

the modern guide to

Crystal Healing

includes over 400 crystals to transform your life



From the best-selling author of
THE CRYSTAL HEALER

philip permutt

the modern guide to Crystal Healing





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philip permitt

CICO BOOKS
LONDON NEWYORK

Published in 2021 by CICO Books
An imprint of Ryland Peters & Small Ltd
20–21 Jockey's Fields
London WC1R 4BW

341 E 116th St
New York, NY 10029

www.rylandpeters.com

10 9 8 7 6 5 4 3 2 1

Text © Philip Permutt 2021
Design, illustration, and photography © CICO Books 2021

Text in this book has previously appeared in *The Crystal Healer: Volume 1* and *The Crystal Healer: Volume 2*.

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A CIP catalog record for this book is available from the Library of Congress and the British Library.

ISBN: 978-1-80065-009-1
E-ISBN: 978-1-80065-045-9

Printed in China

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Publisher: Cindy Richards

SAFETY NOTE

Please note that while the descriptions of the properties of crystals refer to healing benefits, they are not intended to replace diagnosis of illness or ailments, or healing or medicine. Always consult your doctor or other health professional in the case of illness.





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INTRODUCTION

Crystals have been worked with by medicine people and shamen around the world for thousands of years. Their recorded use dates back over 5,000 years in Chinese texts on traditional medicine, Ayurvedic texts from India, and the Bible, which has over 200 references to crystals and their powers and associations. Crystals have been found around the world in prehistoric graves of different cultures, from the Olmec civilization in Central America to the Pharaohs of ancient Egypt. The Greek philosopher Theophrastus (372–287 BCE) wrote a text titled *Peri Lithon (On Stones)*, which is the basis of today's modern scientific classification of gemstones. Theophrastus presented a taxonomy of known gems, including their origin, physical properties, and magical and healing powers.

Today, people across the world have a natural affinity for and knowledge of crystals and their healing powers. Many of my students say that crystal work “feels such a natural way of working,” or they say “I feel like I have always done it.” The healing properties of crystals are universal.



WHAT ARE CRYSTALS?

Crystals are natural solids made from minerals. They are formed in the earth's surface. Although there are many different shapes, colors, and sizes of crystal, each type of crystal has a precise atomic arrangement.

Crystals can be identified by their color (although there may be significant variation within one type of crystal), mineral composition, crystal habit, and degree of hardness. The degree of hardness of a crystal is described by the Mohs Scale of Mineral Hardness. This scale is named after its developer, the German scientist Friedrich Mohs, and it indicates how hard minerals are in relation to each other.

HOW CRYSTALS WORK

There are many explanations—mystical, magical, scientific, and pseudo-scientific—for the healing effects of crystals. It is now understood that crystals work through the human energy system—

that is the chakras (see [page 18](#)) and aura—and not through the physical body. By their influence on the energy system, crystals can effect healing within the physical body. The results of using crystals are reported throughout history and science and their healing abilities are attested to by an ever-growing bank of anecdotal evidence.

SCIENTIFIC EVIDENCE

To date, although science has failed to prove a direct effect of crystals on any disease or condition, it has shown that crystals do indeed vibrate and they exhibit both piezoelectric and pyroelectric effects. Crystals have also been shown to hold both heat and electricity and to focus light energy. These special properties of crystals have numerous practical applications, from the use of quartz crystals in watches to the development of lasers—and crystals can even store data, seen in five-dimensional quartz crystal computer chips.

What else happens? Well, we know that crystals enhance the placebo effect (where something has a healing effect because it changes chemicals in the brain which make us feel better). This always occurs in any type of healing process, including the prescribing of pharmaceutical drugs. Finally, the explanation that crystals work by magic also has some validity, if magic is defined as “that which is beyond our understanding at this point in time.”

The scientific research into the properties of crystals is ongoing. Recent research into quartz crystals has shown that crystals increase the frequency of light passed through them. New scientific studies into dark matter and dark energy (scientific fields of study which are

just being opened up), along with quantum mechanics (a branch of physics that looks at the motion and interaction of sub-atomic particles), will contribute to our understanding of how crystals work.



CHAPTER 1

PREPARING FOR CRYSTAL WORK

To begin to work with crystals, you'll need to choose those that are right for you. Learn to attune to their varied energies—developing your intuitive abilities through pendulum dowsing can help you gain confidence with this (see [pages 10–11](#)). Discover, here, how to cleanse your crystals and prepare your space, ready to begin healing work.

CHOOSING CRYSTALS

You may choose a crystal on the basis that it will help you with a specific problem or ailment (see the directory of ailments on [pages 139–170](#)), or you can choose a crystal simply on the basis that you are drawn to it.

CRYSTALS THAT YOU ARE DRAWN TO

When you look at an array of crystals there will be some that attract you. They may be pretty, sparkly, or interesting, or ones you find you keep going back to. These will always help you, sometimes in strange and wonderful ways. Having selected the crystals that you are drawn

to, you may discover that they were the most fitting choice in terms of how they can help you or someone close to you.

Sometimes crystals may be predictive in that they can help you with a future problem or issue. The first time I observed this I was dowsing crystals in my shop for a customer. Citrine came up for him, and I intuitively knew it was related to his digestion. He strenuously denied that there was anything wrong now, or had been in the past. I insisted, and so did he. He took the crystal. He telephoned me a few days later to say that he had unexpectedly gone out for dinner the previous night and everyone except him had got food poisoning. He had been carrying his citrine!

Whatever the purpose of the crystals you have chosen, this will be revealed to you when it is needed. I've been drawn to specific quartz crystals without knowing why. I have many of them and they will sometimes sit around for days or weeks—or even on one occasion, two years—but their purpose has always become clear. In hindsight, each was the right crystal for something or someone very specific. So when you're attracted to a crystal, don't worry about why—just trust yourself. After you have made your choice you can discover what the crystal does by looking it up in the Crystal Finder (see [pages 22–138](#)).

CRYSTALS FOR OTHER PEOPLE

If you are choosing a crystal for another person, think about that person or its purpose as you make your selection. Also, you can look at a photograph of the person, hold a personal object of theirs, repeat their name as a mantra, or write their name on a piece of

paper. Be open. Crystals will choose you—they'll appear to shout, sing, dance, and jump off a shelf to get your attention.

CRYSTALS YOU AREN'T DRAWN TO

You may notice crystals that you don't like, yet they can also be very helpful. You don't like them because they're touching something very uncomfortable and deep inside you that you thought you'd locked away. I've seen people burst into tears or be physically repulsed by a crystal.

You may notice that you avoid certain situations in life and you don't know why. When you work with crystals you don't like, they help buried issues to surface. As a result you may cry, get angry, or otherwise release trapped emotion. This process can be rough, but stay with it—it won't last long. Afterwards you'll feel better, even transformed. You will never again have to avoid something because of trapped or buried issues. Clients and friends are drawn to you because of who you are and your energy; so don't be surprised if the same or similar crystals and issues keep coming up.



NATURAL MAGNETISM

Pyrite (left) and titanium quartz (right) may be beautiful to look at, but they have unique healing abilities to which you may also be subconsciously attracted.

WORKING WITH A PENDULUM

A pendulum can also help you to select the crystals that are right for you. You simply hold the pendulum over a crystal, ask the pendulum whether it is the right choice, and then observe the pendulum's movement. This is known as dowsing, and it is a natural and ancient human ability—possibly the oldest form of divination. People have been dowsing since before recorded time. We can safely say this as the earliest writings refer to dowsing in a matter-of-fact way.

Today, dowsing is used by people in many fields. A pendulum or other dowsing tool can be used to answer any question you wish to ask; anything from whether a person is ill to whether there is a hidden source of water or oil nearby. Dowsing is used by water and oil companies throughout the world.

DOWSING EQUIPMENT

You can use a pendulum, rods, or a forked twig to dowse. A pendulum is the most convenient and the easiest to carry around with you. Pendulums are simply pieces of metal or crystal suspended on a chain or some string. If you are just starting to dowse, crystal pendulums are easier to work with because they magnify energy.



CRYSTAL PENDULUMS

Popular crystal pendulums include those made from rose quartz, amethyst (above), and clear quartz.

CHOOSING THE RIGHT PENDULUM

Simply stand in front of a selection of pendulums and select the first one that you notice. Don't think too much about the choice you are making. Now ask your pendulum whether it is a good one for you to work with. (Find out below how to ask your pendulum a question.) Keep doing this until you find the pendulum that answers "yes."

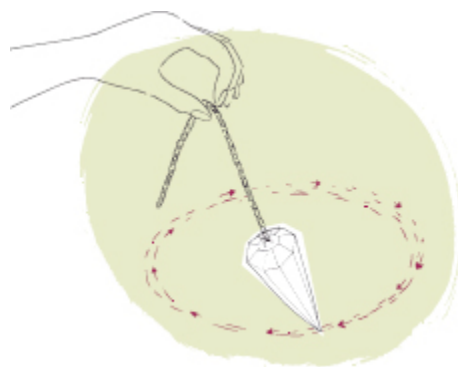
ASKING YOUR PENDULUM A QUESTION

To use a pendulum, hold it in your hand and ask a simple question to which you know the answer is "yes." For example, if you are a woman, you could ask: "Am I a woman?". The pendulum will make a movement. Ask the opposite question and the pendulum should make a different movement. You have now identified the way in which your pendulum answers "yes" and "no," and you can ask any question you wish. To ask your pendulum which crystal is right for

you, hold it over one crystal at a time and ask: “Do I need this crystal?” and watch how your pendulum responds. It’s that simple.

As with all spiritual tools, pendulums respond to how they are treated. If you are serious, your pendulum will always give you the correct answer (however, be aware of how you phrase your questions). If you treat your questions as a game or you continually ask the same question over again, your pendulum will respond in an accordingly insincere way. Pendulums only work in the present and the more people’s energy involved in a situation the shorter the period of time the answer will appear correct. For example, if you hold your pendulum over one crystal and ask “do I need this crystal?” the answer will be correct 100 percent of the time; you will need that crystal at that moment. If, however, you ask what you and twenty friends will do in a year’s time, your pendulum will tell you what you and twenty friends intend *now* to do in a year’s time.

PENDULUM RESPONSES



A “YES” RESPONSE

Some people find that their pendulum moves in a clockwise direction (see right) to indicate “yes” as an answer to a question.



A "NO" RESPONSE

A "no" answer to a question can be indicated when your crystal moves backwards and forwards (see left)—but how your crystal responds is unique to you.

HOW DO PENDULUMS WORK?

Inside you is a deep inner space. Some people call it the soul or spirit, which is connected to everything. This inner space knows everything—it really does. It knows if it will rain or the sun will shine. It knows if, when you meet someone new, they are trustworthy; and it knows which crystals you need. When you ask a pendulum a question, it moves. So does your arm. But you don't consciously move it; you couldn't stop it if you tried. Watch an experienced pendulum dowser at work; their arm moves, too. This is because that very clever space inside you is telling you the answer and expressing it through the muscles in your arm. In this way, a pendulum gives you an external physical representation of your natural inner knowing.

CLEANSING CRYSTALS

Crystals need to be cleansed for several reasons. When you work with crystals, either by yourself or with others, they absorb energy from you, other people, and their environments. Visibly, they can also become dusty and lackluster. You can see when your crystals need cleansing—they lose their sparkle, brightness, and even color. Crystals in need of cleansing may also feel sticky to the touch.

GOOD ENERGY VERSUS BAD ENERGY

Crystals naturally pick up energy from the environments they live in. Any traditional crystal cleansing method, from sunlight to running water (see opposite) removes surplus energy that they have absorbed, and which is no longer needed at this moment. We may often seek to define this absorbed energy as good or bad, but there really is no difference between the two; energy is simply energy, without judgment. Native American peoples used obsidian to fashion arrowheads just as healers recommend holding the stone to the belly to ease stomach ache. The ancient Greeks used beautiful quartz crystal globes to cauterize wounds, but leave one in direct sunlight and the same energy may burn your house down. So do not be concerned that your crystals somehow possess innate good or bad energy; they have only energy, and cleansing them helps release energy build-up, preparing them for healing work.



GEODE CLEANSING

You can cleanse a small crystal by placing it inside a crystal geode.

REMOVING DUST

Crystals do become dusty. Dust sticks with an electrostatic charge that affects the special electricity-generating properties of crystals. Dusty crystals will not work as effectively as crystals that have been cleansed, and dust also blocks light, which reduces the quantity of photons a crystal can focus. To remove dust, lightly brush your crystals with a soft brush—a make-up brush or small paint brush is ideal. Do this regularly to avoid dust build-up.

CLEANSING METHODS

You can cleanse your crystals by placing them in a bowl and immersing in a solution of water and a little mild detergent. Afterwards, rinse them thoroughly with water to make them sparkle. Leave your crystals to dry naturally or pat them gently with a soft cloth.

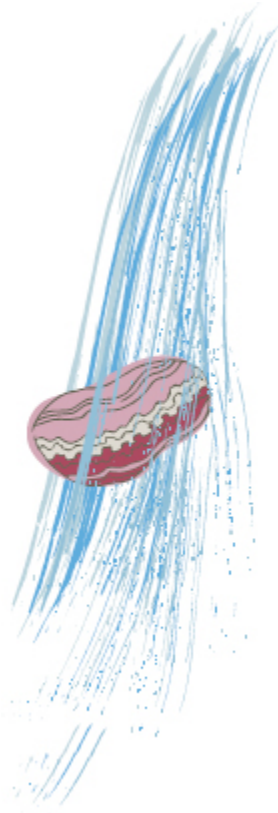
Here are some of the other traditional ways of cleansing crystals. If your crystals are water-soluble, however, don't use a cleansing technique that involves water.



- **Running water:** Hold your crystal under running water for a few minutes. It may need longer if it's been working hard or hasn't been cleansed for a long time.
- **Sunlight:** Leave your crystal in sunlight. You can also dry your crystals in the sun after washing them. Beware—quartz crystals, especially crystal balls, will focus the sun's rays and can be a fire risk. Take appropriate precautions by not leaving quartz unattended in sunlight for any length of time, and do not place on or near any flammable objects.
- **Moonlight:** Leave your crystal in moonlight, especially the light of a full or new moon.
- **Incense:** Let frankincense, sandalwood, and sage smoke waft over your crystal. You can use a smudge stick to do this (a smudge stick is a small bundle of herbs that is burned during cleansing rituals).
- **Earth:** Bury your crystal in the earth and leave it there for one to two weeks or moon cycles. Bury it when the moon is full and

unearth it at the time of a new moon.

- **Crystal cleansing:** Place your crystal on an amethyst bed or quartz cluster, or inside a geode.
- **Sound:** Clear your crystal of unwanted vibrations by chanting or drumming or using Tibetan bells or symbols (tingsha).
- **Breath or light:** Exposing your crystal to your breath or light is cleansing. You can also practice Reiki (a type of energy channeling) on your crystal.



CLEANSING METHODS

Methods include cleansing with fresh running water (above), with smudge smoke (left) and by placing a crystal in natural sunlight (below).



PREPARING YOUR SPACE

Creating the ideal space in which to work with crystals is both beneficial and fun. To make a sanctuary or sacred space in your house can help to give your crystal work a special, meaningful, or ceremonial feel. If you have a spare room or an area in a large room, your crystal space can be permanent. Otherwise you can set it up and take it down when you're finished.



CRYSTAL PLACING

Take time preparing your space. Start by clearing the room or area of everything in it that you don't need, then clean the space thoroughly. Make a list of all the things that are important to you and select crystals to represent them. You will naturally find that you will

need larger crystals for some things and smaller ones for others. Place the crystals about the room as you see fit—remember it's your space! Choose some relaxing music. Light some candles and sit quietly for a while in this special space that is just for you.

CRYSTALS FOR YOUR SPECIAL SPACE

Here are some ideas for crystals to put in your special space:

- **Amethyst:** Relaxing and calming, but spiritually energizing.
- **Citrine:** Encourages fun, happiness, and joy.
- **Peridot:** Clears emotional blockages leading to a release of unwanted things and situations in your life. It's a great crystal to work with for space clearing, or to give you the impetus you need to begin clearing out old, unwanted possessions.
- **Quartz:** Brings energy into a room.
- **Rose quartz:** Allows love to flow.
- **Zincite:** Great to display in any therapy room as it creates a healing environment.

The more you work with the same crystal to achieve a result, the better you both do it. It's just like learning anything—the more you practice, the better you get. Some crystals do a bit of everything, while others are best at performing a specific task or meeting a particular need (like being a Jack of all trades or a brain surgeon). Both types of crystal can be very helpful at different times.

PROGRAMMING A CRYSTAL

If you select a crystal and intend to work with it for a single purpose, programming that crystal can speed its effects.

Once you have chosen your crystal and identified what you want it to help you with, spend some time connecting with it. Look at it—notice its shapes, colors, and plays of light. Hold it in your hands, close your eyes and notice exactly how it feels. Become aware of its smooth, flat, sharp, and pointed parts. Take in any feelings that your crystal creates in you—these may be physical sensations in your hands or arise as more subtle feelings from deep within you. Hold your crystal very close to your ear and listen to it. Most people can hear the physical vibration of a crystal. If your crystal has no elixir warning (see [page 17](#)), then taste it with the tip of your tongue. Finally, use your sense of smell to further explore your crystal—many people can sense the difference between crystals in this way.

FOCUS ON THE PURPOSE OF THE CRYSTAL

Now hold your crystal in your hand and focus your mind on whatever it is you want your crystal to do. Sit quietly and imagine (or pretend—it works just as well) that the thought in your mind is going deep into your crystal. Keep doing this for 5–10 minutes.

REPEAT THE PROGRAMMING

Ideally, repeat this programming process daily for two weeks. You will find it will take you less time each day to connect to the same crystal. Ask your crystal to help you with whatever you have programmed it for. Between programming sessions you can carry your crystal with you, give it to someone to look after, or leave it somewhere it won't be disturbed.



CONNECTIVE TOUCH

Holding a crystal in your hands is one of the simplest ways to connect with your crystal's energy.

CHAPTER 2

WORKING WITH CRYSTALS

You can experience the beneficial effects of crystals simply by placing them near you, holding them in your hands, or wearing them against your skin. Try carrying a small pouch of crystals with you all the time, in your bag or pocket—they are working to benefit you during every moment. Hold or play with whichever crystals you are drawn to.

You may also like to derive the benefits of crystals by meditating upon them, as a way to help still your mind, or drinking them, in the form of crystal elixirs made by immersing crystals in water. Discover, too, crystal healing with the body's chakras, by placing specific stones upon the seven principal chakra points.

Of course, you may simply choose to enjoy having beautiful crystals in your environment while harnessing the special energies that they bring into your home—from helping your garden grow to selling a property, softening hard water to harmonizing all your important relationships.

MEDITATING WITH CRYSTALS

Plan some time for yourself when you won't be disturbed. Now find a quiet space—in time, this quiet space can be inside you, but to

start with it is easier to find a physical space. Switch off any devices that can make a noise or distract you. Play some gentle music, place some crystals around you, and light a candle if you wish.

Allow yourself to breathe in a relaxed way, and feel centered. Calm yourself. Now choose a crystal to focus upon and allow yourself to explore it with all of your senses. Connect with the crystal and be aware of any sensations and feelings that arise in you: physical, emotional, mental, and spiritual. Stay with this process for a minimum of 10 minutes, but keep going for an hour if you have the time. The important thing is to repeat this meditation daily, no matter how little or how much time you have to spare.

You will find that this meditation feels different on some days to others and also varies according to which crystal you work with. This variation is normal. You may feel happy, calm, and peaceful or edgy, agitated, and sad. All these feelings are perfectly acceptable—go with them and don't block the unpleasant ones. They will pass.

CRYSTAL ELIXIRS

The healing effects of crystals can be experienced by drinking water in which a crystal has been immersed—this is known as a crystal elixir. Elixirs can be effective in the treatment of certain conditions, but always check that your chosen crystal's elixir is safe to drink using the Crystal Finder on [pages 22–138](#).



ELIXIR BENEFITS

Crystal elixirs are simply prepared, as portable as a bottle of water, and a powerful addition to the crystal healer's tool box.

MAKING AN ELIXIR

Take the crystal you will be using and cleanse it (see [page 13](#)). Place the crystal in a glass or other container of water. It is preferable to use distilled or mineral water from a pure source, but tap water will do. Cover the container and/or place it in the refrigerator and leave overnight. Throughout this process, focus your intention on what you want the elixir to do. Some people like to enhance elixirs by placing them in the light of the sun or the moon or surrounding them with quartz crystals. The next morning, the elixir will be ready. It can be drunk or applied topically over the next 24 hours. Try preparing some quick elixirs to see what effect they have on you. Take three different crystals, for example, quartz, amethyst, and rose quartz, and place each in its own glass of water. Also have a glass of plain water as a control. Leave the glasses of water to stand for 20–30 minutes and then taste each one. Usually, quartz tastes fresher than the plain water, amethyst tastes noticeably metallic, and rose quartz is slightly bland.

THE EFFECTS OF ELIXIRS

Working from the inside out, elixirs are effective healers. Shattuckite elixir is a general tonic for the body and is helpful in the treatment of most minor illnesses. Amber elixir is one of the gentlest, most effective remedies for constipation, and after a hard day drinking an aragonite elixir can soothe aching muscles. Some are applied topically directly to the affected external area of the body. For example, an amber elixir can act as an antiseptic for cuts and grazes or you can soak your feet in a warmed marcasite elixir to treat corns.



SHATTUCKITE

Shattuckite elixir promotes overall good health.

WORKING ON YOUR CHAKRAS

As well as the physical body we also have a subtle body that consists of channels of energy (known as meridians or nadis). When the flow of energy through these channels slows down or gets blocked, we become ill. When energy flows freely, we live in a state of physical,

mental, emotional, and spiritual health. A huge range of therapies, from acupuncture to Reiki, heal people through enhancing the free flow of energy through the subtle body. Crystal healing works on the subtle body too; in particular on the chakras.



CHAKRA CRYSTALS

Each of the seven major chakras, or energy vortexes, has an associated crystal that relates to that chakra's color (see [page 20](#)).

WHAT IS A CHAKRA?

“Chakra” is a Sanskrit word that means “wheel.” Where two or more channels of energy cross in the body, a chakra exists. Chakras are energy centers and are the easiest places to exchange energy

with the outside world. To people who can see energy, the chakras appear as balls or as wheels—hence their name.

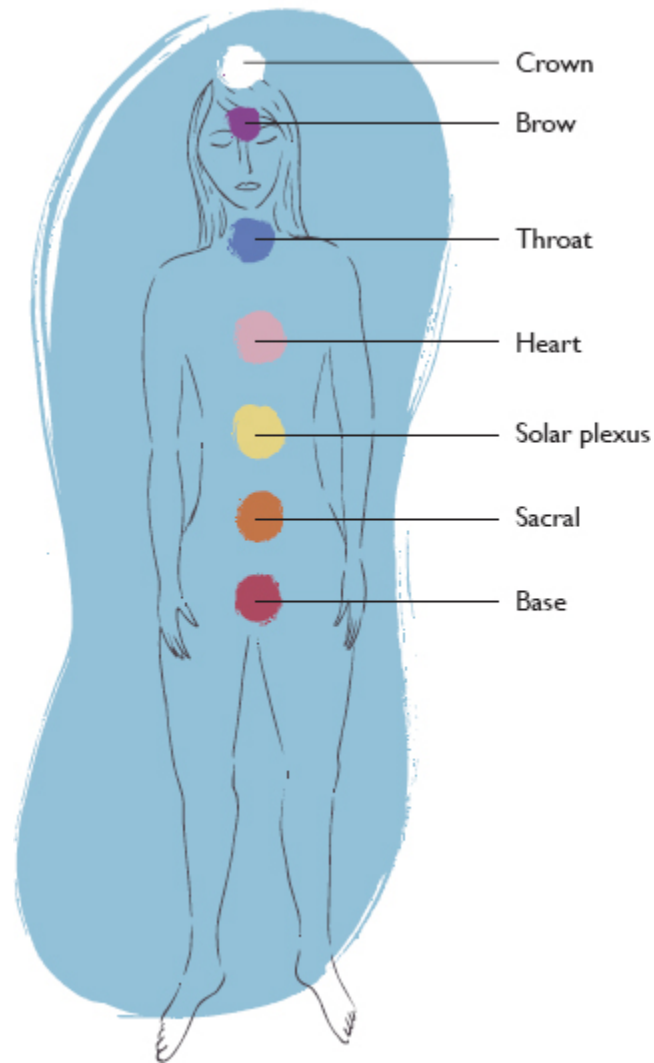
Most Eastern traditions describe seven major chakras that are positioned along the midline of the body from the base of the spine to the crown of the head. Each chakra correlates to a part of the body; an organ or a gland. As well as the seven major chakras, there are also many minor chakras (some people say up to 440), but it is fine to focus on the seven major ones.

Chakras go in and out of balance and alignment—this happens naturally all the time. A healthy chakra is flexible, vibrating, and moving slightly in and out of balance. However, sometimes chakras go so far out of balance and alignment that they take a long time to come back, and this is when a chakra needs to be healed.

FINDING THE CHAKRAS

It's easy to find the chakras on yourself. They feel “different” to the rest of the body. Place one or both hands on the site of each chakra (see the illustration below) and allow yourself to focus your mind. Notice areas that feel different. This could mean hot, cold, or tingly. You may have a feeling that resembles pins and needles or you may have an “odd” sensation; it doesn't matter how you describe the feelings of energy—there is no right or wrong. Energy can be felt on both the front or back of the body. You can also find the chakras on another person using a pendulum (see [pages 10–11](#)).

LOCATING THE SEVEN MAJOR CHAKRAS



Crown chakra—on the top of the head.

Brow chakra (also known as the third eye chakra)—in the center of the forehead, above the eyebrows.

Throat chakra—in the center of the throat.

Heart chakra—in the center of the chest.

Solar plexus chakra—behind the soft cartilage at the bottom of the breast bone.


Sacral chakra—just below your belly button. Try placing your thumb on your belly button with your palm on your belly—your sacral chakra will be under the palm of your hand.







Base chakra—at the coccyx at the base of the spine.

CRYSTALS FOR THE SEVEN CHAKRAS

Each chakra enhances specific qualities on physical, mental, emotional, and spiritual levels. When all the chakras are balanced and aligned, many positive benefits can be felt. The chakras are associated with these concepts.

You can place crystals directly on or around the chakra points to facilitate healing. You can also place crystals on specific areas of pain and discomfort. Crystals help to focus energy directly to the body so that it reaches the areas where it is most needed. Using crystals on the chakras can both prevent and heal dis-ease.

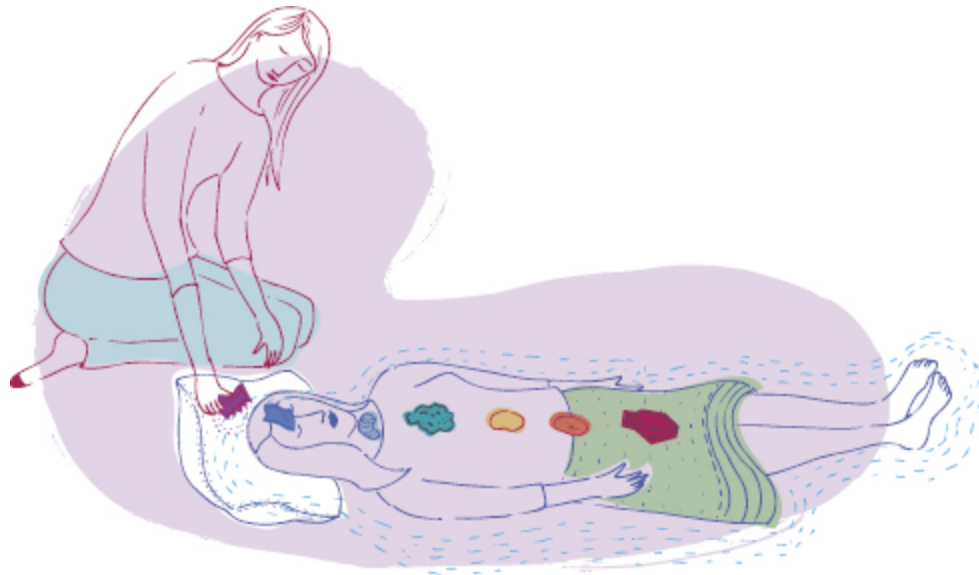
THE CRYSTAL CHAKRA SET		
CHAKRA	ASSOCIATED CONCEPTS	ASSOCIATED CRYSTAL
Crown	Spirituality, connection to universe, imagination, awareness, optimism	Amethyst 
Brow	Mind, ideas, thoughts, dreams,	Lapis lazuli

	psychic abilities	
Throat	Communication, expression, responsibility, freedom, leadership	Blue lace agate 
Heart	Love, safety, trust, adventure, relationships	Malachite 
Solar plexus	Physical center, personal power, emotions	Citrine 
Sacral	Connection to other people, creativity, energy, confidence	Carnelian 
Base	Survival, health, abundance, connection to Earth, moving forward in life	Red jasper 

HOW TO PLACE CRYSTALS

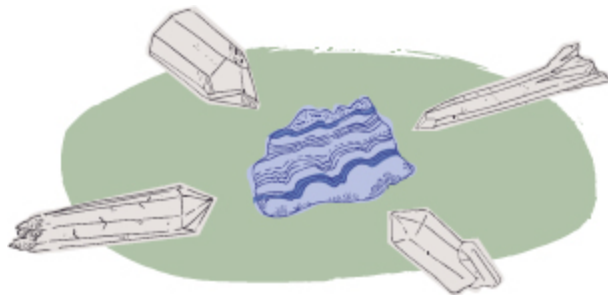
Create a special space (see [page 14](#)) in which you can relax and focus. Place the appropriate crystal (see opposite) on each chakra point and lie still, resting and relaxing for 30 minutes. Ideally, repeat this exercise daily.

Try to be aware of your responses during the healing treatment. You may notice one or some of the individual crystals, or experience an overall feeling. Each crystal may feel hot or cold, heavy or light as if it's not even there and you may have tingles, like electrical sensations, either where the crystal is placed or in other areas of your body. You will often feel very calm and relaxed. Sometimes you can experience a feeling of heaviness as if you are rooted to the floor or bed. Accept whatever sensations or thoughts come to you.



PLACING CRYSTALS

Crystals are placed on the seven principal chakra points as the recipient relaxes deeply. You can practice this healing exercise on yourself or someone else.



CRYSTAL POINTS

Add four quartz crystals around each chakra crystal to intensify the effect.

USING CRYSTAL POINTS

If you want to try a more powerful version of the chakra healing exercise above, use the crystal points technique. This involves adding four quartz crystal points and placing them on your body or the recipient's so that they point in toward the central chakra crystal (see right). This has the effect of focusing energy into the chosen chakra, greatly empowering the healing experience.

CHAPTER 3

THE CRYSTAL FINDER

This chapter will help and inspire you to identify any crystals that you may already have, and to choose the crystals you want to work with to heal yourself and others (see also [pages 8–9](#) on choosing crystals).

HOW TO USE THE CRYSTAL FINDER

To help you identify your own crystals, they are listed by color, although the chapter begins with quartz and amethyst because they are two of the most powerful healing crystals. Many crystals naturally occur in several colors so they are recorded here in their most common varieties, with descriptions, color references, and photographs to aid recognition. (See also the glossary on [pages 170–173](#), which explains some of the terms used to describe the form these crystals take.)

The common sources are for those stones you are likely to find in your local crystal store. Except where the listing is for the “only source,” most minerals have many sources around the world and local sources may vary significantly. Alternative names are provided if applicable, and if a crystal in the description is highlighted in **bold**, this means that it has a separate entry in this book.

For each crystal, its astrological and chakra associations are listed, followed by its healing qualities, with details of how it can help physical healing and emotional/spiritual healing. (Again, the glossary explains acronyms for conditions and other terms related to healing that you may not be familiar with.)

QUARTZ

AMETHYST

RED

ORANGE

YELLOW

GREEN

PINK

RAINBOW

BLUE

VIOLET

WHITE/CLEAR

BLACK

GRAY

BROWN

QUARTZ

Quartz is the most abundant mineral on Earth and comes in a mind-boggling array of varieties and forms. Over 70 percent of the planet's surface is formed from quartz in its many guises.

Quartz crystal is the healing crystal. It can channel any type of energy and will help in all healing situations. If you're stuck or unsure which crystal(s) to work with, then turn to quartz because, although there will often be a different and more beneficial crystal to help a specific condition, quartz will help everything.

Some of the many varieties of quartz and their specific healing qualities are covered within this chapter.

QUARTZ CRYSTAL

Clear or white hexagonal crystals and masses sometimes with inclusions. (See also profiles for specific quartzes.)

Common alternative names: clear quartz, rock crystal

Common sources: worldwide—especially Brazil, China, Colombia, Madagascar, Russia, Republic of South Africa, Tibet, USA (specifically Arkansas)

Astrological associations: all

Chakras: all

HEALING QUALITIES

Quartz crystal is a feel-better stone—it improves your quality of life, makes you feel happier, and re-energizes you in all situations. It channels any energy, so helps any condition.

Physical: helps diabetes, ear infections, hearing and balance, heart health, malaise, MS, CFS/ME, obesity, pain and discomfort, spinal health, tinnitus, and weight loss.

Emotional/spiritual: focuses the mind, aids meditation, and relieves negativity.



AMETHYST

Variety of quartz found as crystals or masses. Its classic purple color is due to manganese and iron inclusions. Also found, almost **black amethyst** (rare), purple/white banded **chevron amethyst**, **prasiolite**, which is green amethyst colored by mineral inclusions, and a combination of amethyst and prasiolite called **amegreen**.

Common sources: worldwide—especially Brazil, India, Madagascar, Republic of South Africa, Uruguay

Astrological associations: Virgo, Capricorn, Aquarius, Pisces

Chakra: crown

HEALING QUALITIES

Amethyst magnifies the energy of other crystals. It is good for overall protection, and physical, emotional, and mental balance. It can be worked with to encourage chastity and relieve homesickness. It helps negotiation skills, decision making, wealth, business success, moving forward in life, coping with responsibility and change, and public speaking. It is beneficial for purification during ceremonies.

Physical: heals the causes of dis-ease (see [page 171](#)). Good for hearing, hormone regulation, insomnia, headaches, migraine, acne, asthma, blood

clots, bacterial and viral infections, bad posture, cancer, and arthritis (as an elixir). Encourages the health of the immune, circulatory, and sympathetic nervous systems. Good for bones, heart, stomach, skin, teeth, liver, and endocrine glands. Helps with drunkenness and addictions, especially alcoholism. Aids detoxing and blood cleansing.

Emotional/spiritual: helps with OCD, anger, and violent tendencies. Calms passion, nerves, oversensitivity, tension, emotional energy, and grief. Enhances aura, self-esteem, meditation, spirit contact, and spirituality.



RED

CINNABAR

Found in the form of druses, tabular, and needle-like crystals and masses. The name is derived from an Indian or Persian word for “dragon’s blood.” May also be red/brown and gray.

Common sources: Australia, Europe, Japan, Mexico, Russia, USA

Astrological association: Leo

Chakra: base

HEALING QUALITIES

Cinnabar is a “merchant’s stone” that enhances wealth and business and financial pursuits. Brings vitality.

Physical: good for the blood and fertility. Helps obesity.

Emotional/spiritual: enhances dignity; helps aggression.

No elixir.



RED CALCITE

A variety of calcite found in the form of masses. It is the building block of lime and marble.

Common source: Mexico

Astrological association: Cancer

Chakra: base

HEALING QUALITIES

Physical: calms physical energy. Good for ADHD.

Emotional/spiritual: grounding; helps anxiety, panic attacks, and OCD.



RED JASPER

A variety of quartz colored red by iron oxide inclusions.

Common sources: India, Brazil

Astrological associations: Aries, Taurus

Chakra: base

HEALING QUALITIES

Together with jet, red jasper offers protection.

Physical: prevents illness.

Emotional/spiritual: aids rebirth, new ideas, astral travel, meditation, survival instinct, and dream recall.



GARNET

Found as dodecahedral and trapezohedral crystals and combinations, masses, and layered “plates.” Colors include: red, pink **euclalyte**, pink/red **rhodolite**, green **grossularite**, emerald green **uvarovite**, black **melanite**, orange **spessartine**, red/purple **almandine**, greenish yellow **andradite**, and yellow and brown **hessonite**.

Common sources: India, Russia, USA

Astrological associations: Leo, Virgo, Capricorn, Aquarius **Chakra:** heart

HEALING QUALITIES

Brings courage, creative energy, vitality, abundance, flow, change, and awareness.

Physical: helps anemia, arthritis, blood cleansing/detox, blood flow, low blood pressure, rheumatism, under-active thyroid, and deficiencies of iodine, calcium, magnesium and vitamins A, D, and E. Enhances the health of the bones, spine, heart, and lungs. Balances sex drive.

Emotional/spiritual: brings emotional balance. Helps depression, chaos, disruption, and emotional trauma. Good for magic and spiritual devotion.



ALMANDINE

A red/purple variety of **garnet**.

Common source: India

Astrological associations: Virgo, Scorpio

Chakras: base, heart



HEALING QUALITIES

Almandine is helpful for people who work with numbers. It brings youthfulness.

Physical: brings physical energy. Enhances the health of the eyes, heart, liver, and pancreas. Helps blood disorders, post-operative healing, and wounds.

Emotional/spiritual: enhances connection to higher self, meditation, rejuvenation, and love. Eases death and the dying process.

MOOKAITE

A patterned red and cream variety of jasper.

Common source: Australia

Astrological association: Leo

Chakra: base

HEALING QUALITIES

Good for people who are making decisions and seeking creativity and new perceptions, ideas or work. Also those who are coping with children and loneliness. Offers general protection and helps communication.

Physical: good for weight loss and the health of the stomach and thyroid gland. Helps with hernias and water retention.

Emotional/spiritual: good for grounding, dreams, moving forward in life, and building self-esteem. Helps fear and depression. Aids meditation.



BRECCIATED JASPER

Formed as jasper is shattered by tectonic activity and the created spaces are filled with more jasper, chalcedony, and different varieties of macrocrystalline

quartz. The deep red colors are due to **hematite** embedded within the jasper.

Common sources: worldwide—especially Australia, Brazil, Canada, Egypt, India, Madagascar, Russia, Republic of South Africa, USA, Uruguay

Astrological associations: Aries, Taurus

Chakra: base

HEALING QUALITIES

Brecciated jasper offers protection and brings grounding.

Physical: helps with alcoholism, stomach cramps, problems with the womb, ovaries, fallopian tubes, fibroids, and fertility.

Emotional/spiritual: pulls different areas of the mind into concentrated focus so that diverse possibilities and points of view become clear.



RUBY

A red variety of corundum in the form of tabular crystals.

Common sources: India, Madagascar, Myanmar, Thailand

Astrological associations: Cancer, Leo, Scorpio, Sagittarius

Chakra: heart

HEALING QUALITIES

Brings health, balance, energy, wealth, abundance, knowledge, creativity, longevity, passion, and protection. Helps with decision making, new beginnings and change. Can be used for distant healing. Promotes the will to live, mental health and healing, and brain activity.

Physical: promotes a healthy menstrual cycle and the health of the immune and circulatory systems. Good for anemia, bleeding/blood loss, blood cleansing/detox, low blood pressure, and fever. Good for the health of the embryo. Protects from lightning strikes.

Emotional/spiritual: helps anguish, distress, suffering, nightmares. Good for dreams, spirit guides, astral travel, remote viewing, spiritual wisdom, meditation, peak experiences, and re-birth. Helps access akashic records. Star ruby is good for cleansing and focusing energy, and enlightenment.



ZIRCON

Short square prismatic crystals—often octahedral. May be colorless, red, brown, green, gray, or yellow.

Common source: Pakistan

Astrological associations: Leo, Virgo, Sagittarius

Chakra: base

HEALING QUALITIES

Enhances relationships and personal magnetism, and brings out the best in you. Also good for encouraging purity, toughness, wisdom, and dependability.

Physical: Good for the health of the pineal gland and the bones and muscles. Helps insomnia, vertigo, allergies, sciatica, and poisoning.

Emotional/spiritual: has a calming effect and helps self-esteem and depression. Good for the aura.



SPINEL

Cubic and octahedral crystals and pebbles. May be colorless, red, white, blue, violet, black, green, yellow, orange, or brown.

Common sources: Brazil, Canada, China, Europe, India, Japan, Myanmar, Russia, USA

Astrological associations: Aries, Sagittarius

Chakra: base (red); other colors relate to specific chakras

HEALING QUALITIES

Enhances physical, emotional, mental, and spiritual energy.

Physical: brings out beauty and encourages longevity.

Emotional/spiritual: brings out personality. Aids rebirth.



FALCON'S EYE

A deep pink member of the quartz family.

Common alternative name: red tiger's eye

Common source: South Africa

Astrological association: Capricorn

Chakra: base

HEALING QUALITIES

Encourages practicality.

Physical: good for the reproductive system and sexuality. Helps sunburn.

Emotional/spiritual: good for emotional control.



STRAWBERRY AVENTURINE

Quartz variety, with inclusions of **hematite** or **goethite** giving a speckled or sparkly effect.

Common alternative name: red aventurine

Common sources: Brazil, Canada, China, India, Italy, Madagascar, Nepal, Republic of South Africa, Russia

Astrological associations: Aries, Virgo, Libra

Chakra: base

HEALING QUALITIES

Rejuvenates, stimulates, revitalizes, and generates a zest for life. Brings enthusiasm to most things, but is also grounding. Improves fertility and

creativity.

Physical: boosts stamina, blood circulation, red-blood-cell production, and metabolism, and may help to reduce cholesterol levels. Skin conditions such as eczema and psoriasis may benefit from a strawberry aventurine elixir.

Emotional/spiritual: helps with challenges, bringing inner strength and confidence. Restores your sense of humor and helps you to laugh at yourself and reconnect with your soul. Keeps your feet on the ground and brings a connection to reality. A grid of strawberry aventurine placed around your house can encourage family harmony and heal domestic rifts.



REALGAR

Bright red, translucent-to-transparent prismatic striated crystals and rocks.

Common alternative names: ruby sulfur, ruby of arsenic

Common sources: Australia, China, Germany, Hungary, Romania, Switzerland, Turkey, USA

Astrological associations: Gemini, Libra

Chakra: base

HEALING QUALITIES

Realgar brings good luck and abundance. It soothes emotions, emotional pain, and discomfort; it calms anger, rage, and violent behavior.

Physical: aids fertility and sexual problems. Promotes a fire in your heart, boosting desire and sex drive, improving relationships, and enhancing love.

Emotional/spiritual: cleansing, illuminating past lives, and enhancing memory. Brings thoughts to the surface and helps to release past trauma. Boosts energy on all levels, compassion, and acceptance. Helps to clear your mind so you can think clearly, especially under stress, and keep your focus on the goal. ***No elixir. Wash hands after handling. Do not smell, sniff, or lick. Never ingest. Avoid prolonged exposure to bright light. Store in a dry, dark place.***



PIEMONTE

Translucent-to-opaque prismatic, bladed, or acicular crystals, lustrous, deep magenta-red, red-violet to red-brown in color. Manganese-rich **epidote**. Specimens are often mixed with quartz.

Common alternative name: red epidote

Common sources: worldwide—especially Australia, Canada, China, Europe (especially Italy), India, Japan, Morocco, Republic of South Africa, Russia, Scandinavia, USA

Astrological association: Aries

Chakra: heart



HEALING QUALITIES

Helps detox on all levels, physical, emotional, mental, and spiritual.

Physical: good for healthy heart and circulation.

Emotional/spiritual: good for healing emotional wounds, dispels negative emotions, and brings joy. Promotes courage and strength to have fun and try new adventures. Encourages you to understand your inner self and walk your talk. Can help with grief and depression.

LEPIDOCROCITE

Red to red-brown scaly or fibrous crystals, often found as inclusion with other crystals.

Common sources: worldwide—especially Brazil, Europe, India, USA

Astrological association: Sagittarius

Chakras: heart, brow, crown

HEALING QUALITIES

Physical: good for eyes and eyesight, balances hormones, and improves fertility. Its calming effect can help ADHD and ease breathing, aiding the lungs and heart.



