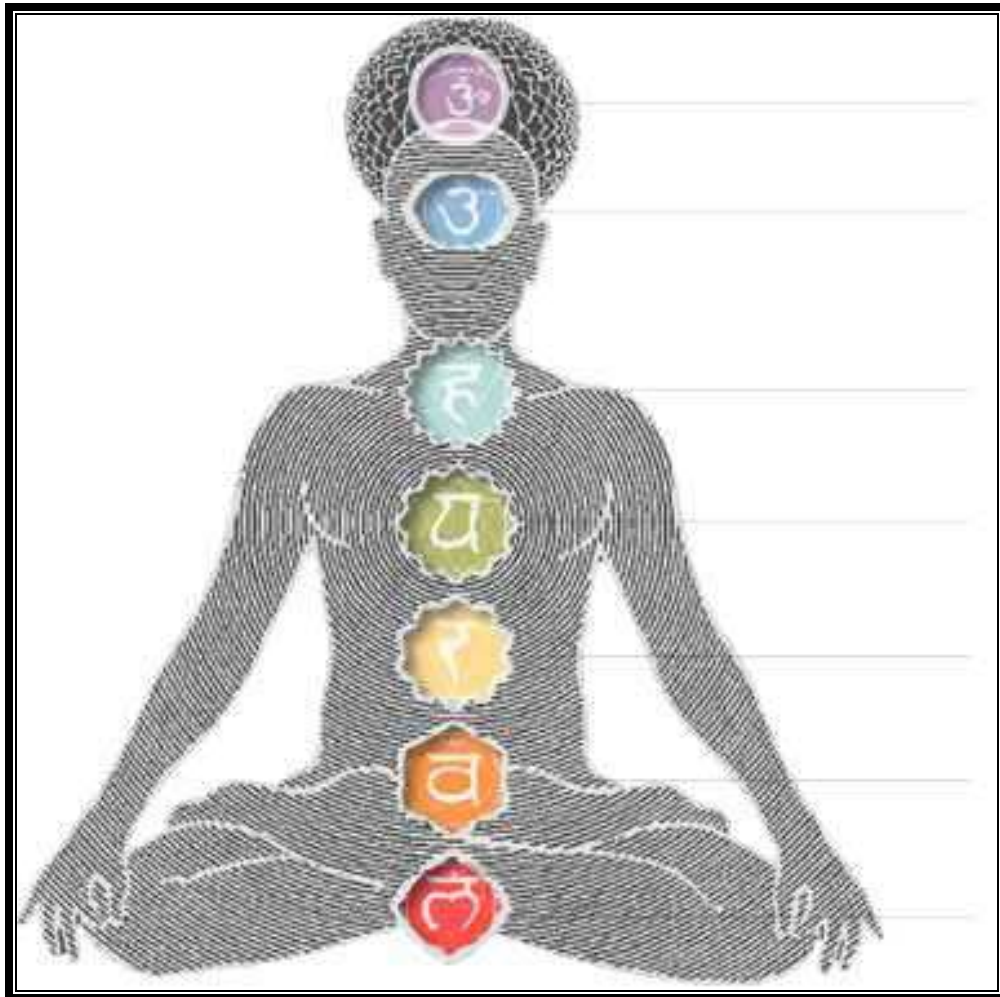


THE POWER & SECRETS of CRYSTALS & GEMS



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[CrystalsandGemstones](#)

This book includes information on the following:-

A-Z of the most popular Crystals & Gems

Ancient & modern properties

Healing properties of Crystals & Gems

How to choose your Crystals & Gems

How to care for your Crystals & Gems

Chakra Crystals & Gems

Astrological & Zodiac Crystals & Gems

The secret life of Crystals

And much, much, more.....

[Crystals and Gemstones](#)

Before I begin The Secrets & Powers of Crystals and
a secret with you.

Gems, I'd like to share

If you're reading this book then you probably already
natural powers of the Universe so I'd like to intro
amazing.

duce you to something

What if I told you that there's a way that you can
desire--by using the power of your computer for ju

achieve anything you
st 10 minutes a day?

These days it seems as if many people are jumping on
Universal Attraction but the [advanced technology](#) that I'd like to introduce
you to has been around for many years and it's still
manifesting everything I desire!

the bandwagon of
my favourite for

Why? Because it's simple and it really works which
mind mentioning it in this book. *It even has a 1
guarantee if it doesn't work, for you, within 8 wee

ks.
is also why I don't
100% money back

I love playing the [Millionaire Game](#), reading [The Secret](#), [Revolutionize](#) and
many other books that are based on the Law of Attr
opinion, this technology still stands apart from the
action but, in my
crowd.

[This information is not available anywhere else on the Web--or the world,
for that matter.](#)

[Crystals and Gemstones](#)

I urge you to visit the [website](#) and read every word because the secret that can single-handedly turn your desires into reality is hidden in the webpage - and I really don't want you to miss it.

Once you see your desired reality manifesting before your very eyes, you'll never want to go back to letting life JUST happen. Allowing life to control you is a powerless scenario that you wouldn't want for yourself, would you? So instead of just letting yourself get tossed by the uncertainty of circumstances, take control of your life and your destiny.

"Science is finally entering the Spiritual Age. You can design and create the life you have always wanted." -- Dr. Donald Schnell, Leading Authority of Spiritual Disciplines, and Author of "The Initiation"

Use this wonderful [technology](#) alongside what you learn in this book and soon you really will be living the life of your dreams!

Did I mention that millions of people around the world have already signed up for the free subscription of Tips and Techniques Newsletter, the premier publication on self-improvement & personal growth. Each issue contains powerful samples that have been tested and proven to get results.

If you're skeptical then the free Newsletter may help convince you how fantastic this product really is.

(*The guarantee is offered by the owner of this amazing technology and all refunds are handled by their customer service)

[Crystals and Gemstones](#)

FOLKLORE & LEGENDS
of
CRYSTALS & GEMS

FOLKLORE & LEGENDS
of
CRYSTALS & GEMS
A - Z

[CrystalsandGemstones](#)

A

ABALONE -Confidence,Spirituality,Heart,Muscles,Digestion

ACTINOLITE-Responsibility,Industry,Inflammations,Liver

AGATE-Competition,Eloquence,Fevers,Gums,Circulation.Particularly goodforathletes.

