

# Healing Gemstones and Crystals

## A

**Adamite:** Typically green due to trace amounts copper and or uranium, yellow, rarely white and occasionally purple due to trace amount of cobalt. Yellow green to violet.



Yellow adamite crystals in limonite gossan matrix



Oval Facet Lemon Yellow Adamite, Sri Lanka



**Aegerine:** Color (Black to greenish black)  
Will empower your quest of self. It facilitates our truth in important ways. It enables one to do what is in the heart and the required steps-to be who we are! It is an excellent self-esteem builder-especially for women! The need for conformity is broken into a sense of self-acceptance. Personal integrity and convictions are made concrete, allowing self-sufficiency. Excellent stone for energy generation. It concentrates positive energy for dispersion to stimulate growth and revitalize the mind. Delineates emotional trouble spots. Guards against negative energy & psychic attack. It increases the energy of other stones in any healing situation. It augments the immune system.



### Agardite-Ce



**Agate:** fainting fits, liver ailments, bleeding and strengthens the heart. A. Promote grace, good health, happiness, intelligence, longevity. They are protection stones, stones for inheritances. They give strength, victory and attunement with the earth. They sharpen sight, illuminate minds and assist in discovery. They protect children from falling. Agate held in the mouth relieves thirst. It was once used to reduce fevers by applying it to the forehead.



**Agate Banded:** Strong protectors, reinforcing your strength and providing protection if you are very sensitive. Helps one who needs extra courage or energy to face stress.




**Agate Black:** Protective stone, wear for courage and successful competitions.

**Pear Shape Carbochon**  
South America


**Agate Black & White:**  
Guards against physical dangers.

**Agate Kentucky**

**Agate Fire**





**Agate Dendritic:** One of the most powerful protective stones for travel, for it can prevent you from getting fatigued or having an accident when traveling down the highway.

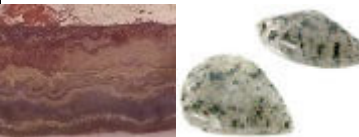


**Agate Botswana:** Strengthens sexual energy. Eases the pain of loneliness. Helps with emotional understanding. Liberates mental feelings. Strengthens the immune system.


**Agate Brown or Tawny:** Once worn by warriors for victory in battle, the brown agate is today for success in any undertaking. It was prized in Italy and Persia as a guard against the evil eye. It's also a wealth talisman.




**Agate Green:** Worn to improve the health of the eyes. In the past, a woman who drank the water a green agate ring was washed in was magically guard against sterility.





**Agate Moss:** Aura protector that neutralizes fears and opens the mind and Be-ing to new ideas. For meditation the clouds lead the mind into astral realms and expand consciousness. Eases emotional pain, aids creative visualization, increases trust and strength for earthly survival. Stimulates universal love. Connector to spirit guides, helps open communications with unseen entities. Helps you connect with nature spirits and the land.




**Agate Plume:** Encourages creative visualization, that is, to create an image of what you want and then achieve your goal. Aids you to keep focused.



**Agate Red or Blood:** This stone was worn in ancient Rome to guard against insect bites, to heal the blood, and to promote calm and peace.





**Agate Blue Lace:** Blue Lace Agate is a great choice for self-expression; it makes it much easier to express oneself. It is also a great choice if you do a lot of public speaking; it helps one to speak their truth and makes it easier to convey your thoughts while speaking. Blue Lace agate clears the throat chakra and programs the etheric body for creative work. Physically, it eases a sore throat and takes away the hoarseness associated with your voice. This stone also works directly with the nervous system to alleviate physical tension, it is very calming and people who are agitated are drawn to its energy. I like to add Blue Lace Agate to every laying on of stones session, it helps to bring the client to a place where they feel comfortable, safe and relaxed. Physically, this stone is said to be a treatment of arthritis, skeletal conditions, and as an aid to digestion. You can use this stone as an elixir or on your body for optimum benefits.



**Agate Mexican Lace:** Bolsters and strengthens your attitude.

**Agate White Lace:** It can support optimism and elevate your thoughts.  
**Agate Pink Lace:** Adds to your happiness by helping you to rescue your attitude.



**Ajoite:** Color (Blue green to light green)  
 The stone was first discovered in Ajo in Arizona and was named after this locality. It is associated with plancheite and papagoite. It often forms small tufts with the amazing ajoite color.

**Alexandrite:** Color (It appears red in indoor lighted places and green in normal daylight)  
 Aids internal and external regeneration, has positive influence on nervous system, spleen, pancreas. Helps to align mental and emotional body. Spiritual transformation and regeneration. Reflects highest potentials of unfoldment. Joy, oneness with life.



**Almandine:** Color (Typically red but oftentimes brown)



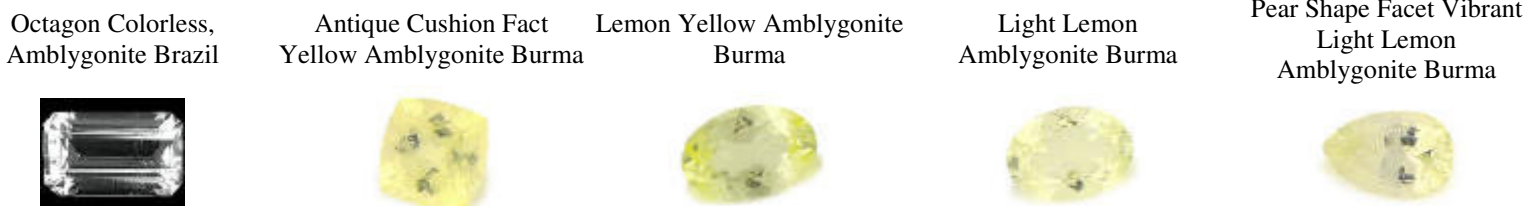
**Alum:** Alum has been worn in Egypt as a protective amulet against evil. On the north coast of Africa, alum is also used for this purpose. A piece of alum is placed in the home to guard it, and small amounts of this mineral are sewn into or placed in children's hats to protect them as well.

**Aluminum:** Mental Abilities, travel, image magic. Small pieces of aluminum can be carried to stimulate mental abilities. Due to its modern associations with travel, aluminum is also utilized in spells involving trips to distant lands.

**Amazonite:** Color (Green or blue-green)  
 It inspires faith and hope. Balances the emotions. Helps align the heart and solar plexus chakras. Helps perfect personal expression and verbalizing.



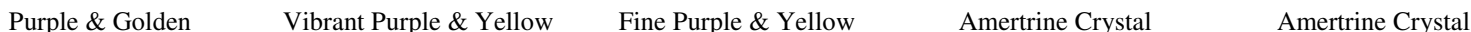
**Amblygonite**



**Amber:** wind, bile, phlegm and colic. In ancient times, amber was burned to cleanse the air, especially during childbirth. It was also thought to improve eyesight by gazing into it.

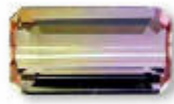


**Ametrine Faced Gems**



Fine Purple & Yellow

Purple & Yellow



**Amethyst:** Color (Purple violet to deep purple)



Amethyst as a healing stone contains sobering and calming qualities which allow stone to be commonly associated with peace. Amethyst is known to calm and protect the mind. It soothes those who have engaged in constant rigorous mental activity. It has been deemed "nature's tranquilizer" by many healers because of its effectiveness in relaxing not only the mind but also the nervous system. Those who wear amethyst jewelry and who have been recommended to wear this stone for healing purposes have done so because of its tranquil qualities and its ability reduce negativity and alleviate anxiety.

Besides being a stone of tranquility and repose, amethyst is also known to enhance mental strength, stability, and vigor. It also is protective in averting the mind from psychic attacks and transforming negative energy in to that of positive and tranquil tenacity. It is also used to bring understanding of all that is transitional, especially death and rebirth. It can provide security and peace of mind (along with understanding) when a loved one is lost or reborn. It is said to also have a relieving effect on stress, grief, depression, emotional despair and ineffective communication.

Along with the many mental benefits of amethyst healing, there are also many physical afflictions for which the healing powers of amethyst are a remedy. As an elixir (solution as a medicinal substance) amethyst can be used to treat toothaches, skeletal discomforts, posture and other bone and joint-related sicknesses (like arthritis). In elixir form amethyst also cures problems within the stomach and digestive tract, the heart and hearing disorders. It has been known to treat various types of blood disease and balancing blood sugar. Amethyst as a healing stone or crystal is used to treat and heal problems involving the central nervous system. Amethyst is a treatment for both convulsions and neuralgia.

**Ammolite**  
Canada

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Canada

**Ammolite**  
Canada

**Anapaite**  
Fancy Facet Green Yellow  
Crimea

**Anapaite**  
Russia



Baguette Facet Cognac  
Anatase, Brasil

Triangle Facet  
Blue and Yellow  
Anatase, Brasil

**Anatase**  
Fancy Facet Conac with  
Rainbow Flashes  
Anatase, Brasil

Pear Shape Facet  
Blue and Yellow  
Anatase, Brasil

Fancey Facet Green  
Anatase, Brasil



Oval Facet  
Olive Green with Red  
Andalusite, Brazil



Pear Facet  
Olive Green with Red  
Andalusite, Brazil



**Andalusite**  
Marquise Facet  
Green with Red  
Andalusite, Brazil



Octagon Facet  
Olive Green with Red  
Andalusite, Brazil



Long Oval Facet  
Olive Green with Red  
Andalusite, Brazil



**Angelite:** is a wonderful stone to promote a sense of calm, serenity and inner peace. Hold an Angelite stone when feeling stressed and overwhelmed the soft vibration will allow you to immediately calm down. The soft light blue color reminds us that we need to teach each other to be peaceful, with peace comes understanding. Stabilizes the emotional body, allows one to speak out with authority in group settings. Dispels fears, anger, and allows one to forgive. Some like to use Angelite to aid connection with the higher self, deva's and spirit guides. Some like to use this stone to aid expression, not only in group settings but in personal relationships as well. Convey your thoughts and emotions in an understandable and peaceful way. Others like to use Angelite to aid in astral travel, raising consciousness, and to stimulate psychic awareness. Angelite is also a great stone for spiritual journeys and astral travel, it allows us to experience the journey and then to express the feelings felt during travel. Sometimes we cannot express our feelings especially when it comes to various aspects of astral travel, Angelite allows you to take in the mental and emotional meaning of your travel.

**Anglesite Faced Gems**

Antique Facet Rare Yellow



Octagon Princess Cut  
Vibrant Light Yellow



Pear Shape Facet Fine  
Yellow



**Anglesite Crystal**  
Prismatic Bright Lemon on  
Black Matrix



**Anglesite Crystal**  
Bright Yellow Lemon on  
Black Matrix



**Anhydrite:** Anhydrite is to assist in breaking down old habit patterns by bringing secrets buried deep within the soul to light. This stone will also open the heart center by arousing sympathy for the human condition.

**Ant Hill Crystals:** Ant hill crystals expand and awaken the mind and soul through memory. These stones may be found at any ant hill; the bigger the ants the larger the crystals. North and South American shamans use ant hill crystals in their medicine bags and rattles in order to remain in contact with the spirits.

**Antimony:** Protection. Wear a small piece of antimony to guard against negative vibrations. This white metal can also be worn or carried for protection. This metallic mineral may be worn against the skin for vitality and improved circulation.

**Apache Tear:** provides psychic protection and grounding, carried as a good-luck charm.

**Apatite:** Apatite is a "mind over matter" stone. It helps to quiet emotional upset, especially during the more difficult phases of transformative deepening, such as divorce and death.

Enchanting Fancy Facet  
Green Apatite

Oval Facet Blue Apatite

Apatite on Feldspar Pakistan

Apatite Tanzanian

Oval Facet Canary Yellow  
Apatite, Africa





**Aphtitalite:** Aphtitalite could be used to promote unity and harmony in the body, mind and soul, as this stone balances the flow of cosmic energy throughout the body-earth. Use aphtitalite when you are feeling down, to encourage feelings of contentment and self-assurance.



**Apophyllite:** Color (Colorless, white, yellow to brown, reddish and even greenish.)  
To regulate and strengthen the heartbeat. Used athletes, giving them stamina and strengthening the muscular structure. 7th chakra (crown) Aids in becoming spiritually aware, increases awareness in every day life, and fills aura bodies with light and joy. These are very nicely formed crystals with great clarity.

**Asbestos:** Surprisingly, asbestos is nothing more than a mass of flexible, perfect prismatic crystals, usually a variety of serpentine or grocidolite.

The irresponsible use of asbestos in manufacturing and housing has caused countless illnesses today. In the past, however, long before it was misused, asbestos was worn for protection against negative magic and the evil eye.

**Aquamarine:** In the past Aquamarine was used for protection of sea travelers, calming fears while at sea. It is a great stone to calm hostility and anger and encourages openness and love for friends. Use Aquamarine for diseases of the neck, head, and throat. Carry a crystal of Aquamarine with you in your left-hand pocket or wear it as a necklace over your heart for daily use. It may also be used for a laying-on-of stones- session on the throat chakra area.

Oval Facet  
Santa Maria Blue  
Aquamarine



Octagon Cut  
Santa Maria Blue  
Aquamarine



Oval Facet Bright Blue Silky  
Aquamarine, Africa



Gem Oval Cabochon Rich  
Blue Grey Cats Eye  
Aquamarine, Russa



Blue  
Aquamarine Crystal, Russa



**Autunite:** Autunite crystal is to stimulate creative imagination as well as to bring the mind under conscious control and direction.