Emotional/spiritual: grounding from the crown chakra down through the body. Boosts awareness so you can see the signposts on your spiritual path, helping with decisions and life choices. Calms emotions, helping you regain control. Eases the release of irrational fears and anxiety and can be beneficial in the treatment of bipolar conditions. Brings love and harmony. It can help bring up matters from the past, leading to forgiveness. Good for protection and connection to angels and spirit guides.

HARLEQUIN QUARTZ

Quartz crystal with inclusions, which may include one or more of **lepidocrocite, hematite, goethite,** and titanium.

Common alternative names: hematoid quartz, haematoid quartz, ferruginous quartz **Common sources:** worldwide—especially China, Madagascar

Astrological association: Gemini

Chakra: base

HEALING QUALITIES

Physical: gives energy and vitality, and helps with concentration, communication, and ADHD. Good for grounding, legs, knees, ankles, feet, and lower back.

Emotional/spiritual: brings clarity to emotions and encourages expression of them, so helps understanding between lovers. Can relieve anxiety and panic attacks. Promotes connection between people, and to the spirit world. Larger crystal clusters can help to remove negativity from rooms, creating a space for loving and healing energy to flow.



ORANGE

ORANGE CALCITE

Bright to pale orange rock masses.

Common source: Mexico

Astrological associations: Cancer, Leo

Chakra: sacral

HEALING QUALITIES

Brings vitality and inspiration.

Emotional/spiritual: brings calm and balances energy. Helps with aggression and belligerence.



CARNELIAN

A variety of chalcedony in the form of orange, red, pink, or brown pebbles.

Common alternative names: cornelian, sard

Common sources: Brazil, India, Uruguay

Astrological associations: Taurus, Cancer, Leo

Chakra: sacral

HEALING QUALITIES

A “feel better” stone. It helps with study, memory, inspiration, speech and the voice, and is good for live performers. It can relieve laziness and apathy and bring vitality, self-esteem, compassion, courage, and personal power. Good on meditation retreats.

Physical: reduces thirst. Good for digestion, tissue regeneration and revitalizing the blood. Good for the gallbladder, liver, lungs, kidneys, spine, spleen, pancreas, and thyroid. Helps appetite and eating disorders, asthma, hayfever, common colds, bronchitis, infections, neuralgia, ME, lethargy, jaundice, and minor cuts and grazes.

Emotional/spiritual: enhances your connection to spirit and enables you to see the links between dis-ease and emotions so that you can deal with the emotions and therefore prevent disease. Helps combat a range of negative emotions, including anger, envy, fear, rage, sorrow, confusion, and jealousy.



ORANGE HALITE

Massive or cubic salt crystals. May be **clear**, or single or multi-colored. Colors include orange, yellow, red, **blue**, pink, and green.

Common sources: Australia (green), USA (pink and red)

Astrological associations: Cancer, Pisces

Chakra: sacral

HEALING QUALITIES

Good for endurance.

Physical: good for the health of the intestines and body fluids. Helps water retention.

Emotional/spiritual: helps mood swings.

No elixir.



SPESSARTINE

An orange variety of **garnet**. May also be red or brown.

Common sources: China, Pakistan

Astrological association: Aquarius

Chakra: sacral

HEALING QUALITIES

Brings vitality. Good for analysis and the mind.

Physical: helps lactose intolerance.



CROCOITE

Prismatic orange crystals, masses, and aggregates.

Common source: Australia

Astrological association: Aries

Chakra: sacral

HEALING QUALITIES

Good for intuition, creativity, and sexuality.

Physical: good for the reproductive system.

Emotional/spiritual: good for the emotions and for coping with distressing changes, especially big ones, such as death and divorce. Known as the “divorce stone.”

No elixir.



SUNSTONE

A type of oligoclase, which is a variety of the feldspar mineral plagioclase.

Goethite and **hematite** are common inclusions, which give a sparkly appearance.

Common source: India

Astrological associations: Leo, Libra

Chakra: crown

HEALING QUALITIES

Brings vitality, abundance, and longevity.

Physical: brings strength and energy. Good for the health of the throat, cartilage, feet, and spine. Helps ulcers, poisoning, rheumatism, aching feet, and body odor.

Emotional/spiritual: helps with fear and stress. Offers protection from “evil spirits.”



VANADINITE

Barrel-shaped and hollow prismatic crystals and masses.

Common source: Morocco

Astrological association: Virgo

Chakra: sacral

HEALING QUALITIES

Helps thinking processes and reaching goals. Good for spendaholics.

Physical: good for the health of the lungs and bladder. Helps exhaustion, asthma, and breathing/breath control.

Emotional/spiritual: good for meditation.

No elixir.



WULFENITE

Found as octahedral, prismatic, and square tabular crystals and masses. Colors include orange (yellow to brown), green, gray, white. May also be colorless.

Common source: USA

Astrological association: Sagittarius

Chakra: heart

HEALING QUALITIES

Brings youthfulness.

Emotional/spiritual: good for magic, spirit contact, shamanic pursuits, and seeing and dealing with your dark side. Good for accessing altered states of reality, your higher-self, and twin souls/soul mates.



TANGERINE QUARTZ

Quartz crystal colored orange to red-orange by **hematite** surface coating.

Common sources: Brazil, Madagascar

Astrological associations: Leo, Libra

Chakras: base, sacral, solar plexus

HEALING QUALITIES

A sexy crystal that can help relationships, boosting passion and emotional connection, eliminating inhibitions, releasing the desire for physical contact.

Physical: helps with weight loss, the reproductive system, intestines, absorption of vitamins and iron, blood, red blood cells, energy, fertility, sexual dysfunction, and associated lower abdominal pain. Balances acidity, so will help with all cancerous growths/tumors and eliminates free radicals.

Emotional/spiritual: promotes change, self-awareness, self-understanding, self-healing, growth, inner strength, forgiveness, courage to move forward. Helps you overcome inner turmoil and trauma, and get rid of self-defeating, self-sabotaging, self-limiting, and self-judgmental beliefs. Gives a sense of worth or self-value, allowing you to let things go. Boosts intentions, especially those directed at love, relationships, and creativity. Releases your inner child, promoting playfulness and creativity, aids manifestation of dreams and goals, encourages grounding ideas. Helps emotional stress and releases tension. Aids psychic protection, bringing a sense of spiritual security, calmness, and comfort.



BUMBLE BEE JASPER

Trade name for colorful fibrous calcite with distinct yellow, orange, and black banding. Colors come from inclusions of **realgar** and **pyrite** and possibly **anhydrite**, **hematite**, orpiment, **sulfur**, **angelite**, and arsenic. “Jasper” is a misnomer, as all true jaspers contain quartz and this has none.

Common alternative names: bumble bee agate, eclipse stone, fumarolic jasper

Only source: Mount Papandayan (West Java, Indonesia), although often mistakenly identified as coming from Australia

Astrological association: Cancer

Chakras: sacral, solar plexus



HEALING QUALITIES

Brings za za to your mojo! Promotes teamwork.

Physical: boosts energy. Helps yin/yang balance, allergies, dexterity, small and large bowel, digestion, nerves, heart, blood, and circulation. Protects from EMF.

Emotional/spiritual: promotes change, helping you to make choices without emotion; gives drive, passion, busyness. It removes blocks, allowing your creativity and desires to manifest and be expressed freely, enabling you to discover new opportunities, take charge of situations, make decisions, and move forward, all with positivity. Helps lift depression, negativity, and self-limiting beliefs, letting your creativity and confidence flow. Aids intellect. Removes distracting thoughts and emotions, allowing you to focus, and helps you to see clearly through the fog in your mind.

No elixir. Wash hands after handling. Do not smell, sniff, or lick. Never ingest.

PEACH AVENTURINE

Mica and **pyrite** inclusions give sparkle and color.

Common source: India

Astrological associations: Virgo, Libra

Chakra: sacral

HEALING QUALITIES

Peach aventurine is the crystal for optimism and confidence.

Physical: good for muscles, bowel function, lungs, urogenital system, thymus, and blood pressure. Relieves physical stress, headaches, migraines, inflammation (especially skin), and allergies. Balances cholesterol and improves sleep patterns. Improves yin/yang balance.

Emotional/spiritual: brings good luck, success. Promotes boldness and confidence. Reduces shyness, stress, and worry. Calms emotions. Good for mental clarity. Helps decision-making, toleration, leadership, and creativity. Brings harmony in the home and a zest for life. Centers and stills the mind at the start of meditation.



ORANGE MIST AURA QUARTZ

Created by atomic bonding of natural iron and **gold** with quartz.

Common alternative names: melon aura quartz, imperial gold aura quartz, tangerine sun aura quartz

Common sources: China, USA

Astrological associations: Leo, Libra

Chakra: sacral

HEALING QUALITIES

Like the sun rising at dawn, it takes away the darkness. At those moments of dread when you can't go on, it reveals the light at the end of the tunnel.

Physical: boosts energy and strengthens the aura.

Emotional/spiritual: helps you surmount life's challenges and obstacles put in your path. Eases mood swings, depression, bipolar disorder, and nervous exhaustion. Heals emotional trauma and emotional wounds. Enhances sexuality and psychological strength. Expands consciousness, creativity, and inspiration. Relieves writer's block and other creative blockages.



ORANGE MOONSTONE

Pearly or opalescent variety of **microcline**, displaying adularescence (like chatoyancy) due to light diffraction between layers of the mineral.

Common sources: India, Madagascar

Astrological associations: Cancer, Libra

Chakra: sacral

HEALING QUALITIES

This is a feminine stone, supporting mystery and intuition.

Physical: good for the libido and combating sexual dysfunction. Helps with menstruation issues and PMS. Good for the female reproductive system.

Emotional/spiritual: brings balance to any situation, including work/life balance and with family and friends. Brings good luck and abundance.

Promotes self-esteem, emotional healing, selflessness, honesty, nurturing, and connection to ancient knowledge. Relieves anxiety and depression. Supports psychic development, clairvoyance, and awareness.



GOLDEN FELDSPAR

Prismatic crystals in aggregate groups, often displaying chatoyancy.

Common sources: worldwide—especially Republic of South Africa

Astrological associations: Libra, Sagittarius

Chakras: sacral, brow

HEALING QUALITIES

Brings emotional strength, courage, and inner confidence.

Physical: helps to heal wounds and reduce scar tissue. Helps with thyroid, hormonal, and fertility issues, and boosts the immune system.

Emotional/spiritual: supports meditation, changes behavior patterns, and soothes loss, grief, and guilt. Promotes self-esteem, confidence, willpower, femininity, and sexuality.



ANKERITE

Pearly rhombohedral crystals, orange-brown, white to gray, yellowish-brown, tan, fawn, greenish.

Common alternative name: often confused with iron-bearing **dolomite**

Common sources: worldwide—especially USA

Astrological associations: Aries, Capricorn

Chakra: solar plexus

HEALING QUALITIES

This stone connects with and clears the past, dealing with past lives, the Akashic records, and past trauma.

Physical: helps detox process, kidneys, lymphatic system, liver, and blood.

Emotional/spiritual: helps to break unhealthy behavior patterns created from emotional trauma or karmic events, facilitating an emotional release.



ORANGE SELENITE

Occurs as the satin spar crystalline variety of selenite, orange to pale peach in color. Often displays chatoyancy, with a distinct cat's-eye effect when polished.

Common alternative names: peach selenite, orange gypsum

Common sources: worldwide—especially Morocco, UK, USA

Astrological association: Taurus

Chakras: sacral, crown

HEALING QUALITIES

This stone connects to the new moon, bringing new beginnings and positive change.

Physical: reduces nausea, sickness, and fluid retention. Good for joints, menstrual cycle, ovaries, osteoporosis, memory, and Alzheimer's disease.

Emotional/spiritual: good for relationships, letting go, release of emotions, and centering. Promotes sexual connection between partners; releases sexual frustration and tension. Gives confidence and self-esteem. Lifts the spirit, giving a positive outlook, and protects from unwanted external influences.



YELLOW

CITRINE

A yellow, golden, or lemon variety of quartz. The color is due to heat from volcanic and other earth activity.

Common source: Brazil

Astrological associations: Aries, Gemini, Leo, Libra

Chakra: solar plexus

HEALING QUALITIES

A “money stone” that brings abundance and wealth. Good for decision-making, learning, teaching, studying, creativity, awareness, writing, problem-solving, and new beginnings. Also a “feel better” stone. Helps to sell houses.

Physical: good for the digestive system and all related disorders. Also good for eyesight and the heart, kidneys, thyroid, thymus, and liver. Helps tissue regeneration, anemia, jaundice, nausea, vomiting, and detoxing.

Emotional/spiritual: good for relationships, self esteem, aura work, and getting rid of emotional toxins. Helps anger and yin/yang balance.



YELLOW APATITE

Prismatic crystals and masses in yellow, green, **blue**, gray, white, purple, brown, or red/brown.

Common sources: Canada, Pakistan

Astrological association: Gemini

Chakra: throat

HEALING QUALITIES

Balances all chakras and calms the throat chakra. Good for healers, teachers, communicators, trainers, journalists, writers, publishers, presenters, actors, singers, and performers.

Good for the intellect and seeing the truth. Helps aloofness and mental confusion.

Physical: good for arthritis and tissue regeneration. Suppresses appetite (if worn or carried). Focuses healing energy on where it is needed inside the body (if taken as an elixir).

Emotional/spiritual: good for psychic abilities, past-life recall and understanding, yin/yang balance, meditation, and accessing inner self. Helps negativity.



GOLDEN RAY CALCITE

Rhombohedral and scalenohedral crystals. Also found as masses.

Common sources: China, USA

Astrological association: Leo

Chakras: crown, solar plexus, sacral

HEALING QUALITIES

Makes a good general calcite elixir. Boosts physical and mental energy, and creativity. Helps with communication, ideas and self-limiting beliefs.

Physical: good for the circulation and the health of the liver, gallbladder, and endocrine glands. Helps at the start of infections.

Emotional/spiritual: good for past life recall and healing visualization. Helps nerves. Good for divination.



CHRYSOBERYL

Tabular, hexagonal yellow crystals. Some show a color change to brown in artificial light. There is a green variety of chrysoberyl called **alexandrite**, and this looks red in artificial light.

Common sources: Brazil, USA

Astrological association: Leo

Chakra: sacral

HEALING QUALITIES

Helps you to see both sides of an argument, and the best in any situation.

Helps to break cycles.

Physical: good for the health of the liver, pancreas, and kidneys. Helps cholesterol problems and infections. Aids understanding and coming to terms with illness.

Emotional/spiritual: brings forgiveness, peace of mind, and kindness to self. Helps personal spirituality.



AMBER

Fossilized resin from prehistoric trees that may have inclusions of animal and/or plant material. Colors include yellow, orange, brown, and green (artificial).

Common sources: Baltic Sea area: Poland, Lithuania, Latvia

Astrological associations: Leo, Aquarius

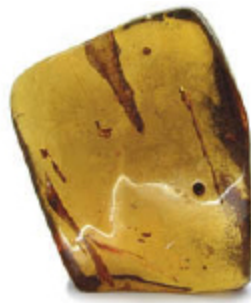
Chakra: solar plexus

HEALING QUALITIES

Good for memory, intellect, and making choices. Purifies body, mind, and spirit when worn. Brings good luck and protection to warriors; and fulfilment of dreams, goals, and ideals. Symbolizes the renewal of marriage vows. Can be burnt as incense to cleanse spaces—perfect for therapy rooms.

Physical: good for detoxing and the health of the throat, heart, hormones, kidneys, and bladder. Helps acne, bacterial infection, constipation (as an elixir), post-operative healing, schizophrenia, and asthma. Can be used as an antiseptic.

Emotional/spiritual: Good for calming and yin/yang balance. Helps abuse, negativity, and emotional blockages.



COPPER

Metal forming free-form shapes, dendrites, plates, and rhombohedral crystals.

Common source: USA

Astrological associations: Taurus, Sagittarius

Chakra: sacral

HEALING QUALITIES

A “feel better” stone that boosts the flow of chi. Brings vitality and luck, especially with lost property.

Physical: good for sexuality, the circulation, and joints. Stimulates metabolism and aids detoxing. Helps tiredness, exhaustion, restlessness, lethargy, general malaise, infected wounds, poisoning, inflammation, bursitis, arthritis, and rheumatism.

Emotional/spiritual: good for emotional balance. Helps over-excitability.



TSILASITE

Yellow, vertically striated prismatic crystals.

Common alternative names: yellow tourmaline, peridot of Ceylon

Common sources: Brazil, Pakistan

Astrological association: Leo

Chakra: Solar plexus

HEALING QUALITIES

Good for invention, intellect, ideas, mind, thought, and mental energy. Useful if you have a new livelihood, business, job, or career.

Physical: good for the liver, spleen, kidneys, gallbladder, and stomach.

Emotional/spiritual: good for adjusting behavior cycles and patterns.



GOLD

Veins, nuggets, dendrites, grains, flakes, masses, and—rarely—octahedral, cubic, and rhombododecahedral crystals. (See also **aqua aura**.)

Common sources: Australia, USA

Astrological association: Leo

Chakra: heart

HEALING QUALITIES

Brings wealth, abundance, vitality and mental balance. Helps learning and the realization of self-potential.

Physical: good for hormones and the health of the spine, skin, eyes, and nervous, digestive, circulatory, and respiratory systems. Aids detoxing. Helps autism, dyslexia, epilepsy, coordination, sties, arthritis, melanoma, pneumonia, tuberculosis, blood disorders, vascular disease, heart disease, hypothermia, paralysis, rheumatism, tissue regeneration, MS, vitamin and mineral deficiencies, and tissue repair.

Emotional/spiritual: helps with anger, ego, trauma, inferiority, negativity, depression, burdens, emotional stress, tension and nightmares. Brings connection to the universe and its knowledge, wisdom, and natural healing energies.



GOLDEN SELENITE

Bright gold “fishtail” crystals and crystal clusters.

Common alternative names: golden fishtail selenite, golden butterfly selenite

Common sources: Canada, Peru

Astrological association: Taurus

Chakras: solar plexus, crown

HEALING QUALITIES

Adds the power of the sun to cleanse mind, body, spirit, and spaces we inhabit.

Physical: helps to detox. Aids all physical healing, menstruation, and sexuality, and helps to prevent hair loss.

Emotional/spiritual: detox for the soul, clearing out stuck emotions and helping your spirit to flow. Helps you to see the other side of an argument and is excellent for healers, as it enhances your ability to listen without becoming judgmental or emotionally involved. Aids manifestation of creative ideas and plans. A happy stone, helping to lift depression, ease mood swings, and relieve SAD, tiredness, and stress. Raises spiritual awareness. Aids communication with spirit guides and angels especially, helping you to hear what they say. All varieties of selenite connect with the energies of the moon, helping with cycles and behavior patterns.



YELLOW OPAL

Yellow masses sometimes showing iridescence (fire) in various colors. The colors are created by the diffraction of light within the crystalline structure.

Common source: Madagascar

Astrological association: Cancer

Chakra: solar plexus

HEALING QUALITIES

Helps remove mental obstacles to give you a clear perspective. Assists gut feelings. Brings vitality.

Physical: helps the absorption of food.



SCHALENBLLENDE

A compact variety of **sphalerite**, yellow to brown in color, often with silver gray bands of **galena** and **marcasite**.

Common sources: Poland, Germany

Astrological associations: Aquarius, Pisces

Chakra: solar plexus

HEALING QUALITIES

Good for magic, divination, protection, travel, mediumship, and new beginnings.

Physical: boosts immunity.



SULFUR

Masses, nodules, and pyramidal and tabular crystals. Yellow in color.

Common source: Sicily

Astrological association: Leo

Chakra: solar plexus

HEALING QUALITIES

Good for mental balance, inspiration and reasoning. Helps wilfulness.

Physical: helps insect bites, infection, fibrous tissue growths, painful joints, and swelling. Brings energy. Can be used as a fumigant.



TIGER'S EYE

A member of the quartz family. Tiger's eye shows chatoyancy (an optical reflectance effect) due to its fibrous asbestos structure. It is similar to, but not the same as, cat's eye. Colors include gold, yellow, brown, blue **hawk's eye**, and red **falcon's eye**.

Common source: Republic of South Africa

Astrological association: Capricorn

Chakra: solar plexus

HEALING QUALITIES

This is a "feel better" and a "go for it" stone. Good for intuition, courage, new beginnings, absent/distant healing (especially through meditation), and sharpening the mind. Assists intuitions, gut feelings, and investigations and, as such, is useful for the police, scientists, insurers, and accountants. Helps

narrow mindedness. Brings wealth and yin/yang balance and right/left brain balance.

Physical: good for nocturnal vision and the entire digestive system. Helps digestion and digestive disorders including flatulence, nausea, and diverticulosis. Also helps eye diseases and broken bones.

Emotional/spiritual: good for balance, calm, and grounding. Helps fear, worry, depression, turmoil, inhibition, negativity, and introversion. Good for people who are deliberately obstructive.



HELIODOR

A yellow/golden variety of **beryl**.

Common source: Brazil

Astrological association: Leo

Chakras: solar plexus, crown

HEALING QUALITIES

Good for mental balance, communication, and protecting things when you are away from them (for example, your house, car, or family).

Physical: good for the health of the liver, spleen, and pancreas.

Emotional/spiritual: brings compassion.



YELLOW FLUORITE

Yellow cubic, octahedral, and rhombododecahedral crystals and masses.

Common sources: China, UK

Astrological association: Leo

Chakra: sacral

HEALING QUALITIES

Good for the mind. Aids creativity, thoughts, and ideas. Good for use in groups.

Physical: good for cholesterol and the liver. Helps detoxing and weight loss.

Emotional/spiritual: good for mental trauma.



STELLA BEAM CALCITE

Golden, yellow, or white scalenohedral crystals, typically double terminated with distinct, long terminations. It has a smooth, soapy feel, like many calcite

crystals, and may have **pyrite** inclusions.

Common alternative name: dogtooth calcite

Common sources: Brazil, USA

Astrological association: Cancer

Chakras: solar plexus, brow, crown

HEALING QUALITIES

Acts as a signpost on your spiritual path. Boosts connection to all around you in environment and spirit.

Physical: good for brain, head, neck, eyes, ears, nose, mouth, nerves connecting to senses, and skull.

Emotional/spiritual: calms the mind, allowing for expansion of thought and ideas. Good for dreams, intuition, meditation, and magic. Brings inner peace. Helps to direct distant healing to its target. Relieves stress, insomnia, and oversensitivity. Releases trapped energy from past trauma and past lives. A library card to the Akashic records. Can be worked with to remove negative energy from the aura.



IMPERIAL TOPAZ

Golden prismatic crystals and alluvial pebbles.

Common sources: Brazil, USA

Astrological associations: Leo, Sagittarius, Pisces

Chakras: solar plexus, crown

HEALING QUALITIES

Good for attraction, mental energy, thoughts, and ideas.

Physical: good for hormones and the liver and gallbladder.

Emotional/spiritual: good for relaxation and meditation. Brings a universal connection to everything and a feeling of oneness.



LEMON CHRYSOPRASE

Lemon-yellow to lemon-green variety of chalcedony.

Common source: Australia

Astrological association: Libra

Chakra: heart

HEALING QUALITIES

Helps you to see through the mist of your emotions.

Physical: good for heart, spleen, dexterity, and fertility, and helps to prevent scurvy.

Emotional/spiritual: expels anxiety, depression, fear, inferiority and superiority complexes, arrogance, and judgmental attitude. Good for general mental health and healing, schizophrenia, neurotic patterns, and stress. Heals a broken heart. Good for meditation. Brings balance, as well as acceptance of others, yourself, and your own sexuality. A feel-better stone that helps you to find and accept the root cause of your emotional stress.



TIBETAN CITRINE

This is a natural **citrine** crystal.

Only source: Tibetan plateau

Astrological associations: Aries, Gemini, Leo, Libra

Chakra: solar plexus

HEALING QUALITIES

Tibetan citrine makes everything easier in every way, as long as it has a spiritual benefit for you or others.

Physical: good for all of the digestive system. Also good for heart, jaundice, kidneys, liver, nausea and sickness/vomiting, tissue repair, toxins/detox, anemia, eyesight/vision, thyroid, and thymus.

Emotional/spiritual: crystals from Tibet help you get to the point quickly and effectively, and enhance your spiritual connection. Helpful in keeping the balance between your spirituality and your business or work. Promotes abundance and wealth. Helps decisions, relationships, and yin/yang balance. Boosts aura, self-esteem, awareness, and energy. Calms anger and emotional toxins. Good for teaching and learning, problem solving, new beginnings, and selling houses!



YELLOW CALCITE

Calcite forms masses, stalactites, scalenohedral, and rhombohedral crystals.

Common sources: worldwide

Astrological association: Cancer

Chakra: solar plexus

HEALING QUALITIES

Yellow calcite balances emotions.

Physical: good for kidneys, pancreas, and spleen. Helps reduce bone growths and calcium deficiency.

Emotional/spiritual: calms emotions, overenthusiasm, and fear, and eases stress. Balances yin/yang. A feel-better stone, good for teaching and studying, especially art and science, seeing the bigger picture, astral travel, and channeling.



YELLOW JASPER

A yellow variety of opaque chalcedony.

Common source: South Africa

Astrological association: Leo

Chakra: solar plexus

HEALING QUALITIES

Good for intellectual pursuits and protecting travelers.

Physical: good for digestion. Brings energy.



GOLDEN HEALER QUARTZ

Yellow iron coating on or included within quartz crystals.

Common alternative names: golden quartz, **yellow quartz** (this is a misnomer; the entry under this name is a different crystal)

Common sources: see quartz

Astrological associations: all

Chakras: all, especially heart

HEALING QUALITIES

Eases energy shifts and facilitates all emotional healing.

Physical: helps energy flow through meridians supporting all physical healing and the immune system. Helps to repair skin damage.

Emotional/spiritual: good for strengthening the aura, making lifestyle changes, and altering behavior patterns. Releases you from fear, past hurts, and self-judgment. Attracts abundance, and is good for relationships, cutting ties with the past, and restoring your self-esteem after disappointment. Cleanses, clears, re-boots; a stone of re-birth. Will help you to walk your walk through life. Heals rooms holding traumatic energy. Balances yin/yang.



LIBYAN GOLD TEKTITE

A variety of **tektite**. Libyan gold tektite is rare, the only yellow variety; more common are **black**, brown, and the also rare green **oldavite**.

Common alternative names: Libyan desert glass, Libyan glass

Only source: Sahara desert (Libya)

Astrological associations: Aries, Cancer

Chakra: crown

HEALING QUALITIES

Brings connection with distant friends and family.

Physical: good for circulation, fever, fertility/ovulation, dehydration, and exposure.

Emotional/spiritual: good for yin/yang balance, creativity leading to artistic abundance, reasoning, telepathy and ESP, psychic surgery, meditation (reaching and maintaining peak experience), distant healing, and contact with other worlds.



HONEY CALCITE

Masses and rhombohedral crystals.

Common source: Mexico

Astrological association: Cancer

Chakras: base, sacral

HEALING QUALITIES

Slows everything down so you have more time to pursue the important things in life.

Physical: good for fertility, reproductive systems, bone growths, and calcium deficiency.

Emotional/spiritual: brings stability, balance. Curbs overenthusiasm, fear, and stress. Good for yin/yang balance. Calms emotions that might be preventing pregnancy or success in any subject or venture. Good for astral travel and grounding.



KUNDALINI CITRINE

Yellow, deep golden, yellow-brown, or lemon variety of quartz. Color is due to heat from volcanic and other Earth activity. Often found in clusters with “baby” crystals attached at the base.

Common alternative name: kundalini quartz

Only source: Democratic Republic of Congo

Astrological associations: Aries, Gemini, Cancer, Leo, Libra

Chakras: all

HEALING QUALITIES

Activates kundalini energy. An uplifting crystal, helping you to develop in both everyday life and on your spiritual path.

Physical: alleviates stress-related digestive problems. Helps to move energy through the body and aura to reach the areas where it is most needed. Good for post-operative healing and detox.

Emotional/spiritual: brings abundance, success, and awareness. Raises consciousness, enhances clarity of mind and thought, and brings dreams into reality. Good for creativity, problem solving, and teaching, and is excellent as a focus stone in crystal grids. Boosts relationships, sexuality, sex drive, and tantric energy. Good for teamwork and willpower.



URANOPHANE

Found in various shades of yellow, from light lemon to deep honey and green-yellow. Transparent to translucent, these wedge-shaped crystals are waxy or dull when massive. This mineral contains uranium, is radioactive, and should be worked with in limited and focused time.

Common alternative name: uranotile

Common source: Brazil

Astrological association: Aquarius

Chakra: solar plexus

HEALING QUALITIES

Uranophane supports complementary therapies.

Physical: supports chemotherapy and radiotherapy treatment of tumors; may counter radiation damage.

Emotional/spiritual: speeds karma, brings dramatic change, can help release hidden talents.

No elixir. Wash hands after handling. Do not smell, sniff, or lick. Never ingest. Do not hold or have contact with for extended periods of time.



YELLOW PREHNITE

Yellow to yellow-green massive botryoidal and globular structure with layered “plates”; tabular and prismatic crystals. Also found in **green**, white, and brown.

Common sources: Australia, India, Mali, Republic of South Africa, USA

Astrological association: Libra

Chakras: solar plexus, heart, brow

HEALING QUALITIES

Clears the fog in your mind so you can see your own true spiritual path through life.

Physical: good for kidneys, bladder, heart, blood, blood cleansing, lymphatic system, RBC, anemia, connective tissue, and gout.

Emotional/spiritual: brings calmness, eases agitation, and facilitates letting go. Promotes clairvoyance, divination, visualization, meditation, dreams, and dream recall. Inspires flow in all aspects of your life.



GOLDEN LEMURIAN QUARTZ CRYSTAL

Hexagonal quartz crystal with horizontal “bar code” lines on all six sides.

Colored pale yellow to golden. Unlike **citrine**, **kundalini citrine**, smoky citrine, and **Tibetan citrine**, the color in this crystal is due to iron inclusions.

Common alternative names: golden healer Lemurian crystal, warm golden healer Lemurian seed crystal, golden healer Lemurian seed crystal

Common source: Brazil

Astrological associations: all

Chakras: all

HEALING QUALITIES

Promotes self-healing, looking within.

Physical: can assist all physical healing; particularly helpful for physical symptoms of stress-related conditions. Good for heart, immune system, pain, burns, and vertigo. General tonic that helps to keep you well.

Emotional/spiritual: removes blocks you put in your own way, finds positivity, and rejects negativity. Improves meditation, leadership, inner strength and wisdom, confidence, and courage. Helps you connect to ancient wisdom and ancient civilizations, such as Lemuria and Atlantis, past lives, and Akashic records, and spirit guides. Helps memory. Good for ceremony. Promotes awareness. Helps you listen to the universe. Good for ego, intuition, intellect, universal love, spiritual development connection, and dreams. Heals a broken heart. Brings joy into your life.



GOLDEN ROD CALCITE

Rare calcite rod crystal formation.

Common source: Germany

Astrological associations: Cancer, Leo

Chakra: solar plexus

HEALING QUALITIES

Brings happiness.

Physical: good for vitality, nerves, endocrine glands, detox, kidneys, and spleen.

Emotional/spiritual: a feel-better stone, enhancing confidence and feelings of security, inner strength, independence, and self-reliance. Good for meditation, mental energy, stamina, overcoming self-limiting beliefs, emotional stability, and creativity. Calming, especially for spaces/rooms. Helps you to see the bigger picture and alleviates mental stress and fear.



YELLOW AVENTURINE

Quartz variety with inclusions of mica, giving a speckled or sparkly effect.

Common source: India

Astrological association: Aries

Chakra: solar plexus

HEALING QUALITIES

Brings inspiration and drive.

Physical: good for muscles—especially core muscles and diaphragm—stomach, spleen, and kidneys.

Emotional/spiritual: enhances inner strength, creativity, motivation, and yin/yang balance. Gives support and structure. Helps decision making and gives protection from “energy vampires.”



YELLOW DANBURITE

Prismatic striated crystals. Other colors include **clear/white**, **pink**, and lilac.

Common alternative name: agni-gold danburite

Common sources: Madagascar, Myanmar, Republic of South Africa, Vietnam

Astrological association: Leo

Chakras: solar plexus, crown

HEALING QUALITIES

Helps you to see the signposts on your life's path.

Physical: good for stomach, digestion.

Emotional/spiritual: brings happiness and the ability to see all sides of an argument or discussion. Alleviates depression. Helps you to get back into the

world after an absence due to a breakdown, hospitalization, or any other reason.



LION SKIN STONE

A natural fusing of **tiger's eye** and quartz.

Common alternative name: lion skin jasper (misidentified—it is not a jasper)

Common sources: Namibia, Republic of South Africa

Astrological association: Leo

Chakra: solar plexus

HEALING QUALITIES

A stone for inner strength.

Physical: alleviates the effects of radiation and EMF. Protects from positive ions emanating from computer screens. Good for stamina.

Emotional/spiritual: reduces fear, anxiety, depression, and negativity. Good for courage, confidence, all psychic abilities, yin/yang balance, abundance, memory, concentration, and meditation. Gives protection, calms emotions, and guards against laziness and procrastination.



YELLOW QUARTZ

Opaque, yellow, milky quartz.

Common alternative name: citrine is often called yellow quartz—it is NOT.

Common source: Republic of South Africa

Astrological association: Gemini

Chakras: solar plexus, brow

HEALING QUALITIES

Reboots your system.

Physical: helps digestion and stomach and small-intestine health. Helps relieve food allergies, coeliac disease, and CFS/ME; aids recovery from exhaustion, tiredness, and fatigue.

Emotional/spiritual: good for people who tend to overwork, helping work/life balance and relieving burnout, panic, and nervous exhaustion. Combats SAD, ADHD, and excessive self-criticism. Boosts self-confidence, but deflates the ego, bringing balance. Focuses the mind, promoting meditation, memory, and learning from experience, and bringing fun and humor into your life—there is a funny side to everything.



COPAL

Copal is fossilized resin from prehistoric trees and may have inclusions of animal and/or plant material. It can be golden, yellow, or orange.

Common alternative name: amber (usually refers to Baltic amber)

Common source: Columbia

Astrological association: Leo

Chakra: solar plexus

HEALING QUALITIES

Associated with fulfillment of dreams, goals, or ideals.

Physical: has antiseptic and disinfectant properties (topical elixir). Combats acne, bacterial infection, and constipation (elixir). Good for babies teething (chew), heart, hormones, post-operative healing, chest, breathing, asthma, emphysema, detox, throat, kidneys, and bladder.

Emotional/spiritual: helps to remove emotional blockages. Good for memory, absent-mindedness, yin/yang balance, schizophrenia, calming, intellect, choice, and neutralizing abuse and negativity. Brings good luck and protection to warriors. Symbolizes renewal of marriage vows (like an eternity ring). Purifies body, mind, and spirit. Can be burnt as an incense to cleanse the air.



YELLOW SAPPHIRE

Tabular prismatic crystals with hexagonal double pyramid structure. A tiny amount of iron within the sapphire is the cause of the coloration.

Common alternative name: oriental topaz

Common sources: Sri Lanka (main source), Australia, Madagascar, Tanzania, Thailand

Astrological associations: Aries, Taurus, Cancer, Leo, Libra

Chakra: solar plexus

HEALING QUALITIES

Encourages practical application of your creativity.

Physical: combats flatulence and indigestion. Good for spleen, gall bladder, liver, jaundice, pancreas, throat, lungs, coughs, colds, as a cleansing detox

(elixir), skin conditions (topical elixir), vitality, and tumors. Reduces excessive bleeding.

Emotional/spiritual: connected to the Hindu god Ganesh, bringing prosperity to the home, wealth, wisdom, protection, good luck, and creativity.

Encourages new beginnings, new projects, and success. Enhances ambition, intellect, agreeable demeanor, and the ability to see the bigger picture.

Focuses the mind, removing unwanted thoughts and tension. Helps you to see the beauty in everything. Promotes interest in the world around you.

Good for depression, hope, and enthusiasm.



GREEN

JADE

Found as masses in many colors including green, orange, brown, blue, cream, white, lavender, red, gray, and black. Types of jade include **jadeite** and **nephrite**. Note: new jade is actually **bowenite**.

Common sources: Canada, China, Myanmar, USA

Astrological associations: Aries, Taurus, Gemini, Libra

Chakra: heart

HEALING QUALITIES

This is a good first stone for a child. It aids problem-solving, and helps proneness to accidents and reaching dreams, goals and ideals. It brings balance, justice, modesty, courage, wisdom, compassion, and longevity.

Physical: good for the skin, hair, lymphatic system, bones, joints/hips, spleen, bladder, heart, immune system, gallbladder, kidneys, muscles, and the entire female reproductive system. Helps acne, fertility, PMS, menstrual problems, period pain, asthma, bacterial and viral infections, eye disorders, general malaise, high blood pressure, and schizophrenia.

Emotional/spiritual: good for emotional balance, confidence and grounding. Helps negativity. Promotes dreams and dream recall (when placed under the pillow). Brings connection to ancient civilizations and wisdom, protection, peace (both inner and outer), and shamanic access to spirit worlds.



JADEITE

A type of jade forming masses and rare small elongated prismatic crystals. Colors include various shades of green, purple/lavender, white, brown, red, orange, yellow, gray, and black. The colors sometimes mix and pattern or vein the rock.

Common alternative name: imperial jade (translucent emerald green)

Common sources: China, USA

Astrological association: Aries

Chakra: heart

HEALING QUALITIES

Good for magic and mending relationships. Good for use in groups.

Physical: good for the testicles. Helps high blood pressure, post-operative healing, cramps, and restless leg syndrome.



EPIDOTE

Needle-like and prismatic crystals, occasionally terminated, masses, plates, and fibres. Various shades of green, yellow, red, gray, and black.

Common sources: Brazil, Pakistan

Astrological association: Gemini

Chakra: brow

HEALING QUALITIES

Good for perception and awareness.

Physical: good for the thyroid, brain, nervous system and skin (as an elixir).

Helps dehydration, Parkinson's disease, and most other conditions.



NEBULA STONE

A combination of aegirine, potassium feldspar, quartz and **epidote**, forming smooth rounded stones with green spots.

Common source: USA

Astrological association: Scorpio

Chakra: heart

HEALING QUALITIES

Good for appreciation, intellect and freedom of thought. Brings inspiration and courage.

Physical: helps herpes and bronchitis. Good for detoxing.

Emotional/spiritual: good for self-worth and seeing and interpreting auras. Good for accessing the Akashic records. Helps fear and coping with tragedy.



SERPENTINE

Masses, fibers and layered “plates.” Only found in crystal form inside other minerals. Colors include green, red, brown, black, and white, sometimes with inclusions of **magnetite** which give a web-like appearance.

Common sources: China, UK

Astrological association: Gemini

Chakra: heart

HEALING QUALITIES

Good for art and creativity.

Physical: helps hypoglycemia, diabetes, parasites, and calcium and magnesium deficiency.

Emotional/spiritual: good for emotions, energy flow, and meditation.



SPHENE

Masses, layered “plates” and flattened wedge-shaped crystals in many colors.

Common alternative name: titanite

Common sources: Canada, Mexico, Pakistan, Russia, USA

Astrological association: Sagittarius

Chakras: all

HEALING QUALITIES

Good for astrology and astronomy.

Physical: good for physical calming and the health of the immune system, red blood cells, and teeth. Helps muscle sprains and strains, sunburn, and fever.



ACTINOLITE

Long-bladed green or black crystals often found in or associated with other minerals. This is the crystal form of **nephrite jade**.

Common sources: Australia, Brazil, Canada, Europe, Japan, Mexico, USA

Astrological association: Scorpio

Chakra: heart

HEALING QUALITIES

Good for behavior patterns, talents, skills, and abilities.

Emotional/spiritual: brings connection.



RAINFOREST RHYOLITE

Quartz, feldspar, and nephelite formed from volcanic activity. Flow markings may appear on surface.

Common alternative name: green rhyolite

Common source: Australia

Astrological association: Aquarius

Chakra: brow

HEALING QUALITIES

Good for choice, teaching, and creative expression. Helps procrastination.

Useful in any type of building work. Calms most animals.

Physical: helps diabetes, hypoglycemia, rupture, and varicose veins.

Emotional/spiritual: good for mediumship. Helps illusion.



BLOODSTONE

Green jasper, commonly with red inclusions.

Common alternative names: heliotrope (with red inclusions), plasma (without red inclusions)

Common source: India

Astrological associations: Aries, Libra, Pisces

Chakra: heart

HEALING QUALITIES

Brings courage, vitality, and creativity.

Physical: good for balance and getting rid of toxins. Good for the health of the heart, joints, kidneys, liver, hips, spleen, blood, and bone marrow. Helps anemia, iron deficiency, nosebleeds, hemorrhages, wounds, and blood clotting. Regulates menstrual blood flow.

Emotional/spiritual: good for emotional centering and calming. Helps stress and aggression. Heliotrope is good for controlling and releasing bad temper.



CHLORITE

Often found as green phantoms in quartz crystals. The chlorite group includes **clinochlore**.

Common source: Brazil

Astrological association: Sagittarius

Chakra: heart

HEALING QUALITIES

Physical: good for detoxing and weight loss (elixir). Good for the circulation and the absorption of vitamins A and E, calcium, iron, and magnesium. Stimulates “good bacteria.” Helps chills, allergic reactions, bloating, wind pains, pain, melanoma, and liver spots.

Emotional/spiritual: good for meditation and finding answers. Helps anger, hostility, and fear.



GREEN CALCITE

Masses that are bright emerald to pale green in color.

Common source: Mexico

Astrological association: Cancer

Chakra: heart

HEALING QUALITIES

Physical: good for the prevention and treatment of infection.

Emotional/spiritual: calms emotions. Helps anxiety and panic attacks. Enables you to cope when other people are laughing at your expense.



CLINOCHLORE

A chlorite mineral that forms green/white, colorless, and yellow masses and, occasionally, crystals.

Common alternative name: seraphinite

Common source: Russia

Astrological association: Taurus

Chakra: heart

HEALING QUALITIES

Good for relationships and nurturing.

Physical: stabilizes critical conditions.

Emotional/spiritual: good for spiritual love and connection with angels and guardians. Helps a broken heart and fear of the unknown.



FUCHSITE

A variety of mica with chromium inclusions that give a green color. Forms layers, masses, and occasional tabular crystals.

Common source: Brazil

Astrological association: Aquarius

Chakra: heart

HEALING QUALITIES

Good for making right choices.

Physical: good for the health of the heart, spine, and muscles. Helps carpal tunnel syndrome and skin conditions, especially eczema. Aids physical recovery.

Emotional/spiritual: good for calming. Helps unrequited love and emotional recovery.

No elixir.



KAMBAMBA STONE

A sedimentary stone made up of fossilized algae (**stromatolite**) creating black circular patterns with green centers in mottled green groundmass (the finer-grained mass of material wherein larger grains, crystals, or clasts are embedded). Both black and green areas are mostly quartz and feldspar, with cristobalite in black regions and **amphibole** in green.

Common alternative names: Kambamba jasper (it is not a jasper), Kumbaba stone, Khambab stone, Khumbaba stone (sometimes mistaken for **nebula stone**), crocodile rock, crocodile jasper, green stromatolite jasper

Common sources: Madagascar, Republic of South Africa

Astrological associations: Libra, Pisces

Chakra: brow

HEALING QUALITIES

This is a crystal of invention.

Physical: good for endurance. Affects body fluids; helps with dehydration and water retention. Good for pregnancy.

Emotional/spiritual: good for art, painting, music, sculpture, creativity, design, ergonomic understanding, and visualization of concepts, grounding them and bringing them into reality—almost as if you can see your invention working in the future. Promotes environmental issues, plants, agriculture, crops, crop yields, gardening, and farming. Good for the mind, learning (especially languages), observation, detective and police work, examining the past, patience, and stamina. Enhances meditation and stillness in motion.

Encourages connection to dispersed family members and the land your ancestors originally came from. Gives courage and self-confidence, and helps relieve anxiety.