AGATEBLUELACE -Composure,Growth,Infections,Inflammations, Fevers.Whenwornthisstoneinvokescalmness,removingangerand irritation.

AGATEBOTSWANA -Understanding,Recovery,Toxins,Recuperation, Heart

AGATEDENDRITIC -Energy,Balance,Recuperation,Vitality

AGATEMOSS -Renewal,Assertiveness,Heart,Lungs,Skin

AGATETREE -Coordination,Management,Chest,Stomach

ALEXANDRITE-Growth,Investment,Nerves,Luck,Joy

ALMANDINE-Affection,Inspiration,Heart,Eyes

[CrystalsandGemstones](#)

AMAZONITE-Clarity,Insight,Nerves,Emotions,Growth,Joy, Success, Self-Expression.Agreatstoneforstudentsasita assistsclarityorthought& insight.

AMBER-Career,Accomplishment,Chest,Depression,Uplifting, Optimism,RelieffromWorry&Stress.Thisstoneis saidtocarrythe warmthofthesun.Likehoneyitidisinfectant, antiseptic&protective.



AMETHYST-Moderation,Devotion,Insomnia,Addictions,Neuralgia, Acne,Peace,Tranquillity,Happiness,Purification, Healing.Softens negativefeelings&alsoreduceselectricalenergiesoisgreatforplacing nearyourcomputer,TVoranyotherelectricalappliances.Aidssleep& headaches.Thecolourcontainsthepassion,truth &loveofChrist.

AMETRINE-Resolution,Teaching,Teeth,Metabolism

ANDALUSITE -Moderation,Enlightenment,Memory,Sight

ANGELITE-Bravery,Fortune,Headaches,Infections,Balancing Emotions,Communication,OvercomingChallenges.Protectsagainst worries.



CrystalsandGemstones

ANHYDRITE-Coordination,Concentration,Lungs,Chest

ANTIMONY-Intellect,Progress,Colds,Flu,Swellings

APATITE-Emotions,Business,Speech,Bones

APOPHYLLITE-Tranquillity,Honesty,Respiration,Skin

AQUAURA -Influence,Arts,Dexterity,Throat,Healing

AQUAMARINE-Insight,Love,Growth,Allergies,CalmsNerves, Detox,
Self-Expression,Peace,Purification.Thisstonei ssaidtohelpyouspeakthe
truth.

ARAGONITE-Energy,Activity,Bones,Digestion

ASTROPHYLLITE-Confidence,Insight,Recovery,Reproductive,
Intellect

AUGELITE-Contemplation,Justice,Muscles,Digestion

AVENTURINE-Development,Judgement,Eyes,Migraine,Tension,
Insomnia,Prosperity.Stimulateshealthygrowthand dassiststhe
developmentofmentalabilities.

AZURITE-Meditation,Spirituality,Suppleness,Liver,Div ination,
Concentration.

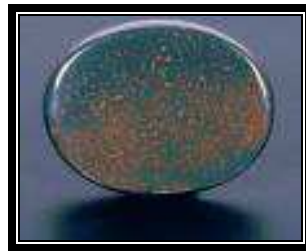
CrystalsandGemstones

B

BARITE -Decisiveness,Writing,Muscles

BERYL-Determination,Stability,Nerves,Stress,Energy .Itissaidthat
thisstonebringsthoseathatareonaseajourneys afelyhome.Addspotency
tolovespells&increasesenergylevels.

BLOODSTONE- Kindness,Circulation,Strength,Courage,Nature, Blood
Toxins,Depression,Spine,Wealth,Confidence. Bloodstoneisavarietyof
Jasper &isprimarilyassociatedwiththebloodstream&is goodfor
regulatingawoman'smonthlycycle.



BLUEJOHN -Strength,Renewal,Vigour,Health

BLUECORAL -Balances,BlocksNegativity.Helpstostopworr ying.

BOWENITE-Intelligence,Leisure,Head,Scalp,Tension

BRAZILLIANITE-Sociability,Relationships,Nerves,Skin

CrystalsandGemstones

C

CALCITE-Comfort,Inspiration,Cleansing,Bladder,Pancreas,Toxins
Providescomfort&refreshesthesystemwheninemotionalcrises.
Pink/ClearCalciteisespeciallygoodforbringingcalmness&balance.

CARNELIAN-Passion,Focus,Arthritis,Rheumatism,Neuralgia,Cuts.
Canalsoenhancesexualenergy,assistmotivation&benefitthe
bloodstream.Also,alleviatesjealousy.



CASSITERITE-Endurance,Contentment,Cuts,Bruises,Menopause.

CATSEYE -Insight,Security,Headaches,Fingers

CELESTITE-Relaxation,Sympathy,TravelSickness,Nerves,Stress.Use
thisstoneforasoothingenergy.Brilliantformeditation.Agreatstoneif
you'repronetounnecessaryworrying.

CERRUSITE-Confidence,Communication,Antivirus,Insomnia,Nerves.

[CrystalsandGemstones](#)

CHALCEDONY-Stamina,Tiredness,Depression,Circulation.A great stoneforopeningnewhorizons.

CHALCOPYRIE-Perception,Restoration,Lungs,Hair.

CHAROITE-Assertiveness,Inspiration,Nerves,Cramps

CHIASTOLITE-Stability,Rheumatism,Veins

CHRYSOCOLLA-Expression,Awareness,Heart,Stomach,Blood.

CHRYSOPRASE-Passion,Renewal,Fertility,Ardour,Genitals. Adds firetophysicallove!Intensifiesfriendship,bringingsprosperity&goodluck. Beneficialasahealer.

CHRYSOTILE-Partnerships,Generosity,Veins,Arteries,Skin, Lungs

CINNABAR-Stability,Independence,Appetite,Heart

CITRINE -Renewal,Cleansing,Skin,Diabetes,Circulation. Thisstoneis fullofpositiveinfluencesoisgreatforhelping withanxieties&depression. Alsoincreasespsychicpower,protects&bringssweetdreams.Openthedoorbetweenintuition&logic.



[CrystalsandGemstones](#)

COLEMANITE -Loyalty,Lungs,Muscles

COPPER-Vitality,Purification,Blood,Muscles, Joints. Canamplifythe
thoughts&feelings.

