheric and mental levels. Releases anxiety, fear, restlessness, peaceful stillness. Has a soothing influence. Helps stabilize and harmonize unsettled surroundings. Was given to sailors as protection against drowning and for courage in battle. Has an affinity with sensitive and mystical people. Increases creativity and sharpens intuition. Excellent stone for meditation. Helps one attune to nature. Helps bring about a tolerance toward others. Clears blocked communication and aids the user in verbal expression. It is a good stone for massage, reiki and crystal therapy practitioners.

## **Aventurine**

Translucent dark/lit. Green quartz. Heals emotional pain/fear/imbalance by dissolving blocks in the heart chakra. Historically also draws out heat of fevers, inflammation, nervous system, stress. In your bath water, a soft, soothing stone for general healing. Universal love, truth, prosperity.

## **Azurite**

Solid deep blue, blue-purple. A blue copper-based stone found in association with malachite, which is its cousin. Less common than malachite but found in abundance in Arizona. Activates brow and throat chakra more assertive communication and alert, quite, deep access to subconscious and other times/places/lives. Benefits the spleen, thyroid, bones, and skin. Psychicness, creativity, decisiveness, deeper insight, seeing truth, reduces depression, anger, abnormal cell growth. High copper content stimulates thyroid, sinus, skin cleansing, spleen, nervous system, mental and etheric bodies. Referred to as the jewel of wisdom. It is said to increase psychic abilities. The deep blue stone helps you release the past and gracefully anticipate and accept the future simultaneously. Cultivates the ability to reach into the subconscious and examines states of mind. This cleanses the mind and makes one more capable of insight and pure thought. Helps one recognize the resources within themselves. An integral part of many crystal and gemstone-healing layouts. Also enhances meditation.

## **Bloodstone**

("heliotrope") solid dark green, red flecks. Electromagnetic (high iron). Classic for wealth, menstrual cramps, anemia, bloodclots, hemorrhoids, birthing/reproductively, imbalance. Cleansing heart and blood circulation, marrow, thymus, lungs; heart. Benefits the circulatory system. Helps purify toxic blood and detoxify the kidneys, liver, and spleen. Increases courage, helps in avoiding dangerous situations by soothing the mind. Benefits the bones, heart, and reproductive organs. Helps raise consciousness.

## **Boji stones**

Iron-magnetite concretion. Solid round, grey-brown discs with high iron. Grounding, electromagnetic. Balances body's energy field. Many have found they reduce pain by holding 1 in each hand. Recharges electrically in sun. Rough "male" and smooth "female" stones both have + and - charge.

## **Carnelian**

Chalcedony (jasper) qtz. Translucent. Orange and yellow chakra. Warms and cleanses blood, kidneys, stimulates appetite, emotions, passion, sexuality, physical energy, celebration, reproductive system, menstrual cramps, arthritis, kidneys, gall bladder, pancreas. Strongly influences the reproductive organs. Confidence, boldness, initiative, dramatic abilities, assertiveness, outgoingness. Precision, analysis, appetite, awareness of feelings. Helps you feel anchored and comfortable with your surroundings. Purifies the blood and liver, and it is excellent for lower back trouble. Can improve motivation. Helps one achieve greater success in career or personal matters. Helps ground people who meditate.

## Celestite

White, clear, or cool lt. Blue cluster crystals. Helps throat chakra. Gentle. Central nervous system, tiredness, soothes nerves, stress. Quiets mind. Serenity, harmony, easiness, stillness for receiving, connection to spirit, overview, creativity. Honesty, openness, stress, worry, hearing, thyroid, potassium/manganese deficiency, fades in sunlight.

## Charoite

Purple, solid. Newly coming into greater use. Works with indigo & violet chakra to transmute/lift us out of emotions, fear. Seeing old patterns with new possibilities. Opens heart, inspiration, service, seeing clearly (mentally, physically, psychically), faster healing. Some find useful also for entity release work and alcohol/liver detoxification.

## Citrine

Clear yellow qtz. (yellow from iron.) For solar plexus chakra. Detoxification spleen, kidneys, liver, urinary system, intestines. Mental and emotional clarity. Problem-solving, memory, will power, optimism, confidence, self-discipline, digestion. Reduces anxiety, fear, depression, stomach tension, food disorders, allergies. May also work as a detoxifier for the blood. Electromagnetic. Citrine is one of two crystals which never have to be cleansed of negative energy.

An energizing and highly beneficial crystal. They are invigorating and positive. Can surround and fill anyone with its brilliant color, energizing every aspect of life. Increases motivation and promotes physical activity, which in turn improves digestion and helps the cleansing organs. Persons involved with education or business will especially benefit. Can guide you to harness and utilize your creative energy. Helps us analyze events and steer them in a positive direction. Develops inner calm and security, and makes us less sensitive and more open to constructive criticism. Can dispel negative feelings and help us to accept the flow of events.

## Copper

A plentiful metal ore that ranges in color from a soft red-brown to a deep brick red. 3rd chakra stomach, intestines. Excellent energy conductor! Sends and amplifies thoughts, healing, and gem electrical energy into wearer's energy field. Next to skin detoxes and soothes arthritis, rheumatism, other inflammation problems.

Warms, releases resentment, anger. Exhaustion recovery, circulation, energize with sun.

Helps stabilize the metabolism and heightens the immune system. The blood also benefits from copper. Beneficial for the lungs, improving the exchange of oxygen and filtering out pollutants. Soft tissue and mucous membranes retain more moisture and become less susceptible to irritation. An excellent aid for increasing your ability to express and accept true feelings. Balance personal reserve and confidence.

## Coral

Different colors of coral can be used alone, in combination, or all together. Sympathetic to both the skeletal structure and the circulatory system. Good stone for ailments of the bones and blood such as arthritis and anemia. Also benefits the cleansing organs and thymus. Helps battle mental illnesses. Has a true link with the past and can pass knowledge along.

Red and orange stimulates root and spleen chakra for energy and warmth, fertility. Energizes emotions. Muscles, blood, heart, reproductive system; thyroid, metabolism; meridians; spine, bone and tissue regeneration. (avoid if high blood pressure, fever, anxious.)

Pink heart chakra, increases sensitivity, caring, compassion.

White soothes; heals meridians, stress, smell ability, nerves.

Black creativity, repels lower energies.

Blue activates and energizes the throat chakra.

Also used to illuminate the third eye chakra, enhancing psychic awareness and capabilities of the user.