### Aragonite

Color: Usually white or colorless or with soft shades of red yellow, brown or green

Aragonite Crystal



Marquise Facet Yellow,  
Aragonite, Czech Republic



Octagon Princess Cut Light  
Yellow  
Aragonite, Czech Republic



Antique Facet Fine White,  
Thedford Mines, Canada



Aragonite Crystal




**Avalonite:** 2nd and 4th chakras. Avalonite's basic function is to deal with issues relating to fear of love. Fear and fear of love keeps us from finding our life path, Avalonite aids in healing this fear so you can discover your true path.. It does this by allowing you to trust your intuition through letting go of fear; fear of all love related issues, fear of being wrong, and/or fear of failure. Avalonite brings love and wisdom to help you discover your true self AND then you may start 'living your truth'. Wisdom and clarity; being clear about who you are. Helps you to become conscious; or aware of areas in your life that need healing. Aids feelings of loneliness by making you realize that you are apart of the Universe, you are never alone. Aids in decision making. Wisdom, Joy and happiness. Love integrating to wisdom or emotional to mental.





**Aventurine:** According to believers in the power of stones and crystals, Aventurine's strongest mental healing characteristic is its ability to ground an individual emotionally, thus allowing for thought that is free of fear, troubled emotions, indecisiveness, and anxiety. This clarity of mind and self confidence that result from wearing this powerful stone energize, inspire, motivate and enhance one's ability to relate to others on an emotional level. It is a stone for leaders, for protectors and counselors; wear it when making critical decisions, when anxious or when feeling overwhelmed by life's problems and it will amplify your ability to focus and find creative solutions.


Many believe Aventurine to be the best all around healing stone, because, along with the many mental benefits of Aventurine healing, there are also many physical healing powers that followers of Alternative Medicine attribute to the stone. While its primary physical healing function is to heal afflictions of the heart and lungs and adrenal system, healers also consider Aventurine helpful in the treatment of fevers, inflammation, nervous system stress and migraines, eye ailments, blood pressure abnormalities, hypertension and urogenital disorders.

**Aventurine (Quartz)** This stone is associated with the Thymus Gland. Improving eyesight, and healing diseases of the eyes.

 **Aventurine Green:** It soothes, heals, and balances. It opens and soothes a wounded heart. Enhances intelligence. Increases opportunities and motivation. Brings luck and adventures in love and games. A Prosperity stone.

 **Aventurine Blue:** opens and dissolves blocks in the brow center. Increases visionary powers and perceptions. Stimulates creativity and expression.

 **Aventurine Blue-Green:** It soothes, heals, and balances. Connects the heart and throat centers helping one communicate in a more loving manner.

 **Aventurine Orange:** Works with the second chakra, dissolving creative blocks and healing sexual trauma. Aids in independence and originality.

**Axinite:** Axinite is a rare and unusual crystal that is a deep brownish red color. It is a tabular crystal, very wedge-like in form. Not much has been written about this unique crystal and I am still in the process of working it out. However, what is known is that this crystal is a good choice when going through change and transformation. It allows you to gracefully make the change required for personal growth. It is a very positive crystal that brings out the positive in everyone who encounters it. Some say this stone aids friendships, bringing two people closer together than ever. Physically, Axinite treats disorders of the adrenal glands.

- |  |   |   |                |                           |
|--|---|---|----------------|---------------------------|
| Fancy Facet Rich Amber<br>Axinite, Sri Lanka | Octagon Cut Champagne<br>with Orange<br>Axinite, Mexico | Ovel Facet Rich Orange<br>Axinite, Mexico | Axinite Russia | Axinite & Datolite Russia |
|--|---|---|----------------|---------------------------|



**Azurite:** 6th chakra (third eye) Helps one to connect with the spirit guides, aids healers, meditators, and psychics. Increases psychic ability. Dissolves energy blocks and negativity. Allow Azurite to give voice to your thoughts and feelings, it will allow you the ability to speak of your most deeply felt emotions. When placed on your third eye, Azurite will help you to reach great depths of spirituality. Azurite is a very important stone for connecting with your higher self, god/goddess and angelic beings. Many like to use this stone to aid psychic travel and journeying. Physically, Azurite has been used for disorders of the spine, rib cage, and small bones. There has been some use for circulatory diseases as well. Being Azurite is a very 'absorbing' stone, it can also be used to clear toxins from the body. This can be environmental toxins as well as toxins from prescription medications. After using Azurite in a healing session, it is best to thoroughly cleanse the stone with sage or sweet grass smoke. DO NOT use water, Azurite is very sensitive and has a tendency to crumble in liquids. **Color:** Azure blue (deep blue)

## B

### Bahianite

Trilliant Facet      Pear Shape Facet Chocolate  
Chocolate Bahianite, Brazil      Bahianite, Brazil



**Barite Golden:** Barite is thought to have been extensively used by the Native Americans in their religious practices. Apparently, the Natives used it to shape shift as well as to go from the physical world to the spiritual. Some say that the Golden Barite is used to promote and stimulate the dream state, allowing one to remember their dreams. If you are into Dream Therapy, then this is a good stone for you. Physically, Barite is used to cleanse the system of toxins, to soothe a nervous stomach and to assist in the healing of addictions.



**Barite Light Blue:** Is used to stimulate conversation as well as to give the courage needed to speak in front of large crowds. Stonham, Colorado



### Bastnaesite

Round Diamond Cut Orange      Trilliant Facet Orange      Oval Facet Orange  
Bastnaesite, Afghanistan      Bastnaesite, Afghanistan      Bastnaesite, Afghanistan





**Beryl:** This stone is related to the sea, beryl is worn while on the water for protection against storms. This stone guards its wearer against drowning and also seasickness. It has also been used for relieving liver ailments, swollen glands and diseases of the eyes.



**Beryl Aquamarine** (green-blue):

The deep oceanic shades of beryl aquamarine are best for transmutative purposes, and may ease us through the processes of death. This stone offers protection and courage. Pale blue or blue-green stones afford the wearer soothing calm.



**Beryl Emerald** (brilliant green):

Creative imagination, prosperity, protection, love and fertility are increased by beryl emerald.



**Beryl Golden** (bright yellow):

Stimulates the heart, clears the mind, and promotes genuine feelings of love and affection when worn in a ring on the third finger of the Sun or the fourth finger of



Mercury on the receptive hand.

**Beryl Goshenite** (white and colorless):

Is a memory stone. White goshenite may be used to clear long-held emotional patterns lingering in the psyche; colorless goshenite assists in bringing the spirit of the cosmos to earth-plane consciousness.



**Beryl Heliodor** (yellow-brown):

Heliodor beryl may be used as an aid to concentration when working to manifest a specific goal.



**Beryl Morganite** (red-pink): Morganite beryl may help to resolve painful sexual issues regarding abuse and gender orientation.



**Beryl** (purple-red):

These stones accelerate self-forgiveness and self-love

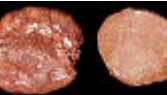


**Bloodstone:** billious troubles. And is used today in conjunction with anything having to do with blood.



Australia

**Boji Stones:** Strengthening, heals holes in aura. Increases physical energy as it brings in more Life Force.



**Boltwoodite:**Color, Bright yellow. Yellow to pale yellowish, crystals transparent to translucent



**Boracite:** Fancy Facet White, Germany



**Bornite:** Color, Brown to black with a typical purplish-bluish tarnish, a reddish bronze color on freshly broken surfaces.



**Burbankite:** Pear Facet Orange Yellow, St. Hilaire, Canada

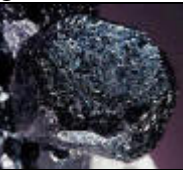


**Bustamite:** This is a good stone to have in your healing kit for it does many things. One of the most important reasons to use Bustamite is to eliminate energy blocks throughout the system. However, it is also used in ceremonies and initiations. Bustamite allows us to feel safe and secure in our environment, take to your place of work when you feel a need to get along with others. Some like to use this stone to aid meditation, it allows the security needed to venture further into the self. Bustamite helps to explore relationships and issues of the heart.



**Brass:** Healing, money, protection. Brass has long been used as a magical substitute for gold. While it doesn't possess all of gold's attributes, brass is used in money-attracting rituals.

**Braunite:** Color, Black



**Brazilianite:** Some say that this crystal works with the third eye and heart centers. It allows us to bring love and understanding of love/relationships to the next level. Understanding the wants and needs of each other in all relationships, understand why relationships need to grow and what we can do to improve them. This stone can be useful in understanding children, it gives the parents an idea of how and why the child needs nurturing, then gives us the momentum to do what is necessary to raise healthy children.



as individuals

the parents an idea of how and why the child needs nurturing, then gives us the momentum to do what is necessary to raise healthy children.

**Brochantite:**

Color, Emerald green, black-green.



**Brucite:** Fancy

Facet Emerald Green, Russia



Buddstone



**Bultfonteinite:**

Color, Commonly pink but also brown and white.



**Bytownite:** Color, Bright Golden Yellow



C-E



**Calcite Emerald:** 4th chakra, heart. 4th chakra (heart) This is a brand new calcite on the market called Emerald calcite for its lovely green color. This is a very deep healing heart chakra stone. It is recommend it for healing those deepest issues of the heart such as love of self and others. Cleansing of old stagnant and blocked energy. Breaking old relationship habits and patterns. Emerald Calcite allows you to surrender or to let go of those love issues which have stopped you from finding your true love or soul mate. Surrender to the Universe the 'need' to be in a relationship. Give yourself the gift of clearing out the old energy that you are projecting. If you project the energy of neediness or being a victim, you will only attract those who are not good for you. Use the Emerald Calcite to help you project an image of love and self-respect for yourself. This will allow your true energy to show and only then will you be able to mirror your soul mate. Emerald Calcite will show your heart the way, the way to a happy and healthy relationship. There is someone for each of us; we just need to heal our own heart first. To use this calcite hold it over your heart chakra and say this affirmation out loud. " I am in love with the Universe, Myself and with life".



**Calcite Golden Chevron:** 3rd chakra. Energetically speaking these stones are emotional as well as mental. Of course the basic properties of Golden Calcite are associated with self-esteem and worth. These Golden Chevron Calcite crystals bring out creativity, stimulates wisdom and aids manifesting. Connects the lower with the higher mental bodies. Protects and strengthens the aura. Allows our wisdom to shine through

**Calcite Rhomboidal Green:** Green Rhomboidal Calcite is used when consciously reconstructing your reality – creating a new way of being you. The green variety helps the mind release old fears while in the process of consciously constructing new beliefs. It bridges the gap between the stage of letting go of one reality and taking hold of a new chosen way of being.



**Calcite Rhomboidal Pink:** Pink Rhomboidal Calcite This crystal aids in bridging the gap between the love we have for ourselves and the spontaneous expression of that into the world. It will assist in dissolving the emotional patterns or views of love and establishing a new sense of unconditional love – the new way of loving.

**Calcite Stellar Ice:** Stellar Ice is a very special form of Calcite which fluoresces in UV light and can be seen in two differing colors; magenta and pink. Magenta symbolizes the divine love that we feel in every part of our being. Pink symbolizes unconditional love or love without attachment. Stellar Ice will allow you the capacity to change and be changed through the art of being. When we can simply 'be' we gain a sense of true knowing. The knowing of who we truly are, the knowing of our purpose and the knowing that we are loved. The Stellar Ice Calcite has a formation of 5 triangular faces which bring with it all of the aspects of the trinity. These include the lower, upper and transpersonal chakras; conscious, subconscious and super conscious; as well as the body, heart and mind.



**Carrolite:** Color, Metallic silver



**Carnelian:** Among the New Age community, believers revere Carnelian's mental grounding power and believe this is the source of its greatest mental effects. They say it teaches one to focus on the present for the moments in life when all one's mental powers are necessary for success at a single, important task and is a source of confidence, eloquence and inspiration. For instances when you need a boost to creativity for problem-solving, Carnelian can assist in getting the mind out of mental ruts and back on track for success. In the long-term, it bolsters ambition and drive and reminds the wearer of the future's goals, hence becoming a powerful tool in major decision-making. Overall, many hold Carnelian dear as a stone with the ability to protect the individual, bolster confidence and generally enhance and expand the experiences of life.

Because of its connection to the 2nd Chakra, New Age healers believe Carnelian to be instrumental in maintaining health in the lower abdomen. They use it to treat impotence, menstrual cramps, infertility associated with this region. However, they have also turned to its power for healing neuralgia, rheumatism, asthma, skin and blood conditions and insomnia. It is considered so effective in healing dermatological ailments such as acne and psoriasis, that some even recommend Carnelian for the treatment of skin disorders of pets.



**Cassiterite:** This is a metallic gray to black mineral/crystal. 1st chakra. Cassiterite is a stone for personal protection. Being metallic, Cassiterite acts somewhat like Hematite, shielding and protecting one from negative energy. It basically reflects back negativity to the sender. Being Cassiterite is dark, shiny and black, it is used as a grounding stone when one feels flighty or out of sink with the energy of the Earth. Use this stone to get your energy back into balance, a good idea is to take your Cassiterite out into nature with you and allow it to bond with the gentleness of the Earth and to you. Cassiterite is also used to dispel energy relating to disapproval, it encourages optimism. Useful in fields relating to mathematics and astrology.

**Cat's eye:** piles, some eye problems and cough. A cat's eye money spell: Take a bill of the highest denomination you have. Rub it completely with the cat's eye, then tightly wrap the bill around the stone. Tie the bill firmly to it with green thread and carry in your pocket to increase your money. Don't spend the bill until the spell has worked.