CORAL-Integrity,Travel,Chest,Creativity

CORUNDUM-Awareness,Confidence,Skin,Eyes

COVELLITE-Communication,Renewal,Ears,Nose,Mouth

CROCOITE-Industry,SexOrgans

CRUPITE-Awareness,Teaching,Circulation,Bladder

D

DANBURITE-Sociability,Confidence,Muscles.

DESERTROSE -Perception,Commerce,Stress,Recuperation

DIAMOND-Prosperity,Business,Wellbeing,Senses,Bravery ,Strength

DIOPSIDE -Love,Commitment,Heart,Lungs,Circulation,Trauma



DIOPTASE-Meditation,Partnerships,Stress,Headaches

DOLOMITE-Optimism,Sports,Limbs,Blood

DUMORTIERITE-Patience,Skin,Sickness

[CrystalsandGemstones](#)

E & F

EILATSTONE -Spirituality,Balance,Vitality,Wellbeing

EMERALD-Intellect,Prosperity,Headaches,Infections,Thyroid,Skin.
OpenstheHeartChakra.The‘JewelofVenus’reveals thetruthofalover’s
promise&breaksifthey’refalse!Helpstodevelopclairvoyance.

EUDIALITE-Management,Recovery,SexOrgans,Recovery

FLINT-Abstinence,Science,Cleansing

FLUORITE-Caring,Bones,Teeth,Inflammations.Agreatstoneforthose
inacaringprofessionsuchasnursingorhealing. Developspiritual
awareness.Bringspeopletogether.Groundsexcess energy.

FOSSILISEDWOOD -Nature,Stability,Nerves,Sharing

FRANKLINITE-Imagination,Security,Eyes,Hair

FUCHSITE-Productivity,Teamwork,Arteries

[CrystalsandGemstones](#)

G & H

GALENA-Dedication,Insomnia

GARNET-Charm,Creativity,Anaemia,Infections,Insomnia .Worn to attractlovers&usedbytravellersasanamulet. Alsohas theabilitytoopen theCrownChakra.OftenincludedinstatuesofIsis.

GEODE-Fertility,dreams,intensifypsychicability

GOETHITE-Perseverance,Competing,Nerves

GOLD-Generosity,Partnerships,Confidence

GOLDSTONE-Optimism,Development,Stomach,Tension

GRANITE-Stability,Determination,Skin,Hearing

GRAPHITE-Assertiveness,Achievement,Hearing,Spine

HEMATITE-Activity,Stamina,Tiredness,Calming,TravelStress,Eyes, Blood.

HERKIMERDIAMOND -Stamina,Learning,Energy,Vigour.Special clearquartzthatincreasesthepowerofotherstones,opensthemind&goodfordreams

[CrystalsandGemstones](#)

HICKORYITE-Adventure,Flair,Boredom,Negativity,Imaginati on

HORNBLende-Wisdom,Communication,Balance,Toes,Fingers

HOWLITE -Resilience,Competing,Bones,Teeth

I, J, K & L

IOLITE-Control,Management,Chest,Addiction

IRNAMITE-Emotions,Judgement,Strains,Muscles

JADE-Benevolence,Providence,Kidneys,Bladder,Digestion,Eyes.
Attractsfriendship,promoteslonglife&encourage prosperity.Alsoused
asatravelamulet.Calmsthemind&purifiesthe blood.

JASPER-Attraction,Comfort,Nerves,Blood,Digestion. Anexcellent
energiser.

JET-Sympathy,Healing,Migraine,Negativity

KUNZITE -Vigour,Communication,Balance,Emotions,Skin,Heart.
Hiddeniteisavariety.



KYANITE-Energy,Finance,Hearing

[CrystalsandGemstones](#)

L

LABRADORITE-Charisma,Relationships,Arguments,Inhibitions, Feet.
Bringsoutthehiddenqualitiesinthepersonality.

LAPISLAZULI -Mysticism,Wisdom,ProtectsTruth,Integrity,
Spirituality,Bones,Heart,Eyes.Regardedasa‘heavenly’stone.Can
enrichbothhealth&wealth.

LARIMAR-Rapport,Meditation,Breathing,Neck

LAVAKITE-Learning,Achievement,Brain,Adaptability

LAZULITE-Purity,Serenity,Sunburn,Teeth

LEPIDOLITE -Restoration,Balance,Nerves,Pessimism,Peace,Insomnia.
Arelaxingstone

LEUCITE-Clarity,Energy,Nerves,Protection

LODESTONE-Communication,Teamwork,Circulation,Glands

CrystalsandGemstones

M

MAGNETITE-Composure, Learning, Heart

MAGNESITE-Enlightenment, Emotions, Fevers, Bones

MALACHITE-Optimism, Recovery, Rheumatism, Asthma, Teeth.
Excellent for bringing prosperity to a business. Favoured by gardeners as it
makes plants bloom longer. Often used in spells concerning the heart.
Protects & strengthens the Heart Chakra. Clears illusion.

MARBLE-Compassion, Care, Fevers, Renewal

MARCASITE-Ambition, Rapport, circulation, Brain, Eyes

METEORITE-Benevolence, Adventure, Communication, Intuition

MOLDOVITE-Sensitivity, Insight, Hair, Fertility, Renewal

MOOKAITE-Responsibility, Machinery, Stable Health

MOONSTONE-Femininity, Devotion, Dieting, Swellings, PMT. A
symbol of female power, attracts lovers, enhances beauty & bestows a long,
healthy life. Often used in spells to ensure safe travel. Associated with the
Goddess, Diana.

[Crystals and Gemstones](#)

MORGANITE-Intellect,Commerce,Hearing,Vertigo



MOSSAGATE -Identity,Meditation,Lungs,Glands

MOTHEROFPEARL -Providence,Modelling,Skin,Emotions

MTOROLITE-Serenity,Capability,Nerves,Backache

MUSCOVITE-Inspiration,Speech,Muscles,Energy

O

OBSIDIAN-Achievement,Perception,Stomach,Digestion,Stress.An excellentgeneralhealerasithelpscreatepositiveinfluences&provides innertranquillity.Sendsnegativethoughtsaway.

ONYX-Harmony,Spirituality,Hearing,Ulcers,Heart. Usedinrosariesas itallowspeaceofmind&generalreflection.Said tostrengthenone'smagic &protectagainstnegativemagic.



