APPENDIX G

REIKI CRYSTAL HEALING GUIDE

Bullet point notes of selected crystals from *Love is in the Earth* by Melody

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www.brigidsflame.com
cchow@brigidsflame.com

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REIKI CRYSTAL HEALING GUIDE

This guide consists of information on various crystals/stones. This information is abridged from *Love is in the Earth* by Melody. If you are interested in learning more about crystals/stones or are interested in other crystals/stones not listed here, I recommend *Love is in the Earth*.

Each crystal/stone is listed alphabetically for quick reference. Where another stone is listed in the notes in *italics* and CAPITALIZED, it is cross-referenced and is listed in this guide.

As with any treatment guide, please research the remedies before you use them.

AGATE

- associated with Gemini and the number 7
- exhibits coloured bands or other markings; main colour is blue to violet
- balances yin and yang energies and polar energies (such as feminine and masculine, passive and active)
- balances physical, mental, and emotional levels with etheric energies
- stabilizes the aura, smooths dysfunctional energies
- transforms and eliminates negativity
- used to stimulate analytical capabilities
- provides perceptiveness to situations
- awakens inherent talents and adroitness/dexterity
- produces inspiration from and a connection with spiritual entities
- strengthens the sight, diminishes thirst
- dispels sickness if taken as an elixir
- has properties of *CHALCEDONY* (as agate is a variegated class of it)
- other types of agate include *angel wing agate, blue lace agate, botryoidal black agate, Botswana agate, Brazilian agate, CARNELIAN*, *DAMSONITE, dendritic agate, dry-head agate, Ellensburg blue agate, fire agate, flame agate, Holly blue agate, iris agate, laguna agate, Lake Superior agate, Mexican lace agate, Montana agate, moss agate, ocean spray agate, orbicular agate, plasma agate, polka dot agate, plume agate, Priday plume agate, purple sage agate, Regency Rose agate, rose-eye agate, snake skin agate, stinking water plume agate, Turritella agate,* and *Woodward Ranch plume agate*

ALEXANDRITE

- associated with Scorpio and the number 5
- is green in sunlight and red-violet in artificial light
- synthesizes between the third eye, heart, and root chakras
- aids in astral travel, has regenerative power
- helps one connect to the beginning of one's development
- enhances the rebirth of the inner and outer selves
- helps to expedite changes

- manifests qualities of expansiveness, creativity, and awareness
- helps with centering and focusing
- reinforces self-esteem and allows for the experience of joy in life
- brings in acknowledgment and appreciation of the interconnection of all nature
- helps facilitate alignment of mental, emotional, and spiritual selves
- used to treat disorders of the spleen, testicles, and pancreas
- used to regenerate neurological tissue on the cellular level
- helps improve problems with the nervous system
- helps treat disorders associated with leukemia
- helps enhance assimilation of protein
- has properties of *CHRYSOBERYL* (as it is a variety of it)

AMAZONITE

- associated with Virgo and the number 5
- is usually turquoise and is sometimes found with yellow, white, or grey sections
- pacifies and eliminates aggression
- soothes emotional state, subjugates worry and fear
- soothes the nerves, dispels irritating and negative energy
- soothes the chakras, in particular helps rejuvenate the heart and throat chakras
- enhances communication regarding love
- aligns physical body with etheric and astral body providing a balancing and preventive energy
- can help balance masculine and feminine energies
- can bring clarity, clear spirit, and balance in personality
- helps to manifest and retain “universal love”
- can treat disorders of the nervous system
- dissipates energy blockages in the nervous system
- facilitates balancing of metabolism in relation to calcium assimilation
- can rectify calcium deficiency (take elixir of amazonite three times a day)
- resists tooth decay and osteoporosis
- helps diminishes calcium deposits in the body
- dispels spasms of the muscles
- has properties of *FELDSPAR* (as amazonite is a type of it)

AMBER

- associated with Leo and Aquarius, and the number 3
- is fossilized tree resin, sometimes contains insects (some contain a spider, it is rare to find one containing a scorpion)
- is golden coloured or yellow-brown, but may also be red, blue or green
- there is a type called *butter amber*, and *amber-citrine* has been found (this is not *CITRINE* that is amber-coloured, but rather a mix of the fossilized tree resin with citrine)

- absorbs and transmutes negative energy into positive energy
- calms the nerves and enlivens the disposition
- appropriate coloured amber helps to open and cleanse each chakra, particularly opens the crown chakra
- helps to connect with the higher self, and stimulates the intellect
- aligns physical, mental, and emotional selves with spiritual energies
- burned as an incense helps clear the environment of negativity (was used by the Native Americans and East Indians and used by tribal healers)
- purifies the physical, mental, emotional, and spiritual selves when worn, carried, or taken as an elixir
- used to treat goiter and other throat diseases
- used to treat disorders of the kidneys and bladder

AMETHYST

- associated with Pisces, Virgo, Aquarius, and Capricorn, and the number 7
- is a variety of *QUARTZ*, is deep purple to pale lavender
- "stone of spirituality and contentment"
- transmutes lower energies into higher ones
- resonates with the spiritual realm
- balances the physical, mental, and emotional selves
- provides a connection between the physical world and the spirit world
- clears the aura, stabilizes and transmutes dysfunctional energy
- bestows stability, strength, and peace, invigorates the soul
- useful for meditation, conducts clam energy and provides peace
- opens and activates the crown chakra
- protects against psychic attacks; transmutes negative energy into positive
- assists in assimilating new ideas
- used to treat disorders of the nervous system, digestive tract, heart, stomach skin, teeth, and of hearing
- used to treat insomnia, relieves pain from headaches and other disorders
- stabilizes mental disorders
- taken as an elixir to treat arthritis
- *amethyst elestial* contains properties of *elestial quartz* and *SMOKEY QUARTZ* in addition to amethyst
- varieties of amethyst include *"rutilated" amethyst*, and *chevron amethyst*

AMETRINE

- associated with Libra and the number 4
- enhances universal equilibrium, balances masculine and feminine energies
- stimulates the intellect, helps reach higher states quicker in meditation
- provides peace, tranquility, and cooperation
- disperses negativity from the aura

- facilitates the release of blockages in the physical, mental, and emotional realms, and the aura
- releases negative emotional programming
- helps with astral travel
- helps stabilize or corrects RNA/DNA structuring
- stimulates oxygenation of the body
- is a mix of *AMETHYST* and *CITRINE* and has the properties of those crystals

ANGELITE

- associated with Aquarius and the number 1
- is a white and blue crystal, occasionally contains red
- balances, polarizes, and aligns the physical body with the spiritual realm
- enhances telepathic communication
- aids spiritual journeys and astral travel
- dispels anger and renews connection with universal knowledge
- used to treat infectious diseases
- corrects deficiencies of the hemoglobin
- used to treat inflammation and afflictions of the throat
- corrects atrophy of the thymus
- alleviate symptoms related to functioning of the heart, and renews blood vessels
- provides rectification with any loss of sensory perception

APACHE TEAR

- associated with Aries and the number 6
- thought to be the tears of Apache women
- is a form of *OBSIDIAN*, which is volcanic ash, and has those properties
- is usually black; black and clear; black, smoky, and clear; black and mahogany; sometimes black and violet; black and green
- used to deal with grief,
- stimulates analytical capabilities
- promotes forgiveness and releases grievances
- thought to expel the venom of snake bites
- enhances assimilation of vitamins C and D
- aids in the elimination of toxins from the body
- alleviates muscles spasms

APATITE

- associated with Gemini and the number 9
- can be yellow, white, olive green, deep blue, purple, brown, red and brown or colourless
- normally yellow or yellow-green
- associated with humanitarian goals – healing, balancing energy, and teaching

- stimulates the intellect, helps integrate, co-ordinate, and balance the emotional, physical, mental, and spiritual realms
- eliminates over activity, under activity, blockages, or congestion in the chakras
- assists in developing deeper states of meditation and reflection
- helps balance yin and yang energies, helps raise kundalini
- provides self-insight, inner clarity, peace, and connection with the higher self
- suppresses hunger
- helps to focus healing on the systems of the body, glands, meridians, and body organs