Strengthens both circulatory and bone structure in the body. Stimulates tissue regeneration and nourish blood cells. Helps with disorders of the spinal, alimentary canals, nervous system and thalamus. Coral brings diplomacy and concurrence, quiets emotions, brings peace to inner self. Facilitates intuition, imagination, visualization, expedite, accelerate the transfer of knowledge.

Facilitates the improvement/permanence in pursuit of commerce, improves communication abilities, treatment of throat ailments and cleansing of mucous system.

## Desert rose

A gypsum. Lt. Brown. Provides flexibility to one's nature, strengthens decisions, align the spinal column and removes energy blockage. Stabilizes epileptic disorders. Gently grounding; clarifies thinking and mental vision, perception. Quiets worry, brings out practicality. (related to selenite.) Quiets the mind. Used to access past/future lives, assists in bring material pursuits related to business.

## Fluorite

All rainbow colors. Important balancer, healer. Opens heart (especially green), throat brow, crown chakra for clarity, overview, seeing additional truths/realities. Spleen bones, teeth, lungs, detoxification, anxiety, insomnia.

Clear and purple - objectivity; clears the way for new things, uplifting, aura cleanse, 3rd eye, eyesight, sinuses; repels colds. Enhances other gems.

Green - stills mind and heart, harmonizes and recharges all chakra. Valuable helper in grounding excess energies.

Blue - throat, nose, ears, soothing; karmic impasses resolved, atonement relieved.

Yellow - focus, cooperation, group alignment.

Yttrium lavender - well-being, serenity, peace, connection with universe/god/eternal life force.

Clusters - lowers work/life stress (helpful on your desk) double pyramid aligns spirit with physical plane, inner with outer awareness, and 2 sides/brain; crown chakra, illuminating karmic lessons.

Usually translucent and come in shades of white, brown, blue, yellow, purple, red, or colorless. Benefits the teeth and bones. People with arthritis, rheumatism, or spinal injuries have reported some relief from their conditions when they employ fluorite in their healing regimen. Helps to rekindle sexual appetite and heighten intuitive powers. It is suggested using fluorite in conjunction with calcite and pyrite. Assists in fighting mental disorder and gaining spiritual awakening. Helps one become more aware of the higher levels of reality and can anchor and free one from overstimulation on the psychic plane.

## **Fuchsite**

Fuchsite is a chrome-mica. Lightheartedness, friendliness, compassion, recovery, immunity. Speeds deeper healing.

## **Garnet**

Ranges in color from deep emerald green through yellow, brown, and red. Stimulates creativity, passion, and the circulatory system. The brighter the better.

Red - root and spleen chakra. Warms, energizes emotionally and physically (arthritis, frostbite, paralysis), grounds. Used by ancient cultures. Exhaustion, low blood pressure, detoxing and strengthening blood, muscles, kidneys, gallstones. Stimulates life force and sexuality, hormone balance, antibodies, fertility, persistence, stamina, passion, confidence (and stubbornness). Yang (avoid if excess anger, impatience, high blood pressure, heat, inflammation, etc.) Root chakra. Red represent love and help the aspirant to strive for improvement in moral conduct.

Orange - warmth, energy. When garnet is used in conjunction with the pituitary gland, can help provide past-life information. Should be placed on the center of the forehead. If carried around in the pocket and then placed on the forehead of another person, closer ties will form with that individual.

Green - garnets are healing stones.

Garnets teach patience and constancy and are not to be used lightly. They develop love and compassion. They sharpen self-perception and extend that openness to others. Help calm anger, particularly anger directed towards the self.

## **Gold**

Gold excellent all-purpose, high level gem amplifier and electrical conductor, especially on solar plexus and heart chakra. It benefits the nervous system and improves the ability of the nerves to transmit information in the most efficient manner. Helps digestion and helps the body in the proper assimilation of food. Benefits the circulatory system and blood. Helps control hormonal and chemical imbalances. Can be of great importance to individuals with degenerative diseases, such as heart disease or arthritis. Helps the brain work more efficiently. Strengthens meridians, nerve system, digestion. Positively charged with warming sun energy. Often worn after much self-healing (addictions, childhood...) Attracts prosperity, stores, amplifies thoughts/emotions/energy (greed too). Lovingness, warmth, spirituality. Amplifies gem effects. A regenerator, helping one renew oneself. Works on the physical, mental, and spiritual planes. It works well with all crystals and gemstones. Can be used in conjunction with copper and silver, which aid in boosting its abilities in specific instances. Gold settings gold is ruled by the sun a masculine planet, and therefore imparts a more assertive energy to crystals & minerals that are mounted in it.

## **Hematite**

An iron oxide, steel gray to iron black in color. One of the most grounding of all stones (root chakra.) Spleen, blood, cleanse. Can deflect. Regroups after jet lag, stress, birth, anesthesia. Sometimes has deep red spots on the surface. Condenses scatteredness, fuzziness into mental clarity, concentration, memory, practicality, helps study, bookkeeping, detail work, sound sleep. Helps in tissue regeneration. Confidence, will power, boldness. Helps us adjust to being physical. A protective stone and helps bolster low self-esteem. Also used for astral protection. If worn, hematite should be placed at the base of the spine.

## Herkimer diamond

A special clear quartz. Cleanse often. Shifts brain powerfully into alpha/deep stillness, opening the brow and crown chakra for a strong, clear channel, psychic readings, meditation. May take one too "high"/spacey to wear. The "dream stone" - in meditation or pillow, it wonderfully enhances visualization, astral travel into the light and dream recall. Amplifies and stores thoughts, energy; use as bridge to stimulate energy flow up through the chakras. These clear crystals closely resemble diamonds but are really quartz. Help to increase the energy and healing qualities of other stones. Very useful in helping to lessen the pressures of day-to-day life and the stress and tension-related diseases that can result. They help you recognize the signs of stress before it can do physical damage. Helps you choose a direction to follow that will offer the path of least resistance. They contain a store of ecological memory that can be utilized by a person who can tune into the energy. Can also guide you in remembering your own past-life experiences.

## Howlite

Helps bones, teeth, and other calcium aspects of body. Gently absorbs and uplifts stress, tension, anxiety, emotional intensity, etc. Quietly loving, calming. Works with the heart center, bringing greater gentleness, patience, tact..

## Jade

Solid to translucent. Jade may come in a variety of colors, green, blue, black, violet, white, yellow and a reddish and brownish variety. Lungs, heart, thymus, immune, kidney and blood detoxification, nervous system. Each with its own slightly different use.