OPAL-Attraction,Theatre,Chest,Creativity,Beauty, Prosperity,Luck,
Power

OPALITE-Invention,Management,Fatigue

[CrystalsandGemstones](#)

P

PAUASHELL -Versatility,Humour,Tension,Depression

PEACOCKORE(Bonita) -Charm,Entertainment,Eyes,Brain

PEARL -Assurance,Painting,Tonic,Headaches,Tension

PERIDOT -Career,Wholebody,Metabolism,IntuitivePower, Protector,
Wealth

PETRIFIEDWOOD -Renewal,Hearing,Cultivation

PHENACITE -Intellect,Insight,Stomach,Limbs

PIETERSITE -Organisation,Objectivity,Respiration,Sleep

PREHNITE -Confidence,Business,MentalEnergy,Slimming

PURPURITE -Leadership,Prosperity,Finances,Wounds

PYRITES -Awareness,Honesty,Vitality,Recuperation

[CrystalsandGemstones](#)

Q

QUARTZCLEAR -Purification,Refinement,General,Vertigo,Dizziness.
Thisisprobablythemospopularofstones&hasbeenusedbyhealersfor
centuries.Itpurifiestheair,thebody,cleanses thesystem&mind.



QUARTZROSE -Love,Forgiveness,Migraine,Headache,Wounds. This
isthestoneofpeace&iscloselyassociatedwith Venus.Itgivesjoy&
happinesinfriendship&love&radiatesgoodrapport.Oftenusedinlove
spells.

QUARTZRUTILATED -Passion,Contact,Anxiety

QUARTZSMOKEY -Vitality,Fortune,Depression,Abdomen,Spine. A
goodlucktalismanforcompetitors.Itsprotecting &encouraging,provides
energy.Oftenusedinspellcastingagainstnegativeenergies.

QUARTZSNOW -Relaxation,Serenity,Stress,Nerves,Therapy. A‘soft’
stoneforthoseseekingcalmness.AlsocalledMilk Quartz.

CrystalsandGemstones

R

RHODOCHROSITE-Friendship,Love,Insecurity,Balance,Eyes,
Solitude.Averycomfortingstone.Helpsbalance theSacrumChakra

RHODONITE -Communication,Restoration,Recuperation,Hearing ,
Amnesia.

RHODOLITE -Stability,Resolution,digestion,Glands

RHYOLITE -Stamina,Marketing,Chills,Skin

RUBELLITE -Prosperity,Recovery,Heart,Backache

RUBY -Contentment,Fortune,Circulation,Fevers

S

SAPPHIRE-Love,Partnership,Sleep,Depression,Protection ,Power,
Inspiration

SARDONYX-Forgiveness,Care,Neck,Hearing

SATINSPAR-Insight,Calm,Disputes,Anger,Spine.

SCAPOLITE-Achievement,Strength,Veins

SCHALENBLENDE-Fortune,Identity,Muscles,Eyes

SCHEELITE-Awareness,Relationships,Colds,Recovery

SCHORL-Practicality,Balance,Liver,Intestines

SEFTONITE-Relationships,Learning,Circulation

SERPENTINE-Meditation,Enlightenment,Stomach,PMT

SIDERITE-Intellect,Loyalty,Bones,Hands

SILICONE-Activity,Attraction,Vitality,Muscles

[CrystalsandGemstones](#)

SILVER-Perception,Investment,Recovery

SMITHSONITE-Consideration,Harmony,Vitality,Digestion

SOAPSTONE-Loyalty,Cultivation,Back

SODALITE-Meditation,Assertion,BloodPressure,Sleep,Chest.Gives confidence to those that are shy. Used in spells to relieve stress. Helps one to get a new perspective.



SPESSARTINE-Renewal,Confidence,Vitamin deficiencies

SPHALERITE -Integrity,Career,Nerves,Eyes

SPINEL-Energy,Intellect,Stress,Depression,Skin,Slimming

SPIRITSTONES -Vitality,Awareness,Energy,Cleansing

STAUROLITE-Focus,Personality,Spine,Wholebody,Forgetfulness.
Represents the four elements, bringing everything together.

[Crystals and Gemstones](#)

STEATITE-Adventure,Communication,Digestion,Tendons

STICHTITE-Loyalty,Creativity,Muscles,Chest

STILBITE-Creativity,Understanding,Toxins,SensoryOrgan s

SUGILITE-Inspiration,Co-ordination,Headaches,Inflammations,Toxins.
Usedbyhealerstodrawoutpain.Bringspeaceof mind&aidsinnervision.

SULPHUR-Intellect,Protection,Skin,Digestion,Arthritis,Rheumatism

SUNSTONE-Insight,Travel,Eyes,Depression.Awonderful re-energiser
&healthrestorer.Usedinspellswherensexuality isthesubject.



T

TANZANITE -Vitality,Athletics,Bones,Worries



TALC-Affinity,Modesty,Memory,Study

THULITE-Dexterity,Meditation,Hands,Tendons,Concentration.Bring
mind&bodytogether.

TIGERIRON -Clarity,Endurance,Movement,Vigour

TIGERSEYE -Insight,Integrity,Asthma,Limbs.Atalismanto
deceit. overcome

TOPAZ-Assurance,Legal,Infections,Appetite

TOURMALINE-Confidence,Success,GeneralHealing,GoodFortune.
HelpfulinopeningtheThird-eyeChakra.Thisstoneisfullofjoy.

TURQUENTINE-Consolation,Travel,Limbs

CrystalsandGemstones

TURQUOISE-Environment,Comfort,Respiration,Recuperation, Throat.
Expandsfriendships&protectsthehome-leftina roomitcanpurifythe
atmosphere&spreadtranquillity.Strengthensall theChakras.Usedin
spellstoencouragefriendship

U & V

ULEXITE -Contentment,Industry,Teeth,Worries

UNAKITE -Stability,Enhancement,Muscles,Back-ache,Feet. Gives strength&stability .