ORBICULAR JASPER

A green, brown, and cream variety of opaque chalcedony. Characterized by small circular patterns.

Common alternative names: sea jasper, ocean jasper

Common source: Madagascar

Astrological association: Capricorn

Chakra: heart

HEALING QUALITIES

Good for responsibility and patience.

Physical: good for digestion, detoxing, and the prevention of dis-ease.

Emotional/spiritual: good for meditation and circular breathing. Helps emotional stress.



MALACHITE

Crystalline aggregates, druses, botryoidal structures, and clusters of radiating fibrous crystals. Green in color, often with various shades of green and black

bands. Single prismatic crystals are rare. More common are malachite pseudomorphs of **azurite**, which produce a more tabby crystal.

Common sources: Democratic Republic of Congo, USA

Astrological associations: Scorpio, Capricorn

Chakra: Heart

HEALING QUALITIES

Good for endurance.

Physical: good for physical balance, eyesight, and detoxing at a cellular level.

Good for the health of the pancreas, pituitary gland, blood, heart, spleen, teeth, and immune system. Eases birth and encourages restful sleep. Has antiseptic qualities. Helps asthma, arthritis, inflammation, swelling, tissue regeneration, broken bones, torn muscles, epilepsy, insomnia, rheumatism, cholera, and tumors.

Emotional/spiritual: brings calm and emotional balance. Good for dream interpretation and meditation. Helps depression and manic depression.



NEPHRITE

A variety of jade with **actinolite**. Found as masses. May be green, black, cream, tan, blue, or pink.

Common alternative name: greenstone

Common sources: Canada, China, USA

Astrological association: Libra

Chakra: heart

HEALING QUALITIES

Good for protection.

Physical: good for general health and metabolism, the immune system, and the adrenal glands. Helps bacterial and viral infections, colic, and stress-related physical conditions.

Emotional/spiritual: good for yin/yang balance.



UNAKITE

A mixture of **epidote**, feldspar, and quartz.

Common source: Republic of South Africa

Astrological association: Scorpio

Chakra: heart

HEALING QUALITIES

Good for overcoming self-imposed blocks.

Physical: encourages weight gain. Good for fertility, pregnancy, and the health of the fetus.

Emotional/spiritual: good for the emotions. Connects the base and heart chakras allowing you to move forward from your heart. Helps yin/yang balance and grief, especially for the loss of an idea/dream/goal/concept, whether or not this is associated with the loss of a loved one. Good for being in the present moment, accepting past experiences, and accessing past lives.



CHRYSOCOLLA

Occurs as layers, masses, botryoidal structures, and druses. Blue/green in color.

Common sources: Peru, USA

Astrological associations: Taurus, Gemini, Virgo

Chakra: heart

HEALING QUALITIES

A “feel better” stone that is good for creativity, female sexuality, revitalizing relationships, and people who are loudmouthed or indiscreet. Drusy chrysocolla speeds the effects of other crystals.

Physical: good for digestion and metabolism, the hips, joints, pancreas, thyroid, muscles, and lungs. Assists the healthy development of fetus and baby. Helps breathing and oxidation of the blood, increases lung capacity. Promotes healthy insulin production and blood glucose levels. Prevents ulcers. Helps arthritis, rheumatism, period pains, PMS, high blood pressure, diabetes, muscle cramps, restless leg syndrome, blood disorders, such as leukemia, and lung conditions, such as asthma, bronchitis, and emphysema.

Emotional/spiritual: good for stress, phobias, tension, and guilt. Helps to heal the planet by rebalancing the Earth’s natural energy. Can help to mend a broken heart.



GREEN OPAL

Green masses sometimes showing iridescence (fire) in various colors. The colors are created by the diffraction of light within the crystalline structure.

Common alternative name: Andean opal

Common source: Peru

Astrological associations: Aries, Cancer, Sagittarius

Chakra: heart

HEALING QUALITIES

Good for awareness, problem solving, hypnosis, and divination.

Physical: good for the immune system. Helps detoxing and understanding the nutritional needs of yourself and others. Helps colds, flu, temperature balance, fever, and hypothermia.

Emotional/spiritual: good for grounding, centering, relaxing, meditating, and shamanic journeying. Good for encouraging and remembering dreams.



AJOITE

Usually found as green phantoms in quartz crystals and, rarely, as a druse.

Common source: Republic of South Africa

Astrological association: Virgo

Chakra: heart

HEALING QUALITIES

Good for creativity, youthfulness, overcoming prejudice, and expressing your truth.

Emotional/spiritual: brings calm. Good for spirit contact. Helps self-hate, anger, jealousy, and prejudice. Replaces fear with love.



EMERALD

A green gem variety of **beryl**.

Common sources: Brazil (for commercial grade), Columbia (for gem quality)

Astrological associations: Aries, Taurus, Gemini

Chakra: heart

HEALING QUALITIES

Brings vitality. Good for memory, patience, and honesty.

Physical: good for growth, balance, eyesight, and fertility. Good for the health of the kidneys, liver, bile ducts, bones, teeth, heart, and immune system. Helps biliousness, insect bites, high blood pressure, asthma, inflammation, jaundice, bacterial and viral infections, sores, angina, and plague. Has antiseptic qualities.

Emotional/spiritual: helps bad temper.



GREEN PREHNITE

Found as massive botryoidal and globular structures, layered “plates,” and tabular and prismatic crystals. Other colors are **yellow**, white, and brown.

Common source: Australia

Astrological association: Libra

Chakras: heart, brow

HEALING QUALITIES

Good for divination, prophecy, visualization, inspiration, and flow.

Physical: good for the health of the connective tissue, kidneys, and bladder. Helps anemia and gout.

Emotional/spiritual: good for meditation, calmness, letting go, and finding your own true spiritual path through life. Helps agitation, dreams, and dream recall.



DIOPTASE

Brilliant emerald-green prismatic crystals and masses.

Common sources: Democratic Republic of Congo, Namibia, Russia, USA

Astrological associations: Scorpio, Sagittarius

Chakras: all

HEALING QUALITIES

Brings vitality, abundance and balance. Helps change, renewing ideals, and being in the moment.

Physical: good for nutritional balance, the lungs, immune system, heart, circulation, and stomach. Good for development in babies. Aids understanding of the causes of disease. Helps blood pressure, diarrhea, nausea, IBS, ulcers, Ménière's disease, dizziness, varicose veins, angina, and pain.

Emotional/spiritual: brings yin/yang balance, past life access, and emotional stability. Helps oppression.



UVAROVITE

An emerald green variety of **garnet**.

Common source: Russia

Astrological association: Aquarius

Chakra: heart

HEALING QUALITIES

Promotes clear thinking.

Physical: good for detoxing and for the health of the heart and lungs. Helps frigidity, acidosis, leukemia, and kidney, and bladder infections.

Emotional/spiritual: calming and good for the soul. Helps alleviate loneliness. Facilitates finding soul mates.



BRAZILIANITE

Short, striated prismatic colorless or green crystals.

Common source: Brazil

Astrological association: Capricorn

Chakra: heart

HEALING QUALITIES

Good for desire and relationships. Facilitates making and coping with decisions.

Physical: helps fever, sunstroke, heatstroke, sensitive skin, and sunburn.

Emotional/spiritual: gently releases trapped emotions and energy.



ALEXANDRITE

Green variety of **chrysoberyl** that looks red under artificial light. Usually small masses and, rarely, crystals.

Common sources: Brazil, Russia

Astrological association: Scorpio

Chakra: heart

HEALING QUALITIES

Brings good fortune, mental balance, youthfulness, and creativity.

Physical: good for the health of the spleen, testicles and pancreas. Helps nerve damage, Parkinson's disease, Alzheimer's disease, senile dementia, and leukemia.

Emotional/spiritual: good for emotional balance, self-esteem, rebirth, and accessing past lives. Helps resolve past issues.



PYROMORPHITE

Hexagonal prismatic crystals, druses, botryoidal structures, and masses in green, yellow, brown, and orange.

Common sources: China, UK

Astrological associations: Aries, Leo, Sagittarius

Chakra: heart

HEALING QUALITIES

Good for humor and new beginnings.

Physical: good for the health of the gums. Helps vitamin B deficiency, chills, and gum disease.

Emotional/spiritual: brings confidence.

No elixir.



ADAMITE

Yellow-green tabular crystals or druses with a vitreous luster.

Common source: Mexico

Astrological association: Cancer

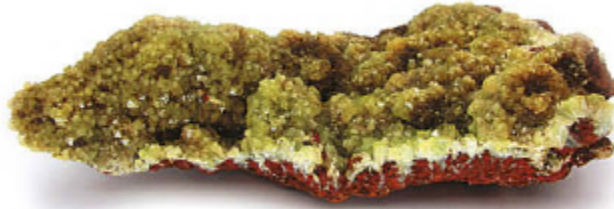
Chakra: heart

HEALING QUALITIES

Good for business success, wealth, expression, lateral thinking, intellect, and inner strength.

Physical: good for the health of the heart, lungs, throat, and ductless glands.

Emotional/spiritual: good for the emotions generally.



GREEN CHRYSOPRASE

Green variety of chalcedony. Can also be yellow (**lemon**).

Common source: Australia

Astrological association: Libra

Chakra: heart

HEALING QUALITIES

A “feel better” stone. Good for general mental health and healing. Helps you to see through mental fog. Good for dexterity.

Physical: good for fertility and the health of the spleen and heart. Helps schizophrenia and scurvy.

Emotional/spiritual: good for yin/yang balance, meditation, balance, self acceptance, and acceptance of others. Helps anxiety, depression, fear, neurotic patterns, stress, inferiority, broken heart, and judgmental attitudes. Combats feelings of arrogance and superiority.



GROSSULARITE

A green variety of **garnet**. Also colorless, yellow, brown, red-brown, red, orange, white, gray, and black.

Common alternative name: grossular garnet

Common source: Malawi

Astrological association: Cancer

Chakra: heart

HEALING QUALITIES

Good for reason.

Physical: good for fertility (meditate with it). Helps vitamin A deficiency.

Emotional/spiritual: helps with arguments and disputes.



GREEN ZOISITE

Variety of zoisite, forming masses and striated crystals.

Common alternative name: green thulite (**thulite**, by definition, is pink/purple zoisite)

Common sources: Kenya, Tanzania, USA

Astrological associations: Taurus, Gemini

Chakra: heart

HEALING QUALITIES

Don't let them get you down.

Physical: good for the bowel, combating flatulence, and wind pains. Good for the heart, lungs, spleen, pancreas, and vitality.

Emotional/spiritual: helps you to find your true inner self. Dispels negativity, lethargy, and sluggish inclinations, giving a get-up-and-go attitude to sort out problems, issues, and people blocking your path.



ANYOLITE

Ruby crystals growing through masses of **zoisite**.

Common alternative names: **zoisite** and **ruby**

Common source: Tanzania

Astrological associations: Gemini, Cancer, Leo, Scorpio, Sagittarius

Chakras: heart, crown

HEALING QUALITIES

Good for mind and vitality.

Physical: good for the heart. Useful for diagnosis. Helps if you are generally run down.

Emotional/spiritual: good for altered states of consciousness, psychic abilities, and communication with spirits.



BERYL

Hexagonal prismatic crystals with flat or occasionally small pyramidal terminations. Colors are milky yellow/green, green **emerald**, white, blue **aquamarine**, yellow/gold **heliodor**, red bixbite, pink **morganite**, or colorless **goshenite**.

Common sources: Africa, Brazil, Pakistan, Russia

Astrological associations: Aries, Gemini, Leo, Pisces

Chakras: crown, solar plexus

HEALING QUALITIES

Brings adaptability, activity, initiative, wisdom, and vitality. Helps you to fulfil your potential. Good for use in ceremonies. See specific varieties of beryl for other healing qualities.

Physical: good for the nervous system and pancreas. Calms belching.

Emotional/spiritual: good for emotional balance and 21st-century stress.



BOWENITE

Fine granular green masses of antigorite.

Common alternative names: new jade, tangiwaite, tangawaite, greenstone (used in New Zealand—note that “greenstone” is also a common name for **nephrite jade**, which is a different mineral)

Common sources: China, USA

Astrological association: Aquarius

Chakra: heart

HEALING QUALITIES

Known as the “stone of the warrior”—protects you from enemies. Brings love, friendship, connection to your ancestors, success in business, and helps you meet personal goals and ambitions. Useful when moving home—helps you make a clean break from the past. Helps you remove self-imposed obstacles. Facilitates change and adventure. Useful for finding soul mates.

Physical: good for the heart, cholesterol, fertility, and DNA/RNA. Helps with acrophobia (fear of heights).

Emotional/spiritual: good for meditation. Helps with grief, depression, and past traumas.



INFINITE

A mixture of **serpentine** and chrysotile with patterns but indistinct banding. Color range is yellow, green, gray.

Common source: Republic of South Africa

Astrological association: Gemini

Chakra: heart

HEALING QUALITIES

Gives endurance.

Physical: good for muscles, joints, and connective tissue. Combats pain, including muscle cramps, backaches, and headaches. Helps to fight fatigue and EMF.

Emotional/spiritual: heals the aura, bringing comfort and soothing worry, grief, and loss. Brings a positive outlook on life. Increases the potency of other healing modalities, such as Reiki and African tribal medicine. Boosts awareness and connection to angels. Helps you deal with energy vampires. Boosts ambition and endurance to help you surpass challenges and reach your life dreams.

No elixir. Wash hands after handling. Do not smell, sniff, or lick. Never ingest.



PERIDOT

Small green prismatic crystals and masses. Other colors include red, brown, and yellow.

Common alternative names: chrysolite, olivine

Common sources: Afghanistan, Brazil, Canary Islands, Pakistan, Russia, Sri Lanka, USA

Astrological associations: Leo, Virgo, Scorpio, Sagittarius

Chakra: heart

HEALING QUALITIES

A “feel better” stone that is good for the ego and mental health and healing. Offers protection from outside influences. Helps with laziness and breaks behavior patterns and cycles.

Physical: good for the health of the colon, heart, lungs, spleen, pancreas, intestines, liver, and gallbladder. Helps digestion and detoxing. Acts as a general physical tonic. Stimulates contractions during labor. Helps with astigmatism, near-sightedness, sunburn, poisons, addictions, alcoholism, gastroenteritis, cancer, acidity, IBS, Crohn’s disease, ulcers, and weight gain.

Emotional/spiritual: good for enlightenment through meditation. Helps with stress, anger, jealousy, depression, emotional blockages, and lethargy.



GREEN MOSS AGATE

Transparent or translucent green, white, and clear moss-like patterned masses of agate. May also be red, yellow, brown, black, and **blue**.

Common source: India

Astrological association: Virgo

Chakra: heart

HEALING QUALITIES

Good for wealth. Helps the growth of new crops.

Physical: good for cleansing and detox. Good for digestion, the immune system and eyes. Helps dehydration, fungal infection, cold and flu symptoms, and skin disorders.

Emotional/spiritual: releases trapped emotions. Helps anxiety, stress, and tension.



WAVELLITE

Found as masses, globe-like shapes, druses, and needle-like crystals. May be colorless, green, white, yellow, brown, black, or blue.

Common source: USA

Astrological association: Aquarius

Chakra: heart

HEALING QUALITIES

Helps intuition, choices, and decision-making. Good for energy flow.

Physical: preserves health when you are healthy. Good for bodily fluids. Helps dermatitis.



TREE AGATE

Opaque masses of agate with green and white patterns that resemble foliage.

Common source: India

Astrological association: Taurus

Chakra: heart

HEALING QUALITIES

Helps you to see the beauty in everything. Good for cultivating plants; useful for gardeners.

Emotional/spiritual: very calming. Helps shock, and trauma and matters related to the ego.



MOLDAVITE

Green **tektite** that was originally created from meteorites impacting on the earth's surface and melting themselves—and the earth—on impact. This is the resulting reformed natural glass material: part earth, part space.

Common alternative name: valtava

Only source: Czech Republic

Astrological associations: all

Chakras: brow, heart

HEALING QUALITIES

Brings mental balance. Opens the mind to new possibilities. Good for new experiences.

Physical: a soft general tonic that brings physical balance.

Emotional/spiritual: facilitates altered mind states (for example, meditation, dreams, and hypnosis). Good for clairsentience.



PRASIOLITE

A green variety of amethyst that is colored by minerals in underground water.

Common source: Brazil

Astrological associations: Scorpio, Capricorn

Chakra: heart

HEALING QUALITIES

Physical: good for understanding the cause of disease.

Emotional/spiritual: good for connection to nature, looking deeper into yourself and reaching inner depths in meditation (you may not like it, but it's good for you!). Helps you find your inner core and self. Corrects erroneous growth.



GREEN FLUORITE

Green cubic, octahedral, and rhombododecahedral crystals and masses.

Common sources: China, UK

Astrological associations: Capricorn, Pisces

Chakra: heart

HEALING QUALITIES

Clears negativity from a room.

Physical: good for the health of the stomach, intestines, and colon. Helps colitis, heartburn, nausea, and sore throat.

Emotional/spiritual: good for cleansing the chakras. Helps mild emotional upsets.



VERDELITE

A green variety of tourmaline.

Common sources: Brazil, Pakistan

Astrological association: Capricorn

Chakras: heart, brow

HEALING QUALITIES

Brings abundance, creativity, and success. Good for the brain, thoughts, ideas and peace of mind. Helpful for herbalists and can assist them in their work.

Physical: good for the eyes, heart, thymus, and immune system. Helps constipation and weight loss.

Emotional/spiritual: good for feelings generally. Brings compassion. Assists visualization. Helps with negativity and abuse.



INCA JADE

Nephrite jade from Peru, with inclusions of **pyrite** making it very dark green. A sacred stone of the Inca.

Common alternative names: Lemurian jade (misnomer; see listing under black), Peruvian nephrite

Common source: Peru

Astrological association: Libra

Chakra: heart

HEALING QUALITIES

Physical: aids the heart and immune system.

Emotional/spiritual: good for long life. Offers both psychic and physical protection, especially for the accident prone and in dreams. Reduces effects of abuse and problematic childhood, enhancing courage. Good for environmental issues, relationships, and travel. Supports shamanic journeying, ceremony and ritual, and connection to spirit guides and totem animals.



VARISCITE

Found as masses, nodules, druses, and octahedral crystals. Various shades of green, and, rarely, red.

Common sources: Australia, USA

Astrological associations: Taurus, Gemini, Scorpio

Chakra: heart

HEALING QUALITIES

Good for masculine qualities. Useful for carers.

Physical: good for the health of the fetus. Good for the nervous system, penis, testicles, prostate gland, and the elasticity of the skin. Helps abdominal distension, wind pains, blood flow, and impotency.

Emotional/spiritual: calming. Brings emotional stability. Helps despair.



OLIVINE ON BASALT

Crystal druses on surface of basalt, formed as olivine/**peridot** masses, are carried to the surface by basaltic magma and gases and ejected into the atmosphere during a volcanic eruption (hence the alternative name, “bomb”). Color ranges from light yellow-green to brown-green. The vibrant lime greens are the best quality. Peridot is a gem-quality olivine. Olivine is one of the oldest crystals; some formed when the Earth, planets, and stars were being shaped four billion years ago.

Common alternative names: peridot on lava, peridot on basalt, peridot bomb, olivine bomb

Common sources: Arizona (USA), Tenerife

Astrological associations: Leo, Virgo, Scorpio, Sagittarius

Chakra: heart

HEALING QUALITIES

Assists manifestation of dreams, desires, and goals.

Physical: gives an extra boost of physical energy. Good for combating pain, headaches, migraine, sinus issues, and nausea.

Emotional/spiritual: alleviates stress. Good for spiritual adventure, expression of your natural talents, and confidence. Boosts chi, positivity (can-do attitude), and youthfulness. Reduces signs of aging. Protects the home from psychic attack (the malicious sending of negative energy). Elevates the oppressed and helps to declutter. Helps deal with death and the dying process, rebirth and reincarnation. The basalt helps to bring creative ideas into your mind for clarity and empowerment. Promotes contact with spirit guides, strengthening your personal spiritual connection. Connects you to your deepest, innermost thoughts.



DRAGONSTONE

A mixture of green **epidote** and red **piemontite** forming a translucent-to-opaque rock.

Common alternative name: dragon jasper (NB **septarian** nodules are also sometimes called “dragonstone,” but are not related)

Only source: Limpopo province, Republic of South Africa

Astrological association: Gemini

Chakras: all

HEALING QUALITIES

A very positive and optimistic stone that promotes inner wisdom and happiness, and gives the strength and courage needed to change.

Physical: boosts the immune system and physical regeneration. Good for detox, the central nervous system, thyroid function, smooth skin, and healthy hair and nails. Negates effects of dehydration.

Emotional/spiritual: relieves grief and loss and helps you to see the beautiful things in life again. Dispels self-pity, helps you to develop patience and learn from your mistakes. Benefits matters of finance, science, and research in any field.

No elixir.



GREEN SELENITE

Fragile, small, slender **selenite** crystals, colored green from copper inclusion. Looks like artificial turf.

Common alternative name: green Pernatty selenite

Only source: Australia

Astrological association: Gemini

Chakra: heart

HEALING QUALITIES

A nurturing crystal—home is where the heart is.

Physical: good for the heart, immune system, arthritis, detox, avoiding water retention, youthful skin.

Emotional/spiritual: helps with ceremony and travel, and alleviates homesickness. Good for emotions, Earth healing, environmental issues, decisions, change, friendship, harmony, and understanding. Heals rifts between people and families, helps deal with jealousy and envy, and is good for positivity. Merchant stone, said to bring wealth and success. Helps identify the underlying cause of disease and understand the steps needed for healing. It is water soluble.

No elixir.



GREEN JASPER

Green variety of cryptocrystalline quartz.

Common alternative names: plasma bloodstone (note that this green jasper is not helioptrope **bloodstone**, which has red inclusions)

Common source: India

Astrological associations: Aries, Libra, Pisces

Chakras: base, heart

HEALING QUALITIES

A cleansing crystal.

Physical: combats acidity, acid indigestion, and cancer. Good for detox, blood, kidneys, bladder, intestines, and liver.

Emotional/spiritual: brings courage and strength. Good for dealing with change, distress, and anxiety. Encourages renewal of relationships and friendships. Helps connection with diverse groups of people, promoting harmony.



GREEN QUARTZ

Quartz crystal with **epidote** inclusions, surface druse, and phantoms, giving the crystal a green hue or turning the crystal green.

Common alternative name: be careful of confusion with another “green quartz” that comes from Brazil, colored by chromium and chlorite and that has a more even coloring throughout the crystal than this one

Common sources: Brazil, India, Madagascar

Astrological associations: Libra, Pisces

Chakra: heart

HEALING QUALITIES

Green quartz brings transformation.

Physical: good for the endocrine system, glands, and hormones.

Emotional/spiritual: calms the nerves, anxiety, and stress. Aids intuition, love, creativity, success, abundance, ritual, connection with totem animals, shamanic ceremonies and healing, and Earth healing.



AEGIRINE

Dark green, red-green, and black prismatic to acicular crystals.

Common sources: Brazil, India, Madagascar

Astrological association: Pisces

Chakra: heart

HEALING QUALITIES

A crystal for self-discovery.

Physical: supports tissue repair and the immune system.

Emotional/spiritual: good for self-esteem, breaking the need for conformity. Encourages self-acceptance, self-confidence, growth, spiritual development, and positive emotions. Gives protection and is empowering, especially when you feel there is nothing you can do about a situation.



CHROME TREMOLITE

Green variety of tremolite, forming prismatic bladed crystals, fibrous, granular, or columnar aggregates.

Common sources: Canada, USA

Astrological associations: Gemini, Libra, Scorpio, Pisces

Chakras: brow, crown

HEALING QUALITIES

Brings inner peace.

Physical: good for heart, heart conditions, immune system, CFS/ME, and brain.

Emotional/spiritual: brings joy, happiness, inner strength and confidence, contentment, harmony, and access to Akashic records.

No elixir. Wash hands after handling. Do not smell, sniff, or lick. Never ingest.



CHRYSOTILE SERPENTINE

Green and white bands of **serpentine** and chrysotile.

Common alternative names: green zebra jasper (it's not jasper), dragon's scale stone

Common sources: Canada, Poland

Astrological association: Gemini

Chakras: heart, crown

HEALING QUALITIES

A crystal to help you learn from the past.

Physical: good for blood vessels, and eyesight.

Emotional/spiritual: releases past hurts, helping you to let go of old, unhelpful behavior patterns from past lives or childhood. Connects to the Reiki healing ray.

No elixir. Wash hands after handling. Do not smell, sniff, or lick. Never ingest.



ROSASITE

Spherical structures, botryoidal, and sometimes drusy crusts with tiny crystals. Colors include blue-green, green, and sky blue.

Common sources: Mexico, USA

Astrological association: Virgo

Chakras: heart, brow

HEALING QUALITIES

Rosasite provides quietness.

Physical: good for hernia, rupture, muscle tears, chickenpox, measles, and skin disorders (elixir).

Emotional/spiritual: calms emotions, stills the mind, and brings a peaceful feeling. Good for meditation (especially with a mantra), sleep, dreams, and dream recall.



IDOCRASE

Masses and short prismatic crystals. Colors include green, yellow, red, blue, brown, pink, and white.

Common alternative name: vesuvianite

Common source: Italy

Astrological associations: Sagittarius, Capricorn

Chakra: heart

HEALING QUALITIES

Good for protection, courage, awareness of danger; co-operation, invention, discovery, and mental balance.

Physical: good for sense of smell, tooth enamel and absorption of nutrients. Helps skin rupture (for example, from eczema) and diverticulosis.

Emotional/spiritual: good for empathy and clairsentience. Helps with spiritual path, anger, depression, and fear.



HIDDENITE

A green variety of **kunzite**.

Common source: Pakistan

Astrological association: Scorpio

Chakra: brow

HEALING QUALITIES

Good for the intellect and study.

Physical: good for the lungs. Aids diagnosis.

Emotional/spiritual: aids spiritual understanding. Can be used to brush “knots” from the aura.



GREEN ZINCITE

Hexagonal crystals, masses, and layered “plates.” May also be colorless, red, orange, or yellow.

Common source: Poland

Astrological associations: Taurus, Libra

Chakras: base, sacral

HEALING QUALITIES

Good for relationships, vitality, personal power, creativity, removing energy blocks, mental clarity, and perception. Creates a healing environment and is useful in groups.

Physical: good for the hair, skin, prostate gland, and nerve impulses.

Emotional/spiritual: useful for catharsis.



AMAZONITE

A green, usually opaque, variety of **microcline** (a variety of feldspar), in the form of crystals and masses. Color varies from yellow-green to blue-green.

Common alternative names: Amazon jade, Amazon stone

Common sources: Brazil, Russia, USA

Astrological association: Virgo

Chakra: heart

HEALING QUALITIES

A “feel better” stone that is good for creativity.

Physical: good for the heart, nerves and nervous system. Helps schizophrenia.

Emotional/spiritual: soothing and calming. Good for the aura. Helps stress, nervousness, and a troubled mind.



GREEN AVENTURINE

Quartz variety with inclusions of mica giving a speckled or sparkly effect. Usually green; other colors include blue, white, **yellow**, **red/peach**, and brown.

Common sources: Brazil, India

Astrological association: Aries

Chakra: heart

HEALING QUALITIES

Good for creativity, motivation, leadership, decisions, speed, and fast reactions. Helps pre-exam and exam stress, and yin/yang balance.

Physical: good for the muscles, lungs, heart, adrenal glands, and urogenital system.

Emotional/spiritual: protects, calms and soothes emotions. Aids relaxation. Facilitates contact with spirit guides. Prevents “energy vampires” sapping your energy.



DIOPSIDE

Diopside has several varieties. The one here is chrome diopside, the chromium-rich gem variety. Diopside forms prismatic crystals, often with rhomboid terminations. It can also be found as crystalline inclusions and massive form.

Common source: Afghanistan

Astrological association: Virgo

Chakras: brow, crown

HEALING QUALITIES

Diopside is an all-round healer and calming crystal that brings a sense of well-being and contentment.

Physical: good for heart, lungs, blood pressure, ulcers, and upset stomach.

Emotional/spiritual: balances emotions; releases trapped emotions and tears.

Clears the mind, bringing peace and tranquility. Good for meditation.

Strengthens intellect, and learning. Gives a competitive edge, enhances psychic abilities, generates wealth, and brings prosperity. Helps yin/yang balance and to raise consciousness, advancing your spiritual development.

Helps Earth healing and to dissipate a victim mentality. Diopside is also calming for distressed animals.



PINK

PINK BANDED AGATE

A variety of agate with pink, white, and sometimes gray banding and patterns.

Common source: Botswana

Astrological associations: Taurus, Scorpio

Chakras: heart, sacral

HEALING QUALITIES

Good for femininity, creativity, nurture, finding solutions to problems, and attention to detail. Helps you to see the whole picture.

Physical: good for the nervous system. Helps detoxing.

Emotional/spiritual: brings universal love. Helps depression and stress.



MANGANOAN CALCITE

Found as masses with pink and white bands.

Common alternative names: mangano, calcite

Common source: Peru

Astrological association: Cancer

Chakra: heart

HEALING QUALITIES

Physical: helps sleep.

Emotional/spiritual: brings love, peace, calm, and rest. Relieves the effects of abuse, trauma, nightmares, and anxiety.



COBALTOAN CALCITE

Drusy crusts, spherical masses, and, rarely, crystals. Often found with or near malachite.

Common alternative name: cobaltocalcite

Common sources: Democratic Republic of Congo, Morocco

Astrological association: Cancer

Chakras: heart, throat, brow, crown

HEALING QUALITIES

Emotional/spiritual: helps you to see the beauty in everyone and in everything, and to recognize and learn each lesson along your path in life.

Helps you to discover your inner truth and life purpose. Draws out inner hurts and emotional pain. Facilitates emotional expression.



ERYTHRITE

Pink (pale pink to purple) and gray blades, globular masses, often with a crystalline surface druse, and prismatic crystals.

Common source: Morocco

Astrological associations: Taurus, Virgo, Capricorn

Chakra: throat

HEALING QUALITIES

Good for communication and perspective.

Physical: Good for skin, bone marrow, and red blood cells. Helps inflammation and throat infections.

No elixir.



EUDIALYTE

A variety of pink **garnet** often intermingled with other minerals.

Common source: Russia

Astrological association: Aries

Chakra: heart

HEALING QUALITIES

Physical: good for eye disorders.

Emotional/spiritual: good for emotional release, opening the heart, and connecting with childhood, the past and past lives. Brings ESP, self love, and forgiveness. With **metamorphosis quartz**, it eases the discomfort of change.



KUNZITE

A pink variety of **spodumene** forming flattened prismatic crystals with vertical striations. May also be clear, lilac, blue, green **hiddenite**, or yellow. Crystals may be two or three different colors.

Common source: Afghanistan

Astrological associations: Aries, Taurus, Leo, Libra, Scorpio

Chakra: heart

HEALING QUALITIES

A “feel better” stone that is good for love, expression and flow (it removes obstacles from your path). Can remove negativity in the environment and act as a protective shield.

Physical: good for female sexuality, and the heart, blood pressure, skin, and lungs. Aids hormone secretion and brings youthful appearance. Helps with addictions, smoking cessation, PMT, and period pains. Removes energy blocks that can cause physical dis-ease.

Emotional/spiritual: brings calm. Good for self-esteem, centering and meditation. Helps desire, control, compulsive behavior, immaturity, depression, and all stress-related conditions.



MORGANITE

A pink variety of **beryl**.

Common sources: Brazil, Pakistan

Astrological association: Libra

Chakra: heart

HEALING QUALITIES

Brings wisdom and clear thought. Helps you to see a different perspective.

Good for time saving. Useful in ceremonies.

Physical: good for physical healing and oxygenation of blood. Helps chest conditions such as asthma, emphysema, and TB.

Emotional/spiritual: brings calm. Good for love, meditation and contact with spirit guides. Fills the space left in the heart by loss through broken relationships or death. Helps racism and sexism.



PINK OPAL

Pink masses, sometimes showing iridescence.

Common source: Peru

Astrological association: Cancer

Chakra: heart

HEALING QUALITIES

Good for clearing the mind.

Physical: good for the lungs, spleen, heart, and connective tissue. Helps diabetes and hypoglycemia. Soothes the skin.

Emotional/spiritual: self-healing, rebirth, spiritual awakening, renewal, and love. Calming, and helps behavior patterns and violent behavior.



STRAWBERRY QUARTZ

A pink variety of quartz, the color of crushed strawberries.

Common source: Republic of South Africa

Astrological association: Libra

Chakras: heart, crown

HEALING QUALITIES

Helps you to see the reality in any situation.

Emotional/spiritual: good for love. Channels away energy you are not using, leading to peace of mind, calmness, and restful sleep.



ROSE QUARTZ

Pink crystalline masses and, rarely, hexagonal crystals.

Common sources: Brazil, India, Madagascar, Republic of South Africa

Astrological associations: Taurus, Libra

Chakra: heart

HEALING QUALITIES

Magnifies creativity and imagination. Good for writing, art, and music.

Physical: good for complexion, youthful appearance, fertility and the menstrual cycle. Good for the health of the adrenal glands, heart, blood, circulation, kidneys, and spleen. Helps general aches and pains, wrinkles, asthma, vertigo, coughs, flu, varicose veins, and burns (including sunburn). Balances sex drive and helps sexual frustration. Helps detoxing.

Emotional/spiritual: calming. Good for forgiveness, love, romance and relationships. Enhances female energy and qualities. Helps crisis, phobias, anger, stress, tension, fear, guilt, grief, inadequacy, jealousy, resentment, and

the feeling of being emotionally wounded. Helps childhood experiences and emotions. Like a bubble bath for the emotions.



RHODOCHROSITE

Found as masses, druses, botryoidal structures, and rare small rhombohedral crystals. Colors range from pale pink to deep red, yellow, orange, and brown. When rhodochrosite is tumble polished, it typically has pink and white bands.

Common source: Argentina

Astrological associations: Leo, Scorpio

Chakra: heart

HEALING QUALITIES

Brings courage. Good for memory, passion, sex, and making music.

Physical: good for the spleen, heart, circulation, and kidneys. Helps aging and ME. Promotes the healthy development of babies.

Emotional/spiritual: good for flow and yin/yang balance. Helps mental breakdown, 21st-century stress, and emotional trauma.



RHODONITE

Pink or red tabular crystals and masses, also found in green, yellow, and black, usually with veined inclusions of manganese that produce black lines.

Common sources: Australia, Cornwall (UK), Madagascar, Republic of South Africa, USA

Astrological association: Taurus

Chakra: heart

HEALING QUALITIES

Good for mental balance, attention to detail, memory, and making music (especially together with **rhodochrosite**).

Physical: good for the heart and bones. Helps schizophrenia, CFS/ME, emphysema, arthritis, light sensitivity, and throat infections.

Emotional/spiritual: calming and good for yin/yang balance, unconditional spiritual love, self-esteem, and sensitivity. Grounds the feeling of love in the physical world. Helps anxiety, mental unrest, confusion, 21st-century stress, and inconsistency.



THULITE

A pink variety of **zoisite**.

Common sources: Norway, USA

Astrological associations: Taurus, Gemini

Chakra: heart

HEALING QUALITIES

A calm and gentle stone that is good for actors. Encourages eloquence, and helps aimlessness, vanity, and conceit.

Physical: helps calcium deficiency, flatulence, and wind pains.

Emotional/spiritual: helps you find your inner self and your path in life.



RHODOLITE

A pink/red variety of **garnet**.

Common sources: Mexico, USA

Astrological association: Leo

Chakras: base, heart

HEALING QUALITIES

Good for intuition and inspiration.

Physical: good for the heart and lungs.

Emotional/spiritual: calming and good for meditation, contemplation, and channeling. Helps energy flow throughout the body. Helps to release energy blocks.



ELBAITE

A pink variety of tourmaline.

Common source: Brazil

Astrological association: Libra

Chakra: heart

HEALING QUALITIES

Good for awareness, creativity, and new beginnings.

Physical: good for hormone balance and the heart, lungs, and skin. Helps infirmity.

Emotional/spiritual: good for love, including spiritual love. Helps destructive behavior and the mending of a broken heart.



BUBBLE GUM TOURMALINE

Shocking-pink, vertically striated, prismatic crystals. Color “pops” and looks artificial, but it is natural.

Common alternative names: bright pink tourmaline, but there are many variants, including **elbaite**, rubellite, and **liddicoatite** **Common sources:** USA (especially California); similar material is occasionally found in other tourmaline locations such as Brazil or Pakistan

Astrological associations: Scorpio, Sagittarius

Chakra: heart

HEALING QUALITIES

Sharpens the intellect.

Physical: good for digestion, small and large bowel, heart, blood vessels, reproductive system, fertility, and balance of hormones.

Emotional/spiritual: promotes digestion of ideas, invention, and creativity.

Gives protection, confidence, and emotional balance. Enhances attractiveness, compassion, love, romance, and the appeal of new beginnings and new challenges. Combats self-defeating behavior patterns and is calming, encouraging empathy. Good for therapists of any kind, allowing an empathic approach without taking on the issues, pains, and distress of others.



PINK DANBURITE

Pink, prismatic striated crystals. Other colors include **white/clear**, **yellow**, and lilac, each with their own subtle healing focus.

Common sources: Mexico, USA

Astrological association: Leo

Chakras: heart, crown

HEALING QUALITIES

Enables the spreading of love.

Physical: good for muscle stiffness, gall bladder, liver, detox, and healthy weight gain.

Emotional/spiritual: promotes sharing love, helping others through altruism, and socialization. Helps you to get back into the world after absence (due to breakdown, drugs, hospitalization, unemployment, grief, prison, or whatever the reason may be) and connect to your angels.



PINK SMITHSONITE

Druses, masses and botryoidal structures, and scalenohedral and rhombohedral crystals. Other colors include green, **blue**, lavender, purple, brown, yellow, and grayish white.

Common source: Namibia

Astrological associations: Virgo, Pisces

Chakra: heart

HEALING QUALITIES

Good for leadership and disputes (smoothing the waters). Brings vitality.

Helps new beginnings to start.

Physical: good for digestion and the health of the veins, immune system and sinuses. Helps spots, alcoholism, and osteoporosis.

Emotional/spiritual: brings calmness, pleasantness, kindness, clairvoyance, and clairsentience.



RAINBOW

The rainbow section includes minerals that usually exhibit several colors at once.

BORNITE

Found as metallic masses with copper-red flashes that oxidize in air and moisture to produce blue/green/gold/purple colors.

Common alternative names: peacock ore, peacock rock, purple copper (ore)

Common source: Mexico

Astrological association: Cancer

Chakras: all

HEALING QUALITIES

Good for creative expression.

Physical: good for salt balance, physical energy, the kidneys, and the healthy development of babies. Helps acid indigestion, epilepsy, fever, gout, swelling, anemia, and angina. Calms adrenaline.

Emotional/spiritual: good for happiness, joy, being in the moment, emotional energy, re-birthing, removing self-imposed obstacles, and left/right brain balance. Puts color back into flat energy. Helps grief and speeds karma.



ABALONE SHELL

The shell of a marine mollusc. Contains minerals that produce a range of brilliant colors.

Common alternative names: paua shell, sea opal (this should not be confused with opalite which is also known as sea opal but is manmade)

Common sources: oceans around most continents, Australia, Japan, New Zealand, USA, Vietnam

Astrological associations: Cancer, Scorpio, Aquarius, Pisces

Chakra: throat

HEALING QUALITIES

Good for power, femininity, and seeing beauty.

Physical: good for the eyes, cataracts, and hemeralopia. Aids detoxing. Helps reduce physical tension and builds strength.

Emotional/spiritual: good for love, relaxation, and letting go of emotions. Facilitates connection with ancestors.



FIRE AGATE

Agate occurring as pebbles in brownish colors with flashes of “fire” due to thin layers of limonite.

Common source: Mexico

Astrological association: Aries

Chakra: brow

HEALING QUALITIES

Good for inspiration and action. Offers a shield of protection.

Physical: good for eyes, sight, and night vision.

Emotional/spiritual: good for emotional control, clairvoyance, connection to spirits, and spirituality. Helps fear.



BOULDER OPAL

A variety of opal found in cracks or as coatings in and around ironstone and sandstone boulders.

Common alternative name: Queensland opal

Common source: Australia

Astrological associations: Virgo, Libra, Scorpio

Chakra: throat

HEALING QUALITIES

Good for sexual attraction, faithfulness, hope, purity, and mental clarity.

Physical: good for eyesight. Protects from disease.

Emotional/spiritual: good for emotional security, spiritual development, inner beauty, prophecy, past-life recall, and the aura. Brings the subconscious into the conscious mind.



LABRADORITE

Masses of plagioclase feldspar with albite, occasionally forming tabular crystals. May be colorless, gray-green, pale green, blue, or gray-white. The brilliant flashes of blue, red, gold, and green are due to light interference within the structure of the minerals' composition.

Common alternative names: black moonstone, Labrador moonstone, Labrador feldspar, spectrolite

Common sources: Canada, Madagascar, Norway

Astrological associations: Leo, Scorpio, Sagittarius

Chakra: crown

HEALING QUALITIES

Good for mental sharpness, intellect, right/left brain activity, inspiration, intuition, and originality. Lets you see many possibilities at once. Aids scientific analysis.

Physical: good for digestion and the eyes. Helps warts (hold, rub gently, or tap the stone).

Emotional/spiritual: allows magic to happen. Stabilizes the aura and enhances energy flow between the aura and chakras. Helps insecurity, anxiety, and stress.



RAINBOW OBSIDIAN

Volcanic glass, occurring in a variety of colors.

Common source: Mexico

Astrological association: Libra

Chakra: base

HEALING QUALITIES

Useful for divination and hypnosis.

Emotional/spiritual: good for connecting with nature and your inner self, seeing the beauty in everything, happiness, and the aura. Helps stress.



SCENIC QUARTZ

Quartz crystal with inclusions, which may include lodolite, **chlorite**, feldspar, ferrous minerals (such as **hematite** and limonite), calcite, **epidote**, **rutile**, illite, **smoky quartz**, phantoms, sand, clay, or dirt. Looks like underwater scenes, landscapes, or gardens. Colors include green, mud brown to cream, orange, and red.

Common alternative names: shaman dream stone, shamanic dream crystal, shaman stone, dream quartz, inclusion quartz, included quartz, lodalite, lodelite, landscape quartz, garden quartz (misnomer), arenite (misnomer)

Common sources: Brazil, Madagascar, Uruguay

Astrological association: Pisces

Chakras: all

HEALING QUALITIES

Focuses on dreams. The elixir is a good general tonic.

Physical: good for immune system, glands, liver, lungs, blood, oxygenation, eyes, and mucous membranes. Alleviates painful joints, aching bones, headaches, and insomnia. Good for youthful skin (topical elixir).

Emotional/spiritual: promotes dream recall, lucid dreaming, remote viewing, and imagination. Raises consciousness, helps you manifest desires and goals,

and lifts a sagging personality. Good for meditation, Reiki, psychic abilities, awareness, and dealing with past trauma. Enhances shamanic practices. Removes feelings and thoughts that cause disease in the bodymind. Opens the heart after relationship breakup or divorce.



LEOPARD JASPER

A white variety of opaque chalcedony with distinct black spots.

Common alternative names: this is NOT the same material as leopardskin jasper/leopard skin jasper, **Dalmatian stone**, poppy jasper, **picture jasper**, or **Picasso marble**. It is a different variety of jasper.

Common source: USA (especially Utah)

Astrological associations: Leo, Sagittarius

Chakras: base, crown

HEALING QUALITIES

Helps you to relish being alone.

Physical: a pick-me-up when you're run down. Good for backache, muscle cramps, colds and flu, bladder, kidneys, liver, jaundice, MS, nerves, spleen, stomach, and wind pains.

Emotional/spiritual: helps you to enjoy your own company, dispels loneliness and boredom, and keeps your spirits up. Brings emotional balance, promoting yin/yang and an energetic stabilization to your aura. Good for setting goals, resolutions, fasting, and dowsing.