APOPHYLLITE

- associated with Libra and Gemini and the number 4
- normally found as green, white, clear or colourless
- creates conscious connection between the physical and the spiritual
- facilitates astral travel and provides connection to the physical while astral traveling
- enhances energy stimulation, can be use to charge objects
- enhances and stimulates intuitive vision
- green apophyllite activates the heart chakra
- helps with holding a meditative state

AQUAMARINE

- associated with Gemini, Pisces, and Aries and the number 1
- can be anywhere from light blue to green, and is a variety of *BERYL*
- shields the aura and other etheric bodies
- aligns the chakras, balances the physical and the spiritual
- helps to attune to higher spiritual levels
- provides emotional and intellectual stability, enhances the connection with the higher self
- stimulates, activates, and cleanses the throat chakra
- used to treat swollen glands, balances and fortifies the glands
- improves vision and maintains health of the eyes
- assists in maintenance of the teeth and with formative bone structure
- other types are *aquamarine phantom crystal,* and *cat's eye aquamarine*

AVENTURINE

- associated with Aries and the number 3
- commonly found as green
- activates and clears the heart chakra
- protects the heart chakra from “energy vampires”
- balance masculine and feminine energies
- balances and aligns the mental, emotional, physical and auric bodies
- used in ritual involving the “medicine wheel” from Native American spirituality

- used to treat the disorders of the lungs, heart, adrenal glands, the muscular system, and the urogenital system
- contains *MICA*, and therefore has properties of it
- has properties of *QUARTZ* or *FELDSPAR* (as may be either of them)

AZURITE

- associated with Sagittarius and the number 1
- ranges from light to deep blue
- awakens the psychic self, eliminates indecision and worries
- can be used on the sacral and the heart chakra
- facilitates contact with spirit guides (from Native American spirituality)
- aligns the chakras, helps dissolve energy blockages
- helps relaxes the mind and aids in meditation
- used to treat disorders of spinal alignment
- ameliorates the arrangement of the vertebrae, rib cage, and small bones if malformed
- used to treat circulatory disorders
- other types are *azurite-malachite* and *azurite-malachite-chrysocolla*

BERYL – GOLDEN OR YELLOW

- associated with Leo and the number 1
- represents purity in all aspects of being
- provides for initiative and independence in thought and action
- instills guidance from the source of life
- opens and activates the crown and solar plexus chakras
- provides for synthesis between the mental and spiritual realms
- stimulates activity, adaptability, and vitality
- promotes the will to succeed
- contributes to the process of finalization
- used in treating disorders of the heart and spine
- used in treating concussions and damage to the cranial portion of the head
- other types of beryl include *AQUAMARINE, bixbite, EMERALD, goshenite, heliodor,* and *morganite*

BLOODSTONE (also known as “heliotrope”)

- associated with Aries, Pisces, and Libra and the numbers 4 and 6
- is green with flecks of red, smaller pieces do not show red
- “stone of courage”, helps center and ground
- awakens and introduces uniformity in the root, navel, sacral, and heart chakras
- balances the whole body in order to help overcome any distress and anxiety
- used to dispel states of bewilderment and obscure thought
- used to treat the spleen, to purify the blood, kidneys, bladder, intestines, and liver

- neutralizes and eliminates toxins in the body
- used to treat leukemia, stabilizes and balances the flow of blood
- aids in rectification of failing eyesight, lung congestion, and rashes
- is a variety of quartz, and has properties of *CHALCEDONY*

CALCITE

- associated with Cancer and the number 8
- is colourless or white, but can be green, pink, golden, orange, yellow, red, blue, grey, or black
- is an energy amplifier, helps the mind and body to remember
- clears and activates all the chakras
- ameliorates problems associated with improper functioning of the kidneys, pancreas, and a spleen
- promotes de-calcification of bone growths, helps assimilate calcium in the body
- other types of calcite are *calcite enhydros, calcite phantoms,* and *Iceland spar*

CARNELIAN

- associated with Taurus, Cancer, and Leo and the numbers 5 and 6
- is usually red, orange, or red-brown
- used to stimulate analytical capabilities
- provides perceptiveness to situations
- awakens inherent talents and adroitness/dexterity
- produces inspiration from and a connection with spiritual entities
- protects against envy, fear, and rage
- helps to banish sorrow, stabilizes the energy of the home
- stimulates inquisitiveness and initiative
- dispels apathy, indolence, and passivity
- increases physical energy, personal power, creativity, and compassion
- used in treating neuralgia, gall stones, kidney stones, pollen allergies, and colds
- ameliorates disorders of the spine, spleen, and pancreas
- taken as an elixir, heals cuts and abrasions
- has properties of *AGATE* and *CHALCEDONY*

CAT'S EYE

- associated with Capricorn, Taurus, and Aries and the number 6
- as its name indicates, resembles a cat's eye, and can be found in many colours
- represents happiness and serenity
- stimulates intuition and enhances awareness
- dispels unwanted energies from the aura
- provides protection energies
- used to treat eye disorders

- used to relieve headaches and pains associated with the nervous system
- has properties of *QUARTZ* or *CHRYSOBERYL* (as it can be a variety of either)

CHALCEDONY

- associated with Cancer and Sagittarius and the number 9
- is transparent, translucent, or opaque
- promotes stability in spiritual work
- balances the physical, mental, emotional, and spiritual selves
- encourages "brotherhood" among all
- symbolizes benevolence and good will
- alleviates hostilities, irritability, and melancholy
- enhances generosity, responsiveness, and receptivity
- improves assimilation of minerals
- combats build-up of materials in the veins
- said to cure various forms of dementia, to rectify senility, and to increase mental stability
- is part of the *QUARTZ* family, and sometimes contains small quantities of *OPAL*

CHERT (also known as "hornstone")

- associated with Leo and the number 2 and 9
- ranges from grey to black, resembles flint, but more brittle
- provides stability and assists memory
- used to request the presence of spirit guides (Algonquin tradition)
- used to treat chemical imbalances, soothes allergic reactions, aids in decrease of fatty deposits
- has properties of *CHALCEDONY* (as it is a form of it)

CHINESE FLUORITE

- associated with Pisces and Capricorn and the number 7
- displays layers of different colours
- has the properties of the appropriate colour of *FLUORITE* (as it is a type of it)
- protects and ameliorates disease
- also has properties of *PYRITE*

CHINESE WRITING ROCK

- associated with Pisces and the number 3
- contains patterns resembling Chinese script
- helps to access sacred knowledge and information from the akashic records
- assists in entering the dream state and in controlling dreams
- used to treat disorders of the eyes, spine, and legs
- increases assimilation of protein

- treats malaria and yellow fever
- soothes muscular structures of the hands
- taken as an elixir, aids energy work

CHRYSOBERYL – YELLOW AND HONEY

- associated with Leo and the number 6
- is various shades of green, yellow, honey, and red
- increases personal power and spirituality
- synthesizes energies of the solar plexus and crown chakras
- opens and activates the crown chakra
- aids in forgiveness, brings peace of mind
- helps to release and to discontinue unproductive energy patterns
- facilitates permanence in physical healing
- enhances energy of other stones
- regulates secretion of adrenalin and cortin
- moderates cholesterol levels
- ameliorates disorders of the liver, pancreas, and kidneys
- stimulates disinfection of infected parts of the body
- other varieties are *ALEXANDRITE* and *cymophane*

CHRYSOLITE (see *PERIDOT*)

CHRYSOPRASE

- associated with Libra and the number 3
- is apple-green
- balances yin and yang energies, aligns the chakras
- activates, opens, and energizes the hart chakra
- helps with meditation, helps heal a “broken heart”
- reduces superiority or inferiority complexes
- used to treat disorders of the heart
- increases the assimilation of vitamin C
- increases dexterity
- ameliorates frailty and infirmity
- used to treat the reproductive organs
- stimulates an increase in fertility
- has properties of *CHALCEDONY* (as it is a form of it)

CITRINE

- associated with Gemini, Aries, Libra, and Leo and the number 6
- ranges from yellow to golden brown to burnt amber
- dissipates and transmutes negative energy