**Celestine:** Color, Usually blue but can also be colorless or yellow.

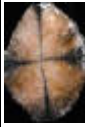
Celestite advances channeling; brings about information/light, core soul healing, spiritual and karmic growth. It is about raising our consciousness to the spiritual dimensions of ourselves and allowing that to be the focus and the energy behind our expression. Each of us has a 'light of soul' in our consciousness, Celestite allows us to acknowledge this and to be the conscious individual that we truly are. Of course, this stone is also about expression and communication whether it be communication with the angels, devas or spirit guides, Celestite will aid your communication skills. Celestite stone, evokes peace and the ability to flow with life. Many of us do not like the idea of sitting still, maybe it is the fear of thoughts that come upon us which we do not want to think about. We all need to take time out in our hectic lives to learn to be. No matter how scary this is to you, it is very helpful to enhance our healing state. We all need to take time out each day to experience the beingness in each of us.

Enhances thyroid functions. Reduces stress. Relaxing, peace of mind. Accelerates growth. Aids personal creative expression. Helps one adjust to higher, more rarefied states of awareness. Truth, reliability. Clear speech.

**Cerussite:** Color, Generally colorless or with light shades of yellow or gray.







**Chaiastolite:** is also called the cross stone for it displays an interesting cross when the crystal is cut in cross sections. It is actually a variety of Andalusite which is usually seen as small gem crystals. Chaiastolite is thought to be a stone of protection and it is very helpful in times of transition.

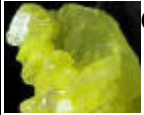


**Chalcedony Blue:** This is a lovely stone from South Africa. The deep blue saturation of Blue Chalcedony reminds me of the calming effect of the ocean. To gaze into its depth is like looking into a bright pool of water. This stone is very calming and adds the element of peace and goodwill to everyone. It is also good to use Blue Chalcedony when I have a public speaking engagement; it allows me to speak with authority and truth. If you are not sure what exactly your truth is, then allow the energetic qualities of this stone speak to you.



**Chalcedony Pink:** Works to heal all issues of the heart; emotional healing. Allows one to be open to the loving energies of the Universe and others. Good choice for those who have been abused as children, pink limb cast is very nurturing. It is an important stone to heal the inner child, it allows one the security needed to explore feelings on a deeper level; let go of past hurt and turmoil now! Pink Chalcedony is said to strengthen the arms and legs and to promote flexibility throughout the system.

**Chalcopyrite:** Color, Brass yellow (often with a green tint), honey yellow (often tarnished)



**Charlesite:** Color, Bright yellow, also colorless and white.



**Chrysoberyl:** Color, Yellow, orange-yellow, yellow-green, green, bluish green and brown. The variety alexanderite becomes reddish in artificial light.



**Chrysocolla:** Chrysocolla is a very beautiful bluish green stone. It is thought to heal issues of the emotional body. It is very feminine in nature, meaning it allows us to explore our feminine side and to rejoice in who we are as women. Chrysocolla has a special bond to not only us, but also the energies of the Earth. When men are drawn to Chrysocolla it means they are either ready to learn to appreciate this feminine energy or they are ready to make a connection with the Earth. You will see Chrysocolla in Native American Jewelry for the Natives use this stone in their sacred earth-based religion.

Aids in preventing ulcers, digestive problems, and arthritic conditions. Strengthens lungs and thyroid gland. Enhances metabolism. Excellent for female disorders. Alleviates fears, guilt, and tension. Helps clear subconscious imbalances. Activates feminine qualities.



**Chrysoprasi:** Chrysoprasi activates, opens, and energizes the heart chakra. Meditating with or wearing Chrysoprasi can facilitate a deep heart connection with the Mother Earth. Some like to use this stone to manifest abundance, or to bring courage to act on our convictions. Many people already have courage, but have a hard time recognizing it; Chrysoprasi allows one to tap into their inner courage and to use it wisely. Many people drawn to this stone simply need the courage to be themselves. If we had one word to describe Chrysoprasi, it would be courage!

Draws out unknown talents. Carry a small piece with you at all times to attract money. Works with emotional, personal insight. Enhances fertility for both sexes and can help guard against sexually transmitted diseases. Helps gout, mental illness, and eye problems.



**Citrine:** As mentioned above, healers consider Citrine a self-esteem stone with powers to heal the mind's feelings of inadequacy and deem it essential for handling negative criticism. It is also good, according to believers, as an energizing stone against power issues of willpower, optimism, confidence and self-discipline. Secondary mental healing traits include its ability to awaken the mind, create clarity and increase knowledge of the self, as well as general relaxation and emotional healing powers and protections against overwhelming fear, depression, money worries and security. Further, because of Citrine's ability to increase knowledge of the self, New Age healers recommend it in times of introspection, when making choices or when creative solutions are necessary.



As a stone healers esteem for its powers to cleans the body of toxins and regeneration of body tissues, Citrine is essential for maintaining the health of the digestive, circulatory and urinary system. They believe it eliminates toxins in the second and third chakras and has the power to assist in ailments where toxins can cause discomfort or disease, such as acid indigestion, poor blood circulation, food disorders and allergies.

**Columbite:** Color, Iron black to brownish black, reddish brown in thin splinters.



**Copper:** According to New Age healers, Copper can stimulate the flow of energy and hence move Psychic or Mental energies thereby helping the wearer overcome lethargic tendencies, resulting in a more vitalized person with amplified thoughts. They also attribute powers of communication, channeling, cleansing, purification, increasing self-esteem and freeing the wearer of mental burdens.



Beginning in the 1970s in the United States, Copper use as a healing agent began to see an increase. People who believe in its power esteem it as a very powerful assistant with Arthritic and Rheumatic diseases, but also look to it for its healing properties in improving the circulation of blood, increasing energy, detoxification, reducing inflammation, stabilizing metabolism and improving Oxygen use.

**Coal:** The common substance used to heat millions of homes, is considered by many to be an excellent money-attractant and hence is carried in the pocket and placed with money.

**Coral:** healing properties are mostly associated with Women, young children and the elderly. For women it is said to increase fertility and regulate menstruation. For young children, it is recommended to ease teething and to prevent epilepsy. For the elderly, it is used as a cure for arthritis.

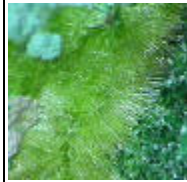
**Corundum:** Color, Blue-Sapphire, Red-Ruby



**Cuprite:** A deep red metallic crystal from Russia. This crystal is used on the 1st chakra to promote energy throughout the entire chakra system. Being this crystal is metallic; it can be used to reflect our deepest thoughts out into the world. It allows us to see the true beauty that is hidden inside each of us.



Cuprite is used to discourage worry, especially those worries which we have little or no control over. It allows one to understand that worry is essentially a waste of energy. Being that Cuprite is highly metallic and dense, it has a strong connection to the Earth. It allows us to understand our deep connection with the Earth and what it means to be mortal. Some say that Cuprite can physically aid bladder and kidney disorders, helpful in the treatment of vertigo and is used to eliminate altitude sickness. Use it to stimulate and balance the menses.

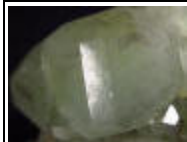


**Cuprosklodowskite:** Color, Green, a dark to lime green

**Danburite:** Danburite's healing properties work well with the Vision and Heart Chakras. (for those of you not familiar with the Vision Chakras, they are located behind the eyes. The eyes can be used in healing as well as for visualization and manifesting our needs. The Vision Chakras are considered to be "minor centers" but are important for psychic healers.) Danburite is a bright, delightful crystal, which commonly occurs in colorless and light pink varieties. The pink variety works with the heart chakra to bring self-love to the user. The frequencies help to connect us more fully with ourselves.



Danburite also enhances creativity by helping your thoughts to flow easier. The colorless or (silver) variety increases psychic vision and promotes connection with angels and guides while opening visual awareness of other realms, planets, and dimensions. Danburite intensifies all other healing energies as well. It is often called the "stone of joy and celebration" encouraging people to get along with others.



**Datolite:** Color, White to pink



**Diamond:** Brings fierceness, strength and fortitude. Strengthens friendships and protects from evil, disease and plagues. Tuberculosis, dropsy, diabetes, anaemia and prolongs life.



**Diamond Herkimer:** Enhance and amplify inner vision and placed under the pillow will increase one's awareness and recall of dreams. A powerful amplifier with similar qualities to clear quartz, it brings mental and bodily energies into harmony.

Herkimer diamonds 'harvest' toxins from the body, and re-tunes the physical body by eliminating stress.



**Diopside:** This stone is used for the mental body. It encourages the intellect, helps one to grow academically, and encourages creativity, especially in pursuits of writing. This stone is good for those who are up and coming authors, it enables them to get their thoughts out on paper in a timely fashion. Some feel that Diopside is a good choice when learning mathematics or any other intellectual pursuits. Physically, this stone is used for psychological disorders. Note: A good choice if you need to calm your pet.



**Diopside:** Strengthens cardiovascular and central nervous systems. Excellent aid for ulcers, nervous stomach, heart troubles, blood pressure. Vitalizes, balances, tones body/mind. Emotional stability. Peach of mind. Excellent for use with healing and affirmations. Abundance, prosperity, progress, health, well-being.

**Dumortierite:** This stone is said to promote a positive attitude in all life situations. It provides us with courage and trust in times of hardship and helps us to gain control and understanding in our own lives. Some like to use Dumortierite to ease panic and fear. Apparently it is being used to help addicts cope with their addiction by recognizing the patterns and helping to erase the negativity at a core level. Physically this stone helps with nausea, vomiting, cramping and diarrhea. A good choice to take with you when going on long sea trips.



**Electrum:** Electrum is a general term describing a mixture, or alloy, of metals. Gold, silver and platinum are often found, in some combination or other, in electrum used in magic.



**Emerald:** It is said to aid perception and inner clarity. Because of this, they are also associated with healing diseases of the eye, and problems affecting eyesight. It was believed that emeralds could counteract poisons and cure dysentery. Has been used for diseases of the heart, urinary problems, asthma, jaundice and indigestion.



**Epidote:** Opens those who have refused their spiritual growth. Clears the emotional body aura. Cleanses old repressed emotions once and for all. Those drawn to this stone are being shaken into spiritual awakening. Epidote is becoming more popular, I feel that many are becoming more open to spiritual growth and what it means for them.

Epidote is crystal that will help us to face issues of self-image. Whether it is how we physically look to the world or our reactions to how we portray our image, Epidote will help us to realize whom we truly and then show our true selves to the world. I have heard that is also a good stone to promote patience and to ease restlessness. Some like to use Epidote to help them through times of difficulty, it dissolves sadness, sorrow, self-pity and grief. Physically, it is said to stimulate the immune system and supports all healing processes. Epidote can be used as a digestive aid, especially for those who have a hard time assimilating food intake.

## F-I

**Flint:** Protection, healing, divination



**Fluorite:** Crystal healers consider Fluorite one of Nature's most powerful mental healers. Those who have experienced the power of Fluorite have labeled it the Genius Stone. To them it has the ability to influence the activities that occur on the mental plane of consciousness and amplifies, focuses, expands and creates new pathways for the mind. Mental healers also credit Fluorite with connecting a person's being on the mental and spiritual plane. This allows it to increase abilities of concentration, discernment of truth and clear decision-making. Other properties include bringing order to mental chaos, increasing objectivity, enhancing creativity, curing mental disorders, easing meditation and freeing one from bad habits.

The many colors of Fluorite, according to healers, have different mental healing specialties. Green can energize and still the heart and mind. Blue for inner peace. Purple is for focus and helping to get one out of a mental rut. Yellow is for comprehension and group communication and dynamics. White is for creating pathways between the individual and universal spirit.

Though primarily recognized as a mental healer, crystal healers also consider Fluorite a good physical healer, protecting one from infection by purification of the body, cleansing the spirit and eliminating almost any virus or bacteria. They also prescribe it for women in need of balancing their hormones. Because of its chemical makeup, they believe it can help with bones and teeth.

Healers specializing in using crystal power on pets recommend Fluorite for teeth, ear, nose and throat, digestion, respiratory, lymph node, bones, sleep, and anxious maladies.

**Fluorite Green:** Green Fluorite is about healing on all levels. This stone allows us to mentally grasp our heart based issues and then begin to heal them. Green is the color of growth and healing. Use this stone as a bridge to allow personal growth to happen in your life. It is very calming, but at the same time it gives us the courage needed to expand our ideas and awareness. This is a very important stone to have in your healing kit.

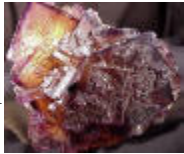


**Fluorite Octahedral:** Fluorite Octahedrons is used to help us dissolve mental blocks, narrow mindedness, and thought constricting patterns. I feel it helps us to get through the 'I can't do it' stage of getting our ideas out into the open very quickly. Sometimes we are stuck in self defeating patterns and need that extra boost to make us realize that we really can do what we set our mind on. Fluorite Octahedrons work to get us through these difficult times by reminding us that we are important and having negative thoughts about ourselves is not the way to a full and happy life. Physically, fluorite octahedrons are used to heal skin, bones and regenerate cell tissue. It may also help those with arthritis (inflammation of the joints.)

**Fluorite Purple:** Aids ability to meditate, increases psychic development, brings spiritual peace and wholeness. As we develop spiritually, we come to a place in our journey where we need to make a commitment; Fluorite will help you to decide if you are indeed ready to make this important commitment. For some, purple fluorite will help them to begin channeling information that is crucial to further their spiritual development. This stone is more than a 'mental' stone; it also radiates energy throughout the light body system. Physically, purple fluorite is helpful in promoting a state of health for the skin, bones and muscular system.