CHALCOPYRITE

Occurs as octahedral crystals, masses, and tetrahedral crystals with sphenoid faces. Colors include gold, blue, green, and purple—usually bright iridescent. Color is produced by natural oxidation of the surface. Scratching may remove bright colors to leave gray rock.

Common sources: Brazil, Mexico

Astrological association: Capricorn

Chakra: crown

HEALING QUALITIES

Good for perception. Good for martial arts and healing because it improves the flow of chi.

Physical: good for lungs and genetic material. Helps bronchitis, fever, inflammation, brain tumors, and the side effects of chemotherapy. Promotes hair growth. Aids detoxing.

Emotional/spiritual: balances color in energy and removes energy blocks. Helps all psychic abilities. Good for meditation, connection to the universe, and peak experience.



WATERMELON TOURMALINE

Green or blue tourmaline with pink or red center running through part or all of the crystal.

Common sources: Brazil, Pakistan

Astrological associations: Gemini, Virgo

Chakra: heart

HEALING QUALITIES

A “feel better” stone that is good for love, fun, humor, and seeing the funny side of any situation. Helps discretion and indiscretion. Reversed watermelon tourmaline is good for facilitating communication and travel.

Physical: good for the heart and lungs (lime green tourmaline, often with a white center, is good for heart conditions). Reversed watermelon tourmaline is good for the reflexes and the absorption of food, and helps in accidents.

Emotional/spiritual: good for the emotions and the higher-self. Helps nervousness. Reversed watermelon tourmaline is good for stillness and synchronicity. Lime green tourmaline is very gentle and calming, especially for the emotions.



FIRE OPAL

A variety of opal that exhibits fire.

Common sources: Australia, Mexico

Astrological associations: Cancer, Leo, Libra, Sagittarius, Pisces

Chakra: brow

HEALING QUALITIES

Good for intuition, insight, and bringing variety to life.

Physical: good for energy, eyesight, and the central nervous system. Helps emphysema.

Emotional/spiritual: good for burn-out, 21st-century stress, meditation, spiritual vitality, and all psychic abilities.



RAINBOW FLUORITE

A variety of fluorite. Cubic or octahedral masses.

Common source: China

Astrological associations: Capricorn, Pisces

Chakras: heart, throat, brow, crown

HEALING QUALITIES

Good for focusing the mind, especially to deal with complex issues.

Physical: good for the eyes, ears, nose, and throat. Helps protect against disease and maintain health.



LEOPARD SKIN RHYOLITE

A variety of rhyolite.

Common alternative name: leopard skin jasper

Common source: Mexico

Astrological association: Sagittarius

Chakra: base

HEALING QUALITIES

Physical: speeds the replication of genetic material, so is excellent for the development of babies. Helpful for any type of post-operative healing.

Emotional/spiritual: good for self-healing, shamanism, and connecting to totem animals.

Warning: *this stone speeds the growth of any virus or bacteria so do not use in cases of cancer or viral or bacterial infection.*



TITANIUM QUARTZ

Quartz crystal bonded with titanium and niobium.

Common alternative names: flame aura quartz, rainbow quartz, rainbow aura quartz, aura quartz, royal aura

Common sources: Arkansas (USA) or Minas Gerais (Brazil)

Astrological associations: all star signs

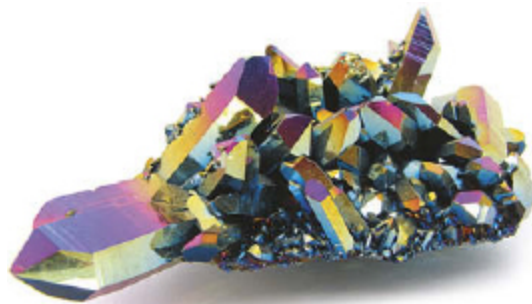
Chakras: all

HEALING QUALITIES

A “feel better” crystal. Good for change, making career decisions, and seeing another’s point of view.

Physical: prevents illness. Good for body fluids. Helps fever, dehydration, water retention, bone cancer, and MS.

Emotional/spiritual: centers emotions when you feel all over the place. Good for meditation. Stimulates energy flow and helps you find your own true path through life. Helps you to see auras.



TIGER IRON

Tiger's eye, jasper, and **hematite** banded in colors of yellow/brown, red, and black/gray.

Common source: Australia

Astrological association: Leo

Chakra: base

HEALING QUALITIES

Good for artistic ability, creativity, and vitality. Encourages survival instincts.

Physical: good for the health of the muscles and blood. Helps vitamin B deficiency and anemia. Aids steroid production.



BISMUTH

Elemental bismuth is naturally occurring, but rarely forms crystals. The commonly available rainbow-colored crystals (pictured) are high-quality bismuth, heated to encourage crystallization. The amazing colors are natural, appearing due to a thin oxidized surface layer that causes light to interfere constructively when reflected from the surface, resulting in the observed rainbow colors.

Common sources: Bolivia, Canada, Japan, Mexico, Peru, Russia

Astrological association: Aquarius

Chakras: all

HEALING QUALITIES

Removes blocks we put in our own way.

Physical: good for increasing stamina, reducing fever, and strengthening muscles.

Emotional/spiritual: stone of transformation and positivity. Encourages you to find reasons for doing rather than avoiding. Promotes growth and connectedness. Good for visualization, dreams, setting goals, shamanic journeys, soul retrieval, past-life work, and astral travel.



LIDDICOATITE

Naturally striated hexagonal crystals of tourmaline, showing distinct and unique banding when sliced and polished.

Common alternative names: watermelon tourmaline (but not all watermelon tourmaline is liddicoatite), mathematician's stone

Common source: Brazil

Astrological association: Virgo

Chakras: heart, brow, crown

HEALING QUALITIES

Helps both numeric and spatial awareness.

Physical: digestion, brain, frozen shoulder, and other unexplained shoulder pains.

Emotional/spiritual: allows you to see opportunities. Helps meditation. Brings protection, luck, and the ability to know your inner self and recognize the cause of dis-ease. Promotes love in all you do. Enhances the placebo effect in

all healing. Encourages thoughts, creativity, invention, and seeing things differently.



AMEGREEN

A combination of **amethyst** and **prasiolite**, forming hexagonal crystals. Often displays a band of white between the purple and green, representing the veil between worlds.

Common source: Brazil

Astrological associations: Virgo, Scorpio, Capricorn, Aquarius, Pisces

Chakras: crown, heart

HEALING QUALITIES

A stone of transformation.

Physical: good for healing somatic injury, and the heart.

Emotional/spiritual: heals the aura. Promotes compassion and emotional healing. Good for bipolar disorder, depression, grief, trauma, anxiety, and letting go of ego. Enhances psychic abilities. Eases change, decisions, and death and dying process. Brings yin/yang balance and creativity. Makes it easier to start meditating. Good for healing spiritual disappointments and regaining your inner connection to your higher self.



RUBY IN FUCHSITE

Fuchsite is a green variety of **muscovite** mica colored by the inclusion of chromium. Rarely, also contains red **ruby** crystals.

Common alternative name: ruby fuchsite

Common sources: Brazil, India, Pakistan, Russia, Zimbabwe

Astrological association: Aquarius

Chakra: heart

HEALING QUALITIES

Brings renewal.

Physical: good for the heart, blood, circulation, vitality, stamina, carpal tunnel syndrome, menopause, bleeding, wounds, immune system, and auto-immune diseases. Relieves CFS/ME. Aids recovery from any chronic illness.

Emotional/spiritual: helps to cleanse the heart from past hurts and blocks. Balances emotions. Supports new relationships, connections, aura, psychic abilities, spirit contact, connection with totem animals, and meditation. Breaks the pattern of insomnia.



RUBY IN KYANITE

Red **ruby** crystals growing through long blue column or blade-like **kyanite** crystals. Often tumbled (polished) when this structure is indeterminate, and looks more like a blue stone with red dots or blotches.

Common source: India

Astrological association: Gemini

Chakras: heart, throat

HEALING QUALITIES

Encourages communication, especially regarding matters held dear to your heart.

Physical: good for throat, heart, lungs, shoulders, neck and upper back, mouth, nose, nose bleed, infections, immune system, detox, lymphatic system, kidneys, and bladder.

Emotional/spiritual: enables emotional expression, balancing yin/yang and female/male energies. Aids intuition and logic. Brings a calm, quiet confidence and inner strength. Good for starting a meditation.



RUBY AND KYANITE IN FUCHSITE

Blue **kyanite** and red **ruby** growing through green **fuchsite**.

Common source: India

Astrological association: Aquarius

Chakras: heart, throat

HEALING QUALITIES

Emphasizes individual uniqueness.

Physical: good for muscles, RSI, carpal tunnel syndrome, detox, intestines, peristalsis, diarrhea, constipation, fever, fertility, reproductive system, urinary function, kidneys, bladder, and liver. Counteracts the effects of food poisoning and viral and bacterial infections of the bowel.

Emotional/spiritual: truth, communication, and balance come from this unique combination. Helps you reach a deep meditative state. Aids connection with angels, spirit guides, and people. Enables you to talk your talk. Good for balance and ESP. Helps you deal with abuse, insecurity, and nervousness. Speeds up karmic process.



POLYCHROME JASPER

Jasper displaying earthy colors in swirls and sometimes patterns that accidentally appear symbolic.

Common alternative names: royal Savannah jasper, desert jasper

Common sources: Madagascar, USA

Astrological association: Leo

Chakra: base

HEALING QUALITIES

Keeps you on the path.

Physical: elixir makes a good general tonic to help keep you well. Promotes vitality and mobility of joints and limbs.

Emotional/spiritual: helps you see the road ahead and spiritual signposts. Keeps your feet on the ground. Inspires passion, drive, action, and creativity. Dispels lethargy, boredom, inaction, and the feeling of being trapped in your

life. Good for change, confidence, self-respect, feeling uplifted, positivity, and direction. Promotes a connection to nature. Aids Earth healing.



SILVER LEAF JASPER

Jasper bearing silver to gray-green, black, and white swirling leaf-like patterns.

Common sources: France, Germany, India, Republic of South Africa, Russia, USA

Astrological associations: Leo, Libra

Chakras: base, crown

HEALING QUALITIES

Promotes independence and free thought.

Physical: general tonic for the body, muscles, flexibility, joints, and movement.

Emotional/spiritual: encourages open-mindedness and self-assurance. Keeps you grounded as you discover new ways of doing things. Brings lifestyle stability.



CATACLASITE

A type of rock formed by fracturing and reconstituting during Earth's faulting activity, earthquakes, or meteorite impacts. Characterized by brecciated appearance and may show different colors, depending on the source.

Common alternative names: impact quartz, fault rock

Common sources: worldwide

Astrological associations: all

Chakras: all

HEALING QUALITIES

Something went wrong so let's start again and reset to factory settings.

Physical: brain, pineal gland, broken bones and fractures, and immune system.

Emotional/spiritual: calamities, stress, trauma, tremendous changes—this stone shakes you out of your comfort zone, bringing inspiration, innovative ideas, and a total make-over for your life. Good for big decisions and life changes, releasing the past, and freeing you from your previous beliefs, thoughts, and lifestyle, enabling you to explore possible futures with an open mind. Brings self-acceptance. Heals feelings left over from abuse and encourages you to re-take control of your life. Good when you find yourself in uncharted waters.



SARDONYX

A variety of onyx that contains **carnelian** and has black, red, brown, white, and clear bands.

Common source: India

Astrological association: Aries

Chakra: sacral

HEALING QUALITIES

Good for socializing, marriage, and other cohabiting relationships. Brings courage, luck, and protects you against crime.

Emotional/spiritual: helps hesitation.



BLUE

BLUE LACE AGATE

A pale blue and white banded variety of agate.

Common source: South Africa

Astrological association: Pisces

Chakra: throat

HEALING QUALITIES

Improves communication on all levels.

Physical: good for the eyesight, speech, nails, and pancreas. Helps arthritis, stammer, fluid retention, trapped nerves, skin growths, and broken bones and fractures. Soothes tired eyes (as an elixir).

Emotional/spiritual: gentle and calming. Brings balance and emotional stability.

Raises your spiritual level and improves communication of spiritual ideas.

Assists with attunement.



ANGELITE

Blue/white nodules, masses, and, occasionally, crystals.

Common source: Peru

Astrological association: Aquarius

Chakra: throat

HEALING QUALITIES

Good for awareness, protection (as an elixir), and feelings of security. Useful for people who work with numbers. Improves communication on all levels.

Physical: good for the senses, throat, thymus, blood vessels, and hemoglobin. Acts as an insect repellent (as a topical elixir). Helps infectious diseases.

Emotional/spiritual: comforts grief and helps anger. Improves communication with spirits. Helps to connect you to your angels, guardians, and totem animals. Assists channeling. Good for telepathy, balance, astral travel, re-birthing, and psychic and spiritual healing.



AQUAMARINE

A blue/green variety of **beryl**.

Common sources: Afghanistan, Brazil, Namibia, Pakistan, USA

Astrological associations: Aries, Gemini, Pisces

Chakra: throat

HEALING QUALITIES

Protects travelers. Good for the brain and intellect. Helps study, communication, and courage. Builds tolerance and responsibility. Makes things happen.

Physical: good for the kidneys, lymph, body fluids, blood, teeth, and eyes. Helps swollen glands, water retention, and swelling. Improves eyesight. Cooling in hot climates.

Emotional/spiritual: brings calm, compassion, spiritual awareness, and development, and reveals truth about yourself. Helps judgmental attitude. Brings you in contact with your inner and higher self. Good for centering and meditation. Gently washes away blocks in chakras. Pollutants (visualization).



BLUE CALCITE

Found in the form of blue masses.

Common source: Mexico

Astrological association: Cancer

Chakra: throat

HEALING QUALITIES

Good for the voice and communication.

Physical: good for the pharynx. Helps ADHD and throat infections, such as laryngitis.

Emotional/spiritual: spiritually calming.



AZURITE

Masses, nodules, and, rarely, tabular and prismatic crystals of azure or paler blues.

Common alternative name: blue malachite

Common sources: China, Morocco, USA

Astrological association: Sagittarius

Chakra: throat

HEALING QUALITIES

Known as the “Stone of Heaven.”

Physical: good for blood strength and the nervous system. Helps arthritis.

Emotional/spiritual: good for psychic abilities. Helps you to express feelings, thoughts, and psychic information. Brings compassion and empathy. Enhances creativity.



AZURITE/MALACHITE

A combination of these two minerals in the form of masses or crystals.

Common sources: China, Morocco, USA

Astrological associations: Sagittarius, Capricorn

Chakras: brow, heart

HEALING QUALITIES

See also **azurite** and **malachite**.

Brings individuality, freedom, rationality, and flexibility of mind and thought. Helps ego, conceit, arrogance, and vanity.

Physical: good for joints/flexibility, skin, bones, teeth, heart, circulation, gallbladder, and liver. Helps prevent and treat stress-related conditions, such as ulcers and asthma.

Emotional/spiritual: good for meditation; can bring the realization that sometimes the most profound changes are the simplest. Helps anxiety.



CAVANSITE

Orthorhombic blue and white crystals, sometimes in flower formations.

Common source: India

Astrological association: Aquarius

Chakra: brow

HEALING QUALITIES

A “feel good” stone that is good for new ideas.

Physical: good for eyes, teeth, and blood. Helps osteoporosis.

Emotional/spiritual: good for all psychic abilities. Prevents healers picking up empathic pains from clients and taking home their issues.



CELESTITE

Tabular orthorhombic crystals, nodules, and masses in shades of blue.

Crystals also occur in white, yellow, orange, red, and red-brown.

Common alternative name: celestine

Common source: Madagascar

Astrological association: Gemini

Chakra: brow

HEALING QUALITIES

Good for creative expression, speech, and clear thought, especially about complex ideas. Promotes respectful love and natural abilities. Good for music and art.

Physical: good for hearing. Helps with physical pain, mental disorders, and eye problems. Aids detoxing.

Emotional/spiritual: good for relaxation, dreams and dream recall, meditation, astral travel, and yin/yang balance. Helps with stress, worries, despair, and nightmares. Linked very strongly to angels.



BLUE CHALCEDONY

A light blue variety of chalcedony.

Common source: Republic of South Africa

Astrological associations: Cancer, Sagittarius

Chakra: throat

HEALING QUALITIES

Good for communication.

Physical: helps alcoholism.

Emotional/spiritual: good for dealing with childhood issues. Facilitates emotional expression.



CHALCANTHITE

Stunning blue flattened crystals, masses, stalactites, and fibers. The natural crystal is very rare but it can be easily grown in a laboratory—even in a garage. Chalcanthite is water soluble, so take care when cleansing (store away from humidity and sunlight).

Common source: USA (but can be made anywhere)

Astrological association: Aquarius

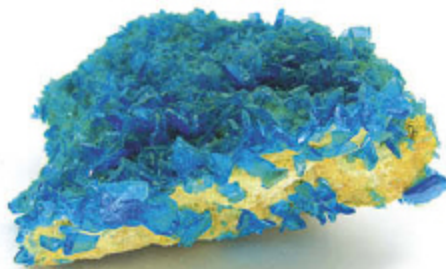
Chakra: throat

HEALING QUALITIES

Good for elocution and communication on all levels. Helps you achieve goals and make choices.

Physical: helps arthritis, water retention, and reproductive disorders. Lowers free radicals and cholesterol.

No elixir.



COVELLITE

Plates, masses, and, occasionally, crystals. Indigo blue, sometimes with iridescence of other rainbow colors.

Common alternative name: covelline

Common source: USA

Astrological association: Sagittarius

Chakra: brow

HEALING QUALITIES

Good for inward reflection, mental clearing, and helping you to speak your mind. Helps vanity and problem-solving. Enables miracles to happen and dreams to come true.

Physical: good for the eyes, ears, nose, mouth, and throat. Helps the birth process and cancer. Aids detox.

Emotional/spiritual: good for psychic abilities, meditation, and re-birthing.

No elixir



DUMORTIERITE

Occurs in the form of blue and pink/brown masses.

Common source: Madagascar

Astrological association: Leo

Chakra: brow

HEALING QUALITIES

Helps you to speak your mind. Brings stamina and patience.

Physical: good for the ligaments and tendons. Helps you to understand the cause of disease.

Emotional/spiritual: brings quiet confidence. Helps excitability and stubbornness.



LAPIS LAZULI

Rock, cubic, and dodecahedral crystals, and masses. Almost always includes lazurite, calcite, and **pyrite**.

Common sources: Afghanistan, Chile

Astrological association: Sagittarius

Chakra: brow

HEALING QUALITIES

A “feel better” stone that brings vitality, wisdom, mental endurance, and creative expression. Promotes natural gifts and skills. Helps disorganization.

Physical: good for the immune system, throat, thymus, thyroid, Eustachian tube, bones, and bone marrow. Helps insomnia, vertigo, dizziness, hearing loss, and skeletal pain, such as backache. Aids detox. The crystals help to prevent illness and repair muscles, broken bones and fractures.

Emotional/spiritual: good for relaxation, relationships, dreams, yin/yang balance, and all psychic abilities. Helps with depression.



LARIMAR

A variety of pectolite occurring in masses. Often found in radial groupings. Colors include blue, green, gray, and red (all possibly with white).

Common alternative name: pectolite

Common source: Dominican Republic

Astrological association: Leo

Chakra: heart

HEALING QUALITIES

Physical: good for the cartilage, hair, and feet.

Emotional/spiritual: soft gentle healing energy that soothes you and helps you see who you really are. Frees you from addiction to the material world. Good for earth healing. Helps guilt and aggression.



IOLITE

Masses and short prismatic crystals exhibiting a pleochroic effect. Colors include blue, brown, yellow, violet, gray, and green.

Common alternative names: water sapphire, cordierite, dichroite

Common source: India

Astrological associations: Libra, Sagittarius, Taurus

Chakra: brow

HEALING QUALITIES

Good for relationships and money management. Facilitates painless change. Helps irresponsibility.

Physical: good for the liver. Prevents illness. Helps malaria and fever. Aids weight loss and detox. Some people say it enables you to drink alcohol without showing any effects.

Emotional/spiritual: good for emotional attachments, yin/yang balance, the aura, astral travel, shamanic visions and journeys, and living in the moment. Helps visualization in guided meditations.



BLUE OPAL

Blue masses, sometimes showing iridescence.

Common alternative name: Andean opal

Common source: Peru, Canada

Astrological associations: Taurus, Cancer

Chakra: throat

HEALING QUALITIES

Good for invisibility—known as the “stone of thieves.”

Physical: good for metabolism and iron balance. Helps iron deficiency/excess, fatigue, tiredness, and hair loss.

Emotional/spiritual: good for creativity, communication, and the courage to speak your mind. Facilitates problem solving and connection with other people.



PIETERSITE

A variety of **tiger's eye**. Golden/brown or gray/blue, often in same specimen.

Common sources: Namibia, Republic of South Africa

Astrological association: Leo

Chakra: brow

HEALING QUALITIES

Good for creativity and sex. Allows you to see beauty in everything.

Physical: good for the pineal gland and pituitary gland (and other endocrine glands), metabolism, digestion, blood pressure, and temperature balance. Aids growth. Helps fever and hypothermia. Relieves the tiring effects of working at a computer screen.

Emotional/spiritual: aids creative visualization and visualization during guided meditation. Has a grounding effect. Helps fear. Gives access to Akashic records.



BLUE FLUORITE

A variety of fluorite. Cubic or octahedral masses.

Common source: China

Astrological associations: Capricorn, Pisces

Chakra: throat

HEALING QUALITIES

Good for speech.

Physical: good for the nose, tear ducts, inner ear, and throat.

Emotional/spiritual: calming. Good for spirit communication.



KYANITE

Blade-type crystals, fibers and masses. Colors include blue, black, gray, white, green, yellow, and pink.

Common source: Brazil

Astrological associations: Aries, Taurus, Libra

Chakra: throat

HEALING QUALITIES

Good for perseverance, reason, mental stamina, the singing voice, and communication. Helps you to “talk your talk.” Useful in sacred ceremonies.
Physical: good for the throat, muscles, neurological system, glands, and brain.
Emotional/spiritual: brings calm and tranquillity. Aligns chakras. Good for yin/yang balance, dream recall and understanding, psychic awareness, freeing energy blocks, connecting with spirit guides, and starting meditation. Assists with attunement.



HEMIMORPHITE

Botryoidal formations, tabular crystals and various masses, including “fans.”
May be colorless, blue, green, gray, or white.

Common source: China

Astrological association: Libra

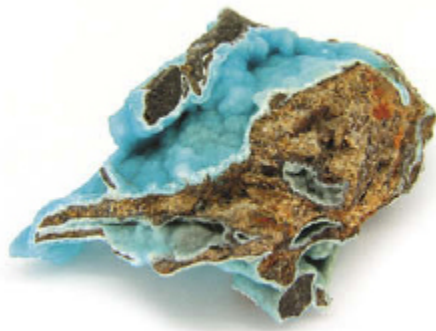
Chakra: throat

HEALING QUALITIES

A “feel better” stone that brings luck and creativity.

Physical: good for the blood. Helps ulcers, pain, poisoning, vomiting, and venereal disease. Assists dieting and weight loss. Maintains health.

Emotional/spiritual: brings self-confidence. Helps selfishness, ego, and anger.



BLUE QUARTZ

Clear or white quartz with blue tourmaline (**indicolite**) inclusions. Note: there are several other minerals called blue quartz that are not included here.

Only source: Minas Gerais (Brazil)

Astrological associations: Taurus, Libra

Chakra: throat

HEALING QUALITIES

Brings self-reliance, spontaneity, happiness, awareness, vitality, and well-being.

Physical: good for the spleen, endocrine system, blood, and metabolism.

Emotional/spiritual: good for emotional balance, awareness, and energy shift.

Brings bliss and connection to people, the universe, spirit, and god. Aids communication on all planes allowing you to express what's in your mind.

Brings issues to the surface allowing it to clear, while keeping you grounded.

Helps anger, introversion, apprehension, and anxiety. Assists telepathy and tarot card readings. Gives increased insight into divination.



AQUA AURA

A quartz crystal bonded with gold giving beautiful, mostly clear blue crystals and clusters.

Common source: USA (from Arkansas or Brazilian quartz)

Astrological association: Leo

Chakras: brow, throat

HEALING QUALITIES

A “feel better” stone that is good for communication and protection.

Emotional/spiritual: good for the aura and all psychic abilities. Helps negativity, depression, sadness, loss, and grief.



HAWK'S EYE

A blue variety of **tiger's eye**.

Common source: Republic of South Africa

Astrological association: Capricorn

Chakras: brow, throat

HEALING QUALITIES

Physical: good for the throat, pharynx, and peristalsis. Helps laryngitis.

Emotional/spiritual: good for all psychic abilities. Helps disarray.



SHATTUCKITE

A blue variety of plancheite found as masses or fibers.

Common source: USA

Astrological associations: Sagittarius, Aquarius

Chakras: throat, brow

HEALING QUALITIES

Good for communication.

Physical: a general tonic for minor illness (as an elixir). Helps hemophilia and tonsillitis. Aids blood clotting.

Emotional/spiritual: good for mediumship, channeling, automatic writing, tarot, runes, and any divination, including reading the entrails of sheep. Helps you to create your own reality.



TANZANITE

A variety of zoisite in the form of masses and prismatic striated crystals. May be blue, yellow, gray/blue, or purple.

Common source: Tanzania

Astrological associations: Gemini, Libra, Sagittarius

Chakras: throat, brow, crown

HEALING QUALITIES

Good for communication.

Physical: good for the skin and eyes. Helps exhaustion.

Emotional/spiritual: good for meditation, visualization, magic, and all psychic abilities. Helps access to spirit guides.



BLUE SAPPHIRE

A gem variety of corundum found in any color except red (**ruby**)—blue, **yellow** (oriental topaz), green (oriental emerald), black, **violet** (oriental amethyst), pink, and white.

Common sources: Sri Lanka, Madagascar, Thailand, India

Astrological associations: Virgo, Libra, Sagittarius

Chakra: brow

HEALING QUALITIES

Good for the fulfilment of ambitions, dreams and goals. Brings intuition, joy, fun, and wisdom.

Physical: good for the stomach, heart, hormones, and glands. Helps aging, backache, bleeding, infection, nausea, boils, and glandular fever. Has astringent properties.

Emotional/spiritual: good for emotional balance, control of desire, spiritual connection, seeing the beauty in everything, and accessing spirit guides. Helps depression, narrow-mindedness, and unhappiness. Sapphire is a “record-keeper” crystal which makes it valuable for connecting to spiritual wisdom including the Akashic records and astral travel. Star sapphires (they show asterism—star patterns) enhance all of the above qualities.



BLUE TOPAZ

Blue prismatic crystals and alluvial pebbles.

Common sources: Afghanistan, Brazil

Astrological associations: Sagittarius, Virgo

Chakra: throat

HEALING QUALITIES

Good for clear communication.

Physical: good for balancing the body.

Emotional/spiritual: good for balancing the mind and spirit.

Helps arrogance and obsessive passion.



SODALITE

Blue or blue and white masses, nodules, and, rarely, dodecahedral and hexagonal prismatic crystals. May also be colorless, gray, green, yellow, white, or red.

Common source: Brazil

Astrological association: Sagittarius

Chakra: brow

HEALING QUALITIES

Good for ideas, perception, creative expression, and endurance. Useful in groups.

Physical: good for physical balance and the health of the metabolism and lymphatic system. Helps high blood pressure, insomnia, autism, aging, diabetes, and calcium deficiency. Assists the development of babies.

Emotional/spiritual: good for calming, self-esteem, mental health and healing, and communicating feelings. Helps confusion, inadequacy, mental unrest, oversensitivity, and fear.



SIEBER AGATE

Not an agate at all, this is an obsidian-like material from ancient copper works at least 1,400 years old, displaying electric-blue swirling patterns.

Common alternative name: blue slag (glass-like by-product left over after a desired metal has been separated from its raw ore. Slag is usually a mixture of metal oxides and silicon dioxide. However, slags can contain metal sulfides and elemental metals.)

Only source: Germany

Astrological associations: Sagittarius, Aquarius, Pisces

Chakras: throat, base

HEALING QUALITIES

Helps you to reconstitute thoughts and ideas into practical ways of working.

Physical: aids recovery after injury or surgery.

Emotional/spiritual: Helps you to shed tears and let go of the past, abandoning self-defeating behavior patterns and thoughts they have created. Good for dreams and dream recall, memory, and remembering past events and past lives. Encourages self-expression, to talk your talk and walk your walk.



BLUE SCHEELITE

This is not a type of scheelite at all, but **dolomite** with calcite showing dramatic blue and white banding.

Common alternative name: lapis lace onyx (but note there is no lapis lazuli or onyx in this material)

Common source: Turkey

Astrological association: Sagittarius

Chakra: throat

HEALING QUALITIES

Physical: good for throat, infection, fever, tonsils, tonsillitis, laryngitis, pharyngitis, sinus issues, congestion, detox, menstrual cycle, and PMS.

Emotional/spiritual: calms emotions and soothes emotional pain and anguish. Good for communication, voice, expression, relationships, and yin/yang balance. Connects to the Tao and allows life to flow. Helps balance cycles and patterns. Promotes intent, movement, change through evolution not revolution, going with the flow, taking it easy, and a laid-back feeling. Good for removing writer's block and other creative obstacles, and a source of inspiration for authors, artists, sculptors, and other creators. Facilitates emotional detox—a clear-out and release of self-limiting beliefs and feelings. Eases stress, anxiety, and PTSD. Helps connection to angels.



BLUE APATITE

Forms blue to blue-green opaque to translucent prismatic crystals.

Common sources: Brazil, Madagascar

Astrological association: Gemini

Chakra: throat

HEALING QUALITIES

A crystal for individuality and communication of ideas.

Physical: good for weight loss and weight gain (as needed), throat, eyes, ears, and nose. Enhances taste, smell, hearing, and sight.

Emotional/spiritual: supports dieting. Reduces stress, anxiety, and panic attacks. Encourages change and the replacement of conflicting energies with harmony and peaceful progression. Helps you to find your life's path and have the courage to start taking steps along it. Helps you to overcome loss and disaster, giving you courage and strength to carry on. Improves intellect and the communication of ideas and concepts. Boosts the aura, giving a protective field around you—especially as you present innovative ideas to others.

Dispels aggression, anger, judgmental attitudes, bias, jealousy, suspicion, and vengeance as your energy permeates your audience.



BLUE MOSS AGATE

Massive transparent or translucent blue, white, and clear moss-like patterned variety of agate.

Common source: Republic of South Africa

Astrological association: Virgo

Chakra: throat

HEALING QUALITIES

Releases trapped past emotions.

Physical: good for detox, immune system, dehydration, eyes, colds and flu, and skin disorders (topical elixir).

Emotional/spiritual: good for expression, talking your talk, confidence, and public speaking. Enables you to let go of anxiety, stress, and tension. Promotes wealth. Releases you from the past, childhood issues, and past lives.



TURQUOISE

Blue, green or blue/green masses, crusts and, rarely, small short prismatic crystals.

Common sources: China, Myanmar, Tibet, USA

Astrological associations: Scorpio, Sagittarius, Pisces

Chakra: throat

HEALING QUALITIES

Protects travelers (whether your journey is local or across the world) and property, and keeps you safe from accidents. Good for creative expression,

courage, communication, wisdom, compassion, romance, love, and friendship. Helps public speaking and writing. Gets rid of pollution. Allows you to see the beauty in everything.

Physical: a multi-purpose healer for the body. Good for the muscles, circulation, lungs, throat, and the absorption of nutrients. Helps general malaise, arthritis, rheumatism, skeletal pain, such as backache, flu, allergies, asthma, bronchitis, breathing, tissue regeneration, weight gain, wind pains, headaches, whiplash, air sickness, cataracts, wounds, post-operative recovery, and stress-related skin disorders (as an elixir). Aids detox. Alleviates the harmful effects of radiation.

Emotional/spiritual: good for emotional balance, meditation (grounding peak experiences), spirit contact, all psychic abilities, astral travel, spirituality, peace of mind, and yin/yang balance. Offers the mental and spiritual clarity to see your own path in life. Helps suspicious minds and negativity.



BLUE BARITE

Tabular crystals forming flower or angel-wing patterns. Feels heavier than expected.

Common alternative names: barytes, baryte, barytine

Common source: Morocco

Astrological association: Aquarius

Chakra: throat

HEALING QUALITIES

Gives you a “go for it!” attitude where everything becomes possible.

Physical: good for eyesight, memory, Alzheimer’s disease, dementia, detox, and reducing the effects of radiation and EMF.

Emotional/spiritual: promotes friendship, harmony, and love. Gives insight into relationships. Helps catharsis, dispels shyness, and supports recovery from addiction. Works exceptionally well on the throat chakra and encourages communication of ideas and thoughts. Connects to angels and facilitates angelic messages. Gives a spiritual connection or direction and helps you to find your spiritual path in life.



BLUE HALITE

Cubic crystals, columnar structures, and masses displaying an illusion of blueness due to pleochroism—that is, the crystal absorbing different wavelengths of light at different angles in the crystalline structure.

Common alternative names: blue salt, common salt, natural salt, mineral salt, rock salt

Common sources: Austria, Canada, Germany, Poland, USA

Astrological associations: Cancer, Pisces

Chakras: brow, crown

HEALING QUALITIES

Clears away illusion.

Physical: good for glands, kidneys, and iodine absorption.

Emotional/spiritual: helps you to see who you are, your truth, and your inner self, and release old habits that are no longer useful. Helps to resolve childhood issues and other things from your past that hold you back. Promotes psychic abilities, awareness, and intuition. Cleanses and heals the aura. Aids contact and communication with spirit guides.

No elixir—salt dissolves in water.



BLUE CORAL

A species of coral forming massive skeletons made from aragonite.

Common sources: Indian Ocean, Pacific Ocean ranging from Australia to Japan

Astrological associations: Aquarius, Sagittarius

Chakra: throat

HEALING QUALITIES

Brings a child-like attitude.

Physical: keeps you healthy by benefiting mucous membranes. Generally good for the liver, pituitary gland, pineal gland, and circulation.

Emotional/spiritual: good for children—traditionally, coral is a child's first stone. Allows play and exploration while casting an energy safety net around them. Also good for your own inner child. Dispels fear and insecurity. Brings organization and structure to muddled and time-challenged people.

Promotes wealth and abundance in all areas. Boosts psychic awareness and

skills, and aids communication of information gained through your psychic abilities.



BLUE ARAGONITE

Opaque acicular crystals and masses. Pale blue, almost white, to turquoise blue.

Common source: China

Astrological association: Capricorn

Chakras: heart, throat, brow

HEALING QUALITIES

Empathy.

Physical: good for throat, heart, heart rate, blood pressure, lungs, and chest. Eases breathing, asthma, and bronchitis.

Emotional/spiritual: promotes understanding and expression of ideas, beliefs, thoughts, and feelings, allowing you to share them. A great stone for teachers and healers. Encourages compassion, empathy, and sympathy. Eases stress, anxiety, panic attacks, depression, despair, bipolar disorder, and effects of draining responsibility, bringing comfort, calmness, relaxation, patience, and optimism. Boosts intuition and psychic abilities, and connects to guides and angels, so is good for spiritual readers such as tarot readers and mediums. In meditation can help you settle, let go of thoughts, and focus your mind. Promotes environmental issues and Earth healing, and soothes animals in distress.



TANZINE AURA QUARTZ

Quartz crystals bonded with **gold**, indium, and niobium.

Common alternative names: tanzan aura, indigo aura quartz, indigo aura crystal, titanium cobalt blue aura quartz, tanzanite quartz (but is not related to **tanzanite** at all!), azure aura quartz, celestial aura

Common source: USA

Astrological associations: all

Chakra: brow

HEALING QUALITIES

Brings a new perspective.

Physical: good for sight and skin. Eases headaches, earache, tinnitus, inflammation, and insomnia. Good for the endocrine system, hormones, metabolism, growth, sexual function, and fertility.

Emotional/spiritual: eases shock, trauma, confusion, disorientation, and mood swings. Promotes intuition, inspiration, magic, transformation, imagination, new ideas, and change. Good for dreams and dream recall. Changes perception, giving you a new way to view your world.



DENIM LAPIS

Lapis lazuli is a combination of lazurite, calcite, and **pyrite** occurring in masses. The stone from Chile is lighter in color, due to a higher concentration of calcite and little if any pyrite, giving it a “denim” appearance.

Common source: Chile

Astrological associations: Sagittarius, Pisces

Chakra: brow

HEALING QUALITIES

Promotes gentle awareness.

Physical: good for headaches, backache, back, bones, vitality, immune system, glands, insomnia, vertigo, dizziness, hearing loss, and Eustachian tube.

Emotional/spiritual: brings gentle realization of your personal reality, subtle shifts in awareness, and the ability to see things differently. Good for people who find their spiritual truth uncomfortable or shocking. Boosts creative expression, aids relaxation, and eases depression. Helps disorganized people find structure. Promotes psychic abilities, ideas, mental fortitude, yin/yang balance, and relationships.



BENITOITE

Flattened, pyramid-shaped, or tabular crystals, usually blue, but also colorless, pink, purple, and white, and occasionally part colored and part clear:

Common source: USA (especially California)

Astrological association: Virgo

Chakra: brow

HEALING QUALITIES

The crystal to get down and boogie with.

Physical: good for flexibility, movement, joints, muscles, limbs, stamina, bleeding and blood clotting, and recovery from injury.

Emotional/spiritual: promotes joy, happiness, fun, and a recognition of beauty. Alleviates fatigue. Good for dancers, musicians, actors, and other performers. Aids distant healing, telepathy, astral travel, and remote viewing.



BLUE JOHN

Massive, banded blue-purple, yellowish white, and colorless variety of fluorite.

Common alternative name: blue john fluorite

Only source: Peak District (Derbyshire, UK)

Astrological association: Scorpio

Chakra: brow

HEALING QUALITIES

Physical: alleviates the effects of EMF. Good for bones, joints, arthritis, rheumatism, teeth, lungs, breathing, asthma, and emphysema.

Emotional/spiritual: good for making plans, change, decisions, fortitude, and inner strength. Promotes imagination, invention, creativity, and the ability to see the future. Recommended for everyone working in tech industries, and those who use technology a lot in their jobs or day-to-day life, because it helps to absorb some of the positive ions emitted that make you feel low and keeps you feeling good and on top of any situation.



BLUE SMITHSONITE

Forms crusts and masses with or without drusy surfaces, botryoidal and reniform structures, and rhombohedral and (rarely) scalenohedral crystals.

Common source: Mexico

Astrological associations: Virgo, Pisces

Chakra: throat

HEALING QUALITIES

It's like having a psychic telephone.

Physical: good for immune system, auto-immune diseases, skin disorders, skin elasticity, spots, and acne.

Emotional/spiritual: promotes psychic communication, such as ESP and telepathy. Good for psychic readings, tarot readers, mediums, rune casters, and others exploring the psychic languages. Can help recovering alcoholics keep to their program.



GEM SILICA

Translucent, jelly-like type of **chrysocolla**.

Common alternative names: gem silica chrysocolla, chrysocolla chalcedony, gemmy chrysocolla

Common sources: Peru, USA (especially Arizona)

Astrological associations: Taurus, Gemini, Virgo

Chakras: throat, crown

HEALING QUALITIES

Speeds all healing

Physical: good for throat, vocal cords/nodes, voice, sore throat, laryngitis, and pharyngitis.

Emotional/spiritual: good for vocal expression, voice, singers, teachers, and chanting. Brings eloquence to public speakers. Good for visions, intuition, and clairvoyance. Combats anger and sarcasm. Brings emotional balance, peace, and tranquillity.



PRESELI BLUESTONE

The original circle at Stonehenge was built from this stone. Preseli bluestones contain spots or clusters or “flowers” of white plagioclase feldspar, as well as augite and possibly mica, giving the mysterious glittery effect seen in sunlight and some artificial light. Although called bluestones, their blue color shows only when wet. If dry, they appear green. The way water displays their color is linked strongly with their traditional healing applications in baths and elixirs. The color is also brought up by polishing.

Common alternative names: dolerite, blue stone, Stonehenge stone

Only source: Preseli mountains (Wales)

Astrological associations: Gemini, Pisces

Chakras: brow, throat

HEALING QUALITIES

An ancient voice calling from the distant past.

Physical: helps all physical healing (when added to bath water or as an elixir).

Emotional/spiritual: promotes change and fulfillment of your dreams, goals, and ideals. Aids divination. Facilitates rebirth and astral travel. Gives courage, and emotional strength that helps you to see the funny side of things. Brings peace of mind and calmness, and relief from phobias, insomnia, anxiety, and panic attacks. It benefits any type of public speaking. Linking to the priests of old (predating Druidism—these people worshiped the Ancestors), it offers “the favor of the ancestors or gods,” bringing wealth and happiness and answering your prayers. The roughness you feel as you stroke it brings focus

and concentration to the mind in meditation. Speaks of communication, especially of spiritual ideas. Brings feelings of compassion. Helpful in healing emotional wounds from relationship breakup. Promotes gallantry, nobility, magic, and protection, and boosts sexual attraction.



K2 JASPER

White granite containing contrasting small spheres of blue **azurite**. Technically, granite composed of quartz, plagioclase, **muscovite**, and biotite, but most commonly called jasper. Green markings are inclusions of **malachite**.

Common alternative names: K2 granite, raindrop azurite, azurite in granite

Only source: foothills of K2, the world's second-highest mountain (Skardu District, Pakistan)

Astrological associations: Gemini, Sagittarius

Chakras: base, third eye, crown

HEALING QUALITIES

Keeps your feet on the ground.

Physical: relieves any condition exacerbated by stress, such as skin conditions or asthma.

Emotional/spiritual: a centering, balancing stone for emotional control, empathy, and compassion. Good for decision making and communication, being a part of groups and teams, relating to crystal and indigo children, OCD, memory, childhood issues, and connecting with the past, past lives, and Akashic records. Helps you to stay grounded while exploring your spirituality

and expanding your consciousness. Promotes dreams and dream recall while protecting you from nightmares and night terrors as you explore other realms in your dream world.



INDICOLITE

A variety of blue tourmaline.

Common sources: Brazil, Pakistan

Astrological associations: Taurus, Libra

Chakra: throat, brow

HEALING QUALITIES

Good for environmental issues and saving the planet. Helps communication, intuition, thought, ideas, and creativity. Enables you to “talk your talk and walk your walk.”

Physical: good for the lungs, throat, larynx, esophagus, thymus, thyroid, eyes, and brain.

Emotional/spiritual: helps all psychic abilities.



BLUE JADE

Blue-colored **jadeite** forming masses.

Common alternative name: dianite (but this is not blue jade; it is an amphibole rock marketed as an imitation jade)

Common sources: Canada, Myanmar, Turkey, USA

Astrological associations: Aries, Taurus, Cancer, Libra

Chakra: throat

HEALING QUALITIES

The dream stone.

Physical: good for high blood pressure, post-operative recovery, swellings, male reproductive system, muscle cramps and restless leg syndrome, chronic pain relief, lungs, asthma, and bronchitis.

Emotional/spiritual: brings calming energy to any situation. Good for groups, mending damaged relationships, and enhancing peace and tranquility.

Promotes dreams, dream recall, and understanding. Good for creativity, friendship, and a long life. Helps you deal with divorce, justice, lawsuits, and feelings of guilt. Releases worry into useful, useable, positive energy, so is an excellent stone for anyone in the caring and healing professions.



ARGENTINIAN BLUE CALCITE

Translucent type of **blue calcite** forming masses.

Common alternative name: Lemurian aquatine calcite™

Common source: Argentina

Astrological association: Cancer

Chakra: throat

HEALING QUALITIES

Facilitates connection to the past.

Physical: good for throat conditions and infections.

Emotional/spiritual: good for optimism, memory, learning, ADHD, communication, and expression. Promotes intuition and dreams. A spiritually calming stone, good for nerves and nervousness. Alleviates anxiety, stress, and fear, and helps to resolve childhood issues. Connects to the past, past lives, ancient wisdom, Lemuria, Atlantis.



QUANTUM QUATTRO STONE

Forms aggregates and alluvial masses. A mixed stone consisting of **chrysocolla**, **shattuckite**, **diopase**, and **smoky quartz**. Some samples may also contain **malachite**. Colors include various shades of blue, green, and gray.