Green health, wealth, longevity stone. Ancient Chinese used also for courage, wisdom, justice, mercy, emotional balance, stamina, love, fidelity, humility, generosity, peace, harmony. A gentle, steady 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.

Green jade most common. Very calming to the nervous system. The color green is representative of life or growth. Helps one channel passions in a constructive way, making expressions of love easier.

## Jasper

Chalcedony qtz. Multicolored, solid. Yellow, orange, brown, green.

Darker colors more grounding. Suggested to be used for elixirs because it will not over-stimulate any part of the body. Considered more effective if it is used for long periods of time because it works slowly. It is a methodical and meticulous worker. Each color of jasper has additional specific qualities when used alone. Jasper works well in conjunction with opals. Recommended for executives as an aid to quick thinking. Also helps them endure stress.

**Brown jasper** helps one find stability and balance. Benefits ailments that result from environmental pollution. Boosts the immune system and assist in extracting pollutants and toxins from the body. Keep in mind that this process takes some time since jaspers work slowly. Helps one become more ecologically aware. Well suited for use by people who wish to relive past events through regression or analysis.

**Green** jasper especially suited to tempering aspects of your life that have taken on too great an importance. Works as a gentle daily reminder that the whole is only the result of all the parts. Works best on ailments of the upper torso, digestive tract, and the cleansing organs. Green respiratory/heart chakra. General tissue regeneration; mineral assimilation; general healing.

**Red** jasper much like bloodstone in its link to the circulatory system. Beneficial in battling diseases of the blood and detoxifying blood-rich organs like the liver. It helps bring problems to light before they are a threat.

**Yellow** jasper beneficial to the endocrine glands and the cleansing organs. Makes one feel stronger and in better physical condition. Yellow for stomach, intestines, liver, spleen areas. Earthy grounding.

## **Jet**

A form of petrified wood similar to coal, though much harder. Has absorbing qualities. Helps draw out negative energy. Especially useful for people who have unreasonable fears that limit their lives. Helps control mood swings and fights deep depression. Recommended for stimulating psychic experience and guiding one in the quest for spiritual enlightenment. If worn, it should be set in silver.

## **Kunzite**

Spodumene with lithium. Pink, clear. Powerful, high level stone. Also brow and crown chakra. Used extensively by the medical profession for psychiatric disorders. Good for the circulatory system and the lungs. Strengthens healers, teachers. Opens the emotional heart and spiritual heart. Unconditional lovingness, compassion. Healing abuse/loss/addictions. Helps emotional balance, confidence, connection to higher self, oneness. Reduces depression, mood swings, stress, radiation. Deepens altered state psychic readings, healing...being centered emotionally and spiritually. A soothing stone that can help you adjust to the pressures of modern life.

## **Kyanite**

Light blue, splintery. Placed on brow, this opens 3rd eye and blue/throat chakra. Enhances psychic images, foresight, consciousness, meditation, communication. On 3rd eye; answers questions, especially in imagery. Brings out our natural ability to manifest things into reality via thoughts, visualization. Tranquility.

## **Labradorite (Spectrolite)**

Subtle green/blue/yellow/etc. Metallic iridescent. Opens energy flow to solar plexus and brow chakra and whatever other centers are most in need. Brings forth each person's strengths to share with the world. Originality. Easier, more restful sleep. Helps us relate to others. Still evolving along with us. Fragile, avoid salt cleansing.

## **Lapis lazuli**

Solid, med. To dk. Blue. In meditation, opens brow chakra Opens throat/thyroid chakra. Beneficial to the respiratory system, especially the throat and lungs, the cleansing organs, and the nervous system. A good stone for blood purification and for boosting the immune system. A powerful thought-amplifier and is helpful in aligning all the elements of the body and mind. Anxiety, restlessness, insomnia, autism, shyness, nervous system, depression, serenity, self-acceptance; ms, speech, hearing, pituitary, dna, lymph, inflammation, pain (especially head), protection stone. Higher guidance, intuition, connection to higher self, overview, decisions for good of all. Organizes, quiets mind. Self-expression, writing, creativity, dream insight, allows total awareness. Shelters the wearer like a shield. . Extraordinarily deep blue stone often flecked with pyrite. Can also be mottled with white calcite. Can increase psychic abilities and will open the third eye. Can guide you in the direction of mental and spiritual purity. It should be worn as close to the throat as possible or at least above the diaphragm so that the energy of the wearer is drawn upward.

## **Larimar**

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

## Lepidolite

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

## Lodestone

(magnetite, iron.) Metallic black, natural magnet. Electromagnetically pulls toxic blocks and pain from energy meridians, pancreas, and lower glands. Related to (and works like) hematite for grounding, clear thinking, focus (detail work, decisions, etc.).

## Malachite

Steady pulsing electromagnetic energy. (high copper content) malachite and azurite are the same chemical, practically, copper carbonate. The only difference is the ordering of the elements in the molecule. On brow stimulates physical and psychic vision, concentration. Said to stimulate the optic nerve, help the pancreas, spleen, parathyroid, and help dyslexia. For heart and solar plexus centers stomach, liver, kidney stones, lungs, immune system, radiation, ms, circulation. It is said to awaken healing qualities and useful in fighting mental illnesses. Powerful healer with azurite or chrysocolla for healing releases and draws out pain, inflammation, depression, anger; heals blocks. Protects well by powerfully cleaning the auric field, rapidly absorbing undesirable energies, including computer, TV, and other radiation, etc. Place in the 4 corners of a room to cleanse carpet toxins/gases. Clean very frequently -- daily if possible! Caution must always be used when wearing it as jewelry. However, malachite also magnifies the positive, and so it is useful if your mood is definitely on the upswing. It should not be used in healing without careful consideration of who is doing the healing. It is useful for relaxation and neurological disorders as well as tissue regeneration. People living near nuclear power plants should keep pieces of malachite in their homes, since malachite may expel plutonium. A warning malachite in raw form has dust particles that are highly toxic and their ingestion should be avoided.

## Meteorite

Usually solid, dull, mottled, brownish to black. Odd/unusual energy, best used by those drawn to them. Some believe that since meteorites are in tune with the energies of the cosmos and therefore more capable of raising our energies to a universal level. Others believe that since they have no connection to earth, meteorites can in no way influence our lives. Perhaps a reasonable way to approach this stone is to try and tune into its energy on an intuitive level and decide whether or not it would play a good role in your life. (this is a good rule for all stones or gems of the earth as well).