- balances yin and yang energies, aligns the chakras
- activates, opens, and energizes the navel and solar plexus chakras
- stimulates mental focus and endurance
- stimulates intuition and connects with higher forces of intelligence
- illuminates energy of the root chakra
- dispenses fundamental level of fear
- provides a happy disposition
- stimulates the crown chakra
- promotes mental awareness
- clears the aura and aligns it with the physical body
- aids in digestion and assists in treating digestive disorders
- promotes circulation of blood
- used to treat degenerative disorders
- diminishes growths
- used to increase visual abilities, balance the thyroid, and activate the thymus
- has properties of *QUARTZ* (as it is a variety of it)
- other forms include *AMBER-citrine, citrine-quartz,* and *citrine-smoky quartz*

COPAL

- associate with Gemini and the number 2
- is actually a fossilized resin of vegetable origin (similar to *AMBER*)
- ranges from yellow to red to brown
- activates the crown chakra while maintaining physical consciousness
- used to remove energy blockages, strengthens the meridians
- enhances contact with etheric bodies
- stimulates the crown chakra toward spirituality
- creates altered states of consciousness
- amplifies entire energy field of the body
- improves disorders of the heart
- aids recovery from disorders of diminished physical vitality
- used to treat disorders of the kidneys and bladder
- rejuvenates those recovering from sickness, stimulates cellular renewal
- used to diagnose healing and to communicate with spirits (from traditional European healing)
- taken as an elixir, was uses similar to penicillin

CORAL

- associated with Pisces and the number 22
- is the vacated housing of a marine animal
- can be black, pink, red, white, or blue
- represents diplomacy, quiets the emotions and brings peace

- facilitates intuition, imagination and visualization
- helps to understand and use qualities of the mystic
- strengthens the circulatory system and the bones of the body
- stimulates tissue regeneration, nourishes the blood cells
- used to treat disorders of the spinal canal, the nervous system, and the thalamus
- has properties of *SHELL*
- other types include *black coral, blue coral, horn coral, pink coral, red coral*, and *white coral*

COWRIE

- associated with Pisces and the number 1
- ancient symbol for creation, birth and rebirth
- aids in controlling intuitive and mental abilities
- stimulates learning and retention capabilities
- enhances fertility and used to treat disorders of the reproductive system
- aids in assimilation of iodine, vitamins A and D, calcium, and magnesium
- has properties of *SHELL* (as it is a form of it)

DAMSONITE

- associated with Virgo and Libra and the number 1
- is a violet colour, with patterns resembling “flowers of yellow”, and may display other colours
- stimulates feminine qualities of a person
- allows for emotional expression
- stimulates love and happiness with path chosen
- enhances meditation and spiritual development
- clears the channel between the intellect and the spiritual self
- stimulates mental acuity, used to stimulate and to calm the heart, enhances fertility
- used to treat disorders of the kidneys, bladder, and spleen
- has properties of *JASPER* (as it is a type of it)

DIAMOND

- associated with Aries, Leo, and Taurus and the number 33
- can be colourless, white, or black, and various shades of pink, yellow, red, orange, green, blue, or brown
- used as a talisman against cowardice
- “stone to enhance invulnerability” and “stone of innocence”
- maintains energy to stimulate unity and universal love
- used to remove voids from the aura
- inspires creativity, imagination, ingenuity, inventiveness

- activates the crown chakra, and produces connection between the intellect and higher knowledge
- used to counteract poisoning, to clarify and stimulate the sight
- is a metabolic balancing agent

DINOSAUR BONE

- associated with Aries and the number 2
- is piece of fossilized dinosaur
- assists in assimilation of phosphorus within the body
- stimulates orderly growth of tissues
- controls the temperature and the release of fevers from the body
- helps rebuild and restructure confused and disarranged skeletal structures
- has properties of *FOSSIL*

DIOPTASE

- associated with Sagittarius and Scorpio and the number 8
- is usually emerald green
- clears and stimulates all chakras, furthers spiritual attunement
- stimulates past life memories
- balances yin and yang energies and aligns the chakras
- activates, opens, and energizes the heart chakra
- promotes inner cellular awareness
- produces natural calming energy
- eases high blood pressure and releases stress and tension
- corrects problems associated with inadequacies in nourishment, disturbed equilibrium, disorders of the heart, lungs, cells, and structures
- used to treat Meniere's symptoms by alleviating dizziness and removing the cause
- ameliorates rash associated with Agent Orange and diminishes the presence of this toxin
- provides for an increased T-cell count in AIDS patients
- taken as an elixir, can relieve pain from headaches, migraines, and surgery

EMERALD

- associated with Taurus, Gemini, and Aries and the number 4
- is only found as green
- “stone of successful love” and provides domestic bliss
- instills sensitivity and loyalty
- enhances memory and stimulates the use of greater mental capacity
- combines intelligence with discernment
- opens, activates, and stimulates the heart chakra
- quiets the emotions and brings harmony

- eliminates negativity and brings positive action
- helps maintain rhythmic breathing conducive to entering and to attaining meditative state
- used to treat disorders of the spine, lungs, heart, and muscular system
- soothes the eyes
- has properties of *BERYL* (as it is a form of it)
- another type is called "red emerald", but it is really another form of beryl properly called *bixbite*

FELDSPAR

- associated with Aquarius and the number 9
- assists in detaching from the old
- provides a connection with intergalactic intelligence
- used to treat disorders associated with the skin and muscular structure
- other types are *albite, adularia, AMAZONITE, azulicite, labradorite, MOONSTONE, oligoclase, orthoclase, paracelsian,* and *SUNSTONE*

FLINT

- associated with Scorpio and the number 7
- is grey, smoky-brown, or brown-black
- aids activities involving though transference
- helps dispel shyness, prevents nightmares
- assists in severing emotional ties which can be stressful
- produces protective energy and dispels negativity from "haunted" places
- as a talisman brings intellectual, psychological, rational, and physical strength during confrontations, arguments, and disputes
- used to treat kidney stones, liver disorders, calcium deposits, lung disorders, skin lesions, and digestion
- taken as an elixir, enhances integrity of the skin and diminishes superficial growth
- used in "psychic surgery"
- has properties of *CHALCEDONY* (as it is a variety of it)

FLUORITE (also known as "fluor spar")

- associated with Pisces and Capricorn and the number 7 and 9
- is pink, blue, green, yellow, purple, magenta, red, black, colourless, or multiple colours
- discourages chaotic, disruptive and disorganized growth
- stabilizes and produces order within the mental, physical, emotional, and spiritual bodies
- "stone of discernment and aptitude"
- increase ability to concentrated
- sustains health, intellect, and emotional wellbeing
- used to dispel disorders if symptoms are noticed early

- dissipates states associated with colds, flu, taph, and strep infections, infectious cankers, herpes, ulcers, and similar infections
- used to treat violent and/or highly infectious diseases
- used to treat tumors at the beginning stages of growth
- used to treat structure of the bone and composition and formation of cells
- used to assists in preventing RNA/DNA damage
- along with *CHINESE FLUORITE*, there is also *blue fluorite, colourless fluorite, green fluorite, purple fluorite, yellow fluorite,* and *yttrian fluorite*

FOSSIL

- associated with Virgo and the number 8
- preserved remnant from the past, is organic matter transformed into stone
- can be bone, shell, insects, animals, fish, and impressions left by plants, animals, and natural resources
- all fossils contain a mineral which has helped retain the original organic matter
- these minerals may be *quartz, CALCITE, OPAL, PYRITE, AGATE, JASPER* or other
- enhances telepathic communication between dimensions and worlds
- dispenses with old “programming”
- used to stimulate the thymus and in treating disorders associated with atrophy, the skeletal system, and the hands and feet

FULGARITE

- associated with Virgo and Gemini and the numbers 4 and 6
- a form of natural *GLASS* formed in sand or rock by lightning
- enhances communication on the physical realm
- strengthens connection with other worlds
- alleviates distractions and provides for intensified concentration
- enhances abilities of a divining rod for divination or rain-making (“cloud-busting”)
- facilitates clairaudience experiences
- used to treat disorders of the ear, nose, throat, intestinal walls, colon, alimentary canal, and esophagus