UVAROVITE -Vitality,Joy,Throat

VANADINITE -Sociability,Friendship,Lungs,Stomach

VARISCITE -Meditation,Writing,Growth,Digestion

VERDITE -Friendship,Partnerships,Nerves

VESUVIANITE -Intuition,Partnership,Dieting,Depression

VIOLAN -Insight,Vitality,Muscles,Genitals

CrystalsandGemstones

W & Z

WILLIAMSITE-Tranquillity,Candour,Lungs,Inflammations

WOLLASTONITE-Moderation,Grounding,Bones,Glands

WULFENITE-Relationships,Invigoration,Digestion

ZEOLITE-Independence,Clarity,Addictions,Toxins



ZINC-Joy,Loyalty,Muscles,Bones

ZIRCON-Clarity,Teaching,Insomnia,PMT.Helpsrestore
libido. aflagging



ZOISITE-Attraction,Entertainment,Fingers,Fertility

[CrystalsandGemstones](#)

ZODIAC CRYSTAL & GEMS



ARIES Citrine, Agate, Aventurine, Bloodstone, Jade
Mar21-Apr20

TAURUS Jasper, Bloodstone, Carnelian, Jade, Satinspar
Apr21-May21

GEMINI Aventurine, Unakite, Agate, Citrine, Apatite
May22-June21

CANCER Chalcedony, Hematite, Sodalite, Moonstone, Carnelian
Jun22-Jul22

LEO Labradorite, Amazonite, Carnelian, Jasper, Bloodstone
Jul23-Aug23

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VIRGOAmethyst,Jade,Amazonite,Carnelian,Jasper
Aug24-Sept22

LIBRAMoonstone,Chrysoprase,Amethyst,BluelaceAgate, Sodalite
Sept23-Oct23

SCORPIOTigersEye,Amethyst,Jasper,Unakite,Moonstone
Oct24-Nov22

SAGITTARIUSSodalite,Obsidian,SmokeyQuartz,Chalcedony,
Aventurine
Nov23-Dec21

CAPRICORNSmokeyQuartz,Opalite,Amethyst,Aragonite,TigersEye
Dec22-Jan20

AQUARIUSRhodonite,Rhyolite,Garnet,Amethyst,Aventurine
Jan21-Feb18

PISCESTurquoise,BluelaceAgate,Calcite,Carnelian,Amethyst
Feb19-Mar20

Get a [personalisedsample reading](#)
based on your very own birth details--completely free. In my opinion, this
is one of the most wonderful Astrology readings you'll ever receive.

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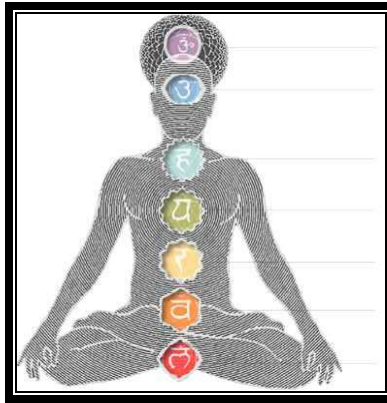
I'm thrilled and proud to be able to link up with Lotus Tarot, probably the best Tarot Readings site on the internet today.

By [clicking here](#) you will be taken to Alison Day's site, where you will be able to access free online readings and lots of other tarot related information, including a free learntarot course, articles, and an active discussion forum, card interpretations and loads of links to other great stuff.

To get a free reading, you will need to register your email address with the site, which takes about 30 seconds and is more than worth the effort - Alison's readings are both accurate and up beat.

[Crystals and Gemstones](#)

CHAKRA STONES



CROWN(Sahasrara)WhiteConsciousness

THIRDEYE(Ajna)PureMind

THROAT(Visuddi)Ether

HEART(Anahata)Air

SOLARPLEXUS(Manipura)Fire

SACRAL(Svadisthana)Water

ROOT(Muladhara)Earth

CrystalsandGemstones

The Chakras -meaning wheels in Sanskrit-each relate to different points & are associated with different colours, crystals & gemstones. There are seven primary Chakras, as shown in the above diagram. Place the relevant crystal or gemstone at the Chakra and meditate on that particular point of the body so as to restore or enhance the attributes related to that particular area.

The Crown Chakra is related to spirituality & enlightenment. It is usually used to help with spiritual problems. Colours associated with this Chakra are Clear, White & Purple. Suggested stones used are Clear Quartz or Amethyst.

The Third Eye Chakra is related to intuition & generosity. It can help heal problems with sight, loneliness, dizziness & uncertainty. Colours associated with the Chakra are Violet, Indigo & Dark Blue. Suggested stones are Amethyst, Lapis Lazuli & Sodalite.

The Throat Chakra is related to communication & harmony. It can help with self-expression and, of course, sore throats. Its associated colours are light green and light blue. Suggested stones are Amazonite & Blue Lace Agate.

The Heart Chakra is related to love & compassion. It can help with feelings of anger and/or resentment. Its associated colour is green but pink is also sometimes used. Suggested stones are Aventurine and Rose Quartz.

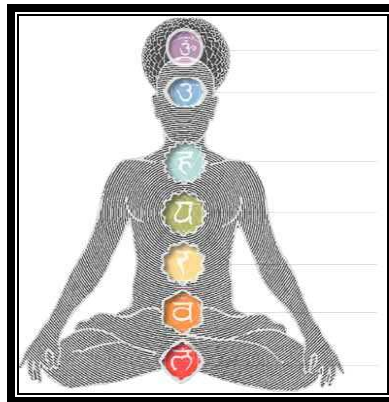
The Solar Plexus Chakra is associated with confidence & self-esteem. Its attributes are forego, intellect & digestion using the colour yellow. Suggested stones are Calcite & Yellow Jasper.

Crystals and Gemstones

The Sacral Chakra, sometimes known as the Spleen Chakra, is associated to physical outlet & creativity. It is used to help healing regarding impotence, frigidity, restlessness, jealousy, guilt, bladder & kidneys. Its associated colour is orange and suggested stones are Carnelian & Citrine.

The Root Chakra, sometimes known as the Base Chakra, is related to sex and stability. It can help with healing problems associated with constipation, fear & low back pain. Its associated colours are black & red and the suggested stones are Haematite, Jasper & Red Garnet.