## Moonstone

Feldspar (contains aluminum). Translucent with white, pink, yellow, soft sheen. Connects 2nd and 6th chakra and pineal for emotional balance, gracefulness. May help all parts of the lower torso, which include digestive, cleansing and reproductive organs. Soothes stress, anxiety, women's hormones/menstrual imbalance, lymph. Honors the goddess in all women, dieting, gardening, psychic awareness, meditation. Enhances intuitive sensitivity via feelings and less overwhelmed by personal feelings. Greater flexibility and flow with life. Helps all be more comfortable with our gentler feminine/yin receiving side. Especially for water signs. Used for protection against the perils of travel. Known to be of ancient spiritual significance in their connection to the moon and the intuitive aspect of one's nature. Help cool, soothe, and calm over-reactions to emotional and personal situations. Makes one conscious of the fact that all things are part of a cycle of constant change. They open us up to the feminine and are associated with sensitivity, intuition, and clairvoyance. Beneficial for those involved in agriculture. Moonstone's effect upon the menstrual cycle is powerful. At the time of the full moon or menstruation, women should be aware of their sensitive emotional nature and remove these stones.

## **Mother of pearl (mop)**

Beads/decor made of glossy pearly inside of pearl oyster shell. (isn't a stone) carries the gentle, peaceful healing energy of the sea. Relaxes, soothes emotions, sensitivity, stress.

## **Obsidian**

Solid/translucent black to smoky. (incl. "Navaho/apache tears") objectivity, dis-attachment, grounding. Can't be misused. Root chakra. Brings higher chakra light into lower ones; cleanses, uplifts. Changes fear into flexibility with change. Reduces fantasy/escapism. Absorbs and dissolves anger, criticism, fear, thus protective. Unusual black stone absorbs dark and converts to white light. Friendly.

Snowflake promotes self-esteem and confidence. Clairaudience and owning our lower aspects for growth; healthy balance.

Obsidian balls help to see truths by initially amplifying beliefs, patterns, fears, blocking our growth.

Rainbow brings light and love to one's life. Allows for the spiritual side in one's nature to be recognized. Known as the "stone of pleasure", it can bring enjoyment and gratification to one's life. It is also used for "gazing" especially in matters of love, relationship and the development of one's etheric and physical bodies.

## **Onyx**

Balances and grounds. Reduces sex drive. Blue 5th chakra. Said to be good for the teeth and bones. An onyx will retain memory of the physical occurrences surrounding a person. Promotes fidelity. Absorbs and flattens emotional intensity. Androgynous. Excellent for centering/aligning total person with higher powers. Banish grief, enhance self control, wise decision-making, encourages happiness/good fortune. Can be used to provide a "peek" into the future, helps one to follow the path alone, promotes personal strength, understand the reality of the moment, become the master of one's own future. Helps with disorders of soft tissue, bone marrow and the feet. Black root chakra. Grounding. Greenheart chakra. Yellow 3rd seriousness, logic. Found in Italy, us, and in Mexico. The shapes or patterns that onyx holds inside it have led some to suggest that onyx has a picture in it that tells a story or carries a lesson. A strong stone to use in Psychometry because it tells the story of the wearer. A strength-giving stone. A good stone for athletes or people under extreme mental and emotional stress. It brings balance to mind or body as well as strength of mind. Good stone for those who are flighty by nature. A strengthening stone that can help you approach a lesson or task with greater self-confidence.

## **Opal**

A silicate. Contains water, correlating with our emotions. Clarifies by amplifying and mirroring feelings, buried emotions, desires (including love and passion). Less inhibition, more spontaneity. Crown and brow chakra. Visualization, imagination, dreams, healing. Easily absorbs, stores emotions and thoughts. Fragile. Fades/cracks in sun, heat, salt, acidic foods. Moisten frequently with water or oil. Some cancel/negate other gems. (backfires if not used for good of all) may change color with high energy/intensity people. White balances left and right. Brain. Opals are extremely sensitive and must be treated with great care. Rarely used in crystal layouts except by someone who wishes to intensify his or her emotional state. They easily diversify and scatter energy. Some literature states frankly that many who wear this stone have a fickle nature. Anytime the wearer feels uncomfortable with an opal, the stone should be removed. "black"/dk blue one of the most potent. Although opal was regarded as a stone of misfortune, It is said that if you dream of opals, you will receive great possessions.

## Pearl

Usually pale white or cream-colored, though darker blue, gray, and even black variations exist. In tune with women, especially pregnant women. Absorbing by nature and because of this must be used with caution. If you feel excessively negative while wearing a pearl, it will hold that energy until it is worn again. Remember, pearl is the result of layer upon layer of substance produced to combat irritation. It is very nurturing. If used properly, lessen stress and its resulting maladies hypertension, headaches, and exhaustion. May help to prevent heart attacks and strokes. Also an assist in digestion and may reduce the chance of developing ulcers. If using pearls in conjunction with other gemstones, consider diamonds to amplify and purify, or emeralds to bring negative energy out and disperse it. Recommended for occupations as varied as artists, chiropractors, and farmers. White symbol of pure heart and mind; innocence, faith. Of the sea, it has watery and lunar elements, thus balancing emotions, especially for water signs. Absorbs thoughts, emotions. For solar plexus chakra (digestion, stomach, immunity) and emotional stress. Low integrity or anger rebounds to user (like opal). Cleanse frequently. Fire signs less compatible unless drawn to pearl. May cool and soothe. Gold and black also for prosperity. Pink works especially with the heart chakra. Pearls best without other gems. Divers wear for shark protection.

## Peridot

Health, wealth, protection. Clear bright green/green-yellow. Clears heart chakra, pathway, strengthening breath of life, prosperity, growth, openness. The stomach and other digestive tract organs may benefit from peridot. Stimulates tissue regeneration. Helps understand relationships, other realities alleviates depression, anger, fear, jealousy, anxiety. A visionary stone. Helps connect us to our destinies and to an understanding of the purpose of existence. Can help us visualize not only the ultimate peak of physical but of spiritual continuation as well. However, if you are confused or fearful, peridot should be used in a limited way. It releases toxins and brings them to the surface, thus neutralizing them. Helps with mental cleansing by highlighting problems.