Common alternative names: millennium stone, quantum quattro silica™

Common source: Namibia

Astrological associations: all

Chakras: all

HEALING QUALITIES

Aids communication from the heart and soul.

Physical: good for digestion, pain relief from blocked trauma (usually in the joints), arthritis, and immune system. Eases physical manifestation of stress-

related conditions. Good for throat, side effects of chemotherapy, and detox. **Emotional/spiritual:** allows you to release past trauma, grief, fear, judgmental attitudes, and jealousy, leading toward acceptance, forgiveness, kindness, mental clarity, and calmness. Helps with addiction and grounding. Gives protection from unhelpful energies. Supports intuition and problem solving. Focuses the mind on issues of the heart. Supports Earth healing and dreams, and speeds karma.



VIOLET

AMETRINE

A mixture of amethyst and **citrine**, which is purple and gold in color.

Common source: Bolivia

Astrological association: Libra

Chakras: solar plexus, crown

HEALING QUALITIES

Brings peace and tranquillity. Good for inspiration, creativity, and change.

Overcomes prejudice, ignorance, and obstructiveness.

Physical: repairs damage to DNA. Helps organ transplants.

Emotional/spiritual: promotes an intellectual understanding of spirituality.

Speeds the meditation process (you get to your own deepest or highest state in less time). Removes physical, mental, emotional, and spiritual blockages.

Good for astral travel, yin/yang balance, and the aura. Relieves tension.



PURPLE FLUORITE

A purple variety of fluorite.

Common sources: China, Mexico, UK, USA

Astrological associations: Capricorn, Pisces

Chakra: crown

HEALING QUALITIES

Good for communication and new lessons (spiritual or physical).

Physical: good for bones and bone marrow. Helps most dis-ease on a deeper spiritual level.



CHAROITE

Found in the form of violet masses, sometimes with white quartz and black manganese inclusions.

Common source: Russia

Astrological associations: Scorpio, Sagittarius

Chakra: crown

HEALING QUALITIES

Good for intuition, analysis, seeing opportunities, moving forward, and increasing your attention span.

Physical: good for slowing the pulse rate, and the health of the eyes and heart. Helps general aches and pains, headaches, liver damage, pancreatic damage, autism, and ADHD. Aids detox.

Emotional/spiritual: good for meditation and clairvoyance. Facilitates living in the moment. Helps to break unwanted cycles, release you from old

relationships, and bring your spiritual experiences into your physical world.



PURPLE SCAPOLITE

Masses and prismatic crystals of lavender to purple.

Common sources: Canada, Europe, Madagascar, Pakistan, USA

Astrological association: Taurus

Chakras: brow, crown

HEALING QUALITIES

Good if you feel like you're carrying a burden.

Physical: good for eye problems, lessening incontinence, bones, veins, and post-operative care.

Emotional/spiritual: good for problem solving, emotional support, direction, focus, lateral thinking, making a change, achieving goals, and letting go of past issues. Stops you worrying too much about what others think. Helpful for dyslexia.



LEPIDOLITE

Found as masses and layered plates (or “books”), and short prismatic and tabular crystals. May be colorless, lavender (pink to purple), yellow, gray, or white.

Common source: Brazil

Astrological association: Libra

Chakras: heart, brow

HEALING QUALITIES

Good for learning, studying, change, and awareness. Helps to produce an abundant crop yield.

Physical: good for digestion and the nerves. Useful during childbirth. Helps tendonitis, cramps, constipation, erratic heartbeat, addictions, and wrinkles.

Emotional/spiritual: calming. Good for astral travel and re-birth. Helps distrust, depression, stress (and related conditions), addictive personalities, and transitions such as death/dying.



SPIRIT QUARTZ

A variety of amethyst (purple) or quartz (white), sometimes with orange/brown iron inclusions or surface staining.

Common source: Republic of South Africa

Astrological associations: Virgo, Capricorn, Aquarius, Pisces

Chakra: crown

HEALING QUALITIES

Brings patience, abundance, and a sense of belonging. Useful in groups and work environments. Good for sports and team-building. Offers protection.

Physical: good for fertility. Helps skin allergies and aids detox.

Emotional/spiritual: releases and revitalizes emotions. Good for ESP, flow, self-esteem, meditation, astral travel, re-birthing, and dreams. Facilitates access to your inner/higher-self, dark side, and past experiences and lives. Helps loneliness, grief, obsessiveness, and fear of success.



SUGILITE

Found as violet masses and, rarely, tiny crystals.

Common alternative names: lavulite, royal lavulite, royal azel

Common source: Republic of South Africa

Astrological association: Virgo

Chakra: crown

HEALING QUALITIES

Allows eccentricities to be expressed.

Physical: good for whole body healing and the mind-body link in dis-ease.

Good for the adrenal, pineal, and pituitary glands. Helps treat most illnesses, particularly epilepsy. Can relieve headaches (hold the stone to the pain) and physical discomfort (hold the stone in the hand). Helps with learning difficulties, including dyslexia.

Emotional/spiritual: good for spiritual love, spirit contact, and finding your life path. Helps with hostility, anger, jealousy, forgiveness, prejudice, and despair. Good for mental balance, confidence, creativity, and courage.



SIRIUS AMETHYST

Phantom amethyst crystals, some with inclusions of **goethite** and/or **lepidocrocite**; deep purple to almost colorless.

Common source: Kenya

Astrological associations: all

Chakras: brow, crown

HEALING QUALITIES

Helps you to understand your inner self.

Physical: weight loss or gain, immune system, infections

Emotional/spiritual: good for letting go of past hurts, dealing with addictions, addictive behavior, eating disorders, and understanding current issues inherited from past lives. Gives inner resolve to make changes and adapt to reach a place of harmony where your inspiration can flourish.



LAVENDER AMETHYST

Forms lavender-colored crystals and clusters.

Common source: Madagascar

Astrological association: Pisces

Chakras: crown, throat

HEALING QUALITIES

Gives soft, gentle healing.

Physical: good for mild recurring headaches, coordination, muscles, and limbs.

Emotional/spiritual: promotes dreams, intuition, coordination, centering, inspiration, and free thinking. Can help with relationships and communication. Eases clumsiness, both physical and of thought. Aids gentle release of trapped issues and is excellent for amethyst trails in crystal healing.



CHEVRON AMETHYST

Crystals and masses with purple and white banding in chevron pattern.

Common alternative names: banded amethyst, dogtooth amethyst

Common sources: Brazil, India, Russia, Zambia

Astrological associations: all

Chakras: brow, crown

HEALING QUALITIES

Go-to crystal for all chronic pain relief.

Physical: good for pain relief, resetting neurological pathways, neuropathic pain, the nervous system, detox, headaches, lungs, intestines, pancreas, liver, thymus, immune system, autoimmune diseases, and eyes.

Emotional/spiritual: helps you explore your relationship with pain. Good for emotional, mental, and spiritual pain relief, all psychic abilities, relieving tension, shamanic journeying, problem solving, and protection. Enhances spiritual healing.



AURALITE-23

Discovered in 2006 and commercially available only from 2011, surprisingly this is not a “new” crystal, but, at 1.5 billion years, one of the oldest on the planet! Primarily **amethyst** and **citrine** with up to 23 included minerals, including: titanite, cacoxenite, **lepidocrocite**, **ajointe**, **hematite**, **magnetite**, **pyrite**, **goethite**, **pyrolusite**, **gold**, **silver**, platinum, nickel, **copper**, iron, **limonite**, **sphalerite**, **covellite**, **chalcopyrite**, **galalite**, **epidote**, **bornite**, and **rutile**.

Common alternative names: auralite, auralite amethyst, Canadian amethyst, kindred spirit stone

Only source: Auralite 23 mine (Thunder Bay, Canada)

Astrological associations: all

Chakras: all

HEALING QUALITIES

Promotes sharing and interacting.

Physical: good for balance, clumsiness, and poor coordination. Alleviates headaches, eye strain, muscle aches, cramps, spasms, and chronic illness.

Emotional/spiritual: good for groups. Helps you break off the shackles of self-imposed limitations, beliefs, and unhealthy behavior patterns to reach your dreams and goals. Brings awareness and connection to angels and spirit guides. Improves communication and connection to the past and karma. Relieves anger, fear, and tension. Helps meditation. Enables you to see arguments and disagreements from different sides.



PURPLE RAY OPAL

White and violet (which can be purple to lilac and blue) variety of **common opal** (no fire).

Common alternative names: violet flame opal, Mexican purple opal

Common source: Mexico

Astrological associations: Aries, Gemini, Cancer, Virgo

Chakra: crown

HEALING QUALITIES

Brings gentle release.

Physical: good for fertility, digestive system, absorption of nutrients, immune system, temperature control, fever, hypothermia, hair loss, eyes, eyesight, the effects of EMF, pancreas, and diabetes. Improves taste.

Emotional/spiritual: eases changes that could be traumatic. Good for trauma and shock. Helps mediumship and connection to spirit, angels, spirit guides, and totem animals. Transforms painful emotions and hurts, such as anger and

fear, into positive feelings and actions demonstrating love and compassion. Heals the aura and protects your energy. Acts as a protective shield, allowing you to create effective personal boundaries. Brings awareness, spiritual strength, digestion of new ideas and concepts, visions.



GRAPE CHALCEDONY

Botryoidal purple chalcedony; also gray or green.

Common alternative names: botryoidal purple chalcedony, grape agate (misnomer), Indonesian purple chalcedony, Manakarra grape agate (misnomer)

Common source: Indonesia

Astrological association: Pisces

Chakra: crown

HEALING QUALITIES

A stone for community spirit.

Physical: alleviates the effects of aging and associated diseases, arthritis and rheumatism, reduced skin elasticity, and hair loss.

Emotional/spiritual: good for groups of any type (families or teams). Brings people together for support in times of need. Good for spiritual development and tranquillity, bringing a sweet taste to life. Alleviates anger, fear, irritability, distrust, melancholy, depression, despair, and bipolar disorder. Opens heart center. Promotes sharing, self-assurance and confidence, meditation, intuition, and dreams.



LITHIUM QUARTZ

Trade name for pink/purple translucent to opaque variety of quartz, displaying typical hexagonal terminated crystals with lithium, manganese, aluminum, iron, and sometimes kaolinite inclusions.

Common alternative name: lithium included quartz

Common source: Brazil

Astrological association: Aquarius

Chakra: brow

HEALING QUALITIES

Heals the mind.

Physical: picks you up when you're feeling run down with colds, flu, tummy bugs, and infections.

Emotional/spiritual: brings calm and clarity of thought to help alleviate stress, depression, despair, addiction, nervousness, anxiety, unhelpful behavior patterns, damaged personal relationships, anger, compulsive behavior, OCD, bipolar disorder, and other mental illness. When the mind is balanced, it promotes intuition, dreams, and dream interpretation. Can be employed in Earth healing.



TIFFANY STONE

Masses consisting of **purple fluorite**, quartz, bertrandite, opal, chalcedony, and manganese oxide in swirls of purple, white, cream, black, and occasionally blue.

Common alternative names: opalized fluorite, ice-cream opal, purple opal, bertrandite (misnomer—there is only a small percentage in Tiffany stone), purple bertrandite (misnomer), ice-cream opalite, opal fluorite, purple passion, beryllium ore, Utah lavender

Only source: Brush Wellman Beryllium Mines (Utah, USA)

Astrological association: Pisces

Chakra: crown

HEALING QUALITIES

Helps you to find your purpose in life.

Physical: good for detox process, kidneys, liver, joints, tendons, ligaments, muscles, arthritis, and tennis elbow.

Emotional/spiritual: promotes dreams, intuition, and intellect. Good for teachers, students, the mind, clarity of thought, and energy cleansing. Breeds optimism and quashes negativity, enabling you to see the beauty in everything. Releases stagnant energy blocks, changing self-limiting behavior patterns, allowing you to enjoy life to the full. Enhances passion and sex drive. Supports major life changes and enables you to see the right direction. Good for all types of relationship.

No elixir.



PURPLE CHALCEDONY

Lavender to violet variety of chalcedony.

Common alternative names: Aztec, royal purple Aztec chalcedony

Common source: USA

Astrological associations: Cancer, Sagittarius

Chakra: crown

HEALING QUALITIES

Promotes connection.

Physical: good for intra-epithelial nerve endings and for refining sensations of heat, cold, pain, touch, and pressure. Helps reduce effects of dementia.

Emotional/spiritual: brings a sense of surroundings and aura. Promotes kindness, generosity, receptivity, a sense of belonging, letting go of the past and childhood issues, and spiritual expression. Brings mental stability.



SUPER SEVEN

A type of included quartz appearing primarily purple in color, comprising seven different minerals: amethyst, cacoxenite, **goethite**, **lepidocrocite**, quartz, **rutile**, and **smoky quartz**. It may have areas that look brown, red, white, black, or colorless. Smaller pieces exhibit all the healing qualities, even though all seven different minerals may not be present in the specimen; the original mass gives super seven its wonderful healing potential.

Common alternative names: super 7, Sacred seven, the Melody stone

Only source: Espirito Santo (Brazil)

Astrological associations: all

Chakras: all

HEALING QUALITIES

Brings spiritual connection.

Physical: good for the nervous system.

Emotional/spiritual: boosts the aura and helps you to see auras. Promotes a connection to spirit, psychic awareness, and truth. Encourages the advancement and fulfillment of dreams, goals, and ideals. Connected to karma and reincarnation. Good for telepathy, clairaudience, clairvoyance, creativity, and Earth healing.



STICHTITE

Rich purple and lilac to rose-pink masses in plate-like layers and occasionally other forms. It is an alteration of chromite containing **serpentine**.

Common source: Tasmania (Australia)

Astrological association: Virgo

Chakra: heart

HEALING QUALITIES

Brings love to the fore.

Physical: Good for heart, blood pressure, muscle tear, hernia, rupture, skin, elasticity of skin, gingivitis, and gum disease. Aids recovery from any illness that has made you run-down. Dissolves stress-related headaches.

Emotional/spiritual: releases emotions trapped in the heart, allowing you to express your love. As love flows, so energy flows and positive changes occur around you. Promotes a give-and-take attitude, sincerity, closeness, and companionship. Good for children's behavior issues and ADHD. Raises the spirit and helps to get you out into the world after a period of confinement. Supports self-love. Helpful for eating disorders.



BRANDBERG AMETHYST

Natural mixture of amethyst, clear quartz, and **smoky quartz** that may have phantoms, enhydros, inclusions (including **lepidocrocite**, **goethite**, and occasionally **epidote**), and skeletal quartz crystals, which form prismatic crystals, stubby crystals, druses, and massive forms, all sometimes creating pyramid clusters. Colors vary depending on each crystal's composition and can be purple, clear, brown, or tinted yellow or gray. Translucent to transparent.

Common alternative names: Brandberg quartz, Brandenberg (common misspelling) amethyst, Brandenberg quartz

Only source: the Brandberg, Namibia's highest mountain

Astrological associations: Sagittarius, Pisces

Chakras: all, especially crown, brow, heart

HEALING QUALITIES

Brings divine love.

Physical: good for nervous system (can help to re-pattern nerve impulses), immune system, digestion, and CFS/ME.

Emotional/spiritual: enables deep healing of the heart. Mends a broken heart, releasing the ties that bind and freeing you to find your soul partner. Brings balance and harmony, relieving stress. When stress is unavoidable, helps you to keep cool under pressure. Opens energy pathways, manifesting abundance, creativity, joy, and inner peace. Provides a bridge to spirit guides, angels, and other helpers. In meditation, can help you to find hidden answers. Aids recovery from addictions.



PURPLE THULITE

A pinky lavender variety of zoisite.

Common alternative name: purple zoisite

Common source: Norway

Astrological associations: Taurus, Gemini

Chakra: heart

HEALING QUALITIES

Brings calm and gentle energy to ease change.

Physical: good for digestion, stomach, intestines, acid indigestion, reflux, flatulence, and wind pains.

Emotional/spiritual: pride, narcissism, self-importance, and snobbery are replaced by modesty and humility. Promotes eloquence, so is good for actors and performers. Gives focus and direction, helping you to find your path in

life, and banishes aimlessness. Makes change easier and more comfortable as you discover your inner self.



INDIGO GABBRO

Black, white, gray colors showing a lavender to purple hue in sunlight. Massive coarse-grained form of basalt containing some, or all, of a mixture of feldspar; plagioclase (commonly, **labradorite** or bytownite), clinopyroxene (augite), **chlorite, muscovite, serpentine, magnetite**, and other minerals. Some specimens may be magnetic.

Common alternative names: purple gabbro, mystic merlinite™ (do not confuse with **merlinite**)

Common source: Madagascar

Astrological association: Gemini

Chakras: crown, base

HEALING QUALITIES

Tells you to follow your heart.

Physical: helps with symptoms of menopause, period pains, inflammation, and infection, and generally boosts the immune system. The magnetic gabbro also aids arthritis, rheumatism, and joint pains.

Emotional/spiritual: helps to ground your spirituality into your daily life. Brings up deep-rooted issues that can make you aware of your dark side, encouraging you to let them go and achieve yin/yang balance. Good for releasing energy blockages that create anger, breaking repeated patterns, cycles, and detrimental personality traits. A great stone for underdogs in any

situation, bringing strength and courage. Helps you to see the opportunities that surround you. Also helps emotions and tolerance. Promotes psychic abilities, especially communication. Good for dreams and meditation.



PRAIRIE TANZANITE

Purple variety of zoisite—a mixture of **tanzanite** and white **jade**.

Common source: USA (especially Wyoming)

Astrological associations: Gemini, Sagittarius, Capricorn

Chakra: crown

HEALING QUALITIES

Provides a stress safety net.

Physical: good for menopause, irregular periods, vaginal dryness, hot flashes, chills, night sweats, slowed metabolism, thinning hair, dry skin, nerves, movement, insomnia, and weight loss.

Emotional/spiritual: if you feel as if your life is heading downward in ever-decreasing circles, it acts as your safety net, calming panic and anxiety and easing stress. A mood balancer, it helps bipolar disorder, and turns confusion and worry into a positive vibe that elevates the spirit and brings you back to the surface. Good for balancing emotions and meditation.



KAMMERERITE

Rare red, rose-purple, purple variety of **clinocllore**, exhibiting hexagonal pyramid-type crystals. Recently discovered massive form has rich purple color with white patterns.

Common sources: Norway, Turkey, USA

Astrological associations: Virgo, Pisces

Chakras: brow, crown

HEALING QUALITIES

Reveals inner truth.

Physical: good for sensations, nerve receptors, skin, neuropathic pain, muscular and joint pain, male reproductive system, bacterial infections, and stress-aggravated conditions.

Emotional/spiritual: helps you to see the truth in any situation. Encourages exploration of the inner self and expands consciousness. Surpasses prejudice and narrow-mindedness, so helping decision making. Aids meditation and distant healing and cleanses the aura.



VIOLET SAPPHIRE

Violet to purple corundum hexagonal crystals, usually with flat terminations.

Common alternative name: oriental amethyst

Common sources: India, Madagascar, Sri Lanka

Astrological associations: Virgo, Libra, Sagittarius, Capricorn

Chakras: brow, crown

HEALING QUALITIES

Brings the wisdom to lead.

Physical: good for glands, glandular fever, blood disorders, hormones, infection, nausea, stomach, backache, and boils. Can be used as an astringent to tighten and close skin pores.

Emotional/spiritual: encourages fulfillment of ambition, intuition, having dreams and goals, emotional balance, and control of desire, which are all qualities for leadership. Develops connection to the Akashic records. Enhances spiritual connection, meditation, and contact with your spirit guides. Helps you to see the beauty in everything around you. Helps alleviate depression, narrow-mindedness, unhappiness, and aging. Great for worriers, bringing joy and fun into your life.



VERA CRUZ AMETHYST

Archetypal quartz hexagonal, transparent-translucent terminated crystals; pale lavender to violet color from iron impurities, typical of amethyst.

Only source: Vera Cruz (Mexico)

Astrological associations: Virgo, Aquarius, Pisces

Chakras: brow, crown

HEALING QUALITIES

Brings tranquil balance.

Physical: good for headaches, hearing, immune system, and endocrine system.

Emotional/spiritual: promotes a calm, peaceful balance to your being. Balances right-brain and left-brain activity, so good for intuition and creativity

with intellect and logic. Helps insomnia, bereavement, addictions, and clumsiness. Enhances your internal pendulum, giving you spiritual guidance, improved awareness, protection, and spiritual growth. Focuses the mind in meditation. Connects to angels and encourages humility.



AMETHYST ELESTIAL CRYSTAL

An overgrowth of terminations on a natural crystal structure, colored lavender to deep purple by the inclusion of iron.

Common sources: Brazil, India, Madagascar, Namibia

Astrological associations: Gemini, Scorpio, Aquarius

Chakra: crown

HEALING QUALITIES

Encourages the unexpected.

Physical: good for fitness, anti-aging, vitality, cysts, and tumors.

Emotional/spiritual: offers spiritual protection to explore, discover things for yourself, learn and remember what it is you have learned, understand the cost of action and reaction, and how decisions may affect not just you but those around you, too. Helps organization and order, banishing chaos and impatience, bringing calm. Excellent for healers, as it seems to amplify the healing intent regardless of the modality. Enhances connection to angels and spirit guides.



WHITE/CLEAR

ANHYDRITE

Clear/gray/white tabular crystals and masses.

Common source: Mexico

Astrological associations: Cancer, Scorpio, Pisces

Chakras: sacral, solar plexus

HEALING QUALITIES

Physical: good for physical strength and stamina. Good for the throat. Helps water retention and swelling.

Emotional/spiritual: good for acceptance and the release of past issues. Helps you to cope with and understand the dying process.



APOPHYLLITE

Cubic and pyramidal crystals, druses, and masses. Commonly white or colorless and, rarely, green. See also **zeolite**.

Common source: India

Astrological associations: Gemini, Libra

Chakras: brow, crown

HEALING QUALITIES

Good for travel, truth, and brain power. Pyramidal crystals help preserve food.

Physical: good for sight. Pyramidal crystals can aid rejuvenation of the body.

Emotional/spiritual: good for reflection, astral travel, scrying (a type of divination), and clairvoyance. Helps you connect to spirit and maintain a meditative state after meditation.



AZEZTULITE

A colorless/white variety of quartz with traces of beryllium.

Common source: USA

Astrological associations: all

Chakras: all

HEALING QUALITIES

Helps you make the best of all situations, including bad ones. Channels any type of energy, so will help with all healing.

Physical: helps cancer.

Emotional/spiritual: restores “the will” in terminally ill patients. Aids visualization and premonition (place the stone on the brow chakra). Good for meditation—starts and speeds access to peak experiences.



WHITE BARITE

Tabular crystals, layered plates, and fibrous masses. Also found in the form of a rose or rosette pattern. May also be colorless, **blue**, gray, yellow, or brown.

Common alternative names: barytes, baryte, barytine

Common sources: worldwide

Astrological association: Aquarius

Chakra: throat

HEALING QUALITIES

Good for friendship, harmony, love, and insight into relationships.

Physical: good for the throat and eyesight. Aids detox. Helps recovery from addiction.

Emotional/spiritual: good for catharsis, spiritual connection, and finding your spiritual path in life. Helps shyness. Promotes communication of ideas and thoughts. Motivates you to take action.



ICELAND SPA

Clear rhombohedral crystals that show double refraction (you see two images through the crystal).

Common source: Mexico

Astrological associations: Gemini, Cancer

Chakras: all

HEALING QUALITIES

Good for decision making and clear thinking.

Physical: aids detox.

Emotional/spiritual: calms the mind. Helps you cope with mind games and lets you see two sides of an argument.



CLEAVELANDITE

A platy variety of albite, usually white in color.

Common alternative name: clevelandite (this is a common misspelling)

Common sources: Brazil, USA

Astrological association: Libra

Chakra: crown

HEALING QUALITIES

Offers protection for travelers.

Physical: good for blood vessels in the brain. Helps arteriosclerosis, strokes, heart disease, degenerative joint disease, allergies, skin conditions, ulcerative colitis, and disorders of cell membranes. Tackles underlying causes of stress-related conditions, such as asthma.

Emotional/spiritual: Helps you to accept others and achieve goals. Good for relationships.



CERUSSITE

Lead ore (sometimes containing silver) crystallizing as orthorhombic crystals in several forms: single crystals, clusters, snowflakes or stars, and those like trees with icicles. May be clear, white, gray, black, or yellow.

Common source: Namibia

Astrological association: Virgo

Chakra: base

HEALING QUALITIES

Good for change, decision-making, and taking responsibility. Brings wisdom, creativity, tact, and the ability to listen. Useful during ceremonies and rituals. Helps writing, homesickness, and relationships. Can get rid of pests.

Physical: helps insomnia, Alzheimer's disease and Parkinson's disease.

Restores vitality after illness.

Emotional/spiritual: good for grounding. Helps combat tension, anxiety, and introversion. Facilitates access to past lives.

No elixir. Wash hands after contact with lead ore.



WHITE CALCITE

Found as white “dogtooth” crystals.

Common source: Brazil

Astrological association: Cancer

Chakra: crown

HEALING QUALITIES

Physical: good for the kidneys, liver, and lymphatic system. Aids detox.

Emotional/spiritual: clears the mind and helps you find answers. Good for meditation.



HANKSITE

Tabular and hexagonal prismatic crystals and quartzoids (crystals resembling quartz, having two six-sided pyramids, base to base), colorless or white; included clay particles can give shades of yellow-green and black.

Common source: USA

Astrological association: Taurus

Chakra: crown

HEALING QUALITIES

Quietens restlessness.

Physical: good for colds, flu, hair, general well-being, fertility, and female reproductive system.

Emotional/spiritual: smooths transition from life to death, helping you to move on and let go, and cope with grief. Calms impatience and anxiety and lets you see there's a right time and place for everything. Focuses femininity and intuition. Restores yin/yang balance. Boosts awareness in the physical world of both people and surroundings. A very spiritual crystal, good for Earth healing, distant healing, making connections at distance, and meditation.

No elixir—water soluble.



DALMATIAN STONE

A mixture of quartz, microcline and tourmaline, which is white with black dots (named after the Dalmatian breed of dog).

Common source: Mexico

Astrological association: Gemini

Chakra: base

HEALING QUALITIES

Protects from physical danger. Connects physical and spiritual energy. Helps learning and achieving goals.

Physical: good for cartilage and physical stamina. Soothes nerves, muscle sprains, and cramps.

Emotional/spiritual: calming. Good for yin/yang balance. Helps negativity. Good for relationships and letting go of the past. Brings happiness, devotion, and composure.



CLEAR DANBURITE

Prismatic striated crystals. May be clear/white, **pink**, **yellow**, and lilac.

Common sources: Mexico, USA

Astrological association: Leo

Chakra: crown

HEALING QUALITIES

Good for socialization.

Physical: good for the gallbladder and liver. Aids detox. Helps muscle stiffness and weight gain.

Emotional/spiritual: helps post-operative depression, and getting back into the world after an absence.



PHANTOM QUARTZ

A variety of quartz with colored “ghost-like” inclusions.

Common sources: Brazil, Madagascar, USA

Astrological associations: all

Chakras: heart, crown

HEALING QUALITIES

Helps you to see hidden answers.

Emotional/spiritual: good for emotional clearing and the inner-self.



HERDERITE

Prismatic and tabular crystals, and fibrous masses. Green to pale yellow; also purple.

Common sources: Brazil, Germany, Pakistan, UK, USA

Astrological association: Aries

Chakra: brow

HEALING QUALITIES

Brings passion. Good for leadership. Useful in groups.

Physical: good for the pancreas, spleen, and gallbladder.

Emotional/spiritual: good for behavior patterns. Promotes all psychic abilities.



HERKIMER DIAMOND

A clear, stubby double-terminated quartz crystal.

Only source: Herkimer County (New York State, USA). Other “diamond-style” quartz crystals are available from Pakistan, Mexico, and Romania; although these may be wonderful crystals, they should not be confused with Herkimer diamonds.

Astrological association: Sagittarius

Chakra: crown

HEALING QUALITIES

Encourages spontaneity. Good for memory and new beginnings.

Physical: good for the metabolism and genetic material. Aids detox. Offers protection from radiation. Helps get rid of toxins.

Emotional/spiritual: good for relaxation, being in the moment and all psychic abilities. Helps stress, fear, and tension. Brings attunement to energies, people, places, and deities—useful during ceremonies and Reiki.



CLEAR FLUORITE

Forms cubic, octahedral, and rhombododecahedral crystals and masses.

Common sources: China, UK

Astrological associations: Capricorn, Pisces

Chakra: crown

HEALING QUALITIES

Physical: good for the eyes.

Emotional/spiritual: good for the aura. Links physical with spiritual experiences.



GODDESS STONE

Whitish, grayish, brownish mineraloid opal, technically known as menilite.

Forms natural bulbous shapes resembling prehistoric goddess figures.

Common alternative names: menilite, fairy stone, menalite

Common source: Morocco

Astrological association: Cancer

Chakra: crown

HEALING QUALITIES

Promotes femininity.

Physical: good for fertility and the female reproductive system.

Emotional/spiritual: boosts connection to the sacred feminine and the energies of the moon and Gaia (Mother Earth). Conveys love, nurture, comfort, protection, safety, and mystery. Brings out your hidden talents. Gives inner strength and confidence, dispelling fear. Allows femininity and sexuality to come to the fore. Brings manifestation, abundance, and new beginnings. Helps to develop intuition, divination, and other psychic skills.



DOLOMITE

Rhombohedral and prismatic white, gray, green, red, pink, brown, and black crystals and masses.

Common sources: Morocco

Astrological association: Aries

Chakra: crown

HEALING QUALITIES

Encourages original thought. Balances energy and removes blockages. Good for inventors and writers.

Physical: good for the adrenal glands, urogenital system, bones, nails, teeth, skin, and muscles. Helps acidity, chills, and cancer.

Emotional/spiritual: helps grief and sadness.



MAGNESITE

Occurs in the form of masses and nodules that look a bit like 200 million-year-old chewing gum! It also occurs in the form of rhombohedral, prismatic, tabular, and scalenohedral crystals, but this is rare. Usually white, but also gray, brown, or yellow.

Common sources: worldwide

Astrological association: Aries

Chakra: crown

HEALING QUALITIES

Good for love and passion. Grounds the intellect.

Physical: good for the bones, teeth, tendons, ligaments, cardiac arteries, and cholesterol levels. Aids detox at a cellular level. Balances body temperature. Helps convulsions, PMS, body odor, arteriosclerosis, angina, fever, chills, and hypothermia.

Emotional/spiritual: good for visualization and meditation.



HOWLITE

Occurs in the form of nodules, masses, and, rarely, crystals. Howlite is often dyed and used to imitate more expensive stones.

Common source: USA

Astrological association: Gemini

Chakra: crown

HEALING QUALITIES

Good for calm communication, discernment, memory, study, and action. Helps you to reach your goals. Combats selfishness, boisterousness, and vulgarity.

Physical: good for the teeth, bones, immune system, and circulation. Helps physical pain.

Emotional/spiritual: good for emotional expression. Helps stress and anger.



OKENITE

Occurs in white/clear fibrous masses that resemble snowballs or puffballs.

Common source: India

Astrological associations: Virgo, Sagittarius

Chakra: crown

HEALING QUALITIES

Brings purity, open-mindedness, and stamina (physical, emotional, mental, and spiritual).

Physical: good for youthfulness, blood flow, mammary glands, and circulation in the arms. Helps aging, fever, boils, and diarrhea.

Emotional/spiritual: gives you the equivalent of a big cuddle. Good for karma, channeling, and flow through life. Helps self-doubt, denial, hate, and compulsive behavior patterns.



DIAMOND

Octahedral, dodecahedral, and trapezohedral crystals. May be clear, white, yellow, blue, brown, pink, red, orange, and green.

Common sources: Australia, Brazil, India, Republic of South Africa, Russia, Venezuela

Astrological associations: Aries, Taurus, Leo

Chakras: all

HEALING QUALITIES

Increases the effects of all other crystals.

Physical: good for sight and metabolism. Aids detox. Helps poisoning.

Emotional/spiritual: good for spiritual awareness and the aura. Helps negativity, cowardice, anger, and childhood issues. Brings protection, purity, creativity, imagination, ingenuity, invention, abundance, change, and new beginnings. Good for right/left brain activity, love, relationships, and starting new projects. Brings positive physical and spiritual energy to any situation. Clears mental obstacles and allows you to like yourself.



PETALITE

Occurs in clear, white, pink, gray, green/white, and red/white masses.

Common sources: Brazil, Madagascar

Astrological association: Leo

Chakra: crown

HEALING QUALITIES

Combats clumsiness. Gives you the courage of your convictions.

Physical: good for the eyelids and eyebrows, and muscle and joint flexibility.

Aids detox. Helps CFS/ME, cancer, and tumors.

Emotional/spiritual: brings peace of mind, and spiritual connection to “god,” angels, spirit guides, and totem animals. Good for meditation (helps you to stay grounded), the aura, yin/yang balance, shamanic vision quests, astral travel, and all psychic abilities.



PHENACITE

Rhombohedral and slender prismatic crystals, masses, and fibrous spherical structures. May be colorless or tinted.

Common sources: Brazil, Madagascar, Russia, USA, Zimbabwe

Astrological association: Gemini

Chakras: crown, brow

HEALING QUALITIES

Focuses the mind.

Physical: helps with all physical healing.

Emotional/spiritual: good for meditation and energy cleansing. Good for awareness, and mental health and healing.



PEARL

Round stones that are formed inside oyster shells. May be white, black, gray, pinkish, or yellowish.

Common sources: Japan, China

Astrological associations: Gemini, Cancer

Chakra: sacral

HEALING QUALITIES

Brings wisdom and focuses the mind. Good for chastity and purity.

Physical: good for digestion, fertility, childbirth, and feminine sexuality and qualities. Combats biliousness and bloating.

Emotional/spiritual: good for emotional control.
Helps irritability and anti-social behavior.



METAMORPHOSIS QUARTZ

A variety of quartz with several trace minerals. Occurs in the form of masses and, occasionally, prismatic crystals.

Only source: two mines in Minas Gerais (Brazil)

Astrological association: Scorpio

Chakras: all

HEALING QUALITIES

Brings change and transformation—the ultimate crystal to work with if you want to change your life. Works well with **eudialyte**, which eases the discomfort that change can bring. Good for mental awareness.

Physical: good for stamina and the oxygenation of blood.

Emotional/spiritual: good for positive thinking and seeing auras. Combats negative, judgmental attitudes.



COMMON OPAL

A variety of opal that, unlike other varieties, does not exhibit iridescence (fire).

Common alternative name: potch

Common sources: UK, USA

Astrological associations: Cancer, Libra

Chakra: sacral

HEALING QUALITIES

Brings vitality. Good for business relationships.

Emotional/spiritual: good for yin/yang balance. Combats self-importance.



ANGEL AURA QUARTZ

A quartz crystal that is bonded with platinum and **silver**.

Common alternative name: opal aura

Common sources: Arkansas (USA), Brazil

Astrological associations: all

Chakras: all

HEALING QUALITIES

Brings nurture, harmony, love, and peace. Good for people who work in the caring professions.

Physical: keeps you well.

Emotional/spiritual: brings access to angels, the angelic realms, and the Akashic records. Good for empathy, karma, and aura protection.



TIBETAN QUARTZ

Clear quartz crystals, often with black hematite inclusions.

Only source: the Tibetan Himalayas (a lot of Chinese Himalayan quartz falsely claims to be from Tibet)

Astrological associations: all

Chakras: all

HEALING QUALITIES

A “feel good” stone. Helps you get to the point.

Emotional/spiritual: brings spiritual connection.



RUTILATED QUARTZ

A variety of quartz with silver or golden threads of **rutile**.

Common alternative name: angel hair

Common source: Brazil

Astrological associations: all

Chakras: brow, crown

HEALING QUALITIES

Brings strength and vitality. Good for mental health and healing.

Physical: good for tissue regeneration and the immune system. Brings a youthful appearance. Activates the nerves. Helps neuralgia, Parkinson's disease, weight gain, and aging.

Emotional/spiritual: brings balance and calm. Helps depression, mental breakdown, energy blockages, and negativity.



CRYOLITE

Crystallizes in white masses, with occasional impurities showing yellow, pink, purple, red, brown, and black. One of the oldest minerals on Earth. Place clear cryolite in water and it disappears; white cryolite will appear more translucent.

Common sources: Canada, Greenland, Russia, USA

Astrological associations: Gemini, Aquarius

Chakras: base, crown

HEALING QUALITIES

Helps you to see things that are not obvious.

Physical: Aids temperature control. Good for chills, fevers, hypothermia, eyesight, and eye infections.

Emotional/spiritual: brings calm in stressful situations. Helps emotional stress affecting speech, public speaking, presentations, and speech impediments, such as stuttering and rhotacism (difficulty pronouncing “r”). Can help you to avoid being noticed in a group. Offers inspiration and grounds spiritual energy, enhancing both sensuality and sexuality. Boosts connection to spirit, spirit guides, and angels. Improves all psychic abilities.

No elixir.



TOURMALINATED QUARTZ

A variety of quartz with black tourmaline rods growing through it.

Common alternative name: tourmaline in quartz

Common source: Brazil

Astrological associations: all

Chakras: all

HEALING QUALITIES

Helps childhood experiences and behavior patterns. Good for problem-solving.

Physical: good for the nervous system. Helps nervous exhaustion.

Emotional/spiritual: helps depression and fear.



STILBITE

Occurs as white/clear plates, globes, radial structures, and thin tabular and rhombic cruciform crystals.

Common source: India

Astrological association: Aries

Chakras: throat, brow, crown

HEALING QUALITIES

Good for creativity, intuition, and grounding.

Physical: good for the tastebuds, brain, ligaments, and skin (enhances skin color/tan). Helps laryngitis and poisoning. Aids detox.



SELENITE

A crystallized form of gypsum that is usually clear or white.

Common sources: Morocco, Mexico (for satin spa variety)

Astrological association: Taurus (selenite is also linked with the moon—Selene is the goddess of the moon)

Chakra: crown

HEALING QUALITIES

Physical: good for sex drive, the menstrual cycle, longevity, skin elasticity, the spine, and a youthful appearance. Helps wrinkles, age spots, and problems of the skin, such as acne, eczema, psoriasis, and skin sensitivity. Helps loss of fertility, hair loss, epilepsy, and light sensitivity. Alleviates the effects of leakage from mercury amalgam fillings. Helps conditions that are associated with free radicals, including cancer and tumors.

Emotional/spiritual: helps abuse.



CLEAR SCAPOLITE

Occurs as masses and prismatic crystals that often exhibit the optical effect of chatoyancy. May be colorless, white, yellow, pink, green, violet, gray, blue, red, or **purple**.

Common sources: Canada, Europe, Madagascar, USA

Astrological association: Taurus

Chakra: brow

HEALING QUALITIES

Good for change, problem-solving, and lateral thinking. Helps you to meet goals.

Physical: good for the bones, veins, and eyes. Helps cataracts, glaucoma, dyslexia, and incontinence. Aids post-operative care.

Emotional/spiritual: supports you when feeling burdened. Good for dealing with past issues.



ULEXITE

Silky clear or white fibrous masses.

Common alternative names: TV rock, TV stone, caveman's TV

Common source: USA

Astrological association: Gemini

Chakras: brow, crown

HEALING QUALITIES

Good for business pursuits, imagination, and creativity. Clears mental fog and brings clarity of mind.

Physical: good for the eyes. Aids detox. Tackles sources of dis-ease.

Emotional/spiritual: good for yin/yang balance, the inner-self, telepathy, visions, and clarity of spirit.



ACHROITE

A colorless variety of tourmaline.

Common source: Pakistan

Astrological association: Aquarius

Chakra: crown

HEALING QUALITIES

Brings inspiration, and clarity of mind and thought. Helps you to reach goals and communicate on a profound level.

Emotional/spiritual: good for spiritual energy.



COLEMANITE

Masses and short prismatic crystals; white or milk-white with tints of yellow and gray.

Common source: USA

Astrological association: Aries

Chakras: base, brow

HEALING QUALITIES

Illuminates darkness.

Physical: good for fertility, reproductive system, heart, circulation, lymphatic system, and detox.

Emotional/spiritual: opens your dark side, helping you see all of your inner self and release the parts that don't support you, replacing them with positive energy to inspire change. Promotes a relaxed outlook, patience, and open-mindedness. Good for study, especially alternative therapies, healing, and arts.

Boosts survival instincts. Guides you through dreams to reach successful outcomes. Helps you gain focus in meditation.

No elixir—water soluble.



SPODUMENE

Forms flattened prismatic crystals, vertically striated. Clear or may have yellow tint; other colors include lilac and pink **kunzite**, green **hiddenite**, blue, and sometimes bi- or tri-colored crystals.

Common sources: Afghanistan, Pakistan

Astrological association: Scorpio

Chakras: heart, brow, crown

HEALING QUALITIES

Helps remove energy blocks that cause physical dis-ease.

Physical: good for the heart, blood pressure, hormones, menstrual cycle, period pains, skin, lungs, and combatting the effects of pollution. Promotes a youthful appearance and helps all stress-related conditions.

Emotional/spiritual: encourages many ways to avoid dis-ease. Good for intellect, intelligence, study, personal spiritual understanding, and emotional control. Helps to temper or satisfy cravings. A comforting stone—alleviates depression, compulsive behavior, OCD, addictions, and PMS. Dissipates childishness and irresponsibility. Boosts confidence, female sexuality, self-worth, expression, and love, and removes obstacles from your path and

negativity in your environment. Provides protection. Centering in meditation and spiritual understanding.



MOTHER OF PEARL

The lining of sea shells has a high mineral content. The multicolored blue/green/purple/yellow variety is known as **abalone shell**.

Common sources: worldwide

Astrological association: Aquarius

Chakras: sacral, heart, brow

HEALING QUALITIES

Promotes feminine qualities in everyone.

Physical: like a psychic air purifier; it helps to reduce the effects of irritants, allergens, pollutants. Helps wound healing.

Emotional/spiritual: brings a calm, tranquil energy to ease agitation, tension, and stress. Helps to mend a broken heart. Dispels poverty mentality, allowing wealth to accumulate. Offers the freedom to let go, to release material things and emotional issues from the past. Promotes femininity, intuition, sensitivity, imagination, female sexuality, adaptability, decision making, faith, charity, innocence, and personal integrity. Focuses your attention on detail. Creates a protective energy shield to repel negativity. Provides protection for travelers.



LEMURIAN QUARTZ CRYSTAL

Clear quartz hexagonal crystals with small terminations and “bar code” striations on sides. See also Lemuria in the glossary (page 172).

Common alternative names: Lemurian clear quartz, Lemurian rock crystal, Lemurian crystal

Common sources: Brazil, Columbia, Russia

Astrological associations: all

Chakras: all

HEALING QUALITIES

Regarded by crystal healers as the most powerful of the healing quartzes; allows connection to the wisdom of ancient civilizations.

Physical: channels any energy, so will help with any condition. Specifically, helps all pain and discomfort, diabetes, vitality, ear infections, tinnitus, hearing and balance, general malaise, MS, CFS/ME, issues with the spine, obesity, and weight loss.

Emotional/spiritual: boosts vivacity, focusing the mind, opening the heart, dispelling negativity, and improving the quality of life, making you feel happier and re-energizing your zest for life in all situations. Adds focus in meditation.



SCOLECITE

Variety of **zeolite** forming sprays of acicular, prismatic needle crystals with slanted terminations, striated parallel to the length of the needle, radiating groups, and fibrous masses. Usually white, off-white, or colorless, but can also be pink, salmon, red, and green.

Common source: India

Astrological association: Capricorn

Chakras: brow, crown

HEALING QUALITIES

Brings inner peace.

Physical: good for brain, eyes, spine alignment, getting rid of intestinal parasites such as tape worm and round worm, lungs, atherosclerosis, circulation, dealing with blood clots, bruising, and wounds.

Emotional/spiritual: brings serenity, relaxation, and a sense of tranquil peace.