Note: If you suffer from any ailment it is recommended that you seek medical advice



CROWN (Sahasrara) White Consciousness

THIRDEYE (Ajna) Pure Mind

THROAT (Visuddhi) Ether

HEART (Anahata) Air

SOLAR PLEXUS (Manipura) Fire

SACRAL (Svadisthana) Water

ROOT (Muladhara) Earth

[Crystals and Gemstones](#)

CRYSTAL & GEMSTONE POWER



Why do Crystals & Gemstones have power? There are many theories but one of the most popular is that all crystals have energies, emotions & knowledge. The variety in the way that each type absorbs different powers & these powers are then naturally imparted to the user or wearer.

How do you use Crystals & Gemstones? Firstly it is very important to cleanse your newly acquired crystal or gemstone even if you have handled the stone. There is no right or wrong way to cleanse your stone & it's best to experiment with different methods until you find one that is right for you.

To cleanse your stones wash each stone separately. If you plan to leave them to soak then use a separate container of water for each stone & please be sure to use clean water for each stone. This may seem obvious to some but you'd be surprised how many people acquire several stones at once & just put them all to soak together in a single container. It's also important to use a natural container not one made of plastic!

You may then wish to recharge your stone and this involves using the power of the earth, sun & moon. In some stones under running tap water then bury them in some earth, (a plant pot will do) for at least a day, so that they may receive earth energies. It then soaks them overnight in tap water with a deodoriser so that they may get re-charged or re-energised by the sun.

[Crystals and Gemstones](#)

EVERY full moon I place my stones outside so that energy from the moon. Obviously, if I've acquired full moon is a long way off, they don't get placed immediately.

they may also receive a new stone & then next outside for moon energies

For more information on how to use Moon Phases please [click here](#).

It is then important to personalise your stone & get time to hold each stone and feel it with your hands attuned with it.

to know it. Take the so that you may become



Should you share your Crystals & Gemstones? Many people do not allow anyone else to touch or handle their stones and I too have some 'special' stones that only I touch.

Many people do not and I too have some

However, I have a large wooden bowl on my coffee table and it always attracts attention from visitors who are often drawn to picking up a stone and rolling it in their hand, like a stress ball. I don't have a problem with this as I like to think that they may 'need' something from whichever stone they've subconsciously chosen.

My children are also constantly 'playing' with my stones and sometimes ask to take a certain stone to bed with them. This is why I periodically repeat the cleansing process and recharge my stones.

[Crystals and Gemstones](#)

Remember, it is important that you treat your stone with respect, care and consideration.

Tumblestones and smaller pieces are great for carrying with you each day or make excellent gifts for friends and loved ones. I have a selection of stones that I change and carry according to my feelings or requirements on a particular day. I also have several pieces of jewellery containing different stones and again change these to suit my needs. For example I may wear a particular stone, or have one close by, whilst writing my E-Books but if I'm planning a romantic evening with my husband then I'll be sure to change the stones later in the evening.

There are numerous ways to use your stones - You can place them under your pillow or on a bedside cabinet so you can absorb their influences whilst you sleep. If you have a nail plant place some crystals around it or soak a stone in water overnight and use it to water the plant the following day. Talk to your stones, carry them with you, get to know them and feel their energies working for you and then use them however you feel is most appropriate.

Crystal Wands can be used to recharge your whole body. Hold one in your transmitting hand (left if you're left handed or right if you're right handed) with the point pointing towards your fingers. Take these second wand and hold it in your receiving hand with the point facing towards your wrist. You should feel a flow of energy passing through your body. You can also use a pair of male & female stones in the same way.



[Crystals and Gemstones](#)

Healing with stones is something that's been going on for centuries although there is now an increasing interest in Crystal healing. Most healers have their own methods and techniques, which they have developed over a period of time to suit them. In stress again, there is no right or wrong way to use crystals and over time you will develop your own rituals for cleansing and using your crystals.

I would like to stress again that crystal & gemstone healing cannot replace medical treatment and you should always consult a medical professional. Crystal & gemstone treatment is a complimentary therapy and should be used as such - complimentary to any other medical treatment you may require.

Diagnosis can be achieved by holding a wand or point in your receiving hand and moving it slowly over the body. With time you will learn to sense an area that needs healing. There is no need to move your clothes and most healers will not ask you to remove them. If a healer does ask you to remove your clothes then please consider whether *you* are comfortable with this as it is in no way necessary but some healers do prefer it.

Treatments are numerous and again vary from healer to healer. Some will choose a set of crystals for you to carry with you day & night, others may use a wand or point. In this case the wand is held lightly, as for diagnosing, but usually in the transmitting hand and pointing towards the area to be healed. However, if something needs to be 'brought out' from the area the wand will be held pointing away.

Another, fairly common, method is to surround the affected area with appropriate crystals. If the crystals are pointed they will generally be placed with the point towards the area requiring healing for at least 10 minutes.

[Chakra healing](#) is also a method used by some healers.

[Crystals and Gemstones](#)

Choosing your Crystal or Gemstone - Actually, they'll probably choose you. They pop into your life in mysterious & magic ways. They'll 'speak' to you and sparkle like crazy. Crystals respond to your thoughts & feelings so take your time in looking at them and just see if any 'jump out' at you.



Just look, don't touch and see if you're repeatedly drawn back to looking at the same one. Try not to let logic decide for you - biggest isn't always best! Let your intuition guide you & trust that feeling.

Crystals will create harmony wherever they are. For instance, if you have a child that can't sleep at night or wakes from nightmares then try placing a crystal under their bed. Children are very receptive to crystals and their power and mine often pick one up and rub it over their tummy or head if hurting - they even instinctively use a clockwise movement.

If someone is sick try placing a crystal in the room with them.

Try placing crystals around your garden plants or in potted plants & see how much more beautiful & bright they bloom & grow. To specifically energise a garden try placing a crystal in each corner and another in the centre. This creates a type of energy similar to pyramid energy.

After you've recharged your crystal in water try pouring it over your house plants or even give it to your pet to drink. Try putting a bowl of uncharged water out for your dog and one that is charged - after time the dog will 'choose' to drink the charged water.

[Crystals and Gemstones](#)

To [meditate](#) with crystal, try holding it in your left hand. Each time you use the crystal, it will store the information from the previous meditations and will help your mind more quickly achieve the meditative state.



Crystals are tools to work with & help to create a harmonious environment, but they can only assist and amplify what we can do with our minds, energies & willpower.