## Prehnite

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

## Pyrite/fool's gold

(with iron) one of the most grounding stones in use today. Color varies from a bright gold or brass to shades of copper or green. Helps yellow chakra. Stomach, intestines, ulcers; sulfur and mineral assimilation, circulation, body acidity imbalances, depression, illusions/lack of clarity about situations/people. Beneficial to the respiratory and circulatory systems. Connected to the transfer of oxygen from the lungs to the bloodstream. Helps the skin protect itself from the elements, and also aids the digestive tract, lessening irritation by ingested toxins. Conducting, energizing, increases wealth. Used for focus, practicality, logic, memory, clearing fuzzy thinking/scatteredness etc. Great for grounding spiciness after meditation/psychic readings. Represents sun's golden energy. A mineralized crystal that forms in clusters of metallic like cubes. "fool's gold". The most important gift of pyrite, though, is its ability to aid mental capacity. Helps to balance creative and intuitive impulses with scientific and practical ones. Communication skills can also improve with the help of pyrite, which eases anxiety and frustration. Strongly suggested for people who tackle large conceptual ideas in business, the arts, or education. Effective in attracting money to its owner. The stimulation of the mind can be enhanced by using pyrite in conjunction with fluorite and calcite.

## Quartz "rock crystal"

Encompasses a large family of stones and crystals, all of which are made up primarily of silicon dioxide, one of the most common and most important substances in the world. Crystals of pure quartz, generally six-sided, can be found in all shades and colors. Quartz crystals grow singularly or in groups and take on different shapes according to the temperature at the time of their formation. Quartz crystals can also contain other minerals "frozen" within, as in rutilated quartz.

Quartz can be formed of microscopic crystals and take on entirely different appearances and qualities. Other members of the quartz family include chalcedony, agate, jasper, carnelian, onyx, and sardonyx. These are treated separately because their healing qualities are very different from crystal quartz.

Probably the most versatile multipurpose healing stone. Easy to cleanse, store info/energy in, program or amplify energy and healing with. Can both draw and send energy. Powerful clear ones open brow, crown, and transpersonal chakra for meditation, sending/receiving guidance. Stimulates natural crystals in body tissues and fluids to resonate at new healing frequency. See also many other stone forms of quartz. (amethyst, tiger's eye...) Clear quartz is thought to amplify both body energy and thoughts. It can assist in the creation of power, clarity of thinking, meditation, cleansing, clearing the aura, spiritual development and healing. Clear quartz is considered the "stone of power". A dedicated healer. Pure white light passes through it easily, leaving all the colors of the spectrum unaltered and giving substance to the argument that clear quartz crystals can help balance all the elements needed to make us whole and fulfilled. Amplify whatever influences are present in an individual or location. Acts as a purifier and tunes into the frequency of each individual. Will unblock specific areas or organs blocked from transmitting or receiving the flow of energy throughout the body. Helpful in guiding our search for the meaning and importance of existence. Aids in meditation. Can be used in conjunction with any other stone or gem for specific physical problems. It will amplify the effects of individual stones and attune the treatment to the energy of an individual person.

## Rose quartz

Translucent to clear pink. Advantageous for the heart and circulatory systems. Also helps the cleansing organs. The reproductive organs may become healthier. Said to help increase fertility. Love, beauty, peacefulness, forgiving, lovingness, self-love, emotional balance. Soft. Gently soothes and warms heart center. Emotional healing, loss, stress, hurt, fear, low confidence, resentment, anger. Slowly eases childhood traumas/neglect/lack of love, low self-esteem. Cleanse and recharge often. Especially if fades. Aligns mental, emotional, and astral bodies. Deeply in tune with emotional states. Its value as a nurturing friend cannot be overstated. A soothing influence. Helps diffuse negative stimuli and uncomfortable memories. Helps us discover the ability to love ourselves and makes us more open to other people. It is of particular value in helping us to forgive ourselves, hastening self-acceptance. Helps us realize that all change is important, even difficult change. Stimulates love and tender appreciation of all things.

## Rutilated/rutile quartz

Clear quartz with metallic, golden rutile, copper, or blue/gray titanium fibers that powerfully electrically conduct and amplify energy/thoughts/programming for healing. Opens crown/brown chakra for meditation, clairvoyance, telepathy, insight. Intensifies/deepens altered states. Some make one too spacey or scattered to wear. (induces alpha) stimulates immunity, strength, blue corona, imagery, dreams. Golden fibers may increase radiation protection and health rejuvenation. Each stone's energy/qualities are unique. Androgynous. Helpful with lung disorders. Contains rutile in needle-like mineral inclusions. One can find rutilated versions of most of the types of quartz discussed thus far. It heightens whatever energetic influence the regular quartz possesses and helps direct that boosted energy to problematic areas.

## Smoky quartz

Helps to overcome depression, nightmares, stress. The clearest, most intense ones powerfully open the crown chakra drawing light down the root chakra, inducing alpha/deep meditation for channeling/higher guidance, deep relaxation, lovingness. Smoky, root beer, or chocolate-colored clear crystals. Ancient use also to stimulate meridians, kundalini, and correct fertility/pms/reproductive imbalance. Stores info well. Alleviates fear, anxiety, depression, emotional dense, dull, solid/semisolid black/brown, less attractive. Very grounding, opposite of other smokeys. May feel dense, heavy, nonconductive many were irradiated to turn them this flat, dark color with white edge of base. If so, they're not useful for conducting light/healing, thus less useful for wearing or healing. A word of warning is in order regarding choosing smoky quartz crystals. Its dark color is caused by impurities, usually carbon, iron, or titanium. But the color of some smoky quartz is caused by the effects of minute amounts of decaying radium, within the crystal itself. Because of the presence of this natural low-grade radiation, smoky quartz is good for people with radiation-related illness or those in chemotherapy. It is best to avoid the heavily irradiated crystals. Most gemstone and crystal stores do not sell them, and most gem experts advise against using them in layouts. Natural smoky quartz crystals, like other brown stones, are closely in tune with the anchoring energy of the earth. Often sued for ailments of the lower torso. The reproductive organs, muscle tissue, heart, and nervous system all profit. Heightens your understanding of nature and concern for the environment.

## Rhodochrosite

Solid to clear pink. Open the hand healing chakras. Specialized uses to detox/heal blood, liver, cancer. Stronger than rose qtz. Solar plexus, stomach (anxiety), food addictions, anorexia, asthma, eyesight (especially emotional not-seeing, to avoid pain). Thymus. Works in the bathtub to de-stress the body. A fairly recent discovery in the mineral kingdom. Comes in shades of orange and pink. Has stripes of various width in shades of white. A very beneficial stone for those with asthma or other respiratory illnesses. Helps you filter out the irritants that trigger respiratory difficulty. Also purifies the circulatory system and the cleansing organs, especially the kidneys. Gentle, yet probably the most vibrant loving stone to heal the heart chakra, especially for giving/receiving love. "stone of love and balance". Also for loneliness, loss, heartache, fear, insecurities, inner-child issues, abuse, incest...helps self-forgiveness, deservingness and trust issues, spiritual-and self-love, desire to live, purpose. Best worn 24 hrs. A day. Electromagnetic. Helps you alleviate irrational fears and paranoia. Will enhance the dream state. Suggested to be used in conjunction with malachite or copper.