Through the crown chakra, creates a connection for lovers sharing thoughts and ideas as well as love. Promotes team spirit and inspires love, creating united families, groups, organizations, and other functioning units. Helps insomnia, dreams, and dream recall and interpretation. Good for spirit communication, mediums, and shamanic journeying. Brings peaceful energy to Earth healing rituals.



SNOW QUARTZ

A form of quartz that occurs in white masses.

Common alternative names: quartzite, milky quartz

Common source: India, USA

Astrological association: Capricorn

Chakra: crown

HEALING QUALITIES

Brings wisdom and purity. Helps study and revision for exams.

Emotional/spiritual: helps negativity. Clears the mind and brings clarity of thought.



PHILLIPSITE

A rare variety of **zeolite** forming radiating aggregates, spherical-type structures, pseudo-orthorhombic, tetragonal, roughly cubic, and twin crystals that have penetrated themselves, sometimes forming a cross. Can form an encrusting precipitate around hot springs or brittle white crystals filling cavities and fissures in basalt. Colors include bright white, colorless, pink, oranges, reds, and light yellow.

Common sources: Australia, Canada, Germany, Italy, USA

Astrological association: Cancer

Chakra: crown

HEALING QUALITIES

Boosts connection to your inner self. Helps you to find your own answers, your own ways of coping, and your unique path to success.

Physical: good for general aches and pains, chronic pain, neuropathic pain, post-operative pain, tissue repair, injury, post-operative recovery, transplants, plastic surgery, and swelling.

Emotional/spiritual: boosts perception and enhances awareness. Keeps you in touch with the zeitgeist, helping you to make good choices. Promotes love, teaching, and sharing knowledge, and aids communication, allowing you to talk your talk. Balances intuition and intellect, creativity and rationality, and supports common sense. Encourages compassion. Helps psychic abilities, particularly clairaudience, and offers protection.



OPALIZED WHITE AGATE

Massive form of chalcedony with patterns or banding, some or all transformed to translucent to transparent **common opal**, without fire.

Common source: Republic of South Africa

Astrological association: Gemini

Chakra: crown

HEALING QUALITIES

Promotes self-love.

Physical: good for stiffness, intestines, gastroenteritis, IBS, wind pains, pancreas, circulation, vitality, lymphatic system, varicose veins, eyes, and eyesight.

Emotional/spiritual: brings love and nurture to create emotional security, balanced energy, and harmony. Stabilizes sexual energy. Brings faithfulness in relationships. Strengthens your aura and acts as a shield, allowing you to build your confidence behind it and develop your natural talents. Brings stillness to any meditation practice and expands awareness, helping with self-diagnosis. Aids channeling.



WHITE MOONSTONE

Variety of feldspar exhibiting chatoyancy.

Common source: India

Astrological associations: Cancer, Libra, Scorpio

Chakra: sacral

HEALING QUALITIES

Calms emotions.

Physical: good for vitality, fertility, pregnancy, childbirth, female hormones, menstrual cycle and menstruation, period pains, menopause, skin (topical elixir), hair (topical elixir), eyes, youthful appearance, and constipation.

Reduces water retention, swelling, pain of insect bites, and anaphylactic shock (extreme allergic reaction). Boosts circulation.

Emotional/spiritual: good for the emotions, calming, soothing, gently letting go of blocks, and PMS. Connected to life cycles and the moon and lunar cycles. Brings compassion, peace of mind, and promotes a caring attitude. Encourages wisdom and insight to see and understand who you truly are, allowing positive changes, new beginnings, and endings of relationships that don't support your ongoing development. Dispels oversensitivity and pessimism. Supports intuition, creativity, confidence building, composure, good luck, and a happy home. Offers protection for travelers. Boosts sexuality and passion.



ELESTIAL QUARTZ

An overgrowth of natural terminations on the body and face of a natural crystal structure.

Common alternative names: jacare crystal (*jacaré* means “alligator” in Portuguese, which is spoken in Brazil), etched crystal

Common sources: Brazil, India, Madagascar, Namibia, USA

Astrological association: Gemini

Chakras: all

HEALING QUALITIES

Brings transformation.

Physical: good for balance, inner ear, vertigo, tinnitus, headaches, Ménière’s disease, and sense of taste.

Emotional/spiritual: promotes change, transition from one phase of life to another; just as the alligator goes from land to water, so these crystals help you transform from one emotional mind-set to another. Links emotions and intellect. Helps you to let go of emotional baggage, confusion, judgmental attitudes, and rigidity, and express emotions as well as physical feelings and your needs, so recommended for anyone in hospital or care. Opens the gates to spiritual advancement. Boosts awareness, and psychic abilities. Ties in with an understanding of reincarnation. Aids finding a still and centered place in your mind during meditation and exploring your inner self, your own world in which your soul or spirit resides. Good for contacting ancestors and connecting to past lives and ancient wisdom. Speeds karma (doesn’t change it). Good for mental health and healing, and recovery from addictions.



HIMALAYAN DIAMOND

Small, perfect, clear, bright, stubby, double-terminated quartz crystals.

Common alternative name: pakimer diamond

Only sources: Himalaya mountains (India, Pakistan)

Astrological associations: Cancer, Scorpio, Sagittarius

Chakra: crown

HEALING QUALITIES

Allows you to be in the moment.

Physical: good for detox, metabolism, headaches, infectious diseases, aging, and longevity.

Emotional/spiritual: aids a relaxing spiritual detox, releasing fear, stress, and tension. Opens the spirit to spontaneity and new possibilities. Boosts memory, psychic abilities, distant healing, and attunements. Good for distant lovers, travelers, and friends to keep in touch energetically.



GOSHENITE

A colorless variety of **beryl** in the form of prismatic crystals.

Common sources: China, Russia

Astrological association: Libra

Chakra: brow

HEALING QUALITIES

Good for relationships and creativity.

Physical: good for the legs. Helps ADHD and autism.

Emotional/spiritual: Helps you to express yourself and live life in the way that you want to. Enables you to move forward.



HIMALAYAN QUARTZ

Quartz crystals from the Himalaya mountains. Mostly completely clear internally, even if the surface is marked.

Only sources: Himalaya mountains (Nepal, Northern India, Pakistan)

Astrological associations: all

Chakras: all

HEALING QUALITIES

Spiritual purity.

Physical: quartz crystals help all physical conditions, and these are no exception. Apply these to any pain or discomfort, injury, or ailment.

Emotional/spiritual: can help create the energy needed for a personal retreat. These crystals will open the borders of your mind and guide you to a new spiritual adventure. Brings spiritual knowledge of healing. Good for

meditation and consciousness. Amplifies any intention. Protects from negative thoughts and emotions. Cleansing crystals will help you to leave behind anything holding you back on your spiritual journey through this life. Connects you to spirit guides and angels, Hindu and Buddhist teachers, and shamanic totem animals all residing in the Himalayas.



FADEN QUARTZ

Quartz crystal with white hollow line growing through it perpendicular to the direction of growth, edge to edge, appearing threadlike. Usually tabular crystals.

Common sources: worldwide

Astrological association: Scorpio

Chakras: all

HEALING QUALITIES

Brings connection.

Physical: boosts damage repair, so good for cuts and bruises, broken or fractured bones, muscle tears, tendons, and ligaments.

Emotional/spiritual: connects people's energies. Attunes two people to the same energy vibration. Good for healer/client relationship, lovers, and people working on the same creative or intellectual project. Expands consciousness.

Heals damaged aura. Gives protection for travelers, especially those going by air. Good for astral travel and Earth healing.



GIRASOL QUARTZ

Quartz containing microscopic water droplets trapped during formation; has milky opalescence.

Common alternative names: milky quartz, white star quartz, Madagascan star quartz, girasol opal (misnomer, that's something different), opalized quartz, quartz aura stone (not to be confused with aura quartzes), blue opal quartz, moon opal, moon quartz, foggy quartz, pearl quartz

Common source: Madagascar

Astrological association: Taurus

Chakras: throat, crown

HEALING QUALITIES

Helps with the big changes in life.

Physical: good for CFS/ME, diabetes, eyesight, reducing hair loss.

Emotional/spiritual: boosts creativity and encourages self-expression. Allows you to talk your talk. Good for group, family, and team situations. Calms anger and discourages fast action. Allows you to take your time and make the correct choice for you, easing momentous changes, such as divorce, house moves, new career, and recovery from illness. Promotes intimacy and brings hope, joy, and happiness. Good for dreams and channeling.



ZEOLITE

Formed from a group of minerals that commonly occur together. May be colorless, clear, white, blue, or peach. **Apophyllite**, **okenite**, pectolite, **prehnite**, and **stilbite** are all in the zeolite group.

Common source: India

Astrological associations: all

Chakra: depends on the specific mineral

HEALING QUALITIES

Improves your environment.

Physical: helps bloating, goiter, and alcoholism. Aids detox.

Emotional/spiritual: connects with Reiki.



WHITE CORAL

The remains of marine colonial animals. Colors include white, black, pink, red, and **blue**.

Common source: many, but not all, coral species are now protected by law, which means there is little new legal stock available. Check that the coral you

buy is legal stock. For example, many stockists have old supplies of “fish tank” coral that was legitimately imported prior to legal restrictions.

Astrological association: Pisces

Chakra: crown

HEALING QUALITIES

A good first stone for children as it protects them. Helps to dispel other people’s issues. Useful for people in caring professions or manual workers.

Physical: good for bones, teeth, digestion, circulation, spinal canal, thalamus, and the sense of smell. Helps weight gain, malnutrition, lethargy, insanity, abdominal colic, gum disease, whiplash, and post-operative healing.

Emotional/spiritual: good for emotions, visualization, clairaudience, and energy flow. Helps depression, negativity, and concern about what others think. Repairs the aura after physical trauma. Brings wisdom, intuition, diplomacy, and imagination.



EARTHQUAKE QUARTZ CRYSTAL

These quartz crystals have been damaged by earthquakes, tectonic plate movements, and other seismic activity while still in the ground, healed themselves, and continued growing. Often the damage can be seen on the main body of the crystal as well as the termination, rather than just at the termination as is the case with “normal” self-healed crystals.

Common alternative names: tectonic crystal, shift crystal, tectonic quartz, shift quartz, self-healed quartz, self-healed crystal (earthquake quartz is a very specific variety of self-healed crystal)

Common sources: worldwide

Astrological association: Capricorn

Chakras: base, all

HEALING QUALITIES

Boosts self-healing on all levels.

Physical: aids tissue repair after surgery or injury.

Emotional/spiritual: one of these crystals in your home will take you on a self-healing journey, which you can greatly accelerate by meditating with it daily. Can help you to get yourself together after emotional or mental trauma, breakdown of relationships, or mental breakdown. Releases trauma from the past. Helps you to deal with childhood issues and forgotten events. Boosts survival instincts.



MICROCLINE

Massive, tabular, or short prismatic crystals, opaque to translucent; colors include colorless, white, cream-yellow, peach-red, green, and blue-green.

Some of the largest crystals on Earth are formed of microcline.

Common sources: Russia, USA

Astrological association: Libra

Chakra: brow

HEALING QUALITIES

A comforting crystal.

Physical: good for the brain, fingers, toes, hands, feet, and sense of touch.

Emotional/spiritual: soothing, calming, peaceful; promotes stable energy.

Creates an internal space, allowing clarity of thought and clear expression of your ideas. Enhances cooperation, so helps family, group, and team bonding. Good for meditation, dreams, and dream recall.



GYROLITE

Variety of **zeolite** forming fibrous radial concretions; white, colorless, yellow, brown, and (rarely) green. Can be transparent to opaque.

Common alternative names: centrallasite, glimmer zeolite, gurolite

Common sources: India, UK

Astrological association: Scorpio

Chakra: sacral

HEALING QUALITIES

Good in a crisis. Helps with yoga, chi kung, tai chi, and other movement therapies.

Physical: good for flexibility, muscles, joints, tendons, ligaments, spinal alignment, and bones. Alleviates arthritis and rheumatism.

Emotional/spiritual: good for the physical layer of the aura and the connection between the aura and the physical body. Stabilizes emotions in an emergency and helps you to hold it together. Boosts connection to ancient civilizations. Brings spatial awareness, so good for designers and architects. Supports and amplifies the healing action of other crystals.



GARDEN QUARTZ

Hexagonal terminated quartz crystals containing more quartz crystals growing internally from one or more sides, so when viewed from above appears as a crystal garden growing within the main crystal.

Common alternative names: (all these names are misidentification and refer to **scenic quartz**) inclusion quartz, included quartz, lodalite, lodelite, landscape quartz

Common source: Brazil

Astrological association: Virgo

Chakras: base, crown

HEALING QUALITIES

Assists clearing out the old and planting fresh seeds.

Physical: good for back, backache, back pain, and joints.

Emotional/spiritual: connects Earth energies to the crown chakra and channels energy from above down to the base chakra. This brings creative ideas and spiritual concepts into reality and encourages you to look to nature for fresh ideas and concepts. Boosts connection to nature, allowing you to see the beauty in everything. Good for new beginnings, new projects, new careers, new directions, travel, businesses, groups, and associations. Bonds families, friends, relationships, and partnerships.



CLEAR HALITE

Natural mineral form of salt, forming masses, columnar structures, and cubic crystals.

Common alternative name: rock salt

Common sources: worldwide—especially India, USA

Astrological associations: Cancer, Pisces

Chakras: all

HEALING QUALITIES

A cleansing crystal.

Physical: good for detox process, affecting body fluids, bladder, kidneys, liver, colon, and intestines. Reduces water retention.

Emotional/spiritual: boosts energy and emotional cleansing. Lessens mood swings. Aids purification of your environment, clearing energy pathways, removing blocks, and freeing energy to flow so things may happen. Good for psychic abilities, awareness, increased consciousness, and meditation.

No elixir—water soluble.



WHITE TOPAZ

White prismatic crystals and alluvial pebbles.

Common sources: Kenya, USA

Astrological association: Sagittarius

Chakra: crown

HEALING QUALITIES

A stone of true love.

Physical: good for skin, acne, boils, wounds, and bruising (either applying the crystal directly or as a topical elixir).

Emotional/spiritual: replaces sadness with joy, hate and distrust with love.

Good for all relationships. Promotes confidence, making you feel better about yourself, self-respect, and sexuality. Adds za za to your mojo! Helps decision making and focusing on details. Promotes the Taoist idea of *wu wei* (literally, “without effort”), doing without action. Allows things to happen around you and for you.



ANGEL WING SELENITE

Clear or white crystallized form of gypsum forming angel wing, feathery, fishtail, Christmas tree shapes.

Common alternative name: fishtail selenite

Common source: Mexico

Astrological association: Taurus; also linked with the moon (named after Selene, goddess of the moon)

Chakra: crown

HEALING QUALITIES

Spotlights your best features. Selenite is very feminine and can help balance all cycles in life.

Physical: helps stressful skin conditions such as acne, elasticity issues, eczema, psoriasis, sensitivity, and wrinkles. Gives a youthful appearance. Boosts vitality.

Emotional/spiritual: excellent when it's time to reinvent yourself. Clears out the emotional loft, making space in your heart for a fresh start. Brings your innate talents and abilities to the fore. Connects you to angels and spirit guides just when you need angelic advice in your life. Boosts practical energy and sex drive. Helpful in coping with abuse and other emotional trauma. Said to bring longevity.

No elixir.



WHITE CHALCEDONY

White variety of chalcedony, a type of massive quartz.

Common sources: worldwide

Astrological associations: Cancer, Sagittarius

Chakra: crown

HEALING QUALITIES

A stone for creativity and intellect, and balancing the mind.

Physical: good for vitality, blood, circulatory system, spleen, brain, eyes, ears, tongue, and nostrils. Boosts visual, auditory, gustatory, and olfactory senses.

Emotional/spiritual: promotes elasticity of mind to adapt to any situation, keeping you calm under pressure. Good for confidence, public speaking, and

learning new languages. Helps balance the right and left sides of the brain and helps with addictions and obsessive behavior patterns, OCD, senility, dementia, gluttony, obesity, and weight loss. By each holding a stone, two people can tune into one another telepathically.



SCEPTER QUARTZ CRYSTAL

This is a naturally formed quartz crystal that has grown over a quartz stem, which now appears to pierce its base.

Common sources: worldwide

Astrological association: Capricorn

Chakra: sacral

HEALING QUALITIES

Focuses energy for healing.

Physical: good for male fertility and male reproductive system. Helps to focus beyond and away from day-to-day issues of chronic illness or long-term disability. Boosts physical strength and endurance.

Emotional/spiritual: employed in ceremony and ritual, it directs a spiritual energy toward the intended purpose. The phallic nature of the crystal implies male attributes, which can sometimes be useful for both sexes. Great when you need a boost of yang energy. Promotes confidence and strength.



DOUBLE-TERMINATED QUARTZ CRYSTAL

Quartz crystal with two terminations at opposite ends.

Common alternative name: quartz DTs

Common sources: worldwide

Astrological associations: Gemini, Libra

Chakras: all

HEALING QUALITIES

These crystals can focus or release energy so that it flows in both directions simultaneously, bringing a state of balance.

Physical: helps with most conditions. Relieves nausea when placed on the solar plexus, and headaches when placed on the crown.

Emotional/spiritual: helps to release energy blocks between chakras. Boosts the aura to act as a shield against unhelpful energies. When held, brings balance and stillness in meditation; under the pillow, enhances dreams. Acts as a bridge, so can improve remote viewing/astral projection techniques, as well as linking two people who are separated, such as lovers or old friends. Helps connection for distant healing or Earth healing. Brings patience and persistence to any task.



BLACK

BLACK AGATE

A black variety of agate.

Common source: India

Astrological association: Capricorn

Chakra: base

HEALING QUALITIES

Good for practicalities, the will to live, and the survival instinct.

Emotional/spiritual: grounding. Brings inner strength.



BLACK BANDED AGATE

A variety of agate showing black and white banding.

Common source: India

Astrological association: Capricorn

Chakra: base

HEALING QUALITIES

Good for endurance, change, new beginnings, and finding answers by seeing things differently.

Physical: good for death and the dying process.

Emotional/spiritual: good for yin/yang balance.



NUUMMITE

The oldest living mineral (almost four billion years old), massive black to very dark brown in color, with golden flecks of iridescence due to labradorescence (the display of an iridescent optical effect caused by an unusual reflection of the light from submicroscopical planes orientated in one direction; they reflect and filter light irregularly, giving the display of color).

Common alternative names: nummite, nuumite (both common misspellings), sorcerer's stone, magician's stone

Common sources: Greenland; small quantities of lower quality available from Canada, Spain, USA

Astrological association: Sagittarius

Chakras: base, crown

HEALING QUALITIES

Connects the crown and base chakras, grounding your healing experience.

Physical: good for vitality, pain relief, tension, insomnia, detox, blood, circulation, lymph, kidneys, diabetes, fainting, throat, speech impediments, eyes, eyesight, ears, tinnitus, central nervous system, brain and spinal cord, and Parkinson's disease.

Emotional/spiritual: Relieves stress by removing energy blocks you put in your own way and giving you fortitude and willpower to make positive changes. Provides protection for both you (when carried) and your home

(when placed by a door or window). Improves intellect and memory. Clears and cleanses the aura before applying spiritual spackling paste/Polyfilla to the holes. Helps to bridge the veil between the physical and spiritual worlds. Iridescent flashes act like lightning bolts of inspiration. Benefits Earth healing.



CASSITERITE

Short prismatic crystals and masses. May be black, brown, or yellow.

Common alternative name: tinstone

Common source: UK

Astrological association: Sagittarius

Chakra: base

HEALING QUALITIES

Good for vitality, optimism, intellect, and those who work with numbers. Brings protection from physical danger. Helps with rejection and prejudice.

Physical: good for the pancreas. Helps obesity, weight loss, and hormone imbalance.

Emotional/spiritual: grounding.



GOETHITE

Found as scales, fibers, prismatic crystals, needle-like structures, masses, “pipe organ” structures, and radial stalactites. May be black/brown, yellow, orange, or red.

Common sources: found in amethyst from Brazil and quartz from Madagascar

Astrological association: Aries

Chakra: brow

HEALING QUALITIES

Helps you to have fun and enjoy life.

Physical: good for the veins, ears, nose, throat, and digestive system. Helps anemia, abnormally heavy menstrual blood flow, and convulsions. Assists weight gain and body building.

Emotional/spiritual: good for psychic abilities, communication with angels and spirits, and clairaudience.



JET

The fossilized remains of trees.

Common sources: Canada, UK

Astrological association: Capricorn

Chakra: base

HEALING QUALITIES

Good for sexual energy and wealth.

Physical: helps migraine, epilepsy, swollen glands, stomach ache, and the common cold.

Emotional/spiritual: brings energy that is grounded with calmness. Good for yin/yang balance, protection (against illness, violence, and witchcraft— together with **red jasper**). Helps to alleviate depression and feelings of fear.



LARVAKITE

A black variety of feldspar, sometimes with sheen or iridescent flashes of color.

Common alternative name: Norwegian moonstone

Common source: Norway

Astrological associations: Leo, Scorpio, Sagittarius

Chakras: base, throat, brow, crown

HEALING QUALITIES

Physical: good for the lungs. Enhances sleep.

Emotional/spiritual: relaxing and grounding. Enhances dreams, and understanding and insights from dreams. Brings emotions to the surface (like a volcano erupting) and then soothes the heart. Integrates the past with the present. Targets the base of the brain (the site of the ancient original brain and thought). Good for the aura, astral travel, and astral projection. Helps insecurity and apprehension.



LODESTONE

Magnetic black/brown masses and octahedral crystals. The same mineral without the magnetism is called **magnetite**.

Common source: USA

Astrological associations: Gemini, Virgo

Chakra: base

HEALING QUALITIES

Good for finding direction. Brings receptivity and acceptance. Allows you to get the best from uncomfortable situations. Helps geopathic stress.

Physical: helps arthritis, rheumatism, and muscle aches and cramps.

Emotional/spiritual: grounding. Good for being in the moment, energy flow, and yin/yang balance. Helps insecurity, dependence, and confusion. Lifts burdens.



MAGNETITE

Black or brown octahedral crystals, masses, and dendrites. Specimens that exhibit magnetic polarity are known as **lodestone**.

Common source: USA

Astrological associations: Aries, Virgo, Capricorn, Aquarius

Chakra: base

HEALING QUALITIES

Good for protection, especially from empathic symptoms and other people's energy—useful among healers and those in the caring professions. Good for tenacity, endurance, desires, attracting love, and trusting your gut feelings.

Physical: good for the bones, hair, skin, and blood vessels. Helps nosebleeds, aching bones, and backache.

Emotional/spiritual: good for meditation, grounding, and remote viewing. Helps grief, fear, anger, attachment, and neediness.



MELANITE

A black variety of andradite (**garnet**).

Common sources: Brazil, USA

Astrological association: Scorpio

Chakra: heart

HEALING QUALITIES

Physical: helps cancer, strokes, arthritis, rheumatism, and side-effects from medication.

Emotional/spiritual: helps jealousy, envy, distrust, anger, excess emotion, resentment, and animosity. Useful when you are going through divorce.



MERLINITE

Black and white moss opal (opalite).

Common sources: India, USA

Astrological association: Pisces

Chakra: brow

HEALING QUALITIES

Good for seeing both sides of an argument, moving forward in life, optimism, and seizing the moment.

Physical: good for sexual energy and survival instincts.

Emotional/spiritual: calming. Good for all psychic abilities, yin/yang balance, flow, magic, and accessing the Akashic records.



BLACK OBSIDIAN

Obsidian is volcanic glass that occurs in a variety of colors: black, brown, green, red/black, brown/black, **mahogany**, black with **rainbow** patterns/colors, silver or gold **sheen**, black and white **snowflake** patterns, blue, purple, translucent black and brown nodules (**apache tears**).

Common sources: Mexico, USA

Astrological association: Sagittarius

Chakra: base

HEALING QUALITIES

Good for protection, creativity, male qualities, and intuition.

Physical: good for digestion and survival instincts.

Emotional/spiritual: grounding. Good for scrying (a form of divination) and shamanic healing.



SHEEN OBSIDIAN

Silver or gold sheen on black obsidian.

Common source: Mexico

Astrological association: Sagittarius

Chakra: base

HEALING QUALITIES

Good for patience, change, and delays in your life plan.

Physical: tackles the sources of dis-ease.



APACHE TEAR

Obsidian with small translucent black or brown nodules.

Common source: USA

Astrological association: Aries

Chakra: base

HEALING QUALITIES

Good for change, moving forward in life, forgiveness, and spontaneity.

Combats self-limiting beliefs.

Physical: good for the knees. Helps vitamin C and D deficiencies, muscle spasms, and snakebite. Aids detox.

Emotional/spiritual: good for emotions and emotional balance (helps you to shed tears, especially repressed tears). Helps behavior change, forgiveness, negativity, and grief.



SNOWFLAKE OBSIDIAN

Black obsidian with inclusions of white phenocryst.

Common source: USA

Astrological association: Virgo

Chakra: base

HEALING QUALITIES

Good for bringing peace of mind. Encourages purity (in all senses).

Physical: good for the stomach and sinuses (unblocks the meridian linking these two areas). Good for veins, bones, eyes and eyesight, and skin. Helps acalulia (difficulty performing mathematical calculations). Aids detox.

Emotional/spiritual: good for meditation. Helps anger, resentment, unhelpful behavior patterns, and loneliness.



BLACK OPAL

Forms black masses. Sometimes shows iridescence (fire) in various colors.

Common sources: Australia, Hungary, USA

Astrological associations: Cancer, Scorpio, Sagittarius

Chakra: base

HEALING QUALITIES

Motivates you. Useful in iridology.

Physical: good for eyesight, digestion, and fertility.

Emotional/spiritual: good for scrying (a form of divination). Helps depression.



PICASSO MARBLE

Marble in color combinations of black, brown, yellow, and white.

Common alternative names: Picasso stone, Picasso jasper

Common source: USA

Astrological associations: Sagittarius, Cancer

Chakra: sacral

HEALING QUALITIES

Good for creativity, change, perseverance, and art.

Physical: good for metabolism, circulation, and digestion. Helps carpal tunnel syndrome and weight loss. Aids detox.

Emotional/spiritual: grounding and calming. Helps subconscious or unsettled thoughts, stress, and anxiety.



PYROLUSITE

Masses and dendrites in black, silver, gray, brown, or blue.

Common sources: France, Germany

Astrological association: Leo

Chakra: sacral

HEALING QUALITIES

Good for change and relationships.

Physical: good for the sex drive, blood vessels, eyes, and metabolism. Tackles the causes of dis-ease. Helps bronchitis and wounds.

Emotional/spiritual: good for the aura. Helps negativity and excess spiritual energy (a feeling that spirits won't leave you alone).



SPHALERITE

Occurs as masses, fibers, and cubic, tetrahedral, or dodecahedral crystals. May be colorless, black, brown, yellow, red, or green.

Common alternative name: blende

Common source: Mexico

Astrological association: Gemini

Chakra: solar plexus

HEALING QUALITIES

Good for protection, creativity, and career change.

Physical: good for blood flow, eyes, and nervous system. Helps anemia, weight gain, and nutrient absorption.

Emotional/spiritual: good for meditation, yin/yang balance, all psychic abilities, trance, and intuition (trust). Helps inferiority complex.



TEKTITE

Meteoritic glass created from the immense heat of a meteorite impact with the earth. The heat is so intense that both the meteorite and the earth's surface melt. As this mixture of space material and earth cool together, tektite is formed. May be black, brown, **Libyan gold glass**, or green **moldavite**.

Common sources: China, Thailand

Astrological associations: Aries, Cancer

Chakra: crown

HEALING QUALITIES

Good for abundance and reasoning.

Physical: good for circulation and fertility. Helps fever.

Emotional/spiritual: good for yin/yang balance, telepathy, psychic surgery, starting meditation, peak experiences during meditation, and contact with other worlds.



SCHORL

Black, vertically striated prismatic crystals.

Common alternative names: black tourmaline, afrisite

Common sources: Brazil, India, Pakistan

Astrological association: Capricorn

Chakra: base

HEALING QUALITIES

A “feel better” stone that is good for practicality, creativity, intellect, protection, and vitality. Helps clumsiness.

Physical: good for the heart and adrenal glands. Helps arthritis and dyslexia. Protects against radiation.

Emotional/spiritual: good for emotional stability and connection to the earth. Helps negativity, victim mentality, anxiety, and embarrassment.



ZEBRA ROCK

Quartz and basalt, with black and white stripes in a zebra pattern. The name zebra rock is given to at least three different mineral combinations: the one shown here; a schist from Australia; and a variety of marble known as black zebra/zebra stone from Pakistan.

Common source: USA

Astrological associations: Taurus, Gemini

Chakra: sacral

HEALING QUALITIES

Brings compassion.

Physical: good for teeth and gums. Helps dry skin, osteoporosis, bone cancer, muscle spasms, heart palpitations, and vitamin deficiencies. Gives access to reserves of energy, stamina, and endurance (good for athletes).

Emotional/spiritual: combats shallowness.



BIXBYITE

Black cubic crystals.

Common source: USA

Astrological association: Pisces

Chakras: brow, crown

HEALING QUALITIES

Good for creativity, intuition, imagination, adaptability, teaching, writing, and art.

Physical: helps headaches and coping with pain.

Emotional/spiritual: grounding and centering. Good for spirituality and starting meditation.



BLACK CALCITE

Black rhombohedral crystals.

Common source: Madagascar

Astrological association: Capricorn

Chakra: base

HEALING QUALITIES

Brings protection. Good for female qualities and sexual energy.

Physical: good for sexuality.

Emotional/spiritual: grounding. Good for inner truth/knowing.



SHUNGITE

Black, charcoal, or brown non-crystalline mineral; opaque, lustrous, up to 98 percent carbon.

Common alternative names: fullerite, fullerene, buckyballs, Buckminsterfullerene, black ocher (no relationship to red and yellow ocher)

Common sources: top-quality shungite is found only in the Zazhoginskoye deposit near Lake Onega in the Shunga region of Karelia, northwest Russia. Lower-quality shungite is available from Austria, Democratic Republic of Congo, India, and Kazakhstan

Astrological association: Cancer

Chakras: all

HEALING QUALITIES

A cleansing stone.

Physical: good for detox (elixir) and recovery from illness, disease, injury, and surgery. Promotes growth and tissue repair.

Emotional/spiritual: can help stress-related allergies. Cleanses and purifies mind, body, and spirit. Protects against EMF and geopathic stress. Good for balance, emotional and spiritual recovery from illness or stress, and emotional pain relief. Cleanses emotions, helping you to let go of anything holding you back. Purifies water; can be placed in water bottle or jug.



CHRYSANTHEMUM STONE

Black rock of **dolomite**, gypsum-bearing clay, limestone, or porphyry, with **celestite** or calcite growing in unique patterns that resemble flowering chrysanthemums.

Common source: China

Astrological associations: Taurus, Aquarius

Chakras: base, crown

HEALING QUALITIES

Awakens your true purpose in life.

Physical: good for female reproductive system, fibroids, cystitis, and fertility.

Emotional/spiritual: promotes your dreams, goals, and ideals, the dark rock keeping you grounded while you follow your dreams and chase your goals.

Helps you to seize opportunities that appear unexpectedly in your path.

Brings good luck, and overcomes obstacles to joy, love, and abundance. Brings balance to your physical and spiritual self, helping to keep you in the present moment. Good for change or starting out on a new path, such as a new job, career, or relationship. Meditating with this stone can help you to find answers to some of life's problems when you are feeling stuck.



BLACK ONYX

Black variety of chalcedony; takes high polish.

Common sources: India, Republic of South Africa

Astrological association: Capricorn

Chakra: base

HEALING QUALITIES

When the going gets tough, the tough get going.

Physical: good for strength, stamina, endurance, allergies, childbirth, and obesity.

Emotional/spiritual: offers grounding and protection, positivity, and confidence. Provides emotional support when times are tough due to stress, grief, unhappy relationships, or emotional or mental confusion. Permits you to let go of the past and step into the future. Reduces anxiety. Good for dealing with addictions, stopping smoking, and changing behavior patterns. Boosts awareness. Helps you recognize your achievements.



BLACK RUTILATED QUARTZ

Quartz with black, needle-shaped inclusions of **rutile**, which is usually gold or silver in color. The black variety is rare. Rutile is titanium dioxide with high quantities of iron oxide. When there is little iron oxide, the rutile becomes much darker and sometimes black.

Common source: Brazil

Astrological associations: all

Chakras: brow, crown

HEALING QUALITIES

The light at the end of the tunnel.

Physical: good for vitality, strength, skeletal system, bones, joints, ligaments, immune system, nervous system, neuralgia, and Parkinson's disease.

Emotional/spiritual: intuition and good luck go hand in hand. Brings abundance, awareness of danger, and protection. Good for all mental health and healing, and coping with breakdown, depression, and despair; when things hit the absolute low, the only way is up. Helps with mood swings, bipolar disorder, addictive behavior patterns, OCD, mania, and schizophrenia.



BLACK AMETHYST

Amethyst, by definition, is violet quartz. Black amethyst is a term used to describe naturally darker-than-usual amethyst crystals that appear black or almost black in normal light due to a higher iron content or **hematite** inclusions within the crystal matrix. It is still a dark purple, rather than actually black.

Common alternative names: morion quartz, cairngorm quartz (misnomers as both of these are versions of **smoky quartz** rather than amethyst, since their color is due to natural radiation from the Earth)

Common sources: Brazil, India, Uruguay

Astrological association: Capricorn

Chakra: crown

HEALING QUALITIES

Brings spiritual understanding to everyday events.

Physical: good for headaches, migraine, toothache, ear ache, and eye strain.

Emotional/spiritual: quells emotions to bring calmness in times of change, allowing the necessary changes to be peaceful. Good for divorce and relationship breakdowns. Adds a more spiritual slant to your daily routine. Boosts the aura and offers protection in both physical and psychic domains. Can create a connection to the divine and improves psychic abilities.



HAUSMANNITE

Black granular aggregates or, relatively rarely, pseudo-octahedral crystals.

Common alternative name: black manganese

Common sources: China, Germany, Japan, Mexico, Republic of South Africa, Sweden, USA

Astrological association: Virgo

Chakras: base, sacral

HEALING QUALITIES

A crystal for metamorphosis.

Physical: good for bones, blood vessels, hair, and skin.

Emotional/spiritual: a crystal for the sometimes painful but beneficial process of change—new beginnings, fresh starts, and leaving the past behind. Releases emotional pain, anxiety, and attachments. Supports the Buddhist concept of non-attachment to possessions, ideas, and people. Guides you along the stepping stones of your spiritual path. Brings love into your meditations. Helps you to learn to trust your inner pendulum, producing self-assuredness and confidence to progress.



BROOKITE

Orthorhombic, tabular, and plate-like crystals, black to red-brown.

Common source: USA

Astrological association: Cancer

Chakras: base, sacral, brow, crown

HEALING QUALITIES

This too will pass.

Physical: promotes mobility, circulation. Encourages exercise. Alleviates the effects of EMF.

Emotional/spiritual: no matter how bad it seems, it will end and it will get better. Keeps your feet on the ground and clears your mind. Brings optimism

and hope for a better time, and helps you to stay in the present moment. Acts as an energy store; when you need a top up, simply hold the crystal to your sacral chakra for a recharge. Banishes lethargy and apathy, avoids worry, and helps you to amend beliefs that are holding you back. Release these and your awareness shifts to another plane.



STEATITE

A massive variety of talc, often intermixed with **serpentine** and calcite. Other colors include white, shades of green, gray, and yellow-brown.

Common alternative names: soapstone, black pipestone (Canada)

Common sources: worldwide—especially Canada

Astrological association: Sagittarius

Chakras: base, heart, crown

HEALING QUALITIES

This soft mineral is easily carved by Native American and First Nation plains tribes into black bowls for sacred pipes. The red pipe bowls are made from catlinite.

Physical: good for liver and gall bladder. Promotes healthy microbiota that aid digestion of fatty acids and may have many varied health benefits.

Emotional/spiritual: extends your outlook and stretches your boundaries.

Encourages you to try new things and invent new ways of doing old things.

Promotes a *laissez faire* attitude, letting things take their own course and going with the flow. Helps you to open up to new opportunities. Has a very calming effect that can assist your brainpower. Facilitates connection to spirit.



FERBERITE

Black, elongated, flattened, and wedge-shaped crystals and druses.

Common alternative name: confused with wolframite. Part of the group of crystals originally called the hubnerite-ferberite series, wolframite was the intermediate; now renamed as wolframite series. The crystal/mineral trade mostly still uses the original nomenclature.

Common sources: Bolivia, China, Germany, Korea, Russia, UK, USA

Astrological association: Scorpio

Chakra: base

HEALING QUALITIES

There are more ways than one to achieve your goal.

Physical: good for strength, muscles, flexibility, vitality, and action.

Emotional/spiritual: promotes open-mindedness, adaptability of thought, inner resolve, persistence, and a just-do-it attitude.



COLUMBITE

Black niobium ore crystallizing as short prismatic prisms, thin tabular crystals, pyramids, and masses. Colors range from black to brown.

Common alternative names: niobite, niobite-tantalite, columbate

Common sources: Australia, Brazil

Astrological association: Aquarius

Chakras: base, brow

HEALING QUALITIES

A wonderful anti-worry crystal.

Physical: good for eyesight, fertility, and skin.

Emotional/spiritual: predicts future problems that may arise, giving insight to solutions so you're equipped to deal with any glitches if they come up!

Promotes inner strength, resolve, and emotional balance. Gives physical protection for yourself and possessions, as well as being an effective psychic shield that can deflect any negativity that comes your way. Opens a conduit between the psychic and physical realms. Helps thought processes in decision making. Keeps you focused and helps you to avoid distractions. Good for meditation.



HUBNERITE

Tabular, flattened, and prismatic crystals: blades, lamellar, columns, radiating groups, and grains. Colors range from black to brown.

Common alternative name: huebnerite (named after Adolf Hübner.

Alternative spellings are attempts at pronunciation)

Common sources: Bolivia, China, Peru, Russia, UK, USA

Astrological associations: Gemini, Libra

Chakra: base

HEALING QUALITIES

Enhances feelings of security.

Physical: promotes the flow of oxygenated blood to major muscle groups, helping movement. Enhances the physical side of the fight-or-flight response. Improves stamina and eyesight. Helpful for anemia, hypoglycemia, flexibility of joints, ligaments, tendons, and muscles.

Emotional/spiritual: boosts awareness and activates your inner pendulum to help you trust your choices and give a feeling of safety. Promotes individuality and uniqueness. Can be held in meditation to find answers to specific questions.



BLACK MOONSTONE

Variety of feldspar exhibiting chatoyancy.

Common sources: India, Madagascar

Astrological association: Cancer

Chakras: base, sacral

HEALING QUALITIES

Divine feminine.

Physical: good for menstrual cycle.

Emotional/spiritual: brings out your feminine side. Encourages nurture, nature, intuition, and psychic development. Gives protection. Allows you to find a safe space within so you can explore, especially looking into your heart, seeing the dark parts, realizing you don't need the trapped energy that's hiding there, and letting it go. Opens the way for new beginnings and adventures in your life.



LAVA STONE

Formed from magma erupted from volcanos.

Common alternative name: volcanic rock

Common sources: volcanos past and present worldwide

Astrological associations: Taurus, Cancer

Chakra: base

HEALING QUALITIES

Effect is like a phoenix rising from the ashes.

Physical: good for feet, toes, sore feet, bunions, corns, verrucas, and in-growing toenails.

Emotional/spiritual: burns away the remnants of a past that holds you back, facilitating new beginnings and starting over. Dispels anger, fear, and negativity, giving a can-do attitude to almost any situation. Grounding, particularly when success beckons. Helps travelers feel connected to home and relieves homesickness. Good for Earth healing.



LEMURIAN BLACK JADE

A mixture of **jade**, quartz, and **pyrite**. The presence of graphite or iron oxide gives it its color. There is a similar grayish/greenish variety known as shadow Lemurian jade.

Common alternative names: midnight Lemurian jade, black Inca jade

Common source: Peru

Astrological associations: Taurus, Libra

Chakras: base, heart

HEALING QUALITIES

A stone of transformation.

Physical: good for heart, recovery from illness, immune system, and female and male reproductive systems.

Emotional/spiritual: gives courage and enhances determination to remove blocks that prevent change and transition. Facilitates endings and new beginnings and truly discovering your inner self. Promotes femininity, nurture, abundance, a work-life balance, appreciation of those around you, and gratitude for what you already have. Augments your connection to nature. Raises consciousness. Good for intuition and dreams. Provides protection against predatory people and helps recovery from abuse. Supports palliative care and carers.



GRAY

GRAY BANDED AGATE

A gray and white banded or patterned variety of agate.

Common source: Botswana

Astrological association: Scorpio

Chakra: sacral

HEALING QUALITIES

Physical: good for the release of stored energy. Helps fatigue, general malaise, and CFS/ME.



JAMESONITE

Steel gray to dark gray to black, radiating compact and fibrous masses and acicular crystals.

Common alternative names: comuccite, feather ore, and easily confused with boulangerite with which it may be intergrown

Common sources: Bolivia, China, Czech Republic, Mexico, Romania, UK

Astrological association: Leo

Chakras: base, crown

HEALING QUALITIES

Brings thoughts into reality.

Physical: reduces fever, water retention, and swelling. Good for detox, colds, and flu.

Emotional/spiritual: manifests desires and dreams and can help you to find a career path to extend your knowledge and wisdom. Dispels anger, fear, and aggression. Helps diplomacy. Good for the treatment of bipolar disorder, depression, manic behavior, and OCD. Aids diagnosis, psychic development, group healing, distant healing, and meditation.

No elixir.



MICALATED QUARTZ

Any quartz crystals or massive (cryptocrystalline) with the inclusion of any mica.

Common alternative name: mica-included quartz

Common sources: worldwide—especially Brazil

Astrological association: Cancer

Chakra: crown

HEALING QUALITIES

Good for being in the moment and acting on impulse.

Physical: good for skeletal system, and bones.

Emotional/spiritual: helps you to connect to your higher self, allowing you to see all the details and make a conscious choice, at the same time easing the temptation of compulsions, the past, and compulsive behavior patterns.

Dispels bias, prejudice, and fixed ideas. Creates flexibility of both thought and deed.



PYROXENE

A group of silicate-based, rock-forming minerals. Here we refer to the massive form, rather than crystalline minerals.

Common sources: worldwide—especially Alaska (USA)

Astrological associations: all

Chakra: base

HEALING QUALITIES

Gives stability.

Physical: good for hips, legs, knees, ankles, feet, and toes.

Emotional/spiritual: grounding. Helps complementary therapists and energy workers to keep you grounded during treatments; helps psychic readers, clairvoyants, and those who use the tarot and crystal balls to avoid becoming

involved in their sitter's affairs. Also good for accountants, lawyers, advisors, and anyone who works one to one intimately with clients.



PYRITE

Occurs as cubic and dodecahedral crystals, occasionally flattened (pyrite suns) and masses. It becomes more golden with oxidation and may replace many minerals so can be found in other formations and in combination with other minerals.

Common alternative names: iron pyrites, fool's gold

Common sources: Peru, Spain, UK, USA

Astrological association: Leo

Chakras: solar plexus, all

HEALING QUALITIES

Good for the brain, memory, thought processes, "energy sparks," and leadership. Brings protection. Solves problems with pollution and noisy neighbors.

Physical: good for bones, lungs, cell formation, circulation, and digestion. Helps varicose veins, snoring, radiation sickness, bronchitis, infection, fever, and inflammation. Useful if you are accident prone.

Emotional/spiritual: helps negativity.



GALENA

Metallic silver/gray cubic and octahedral crystals. Also found as masses, fibers, and unusual shapes.

Common source: UK

Astrological association: Capricorn

Chakra: base

HEALING QUALITIES

Good for study (especially in the healing professions).

Physical: good for the hair, blood, veins, circulation, olfactory and nervous systems. Helps inflammation, boils, and selenium and zinc deficiencies.

Emotional/spiritual: good for grounding and centering. Helps self-limiting ideas/beliefs and anti-social behavior.