GARNET

- associated with Leo, Virgo, Capricorn, and Aquarius and the number 2
- displays a range of colours that may be displayed in its varying types
- “stone of health”, extracts negative energy from the chakras
- balances and stimulates the development and movement of the kundalini
- stimulates the root and crown chakras to provide free flow of movement
- provides a stable connection between the physical and the spiritual nervous systems
- monitors and adjust flow of energy
- provides a balanced energy field

- amplifies the functions of emotional and intellectual regeneration
- aids in altering state of mind and emotions
- protective influence and calming stable vitality
- discourages chaotic, disruptive and disorganized growth
- stabilizes and produces order within the mental, physical, emotional, and spiritual bodies
- used to treat disorders of the spine and spinal fluid, bone, cellular structure and composition, heart, lungs, and blood
- used to balance sexual energies
- enhances assimilation of iodine, calcium, magnesium and vitamins A, D, and E
- repairs and prevents damage to RNA/DNA structures, and aids in regeneration
- other types are *almandine, andradite, grossular/grossularite, pyrope/rhodolite, uvarovite,* and *spessartine/spessartite*

GEODE

- associated with Virgo and the number 9
- is a stone with a cavity containing a crystalline structure growing in the center
- normally formed completely closed and usually contains *QUARTZ, AMETHYST,* or *CALCITE*
- facilitates astral travel
- used to treat disorders associated with the hands, lungs, and nervous system
- a type called the "brain geode" (has a conglomerate on the outside of the geode) is used to treat brain tumors and mental imbalances
- has properties of the crystal found inside

GLASS – NATURAL (also known as "lechatelierite")

- associated with Virgo and Gemini and the numbers 4 and 6
- is actually fused *QUARTZ*, and is found in volcanic rocks and meteorite craters
- examples are Libyan Desert Glass and Darwin Glass (from Tasmania)
- aligns the energy centers of the body
- balances the nervous system
- used to treat tumors and other growths
- enhances assimilation of nutrients
- strengthens the muscles and tissues of the body
- activates the thymus and improves the immune system
- *FULGARITE* is a form of natural glass

GRANITE

- associated with Libra and the number 2
- is grey, white, pink, black, or yellow-brown
- banishes skepticism
- used to treat disorders associated with the face, hair, and head

- has properties of *QUARTZ* and *orthoclase* (a type of *FELDSPAR*) (as it is composed of those materials)

GRAPHITE

- associated with Aquarius and the number 3
- ranges from iron-black to deep steel-grey
- an electrical conductor
- enhances energy of the healer during healing
- aligns the chakras
- "stone of personal freedom"
- improves writing ability and stimulates thought
- discourages hostility and dispels anger
- used to treat spinal misalignment, cataracts, hearing loss, and disorders of the elimination system
- DO NOT TAKE AS AN ELXIR

HELIOTROPE (see *BLOODSTONE*)

HEMATITE

- associated with Aries and Aquarius and the number 9
- is grey to black, brown-red, or red; and appears metallic
- helps ground and balances the physical, mental, emotional, and spiritual bodies
- aids in meditation, brings tranquility and emotional clarity
- calms and balances the energy systems
- balances yin and yang energies and the meridians
- "stone for the mind", used for mental attunement, memory enhancement, and enhancing mental capabilities
- dissolves negativity and transforms it to universal love
- helps the body remain cool, dispels heat
- used on the forehead to draw out a fever, or may take as an elixir
- used to treat leg cramps, blood disorders (such as anemia), nervous disorders, and insomnia
- assists in spinal alignment and in proper healing of breaks and fractures
- adjusts the vertebrae by placing near the base of the spine, on the area of misalignment, or near the top of the spine

HORNSTONE (see *CHERT*)

IOLITE (also known as "cordierite")

- associated with Libra, Sagittarius, and Taurus and the number 7
- can be blue, brown, yellow, dark violet, grey, or green

- may also be grey-green, green-grey, or brown-grey
- called the “violet stone” and is used for the third eye or crown chakra during healing, guided meditations, or astral travel
- aids in change fundamental to spiritual growth
- produces electrical charge when in contact with the aura
- strengthens and aligns the aura
- is powerful shamanic medicine
- stimulates visions and used in shamanic healing ceremonies to influence the spirits
- iolite ring of the shaman worn to ensure accuracy in the vision
- balances the masculine and the feminine energies
- brings harmony, and helps release discord
- helps to attain a constitution defies physical disorders
- protects and improves degraded conditions of the liver
- assists in lessening fatty deposits and rids the body of toxins
- used to treat malaria and other fever-producing disorders

IVORY – FOSSILIZED, ANCIENT, AND VEGETABLE

- associated with Sagittarius and Aries and the number 8
- this entry discusses fossilized ivory, ancient ivory used by tribal Africans and other countries, and vegetable ivory (such as tagua nuts from southern palm trees)
- represents purity and promotes vitality
- expels restlessness, anxiety, moodiness, and derision
- stimulates initiative, dignity, and serenity
- eliminates obstructions in the physical world
- removes etheric parietal blockages to the meditative entry state
- used to treat bone disorders and aids regeneration required to ameliorate these disorders
- diminishes problems associated with soreness and stiffness of joints, flexibility of the limbs, circulatory functions, and misalignment of the spinal column
- used to soothe the skin and to treat skin related disorders
- tagua nuts are known as “headache stones” and promptly and continually relieves headache pain

JADE

- associated with Aries, Gemini, Taurus, and Libra and the number 11
- known as the “dream stone” and “stone of fidelity”
- brings realization of potential and devotion to purpose
- improves memory of dreams
- releases suppressed emotions via the dream process
- a sacred stone of the Mayan, connect to the Mayan “dream time”
- transmutes negativity, aids in accessing the spirit worlds, helps attune to others
- used to treat disorders of the heart, hips, kidneys, and spleen

- soothe and smooths the skin, stimulates the health of hair
- forms of jade are *JADEITE*, *Transvaal jade*, and *nephrite*

JADEITE

- associated with Aries and the number 9
- can be translucent emerald green (Imperial jade), pale to deep green, mauve, lavender, white, brown, red, orange, yellow, grey, black, blue-green to green with white or light green, pastel green with slight bluish cast and interlaced with pure white veins, or white with delicate green veining
- a "stitching" agent, aids stitches to bind and to heal properly
- assists both the cellular and skeletal structures to re-bind themselves
- assists in removing pain in the sides, hips, legs
- used to treat disorders of the reproductive organs (primarily male)
- diminishes and prevents recurrence of cramps and "Charlie horses"
- stabilizes muscular arrangement and smoothing of the tissues
- has properties of *JADE* (as it is a form of it)

JASPER

- associated with Leo and the number 6
- is opaque and usually patterned, contains stripes or banding
- can be dark red, orange, yellow, tan, brown, green, grey, or blue
- "supreme nurturer", nurtures the spirit, provides protection
- associated with the sun and the solar plexus chakra
- yellow jasper protects and assists travel (physical or astral)
- red jasper induces health and rebirth
- blue jasper connects with the otherworld
- protects against negativity and helps with grounding
- aligns the chakras, and balances yin and yang energies
- balances the physical, emotional, mental, and spiritual realms
- stabilizes and cleanses the aura
- smooths dysfunctional energies
- used to treat tissue deterioration of the internal organs
- used to treat deterioration disorders of the kidneys, spleen, bladder, liver, and stomach
- used to treat the loss of sense of smell
- soothes the nerves, balances the mineral content in the body
- regulates iron, sulfur, zinc, and manganese in the body
- has properties of *CHALCEDONY* (as it is a form of it)
- other types are *Arizona lizard stone jasper, bat cave jasper, Bruneau jasper, orbicular jasper, picture jasper, red jasper, rose-eye jasper, royal plume jasper*, and *wonderstone*

JET

- associated with Capricorn and the number 8
- is actually fossilized wood, similar to coal, but harder than most forms of coal
- is only found as black
- dispels fearful thoughts, protects wearer against illness and violence
- aligns the root chakra and awakens the kundalini
- enables movement of kundalini towards the crown when placed on the upper areas of the body
- is a calming agent, diminishes depression
- used to treat migraine headaches, epilepsy, glandular and lymphatic swelling, stomach pain, and colds