## Rhodonite

Pink, black inclusions. Soothes nightmares. Stress, heartache, loss, etc. Ancient use also speech/hearing problems/growth, fear, illness (emphysema, asthma...) Strengthens mantras, chanting. Helps with confusion, focus, peace and love. "stone of love". Works with heart chakra; helps us express confidence and lovingness on physical plane in day-to-day ways. Calms and feeds the soul through the heart; love and service., affirmations, singing, toning. Use for trauma, confusion, and confidence. Very beneficial upon the growth of bones and the hearing system.

## Ruby

Red corundum. Strengthens physical and emotional heart (4th chakra), Used for reproductive/root chakra; Wealth, joy, love, sexual energy and power. Warms, energizes after exhaustion. love, courage, confidence, vitality, stamina, strength, leadership, success over challenges. Intensifies all emotions (passion, jealousy, impatience, love...) Attempted use for pressure/control (for love) backfires onto user. infections, cholesterol, clots, blood detox (alcohol, caffeine), sexual blocks. Stimulates circulation, menses, pituitary healing the earth. This gemstone must be carefully scrutinized before choosing it for healing purposes. Classic stone is usually a deep, brilliant red, but can be found shades of pink or lavender. A powerful stone whose stimulating energy can bring startling things to light. An amplifier of energy-both positive and negative. Can bring anger or negativity to the surface quickly. Should be used with a knowledge of how to gain from the experience. Otherwise you are likely to be overcome by the passion it stirs up. Can also amplify positive energy. Helps us in all matters of love, including love of ourselves. Benefits the heart and circulatory system, and can assist in the filtration and detoxification of the body. Also suggested for the eyes. Stimulates motivation and visualization.

## Silver

Excellent for mental, emotional, and physical releasing and cleansing. Benefits the circulation and detoxifies the blood. Helps the body recognize imbalances or high levels of hormone and chemicals more readily, enabling them to be naturally corrected. Helps the lungs and throat and reduces irritation by pollutants and other impurities in the air. Improves the transmission of nerve impulses. Can help resolve sexual problems that result from dysfunction or impotence. Mental activity is clarified. Aids those with degenerative brain disease, poor memory, irrational fears, and emotional imbalance. Also aids in verbal and representational communication. Works on mind/emotions to see overview, emotional balance, patience. Like the moon's energy, it has gentle, cool, smoothing effect. Thus it reduces inflammation, fever, nervous system stress. Best with the gentler, cooler-colored gems. Works with pituitary and upper energy centers. Wear the metal that you feel attracted to. Works best as a communicator. Should be worn only when it feels right. Helps balance the functions of both sides of the brain. Can be worn as a belt buckle to improve fertility. An increase in your ability to approach intellectual problems. Also known to lessen anxiety over problem-solving. Suggested use in conjunction with agate, jet, moonstone, and turquoise. Silver settings silver is ruled by the moon a feminine planet, and therefore imparts a softened less assertive emotional energy to crystals & minerals that are mounted in it.

## Sodalite

Healing, meditation, wisdom. Helps throat chakra, insomnia, neck, mouth, hearing, bloodsugar, etc. General communication and writing stone. Logic, ideas, truth. Balances body energy levels via thyroid, pituitary, lymph, and other glands. Cooling and drawing for infections, burns, sinus inflammations, high blood pressure, etc. Still evolving. Can strongly affect changes in your attitude about yourself. Helps you be more objective and less critical about ways of dealing with existence. Suggested for balancing the metabolism. Beneficial for the cleansing organs and can boost the immune system. Effective in combating the effects of natural and artificial radiation and is recommended for those who work around x-ray equipment or are involved with radioactive material.

## Spectrolite

See Labradorite

## Sunstone

Honors the god, energizes and empowers one's self. Aventurine feldspar with gold-orange metallic sheen. Warms the heart and lifts/rejuvenates the spirit. Protection, life force, grounding.

## **Tiger's eye**

Chalcedony quartz cat's eye. Yellow-gold. Yellow/solar plexus chakra. Digestion, stomach, anxiety, ulcers, bones. Rub with essential oil on front. Bottom for blood detox. Use with malachite or pearl for mental/emotional balance, understanding. Helps change anxiety, fear and obsessiveness into practicality, logic. Yang. Has the grounding energy of the earth, but is embellished with a glowing warmth. A stone for people who need more confidence to accomplish their goals. Money, protection, courage, luck confidence, willpower, clear thinking (and thus speaking), personal power in life. Works on mental plane amplifies thinking and manifesting what you think about (careful)! Will. Helps separate thoughts from feelings, so centered, less emotional. Draws helpful people and material things to the wearer. Centers energy and mental focus. Red strengthens your body force. Green or blue see hawk's eye.

## **Topaz**

The stone of "true love and success in all endeavors". Also works somewhat with the crown chakra. Helps mood swings, insomnia, worries, fears, depression, exhaustion, nervous system stress, stomach anxiety. Liver/pancreas detoxification, bloodsugar balance, tissue and backbone strengthener (physically and emotionally). Radiates warmth, sun/light energy, protection. It can be used to manifest health and correct disorders within the body. They promote understanding, compassion, kindness and empathy. They open and heal the hearts of those who have closed them while also protecting the open-hearted from too much pain. Instrumental in visualizations for healing and attracting in meditation and projection. Helps one to creatively change personal world, enhance awareness, expansiveness and manifestation. Pink and champagne works also especially with the heart for love, spiritual compassion.

Most common topaz has a radiant yellow color, but can also be found in shades of green, blue, and brown. Sends out positive energy to all who need it. For those in crisis or in need of motivation. Recharges and increases the user's energy level. Benefits those who are problem solvers, such as those involved with the arts or science. An excellent stone for relaxation and comfort. Calms the nervous system and lessens tension. Also benefits the blood. Sheds light on the path to your goals. Those in tune with topaz's positive energy will feel limitless and philanthropic. They will experience an increase in their personal abilities.

Golden or pink/"champagne" crystal. Golden the most powerful, electromagnetic of yellow/solar plexus gems. A strong, steady, high level gem for mental clarity, focus, perceptivity, high level concepts, confidence, personal power, stamina. Excellent for water signs, teachers, excess work stress, manifesting, higher-self connection. Brings emotions and thinking into balance.