**Fluorite Rainbow:** This variety of Fluorite exhibits 3 distinct color rays, violet, green and blue. Being that this gemstone is three colors, it will help you to heal on three levels; spiritual, emotional, and mental. Whatever your issues are, Rainbow Fluorite will help you to become mentally aware and then begin to help you work through the processes necessary for complete healing.



**Fluorite Yttrium:** Yttrium Fluorite is an unusual, rare and beautiful form of purple Fluorite from Mexico. It is unusual in the fact that it does not cleave as other varieties of Fluorite and is extremely dense. Fluorite is known for being a mental body stone, but Yttrium is very different in the fact that it is attached to the physical world. While this may seem an unusual property for a mentally orientated mineral, it does serve an important function. Many people are too mentally oriented; they are thinkers, philosophers and dreamers who lack the discipline or groundedness to bring their ideas into reality. Yttrium Fluorite assists in grounding the ideas of these thinkers by manifesting those plans--making things happen. Another way the energies of this stone maybe utilized is by bringing down mental concepts to a level more readily understood by the average person. Minerals such as Selenite give us access into higher wisdom, Calcite can bridge the gap between that reality and our own, but a mineral such as Yttrium Fluorite will bring that information down through the physical plane to a level more easily understood.



**Fossilized Dinosaur Bone:** Elemental power, past-life regression, protection, longevity.



**Fossilized Rhamphosuchus Head:** Elemental power, past-life regression, protection, longevity.



**Fulgurite:** This unusual stone from the Libyan desert is known for its ability to contact aliens and the spirit world. It can also be used in the treatment of ear, nose and throat disorders.



**Garnet:** Garnet's emotional and mental healing associated with purification, regeneration and warmth also carry over to it's qualities of physical healing. As a healer and protector from toxins, garnet is recognized as a remedy in the body's fight against food poisoning and blood toxicity. It is also known for aiding in treatments against infection of the kidney, lung and facial (irritations, inflammation and blemishes) and area. The garnet family is also an aid to therapy for disorders of the heart (including low blood pressure), bones and spine, blood, pulmonary and even sleeping disorders. It has even been noted to provide gallstone relief and also work down to a cellular level. Because of its warming energies, it is also used therapeutically for frostbite, aching muscles, arthritis and other discomforts relating to the joints. In early history, recordings of garnet use to treat jaundice and yellow fever were made. Today, garnet is still used by healers to treat fever and even balance antibodies and hormones



**Garnet Red:** Red Garnet opens the root chakra while drawing earth energy into the body. Stimulates life-force, boosts sexuality and fertility. It works to move energy though the light body and circulatory system. Garnet also deals with issues of survival and abandonment. Use Red Garnet to understand the cause of these issues and then begin to heal them. It is thought of as a stone of purification, elimination and cleansing. Physically Red Garnet is used to treat disorders of the blood, heart, and lungs. I like to use Bloodstone and Garnet together in a healing session for Bloodstone works to strengthen the physical body so that the Garnet can do its work of moving energy throughout the entire system.



**Garnet Almandine** (deep red to brown or brownish black)  
This stone was associated with Bacchus, the Roman god of wine. Tonic water prepared with garnet almandine may be helpful in easing hangover symptoms. Place the stone in a bowl of purified water, let it stand overnight, and drink upon waking.



**Garnet Andradite** (wine red or greenish)  
This stone unearths buried secrets. Take this stone with you when mining, beachcombing or looking for lost objects. Give a garnet andradite crystal to your lover and listen carefully to what he or she reveals to you.



**Garnet Grossular** (colorless, white, pink, green or brown)  
This stone liberates the human spirit via its soothing, grounding and calming effect on the emotional body.



**Garnet Pyrope** (deep red to reddish black)

This stone has long been recognized for its use as an anti-inflammatory and blood-clotting agent.



**Garnet Spessartine** (brownish red to hyacinth red)

Spessartine garnet inspires enthusiasm, refines one's manners, heightens awareness, sharpens the tongue and lends personal grace and charm in dealings with the public.



**Garnet Uvarovite** (emerald green)

Stands for growth, peace, prosperity and abundance.



**Garnet Hessonite:** Hessonite Garnet is a 'stone of creativity'. Used on the third chakra, Hessonite will stimulate creativity on all levels. Some like to use this stone to encourage self-respect, respect of others, and spiritual growth.



Hessonite also allows us to say good-bye to outworn or unusable ideas, view, agreements, and behavioral patterns which we have out grown. On the Physical level, Hessonite is used to regulate hormone production, stimulates metabolism, fortifies the immune system, and encourages absorption of nutrients.

**Geode:** Geodes are crystal and agate caves. They are wonderful meditation tools. They assist grounding and give a sense of emotional safety.



**Glendonite:** On a physical level, Glendonite is helpful to heal broken bones, abrasions, strengthening of the teeth and bones, and regenerates cell tissue.



**Gold:** Gold's lack of toxicity and its scientific properties of incredible malleability and ability to conduct energy, while remaining resistant to wear and corrosion, make it highly useful for Medical Science. Medical uses based on science have included the treatment of Arthritis, dental fixtures, and more.

Healing uses for Gold based on the beliefs of the New Age include the treatment of blood, skin, neurological and heart disorders. They believe Gold to be an energy generator and remover of blockages with the power to strengthen, amplify and conduct energy in the body for the treatment of autism, dyslexia, epilepsy and scoliosis.



To those who use minerals, metals and crystals for healing Gold symbolizes the purity of spirit and they attribute the power of cell regeneration, energy conductivity, communication transmission and energy purification to the metal. According to their belief system, Gold spurs the regeneration of neurotransmitters in both lobes of the brain and creates a balance of brain function between creative and logical thought. It also benefits the nerves with its ability to improve the flow of information through the body. In the world of spiritual healing, Gold has the emotional power to ease tension, feelings of inferiority, anger as well as encouraging the realization of one's potential and bringing comfort.

**Gomedha:** colic and skin diseases.

**Gypsum:** Gypsum brings protection and good fortune. It is an excellent tool for developing mental telepathy.

**Halite:** Halite is actually a form of rock salt, usually seen in small clusters in either pink or colorless specimens. For this discussion we are referring to the pink crystal clusters. Pink Halite works primarily with the heart chakra and emotional body. It is good to release negative thought forms and energy from the emotional body, it allows for this change to shift. Pink halite is also a good choice when dealing with issues of love, self-love and love of others. It teaches us to be gentle and kind hearted. Physically, halite is used to aid assimilation of the proper amount of iodine. Some folks use it for their thyroid condition.



**Hematite:** As mentioned above, mineral and crystal healers associate Hematite with blood and use it in their rituals for treating blood-related illnesses such as hemophilia, anemia, heart, kidney and liver diseases, cardiovascular weakness, menstrual cramps, and nose bleeds. They also recommend it for use in treating the stress of jet lag, birth and surgery, tumors, insomnia, leg cramps, nervous disorders and fevers. Hematite was also a Native American remedy for dental problems, pimples, canker sores and alcohol abuse.

Crystal healers credit Hematite with the ability to bring about a calm mental state, improve memory, mental focus and concentration, bolster self-confidence, and increase the effectiveness of logical processes of the brain. Considered by followers of the New Age to be an excellent stone for treating mental stress, Hematite has a reputation for helping people bring order to mentally chaotic situations by drawing tension out of the body, neutralizing negativity and releasing anger. They also recognize its power for increasing mental function and believe it can improve memory, mathematical processes, logic, creativity and mental dexterity. Finally, it is an excellent aid in meditation, recognized by healers for calming the mental state, tuning the consciousness and increasing the pathways that lead to inner knowledge.

**Herderite:** Herderite is used in the treatment of behavioral problems. Some say it is a good choice to promote the leader within us, it also allows us to be leaders in group settings by bringing harmony and cooperation into group settings. It may also be used for psychic work and to help us develop passion.



**Hiddenite:** Hiddenite is a wonderful choice when you are looking for clarity in your life. It is the mental/spiritual partner to Kunzite creating a bridge from thought to spirit. Hiddenite allows us to look at ourselves on a deeper level; it does this by bringing us the clarity which we can so often ignore. It also allows us to focus on the issues and situations at hand, giving us ideas to solve our problems. Being Hiddenite is a pale green, it can be used for healing on all levels, not only for ourselves, but for the people we care for.

**Howlite:** Howlite reflects and transfers spirit energy throughout the body-earth, and cleanses the mind and emotions of negative thoughts and images.



**Holey Stones:** Protection, anti-nightmare, health, psychism, eyesight.

**Iron:** Protection, defensive magic, strength, healing, grounding,

**Iolite:** Is a discernment stone; used in healing, meditation and astral travel. Eliminates discord in one's life and brings harmony into relationship. Performs well in the elimination of debts and facilitates acceptance of responsibility. Physical: Iolite aids in improving the liver, ridding the body of toxins and fatty deposits.



Iolite is used to help us connect with our souls. It will help us to understand who we are and why we are on the planet at this time; use this stone for guidance in difficult times. What is unique about working with Iolite is the sense of protection you feel while delving into the deepest levels of your self. Iolite give unconditionally, allow the positive energies of this stone to come into your life. Physically, Iolite is said to aid headaches and strengthen the entire system, promoting health on all levels.

## J-O

**Jade:** has been called "colic stone", "spleen stone" and "stone of the loins". It is said that by tying jade to the arm, stones in the kidneys can be expelled. The ancient Greeks used this mineral for healing ailments of the eyes. Wearing Jade helps the body to heal itself while working on the underlying, nonphysical problems which cause the disease in the first place.



Jade is a stone of much history, it has been a part of oriental philosophy for centuries. Within Japan and China, it is considered to be the most precious of all stones. There are five values credited to Jade, these are: clarity, modesty, courage, justice and wisdom. Jade does come in many colors, among them are dark green, apple green, black, lavender, orangey-brown and sometimes a whitish color. Black Jade which we are speaking of in this article is a wonderful stone for protection, as well bringing one a feeling of tranquility even in the most of difficult times. By holding a jade stone in your hand, you may experience a feeling of serenity, for others black jade brings out wisdom which is hidden in each of us.

Jade is a wonderful stone in all areas and an important one for your healing kit.

**Jarosite:** Jarosite brings dark or incomprehensible thoughts and ideas into sharp focus. Use this stone when contemplating both the shadow and light sides of your personality.

**Jasper:** is stabilizing. It will help to reduce insecurity, fear and guilt. Strengthens liver, gallbladder, and bladder. Powerful healer; main impact on physical body.



**Jasper Leopardskin:** Bring what one needs. Note that it doesn't necessarily bring in what you want. However, it is a wonderfully supporting stone.



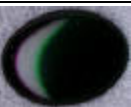
**Jasper Poppy:** Gain a positive outlook.



**Jasper Ocean:**




**Jet:** Jet is one of those stones that is not used for healing work as much as it should be. Jet is a very black organic mineral which is highly protective. It was used in times of antiquity for not only protection against the evil eye, but also in times of mourning. You see Jet quite often in antique jewelry. It is good for protection against others negativity.




Jet tends to filter out germs and aid, headaches, toothache, stomach diseases, goiter, dropsy, hysteria and hallucinations caused by fever. Jet is used in women's complaints. Jet helps during labour and, when powdered and mixed with bees wax, are applied to tumors.

**Kidney stone:** colic.

 **Kunzite:** Very high spiritual love vibration. Heart opener - it awakens the highest heart consciousness. It will connect one to their own infinite source of love. Aligns the crown and heart chakras. Symbolizes a pure expression of joy in thoughts and feelings. A good stone to be worn by star children or walk-ins to help them adjust to earth plane environments and energy.



Brings peace, love, and compassion into the heart. Opens the heart to trust, aids in security and fear brought on by others. More importantly, Kunzite is seen as a stone of 'balance', it works to create a balance between the physical and emotional bodies. Some feel that this stone will help one to be more disciplined, encouraging one to follow through with their task to the completion. For those who are erratic in their thinking, use Kunzite to allow you to focus on your task at hand. Kunzite works well with other stones, especially its sister, Hiddenite. Kunzite also has a fair amount of lithium in its chemical composition; lithium has been proven to relieve depression. Kunzite may not cure depression, but it does help to bring it under control so one can manage it. Physically, Kunzite is thought to stimulate poor circulation. This is a good choice for those who have sore shoulders and muscles, Kunzite releases tension throughout the system.

 **Kyanite:** The best crystal to use for past life regression. Other lifetimes may hold the key to healing issues and problems in this life. It works to peel away the layers to find ones individual soul blueprint where we may discover what our expression is in this lifetime. By going back to the time when the drama occurred, we can face it, release it and heal. Many people get too caught up in the glamour of another life and do not focus on their present life! What an easy way to avoid the issue at hand!

In a crystal layout Kyanite may be place on the 3rd chakra the solar plexus (assimilation/integration center) to assure connection of consciousness on your journey. I for one am not a big fan of delving into past lives, but it may be necessary for some to discover why they are acting the way they do in this lifetime and then to change the behavior to be more positive and productive. Use Kyanite for alignment of all the chakras, which it does automatically and with conscious direction will align the subtle bodies as well, i.e. emotional, physical, spiritual, astral, intellectual.

Strengthens throat chakra. Enhances creative expression, communication, truth, loyalty, reliability, serenity. Connection to causal plane. Facilitates astral/interdimensional travel.

**Lead:** Divination, protection, defensive magic. Lead has long been used in magic. In ancient Greek times tablets of this metal were ritually charged and inscribed with "words of power". These tablets were generally used in negative spells because the lead ensured the spell's long continuance.