KUNZITE

- associated with Scorpio, Taurus, and Leo and the number 7
- true kunzite is pink, stones similar to kunzite and sold as kunzite can be colourless, yellow, green, grey, or purple
- may be bi-coloured or tri-coloured
- activates the heart chakra and aligns it with the throat and third eye chakras
- removes obstacles in life
- dissolves negativity and dispels possession from outside influence or entities
- provides protection on the outer areas of the aura and produces a shield from unwanted energies
- assists in attaining deep meditative states and aids in centering and focusing
- stimulates intuition and creativity during the meditative state
- dispels static unfocused energy
- stimulates sensitivity and sensuality
- strengthens and reinforces the physical heart muscles
- used to treat disorders of the lungs and circulatory functions
- ameliorates stress-related disease
- eliminates energy blockages which encourage dysfunctions in the body
- stimulates secretion of hormones of wellbeing
- pale yellow kunzite aligns the seven chakras within twenty-four hours and allows for RNA/DNA structuring and re-building, promotes stability in the calcium/magnesium field, provides blueprint information for cellular development, and deflects radiation and microwaves from the aura

KYANITE

- associated with Taurus, Libra, and Aries and the number 4
- can be grey, black, and blue with white, green, yellow, and pink
- repels negative energy, aligns and opens the chakras

- aligns the physical, mental, emotional, and spiritual realms
- brings tranquility and calming effect to the whole being, particularly with the throat and third eye chakra
- stimulates communication and psychic awareness on all levels
- dispels anger and frustration
- facilitates mental clarity and dispels confusion
- aids in meditation, accessing the astral plane, connecting with spirit guides, and dream recall
- balances yin and yang energies and dispels energy blockages
- black kyunite aids grounding while aligning the chakras
- used to treat disorders of the muscular and urogenital system, adrenal glands, throat, parathyroid glands, and brain
- there is a type of kyunite mixed with *RUBY*

LAPIS LAZULI

- associated with Sagittarius and the number 3
- is a deep blue
- activates and clears the throat and third eye chakra
- "stone of total awareness", expands awareness and intellectual capacity
- allows for conscious attunement to the intuitive and psychic nature
- aids in developing insight into dreams when placed over the third eye
- stimulates emotional, mental, and physical purity and clarity
- helps overcome depression and enhances states of serenity and self-acceptance
- balances yin and yang energies
- shelters wearer from physical danger and psychic attacks
- used to treat disorders of the throat, bone marrow, thymus, and immune system
- relives symptoms of insomnia, vertigo, and dizziness
- assists in preventing and in rectifying RNA/DNA damage
- activates the regenerative energies within the body
- has properties of *LAZURITE* and *CALCITE* (as it is a combination of these two)

LAZULITE

- associated with Sagittarius and Gemini and the number 7
- ranges from deep to light blue
- "stone of heaven", aids in meditation and connecting with higher states of consciousness
- ameliorates sensitivity to the sun
- used to treat disorders of the thyroid, pituitary, liver, and lymph glands
- aids the mending of broken bones
- enhances the functioning of the immune system
- relieves disease of bones and teeth
- aids overcome traits associated with compulsive behaviour patterns

LAZURITE

- associated with Sagittarius and Pisces and the number 4
- can be blue, green-blue, or violet-blue
- promotes tranquility and spiritual development
- amplifies thought transference, intuition, psychic contact with spirit guides
- used to treat food allergies and disorders of the lungs
- aids oxygenation of the the blood to facilitate dispersal of toxins
- alleviates pain and provides relief form inflammation and infection

LIMB CAST

- associated with Leo and the number 7
- is actually an ancient tree limb, often small, in which the wood has been replaced with *AGATE*
- promotes easier access to meditative states and astral travel
- provides connection between the physical and spiritual worlds
- assists in personal development
- used to treat disorders of the extremities
- provides strength and stamina to the arms and legs
- promotes recovery from atrophy and increases flexibility
- acts to stimulate and to improve the assimilation of vitamins A, D, E, and C
- ameliorates arthritis, bursitis, and gout
- other types are *OPAL limb casts*

LODESTONE

- associated with Virgo and Gemini and the number 1
- ranges from iron black to pale brown
- is actually *MAGNETITE*, but with polarity properties
- has been found in meteorite
- enhances receptivity and balances the masculine and feminine energies
- balances and aligns the meridians
- aligns and activates the chakras
- assists in removal of energy blockages that cause disease

MAGNESITE

- associated with Aries and the number 3
- can be white, grey, yellow, or brown
- helps manifest unrecognized thoughts and ideas
- assists in visualization and imagery
- instills peace during meditation and eliminates self-deceit

- opens the crown chakra
- stimulates passion and heart-felt love
- enhances purification of cells
- assists in treating convulsions and disorders of the bones and teeth
- lessens pre-menstrual syndrome and controls body odor
- stimulates and soothes the heart and associated arteries
- helps regulate body temperature
- helps with fevers and chills

MAGNETITE

- associated with Aries, Capricorn, Aquarius, and Virgo and the number 4
- ranges from iron black to pale brown
- has been found in meteorite, and has magnetic properties
- temporarily aligns the chakras, the subtle bodies, and the meridians
- dispels grief, fear, anger, and attachment
- aids in spiritual growth, helps entry into a deep meditative state
- “stone of stability”, aids in grounding
- provides a healer protection and stability during healing
- balances the emotions with the intellect
- used to treat disorders of the bone structure, hair, skin,, blood vessels, and the flesh
- used to treat nosebleeds
- helps attract healing energies required for recovery from disorders
- *LODESTONE* is a type of magnetite

MALACHITE

- associated with Capricorn and Scorpio and the number 9
- ranges from light to dark green
- “stone of transformation”, assists in changing situation
- clears and activates the chakras
- stimulates the heart and throat chakras
- clarifies the emotions and allows for the release of negative experiences
- facilitates insight concerning the cause of any specific condition
- an equalizing and balancing agent, dispels symptoms of vertigo
- facilitates the rise of spirituality and the enhances psychic abilities
- may protect against radiation
- used to treat asthma, arthritis, swollen joints, tumors, growths, broken bones, and torn muscles, regulates RNA/DNA structures
- aligns and cleanses the cellular structure
- enhances the immune systematic, eases birthing process

MANGANESE

- associated with Scorpio and the number 7
- ranges from metallic grey to grey-black to black
- aids grounding and balances the emotional and physical realm
- diminishes free-radical oxides in food and the body
- increase the metabolic rate, stimulates assimilation of the manganese nutrient
- brings relief from headaches, muscular stiffness, and tiredness

MARBLE

- associated with Cancer and the number 6
- can be white, yellow, red, green, pink, or brown
- provides clarity and suspension in states of meditation
- promotes peak states of meditation and total recall of dreams
- helps actuate the unused portions of the mindfulness
- used to treat disorders of the bone marrow, and viral and bacterial infections, sore throat, lower back pain
- increases flexibility – physical and mental

METEORITE

- associated with all astrological signs and the number 2
- represents the energy of other worlds and allows access to this energy
- a sacred stone from the heavens
- used to treat anemia, incoherence, and melancholia
- balances the physical and spiritual realms

MICA

- associated with Aquarius and the number 8
- most common form is *muscovite* and this entry addresses that
- can be pearly grey, white, yellow, brown, green, red, or violet
- facilitates clarity in visions and mysticism
- provides for self-reflection
- diminishes anger, tantrums, and nervous energy
- aligns the energy centers of the body and releases energy blockages
- used to treat insomnia, relieves conditions of dehydration
- brings sparkle to the eyes and sheen to the hair

MOLDAVITE

- associated with all astrological signs, predominantly Scorpio, and the numbers 2 and 6
- is a green stone of extra-terrestrial origin
- is a form of *tektite* found in Czechoslovakia
- formed during meteoritic action which produced a strew field of the stones
- facilitates strong, clear, and direct inter dimensional interconnection between consciousness and higher planes of light
- works with the third eye, throat, and crown chakras