Crystals are an integral part of the Earth & the Earth and its inhabitants are crying out for love & attention. I believe the heart Chakra of the Earth is now opening and it is time to listen with our hearts rather than our heads. A time to trust and understand our feelings and intuition rather than logic. Crystals can help us reach this new point of balance. They are here to wake us up & remind us of whom we really are.

We are only just beginning to discover the power of crystals & gemstones. They will talk to you if you listen.



[Crystals and Gemstones](#)

What about the facets?

1 is the number of beginning, initiating, inspiration, ideas & confidence so a Cabochon would be ideal.

2 symbolises mothering & caring. 2 crystals joined represent partnership & sharing.

3 is for communication, expression & creativity. The holy trinity.

4 = mind, body, spirit & feeling.

5 is for freedom & curiosity.

6 = balance & harmony.

7 is for the mystic and seeker of truth.

8 = Power

9 is for helping to learn the lessons of life.

10 represents the whole - it contains the 1 of a completion and the circle of

11 A master number that emphasises the meaning of two 1s but also $1+1=2$ which symbolises an ability to care for others.

12 completes a cycle - 12 signs of the zodiac, 12 hours of day and night, .

13 is the number of divination.

Crystals and Gemstones

Quick Reference Area For Common Issues

Anxiety Charoite, Amazonite, Celestite, Lepidolite, Verdit e, Goethite,
Alexandrite

Arguments Labradorite

Attraction Zoisite, Opal

Back Problems Unakite, Soapstone

Breathing Larimar, Turquoise

Circulation Ruby, Lodestone, Agate

Confidence Tourmaline, Gold, Sodalite

Digestion Obsidian, Jasper

Eyes Lapis Lazuli, Jade, Haematite

General Healing Peridot, Tourmaline, Clear, Quartz, Calcite, Fluorite

[Crystals and Gemstones](#)

GoodFortune Angelite,Ruby,Tourmaline

Prosperity Diamond,Emerald,Jade,Malachite

ProtectionAngelite,Aquamarine

PMTMoonstone

Recovery Silver,Turquoise,Malachite

TravelJade



[CrystalsandGemstones](#)

Precious & Semi-Precious

Gemstones



Precious&Semi-PreciousStones -Colourisprobablythemostimportant factor&themoreattractivethecolour,thehigher thevalue.Eg.Bright, richcolouredgemstonesarevaluedhigh&thosethat aretoodark,lightordulledarealessvalueastheyarelessdesired. However,thiscomesdown topersonalchoice.

Inclusions aremostlymicroscopic&easilyseenundermagnification. Thesearenaturalfeaturesofthegemstones&althoughtheydon'tinterferewiththebrilliance,sparkle&fireofagemstone theydon'taffectthevalue.

CrystalsandGemstones

Phenomena Some gemstones show unusual effects known as phenomena and this usually increases the desirability & value. Eg. **Cat's Eye** effector Chatoyancy is a reflection effect that appears as a single band of light across the surface. It is commonly found in Chrysoberyl, Tourmaline & Tiger's Eye. **Star** effector Asterism is a reflection that appears as 2 or more intersecting bands of light across the surface. This is commonly found in Ruby, Sapphire & Garnet. **Colour Change** gemstones are those that change colour when viewed under 2 different light sources. It's commonly found in Alexandrite, Sapphire & Colour Change Garnet.

Carat gemstone weight is measured in Carats which originates from the traditional use of carob seeds to weigh gems. One Carat is = to 0.20 Grams. This is then divided into 100 smaller units known as Points. Large gemstones are always rarer than smaller ones, so therefore Carat prices rise exponentially. Eg. A 3 Carat Diamond will always be worth a lot more than three 1 Carat Diamonds of the same quality.

Briolette Cut



Emerald Cut



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HeartCut



MarquiseCut



OctagonCut



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OvalCut



PearCut

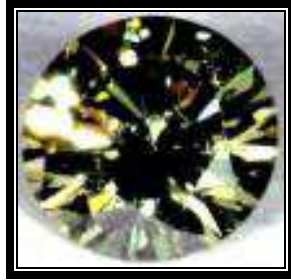


PrincessCut



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RoundBrilliantCut



SquareCut



TrilliantCut



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CabochonCut



BaguetteCut



AntiqueCushionCut



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History of Crystals & Gemstones

Since the beginning of time, crystals, gemstones, rocks & mountains have played a vital role. Many have been found in ancient ruins & Pharaoh Tombs & it is said that the lost city of Atlantis used crystal power the same way we use electricity today. Hindu Puranas describe Krishna as living in a city furnished with rubies, emeralds, sapphires & diamonds. Many cultures believed that stones had a life-giving force & this eventually led to them being used for healing.

Stones have also played a key role in various religions. Islam says that the stone spoke to Mohammed and informed him that the stars receive the Quran from Allah. One of the five pillars of Islam says that every Muslim should try to visit Mecca and the Kaaba which is a huge black stone.

Moses received the Ten Commandments on tablets of stone which are believed to have been sapphires. In the book of Revelations describes Jerusalem as 'the foundation of the wall of the city were garnished with all manner of precious stones. The first foundation was jasper, the second sapphire, the third chalcedony, the fourth nephrite, the fifth sardonyx, the sixth sardius, the seventh chrysolite, the eighth beryl, the ninth topaz, the tenth chryso-prase, the eleventh jacinth and the twelfth anemethyst.'

The Egyptians engraved an eye on lapis lazuli as it symbolised Ra, the Sun God.

[Crystals and Gemstones](#)

The Babylonians & Norsemen engraved magical symbols on stones & used them as Rune oracles - something which is still used today as a means of divination.

One of the prayer stones taught to Bulgarians is 'The Disciple must have a heart as pure as a crystal. As mind as bright as the sun. A soul as vast as the Universe and as spirit as powerful as God and one with God.'

Ancient priests believed crystals to be a God-given force that defied all evil.

Aboriginals still use crystals for medicine and various purposes. The Rainbow Crystal holds the energies of the Rainbow and symbolises the bridge between the two worlds. They also believe that a crystal that finds its way to you, that you haven't bought, has been growing around you and should therefore be especially valued.