**Labradorite:** Gem healers claim it elevates the wearer's consciousness and connection with the energies of the universe. Labradorite is used for is courage, clarity, and co-dependency to name a few. Some like to use this stone to heal mental confusion and indecision, it allows one to make decisions easily. This stone is also about transformation on all levels, it allows for easy changes to take place, especially good for those who fear change. It also allows for us to understand ourselves on a deeper level, lets us know who we really are in a bold and distinct way. Labradorite allows clarity to come into our lives, not only when we need it, but at all times of our lives. It is a solar plexus stone. Labradorite builds and strengthens the immune system. This is a very important stone to have in your healing kit.





**Lapis Lazuli:** This stone is used at the Ajina, the Brow Chakra. It's related gland is the pituitary. The pituitary gland is also referred to as the "master gland" because it regulates all of the others. This location is also the center for the eyes, ears, nose and brain. 6th chakra (third eye) Changes negative views of reality to positive views. Cleanses the mental body while releasing old karmic patterns. Lapis facilitates deep meditation and can be used to journey back into past lives. Lapis Lazuli is a very spiritual stone, which can also be used in ceremonies. It allows this spiritual energy to be absorbed into your aura.



**Larimar:** Opens creativity in the throat area helps soul mates to find one another while healing negative karma between soul mates and lovers. Allows for open communication between soul mates. 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. Cools, draws out inflammation, fevers, sunburn heat. Especially helps the creativity and throat CTR. (shoulder, thyroid, and nose). Pleasantly uplifts the heart and eases stress.



**Leiteite**

**Lava:** Protection

**Lepidolite:** is also known as the "Dream Stone". It will protect the individual from nightmares, especially those caused by stress or an upset in personal relationships. It can be used in the same types of circumstances as Kunzite, namely for manic depression or schizophrenia. Connects heart and crown to bring spiritual understanding to why we suffer. Allows us to understand our place in life and the Universal plan. Brings acceptance, calm and trust in life. For many, this stone heals fear at its source in this or past lifetimes. It will help you to contact spirit guides, angels, and other entities you wish to converse with. It is an awesome stone to help one discover the spirit in everyday life.



**Libyan Glass:** Increase sales and profits in your business. Creates good luck, aids learning, especially spiritual pursuits. Learn your duties in this life time and 'know' what you should do now. Excellent for bringing people together, increases new ideas and meeting of the minds. Use to balance the nervous system, treatment of tumors and growths. Activates the Thymus and builds the immune system.



**Lodestone:** Power, healing, attraction, friendship, love, fidelity, will, protection, business, money.

**Luvulite or Sugilite:** Helps one connect with their own inner light. Helps cancer patients release the old angers, resentments, fears, guilts, frustrations, sorrows, or insecurities that manifested the disease.



**Malachite:** If the malachite is of the blue-green variety, it can be associated with the Sacral Center, or Splenic Chakra (Svadisthana). Here, its energy branches to the left, to the spleen. (It is intended in this position for those who are celibate.) In addition, if it is grass-green, it can be used at the Lumbar/Solar Plexus Center. "When the malachite is placed at the solar plexus and a piece of green jade is placed at the heart center and a double-terminated quartz crystal is placed between them, people may remember events that have been blocked for years. They may cry or scream. As these buried emotions are brought to the surface and released, a great weight is lifted and they soon feel renewed."

The name Malachite is from the Greek word "malache" (mallow) in reference to the green leaf color.

Historically, Malachite was considered a valuable talisman for children. It was thought to protect the wearer from falls and



warned them of impending danger by breaking into several pieces!



**Manganocalcite:** This stone gives us the 'motherly love' that we may be missing, fills in this space. Being a heart based stone it allows you to love yourself and others, it has a gentle and calming nature. Soft pink with white bands. We could say that this stone allows us to 'band' together, does this through gentleness and understanding. Balances the hormones and lessens anxiety. Use in love rituals and rights of passage.

**Marble:** Protection, success



**Marcasite:** Although marcasite crystals are in the process of dissolution, the existing polished specimens retain strong Earth energy and the power to calm the mind and instill emotional stability.

**Mercury:** Mercury is dangerous to breathe, ingest or even to touch for prolonged periods of time. Its magical uses are therefore limited and, perhaps, needlessly risky.

**Meteorite (Gold Basin):** Protection, astral projection. Helps reveal past lives from other planets and galaxies. Enhances connection with extraterrestrial energies. Expands awareness. Similar to obsidian, but denser.



**Mica:** Divination, protection.



**Moldavite:** Moldavite is the product of a meteor collision with Earth nearly 15 million years ago. It fell over what is now called the Moldau River Valley in Czechoslovakia.



These green Gems are among the rarest minerals on earth. They have been prized by humans for thousands of years and are still given as gifts from royalty to royalty. In legend, it is believed Moldavite was the green stone in the Holy Grail and has the power to quicken ones spiritual evolution.

Even people not sensitive to the energies of stones, often feel the energy of Moldavite. Many sense it as heat, tingling or pulsing sensation in their hand. Others feel a rush of energy through their body, usually upwards out the top of their head. Moldavite's high vibrational energy is a powerful chakra opener, particularly at the heart and above. Sleeping with Moldavite activates the dream state. Wearing it helps manifest positive life changes. One of the main functions of Moldavite is that it helps people acclimatize to an earth plane environment. Some say it's for Star Children who can't cope real well with being here on earth, others simply say it works for people who don't really feel part of this world. Whichever and however you explain it, the result is much the same. Moldavite provides a level of compassion and comprehension for people who are struggling to adjust to a world with such strong polarities -human suffering, emotionalism and all the material realities which are just part of the physical plane. Moldavite is that its best to use with other stones which can help ground its energies.



**Moonstone:** This phenomenal gemstone is the precious stone of India. The name Moonstone comes from the mysterious sheen which is similar to 'moonlight'. The most common colors of this gemstone are cream, pearly gray, white, peach and colorless.



**Moonstone Grey:** Helps one accept other stone's powers by cleansing blocks. This can be hard to wear.



**Moonstone Orange:** Helps one accept other stone's help by comforting you. This is less powerful than white - but helpful when one really needs a certain stone.

**Moonstone Rainbow:** it displays all of the colors of the rainbow in one stone!! Moonstone is a meditation stone which stimulates, knowing, understanding and appreciation. It also brings to us self awareness and allows us to grow while learning balance. This 'Gemstone of the Moon' is a popular choice for women. It helps to balance the menstrual and hormonal cycles, while melting away the anxiety and stress that may occur at this time of the month. Use Moonstone for problem solving and decision making. Simply hold it in your left hand or place it under your pillow for guidance to life's questions.



**Moonstone White:** Helps one accept other stone's help through highlighting the others effects. I like this moonstone the most. When worn by itself is balances yin/yang.



**Moqui, Mochi Marbles:** Moqui Marbles/Balls pronounced (Mo-Key) are essentially Ironstone and are found at the base of Navajo Sandstone formations. They are found in sizes from small marbles to baseball sizes. Moqui Marbles have been used for centuries by the shamanic tribes of the continents. Although newly discovered in the United States, Moqui's have been found on several continents in the ancient archaeological excavations. They are recommended to the user of both the ancient ways and the future ways. Mochi Marbles can be used to align the energy centers, to relieve energy blockages, to stimulate CHI, to ground and center, and to provide protection. Grinding with two Mochi Marbles promotes receptivity to frequencies, which are usually inaudible. The journey with the Mochi Marbles allow one to live to the fullest, while understanding the sanctity of, and performing healing for the earth.



**Newberyite:** This stone is to strengthen the heart muscle, improve the circulation, and to relieve pressure on the spine resulting from a back injury.

**Obsidian:** Is a good stone for those who are soft-hearted and gentle. It will help to guard them against abuse. This stone cleanses toxins from the liver, so it is also good for people who are exposed to environmental pollutants.



**Obsidian Rainbow:** Shows the presence of light within darkness. Purpose is to show mankind and womankind that within darkness of despair and depression, there is a light of hope and healing. Within the darkness every color of the rainbow is vibrating with a purpose. More likely to be love, the black color may be a veil or an illusion; we must go to a deeper level to discover the light. Obsidian reflects our true-selves, the good and the bad. Helps us to understand the dark side of ourselves so we can walk into the light. A circle of color in rainbow obsidian /compared to rings:



**Oligoclase:** Oligoclase is a great stone to choose if you are dealing with issues of trust; it assists one in learning trust. Helpful in releasing internal anger which causes energy blocks. Oligoclase stimulates awareness and self-awareness; it neutralizes negativity through this awareness. Some like to use this stone for a journey of discovery into the inner self. Oligoclase also allows one stability and focus to see the highest perspective or vision, the creative intelligence and wisdom, without losing sight of the detail or what needed to happen to achieve it.



**Olivine:** Money, protection, love, luck.



**Onyx:** Relieves stress. Balances male/female polarities. Strengthens bone marrow. Aids detachment. Enhances emotional balance and self-control. Higher inspiration. Works with chakras and attitudes according to color of stone.

**Onyx Black:** Helps one to change bad habits. This is great when used in a necklace. It is a great grounding stone. Black onyx is almost always dyed.



**Onyx Mexican:** Helps one sleep better.

**Opal:** Is used more frequently for healing the spirit, rather than the physical body.



**Opal Black:** Black opal is an exceptionally lucky stone.

**Opal Boulder:** Boulder Opal is said to do many things for us on the metaphysical level. It is said to assist us in communication of all forms; verbal, ESP, etc. Some like to use this stone to communicate with their guides, angels, animal guides, devas, and entities of unknown origin. Boulder Opal is also a good choice for clearing blocked chakras, and for strengthening and adding light into the aura. It produces stability, especially good for those who have a problem staying in one place! Boulder Opal is also a very spiritual stone; it has long been used by native people in ceremonies and rights of passage.



**Opal Peru:** This lovely greenish-blue Opal is great for stimulating thoughts and communication skills. Use on the fifth chakra to voice your opinions in a clear fashion. It is about freedom of speech! Some like to use this opal to connect with others. I feel it to be a very creative stone, especially for writers and those who need to get their thoughts down on paper. Some say this stone balances metabolism and helps those with fatigue.



**Opal Fire:** Fire Opals are thought to be very magical because of the distinct patterns of color which seem to move while viewing. The color play include: green, blue, yellow, red, and purple. The energy of the fire opal allows us to look deeply within to understand ourselves in a better way. A great choice if you are looking for your purpose in life. Some find the fire opal to be energizing, giving strength and endurance in stressful times. Other people like to meditate with fire opal; it is very easy to get into this meditative state by simply gazing at the incredible colors of this opal.



**Opal White:** White opal is a powerful supersensory receiver of lunar energies. It is also an excellent medicinal stone for the treatment of skin inflammations such as boils, pimples, rashes and for general elimination of toxins from the body.

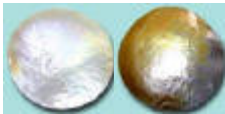
## P-S



**Paua Shell:** Neptune. Aids one in accessing the subconscious for emotional and artistic inspiration.

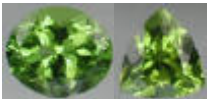


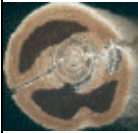
**Pearl Fresh Water:** Breathing problems, high blood pressure, weakness, some eye problems. Enable one to accept love. See the good parts of oneself so you can love yourself and others more.



**Pearl Mother of:** Protection, wealth.

**Peridot:** (Olivine): Balances glandular system. Aids tissue regeneration. Has beneficial influence on heart, pancreas, spleen, liver, adrenals. Purifies body. Enhances bloodstream. Overall balancer and tonic for body/mind. Aligns subtle bodies. Increase intuitive awareness. Reduces stress. Stimulates mind. Accelerates personal growth. Opens new doors or opportunity.





**Petrified Wood:** It can ground you to the earth. Aids in preventing work stress. Restores physical energy. Protects against infections and bodily injuries. Helpful for arthritis, environmental pollutants, and skeletal systems. Relates to tissue regeneration and longevity. Helps us enjoy life and the evolution within our life. Used to recall past incarnations and ancient powers.



**Pietersite:** Pietersite crystallizes in the form of masses, the structure a result of inclusions in jasper where the inclusions are pseudomorphs after asbestos. The color is blue/black and the mineral exhibits a chatoyant quality. It was discovered by Sid Pieters from Namibia, and is truly lovely. It is from Namibia South Africa. This stone has come to represent the movement and chaos that breaks up those energy patterns which are resistant to change. The energy of Pietersite is very forceful and jolts us into personal change. This stone represents change and indicates a need to make changes in your present life. In a lay-out place this stone on the solar plexus chakra, where the flow of energy leads to assimilation and integration.

**Pipestone:** Projective. pipestone is used primarily to fashion the sacred pipe, which is always handled with the utmost respect.

**Platinum:** The electromagnetic energy field of platinum induces emotional refinement and assists in cleansing impurities from the aura. It opens our consciousness to the idea that we are not our body, but auric beings comprised of fire from the sky. Platinum is compatible with all crystals, gems and minerals.

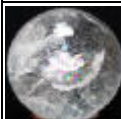
**Pumice:** Easing childbirth, banishment, protection.



**Prehnite (zeolite):** 4th and 6th chakras. Prehnite used to multiply energy, good for using in crystal grids. Use to send healing energy to others through distance healing. Some like to call Prehnite 'prophecy stones' for they give one the ability to see into the future. This is a good choice to use in dream work, it allows you to not only remember your dreams, but it also will inspire you to remember long ago thoughts which may be helpful in personal growth. Also inspires one in every aspect of life. Some say that Prehnite is very protective. Program this stone for protection and leave in your house when away on long trips or take with you to promote a safe and productive trip.