MOONSTONE

- associated with Cancer, Libra, and Scorpio and the number 4
- has a milky sheen
- is a stone for balancing, introspection, and reflection
- aids with change in the physical, mental, emotional, and spiritual levels
- aids in endings and new beginnings
- allows absorption of what is needed, not necessarily what is wanted
- brings flashes of insight and understanding via intuition
- stimulates intuitive recognition, enhances perception and discernment
- alleviates emotional tensions
- enhances positive attributes of creativity and self-expression
- cleanses negativity from the chakras
- enhances feminine qualities and provides spiritual nourishment
- stimulates confidence and composure
- sustains and supports while promoting growth and supplementing energy
- provides for a connection between the physical, emotional, and mental levels
- “traveler's stone”, protects against the dangers of travel and is a talisman of good fortune
- brings calmness and awareness
- helps to attune to natural body rhythms
- stimulates properties of rejuvenation
- alleviates degenerative conditions with respect to the skin, hair, eyes, and the fleshy organs of the body
- enhances assimilation of nutrients, assists in the elimination of toxins, treats disorders of the digestive and elimination systems
- used to treat pulmonary consumption
- facilitates and promotes ease in pregnancy and childbirth
- enhances fertility, ameliorates pre-menstrual syndrome, eliminates insomnia
- provides remedial action for disorders related to water, such as swelling and bloating, and insect stings or bites
- used to treat circulatory disorders
- has properties of *adularia, albite,* and *FELDSPAR*

NEPHRITE

- associated with Libra and the number 9
- can be olive green, green-grey, spinach green, misty green, apple green, light green, brown-green, black, cream, tan, blue-grey, or pink
- balances masculine and feminine energies
- as a talisman, provides invisible barrier against attack and illness
- stimulates the working mechanisms of the white blood cells to neutralize harmful organisms
- stimulates the adrenal glands, assists in regulating metabolism
- ameliorates the reaction of the body to stress, used to treat colic
- has properties of *JADE* and *actinolite* (as it is comprised of both)
- may find nephrite combined with *QUARTZ*

OBSIDIAN

- associated with Sagittarius and the number 1
- is lustrous volcanic glass and the colours vary
- focuses the inner vision and helps grounding
- stabilizes internal and external energies
- protects from physical or emotional harm
- shields against negativity by transforming negative energy
- provides the healer and the subject of healing with clarity regarding cause and amelioration of the disease
- aside from *APACHE TEAR* and *SNOWFLAKE OBSIDIAN*, there is also *black obsidian; grey obsidian; brown obsidian; blue obsidian; blue/green obsidian; electric-blue sheen obsidian; gold sheen obsidian; green obsidian;mahogany obsidian; purple obsidian; purple sheen obsidian; rainbow obsidian; red obsidian; red and black obsidian; red, black, and snowflake obsidian;silver sheen obsidian*

OLIVINE (see *PERIDOT*)

ONYX

- associated with Leo and the number 6
- can be various colours and may have layers of colours
- often found as black, black and white, red and white, orange-brown/honey and white
- centers and aligns with higher powers
- banishes grief, enhances self-control
- encourages happiness and good fortune
- helps to absorb energies that is needed
- balances yin and yang energies
- promotes recognition of inner strengths
- used to treat disorders related to bone marrow, soft tissue structures, and the feet

- has properties of *CHALCEDONY* (as it is a type of it)

OPAL

- associated with Cancer, Libra, Pisces, and Scorpio and the number 8
- variety of colours
- strengthens memory, and amplifies positive traits and characteristics
- "stone of happy dreams and change"
- awakens psychic and mystical qualities
- encourages flashes of insight and intuition
- invokes visions (from Native American and Australian aboriginal traditions)
- disperses infections, purifies the blood and the kidneys, regulates insulin production, alleviates fever, stimulates circulatory functions
- use to treat disorders of vision and the eyes, clarifies and strengthens the eyesight
- assists in recovery from Parkinson's disease
- provides comfort and ease during childbirth
- types of opal include *Andean opal, black opal, black plume opal, blue opal, boulder opal, boulder matrix fire opal, cherry opal, common opal, dendritic opal, fire opal, golden opal, green opal, Honduran opal, Opalized Nature, pink opal, red opal, white opal,* and *water opal*

PEARL

- associated with Cancer and Gemini and the number 7
- comes from the pearl oyster, both sea and fresh water
- can be white, black, grey, pinkish-white, yellow-white, bluish-grey
- signifies faith, charity, and innocence
- enhances personal integrity, and helps focus
- stimulates purity in physical and mental levels
- "stone of sincerity", brings truth to situations and loyalty to a cause
- inhibits boisterous behaviour
- used to treat digestive disorders, the soft organs of the body
- relives conditions of biliousness and bloating
- increases fertility and eases childbirth

PERIDOT (also known as "chrysolite" and "olivine")

- associated with Virgo, Leo, Scorpio, and Sagittarius and the numbers 5, 6 and 7
- precious peridot is green or yellow-green; olivine is dark yellow-green, olive green, and bottle green; may also be red, yellow-brown, green to brown, or honey yellow (this one is known as "Peridot of Ceylon" or *yellow TOURMALINE* or properly *tsilasite*)
- has a warm and friendly energy
- gives insight into situations and detrimental patterns of behaviour
- cleanses and stimulates the heart and solar plexus chakra

- provides a shield of protection around the body
- worn or carried after balancing, aligning and/or cleansing the chakras will protect from outside influences
- heals a “bruised ego” by dispelling anger and/or jealousy
- inspires happiness and delight in nature of life
- aids in the quest for enlightenment
- excellent healing stone, acts as a tonic which strengthens and regenerates the body
- used to treat disorders of the heart, lungs, spleen, and intestinal tract
- strengthens the eyesight, particularly with astigmatism and nearsightedness
- provides relief from and healing to ulcers of the stomach and duodenum
- facilitates the birthing process, stimulates contractions, aids in opening the birth canal

PETRIFIED WOOD

- associated with Leo and the number 77
- is ancient wood that has been crystallized, usually by *AGATE* or *QUARTZ* (and has properties of either or both of those stones)
- may also contain *OPAL*
- *petrified bod* is ancient wood that became a bog before petrification
- the agate version, called “agatized wood”, provides access to past lives via meditation
- the quartz version, called “silicified wood”, assists in removal of triflng annoyances, eliminates worries, provides strength in all areas of life, aids in grounding, provides access to past lives via meditation
- used to treat atrophy, paralysis, and dysfunctional ambulatory capabilities
- strengthens the back and provides alignment to the skeletal structure of the body
- aids in treating hearing loss and incontinence
- supports through crisis period of a disease
- gives insight into “why” of an illness and the lessons to be learned
- “stone of transformation”, assists in spiritual development
- soothes the skin and stimulates thickness and luster in the hair

PICASSO STONE

- associated with Sagittarius and the number 3
- can be black, rusty-brown, tan, yellow, or white
- assists in developing creative talents and in fulfilling artistic endeavours
- connects with energies of other worlds
- facilitates transformation of intuition into intellectual thought
- aids in changes and attracts strength and perseverance
- provides clarity to the inner sight
- stimulates the circulatory system, reduces anxiety and stress, assists in digestion, regulation and metabolism, promotes weight loss
- used to treat carpel tunnel syndrome, cellular and organ toxicity
- has properties of *MARBLE* (as it is a type of it)

PITCHSTONE

- associated with Aries and the number 3
- is a type of volcanic glass, which is dull and pitch-like in its luster
- produces clarity in mental processes
- stimulates and soothes emotions
- useful for divination and produces quick results in rain-making
- stimulates positive interest in life
- used to treat kidney stones, gallstones, over-fertility
- assists in mending of broken bones and fractures

PRENHITE

- associated with Libra and the number 5
- can be pale green, dark green, yellow, or white
- multiplies energy and enhances protective field around body
- used in a grid produces calmness
- “stone for dreaming and remembering”
- advances the state of meditation
- enhances abilities to prophesy and can be used for divination
- used to treat disorders of the kidneys, bladder, and connective tissues
- treats gout and anemic disorders of the blood

PUMICE

- associated with Capricorn and the number 4
- fine-grained volcanic rock with a well-defined cellular structure
- reminder to not sink into despair when faced with heavy problems
- combats abrasive character traits
- alleviates negative attitudes
- absorbs negativity (make sure to cleanse it often)
- gives insight into negative situations
- helps keep the heart functioning
- used to treat cellular disorders and reduces abnormal growths
- taken as an elixir, regenerates the skin and provides smoothness to the body