STIBNITE

Masses, columns, blades, and needle-like and prismatic crystals.

Common sources: Uzbekistan, China

Astrological associations: Scorpio, Capricorn

Chakra: crown

HEALING QUALITIES

Good for finding direction and making decisions. Assists teachers. Brings attractiveness, endurance, speed, money, and loyalty. Helps clingy relationships.

Physical: good for the stomach and esophagus. Helps stiffness.

Emotional/spiritual: good for meditation. Protects against evil spirits.

Connects you to totem animals.



HEMATITE

Occurs as masses, botryoidal forms, rosettes, layered plates, and tabular and rhombohedral crystals. May be metallic gray/silver, black, or brick red/brown.

Common sources: Morocco, UK

Astrological associations: Aries, Aquarius

Chakra: base

HEALING QUALITIES

Brings strength, love, courage, and personal magnetism. Good for mental processes, thoughts, memory, dexterity, and working with numbers/math.

Physical: good for the spleen, blood, and vertebrae (place one piece at the top and one piece at the base of the spine). Helps anemia, backache, broken bones and fractures, blood clots, air and travel sickness, jet lag, insomnia, cramps, and CFS/ME.



MOLYBDENITE

Blueish-silver hexagonal crystals.

Common sources: Australia, China, Germany, Mexico, Norway, USA

Astrological association: Scorpio

Chakra: sacral

HEALING QUALITIES

Brings lubrication for body, mind, and spirit.

Physical: good for joints, synovial fluid and other body fluids, blood, lymph, reducing fluid retention, kidneys, and bladder.

Emotional/spiritual: encourages you to let go of beliefs and thoughts (lubrication for your emotions and actions) that just don't work for you, to stop repeating patterns of behavior, and to try something new. Gives confidence to transcend fear, let go of anxiety, and find a calm, peaceful way to be. Reduces friction in all situations. Good for creativity, art, and writing.



ARSENOPYRITE

Steel gray to silver white, forming acicular, off-square prismatic, stubby, striated crystals and granular and compact masses. Oxidation can tarnish the

surface, producing a colorful iridescent layer. Produces a garlic aroma when ground or hammered.

Common sources: worldwide—especially USA

Astrological association: Leo

Chakras: base, heart, brow

HEALING QUALITIES

Acts as a mirror to your soul.

Physical: good for detox, halitosis, teeth, tongue, mouth, jaw (do not put it in your mouth—contains arsenic. Place it on pillow or bedside table).

Emotional/spiritual: brings your dark side to the surface, allowing you to change it; keeps it out of disputes so they can be resolved more quickly. Releases trapped emotions from the past. Aids memory. Good for clairvoyance and scrying.

No elixir—wrap in cloth if applying to the skin.



CRADLE OF HUMANKIND STONE

Agate variety, which comes from caves where the earliest hominid fossils were found, dating back some seven million years. These stones contain the energy of the hominid fossils and DNA. Mostly colored gray, black, off-white banded, sometimes brown.

Common alternative name: cradle of life stone (a similar but different stone comes from nearby in South Africa, trademarked cradle of life stone™ aka healerite®)

Only source: Magaliesberg (Republic of South Africa)

Astrological associations: all

Chakras: all

HEALING QUALITIES

Who are we? Understanding origin.

Physical: good for pain relief, bones, breaks and fractures, and genetic diseases and disorders. Helps healthy physical development in the very young and helps to slow the somatic effects of old age.

Emotional/spiritual: helps us to accept how we and others around us are—each an individual on our own path, but united by a common history and common future. Promotes grounding and patience, at the same time uplifting and energizing. Good for family bonding. Dispels racism, discrimination, and bigotry. Encourages a connection to family, ancestors, past lives, ancient cultures and civilizations, and communal responsibility for the actions of your forebears. Try meditating with one, together with the question “who am I?”



SILVER

Occurs as silver dendrites, scales, plates, nuggets, and, rarely, needle-like crystals. Oxidation causes the color to change to gray/black.

Common source: Mexico

Astrological associations: Cancer, Aquarius

Chakras: heart, throat, brow, crown

HEALING QUALITIES

Good for mental health and healing, and eloquence. Allows you to look into your heart to see who you really are. Helps a crude personality. Energizes other crystals (place silver near crystals during a full or new moon).

Physical: good for speech. Helps hepatitis, speech impediments, such as a stammer, and vitamin A and E deficiencies. Aids detox.

Emotional/spiritual: good for emotional balance, meditation, life cycles, astral travel, and distant/absent healing. Helps negativity.



MARCASITE

Chemically the same as **pyrite**, but the two stones are distinguished by their crystalline structures.

Common sources: Europe, USA

Astrological association: Leo

Chakra: solar plexus

HEALING QUALITIES

Physical: good for skin. Helps moles and warts.

Emotional/spiritual: helps ego, personality, and impatience.



SILVER MOONSTONE

Variety of feldspar, exhibiting chatoyancy—it appears silver when the light catches it.

Common alternative name: silver-sheen moonstone

Common source: India

Astrological association: Cancer

Chakras: sacral, crown

HEALING QUALITIES

Promotes graceful aging.

Physical: good for skin, youthful appearance, hair, brain, fertility, and female reproductive system.

Emotional/spiritual: Aids memory and combats dementia, senility, and other signs of mental aging. Allows men to get in touch with their feminine side. Encourages emotional openness, intuition, and psychic skills.



FLINT

A variety of chalcedony. May be gray, black, or brown.

Common sources: worldwide

Astrological associations: Aries, Scorpio

Chakra: crown

HEALING QUALITIES

Brings physical protection. Helps you to read and understand body language.

Physical: good for the liver, joints, lungs, and digestion. Helps kidney stones, calcification of bones, skin wounds, cuts, and superficial growths.

Emotional/spiritual: good for telepathy, psychic surgery, ESP, and protecting houses from spirits. Helps shyness, lack of intimacy, arguments, nightmares, and negativity.



BROWN

BRAZILIAN AGATE

A translucent or transparent variety of agate with lines and patterns. May be brown, red, black, green, clear, white or gray. (Commonly dyed pink, purple, blue, or deep green.)

Common source: Brazil

Astrological association: Aries

Chakra: brow

HEALING QUALITIES

Brings protection.

Physical: good for the pulse rate. Helps minor injuries, such as bruises, sprains, and strains. Alleviates constipation.

Emotional/spiritual: good for dowsing, divination, visualization, astral travel, and shamanic contact with other worlds.



TURRITELLA AGATE

A brown variety of agate found in masses with fossil inclusions.

Common source: USA

Astrological associations: Cancer, Aquarius

Chakra: base

HEALING QUALITIES

Good for change and survival instincts.

Physical: good for the absorption of food, especially trace elements. Helps fatigue, peristalsis, stomach upsets, bloating, and wind pains.

Emotional/spiritual: good for earth healing. Helps superiority complex and victim mentality.



CRAZY LACE AGATE

A variety of agate with “crazy” patterns, bands, and wavy lines of cream, red, or brown.

Common alternative name: Mexican lace agate

Common source: Mexico

Astrological associations: Gemini, Capricorn, Aquarius

Chakra: heart

HEALING QUALITIES

Brings confidence, balance, courage, self-esteem, and vitality.

Physical: good for the heart, skin, speech, and eyesight.

Emotional/spiritual: helps fear.



BROWN ARAGONITE

Hexagonal column-shaped crystals (often linked to form “sputnik” shapes). Also found as fibers, masses, or stalactites. May be white, brown, yellow, **blue**, or green.

Common sources: Morocco, Namibia

Astrological association: Capricorn

Chakra: crown

HEALING QUALITIES

Good for problem-solving. Helps answers suddenly become obvious.

Encourages patience, practicality, and reliability.

Physical: good for the health of the skin. Helps general aches and pains, vitamins A and D deficiency, chills, hair loss, wrinkles, hard skin, and bunions. Alleviates stress-related skin conditions, such as eczema and psoriasis.

Emotional/spiritual: good for stilling the mind before meditation. Helps stress and anger.



BRONZITE

Masses, fibers, and, rarely, crystals. Brown with gold flakes.

Common source: Brazil

Astrological association: Leo

Chakra: heart

HEALING QUALITIES

Helps you make decisions.

Physical: good for pH balance, iron absorption, hemoglobin, and red blood cells. Helps anemia and cancer.

Emotional/spiritual: good for self- confidence. Gives you the courage to take your own path in life.



STIBICONITE

Forms masses, powder and crystals replacing **stibnite** but retaining its structure, so they have the shape of stibnite.

Common sources: China, Mexico

Astrological association: Capricorn

Chakra: crown

HEALING QUALITIES

Out with the old, in with the new.

Physical: helps to alleviate hypocalcemia. Good for bones, teeth, muscle cramps, and stiffness.

Emotional/spiritual: promotes flexibility of attitude, letting go of old ideas, changing lifestyle, getting rid of outdated thoughts and beliefs, bringing new beginnings and a fresh start to any aspect of your life, such as relationships, careers, or home. It's evolution, not revolution: change must happen, but in a sober way. Like a signpost, it points the way ahead on your path. Helpful in transformational ceremonies, such as a marriage or funeral. Allows spendaholics to think again.

No elixir.



MAHOGANY OBSIDIAN

A brown/black variety of obsidian.

Common source: Mexico

Astrological association: Libra

Chakra: base

HEALING QUALITIES

Brings vitality and strength in times of need. Helps you to meet your goals.

Emotional/spiritual: helps release energy blocks. Helps ease tension.



LINGHAM

A brown/cream variety of jasper that is roughly the shape of a rugby ball.

Common alternative names: Shiva Lingham, Narmadeshvara Lingham

Common source: Ganges River and its tributaries, India

Astrological association: Scorpio

Chakras: all

HEALING QUALITIES

Physical: good for fertility, the spine, body fluids, and the prostate gland. Helps fluid retention, back pain, and menopause.

Emotional/spiritual: good for spiritual detox, connection to higher self, and reaching peak experiences in meditation. Helps to connect physical and spiritual energy. Enhances male energy.



FULGURITE

Naturally fused quartz with various impurities giving brown shades of color. Formed from the effect of lightning strikes in deserts.

Common alternative names: petrified lightning, lechatelierite (a variety)

Common source: Libya

Astrological associations: Gemini, Virgo

Chakra: brow

HEALING QUALITIES

Good for communication and concentration.

Physical: good for the ears, nose, throat, esophagus, intestines, and colon.

Emotional/spiritual: good for psychic skills, especially dowsing.



HESSONITE

A brown or cinnamon/yellow form of grossular **garnet**.

Common alternative name: cinnamon stone

Common source: Madagascar

Astrological association: Aries

Chakras: sacral, solar plexus

HEALING QUALITIES

Good for new challenges and courage.

Physical: good for the olfactory and lymphatic systems. Helps flatulence and colic. Aids detox.

Emotional/spiritual: good for meditation (helps you go to the next level). Helps with inferiority complex and negativity.



PICTURE JASPER

A tan or brown variety of jasper, with markings that suggest ancient pictures.

Common alternative name: picture stone

Common sources: Republic of South Africa, USA

Astrological association: Leo

Chakra: brow

HEALING QUALITIES

Allows you to see the bigger picture. Good for setting up your own business.

Physical: good for the immune system, kidneys, and skin.

Emotional/spiritual: good for creative visualization. Releases deep and hidden grief and fear.



CHIASTOLITE

A variety of andalusite forming fat crystals that exhibit a cross pattern in cross section. May be brown or green with black cross patterns.

Common alternative names: cross stone, andalusite

Common source: China

Astrological association: Libra

Chakra: sacral

HEALING QUALITIES

Good for devotion, change, problem-solving, creativity, and practicality. Helps you to be strong in difficult situations.

Physical: good for understanding death and the dying process. Helps fever; blood flow, milk in nursing mothers, and chromosome damage.

Emotional/spiritual: traditionally a sign of the Cross, associated with its healing energies. Good for rebirth and astral travel.



METEORITE

Rocks from space that are commonly 4.5 billion years old (and up to 13 billion years old). They come from Mars, the Moon, the heads of comets, the asteroid belt and the debris of the “big bang.” They are composed of minerals that are also found on earth; the difference is that, unlike earth minerals, space minerals don’t have air gaps between molecules. This is because they are formed in the vacuum of space. Meteorites come in three classes: irons, chondrites, and achondrites. They are usually brown or black (possibly silver when polished). Other space material includes **tektite** and **moldavite**.

Common sources: Argentina, China, Namibia, Russia

Astrological associations: all

Chakras: crown, base

HEALING QUALITIES

Good for endurance. Assists spatial conception. Useful if you are emigrating.

Physical: iron meteorites help anemia.

Emotional/spiritual: good for meditation, connection with distant friends and loved ones, and contacting other worlds. Helps melancholy, incoherence, and home sickness.

No elixir with chondrites and achondrites.



MUSCOVITE

A variety of mica usually forming layered “plates,” “flowers,” “books,” scales and masses, and other crystalline forms. Colors include brown, green, pink, gray, violet, yellow, red, or white.

Common source: Brazil,

Astrological associations: Leo, Aquarius

Chakra: heart

HEALING QUALITIES

Good for speed of thought, problem-solving, and major life decisions. Useful if you are worried about the impact of your life situation on yourself and those who rely on you.

Physical: balances sleep patterns. Helps allergies, diabetes, hunger, dehydration, mononucleosis (glandular fever), and insomnia.

Emotional/spiritual: good for emotional expression, shamanic visions, and meditation. Helps you to listen to your intuition and access your higher self. Helps insecurity, self-doubt, pessimism, past issues, anger, tantrums, excess nervous energy, and painful emotions.



PETRIFIED WOOD

Fossilized trees in which the organic material has been replaced by one or more minerals; usually agate, chalcedony, or quartz (but many others may be present). Colors include brown, but can be any wood-like color or the colors of agate, chalcedony, and opal.

Common sources: USA, Madagascar

Astrological association: Leo

Chakra: base

HEALING QUALITIES

Good for longevity and mental balance. Combats pollution.

Physical: good for the bones. Helps arthritis, allergies, hayfever, and infection.

Emotional/spiritual: grounding. Soothes the emotions. Relieves stress. Helps access past lives.



SMOKY QUARTZ

Brown or black variety of quartz colored by natural radiation from the earth. This process can be duplicated in laboratories quite effectively—a lot of smoky quartz is man-made.

Common alternative names: smokey quartz, carnigorm

Common sources: Brazil, Madagascar, USA

Astrological associations: Sagittarius, Capricorn

Chakra: base

HEALING QUALITIES

Good for vitality, intuition, survival instincts, male energies, and mental activity. Offers protection by dissipating negativity (useful during ceremonies). Helpful if you habitually spend too much money. Helps you to move forward in life.

Physical: good for physical expression and sexual energy. Good for the legs, knees, ankles, hands, and feet. Helps stammering.

Emotional/spiritual: good for grounding, relaxation, sedation, meditation, and dream interpretation. Channels energy through the hands (for example, in Reiki or spiritual healing). Helps with negativity, anger, depression, despair, and grief. Speeds up the laws of karma.



STAUROLITE

Short prismatic crystals with cruciform twinning that gives the shape of a cross.

Common alternative names: fairy cross, fairy stone

Common sources: France, Russia

Astrological association: Pisces

Chakra: base

HEALING QUALITIES

Brings good luck.

Physical: helps fever and malaria. Useful during smoking cessation. Combats addictive personality traits.

Emotional/spiritual: helps stress and depression. Useful for rituals, protection, and time management.



PEANUT WOOD

This has nothing to do with peanuts! The stone is a piece of **petrified wood**, dark brown to black in color, and occasionally lighter shades of cream, with peanut-shaped white to cream patches of **mookaite**. Driftwood from ancient conifer trees floated in the prehistoric sea that covered what is now Western Australia. Clams ate into the wood, creating the peanut-shaped holes, so the wood became waterlogged and sank. Dead radiolarians (plankton with silicon shells) landing on the wood produced a white gunk called radiolarian ooze, which filled the holes as the wood gradually became petrified (turned to stone), leaving the peanut shapes.

Common source: Australia

Astrological association: Scorpio

Chakra: base

HEALING QUALITIES

A stone for death and rebirth.

Physical: good for strength and combating physical stress, mold and fungus (wash down affected areas with elixir and dry thoroughly), and fungal infections of the lungs (take an elixir).

Emotional/spiritual: concerned with life cycles. Promotes constant development, change, transformation, and leaps of faith. Supports dieting, leading to sustained weight loss, and prevents yo-yo dieting. Helps to shed a poverty mentality, leading to the possibility of abundance. Helps relieve stress and promotes attention to detail, living life to the full, sexual energy, attraction, and Earth healing.



RUTILE

Needle-like crystals often penetrating quartz, **rutilated quartz**, and prismatic crystals. Colors include bronze, silver, red, brown, red/brown, black, yellow, gold, and violet.

Common alternative name: angel hair

Common source: Brazil

Astrological associations: Taurus, Gemini

Chakra: brow

HEALING QUALITIES

Good for sexuality and mental balance. Offers protection.

Physical: tackles the causes of dis-ease. Good for veins. Helps bronchitis, tired eyes, and wounds. Promotes milk production in nursing mothers.

Emotional/spiritual: good for the aura, astral travel, and remote viewing.



SANDSTONE

Stone composed of grains of sand. May be creamy/white, tan, or rusty-brown (sometimes blending into one another). Also found with beautiful rainbow-colored oxidations.

Common sources: India, UK, USA

Astrological association: Gemini

Chakra: sacral

HEALING QUALITIES

Good for creativity and relationships. Useful in groups. Aids clear thought. Helps those who are easily distracted.

Physical: good for eyesight and nails. Helps wounds, broken bones, water retention, and hair loss.

Emotional/spiritual: good for avoiding distractions during meditation. Helps moodiness and temper tantrums.



SEPTARIAN

Nodules of clay ironstone into which other minerals, such as calcite, jasper, **dolomite**, aragonite, and occasionally barite, are deposited through small cracks in the structure.

Common sources: Australia, Madagascar, USA

Astrological association: Taurus

Chakra: base

HEALING QUALITIES

Good for patience, endurance, and tolerance. Assists public speaking, sound therapy, and NLP. Builds awareness of the environment.

Physical: good for physical flexibility. Good for the teeth, bones, and muscles. Helps melanoma.

Emotional/spiritual: good for emotional flexibility.



DRAVITE

A brown variety of tourmaline.

Common sources: Australia, Brazil, Europe, Nepal

Astrological association: Aries

Chakra: base

HEALING QUALITIES

Good for protection. Helps the environment.

Physical: good for the intestines. Helps spots and acne.

Emotional/spiritual: good for the aura and connection to the earth.



NAVAJO JASPER

A misnomer, as this is a variety of **boulder opal** in its common form, showing no fire.

Common source: Australia

Astrological associations: Virgo, Libra, Scorpio

Chakra: base

HEALING QUALITIES

Connects to the old ways.

Physical: general tonic for the body that helps to keep you well. Good for winter bugs, colds, and flu.

Emotional/spiritual: promotes the ideas of herbal medicine, ceremony, sacred lands, and ritual. Strengthens the aura. Offers a feeling of security. Allows a safe place to explore your inner self and expand your consciousness.



ORTHOCLASE

Variety of feldspar forming cryptocrystalline masses—short prismatic and thin tabular crystals. Occurs in many colors, commonly white to cream.

Common sources: worldwide—especially India, USA

Astrological association: Cancer

Chakra: heart

HEALING QUALITIES

Brings youthful gusto and also serenity.

Physical: good for vitality, slowing the aging process, spine, teeth, eyesight, lungs, bronchitis, asthma, TB, pleurisy, pneumonia, and other chest infections.

Emotional/spiritual: calms a raging storm in the mind and helps recovery after trauma or extreme stress. Good for PTSD, changing behavior patterns, and OCD. Aids recovery from addictions, including stopping smoking. Puts you back on the planet and sparks your mojo, giving you a new direction and zest for life. Enhances your intuition.



MOQUI MARBLES

Iron and **sandstone** concretion.

Common alternative names: moqui balls©, shaman stones

Common sources: Utah, Arizona (USA)

Astrological associations: Libra, Aquarius, Aries

Chakra: base

HEALING QUALITIES

Brings balance on all levels—physical, emotional, mental, and spiritual.

Physical: good for inner ear, balance, hearing, blood vessels, bones, immune system, genetic diseases, and tissue regeneration.

Emotional/spiritual: good for balancing yin/yang energies, grounding, shamanic journeying, vision quest, and environmental issues. Brings inspiration. Connects you to ancient wisdom.



AMPHIBOLE IN QUARTZ

Amphibole is a related group of crystals that form layers, growing as phantoms or inclusions in a quartz crystal. These can include **actinolite**, riebeckite, limonite, tremolite, **hematite**, caolinite, winchite, hornblende, and richterite in any combination—any one or all may be present in the same amphibole in quartz crystal. They may also have kaolinite and/or lithium present. Colors vary accordingly and may include yellow, brown-gold, lavender, lilac, pinkish gray, deep red to pink, orangey pink, orange, and white.

Common alternative names: angel phantom quartz, angel wing quartz, angel quartz, angel wing, guardian angel phantom quartz, red rabbit quartz (in Asia)

Common source: Brazil

Astrological associations: Taurus, Gemini

Chakras: brow, crown

HEALING QUALITIES

Facilitates receiving guidance from angels and spirit guides.

Physical: relieves neuralgia, neuropathic pain, and insomnia.

Emotional/spiritual: boosts your connection to angels and spirit guides, helping you to find answers in unexpected places. Brings love, joy, peace, tranquility, and an ability to see the beauty in everything. Offers empathy for grief or loss. Helps to manifest your desires. Good for receiving answers in meditation, connecting to past lives, past-life recall, intuition, dreams, dream recall, lucid dreaming, and protection.



LORENZENITE

Forms double terminated orthorhombic colorless, gray, pinkish, or brown crystals.

Common alternative names: ramsayite, ramzaite

Common sources: Canada, Greenland, Norway, Russia

Astrological association: Libra

Chakra: throat

HEALING QUALITIES

Brings balance.

Physical: good for inner ear, balance, mucous membranes, chest, throat, esophagus, nose, and nasal passages.

Emotional/spiritual: helps you to cope with emotional wobbles, regain poise, and get your feet back on the ground. Good for dealing with stress and confusion. Helps you to clear a congested mind and see the answers you need.



AMMONITE

Fossilized sea animal that lived 240 to 65 million years ago and became extinct with the dinosaur extinction. Found in every natural color.

Common sources: worldwide

Astrological association: Aquarius

Chakras: base, heart

HEALING QUALITIES

The universal spiral of healing energy.

Physical: good for skeletal system, bones, joints, ligaments, osteoporosis, osteoarthritis, fractures and broken bones, and degenerative diseases.

Emotional/spiritual: everything goes around in cycles: healing the past heals the present, so the past heals the future, solving problems before they arise. Good for connecting with your ancestors and past lives. Gives structure to the present, protection, and enhances your survival instinct. Good for creative careers.



AXINITE

Brown to violet-brown or reddish brown, tabular, wedge-shaped crystals and masses.

Common sources: Australia, France, Mexico, Russia, USA

Astrological association: Aries

Chakra: base

HEALING QUALITIES

Brings energies into alignment so everything flows a little better.

Physical: good for muscles, legs and feet, skeletal system, spine, bones, breaks, fractures, joints, ligaments, and arthritis.

Emotional/spiritual: facilitates a connection to angelic wisdom, spirit guides, and the Akashic records to help you find solutions that do not harm anyone else. Promotes friendship and relationships; also helpful in ending relationships, employment, or business partnerships in a kind way so that everyone feels all right about it.



CARAMEL CALCITE

Masses and rhombohedral crystals, red-caramel in color.

Common source: Mexico

Astrological association: Cancer

Chakras: base, sacral

HEALING QUALITIES

Helps changes to stick and healing to be permanent.

Physical: good for vitality, female and male reproductive systems, hips, pelvic girdle, and coccyx.

Emotional/spiritual: eases changes and helps them to stay in place. Aids overcoming addictions, stopping smoking, addictive behavior, OCD, and ADHD. Reduces stress and anxiety; relieves panic attacks. Balances emotions and helps to keep you grounded.



SNAKESKIN AGATE

Agate with patterns resembling snake skin.

Common alternative names: there are several varieties of snakeskin agate from around the world, each with different healing qualities

Common source: Oregon, USA

Astrological association: Scorpio

Chakras: base, crown

HEALING QUALITIES

Helps you to make the best of the world around you.

Physical: rebuilds the body after illness.

Emotional/spiritual: transmutes energies, finding the positive in everything, turning difficult into easy, discomfort into contented, agitated into relaxed.

Helps kundalini energy flow, promoting creativity, sexuality, movement, dance, and connection to your higher self. Allows you to enjoy yourself and have fun.

Said to be good for investigators, detectives, journalists, and anyone looking into practical matters.



PETRIFIED PALM WOOD

Fossilized palm tree wood. Chalcedony has replaced organic material and the original structure and look of palm wood has been retained.

Common alternative names: petrified palm, fossilized palm wood

Common sources: Uruguay, USA

Astrological associations: Taurus, Capricorn

Chakra: base

HEALING QUALITIES

Brings emotional healing into the physical dimension.

Physical: good for knees and heat exhaustion. Also good for the head, including brain, eyes, eyesight, optic nerves, light sensitivity, ears, hearing, inner ear, Eustachian tubes, nose, nasal passages, mucous membranes, mouth, lips, gums, tongue, taste buds, throat, tonsillitis, laryngitis, pharyngitis, and infections of eyes, ears, nose, and mouth.

Emotional/spiritual: helps you to cope with stress by bending with the winds of change rather than trying to stop them. Encourages you to explore your past, childhood, and even past lives, letting go of what you don't need and moving forward. Grounding. Relieves fears and stems aggressive behavior. Good for divination and dowsing.



SNAKESKIN ROCK

Opaque pebbles of jasper and quartz, cemented together over time by silica minerals, such as agate and chalcedony, into a conglomerate, forming patterns resembling snakeskin.

Common alternative name: snakeskin jasper

Common sources: Asia, South America, USA

Astrological association: Scorpio

Chakras: base, crown

HEALING QUALITIES

Transformational energy evocative of the double serpent caduceus, the traditional symbol of healing and medicine, is drawn through this rock.

Physical: Good for all physical healing as a general tonic for the body; especially good for backache, spine, neck, and MS.

Emotional/spiritual: helps you to see problems from different angles, balancing the mind and the right and left hemispheres of the brain (creativity and intellect). Good for yin/yang balance.



CREEDITE

Forms monoclinic prismatic crystals, often occurring as acicular radiating sprays of fine prisms. Colors include brown, lavender (as seen here), orange, yellow, and blue.

Common sources: Bolivia, Kazakhstan, Mexico, USA

Astrological association: Virgo

Chakras: throat, crown

HEALING QUALITIES

Expands awareness.

Physical: Good for broken and fractured bones, torn and pulled muscles, nerve damage, immune system, detox, liver, and heartbeat.

Emotional/spiritual: promotes expression, especially of spiritual ideas that may be difficult to explain. Helps you to talk your talk. Good for discovering blocks in your path and directing remedial action, making you more aware in the process and overcoming seemingly impossible barriers. Helpful for overcoming depression, especially due to an overwhelm of responsibility. Aids meditation and growing consciousness.



STROMATOLITE

Rock-like fossils created by layer upon layer of cyanobacteria, or similar single-celled photosynthesizing bacteria. These are the oldest fossil rocks on the planet, dating back some 3.5 billion years to the first life on Earth. A small tumble stone might have several thousand years of growth within it.

Common sources: worldwide—especially Argentina, Australia, Peru, USA

Astrological associations: Capricorn, Virgo

Chakras: base, heart

HEALING QUALITIES

Emphasizes the spirit of community.

Physical: good for skeletal system, healthy body fluids, and teeth. Combats degenerative bone and joint conditions such as osteoarthritis, reducing swelling and water retention.

Emotional/spiritual: transformation of people, lifestyle, and environment. These crystals are team builders and give you a different, community-centered, view of your world. Good for communities, families, sports teams, all types of teams, work groups, coworkers, partners, and spouses. Promotes inclusivity and sharing, including the stranger in your group or family event. Supports a healthy aura, for you both as an individual and as part of your people. It removes blocks that stop you from organizing your life and helps you to sort the important things from the mundane. Aids past-life recall.



BROWN BANDED ARAGONITE

Massive in bands of chalcedony and aragonite (orthorhombic calcium carbonate).

Common alternative names: Mexican onyx, banded aragonite, cave aragonite

Common source: Peru

Astrological association: Capricorn

Chakra: base

HEALING QUALITIES

Strengthens the weakest parts of the body, which are affected by stress.

Physical: good for bones, joints, teeth, digestion, temperature control, fever, hypothermia, inflammation, CFS/ME, nervous system, fibromyalgia, general aches and pains (elixir), and any stress-aggravated conditions such as asthma, psoriasis, and IBS.

Emotional/spiritual: alleviates stress, burn-out, restlessness, and depression. Helps you to eliminate a judgmental attitude. Turns on your connection with nature, aids Earth healing, stills the mind in meditation, and expands consciousness.



CUPRITE

Crystallizes as masses, octahedral, dodecahedral, and cubic crystals; dark red to almost black with internal redness.

Common sources: worldwide—especially USA

Astrological associations: Taurus, Virgo, Capricorn

Chakra: base

HEALING QUALITIES

Helps you to cope with concerns that you can have no influence over.

Physical: good for vitality, metabolism, digestion, bladder, kidneys, reducing water retention, problems urinating, female reproductive system, fertility, childbirth, menopause, cystitis, fibroids, blood, stomach cramps, relieving arthritis, vertigo, and altitude sickness.

Emotional/spiritual: provides emotional energy to help you deal with excessive worry, irrational fear, and the stress they cause. Boosts survival instincts. Grounding; helps to reconnect you to the Earth.



BOJI STONE®

Spherical or ovoid gray/brown stones with smooth patterns and/or protrusions. Mostly **pyrite** with some palladium and traces of various other minerals. Smooth stones are known as “female” stones; those with protrusions as “male.” Stones are usually worked with in male/female pairs.

Only source: the Boji valley, Colorado, USA (although other similar stones known as shaman stones or mochi marbles are available)

Astrological associations: Taurus, Leo, Scorpio, Aquarius

Chakras: base (one Boji stone), all other chakras (a male/female pair of Boji stones)

HEALING QUALITIES

Good for communication with animals.

Physical: helps tissue regeneration and pain. Speeds recovery.

Emotional/spiritual: good for energy, aura and grounding. When used in pairs, Boji stones align the body's energies and balance all the chakras. This energizes, centers, and grounds the body, mind, and spirit and feels like a rush of energy through the body. Helps energy blocks.



CHAPTER 4

CRYSTAL REMEDIES

Within this chapter are more than 350 crystal remedies for common conditions and ailments, referring to the crystals included in the Crystal Finder (chapter 3) in this book.

First are physical ailments, followed by emotional issues, with recommended crystal prescriptions for each condition listed. They are presented separately for ease of reference, although many physical symptoms can have an emotional cause. (There is often, perhaps always, an underlying cause of disease. Many illnesses occur because our energy system is in a state of dis-ease. Any stress, whether emotional, mental, or spiritual, may result in the manifestation of physical symptoms of an illness. This is not the same as psychosomatic illnesses, because in this case the illness itself is real. The physical body has been weakened, often by years of stress.) The last two sections are concerned with spiritual and lifestyle enhancement, where you will find crystals to aid your self-development.

For each remedy, the crystal(s) in **bold** is the one to try first. Feel free to try the others. I have often found different causes can result in the same or similar symptoms—crystals are treating the cause rather than the symptom. Where a + sign appears, the crystals should all be worked with together. The more you work with the same crystal for the same condition, the quicker and more effective it will be. If you have no reaction at all after 30 minutes, try one of the alternatives or look for another description of what is ailing you.

If in doubt, try **quartz crystal**, azeztulite, double terminated quartz crystal, epidote, **Lemurian quartz crystal**, phenacite, or sugilite, since these are often helpful for any condition. Rose quartz can bring love into any healing. Purple fluorite helps most dis-ease on a deep spiritual level, while an elixir of shattuckite can be beneficial in the treatment of all minor illnesses. To speed up and/or increase the effects of other crystals, **amethyst**, gem silica, or gyrolite can be carried, worn, held with other crystals, or placed on other crystals or the body.

In my own and many others' experience, a full course of crystal healing leads to an improvement in well-being. Symptoms are always an expression of an underlying illness or dis-ease. Therefore, if you feel unwell, always seek medical advice.

REMEDIES FOR PHYSICAL AILMENTS

For general pain, hold a **quartz** crystal point a little above the site of the pain and move it slowly in a clockwise direction. Continue until the pain eases. **Cradle of humankind stone**, **chevron amethyst**, infinite, Himalayan diamond, Lemurian quartz crystal (especially **golden**), nuummite, olivine on basalt, **phillipsite**, polychrome jasper, and **purple chalcedony** can also ease pain by holding or taping to the required area. You can also try drinking an elixir made with brown banded aragonite.

To prevent illness, and to maintain your general health when you are ill, carry, wear, and keep around you pyrolusite crystal at home and at work.

If you think your physical condition (such as asthma, allergies, skin conditions, ulcerative colitis, heart disease, and many others) is related to stress, carry or wear golden Lemurian quartz crystal, kundalini citrine (digestive), peanut wood, quantum quattro stone, shungite (allergies), spodumene, or stichtite (headaches). **Amethyst** and green selenite can help you to see, realize, understand, and therefore alter the underlying situations giving rise to stress. Handle and play with these crystals often.

ABDOMINAL COLIC Hold any variety of **citrine**, green zoisite, leopard jasper, opalized white agate, purple thulite, or white coral to the worst point of pain for 30 minutes. Carry or wear citrine to reduce or prevent further attacks.

ABDOMINAL DISTENSION (bloating) Hold chlorite, green zoisite, idocrase, pearl, **turritella agate**, or zeolite to the affected area.

ABSCCESS Hold **amethyst** or indigo gabbro to abscess, or apply a jade elixir topically.

ABSORPTION OF FOOD/NUTRIENTS (reduced) Carry or wear any variety of citrine, purple ray opal, or tangerine quartz.

ACALCULIA Place liddicoatite on your desk or in your workspace.

ACHILLES TENDON Hold **dumortierite**, faden quartz, gyrolite, hubnerite, or magnesite to the tendon.

ACIDOSIS (acidity excess) Carry or wear dolomite, green jasper, **peridot**, or tangerine quartz.

ACNE Carry or wear any of the following crystals, or keep a larger piece by your bed or anywhere you spend a lot of time: **amethyst**, amber, angel wing

or clear selenite, blue smithsonite, copal, dravite, jade, or white topaz. Hold the crystal to the worst spot each day. You can also make an elixir from amber or copal and apply it topically to the skin.

ADDICTION Carrying or wearing **amethyst**, black onyx, quantum quattro stone, caramel calcite, lithium quartz, **Sirius amethyst**, or **spodumene** can help. Kunzite is excellent for acute addictions, while blue barite, lepidolite, and Vera Cruz amethyst are particularly good for milder cases. Blue chalcedony helps those connected to childhood issues. **Blue chalcedony + brecciated jasper + lepidolite + peridot + topaz** can help alcoholics, as can pink smithsonite and zeolite. **Blue or white barite, Brandberg amethyst, elestial quartz**, and orthoclase can all speed a return to normality after the addiction is broken.

ALCOHOL (effects of) Carry or wear amethyst when consuming alcohol.

ALLERGIES Carry or wear black onyx, **bumble bee jasper**, cleavelandite, mother of pearl, muscovite, petrified wood, **shungite**, topaz, **turquoise**, or zircon. An elixir of peach aventurine or spirit quartz is good for skin allergies. For localized allergies, hold any of these crystals to the affected area. **Yellow quartz** helps alleviate food allergies. Chlorite and white moonstone are helpful for the immediate relief of the symptoms of allergic reactions.

ALZHEIMER'S DISEASE Carry or wear **alexandrite**, blue barite, cerussite, **grape chalcedony**, or orange selenite. Amber, Argentinian blue calcite, arsenopyrite, golden Lemurian quartz crystal, Himalayan diamond, K2 jasper, **lion skin stone**, nuummite, realgar, rhodochrosite, sieber agate, **silver moonstone**, and yellow quartz, or an elixir made with copal, are helpful aids to memory.

ANEMIA Carry or wear bloodstone, bornite, bronzite, citrine, **garnet**, goethite, green or yellow prehnite, hematite, hubnerite, meteorite, ruby, sphalerite, Tibetan citrine, or tiger iron 24/7.

ANGINA Carry or wear **amethyst**, bornite, bumble bee jasper, **diopase**, emerald, or **quartz crystal**. Place a large piece of amethyst next to your bed or desk, or wherever you spend most of your time.

ANKLES Swollen/aching: Hold **harlequin quartz** or pyroxene to the relevant ankle. **Weak:** Hold smoky quartz to the relevant ankle.

ANTISEPTIC Apply a topical elixir made with amber or copal. Emerald and malachite can also be held to the skin for minor cuts and grazes.

ANUS Discomfort in the nether regions may be caused by hemorrhoids, minor infections, or more serious inflammations, such as Crohn's disease. Place **citrine** (such as Tibetan), falcon's eye, or tiger's eye beneath a cushion or pillow on your seat.

APPENDICITIS Hold a citrine crystal (such as kundalini or Tibetan) to your skin at the site of pain.

APPETITE Manage hunger: Hold muscovite. **To decrease:** Hold blue or yellow apatite for two minutes before you eat anything, be it snack or a full meal. After that, eat if you still want to. You'll find that sometimes you don't, and over a couple of weeks or so your appetite will noticeably reduce. **To increase:** Work with carnelian.

ARTHRITIS (osteoarthritis) Hold crystals to the worst affected joint for at least 30 minutes each day. You may find that as one joint improves another will become worse. Each day, hold the crystals to the most painful area: axinite, azurite, blue john, blue lace agate, chalcantite, **chrysocolla + copper**, cuprite, **flint**, garnet, gold, grape chalcedony, indigo gabbro, lodestone, malachite, melanite, petrified wood, quantum quattro stone, rhodonite, scenic quartz, schorl, Tiffany stone, turquoise, or yellow apatite. Place gyrolite or green selenite on joint gently, as they are fragile. An amethyst elixir may also relieve chronic symptoms.

ASTHMA There appear to be two types of this condition. One is an allergic reaction, usually caused by pollen grains; the other may be genetic and is not made worse by pollen. Carry or wear **turquoise** for the former and **emerald** or **rose quartz** for the latter. Amber, amethyst, azurite/malachite, blue or brown banded aragonite, blue jade, blue john, carnelian, chrysocolla, cleavelandite, copal, K2 jasper, jade, malachite, morganite, orthoclase, and vanadinite are also helpful in alleviating the symptoms.

ATTENTION DEFICIENT DISORDERS (ADD/ADHD)

Harlequin quartz, lepidocrocite, stichtite, and yellow quartz can be helpful in treatment. Wear **charoite** and goshenite and keep them near your bed at night. Holding **blue calcite** or caramel calcite can help with immediate symptoms. Holding two orange calcite stones, one in each hand, can restore energy balance.

AUTISM Carry or wear **Argentinian blue calcite**, **charoite**, gold, **goshenite**, **sodalite**, or stichtite. Place under pillow or next to bed at night.

BACKACHE Either lie on your stomach with a piece of **garden quartz** or **selenite** on your spine or put it under your mattress at night. Carry blue or violet sapphire, fluorite, hematite, jasper, lapis lazuli, lingham, magnetite, snakeskin rock or turquoise with you. **Green aventurine**, **leopard jasper**, or topaz will help if pain is due to muscle damage. See *also* Lumbago.

BACTERIAL INFECTION Carry, wear, or hold to affected area amber, **amethyst**, copal, emerald, jade, kammererite, or nephrite. Additionally, work with specific crystals to relieve symptoms.

BALANCE (lack of physical) Amethyst, angelite, **auralite-23**, bloodstone, Boji stones (a pair), carnelian, diopside, **elestial quartz**, emerald, jade, **Lemurian quartz crystal**, lorenzenite, malachite, moldavite, moqui marbles, orange calcite, **quartz crystal**, ruby, rutilated quartz, sodalite, tiger's eye,

tourmaline, and yellow apatite can all help. Hold one of these while sitting quietly for 30 minutes each day until the condition desists.

BELL'S PALSY Hold garnet + green aventurine + zircon, moqui marbles, or petrified palm wood to the affected area for 5–10 minutes several times a day to help alleviate symptoms. Carry these with you all day and place under your pillow or next to the bed at night.

BITES *Insect:* Hold emerald, moonstone, or sulfur to the wound.

Venomous: Hold green or white **chalcedony** or sulfur to the wound.

BLADDER PROBLEMS Carry or wear **amber**, clear halite, **copal**, cuprite, green or yellow prehnite, jade, jasper, molybdenite, tourmaline, vanadinite, or yellow sapphire. You can also tape a small piece onto your skin. Ruby in kyanite, ruby and kyanite in fuchsite, and uvarovite are helpful in cases of infection. Keep a whole **abalone shell** next to your bed. ***Cystitis:*** Carry or wear jade or uvarovite and hold to areas of discomfort.

BLOOD Ankerite, cuprite, molybdenite, nuummite, pyrolusite, rose quartz, ruby in fuchsite, strawberry aventurine, tangerine quartz, white chalcedony, and yellow prehnite can all support the health of the blood. Carry or wear any combinations you are drawn to. ***Circulation/flow:*** Carry or wear amethyst, agate, azurite/malachite, bloodstone, blue or white coral, brookite, **bumble bee jasper**, chiastolite, chlorite, colemanite, copper, diopside, galena, **garnet**, gold, golden ray calcite, lepidolite, Libyan gold tektite, moonstone, **nuummite**, okenite, opal, opalized white agate, Picasso marble, piemontite, pyrite, rhodochrosite, **rose quartz**, ruby, ruby in fuchsite, scolecite, sphalerite, strawberry aventurine, tektite, turquoise, variscite, or white moonstone to improve circulation. ***Cleansing: Amethyst***, ankerite, copper, garnet, jade, ruby, tourmaline, and **yellow prehnite** can all help to remove pollutants from the blood and detoxify it after infection. Carry or wear one of these crystals over your heart. ***Clotting/bleeding:*** Hold benitoite, bloodstone, blue sapphire,

pyrolusite, ruby, **ruby in fuchsite**, or **shattuckite** to the site of minor wounds.

Clots: Hold amethyst or scolecite to the relevant area. **Disorders:** Violet sapphire can support the health of the blood. Carry or wear any combinations of the following crystals you are drawn to or place them by your bed: **almandine**, aquamarine, bloodstone, blue quartz, cavansite, chrysocolla, cinnabar, galena, gold, **hematite**, malachite, rose quartz, or tiger iron. **Hemoglobin disorders:** Carry or wear angelite or **bronzite**.

Hemorrhage: Hold **bloodstone**, ruby, or yellow sapphire to area.

Oxygenation: Carry or wear **hubnerite**, **scenic quartz**, or **strawberry aventurine**. **Pressure:** Carry or wear diopside, **diopase**, **peach aventurine**, or pietersite for fluctuations in pressure; garnet, **ruby**, **stichtite**, or tourmaline for low blood pressure; **blue aragonite**, blue jade, chrysocolla, emerald, green chrysoprase, jade, jadeite, kunzite, **sodalite**, or spodumene to help with high blood pressure. **Regeneration:** Carry or wear strawberry aventurine, **tangerine quartz**, or yellow prehnite. **Strength:** Carry or wear green jasper. **Sugar levels:** Carry or wear chrysocolla or nuummite. **Vessels:** Hold chrysotile serpentine, hausmannite, or moqui marbles to any damaged areas. **Bubble gum tourmaline** can speed the repair of blood vessels around the heart.

BOILS Hold **blue sapphire**, galena, or white topaz to the affected area, or drink elixir made from okenite, violet sapphire, or white topaz.