**Prophecy stone:** The Sahara Desert is made up mostly of Limonite. Limonite is composed mainly of Goethite. Goethite is formed from the action of oxygen upon iron and manganese compounds dissolved in water. (oxide) These stones are from a sedimentary formation. Prophecy stones allow partners to cooperate as in a marriage. These stones bring people together for a common goal; which could be for studying, recording, learning and teaching of esoteric subjects. These stones do this by 'cementing' thoughts and bringing them into action. Putting actions and thoughts into 'concrete' form; such as in a book. (sedimentary). Helps you to peek into the Akashic records. Radha writes that these are "Visionary stones; whilst holding them in meditation I was quickly raised out of my body and entered a scene, which was like a future civilization on Earth." Prophecy stones highly improve visionary and psychic abilities. Physically these stones may aid blood disorders and aid proper function of the lungs. Grounding and calming.

**Pyrite:** Aids digestion, improves circulation. Strengthens and oxygenates blood. Enhances brain functions. Influences a more positive outlook on life. Enhances emotional body, strengthens will. Helps one's ability to work with others harmoniously. Practicality.



**Quartz Crystal Balls:** Natural Quartz Crystal Balls are used in Feng Shui to redirect energy or 'chi' so that it flows properly throughout your home. Some like to use Crystal Balls in a group setting because it helps to round out the rough edges of the meeting allowing for smooth communication.





**Quartz Blue:** A fine peace and tranquility stone. Stimulates creativity and expression.



**Quartz Green:** Stimulates creativity. An all-around healer, it soothes, heals, and balances. Prosperity stone.



**Quartz Clear:** Known as "Ice of Eternity." All-around healer and amplifier. Capable of dispersing white light into the seven spectral colors. Aligns one's consciousness with the electromagnetic forces of the universe, helping each of us find our own inner light that connects us with the One Light. Magnifiers of psychic and healing energies. Used to help focus and amplify one's thoughts or intentions.

**Quartz Rose:** Stimulates love of self, love of others, and love of the Universe. Teaches one how to give and receive love. Teaches the power of forgiveness. Opens the heart allowing emotional release. Heals soul trauma. Clears and encourages a beautiful complexion. Prevents wrinkles. Helps one reduce weight. Works on the thymus gland. (color fades in direct sunlight)



**Quartz Rutilated:** Integrates the Life Force into our bodies. Energizes, rejuvenates, and balances the system. Strengthens positive direction. Raises your vibration - prevents depression. Heals the soul center. Increases clairvoyance. Strengthens thought projection. Opens connections with the universal others. Aids in past life memories. Aids in getting answers to questions asked. Helps the body assimilate nutrients, helps the immune system, slows dis-eases of aging as it stimulates tissue regeneration.

**Quartz Smokey:** Stimulates and purifies the base chakra. Channels the white light energy of the crown chakra into the first chakra to be rooted deep into the physical plane. I will give one a sense of pride about walking the earth and inhabiting a physical body. It helps one come to terms with their body, their heart, their life and their world. Gives one the power to manifest their dreams and visions of earth. Enables one to assimilate more in life by teaching to let go of what is no longer needed for growth. Grounding.



**Quartz Snow:** Stimulates your hopes and stabilizes your dreams. Helps you use your own inner resources and potentials to alleviate your self-blocks. Helps us have a focus of purity in ourselves. Promotes clarity of mind and activates the crown chakra. It shows us our oneness with our Creator. Helps one have a love of truth.

**Quartz Tourmalated:** The combination of clear white and radiant black creates a perfect polarity of energies and creates a natural balance in whatever work is done with it. The black tends to neutralize one's negative energies and is a dedicated servant to the light. Stimulates astral projection.

**Realgar:** Realgar is a very unique and rare gemstone which is used mainly to bring energy into the body. It is also used to increase sexuality and fertility. Being it is metallic; it can work as a mirror to teach us about ourselves on a very deep level. It will reflect our true-selves, both the positive and the negative.







**Rhodochrosite:** Rhodochrosite is thought of as a spiritual body gemstone, it offers a higher frequency of energy which enters and moves throughout our spiritual bodies. It is thought of as a stone for the New Age referred to as the New Age Trinity stone because of the three colors within its range. Gold for wisdom, orange for creativity and pink for love. When you are drawn to Rhodochrosite it means that you are ready to learn more about your own spirituality and work to bring this energy into your heart. In a crystal healing layout, place your Rhodochrosite between your heart and solar plexus center, it will act as a bridge to bring light into these centers.

Aids spleen, kidneys, heart, pituitary gland and circulation of blood. Enhances memory and intellectual power. Emotional balancer. Helps heal emotional wounds and traumas. Aligns subtle bodies. Red/pink color helps to blend courage/will/passion aspects of lower chakras with loving expression of the heart. Divine love, acceptance of self and life. Powerful healer for those attuned to it.

**Rhodonite:** Aids central nervous system, thyroid gland, body reflexes, pituitary gland, and pancreas. Strengthens immunity. Improves memory. Eases physical/emotional trauma. Reduces stress, calms mind. Aligns root and heart chakras for bringing love into action and manifestation (red/black variety). Self-esteem, confidence. Enhances energy levels in body mind.



**Rhodonite Pink :**( no black) helps impart understanding of strength within vulnerability. Great stone for light-workers serving in cities.

**Rhyolite:** A physical and emotional stabilizer. Helps strengthen the permanency of a love relationship. Stimulates emotional ardor. Rejuvenates physical beauty.

**Rock crystal:** almost everything, it is such a good booster to all the other crystals and gemstones.



**Ruby:** Ruby is said to be one of the stones used in the breast plate of the high priest. Ruby is a gemstone that is used to promote energy throughout the entire energetic system. Being it is very stimulating; Ruby is a good choice for those who need to increase their energy, great for chronic fatigue and other ailments dealing with listlessness. Some say that Ruby is a stone of protection, especially against sorrow, distress and bad dreams. Others feel it is a great stone to help women with child bearing and to balance the menses.



Aids regeneration of physical/spiritual heart. Enhances circulation. Vitalizes blood and entire body/mind system. Strengthens immunity. Activates sluggish or dormant conditions on physical/spiritual levels. Refines lower passions. Courage, integrity, selfless service, joy, spiritual devotion, power, leadership. Helps banish sense of limitation.



**Rutile:** Rutile both disciplines and structures our approach to life. It filters out painful memories and may be used when investigating the shadow side of life.

**Salt:** Purification, protection, grounding money.

**Sapphire:** has been use as an aide to healing ailments of the eyes. It is also considered a booster for the immune system, protecting the body in general from disease.

**Sapphire Blue:** epilepsy, insanity, hiccups and fever.

**Sapphire White:** stomach disorder, leprosy and relieve nausea.



**Sard:** Love, protection, courage, facilitating childbirth.

Sard is a reddish yellow or brown variety of quartz (related to carnelian). It is thought to be more magically effective for women than for men.

**Sardonyx:** Protection, courage, marital happiness, eloquence, peace, luck.



**Scapolite:** Scapolite is a great stone for encouraging independence and motivation in one's life. It provides the stimulus needed for change, allows one to move on and to grow as a person. Brings the clarity required to meet goals, keeps you on track towards your life's dream. It is also used in the treatment of bone disorders and can provide relief from shoulder and upper body aches.



**Scolecite:** Scolecite is a great team stone. It seems to function as a harmonizing force between the different energies but also appears to improve the communication (for want of a better term) between one another. So instead of each crystal just doing its bit, they all work together in a synergistic effort - far more powerful.



**Sedona Vortex stones:** These stones act as an energy vortex center, stimulating psychic abilities and may bring experiences including contact with the physical world, contact with guides, as well as visions. They are protective in the sense that they allow safe entry into vortex energy, allowing for comfortable exploration of this energy.

Use to enhance dream state as well as to remember dreams. Sedona Vortex stones allow access to past lives as well as ancient wisdom. Physically this stone may help diseases of the bone, skin, teeth and muscles. Blood disease.



**Selenite:** Selenite is considered to be a 'mental body stone' which also opens, aligns and clears the aura bodies. It is able to transmit light, energy, and information; this maybe why many like to use it for channeling. It can be used as a scanning device for those of us who are not visually orientated to get an overall view of a person's light system to see the thought forms in their energy body. You can direct the energy towards your client or yourself by physically pointing the Selenite towards your client and mentally aligning with its vibration to examine the thought forms that are stored within each energy body. Selenite wands it can be a powerful tool, but intent seems to be necessary in activating it. A healer of the psyche, rather than of the physical dimension.



**Serpentine:** Protection, lactation. Seals made of serpentine were carried in ancient Assyria so the gods and goddesses would send double blessings.



**Shiva Lingham:** The Shiva Lingham Stone is from the sacred Narmada River in Onkar Mandhata, one of India's seven holy sites. Villagers gather this unique Crypto-crystalline quartz from shallow riverbeds. Lingham describes the shape-egg like, but hand polished to balanced proportions. This often worshiped fertility stone is revered by Hindus as the embodiment of Lord Shiva. Lingham is also the sacred Sanskrit word for phallus.



**Silver:** Invocation, love, psychism, dreams, peace, protection, travel, money.  
Silver is the moon's metal. Because it is found in its pure form, it was one of the first metals to be used by humans. The metal's beauty and scarcity caused it to be fashioned into divine images and offering pieces.



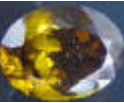
**Smithsonite:** Smithsonite helps us bring empowerment to action by enhancing our ability to complete desired goals. Also, use this stone to clarify the mind, instill a sense of security, and ease difficulties in relationships.



**Sodalite:** 6th chakra, Balances the third eye. Encourages one to begin psychic visions, aids in letting go of control, soothes and heals the central nervous system. Sodalite clears the mind for deeper and wiser thinking. It aids logic along with opening third eye intuition, stabilizing mental processes and aiding the shift from emotional to rational thinking. Use it if you are a person who over reacts emotionally, Sodalite is very positive and grounding. It also clears old mental patterns, opening the way for new habits and thought forms. Sodalite is the color Indigo which symbolizes wisdom and psychic activities. A few characteristics of this color include; access to the source of all knowledge, master of yourself, can receive guidance, and non-attachment of material things. Some like to use stones in the indigo color to explore past lives and events from past lives.

Aids pancreas, balances endocrine system, strengthens metabolism and lymphatic system. Balances male/female polarities. Alleviates fear. Calms and clears the mind. Slightly sedative, grounding. Cuts through density and illusion, bringing clarity and truth. Enhances communication, creative expression. Similar qualities as lapis lazuli.

**Sphene:** Sphene is said to be a mental body stone. It works to improve the mind and the processing of information. Use for studying, theorizing and debating. I feel it is a stone that promotes enlightenment; use during meditation and rituals. Being that Sphene is highly reflective and takes in much light, it can also help us to reflect who we truly are and allows this light to shine brightly on everyone with whom you come into contact. Golden beaming light is what sphene is about! Allow its energy to surround your entire system.



**Spodumene:** This stone suggests ideas associated with beauty, growth, depth and love.

**Star Stones:** Can be used in the same ways as the stone, but with increased power/potency.

**Stalagmites, Stalactites:** Historically, small stalagmites and stalactites were carried, often in small bags, as amulets against negativity and "evil."

**Staurolite:** Was considered to be a representative of all four elements: Air, Fire, Earth and Water. It was believed that a person who possessed this talisman could cause the elements to do his/her bidding. In addition, it was believed that the 90 degree cross represented the crossing of the spiritual and physical planes. After the arrival of Christianity, these stones were popular with those who entered a crusade. Many people now days carry them as a good luck charm.

**Steel:** Protection, anti-nightmare, healing

**Stercorite:** Stercorite increases knowledge and understanding through logic and reason. Use it when you need to make an important, unbiased decision, as stercorite allows for practical, objective, rational thinking, uncolored by primal fear or emotions.

**Stibnite:** Stibnite is a wonderful crystal to enhance psychic knowing, guidance and direction. Brings us information about the soul, soul structure and spiritual realities. It stimulates mental understanding of the animal, plant and mineral kingdoms, allows us to communicate on a higher level. Good for those who are in relationships, allows a greater understanding of partnerships and how to improve them. On the physical level, Stibnite is used to treat disorders of the stomach and to relieve muscle stiffness. 7th chakra.



**Sulfur:** Sulfur assists in the removal of negative thoughts and emotions that may possibly manifest into physical disease. It has long been used by the South American Indians in healing ceremonies, possibly to bring in the energies of the four directions. Sulfur is a wonderful mineral to aid assimilation and digestion. Sulfur is a good stone to take with you when traveling, eating unfamiliar food can play havoc on the system! Some say that Sulfur aids weight loss by allowing the food to digest and assimilate properly. It is also used to detoxify the body of accumulated toxins and environmental pollutants. Some like to use it as a fumigant to discourage infestations of insects.

**Sugilite or Luvulite:** Enhances functions of pineal, pituitary and adrenal glands. Activates and balances brain hemispheres. Strengthens heart. Aids physical healing and purification of bodily systems. Emotional balancer, reduces stress. Brings higher spiritual awareness into physical reality. Enhances sensitivity. Strong protective qualities. Excellent for meditation. Enhances channelling abilities.



**Sunstone:** Sunstone was used by Magicians in the past, to invoke the energies associated with the Sun.



**Sylvanite:** Sylvanite has tremendous conductive and transmissive capabilities because it contains both gold and silver. It engenders feelings of social conscience as well as heartfelt love and affection for humankind.