PYRITE

- associated with Leo and the number 3
- is brass-yellow
- shields from negative energy, helps remove pollutants from the aura
- keeps away all negative energy including physical danger
- encourages and sustains good health, intellect, and emotional wellbeing

- assists in seeing behind facades and deceptions
- stimulates the intellect and enhances memory and memory recall
- used to treat structure of the bones and the composition and formation of the cells
- assists in prevention and repair of RNA/DNA damage
- used to treat bronchitis and disorders of the lungs
- used to treat violent and/or highly infectious diseases
- lessens fevers and reduces inflammation

QUARTZ

- associate with all astrological signs and the number 4
- is also known as “rock crystal”
- amplifies, focuses, stores, transfers, and transforms energy
- dispels static electricity, provides for conversion and re-direction of energy to ward beneficial state
- provides naturally balanced, solid-state energy field
- amplifies body energy and thoughts
- “stone of power”, assists in creation of power, provide for clarity in thinking
- harmonizes and aligns energies fields of the body
- balances physical, mental, emotional, and spiritual levels
- synchronizes with universal consciousness
- facilitates communication with spiritual and otherworldly teachers and healers as well as plants, animals - all life
- creates altered states of consciousness
- stimulates and amplifies psychic abilities
- assists in retaining calmness and clarity in situations
- enhances energy, gives restful sleep
- clears and activates energy centers of the body
- aids in meditation when placed on the third eye
- clears emotional disturbances when placed on the heart chakra
- activates the crown chakra and provides clear path for the movement of kundalini and connection to the spiritual self
- purifies the physical, mental, emotional, and spiritual levels
- heals negativity associated with perspective and judgments
- stimulates positive thoughts and feelings
- enhances flow of positive thoughts and feelings towards worldly peace and harmony
- physical and mental energizer, enhances and protects the aura
- maintains balance, energy, and protection
- aids in meditation, spiritual development, and healing
- aids in recognizing the origin of a disease and in diagnosing
- used for glandular swelling, reduces fevers, relieves pain
- used to treat disorders of the circulatory system, digestive system, skin, elimination system

- used to treat vertigo, stabilizes dizziness, promotes emotional stability
- treats bladder infections and dysfunctions
- helps soothes a burn if held over the area, eliminates pain, blistering, and any traces of the burn
- taken as an elixir, eliminates toxins form the body
- different quartz formations are *activation (left) quartz, activation (right) quartz, aperture quartz, barnacle quartz, bridge quartz, Buddha quartz, carved (natural) quartz, channeling quartz, cluster quartz, convoluted sheet quartz, cross quartz, curved quartz, double terminated quartz, elestial quartz, etched quartz, faden quartz, generator quartz, growth interference quartz, "horn of plenty" quartz, Jacare quartz, Japan law twin quartz, key quartz, laser wand quartz, lens/sheet quartz, manifestation quartz, nodule quartz, pinnacle quartz, pocket quartz, rainbow quartz, "record keeper" quartz, scepter quartz, "seer stone" quartz, self-healed quartz, seven and eight-faced quartz, shovel quartz, singing quartz, spade quartz, spiral quartz, tabby quartz, trans-channeling quartz, transmitter quartz, transformation quartz, twin quartz,* and *window quartz*
- specialty quartz includes *aqua aura quartz, CITRINE-quartz, citrine-smoky quartz, blue quartz, dendritic quartz, "golden healer", green quartz, harlequin quartz, included quartz (asbestos-included quartz, cuprite-included quartz, carbon-included quartz, limonite-include quartz,* and *snowball-included quartz), lavender quartz, OPAL aura, phantom quartz (ajoite phantom quartz, HEMATITE phantom quartz, papagoite phantom quartz, AMETHYST phantom quartz, black phantom quartz, chlorite phantom quartz, green phantom quartz, orange phantom quartz, orange phantom reversed quartz, pink phantom quartz, red phantom quartz, smoky phantom quartz,* and *yellow phantom quartz), raspberry quartz, red quartz, rutilated quartz, strawberry quartz, Tibetan quartz,* and *tourmalinated quartz* (contains *TOURMALINE*)
- other types are *CITRINE, AMETHYST, ROSE QUARTZ, SMOKEY QUARTZ*

QUARTZITE (also known as "snow quartz")

- associated with Capricorn and the number 2
- comprised of fine grains of *QUARTZ* and has properties of it, but is not directed as efficiently
- supports learning lessons of life
- allows for cooperation and tact in all situations

ROSE QUARTZ

- associated with Taurus and Libra and the number 7
- ranges from soft pink to golden-white
- provides calming, cool energy
- removes negativity and provides for self-love
- aids in working with the heart and crown chakras
- promotes gentleness and receptivity to beauty in all things
- spiritual attunes to the energy of love and stimulates universal love
- balances yin and yang energies

- used to treat conditions relating to the emotions, such as depression
- heals “emotional wounds” and rejuvenates physical body and emotions
- used to clear fluids in the cells of the body and to promote the release of impurities
- enables opening of the heart center, dissolving stress and tension
- used to treat vertigo
- diminishes disorders of the kidneys and adrenal glands
- clears the skin, reduces wrinkles and provides for a soft complexion (topical elixir)
- used on the heart chakra, diminishes pain and stimulates proper functioning of the heart
- used on the thymus, decreases coughs and soothes the bronchial and lungs
- diminishes burns, relieves and vanquishes blistering due to heat
- has properties of *QUARTZ* (as it is a form of it)
- configurations of it are *rose quartz chevron* and *rose quartz elestial*

RUBY

- associated with Leo, Scorpio, Cancer, and Sagittarius and the number 3
- can be pink, crimson red, orange-red, or crimson red and orange-red
- may display asterism (star-like luminosity in transmitted light)
- stimulates the heart chakra and the loving emotional side
- “stone of nobility”, gathers and amplifies energy and promotes and stimulates mental concentration
- protects on all levels and shields against psychic attack
- protects the wearer/carrier against unhappiness, distressing dreams, and lightning
- encourages “following one's bliss”, brings light to darkness in the spirit
- aids in bringing about change in life
- promotes creativity and expansiveness in awareness and manifestation
- used to treat fevers and heart disorders relating to blood flow
- increases speed at which chemicals and toxins exit the body
- ameliorates intake of caffeine, counter-balances stimulants
- special type are *ruby crystals,* which come from India or Madagascar and have different properties than a normal ruby

SANDSTONE

- associated with Gemini and the number 3
- is a stone made from sand, sometimes found in petrified form
- ranges from creamy white to tan to rusty brown
- “stone of creativity”, maintains strength against distractions
- dispels abrasiveness of character, discourages tirades, temper tantrums, and general grouchiness
- used to treat wounds and broken bones
- ameliorates water retention, assists in the restoration of degenerative eyesight, weak fingernails, and thinning hair

- combined sandstone and *QUARTZ* is known as *phenomenite*, and ranges from pink to peach to tan

SAPPHIRE

- associated with Virgo, Libra, and Sagittarius and the number 2
- can be blue, white, black, purple (known as "Oriental amethyst"), yellow (known as "Oriental topaz"), or green (known as "Oriental emerald")
- removes unwanted thoughts, brings joy and pace of mind
- "stone of prosperity", sustains gifts of life
- eliminates frustration, fulfills dreams and desires of the consciousness
- used to treat disorders of the blood, cellular disorders
- combats excessive bleeding, strengthens the walls of the veins
- special type are *sapphire crystals*, which come from Madagascar
- other types are *blue sapphire, black sapphire, green sapphire, indigo sapphire, Parti sapphire, purple sapphire, star sapphire, white sapphire,* and *yellow sapphire*

SARDONYX

- associated with Aries and the number 3
- encourages self-control, diminishes hesitation, provides courage
- "stone of virtue", stimulates and propagates virtuous conduct
- has properties of *ONYX, CARNELIAN,* and *CHALCEDONY* (it is a form of onyx and contains carnelian)