Cherokee Indians consider crystal to be the most sacred & precious stone for healing purposes. They also still revere their crystal skulls which were also used by the Mayans, Aztecs, Egyptians, Tibetans, etc. They were placed on altars and the word of God was believed to be spoken by them. Many psychics consider these ancient crystal skulls as memory banks of information, much like we store information on computers today.

Precious gemstones & crystals have always exercised a magical influence over humanity including Kings & Queens, Smugglers, etc. - all have been lured & seduced by the beauty of gemstones.



[Crystals and Gemstones](#)

Interesting Facts of Crystals & Gemstones

*Interesting Facts of
Crystals & Gemstones*

We often use the names of gemstones to describe certain attributes such as pearly teeth, ruby lips, clear as crystal, etc.

The largest diamond ever discovered is part of the British Crown Jewels - the Cullin diamond.

Greed has often led man to risk everything for the sake of a jewel.

The most ancient jewellery was found in Queen Pu-Abi's tomb at Ur in Sumeria and dates from the third millennium BC.

The Egyptians believed that an emerald would break if a marital infidelity occurred. They also ground malachite to wear as eye shadow.

Julius Caesar was said to have been an avid collector of gemstones.

To drink from a methysten-crusted goblet was believed to protect against drunkenness.

The Ming dynasty favoured semi-precious stones such as methyst, agate, quartz and jade. White jade was the stone of divinity and symbolized heaven.

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In the middle ages a ruby ring worn on the left hand was thought to protect its owner from seduction.

The Maori handed down the jade tiki as it was believed to contain the wisdom of the ancestors.

Diamonds were used to cut stone as early as 4000 BC.

Crystals are believed to be the connecting force between heaven & earth. Often used for scrying or crystal ball gazing to tell the future.

Remember, shapes & symbols of jewellery can affect you as well as the particular crystal or gemstone it's carrying. Look at the symbols you wear and decide whether they are helpful and if not give them away! You may also find it beneficial to wear clothes of a certain colour, to match, the crystal or gemstone you're wearing as colour also plays a vital role in healing - but that's another book!



[Crystals and Gemstones](#)

Crystals & Gemstones

Wedding Anniversaries

Youhavetowait12yearsbeforeanyonewillbegiv
ananniversarypresent! ingyouagemstoneas

- 12. Agate
- 13. Moonstone
- 14. MossAgate
- 15. RockCrystal
- 16. Topaz
- 17. Amethyst
- 18. Garnet
- 23. Sapphire
- 26. StarSapphire
- 30. Pearl
- 35. Coral
- 39. Tiger'sEye
- 40. Ruby

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- 45. Alexandrite
- 52. StarRuby
- 55. Emerald
- 60. YellowDiamond
- 65. Sapphire
- 67. Sapphire
- 75. WhiteDiamond



UsefulResourcesBritish (forUSAResourcespleaseseethenextpage)

AlthoughthewebsitesbelowareBritishbased,most doshipworldwide

[CrystalAge](#) –Ilovethissite!Theystockover2,000product sandthesite providesextensiveinformationonminerals,stonet ypes,chartkaandmuch more!Theyhaveoneoflargestselectionsofproduc tsonlineandareableto sourcecrystalproductsonrequest.

[Grailstones](#)areBritishbasedcompanyofferinganinsightin tothemagical worldofhealingcrystals,gemstonesandotherholi sticproducts.Theyhave afantasticonlineshopandeverynewcustomergets asurprisecrystalgift withtheirfirstorder.There’salsoarticles,an ewsletterandmonthlyprize draw.

[IvyRose](#) –Bringingtogetherinformationaboutnaturalheal th,incloding manyholistictherapies,andpagesaboutthehuman bodyandthewayit works.

Furtherreadingonhowtobegin [CrystalHealing](#) forprofit.

[FindJewellery](#) –Abeautiful silverrangewhichiskeenlypricedandconsists offresh,moderndesignssetwithAmethysts,Topaz andothergemstoadd thatlittlesparkle.Discountsofupto60%anda 14daynoquibblereturns policy.

[BecomeandInternationalGemstonesDealer!](#) –ThisisaPrivateMembers OnlyClub.

[BoBijou](#)-refreshinglyuniquedesignsin **PearlJewellery** complemented withgemstones,silverandgold.Therangeof **designerjewellery** pearl bracelets,pearlnecklaces,andpearlearringsare madeofonlyauthentichigh qualitynaturalculturedpearlsandgemstones.

Ofcourse,youcanalsobuyCrystalandGemstonepr oductsat [mywebsite](#) , includingHangingCrystals

[CrystalsandGemstones](#)

Useful Resources USA (for British Resources please see the previous page)

Although the websites below are based in the US, most ship worldwide

[Earth Spirit Emporium](#) – Over 10,000 products to choose from, with more being added daily! Earth Spirit Emporium has been online SINCE 1997 and it's a family-owned and operated establishment.

Further reading on how to begin [Crystal Healing](#) for profit.

[Ka Jewellery](#) - Authentic Sacred Jewelry and Talismans, Sacred Symbols for Healing, Self-Balance and Unity – Stunning & Beautiful. I spend hours looking at the amazing pieces on this site – Sacred Geometry, Kabbalah, Jewish, Ancient Egyptian and many more.

[Crystal Age](#) – I love this site and although British based they do price in US\$. They stock over 2,000 products and the site provides extensive information on minerals, stone types, chakra and much more! They have one of the largest selections of products online and are available to source crystal products on request.

[Become an International Gemstones Dealer!](#) – This is a Private Members Only Club.

Of course, you can also buy Crystal and Gemstone products at [my website](#), including Hanging Crystals. You'll have to email me your orders so I can give an accurate shipping cost, before you make payment.

[Crystals and Gemstones](#)

ThankyouforreadingthisE-Book

Whetheryoupurchasedthisbook,foundit,oritwasgiven toyouasagift,
I'msureit'sfounditswaytoyounowbecauseyou actuallyneedthe
information.

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themforhealing.Theinformationhereisbynome ansexhaustive&may
evenvaryfromotherinformationthatyou'veread& that'ssimplybecause
crystal&gemstoneuses&propertiesareveryunique&personal.Ifyou
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thenuseit-therearenorules.

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DISCLAIMER:-

The contents of this document are believed to be correct at the time of writing.

Remember – If you are ill then get a professional medical opinion as Crystals & Gemstones work as a Complimentary Therapy.