**Sylvine:** This stone may be used when you are feeling nervous, upset or insecure.

## T-Z

**Tektite:** Tektites are suspected of being of meteoric origin. They are rich in silica similar to natural glass (obsidian). Tektites are protective in nature and aid one in grounding into Earth reality. They are said to activate the third eye, assists one in visionary work, as well as assisting in both lucid dreaming and dream recall.



**Thulite:** Thulite is helping us to relearn what we have forgotten, teaches us to understand pain and suffering of abuse, mainly of love and how to change it. You could say it is a new beginning in the way you view, feel and relate to love! Thulite helps us to have love and compassion for the plant, mineral and animal kingdoms; it is a stone of harmony and compassion bringing community together for the greatest good. It is wonderful for teaching children to love in both mind and spirit. Love and beauty and the capacity to create and express it. 4th ray; harmony through conflict.



**Tiger-eye:** This stone is soothing for emotional turmoil. It will help you to see things in the best light. It is optimistic! It also promotes courage and strength. This stone is also used traditionally, for diseases of the eye.



**Tin:** Divination, luck, money

**Topaz Blue:** Tissue regeneration. Strengthens thyroid gland, enhances metabolism. Emotional balance. Cooling, soothing, peace, tranquility. Creativity, self-expression. Enhances psychic perception, communication with Higher Self/Spirit Guides.





**Topaz Golden:** Golden Topaz is highly energizing and warming. It is used to stimulate the intellect; it aids abstract thinking and creativity from the mental level to concrete physical form. It is a stone of trust and protection; it draws out negativity, exhaustion, and tension. Place a Golden Topaz in your home to protect against break-ins and fire. Physically, Golden Topaz is said to increase blood circulation, aids liver and kidney diseases, and is for sexual dysfunction. It is also said to relieve the pain associated with disorders of the liver, gall bladder and endocrine glands. Tissue regeneration. Strengthens liver, gallbladder, spleen, digestive organs, nervous system. Detoxifies body. Warming, awakening, inspiring. Abundance.



**Topaz Imperial:** Imperial Topaz is highly energizing and warming. It is used to stimulate the intellect; it aids abstract thinking and creativity from the mental level to concrete physical form. It is a stone of trust and protection; it draws out negativity, exhaustion, and tension. Place an Imperial Topaz in your home to protect against break-ins and fire. Physically, Imperial Topaz is said to increase blood circulation, aids liver and kidney diseases, and is for sexual dysfunction. It is also said to relieve the pain associated with arthritis and rheumatism.



**Tourmaline:** This stone, because of its dual coloring is considered important in linking the upper and lower Chakras. It is associated with the Heart Chakra for this purpose. It is also recommended as a "balancing" stone, because it contains opposite colors (green/red).



**Tourmaline Black:** Black Tourmaline is a 1st chakra stone that aids in making changes and transformations. It grounds and deflects negativity and is used as a protection stone. It transforms internal negativity, changes and then releases it. Black Tourmaline protects one from negativity from outside influences. Rubbing a black tourmaline crystal with a wool cloth or heating it raises static electricity and causes a positive charge on one end, a negative charge on the other. Use this crystal to draw out negativity and disease from all chakras; simply hold a black tourmaline over the blocked chakra and rotate the crystal counter clock wise to open the blocks. This crystal is also used as a grounding stone, good for those who cannot just 'be'.



**Tourmaline Green:** Green Tourmaline stone clears the emotional body of past life as well as this life traumas and negative emotional patterns, it is protective in the sense that it offers safety and trust while detoxifying.



**Tourmaline Red:** Red Tourmaline Clears the emotional body of past-life and this-life traumas and negative emotional patterns. This stone is deep and fast acting and can cause intense healing. This crystal may bring up issues that you are not ready to deal with, use your intuition when working with this beautiful crystal.



**Tourmaline Watermelon:** The best heart chakra healer around. It cleanses the old while building the new. The green ray heals the emotional wounds the heart has stored while the pink inspires the love to flow within and without. It helps build a sense of humor for those who take life too seriously. Balances the projective and receptive (masculine and feminine) energies within the body.



**Turquoise:** Turquoise is a very sacred stone used for centuries by the native Americans' in all healing work. To increase their power. This stone is also said to heal the emotional "heart" of the individual. In addition it has been recommended for healing stomach disorders and for the eyes.



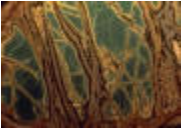


**Unikite:** Combination of pink feldspar and green epidote. The pink in unikite speaks to the heart chakra to awaken the love within. The green lends its healing qualities to any hurts which have been sustained. The pink is more grounding than rose quartz. Unikite has a leveling effect and helps to balance the emotional aspects of the body.



**Uraninite:** Uraninite is an initiating substance that promotes ecology and conscious integration of the heart and mind. The radioactive properties inherent in the stone strongly influence mental activity toward humanitarian pursuits.

**Variscite:** Benefits the nervous system, the eyes, and those who wish to investigate past-life experiences. Healers can use this stone to fully understand the energies of those they are working with. Color-green-yellow, blue chakra-4th, 5th augments moral courage, virtue, self reliance and success. It also considered emotionally calming and soothing. Helps us remember our past lives.



**Vanadinite:** color, reddish-brown. This is used to promote order into ones life. Use it to help define your goals. Can also be used in the treatment of exhaustion.



**Veatchite:** Chakra-5th, helps us develop a sense of humor, lightness and fun. Also encourages communication with nature.

**Vesuvianite:** color-olive green, brownish yellow chakra-3rd, 4th is associated with passion, enthusiasm, warmth and devotion.



**Violane:** color, violet chakra-6th helps us develop a feeling of gratitude, thankfulness and appreciation. Teaches us to count our blessings.

**Vivianite:** This stone may be useful for treating severe depression and as a preventative medicine when the body is threatened by illness as a result of long-term, negative mental-emotional states of consciousness.



**Willemite:** color-yellow, reddish-brown, greenish chakra-1st, 3rd, 4th is associated with caring and tenderness. Helps us to be kind and empathic to all beings.



**Witherite:** color-clear, yellow, white chakra-3rd helps us to be modest without being too humble.



**Wulfenite:** color-orange, red, yellow chakra-1st, 2nd, and 3rd teach us to be stewards and caretakers of all the wild and beautiful places of nature. Encourages us to get outdoors and enjoy nature. Fosters creativity and devotion.

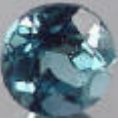


**Zeolites:** Zeolites are a popular group of minerals for collectors and an important group of minerals for industrial and healing purposes. They combine rarity, beauty, complexity and unique crystal habits. Typically forming in the cavities, or vesicles, of volcanic rocks "basalt", zeolites are the result of very low grade metamorphism. Some form from just subtle amounts of heat and pressure and can just barely be called metamorphic while others are found in obviously metamorphic regimes. Zeolite crystals have been grown on board the space shuttle and are undergoing extensive research into their formation and unique properties. An example of the most common zeolites include: Prehnite, apophyllite, gyrolite, okenite, and natrolite. Heulandite, Chabazite. Mesolite, and Stilbite.



**Zincite:** The red color of Zincite is said to be very stimulating and passionate; it increases life force energy as well as sexual energy, this allows us to experience the feelings of joy, passion and of being in a committed relationship. Use Zincite to transcend these passionate feelings into the physical body. Use the orange Zincite crystal when you need to add creativity into your life. This can be any type of creativity, from writing a book to starting a family. The yellow variety of Zincite can be used to transmute feelings of inadequacy to feelings of fearlessness! This yellow crystal will feed our will power and give us courage to face everyday fears. I have found Zincite to work very well in conjunction with other stones. Use Malachite along with Zincite to draw out negativity, the Zincite will work to transmute that energy. Zincite occurs in red, deep orange, yellow, blue and black. Some pieces show more than one color; sometimes you will even see yellow, orange and red in the same crystal or specimen.

**Zircon:** Strengthens the mind. Aids bowel problems. Balances pituitary and pineal glands. Aligns subtle bodies. Emotional balance, self-esteem. Aids sleep. Similar properties as diamond and quartz crystal. All around healer.



## Anniversary Gemstones

1st year – Freshwater Pearl

2nd year - Garnet

3rd year – Natural Pearl

4th year - Topaz

5th year - Sapphire

6th year – Garnet, Amethyst

7th year – Lapis Lazuli

8th year - Aventurine

9th year – Tiger-eye, Lapis Lazuli

10th year - Diamond

11th year – Hematite, Turquoise

12th year – Natural Pearl

13th year - Malachite

14th year - Opal

15th year - Ruby

16th year – Peridot, Aquamarine

17th year – Citrine, Amethyst

18th year - Opal

19th year – Aquamarine, Topaz

20th year - Emerald

21st year - Iolite

22nd year - Spinel

23rd year – Imperial Topaz

24th year - Tanzanite

25th year – Sterling Silver

30th year – Diamond, Natural Pearl

35th year – Emerald, Coral

40th year - Ruby

45th year - Sapphire

50th year - Gold

55th year – Emerald, Alexandrite

60th year - Diamond

65th year – Star Sapphire

75th year - Diamond

## Birthstones

January: Garnet	July: Ruby
February: Amethyst	August: Peridot
March: Aquamarine	September: Sapphire
April: Diamond	October: Opal
May: Emerald	November: Topaz
June: Pearl	December: Turquoise

### **Garnet**

Garnet is typically thought of as a reddish gemstone, although it actually ranges from colorless to black. A fairly hard mineral, Garnet scores at about 7-7.5 on the Mohs scale of hardness. Garnet is the state gemstone of Connecticut and New York.

Garnet is given and received as a symbol of consistency, perseverance, and good health. It is a power stone, and according to legend, it guides its wearer when he's traveling at night. The stone also supposedly protects him from nightmares and depression. Garnet is the anniversary stone for the 2nd and 6th years of marriage.

### **Amethyst**

Amethyst is a fairly common purple to lilac gemstone, ranging in translucence from fairly opaque to the more highly valued and higher quality transparent stones. It is a purple variety of the quartz family, and it is the most valuable in its group. If left in the sun, amethyst will tend to lose its color, which can only be restored by a fairly expensive radiation process. Heat-treated amethyst may change to other colors, such as yellow (citrine), red, brown, green, or clear, at which point it is no longer properly called amethyst. Amethyst is the state gemstone of South Carolina.



Amethyst is a symbol of sincerity, security and peace of mind. Its name comes from the Greek word “amethystos” which means “without wine.” According to legend, drinking from an amethyst chalice will prevent intoxication.

Amethyst can be imitated by purple glass, although its low price makes imitation relatively infrequent and fairly unattractive.

Amethyst is the anniversary stone for the 4th, 6th, and 17th years of marriage.

### **Aquamarine**

Aquamarine is a light-to-dark-blue gemstone that ranges in opacity from translucent to transparent, the clearer gems considered higher quality and more valuable. A variety of beryl, aquamarine’s color comes from the iron inside. It pales if left out in the sun, although it is routinely heat-treated to drive out any green in its coloration to form a more pure blue. Aquamarine means “sea water” in Latin and the stone is the state gem of Colorado.

Aquamarine is a stone of love and mercy, and it is supposed to ease depression and grief. It is given and received as a symbol of beauty, honesty, and loyalty, and according to legend, it signifies the awakening of friendship among informal acquaintances and the rejuvenation of long marital relationships. Aquamarine given in earrings is said to awaken love and affection. Aquamarine is also said to be a protective stone, especially when immersed in water.

Aquamarine is often imitated by a similar-colored spinel, although any transparent blue stone could conceivably be used.

Aquamarine is the anniversary gemstone for the 16th and 19th years of marriage.

### **Diamond**

Diamonds are viewed as special stones and are usually clear. However, due to the presence of impurities or other minerals inside, they may also be brown, yellow, green, blue, pink, red, gray, black, or purple. The diamond is the hardest mineral found in nature, having a hardness of 10 on the Mohs scale, and it is also one of the purest forms of carbon. The diamond is the state gem of Arkansas and the seasonal gem of Winter. Pure diamond is colorless, although the inclusion of other elements (like nitrogen) may alter the color of a diamond. Synthetic body color may be added to a diamond by means of heat and irradiation processes, which are permanent, and therefore considered legitimate. Such alterations, however, decrease the value of a naturally colored diamond. The diamond conducts heat better than any other mineral.

They are a symbol of love and endurance, and also symbolize fearlessness, invincibility, and are said to be able to increase one’s clarity of thought. The higher the quality of his diamond, the more honest its owner is said to be, and the more clearly he may view matters. The diamond is referred to as the “King Gem.”

The diamond is the anniversary gemstone for the 30th and 60th years of marriage, as well as the anniversary gift for the 10th year.

### **Emerald**

Emerald is a light-to-dark-green gemstone, a form of the mineral beryl that derives its color from the elements chromium and vanadium. It is often irradiated for clarity. Because emeralds grow in the limiting environment of surrounding metamorphic rocks, large emeralds are particularly rare. Emeralds of a deeper green are more valued, and small inclusions are not as detrimental to the value of an emerald as they are to other gems. Emeralds are often oiled to improve their apparent clarity and to soften the appearance of inclusions. This process is routine and is generally not disclosed. Emerald is the state gemstone of North Carolina and is said to be the seasonal gem of Spring.

Supposedly, emerald can strengthen its wearer's memory, quicken his intelligence, and assist in predicting the future. It is also supposed to aid in physical and emotional healing. According to legend, Satan lost the emerald from his crown when he fell from Heaven, a gem which was shaped into a bowl by the Queen of Sheba and sent to Nicodemus. Christ used the bowl at the last supper, and Joseph of Arimathea used the same dish to catch his blood at the Crucifixion, founding the Order of the Holy Grail. Emerald is the anniversary gemstone for the 20th, 35th, and 55th years of marriage.