SERPENTINE

- associated with Gemini and the number 8
- can be green, black-green, brown-red, brown-yellow, or white
- sometimes mottled with red, occasionally exhibits net-like webbing of *MAGNETITE* (and will contain properties of it as well)
- opens a pathway for kundalini to travel
- initiates kundalini movement when placed on the crown chakra
- clears clouded areas of the chakras and stimulates the crown
- enhances meditative state
- used to treat diabetes and hypoglycemia
- eliminates parasitic infestations in the body
- increase absorption of calcium and magnesium
- renders assistance to disorders in all areas of the body, emotional system, and the mental structure

SHELL

- associated with Pisces and the number 2
- is the home of small creatures of the sea and appears in many forms
- stimulates intuition, sensitivity, imagination, and adaptability
- enhances clarity in the mental processes, provides insight in making decisions
- used to treat hearing disorders, calcium deficiencies, and dysfunctions of the spinal canal and nervous system
- assists in healing breaks in the skeletal structure
- enhances assimilation of vitamins A and D
- protects the muscular systems of the body from atrophy
- the abalone shell enhances smudging activities
- some types of shell include *CORAL* and *COWRIE*

SMOKY QUARTZ (also called “carnigorm”)

- associated with Capricorn and Sagittarius and the numbers 2 and 8
- ranges from light smoky grey to dark smoky grey to black
- transforms negative emotions and energy patterns
- dissolves energy fields which have been generated from negative thought forms, anger, and resentment
- gently dissolves negative energies and emotional blockages
- softens negative energy
- allows positive frequencies to enter the realm of affectation
- dissolves the resultant formations, effects, disorders, and disease which a problem has created
- helps to clear the mind, provides clarity of thought
- initiates force field which will absorb many forms of negativity
- balances yin and yang energies, facilitates alignment of the meridians
- helps balances and attunes the energy required for spiritual development
- aids in grounding, enhances attentiveness
- acts as a protective stone, provides an encompassing barrier of energy around the user
- aids in work with the solar plexus chakra and the chakras of the feet
- facilitates regulation of liquids within the body
- produces a state of equilibrium within the body with respect to mineral supplementation
- dissipates congestion from the organs and glands located in the solar plexus area
- relieves disorders of the hands and feet
- has properties of *QUARTZ* (as it is a form of it)
- other types are *smoky-clear quartz* and *citrine-smoky quartz*

SNOW QUARTZ (see *QUARTZITE*)

SNOWFLAKE OBSIDIAN

- associated with Virgo and the number 8
- is a form of *black OBSIDIAN* with white patterns that resemble snowflakes
- aids in changing thought patterns
- aids in attaining serenity and allows for surrender to the meditative state
- "stone of purity", brings purity and balance to the physical, mental, emotional, and spiritual levels
- used to treat disorders of the veins and the skeletal structure
- smooths the skin and clears the eyes if taken as an elixir

SOAPSTONE (also known as "steatite")

- associated with Sagittarius and the numbers 7 and 9
- is actually a compact form of talc
- ranges from different shades of green, white, grey, and brown
- stimulates action while providing peace in the center of the being
- releases old routines and creates new loving environments
- used to treat fat digestion, stimulates the liver and gall bladder toward optimal conditions, aids in birth control

STEATITE (see *SOAPSTONE*)

SUGILITE (also known as "royal lavulite" and "royal azel")

- associated with Virgo and the numbers 2, 3, and 7
- represents perfection of spiritual love
- treats all forms of disease and attracts healing power
- opens the chakras and provides pathway for kundalini
- works well with the heart chakra
- eliminates hostility, anger, abrasiveness, jealousy, and prejudice
- placed at third eye, aids in removing discouragement or despair
- brings peace and relaxation
- remedies headaches, dispels all types of discomfort and feelings of disorder

SUNSTONE

- associated with Libra and Leo and the number 1
- can be grey, green, yellow, brown, orange, pink, peach, or red
- clears and energizes the chakras
- dissipates fearfulness, alleviates stress, increases vitality
- used for chronic sore throats, reduces stomach tension, relieves ulcers
- used to treat cartilage problems suffered by athletes

- relieves aching feet and spinal problems
- has properties of *OLIGOCLASE* and *FELDSPAR* (as it is a form of these)

THUNDEREGG

- associated with Scorpio and the number 55
- is fortified *AGATE*, sometimes contains *OPAL* (usually pink)
- exhibit star pattern inside
- decreases anger and hostility, facilitates progress with stability
- facilitates nurturing quality, assists in growing an easy manner
- gives joy and peace, helps relieves stress
- has properties of *AGATE* and *OPAL* (when it contains opal)

TIGER EYE

- associated with Capricorn and the number 4
- can be red, brown, gold, cream, black, and blue
- helps achieve clarity, enhances psychic abilities, assists in attuning third eye activity
- disciplines sexual and emotional life when used on the root chakra
- helps psychic processes which involve solar plexus chakra
- aids in grounding, eliminates “the blues”
- balances yin and yang energies and both sides of the brain
- used to treat disorders of the eye, throat, reproductive system, and diverticular constrictions
- aids in night vision, strengthens the alignment of the spinal column, facilitates mending of broken bones

TOPAZ

- associated with Sagittarius and the number 6
- can be pink, green red, gold, yellow, blue, white, red-yellow, brown, grey, or colourless
- “stone of true love and success in all endeavours”
- replaces negativity with love and joyfulness
- aids in visualization and meditation
- manifests good health and corrects disorders of the body
- used to treat the loss of sense of taste
- heals wounds and skin eruptions
- disperses energy throughout the body
- some types are *blue topaz, golden topaz, multi-coloured topaz, “rutilated” topaz,* and *sheet topaz*

TOUCHSTONE

- associated with Libra and the number 5
- balances between change and progress
- "stone of purity and purification"
- purifies and releases negativity
- clears and cleanses the chakras
- allows for release of hostility and anger
- diminishes pain when rubbed on the area of pain
- taken as an elixir, removes toxins from the body, soothes the skin, and relieves aches and pain
- has properties of *CHALCEDONY* (as it is a type of it)

TOURMALINE

- associated with Libra and the number 2
- can be deep pink, red, red-violet (*rubellite*), blue (indicolite), yellow (known as "Peridot of Ceylon" or *tsilasite*), brown (*dravide*), green, pink (*elbaite*), orange, black (*aphrizite* and *schorl*), colourless (*achroite*), bi-coloured, or tri-coloured
- clears, maintains, and stimulates each of the chakras and energy centers of the body, and the aura, balances the meridians
- attracts inspiration, diminishes fear, encourages self-confidence
- balances masculine and feminine energies
- brings healing powers to the user
- provides protection from all physical dangers
- stimulates balance between the left and right sides of the brain
- other types include *black tourmaline, blue tourmaline, brown tourmaline, colourless tourmaline, green tourmaline, multi-coloured tourmaline, neon tourmaline, orange tourmaline, pink (light) tourmaline, rubellite tourmaline, rubellite and lepidolite, watermelon tourmaline, yellow tourmaline,* and *mutlicoloured*

TURQUOISE

- associated with Sagittarius, Pisces, and Scorpio and the number 1
- strengthens and aligns all chakras, meridians, and subtle bodies
- elevates all chakras and facilitates attunement between the physical level and higher planes of existence
- brings all energies to a higher level
- primarily stimulates the throat, heart, and sacral chakras
- good for spiritual attunement, heals and cleanses energy centers and physical body, and provides protection
- aids in grounding and maintains touch with consciousness while in deep meditation
- provides strength and protection during vision quests and astral travel

- heals the spirit, provides soothing energy and brings peace of mind
- balances masculine and feminine energies
- brings qualities of mental and spiritual clarity
- increases psychic powers, and helps to develop natural powers
- induces wisdom and understanding and enhances trust and kindness
- purifies and dissipates negativity
- balances the physical, mental, emotional, and spiritual levels
- strengthen the entire anatomy, ameliorates all diseases and disorders
- aids in absorption of nutrients, stimulates regeneration of tissue
- increases circulatory flows to the muscular tissue
- used to treat headaches and repairs physical damage to the body
- assists in maintaining stability during ambulatory motions
- ameliorates skin disorders which are caused by stress