## **Tourmaline**

A powerful, electromagnetic, striated gem. Strengthens body and spirit (and meridians), transmutes lower frequency thought/energy to a higher frequency of light and brings light/spirit into the physical. Radiates light protection for wearer. Clears higher frequency, effectiveness. Especially for nervous system; blood/lymph toxins.

## **Black**

Does not absorb negative energy. It repels it. It is suggested to carry this stone when you feel surrounded by negativity. A valuable stone for crises and for periods of extreme stress. Helps you defend against debilitating diseases. Strongly suggested for persons with weakened immune systems. Sometimes found embedded in

## **Tourmalinated quartz**

It provides an energy or "solving atmosphere". Used to actualize an innate strength in the body. It helps eliminating "crystallized" patterns in the body which have been destructive in a physical and mental manner in one's life. It also helps in adjusting imbalances throughout the body.

## **Turquoise**

Lt blue/blue-green. Strengthens and aligns all meridians, chakras, and energy fields. A good general healer for all illnesses and excellent conductor (high copper). It opens the throat chakra, for open communication, creativity, serenity, spiritual bonding, upliftment; opens the heart chakra for giving/receiving. Speech enhancer, friendship, communication, healing. This gentle, cool, soothing stone is a native American classic. Symbolizes our source (spirit/sky) and spiritual love for healing, help. On brow psychic connection to great spirit. Like amethyst, it protects and detoxes from alcohol, poison, pollution, x-ray/sun radiation. Ancient absorber of "negativity"; protection from "evil eye." brings wisdom. Helps anorexia, headache, fear, etc. Throat, lungs, asthma, infections, teeth, tmj, hearing, high blood pressure, creativity block, depression. Dull, paler, weaker. Works well with chrysocolla, best with silver. Used for healing on every continent! Androgynous, balances yin/yang. Fades in sunlight, sweat, oil, dishwasher...avoid bleach/chlorine!

Truly reflects the individual carrying or holding it. Tunes into the energies of the person and transmits them back into the world. Can also help you get more in tune with others. A popular stone with creative problem solvers. Meant for those who wish to communicate. Beneficial for the entire body. Has special applications for the respiratory and immune systems. If you are sick, turquoise helps to put you at peace. Recommended for healers, those involved in negotiations, optometrists, veterinarians, and those who must rely on communications skills to get complex ideas across.

## **Ulexite "TV stone"**

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

## **Unakite**

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

## **Zoisite**

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

## Crystal formation descriptions

### "barnacle"

Crystals covered or partially covered with smaller crystals. The larger crystal is the "old soul" and contains the wisdom and trust which attracts the smaller crystals. Used in meditation to provide insights to family and/or community problems. Also excellent for those employed in "service organizations" to help stimulate a group cohesiveness and willingness to work together.

### "bridge"

A large crystal with a smaller crystal(s) which penetrates and is located partially in, and partially out of the larger crystal. It facilitates bridging between the inner and outer worlds, between the self and others, and the self and other worlds. It is beneficial when working with the aspects of spirituality, the advanced metaphysical areas, and attempting to share this knowledge with others.

### "channeling"

Recognized by a large seven sided face located in the center front position of the terminated end of the crystal; a triangular face is located on the opposite (back) side of the crystal. It provides for a conscious connection to the higher wisdom which is available from the higher self and/or to the wisdom of experience and enlightenment which is available from the "other side". Channeling crystals can be used to bring forth light and love from the most truthful and knowledgeable portions of the self.

### "chlorite"

Chlorite is one of the most favorable healing stones. Worn, carried or placed in ones environment, the properties of chlorite are overwhelmingly positive. It brings the energy to enhance cooperation and stimulates ones personal affinity with "all". It is a purifier and is quite useful for cleansing the aura, the chakras, and the energy meridians.

### "clusters"

Crystals which have grown together, free-standing or on a sandstone base. To foster protection, cooperation, purification, harmony, friendship and intimacy; to break up negative energy in the environment.

### "curved"

Crystals which have a curved shape or which the sides are curved. Produced during the developmental stages, this is a rare occurrence. They emanate a gentle yet powerful energy and can be used to cleanse the aura, promote flexibility in ones attitude, and provide strength in decisions, among other things.

### "double terminated"

Crystal that is naturally faceted on both ends (terminals). To promote psychic ability and dream recall; to balance the body, mind and spirit.

### "Drusy (pronounced 'drew-zee') "

Very small points which are described as "a myriad of very closely set tiny crystals".

The Drusy clusters consist of tiny crystal points in their very formation, and are encrusted on either sandstone or quartz based matrixes. We like to think of Drusy crystals for people who want to encourage ideas or thought forms ready to spring forth and grow.

### "eight-faced quartz crystals"

Eight-faced crystals provide conservation of energy, of resources. They stimulate the removal of obstacles in ones path and provide for further installation of energy in all endeavors. They are said to be of other-worldly origination and to bring the capacity for actualization on all levels. In addition, they are said to bring order to one's life, to impart an energy of manifestation and to produce a melding of the spiritual and the angelic realms.

### **"Elestial"**

The Elestial crystal is recognized by natural terminations over the body and face of an etched and/or layered crystal. Used to assist one in overcoming emotional burdens, to bring the heart and intellect into synchronicity, and to help one look within and to find the love that has always been there.

### **"empathic"**

Empathic crystals are ones which are chipped or damaged in some way. They promote understanding, compassion, kindness and empathy. They open and heal the hearts of those who have closed them while also protecting the open-hearted from too much pain.

### **"Extra-terrestrial crystal"**

A crystal with a single termination at one end and multiple terminations at the other end. It is believed this crystal will help channel space beings, celestial beings and guardian angels.

### **"Faden" (pronounced "fah-den")**

A crystal in which the inclusion of one or more white thread-like fibrous formations occurs. The Faden is visible within the quartz structure because it is surrounded by either a fluid filled or gaseous chamber. The fiber is located usually at or in proximity to the center of the crystal, perpendicular to the termination of the crystal and may be linear and undeviating or curved/bent. It is a crystal of connection, stimulating and furthering connective forces between the self and that which is chosen as the recipient. It is also a stone for astral travel.

### **"fairy frost"**

Clear crystal with fractures and inclusions within (sometimes called "Devic"). To facilitate communication with the spirits in nature; to open our hearts to the beauty and magic of nature; to encourage us to care for mother earth.