### **Pearl**

Not truly a gemstone, pearls are actually formed in shellfish as a reaction to irritants like sand. Cultured pearls may be formed by artificially placing irritants inside mussels. Pearls are generally white, brown, silver, cream, black, or pink, depending on the type of shellfish that created them and on the type of water in which the source shellfish lived. Their prices vary widely as a result of luster, size, nurturing method, color, and type. Natural pearls are the most expensive, followed by cultured pearls, and finally freshwater pearls. Pearls are relatively soft, having a hardness factor of 3, and they are the state gemstone of Tennessee.

Pearls are said to enable introspection and boost self-confidence. A gift of pearl is said to symbolize the love of the presenter. Pearls are also emblems of modesty, chastity, and purity, symbolizing love, success, and happiness. They are said to bring a happy marriage and are often referred to as the "Queen Gem."

The freshwater pearl is the anniversary stone for the first year of marriage. Natural pearl is the anniversary stone for the 3rd, 12th and 30th years of marriage.

### **Ruby**

Ruby is a form of corundum, colored red by deposits of chromium and iron. Rubies are often heat-treated in order to permanently improve their color and clarity, and they have consistently been the most valued gem in history. The most expensive ruby, in fact, was a 16-carat piece sold for over \$200,000 per carat in a US auction. Color is the most important characteristic of the ruby, a brilliant, deep red being the most valued color. Other criteria include clarity, with a transparent ruby being most valuable, cut, and, of

course, size. The ruby is the Wisconsin state gemstone and is also said to be the seasonal gemstones of Summer.

Rubies are stones of love and are supposedly capable of reconciling lovers' quarrels. Ruby engagement rings are given to express passion and promise. According to legend, rubies are also thought to ward away misfortune and illness. As gifts, they are symbols of success, devotion, and integrity, and they are said to encourage acceptance of love. In the Bible, the ruby is referred to as the "lord of gems" and as the most precious of the twelve gems created by God. In ancient Sanskrit, ruby means the "ruler of precious gems." Ruby is the anniversary stone for the 15th and 40th years of marriage.

### **Peridot**

Peridot is a lime-green-to-olive-green gemstone often worn on necklaces and earrings. It is created from volcanic eruptions and is sometimes even found on meteors that have fallen to earth. Its color is dependent on its body size, so the smaller stones cannot produce the intense greens prized in the larger ones. It is the state gemstone of Nevada and has a hardness-rating of 6.5 on the Mohs scale. Peridot is a fairly soft gem and is susceptible to attack by acids, which can quickly remove the polish from its surface.

Peridot is a symbol of fame, dignity, and protection, and it is used to transform dreams into reality. When set in gold, it also protects its wearer from terrors of the night. Legend has it that pirates favoured peridot to protect them against evil. Peridot is the anniversary gemstone for the 16th year of marriage.

### **Sapphire**

Although usually thought of as being a blue gemstone, sapphires in fact come in every color except for red, when they are dubbed rubies. Actually corundum, sapphires may be blue, white, purple, yellow, green, pink, and orange, and they have a hardness factor of 9 on the Mohs scale. Some sapphires change color from blue to purple, depending on the light. The highest quality sapphires have an intense, vivid, blue shade, holding their color in all angles of light. Sapphires have become more readily available, as the colors of poor quality sapphires, such those of light, cloudy, or dark colors, may easily be transformed into a more desirable one by means of a process involving intense heat. This process is completely stable and is now almost regarded as routine. Because of its hardness, the sapphire is one of the most durable gems. Sapphire is the state gemstone of Montana and is also considered the seasonal gemstone of Autumn.

Sapphires represent truth, sincerity, and consistency. When mounted and on engagement rings, they are meant to symbolize the commitment and loyalty that the presenter pledges to the partner. According to legend, a sapphire attracts divine favour and protects its wearer from the evils of envy. Supposedly, sapphires are also a protective gemstone, warding off evil spirits, devils, poisons, sorcery, and ulcers. It is said that Moses was given the Ten Commandments on tablets of sapphire, making it a sacred gem.

Some sapphires contain tiny, needle-like inclusions, dispersing light across their surfaces like a six-pointed star. These increasingly rare star sapphires are very popular in men's

rings and are judged based upon the sharpness of the star, the evenness of the rays of the star, and the body color of the sapphire. The ancients viewed the star sapphire as a very powerful talisman, protecting seekers and journeymen of all kinds.

Sapphires are the anniversary gemstone for the 5th and 45th years of marriage.

### **Opal**

Opal is a shiny, variegated stone that reflects light in many different colors. Generally white, orange, or black, all opals have flecks of purple, red, green, and yellow dancing inside. Black opals with extremely dark body color have the most brilliant flashes of color and are the most valuable form of opal. Transparent opals are the next most valuable, as many layers of color may be seen inside their depths. Milky or white opals are the most affordable, but they tend to have diffused colors as a result of their light background. Water may compose up to 30% of an opal's content, and drying out an opal may cause cracking. The Virgin Valley Black Fire Opal is the state gemstone of Nevada.

Opal is given and received as a symbol of hope, happiness, and truth, and it was described in medieval times as a cure for diseases of the eye. According to legend, opal is also conducive to wise circumspection. Black opal is regarded as an extremely lucky stone.

Some matrix opals are porous enough to accept a dye. Typically white, these stones are first soaked in sugar and then put in sulphuric acid. The acid bath turns the sugar black, giving the entire stone a black appearance. Some hydrophane opals are dyed with a polymer or by means of a smoking process. As with sugar/acid, the goal is to make the opal look like a black opal. Some opals are oiled to hide cracking and crazing. They can also be stabilized with other materials, such as plastics.

Opal is the anniversary gemstone for the 14th and 18th years of marriage.

### **Topaz**

Topaz is a typically light-blue gemstone, but it may also be found in blue, yellow, pink, brown, green, and clear. "Imperial" topaz, which is orange-red, is the rarest variety, and therefore the most valuable. The color of a clear topaz gem may be transformed into other colors by means of an irradiation and heat-treating process; for instance, blue, yellow, and brown topaz may be heat-treated to become pink, as natural pink topaz is relatively rare. Topaz has a hardness of 8 and is the state gemstone of both Utah and Texas. Topaz, in ancient times, was a symbol of strength. When carved into the shape of a falcon, it was thought to be able to acquire the good will of kings and princes.

Topaz is the anniversary gemstone for the 4th and 19th years of marriage. Imperial topaz is the anniversary gemstone for the 23rd year.

### **Turquoise**

Turquoise is a vibrant light-blue-to-green gemstone with a hardness of 7 on the Mohs scale. It is often fracture sealed, which means it is shielded by a layer of acrylic resin to enhance its color, texture, and hardness, not that it has fractures. Turquoise made in a laboratory has a very uniform color, and chalky varieties of turquoise are often coated

with wax or oil to enhance their color. When thus treated, the color change is not permanent. Under heat (roughly about 500 degrees Celsius), blue turquoise will adopt a greenish hue. Turquoise is porous and will absorb oils over time, gradually changing to a yellowish color.

Turquoise supposedly helps one avoid procrastination, and it has been thought to warn its wearer of danger or illness by changing color.

Turquoise is the anniversary gemstone of the 5th year of marriage.

## Gemstone Care

All gemstones should be protected from sharp blows, harsh chemicals, and extreme temperatures. Some particularly sensitive gemstones should even be kept away from strong light sources, as such exposure may cause color fading. Gemstones should be stored in a dry, safe place.

### **Agate:**

Agate tends to chip or crack rather easily. Take care to protect it from scratches and blows.

### **Alexandrite:**

Protect alexandrite from scratches, sharp blows, harsh chemicals, and extreme temperatures. Be especially careful when remounting this stone, as the heat from a jeweller's torch may alter its color.

### **Amber:**

As amber is soft, it may be easily scratched. Be certain to store amber jewellery separately from your other jewellery.

### **Aquamarine:**

Clean your Aquamarine at an ultrasonic jewellery cleaner or with warm, soapy water and a soft bristle brush. Do not clean in a home ultrasonic machine. As with all gemstones, care should be taken to protect it from scratches and sharp blows. Aquamarine often pales if left out in the sun.

### **Amethyst:**

Clean your Amethyst at an ultrasonic jewellery cleaner or with warm, soapy water and a soft bristle brush. Amethyst often pales if left out in the sun.



**Aventurine:**

Aventurine may fade in the sun.

**Bloodstone:**

Generally, the polish will be removed if you get this type of stone wet. As with other jewellery, avoid scratches, sharp blows, and harsh chemicals.

**Carnelian:**

Carnelian placed in the sun will change color from brown to red.

**Chrysoprase:**

Chrysoprase will fade in the sun.

**Citrine:**

Citrine may be easily scratched. Citrine often permanently changes color if left in direct sunlight for several hours.

**Coral:**

Coral is especially fragile. Protect coral from scratches and sharp blows. Also avoid large temperature changes (such as those which would occur if one were to leave the gem by a heater vent or in a hot car). Do not clean coral in a home ultrasonic cleaner.

**Diamond:**

Generally, diamonds are quite durable. However, diamonds are subject to chipping and fracture when handled roughly. Diamonds should be stored separately from themselves and other jewellery. Diamonds may scratch other jewellery as well as each other.

**Emerald:**

Clean your Emerald with a soft, dry cloth. Avoid sudden temperature changes, household chemicals, and ultrasonic jewellery cleaners. Emerald is often treated with oil to fill fissures and fractures as are characteristic to the gem. Hence, you should never clean an emerald in an ultrasonic cleaner, because this oil could be removed or damaged, making the fissures more visible. In addition, do not clean emerald in hot soapy water, since it too may remove this oil.

**Garnet:**

Clean garnet with a dry, soft cloth. As with all gemstones, care should be taken to protect it from scratches, sharp blows, harsh chemicals, and extreme temperatures.

**Jasper:**

The polish on jasper will often wash away in water. Clean with a soft dry cloth.

**Kunzite:**

Kunzite is especially fragile as a result of its crystalline structure. Protect kunzite from scratches and sharp blows. Also avoid large temperature changes (such as those which would occur if one were to leave the gem by a heater vent or in a hot car). Do not clean kunzite in a home ultrasonic cleaner. Kunzite will fade over time when exposed to sunlight.

**Lapis Lazuli:**

Lapis Lazuli may be easily scratched or chipped. Water will dissolve its protective coatings.

**Malachite:**

Malachite is especially fragile. Protect malachite from scratches and sharp blows. Also avoid large temperature changes (such as those which would occur if one were to leave the gem by a heater vent or in a hot car). Do not clean malachite in a home ultrasonic cleaner. Washing malachite in water will remove its finish.

**Moonstone:**

See Agate

**Obsidian:**

Obsidian is fairly fragile. Avoid sharp blows as it will crack.

**Onyx:**

See Agate

**Opal:**

Opal is an extremely fragile stone. Avoid large temperature changes (i.e. do not leave the opal next to your heater or in a hot car). Store it in the dark. Clean it with a soft, dry cloth. Ultrasonic cleaners and strong solvents may damage the stone and should thus be avoided.

**Pearl:**

Pearls are less durable than most gems. They are sensitive to acids, dryness, and humidity. If you wear cosmetics and/or perfume, put these on before wearing your pearl jewellery. When taking off your pearls, wipe them with a dry, lint-free cloth. If needed, clean your pearls with warm soapy water being very careful to avoid wetting the drill hole, as the pearl may become thus discoloured. Dry your pearls flat on an absorbent, soft (preferably lint-free) towel. Always store your pearl necklaces as flat as the silk will stretch. Store pearls separately from other jewellery, as they are easily scratched. Store pearls in a dry environment. Avoid using plastic bags (as moisture may get trapped and cause damage).

**Peridot:**

As with all gems, protect peridot from scratches and sharp blows. Also avoid large temperature changes (such as those which would occur if one were to leave the gem by a heater vent or in a hot car). Do not clean peridot in a home ultrasonic cleaner.

**Rose Quartz:**

Rose Quartz will chip and crack rather easily, and it will also fade in the sun. Avoid placing it in direct sunlight, and be extra careful to protect it from scratches and blows.

**Ruby:**

Generally, ruby is quite durable. Still, rubies are subject to chipping and fracture if handled roughly.

**Sapphire:**

Generally, sapphire is quite durable. Still, sapphires are subject to chipping and fracture if handled roughly.

**Tanzanite:**

Tanzanite may be easily scratched or chipped. Clean your tanzanite with warm, soapy water and a soft bristle brush. Avoid using ultrasonic cleaning.

**Tiger Eye:**

See Peridot

**Topaz:**

As with all gems, protect topaz from scratches and sharp blows. Also avoid large temperature changes (such as those which would occur if one were to leave the gem by a

heater vent or in a hot car). Do not clean topaz in a home ultrasonic cleaner. The best way to clean topaz is with warm soapy water.

**Tourmaline:**

See Peridot

**Turquoise:**

Turquoise is somewhat soft, so avoid scratches and sharp blows. To be certain that coatings are not removed, also avoid hot water and household chemicals.

**Zircon:**

Zircon is somewhat soft, so avoid scratches and sharp blows. Avoid hot water and household chemicals. Brown Zircon is usually heat-treated as a means by which to transform it into colorless or blue Zircon. Blue stones that have reverted to brown will regain their blue color if reheated. Blue Zircon reheated in the presence of oxygen will transform into a golden yellow.