### **"generator points" also called "Merlin"**

Excellent quality crystal points with a centrally located point (the facets on the point or tip are equidistant from one another, desirable for generators or wand making). They foster wisdom, focus, magical power and the wisdom to use the crystal in a proper manner.

### **"golden healer"**

A quartz crystal which is partially or totally covered with a transparent golden-yellow mineral. This has been used to assist one in attaining and maintaining contact with the spiritual worlds and to incite healing on all levels. It is an excellent stone for use in all healing situations and promotes the recognition of methods and techniques which will further recovery from all disorders.

### **"imprints"**

Imprints left on the surfaces or facets of a crystal, where they grew in close proximity to another crystal. The imprints show how something is affected by outside influences, thereby changing the shape or form of the original structure, but the original structure adapts to its environment to allow for growth and change, while still maintaining its basic inherent truth and beauty.

### **"included or inclusions"**

When one is attracted to and uses included quartz, the quartz inclusion will work with the person to provide the further nourishment and qualities required. Usually the chlorite and hematite included quartz provide the most powerful healing-type of included quartz.

### **“Chlorite included”**

Chlorite is one of the most favorable healing stones. Worn, carried, placed within ones environment, or used as an elixir, the properties of chlorite are overwhelmingly positive. It attacks anger, hostility, and exasperation, and dissipates the dissenting energy.

### **“Manganese included”**

I am told that most of the inclusions in the crystal from the mines gathered from this mine are manganese inclusions. The color of manganese inclusions range from metallic grey to grey-black to black. It is a mineral of bonding, bringing others closer and activating the energies of cooperation in group efforts. It furthers a firm impenetrable resolve, such that that which one initiates, one completes.

### **"Isis face"**

A five sided facet to put you in touch with and help you strongly amplify your feminine energy. They put you in touch with the power of the goddess. This is a helpful crystal for both men and women.

### **"Japan law twin"**

Has been used to stimulate the synthesis of the perfection of the subtle bodies to the state of the physical body. Also used to dissipate and to transmute deviations, working out problems on both the physical and subtle levels. Excellent for clearing the aura and for aligning the auric body with the physical structure. Stabilizes emotions, to dispel anger, and to encourage one to "expect a miracle" among other qualities.

### **"key"**

Recognized by a three or six-sided indented shape located on the crystal. The indent becomes narrower as it goes within the crystal, and ends within the crystal, usually in an apex termination. It is used to unlock the "doors" to healing concepts and to those aspects of the self which tend to be elusive. It further helps to answer questions like - why can't i..?

### **"laser wand"**

A long slender crystal with small faces comprising the termination. The crystal is wider at the base than at the tip (tapers inversely), and the angles of the sides of the crystal are curved, rather than straight, in many instances. These crystals have an intimate relationship with both inner and outer space.

### **"manifestation"**

The manifestation crystal is recognized by a small crystal totally enclosed within a larger crystal, and they are very rare. The use of the manifestation crystal requires the inner knowledge that one is a clear and perfect channel, that a pure white light provides the guiding way, and that the purity of the divine is within the inner self. They can also be used to facilitate artistic creativity, creative thinking, agricultural pursuits, and to increase or decrease any aspect of one's life.

### **"phantom crystal"**

The phantom crystal is comprised of a white or colored material and may be partial or complete. The phantoms within a crystal provide an indication of the experiences and the transformations the crystal has undergone in its evolution. The crystal represents the many phases and the many types of life which may be experienced during one's lifetime. It is one of the earth stones to be used for redemption and cleansing of the earth. The energy of the phantom works to bring together the participants of humanity to save the planet.

### **"pocket"**

The pocket quartz formation can be recognized by the formation of pockets in large quartz structures. Used to assist one in memory stimulation and to increase ones memory capacity.

### **"pyramid"**

Pyramids focus and amplify energy through their shape and molecular structure of the crystal from which they are made. The pyramid focuses energy in a tight beam through the apex and has been used to both charge and preserve objects. The energy taken on by the pyramid depends upon what type of crystal it is formed from.

### **"rainbow"**

Crystal which has rainbows inside when viewed in bright light. Promotes hope, happiness and optimism and awakens us to the beauty in nature.

### **"record-keeper"**

Crystals which have small pyramid-shaped marking on one or more facets which designated them as record-keepers or recorders. They are commonly thought of as "crystal memory banks" which contain ancient knowledge awaiting for just the right person who has the ability to decipher it's hidden power.

### **"rutilated crystal"**

Rutile crystallizes in the form of prismatic crystals, or in this case, as needle-like crystals. It has been known to represent both the lovely hair of venues and the "sweet" tipped arrows of love. It has been likened to the appearance of wheat straw and angel hair. The ethereal aspects of rutile bring strength with love, ease in transition, growth in all avenues of one's development, and calm, reason and order. Rutile is used for healing and balancing the aura via repelling negative energy. It affects the physical, etheric and astral bodies. It assists one in getting to the root of a problem and hence, provides for access to the reason for a dis-ease, so that one can remedy the situation. It is a stone for stabilizing relationships, marriages, mental processes, and emotional and physical imbalances.

### **"self-healed"**

Crystals which have "sealed" over their broken end with small triangular shaped facets, which also smoothes the broken edge (happens millennia ago when the crystal breaks in it's formation). Because these crystals have healed themselves, we view them as particularly powerful healing stones.

### **"soul-mate or twin"**

Two crystals grown together (attached side to side) and of a similar size. To promote loving contact, tender communication and togetherness; to help find our soul-mate on a personal level; to teach us our souls are joined to all beings on a spiritual level.

### **"spiral"**

The spiral quartz crystal can be recognized by the twisted configuration throughout the body of the formation. It has been used to bring the universal spiral of energy to the physical body and to assist one in maintaining connection with the physical plane during meditation. It inspires the energy of love, such that all chakras are activated into a spontaneous flowing movement, providing for a balance of the male and female energies.

### **"tabular or tabby"**

A crystal with a flattened shape. To enhance communication, smooth energy flow and integration of ideas and balance; to facilitate understanding and dialogue between people; to help us communicate with nature.

### **"transmitter"**

Transmitters are recognized by a configuration of two symmetrical seven-sided faces with a perfect triangular face located between them. Through the use of these crystals, one can connect to the highest wisdom and can receive specific information to specific circumstances, or can receive the universal truth necessary for ones growth to enlightenment.

### **"window crystals"**

A crystal with an extra diamond shaped facet. To let us see the spirit realms, or to lead us within to see our own souls.