BONES Broken or fractured: Hold to injury or tape onto adjacent skin ammonite, axinite, blue lace agate, **cataclasite**, **chrysocolla + copper**, cradle of humankind stone, faden quartz, hematite, or lapis lazuli. Place creedite near the injury in bed, on a footstool, or wherever is appropriate. **Cancer:** Carry or wear calcite, **peridot**, titanium quartz, or zebra rock 24/7, and spend some time holding it to any areas of discomfort. **Disease:** Hold **ammonite** to affected areas. **Disorders:** Carry or wear, and hold to relevant areas, any of the following, and have a larger crystal where you spend a lot of

time: amethyst, ammonite, axinite, black rutilated quartz, blue john, brown banded aragonite, cradle of humankind stone, denim lapis, gyrolite, hausmannite, micelated quartz, moqui marbles, purple scapolite, scenic quartz, stibiconite. **General aches:** Hold amethyst, **magnetite**, or rose quartz to the affected areas. Drink a **scenic quartz** elixir or apply a brown banded aragonite elixir topically. **General health:** Work with amethyst, azurite/malachite, clear scapolite, dolomite, emerald, **fluorite**, garnet, howlite, jade, lapis lazuli, magnesite, magnetite, **petrified wood**, purple fluorite, pyrite, rhodonite, snowflake obsidian, white coral, or zircon. **Marrow disease and disorders:** Carry or wear bloodstone, chalcedony, erythrite, lapis lazuli, onyx, or purple fluorite. **Garnet** is associated with regenerating the blood, encouraging the production of more red blood cells. Carry or wear it. **Weakened:** To strengthen bones, work with gypsum or **septarian** elixir.

BOWEL INFECTION Hold lithium quartz or **ruby and kyanite in fuchsite** to areas of distension/discomfort.

BRAIN Injury: Hold aquamarine, cataclasite, chrome tremolite, epidote, indicolite, kyanite, liddicoatite, microcline, nummite, petrified palm wood, pyrite, ruby, scolecite, silver moonstone, stella beam calcite, tiger's eye, **verdelite**, or white chalcedony to the head. **Tumors:** Can be helped by holding **nummite** or **white chalcedony** to the head.

BREAST For non-cancerous lumps and fibrocystic breast disease, hold lorenzenite or okenite to required area.

BREATHING Problems: Carry or wear **turquoise** or gold. **To ease:** Wear a pendant or hold **blue aragonite**, blue john, chrysocolla, copal, lepidocrocite, or **turquoise**. Vanadinite can aid breath control.

BRONCHITIS Wear a pendant of blue aragonite, blue john, carnelian, chalcopyrite, **chrysocolla**, copal, jasper, nebula stone, pyrite, pyrolusite, rutile, tourmaline, or turquoise.

BRUISING Hold angelite, **fluorite**, gold, magnetite, pyrolusite, or rubellite to bruised areas.

BURNS For mild cases, hold **golden healer quartz** or **rose quartz** to the affected area. In severe cases, place the crystals near the area but not in contact with damaged tissue. Also, if the skin is unbroken, gently bathe the area in a golden Lemurian quartz crystal elixir. You can work with either golden healer quartz or golden Lemurian quartz crystal to activate the area for maximum healing benefit. **Sunburn:** Hold **falcon's eye + peridot**, golden healer quartz, rose quartz, or sphene to the affected area, or if this is painful, hold just above the skin for 5–20 minutes. Apply hematite elixir to your skin or drink Brazilianite elixir.

CALMING (physical) Hold orange calcite.

CANCER Carry or wear **amethyst + carnelian + citrine**, amethyst elestial crystal, azeztulite, bronzite, covellite, dolomite, **green jasper**, melanite, **peridot**, **petalite**, selenite, **sugilite**, tangerine quartz, or yellow sapphire. Hold to any areas of discomfort for as long as possible and as many times as needed each day. You can also tape crystals to relevant areas. Malachite can help with non-malignant tumors. Fluorite can help in the early stages of disease.

CARPAL TUNNEL SYNDROME Hold fuchsite, **Picasso marble**, ruby in fuchsite, or ruby and kyanite in fuchsite to the wrist for minimum of 30 minutes daily.

CARTILAGE PROBLEMS Hold benitoite, dalmatian stone, gyrolite, hubnerite, infinite, **larimar**, **molybdenite**, sunstone, or **Tiffany stone** to affected joint for a minimum of 30 minutes daily. For chronic cartilage pain, hold chevron amethyst to the joint as well.

CHEMOTHERAPY Carry or wear chalcopyrite, or keep chalcopyrite or uranophane on your bedside table to help with side effects of chemotherapy and radiotherapy.

CHICKEN POX Keep rosasite near and hold often.

CHILDBIRTH Black onyx, cuprite, and **white moonstone** can all ease the birthing process. Carry or wear continuously from four weeks before the baby is due and keep with you to hold during the birthing process. **Birth contractions:** Hold black onyx, cuprite, or **white moonstone** to belly to stimulate contractions.

CHILDREN Growth: Children should carry or wear **shungite** or tanzine aura quartz to promote healthy physical development. **With learning difficulties:** Keep stichtite around the child, in or under the bed and anywhere he/she spends a lot of time.

CHOLESTEROL High: Carry or wear strawberry aventurine. **Imbalance:** Carry or wear bowenite, chalcanthite, **chrysoberyl**, magnesite, or yellow fluorite.

CHROMOSOME DAMAGE Carry or wear cradle of humankind stone.

CHRONIC FATIGUE SYNDROME (CFS) Carry or wear brown banded aragonite, carnelian, chrome tremolite, **girasol quartz**, **Lemurian quartz crystal**, petalite, quartz crystal, **rhodochrosite + rhodonite + topaz**, or ruby in fuchsite 24/7.

CHRONIC PAIN RELIEF Carry or wear blue jade, **chevron amethyst**, and phillipsite 24/7 and hold to areas of pain.

COLIC Hold hessonite or nephrite to area of discomfort.

COLON PROBLEMS Carry or wear **agate**, clear halite, fulgurite, green fluorite, obsidian, or peridot. Hold to any areas of discomfort. **Colitis:** Carry or wear **agate + citrine + obsidian + peridot + tiger's eye** or green fluorite, and hold to affected areas until the discomfort eases.

COMMON COLD Carry or wear blue moss agate, **carnelian**, fluorite, green opal, hanksite, jamesonite, jet, leopard jasper, Navajo jasper, rose quartz, **topaz**, or yellow sapphire. Lithium quartz helps with cold symptoms.

CONNECTIVE TISSUE PROBLEMS Carry or wear **green prehnite**, infinite, or pink opal.

CONSTIPATION Leave **amber** or **copal** to stand in a glass of water for one hour and drink the resulting elixir. Hold Brazilian agate, lepidolite, moonstone, ruby and kyanite in fuchsite, **verdelite**, or white moonstone to the abdomen. For chronic conditions, carry or wear these.

CONVULSIONS Carry or wear **goethite** or magnesite 24/7 to reduce occurrences.

COOLING (hot climate) Carry or wear aquamarine, **cryolite**, brown banded aragonite, or purple ray opal and hold when affected.

COORDINATION Carry or wear gold or lavender amethyst and hold for a few minutes before attempting complicated tasks.

COUGH Carry or wear **erythrite**, **rose quartz**, or yellow sapphire for a shallow, irritating cough.

CROHN'S DISEASE Carry or wear **carnelian + chrysocolla + citrine + green aventurine + green moss agate + hawk's eye + peridot + tourmaline** or ruby in fuchsite 24/7. Hold to any areas of discomfort.

DEHYDRATION Hold blue moss agate, dragonstone, epidote, **green moss agate**, **Kambamba jasper**, **Libyan gold tektite**, muscovite, or titanium

quartz and keep crystals around you until well.

DIABETES Carry or wear chrysocolla, girasol quartz, **Lemurian quartz crystal**, muscovite, **nuummite**, opal, **quartz crystal + sodalite**, rainforest rhyolite, or serpentine 24/7.

DIARRHEA Carry or wear **green aventurine + hawk's eye**, diopase, or ruby and kyanite in fuchsite. Okenite is helpful in mild cases.

DIGESTION Carry, wear, or keep near you black obsidian, black opal, Brandberg amethyst, brown banded aragonite, bubble gum tourmaline, bumble bee jasper, carnelian, chrysocolla, **citrine**, cuprite, flint, gold, green moss agate, labradorite, lapis lazuli, lepidolite, liddicoatite, opal, orbicular jasper, pearl, peridot, Picasso marble, pietersite, pink smithsonite, purple ray opal, purple thulite, pyrite, quantum quattro stone, steatite, tiger's eye, tourmaline, white coral, yellow danburite, yellow jasper, or yellow quartz.

Disorders: Citrine, goethite, purple ray opal, rubellite, **Tibetan citrine**, and tiger's eye are helpful in the treatment of any and all affected or diseased areas. Carry or wear these or hold them to any area required or place them by your bed for all digestive disorders. **Improve peristalsis:** Carry or wear **hawk's eye**, ruby and kyanite in fuchsite, or turritella agate.

DISCOMFORT Move a **quartz crystal** point (such as Lemurian quartz or Himalayan quartz) clockwise over the affected area until the discomfort has gone. Hold **sugilite** in your hand, tape **snakeskin agate** to the area of discomfort, or place realgar in front of you on a table, and focus your mind on the area of discomfort.

DIZZINESS Hold **denim lapis**, diopase, or **lapis lazuli** until symptoms stop.

DYSLEXIA Carry or wear clear or purple scapolite, gold, schorl, or **sugilite**.

EAR Ache: Slowly move a **quartz crystal** point in small clockwise circles near the ear opening until discomfort stops. Hold black amethyst to the ear.

Disorders: Hold blue apatite, blue fluorite, blue quartz, nuummite, petrified palm wood, stella beam calcite, or white chalcedony to ear. Move **quartz**

crystal point in clockwise circular motion over ear. **Eustachian tube:** For blockages, caused by colds, sinus problems, and altitude changes, hold **denim lapis, lapis lazuli**, or petrified palm wood behind the ear for 10 minutes.

Repeat as often as required. **Infection:** Slowly move a Lemurian quartz crystal or quartz crystal point in small anticlockwise circles near the ear opening for 2–5 minutes. Repeat at least twice daily and place the crystal under your

pillow or on a bedside table at night. Hold petrified palm wood to your ear for a similar length of time and also place under pillow. **Inner ear infection:**

Hold **elestial quartz crystal, lorenzenite**, moqui marbles, or petrified palm

wood against ear. **Ménière's disease:** Hold diopase or elestial quartz to the ear for 30 minutes or for as long as it is bearable. Repeat as often as possible, at least daily. See *also* Hearing.

EATING DISORDERS Hold **blue apatite**, carnelian, **fluorite**, Sirius amethyst, or stichtite for one hour before eating. Keep them on the table while you eat. Over a few weeks your eating pattern will begin to return to normal. **Anorexia:** Carry or wear carnelian or **fluorite**. Meditate with stichtite or **fluorite** daily and hold a piece of blue apatite before meals. **Bulimia:** Carry or wear fluorite or stichtite and hold for one hour before meals.

ENDOCRINE SYSTEM Place amber, amethyst, **blue quartz**, blue sapphire, green quartz, tanzine aura quartz, or **Vera Cruz amethyst** on your bedside table at night. **Glands:** Hold **amethyst**, golden ray calcite, golden rod calcite, or pietersite to relevant area and keep near you or carry or wear during the day.

ENDURANCE (physical) Carry or wear **black onyx**, clear halite, **Kambamba stone**, magnetite, meteorite, scepter quartz crystal, septarian,

sodalite, or **stibnite**. Zebra rock can be placed in training areas for athletes.

ENERGY Place olivine on basalt where you're working or training to boost all kinds of energy. **Blocks (causing physical dis-ease):** Place boji stone, **kyanite**, mahogany obsidian, or rhodolite on the area of the body where you feel the block is for 30–60 minutes. Carry the crystal with you and repeat daily. You can also carry or wear chalcopyrite, **golden healer quartz**, **kundalini citrine**, **kunzite**, or spodumene, and hold to the energy block if you know where it is. Fuchsite, rhodolite, serpentine, and **wavellite** can also increase energy flow. **Excess:** Hold double terminated quartz crystals, fluorite, orange calcite, or **red calcite**, or for longer-term relief carry or wear them. **Physical:** Carry or wear and keep in your environment almandine, bornite, bumble bee jasper, **carnelian**, citrine, diamond, gold, golden ray calcite, harlequin quartz, Lemurian quartz crystal, orange mist aura quartz, quartz crystal, ruby, rutilated quartz, smoky quartz, spinel, sulfur, suntone, tangerine quartz, topaz, or yellow jasper. Realgar can also help in a work environment.

EPILEPSY Carry or wear **malachite + sugilite** 24/7. Also try bornite, gold, jet, and selenite.

ESOPHAGUS Carry or wear citrine, fulgurite, **indicolite**, lorenzenite, stibnite, or tiger's eye; hold to any painful area.

EXHAUSTION Hold brown aragonite, **copper**, tanzanite, vanadinite, or yellow quartz; carry or wear for chronic symptoms.

EYE PROBLEMS All the following crystals can aid the eyes: abalone shell, almandine, aquamarine, blue apatite, blue moss agate, blue quartz, cavansite, celestite, charoite, chevron amethyst, clear fluorite, clear scapolite, covellite, eudialyte, **fire agate**, gold, green moss agate, indicolite, **jade**, labradorite, lepidocrocite, moonstone, opal, petrified palm wood, pyrolusite, **scenic quartz**, sphalerite, stella beam calcite, **tanzanite**, ulexite, and verdelite. Place them on eyelids for 15–30 minutes and repeat until symptoms desist. Bathe

eyes in an elixir drawn from an abalone shell. **Astigmatism:** Place blue apatite, lepidocrocite, nuummite, opalized white agate, peridot, purple ray opal, purple scapolite, **scenic quartz**, or Tibetan citrine on eyelid. **Cataracts:** Bathe eye in abalone shell elixir or hold clear scapolite or turquoise to the closed eye for at least 5–10 minutes. **Eyelid disorders:** Hold petalite to the eyelid. **Glaucoma:** Place clear scapolite on eyelid for short periods, but repeat often. **Hemeralopia (inability to see clearly in bright light):** Keep abalone shell near you. Gently bathe eyelids in water from the shell for five minutes or so first thing in the morning. **Infection of iris:** Place purple scapolite on eyelid for 5–10 minutes. Repeat as needed. **Near-sightedness:** Carry or wear peridot and place on eyelids for 20–30 minutes daily. **Nocturnal vision:** Carry or wear fire agate or **tiger's eye** at night. Place on eyelids for 5–10 minutes just before it gets dark. **Sight:** Hold agate, apophyllite, aquamarine, blue or white barite, black opal, blue lace agate, boulder opal, citrine, clear fluorite, crazy lace agate, diamond, emerald, **fire agate**, **fire opal**, malachite, opal, scenic quartz, or Tibetan citrine to eyelids. Bathe eyes in snowflake obsidian elixir. Place chrysotile serpentine or petrified palm wood on a table at a comfortable distance and focus your eyes on it regularly during the day. **Styes:** Hold gold to stye. **Strain:** Place auralite-23 or fire agate + green aventurine on eyelids. **Tired:** Bathe the eyes in **blue lace agate** elixir or place rutile on the eyelids.

FATIGUE (long-term) Carry or wear benitoite, blue opal, **gray banded agate**, infinite, turritella agate, or **yellow quartz**. Carry any of these with you, especially when driving through the night.

FEET Hold axinite, **harlequin quartz**, **larimar**, microcline, pyroxene, onyx, or smoky quartz to affected areas. Lava stone or sunstone relieves aching feet. **Bunions:** Hold brown aragonite, **lava stone**, or yellow apatite to the area. **Corns:** Soak feet in warmed lava stone or marcasite elixir.

FERTILITY Women: Any of the following may help in different circumstances. Carry or wear black opal, bowenite, brecciated jasper, bubble gum tourmaline, chrysanthemum stone, cinnabar, colemanite, columbite, **cuprite**, emerald, **goddess stone**, golden feldspar, green or lemon chrysoprase, gypsum, hanksite, honey calcite, jade, lepidocrocite, Libyan gold tektite, lingham, **moonstone**, pearl, purple ray opal, **rose quartz**, ruby and kyanite in fuchsite, silver moonstone, spirit quartz, strawberry aventurine, tangerine quartz, tanzine aura quartz, tektite, unakite, or **white moonstone**, and hold to belly for at least 10 minutes each evening. Place selenite next to your bed. Try meditating with **abalone shell**, grossularite, or realgar. **Men:** Keep a scepter quartz crystal in your trouser pocket.

FEVER Hold or place next to bed **aquamarine**, bismuth, blue scheelite, bornite, Brazilianite, brown banded aragonite, chalcopyrite, **cryolite**, green opal, iolite, jamesonite, Libyan gold tektite, magnesite, okenite, opal, pietersite, purple ray opal, pyrite, ruby, ruby and kyanite in fuchsite, sphene, staurolite, tektite, or titanium quartz. Drink hematite elixir.

FIBROIDS Hold green aventurine + jade + sulfur to the area of the womb daily for 30 minutes. Carry or wear **brecciated jasper**, chrysanthemum stone, **cuprite**, or ruby.

FIBROMYALGIA Carry or wear **abalone shell + amethyst + rutilated quartz + selenite**, brown banded aragonite, or **ruby in fuchsite** and hold to any areas of discomfort.

FIBROSITIS Place **green aventurine** or selenite under your mattress at night.

FIBROUS TISSUE GROWTHS Hold sulfur to affected area.

FLU Carry or wear fluorite, green opal, hanksite, **jasper**, lithium quartz, Navajo jasper, rose quartz, or **turquoise**. Hold green moss agate or leopard

jasper or meditate with jamesonite to relieve symptoms.

FLUIDS (body) **Imbalance:** Carry or wear **molybdenite** or stromatolite.

Retention: Carry or wear **aquamarine**, blue lace agate, lingham, molybdenite, or **orange selenite** and hold to areas of swelling.

FOOD POISONING (prevention) Carry or wear citrine or ruby and kyanite in fuchsite when eating out.

FREE RADICALS (combating) Carry or wear selenite or tangerine quartz, or place chalcantite where you spend most of your time.

FROZEN SHOULDER Hold azurite/malachite or liddicoatite in the hand of the affected shoulder.

GALL BLADDER (pain) Carry or wear azurite/malachite, carnelian, **citrine**, clear or pink danburite, golden ray calcite, herderite, imperial topaz, jade, jasper, **peridot**, steatite, **tsilasite**, or **yellow sapphire**.

GASTROENTERITIS Place agate, citrine, obsidian, opalized white agate peridot, tiger's eye, or topaz near bed and hold to areas of discomfort as required.

GENETIC DISEASES Carry or wear **cradle of humankind stone** or moqui marbles; hold or tape to appropriate areas. **DNA/RNA:** Ametrine, bowenite, chalcopyrite, herkimer diamond, and leopard skin rhyolite all stimulate replication which is required for healing and growth.

GLANDS Adrenal: Hold a piece of **sugilite** for at least 30 minutes each day. Dolomite, nephrite, rose quartz, and schorl, or a green aventurine elixir, may also be helpful. **Glandular fever:** See Mononucleosis. **Goitre:** Hold zeolite to the front of the neck for a minimum of 20–30 minutes daily. Repeat as often as desired. **Pineal:** Lie down and place amethyst, blue coral, cataclasite, opal, pietersite, **sugilite**, or zircon on your brow or third eye for

30 minutes daily. **Pituitary:** Hold or place amethyst, **blue coral**, blue sapphire, green aventurine, malachite, moonstone, opal, pietersite, **sugilite**, or zircon on the back of the neck near the top. **Swollen:** Carry or wear aquamarine + blue sapphire, blue halite, denim lapis, **green quartz**, scenic quartz, or **violet sapphire**. **Thymus (over/under active):** Place angelite, chevron amethyst, citrine, indicolite, lapis lazuli, peach aventurine, Tibetan citrine, or **verdelite** on thymus (top of the chest) for 20–30 minutes daily. **Thyroid (over/under active):** Carry or wear aquamarine, carnelian, chrysocolla, citrine, dragonstone, epidote, golden feldspar, **indicolite**, lapis lazuli, mookaite, orange halite, or Tibetan citrine and hold to the throat when needed. For underactive thyroid, carry or wear **garnet**.

GOUT Hold bornite or green prehnite to affected joints.

GUT HEALTH (increasing microbiota) These are good bacteria in the gut that may have many varied health benefits. Carry, or wear chlorite or steatite, or place by your bed or on your dining or kitchen table.

HAIR Healthy: Carry or wear **brown aragonite**, **blue opal**, **dragonstone**, green zincite, hanksite, hausmannite, larimar, magnetite, petrified wood, or silver moonstone. Massage a jade or moonstone elixir into the scalp.

Chalcopyrite promotes hair growth. **Loss (alopecia):** Hold petalite to affected areas, or carry or wear blue opal, brown aragonite, galena, girasol quartz, golden or **clear selenite**, grape chalcedony, purple ray opal, or sandstone.

HANDS (dexterity) Hold **bumble bee jasper**, lemon chrysoprase, or **microcline** each day for 20–30 minutes.

HAY FEVER Carry or wear petrified wood or **turquoise**. Carnelian can help with symptoms.

HEADACHES Can have many causes and therefore many remedies. Try holding **amethyst**, auralite-23, black amethyst, denim lapis, elestial quartz,

Himalayan diamond, infinite, olivine on basalt, peach aventurine, scenic quartz, sugilite, tanzine aura quartz, or Vera Cruz amethyst to the area of pain. Double terminated quartz crystal placed on the crown chakra can also help alleviate headaches. **Chronic pain relief:** Try chevron amethyst.

Exacerbated by stress: K2 jasper or stichtite are good. **Mild and recurring:** Opt for lavender amethyst. **Unexplained:** Hold petrified palm wood to areas of concern.

HEARING Long-term difficulties: Carry or wear amethyst, blue apatite, celestite, lapis lazuli, **Lemurian quartz crystal**, moqui marbles, **quartz crystal**, or Vera Cruz amethyst. Hold petrified palm wood to your ear for 5–10 minutes. Repeat several times during the day. **Temporary loss:** Carry or wear **denim lapis** or quartz crystal and meditate with it daily. **Tinnitus:** Move a **quartz crystal** point slowly in a clockwise direction pointing into the ear until symptoms improve. Repeat every time symptoms appear, and the frequency of events will slowly reduce. Also carry or wear elestial quartz, Lemurian quartz crystal, nuummite, quartz crystal, or tanzine aura quartz, and place under your pillow or on a bedside table at night.

HEART General health: Many crystals can assist the heart in different ways. Carry, wear, or hold the crystal. Lie down and place it on the center of your chest for at least 20–30 minutes. Repeat as often as needed. Try any of the following: adamite, almandine, amazonite, amber, amegreen, amethyst, anyolite, azurite/malachite, bloodstone, blue sapphire, bowenite, bubble gum tourmaline, bumble bee jasper, charoite, citrine, colemanite, copal, crazy lace agate, diopside, diopside, elbaite, emerald, fuchsite, garnet, gold, golden Lemurian quartz crystal, green or lemon chrysoprase, green aventurine, green selenite, green zoisite, Inca jade, infinite, jade, kunzite, Lemurian black jade, lepidocrocite, lepidolite, **malachite**, peridot, piemontite, pink opal, quartz crystal, rhodochrosite, rhodolite, rhodonite, rose quartz, rubellite, ruby, ruby in kyanite, schorl, spodumene, stichtite, Tibetan citrine, unakite,

uvarovite, verdelite, watermelon tourmaline, or yellow prehnite. Drink a Brazilian agate elixir daily. **Heart block, congenital:** Place **ruby in fuchsite** above or below cot (out of the baby's reach). **Heart conditions:** Carry or wear chrome tremolite or keep it in or by your bed. **Heart rate:** Carry or wear blue aragonite. **Irregular heartbeat:** Carry or wear creedite. Lie down and place the crystal on your chest for 20–30 minutes daily. You can also hold zebra rock.

HEAT EXHAUSTION Sit quietly, hold brazilianite or petrified palm wood, and drink lots of water. (If you have heatstroke/sunstroke, which is more serious, seek immediate medical attention.)

HEPTATITIS Carry or wear silver.

HERNIA Hold or place green aventurine, **lapis lazuli**, mookaite, rosasite, or stichtite on the area for 30 minutes daily.

HIP Hold or tape bloodstone, caramel calcite, chrysocolla, fluorite, **nebular stone**, or pyroxene to point of discomfort.

HORMONES (imbalance) **Both sexes:** Carry or wear amber, **amethyst**, blue or **violet sapphire**, copal, gold, golden feldspar, green quartz, imperial topaz, kunzite, spodumene, or tanzine aura quartz. Cassiterite, elbaite, and lepidocrocite can help to balance hormone levels. **Female:** Carry or wear amethyst or white moonstone.

HYPOGLYCEMIA Carry or wear hubnerite, pink opal, or **rainforest rhyolite**, or place serpentine next to bed.

HYPOTHERMIA Hold brown banded aragonite, **cryolite**, **gold**, green opal, magnesite, pietersite, or **purple ray opal**.

IRRITABLE BOWEL SYNDROME (IBS) Carry, wear, and hold to areas of discomfort agate, brown banded aragonite, **citrine + diopase +**

green moss agate + obsidian + peridot + hawk's eye, opalized white agate, or quantum quattro stone.

IMMUNE SYSTEM (support) Many crystals can support the immune system in different circumstances. Carry or wear any of these crystals and place them around your home and workplace: aegerine, black rutilated quartz, blue moss agate, blue quartz, blue smithsonite, Brandberg amethyst, cataclasite, chevron amethyst, chrome tremolite, creedite, denim lapis, dragonstone, golden feldspar, golden healer quartz, golden Lemurian quartz crystal, green selenite, Inca jade, indigo gabbro, Lemurian black jade, moqui marbles, purple ray opal, quantum quattro stone, ruby, ruby in fuchsite, ruby in kyanite, scenic quartz, Sirius amethyst, and Vera Cruz amethyst. Place green moss agate next to your bed at night.

IMMUNODEFICIENCY DISORDERS Carry or wear **amethyst**, emerald, green opal, **howlite**, jade, lapis lazuli, malachite, nephrite, picture jasper, pink smithsonite, ruby, rutilated quartz, schalenblende, sphene, or verdelite.

INCONTINENCE Carry or wear clear or purple scapolite.

INDIGESTION Hold **citrine**, green aventurine + hawk's eye, green jasper, peridot, purple thulite, or yellow sapphire to area of discomfort. **Acid indigestion:** Hold bornite, dolomite, **green jasper**, **peridot**, purple thulite, or tangerine quartz to your chest just above the area of discomfort. As the discomfort reduces, lower the crystal until the discomfort has gone. Carry or wear green jasper or peridot to reduce or prevent recurrence. **Belching:** Carry or wear beryl, **green zoisite**, opalized white agate, or pink or **purple thulite**. **Flatulence:** Carry or wear green zoisite, hessonite, pink or purple thulite, **tiger's eye**, or yellow sapphire. **Wind pains:** Hold agate, chlorite, **citrine**, green zoisite, jasper (such as leopard), obsidian, opalized white agate,

pink or purple thulite, tiger's eye, turquoise, turritella agate, or variscite to area of discomfort. In chronic cases, carry or wear these crystals.

INFECTION Diseases: Keep angelite or **chevron amethyst** near your bed. Carry or wear chrysoberyl. Golden ray calcite can be effective at the start of infections and fluorite can be helpful for severe infections. **Prevention:** Carry or wear green calcite. **Wounds:** Carry or wear **amethyst**, blue or violet sapphire, blue scheelite, carnelian, **copal**, copper, emerald, green calcite, indigo gabbro, jade, kammererite, opal, petrified wood, petrified palm wood, pyrite, ruby in kyanite, Sirius amethyst, or **sulfur**. Hold to the site of external infections for 30 minutes and repeat every few hours.

INFLAMMATION Hold brown banded aragonite, chalcopyrite, emerald, erythrite, galena, indigo gabbro, malachite, peach aventurine, pyrite, scenic quartz, or tanzine aura quartz to the site of swelling.

INSECT REPELLENT Apply an elixir of angelite to the skin.

INSOMNIA Hold **malachite** for one hour before you want to go to sleep. Do all your normal ablutions and keep holding the crystal when you go to bed. Your sleep pattern will improve the first night and should return to normal over two weeks. Larvakite, muscovite, and strawberry quartz also enhance restful sleep. Carrying or wearing amethyst, amphibole in quartz, cerussite, denim lapis, hematite, lapis lazuli, manganoan calcite, muscovite, nummite, Preseli blue stone, ruby in fuchsite, scolecite, sodalite, stella beam calcite, tanzine aura quartz, or zircon in the evening can also help. Place **scenic quartz** or Vera Cruz amethyst by your bed.

INTESTINAL DISORDERS Carry or wear chevron amethyst, citrine, clear halite, dravite, fulgurite, green fluorite, green jasper, obsidian, opalized white agate, peridot, purple thulite, ruby and kyanite in fuchsite, tangerine quartz, or tiger's eye. Hold crystals to areas of discomfort. **Diverticulitis:**

Carry or wear idocrase or tiger's eye. Hold to the area of discomfort as often and as long as needed.

JAUNDICE Carry or wear aquamarine, carnelian, **citrine**, emerald, jasper, leopard jasper, **Tibetan citrine**, or yellow sapphire.

JAW Ache: Hold arsenopyrite to the affected area for 20–30 minutes. Repeat as required. **Frozen:** Hold fluorite to the affected area for 20–30 minutes.

JET LAG Carry hematite + turquoise on air journeys.

JOINTS *Damaged/injured:* Hold ammonite, axinite, benitoite, **black rutilated quartz**, blue john, brown banded aragonite, garden quartz, gyrolite, infinite, molybdenite, **orange selenite**, scenic quartz, or Tiffany stone to affected joint. **Degenerative disease:** Hold cleavelandite to joints for 20–30 minutes daily. **Flexibility:** Carry or wear **azurite/malachite**, hubnerite, petalite, polychrome jasper, septarian, or **silver leaf jasper** and hold to relevant joints. **Pain relief:** Carry, wear, or tape quantum quattro stone to the painful joint. Hold copper to inflamed joints for 30-minute sessions as and when required. See *also* Arthritis.

KIDNEYS (disease/dysfunction) Carry or wear the following crystals, and place larger ones around your home and workplace: abalone shell, amber, ankerite, aquamarine, bloodstone, blue or clear halite, bornite, calcite, **carnelian**, chrysoberyl, citrine, copal, cuprite, emerald, golden rod calcite, green prehnite, jade, jasper, molybdenite, nuummite, opal, rhodochrosite, rose quartz, ruby in kyanite, ruby and kyanite in fuchsite, Tibetan citrine, Tiffany stone, tsilasite, uvarovite, or yellow aventurine. **Stones:** Hold flint to the kidney area for 30 minutes daily.

KNEE (injury or stiffness) Hold **apache tear**, harlequin quartz, **petrified palm wood**, pyroxene, or smoky quartz to knee.

LACTOSE INTOLERANCE Carry or wear spessartine.

LEGS (aches/disease/injury) Hold axinite, **goshenite**, **harlequin quartz**, pyroxene, or smoky quartz to the affected area. Also place in bottom of bed at night.

LETHARGY Carry or wear brookite, carnelian, **copper**, **green zoisite**, peridot, polychrome jasper, or white coral. Hold when feeling particularly tired. Alternatively hold two orange calcite stones, one in each hand, to restore energy balance.

LEUKEMIA Carry or wear alexandrite, bloodstone, chrysocolla, **peridot**, or uvarovite.

LIGAMENTS Hold ammonite, axinite, **black rutilated quartz**, **dumortierite**, **faden quartz**, gyrolite, hubnerite, magnesite, stilbite, or Tiffany stone, to injured ligament.

LIGHT SENSITIVITY Carry or wear petrified palm wood or rhodonite. Angel wing or clear selenite can help with light-sensitive skin symptoms.

LIVER (diseases/overworked) Carry or wear almandine, amethyst, ankerite, aquamarine, azurite/malachite, bloodstone, blue coral, carnelian, chevron amethyst, chrysoberyl, citrine, clear halite, creedite, **emerald**, flint, golden ray calcite, green jasper, heliodor, imperial topaz, iolite, jasper, peridot, clear or **pink danburite**, ruby and kyanite in fuchsite, scenic quartz, steatite, Tibetan citrine, Tiffany stone, tsilasite, white calcite, yellow fluorite, or yellow sapphire. Hold to liver to relieve discomfort. **Sclerosis:** Carry or wear charoite all the time.

LONGEVITY Carry or wear angel wing or clear selenite, **Himalayan diamond**, **jade**, petrified wood, or ruby.

LUMBAGO Tape fluorite or harlequin quartz to lower back at center of discomfort.

LUNG Diseases: Wear a pendant or carry adamite, blue aragonite, blue jade, blue john, carnelian, chalcopyrite, chevron amethyst, chrysocolla, diopside, diopside, elbaite, flint, garnet, green/peach aventurine, green zoisite, hiddenite, indicolite, kunzite, larvakite, lepidocrocite, morganite, opal, orthoclase, peridot, pink opal, pyrite, rhodolite, rubellite, ruby in kyanite, scenic quartz, scolecite, spodumene, topaz, turquoise, vanadinite, uvarovite, watermelon tourmaline, or yellow sapphire. Choose peanut wood for fungal infection. **Empysema:** Carry, wear, or tape to chest blue john, chrysocolla, copal, fire opal, **labradorite**, morganite, or rhodonite. **Reduced capacity:** Carry or wear a chrysocolla pendant.

LYMPHATIC SYSTEM PROBLEMS Carry or wear ankerite, aquamarine, colemanite, opalized white agate, ruby in kyanite, or yellow prehnite. **Lymph disorders:** Carry or wear agate, hessonite, jade, molybdenite, nuummite, sodalite, **tourmaline**, or white calcite.

MALAISE (general) Carry, wear, or keep around you Lemurian quartz crystal or quartz crystal.

MALARIA Carry or wear **iolite** or staurolite.

ME (MYALGIC ENCEPHALITIS) See CFS.

MEASLES Keep rosasite near and hold often.

MELANOMA Keep chlorite or **gold** near you. Hold crystal to affected area for 30 minutes daily. Place septarian in any area where you spend a lot of time.

MENINGITIS Place an amethyst cluster next to your bed.

MENOPAUSE Carry or wear carnelian, cuprite, garnet, lingham, moonstone, ruby, or ruby in fuchsite 24/7. Hold indigo gabbro when symptoms are active.

MENSTRUAL CYCLE *Menorrhagia (heavy menstrual bleeding):* Carry, wear, or hold goethite until bleeding subsides. *Endometriosis:* Carry, wear, or hold jade to areas of pain or discomfort. *Pains and cramps:* Carry or wear chrysocolla, indigo gabbro, jade, kunzite, spodumene, or white moonstone and hold to area of discomfort until pain subsides. Carrying or wearing crystals 24/7 for three months plus will help to reduce the onset of pain. *Regulating:* Carry or wear blue scheelite, clear or orange selenite, jade, moonstone, rose quartz, ruby, or spodumene 24/7 for three complete cycles.

METABOLISM *To boost:* Carry, wear, or place around you copper, cuprite, Himalayan diamond, pietersite, sodalite, strawberry aventurine, or tanzine aura quartz. *To decrease:* Carry or wear blue opal, blue quartz, chrysocolla, diamond, nephrite, Picasso marble, or pyrolusite.

MIGRAINE Hold the darkest purple amethyst or black amethyst as close as you can to the site of pain until relieved. Carry the same crystal with you 24/7 to reduce frequency of attacks; or carry or wear peach aventurine and place olivine on basalt by your bed and in your workplace or any other area where migraine attacks are triggered.

MINERAL DEFICIENCIES *Calcium:* Carry or wear calcite (in particular yellow) chlorite, garnet, septarian, sodalite, stilbite, or thulite. *General:* Carry or wear gold or jasper. *Iodine:* Keep blue halite with you, especially at meal times and for one hour after each meal. Carry or wear garnet. *Iron:* Carry or wear bloodstone, bronzite, chlorite, tangerine quartz, or vanadinite. (Blue opal is helpful in cases where too much iron is present.)

Magnesium: Carry or wear chlorite, garnet, or **serpentine**. **Zinc:** Carry or wear galena.

MONONUCLEOSIS Carry or wear blue or violet sapphire or muscovite, or place next to bed.

MOUTH Diseases/disorders in and around: Hold a washed citrine, ruby in kyanite, or Tibetan citrine tumble polished stone in the mouth for five minutes or so several times a day; or carry arsenopyrite, **covellite**, petrified palm wood, or **stella beam calcite** and hold in hand while focusing your mind on the mouth. **Gum discomfort/disease:** Gently hold fluorite, petrified palm wood, pyromorphite, stichtite, white coral, or zebra rock to affected areas. Place next to bed at night.

MUCOUS MEMBRANE CONDITIONS Carry or wear **blue coral**, blue fluorite, or petrified palm wood. Hold close to affected area as required.

MULTIPLE SCLEROSIS (MS) Carry or wear gold, green aventurine, hematite, **jade**, jasper, **Lemurian quartz crystal**, leopard jasper, quartz crystal, or titanium quartz. Hold to areas of discomfort and work with other crystals to relieve specific symptoms.

MUSCLES Carry or wear axinite, benitoite, bismuth, chrysocolla, ferberite, fuchsite, **green or peach aventurine**, gyrolite, hubnerite, infinite, jade, kyanite, lavender amethyst, ruby and kyanite in fuchsite, silver leaf jasper, Tiffany stone, tiger iron, turquoise, or zircon. Hold to injuries or areas of discomfort. Yellow aventurine will help with problems associated with the core. A septarian elixir can also help. **Aching:** Hold auralite-23 or green/peach aventurine to the aching muscle for at least 30 minutes. Charoite, polychrome jasper, and rose quartz can also help, or try a brown or brown banded aragonite elixir. If the symptoms persist, place a piece of lodestone or phillipsite near the muscle overnight. **Cramps:** Carry or wear **auralite-23**, blue jade, dalmatian stone, green aventurine, **hematite**, infinite, jadeite, jasper, lepidolite, **lodestone**, or

stibiconite, or hold to affected muscles. Chrysocola can be effective for arm or leg cramps. **Spasms:** Hold apache tear to affected muscle. Place zebra rock at the foot of your bed. For persistent conditions, carry or wear apache tear. **Sprain/strain:** Hold Brazilian agate, dalmatian stone, or **sphene** to affected muscle. **Stiffness:** Hold **clear danburite**, petalite, or stibnite to affected muscle. For persistent conditions, carry or wear **petalite**. **Tone:** Drink rhyolite elixir each morning. **Torn:** Hold or tape rainforest rhyolite to source of discomfort. Alternatively, hold creedite, lapis lazuli, or malachite to damaged muscle for 20–30 minutes. Repeat often during the day.

NAILS For stronger nails and to combat unhealthy nails, hold dragonstone to them for 20–30 minutes daily. **Diseases/disorders:** Hold blue lace agate, **dolomite**, or sandstone to nails for 20–30 minutes daily. **Ingrown toe nail:** Hold or tape lava stone to nail for 20–30 minutes daily.

NAUSEA Hold blue or violet sapphire, **citrine**, diopase, green fluorite, obsidian, orange selenite, olivine on basalt, **Tibetan citrine**, or tiger's eye until feeling desists. Place **double terminated quartz crystal** on the solar plexus. Consider emotional as well as physical causes. See *also* Travel sickness.

NERVE PROBLEMS Carry or wear **amethyst**, bumble bee jasper, chevron amethyst, golden rod calcite, or leopard jasper; hold to affected areas. **Activating/stimulating:** Hold rutilated quartz to affected areas. For general stimulation, hold two crystals, one in each hand. **Connecting to senses:** If any one of your five senses seems deficient, hold **kammererite**, **purple chalcedony**, or **stella beam calcite** to the area concerned; and hold one of these to restore your sense of environment. **Damage:** Carry or wear alexandrite or creedite and hold to affected area for at least 30 minutes daily. **Erratic nerve impulses:** Carry or wear chevron amethyst and hold to affected areas. **Nervous system (disorders)** Carry or wear **amazonite**, amethyst, aquamarine, azurite, beryl, black rutilated quartz, **Brandberg amethyst**, brown banded aragonite, **chevron amethyst**, diopase, epidote,

gold, green aventurine, pink banded agate, ruby and kyanite in fuchsite, **sphalerite**, **super seven**, tourmalinated quartz, or variscite. For central nervous system (CNS) disorders, carry or wear dragonstone, fire opal, or **nummite** 24/7. **Neuralgia**: Carry or wear **aquamarine + green aventurine + rutilated quartz** or carnelian. Hold to painful areas until pain eases.

Neurological pathways (resetting) Carry or wear Brandberg amethyst or chevron amethyst and hold to specific areas as required. **Neuropathic pain (burning or shooting pain)** Carry or wear **chevron amethyst**, kammererite, or phillipsite and hold to painful areas until pain eases. **Trapped/pinched**: Carry or wear blue lace agate, jasper, or lepidolite and hold to affected areas.

NOSE (disorders) Hold blue apatite, blue quartz, lorenzenite, petrified palm wood, ruby in kyanite, or **stella beam calcite** to nose. For long-term conditions, carry or wear these. **Nasal passage**: Hold **lorenzenite** or petrified palm wood to nose. **Nose bleed**: Hold **bloodstone**, magnetite, or ruby in kyanite to nose until bleeding stops. **Rhinitis**: Hold blue fluorite to your nose for 2–5 minutes and repeat every hour until symptoms stop. **Sense of smell, lack of**: Carry or wear blue apatite, jasper, **idocrase**, white chalcedony, or white coral.

OBESITY See Appetite (excessive). Also, carry or wear black onyx, **blue apatite**, cassiterite, cinnabar, citrine, **Lemurian quartz crystal**, or **white chalcedony + quartz crystal** 24/7. Place a quartz crystal cluster next to the bed at night. Sit quietly and hold your crystals, focusing your thoughts on them, for at least 30 minutes daily. Also look at crystals in the emotional section of this book to see if any resonate with underlying causes.

OLD AGE (degeneration) Carry blue sapphire or **cradle of humankind stone** and hold it when you feel “old.” Carry or wear Himalayan diamond, sodalite, silver moonstone, or violet sapphire. See *also* Youthful appearance.

OSTEOPOROSIS Carry or wear ammonite, cavansite, orange selenite, pink smithsonite, or zebra rock. Hold to painful areas for 30 minutes each.

PANCREAS (disease/disorders) Carry or wear agate, alexandrite, almandine, beryl, blue lace agate, calcite, carnelian, cassiterite, chevron amethyst, chrysoberyl, **chrysocolla**, green zoisite, heliodor, herderite, malachite, opalized white agate, peridot, purple ray opal, rubellite, yellow calcite, or yellow sapphire and hold to area of discomfort.

PARASITES *External:* Place serpentine in rooms and carry a piece with you. *Intestinal:* Hold scolecite to areas of identified infestation.

PARKINSON'S DISEASE Carry or wear alexandrite, black rutilated quartz, cerussite, epidote, nummrite, opal, or rutilated quartz 24/7.

PNEUMONIA Carry or wear gold or orthoclase or place next to bed.

POLLUTION EFFECTS Carry or wear spodumene.

POST-OPERATIVE ISSUES *Depression:* Work with clear danburite.

Healing: Place almandine, amber, blue jade, boji stone, clear or purple scapolite, copal, fuchsite, kundalini citrine, jadeite, leopard skin rhyolite, turquoise, or white coral next to the bed. Play with any of these in your hands and hold to areas of discomfort. *Pain:* Play with phillipsite in your hands and hold to areas of discomfort. Drink dioptase elixir as required.

POSTURE Carry or wear amethyst.

PREGNANCY Carry or wear chrysocolla, Kambamba stone, unakite, or white moonstone to relieve uncomfortable symptoms. Carry or wear chrysocolla as it helps the healthy development of the unborn child. Hold ruby to the belly for the health of the embryo.

PROSTATE (inflammation of) Carry or wear green zincite, lingham, or variscite.

RADIATION Carrying or wearing herkimer diamond or **lion skin stone** can be protective. Wear or carry blue barite, pietersite, **schorl**, or turquoise 24/7 or place uranophane near you for 30 minutes daily. Pyrite can help to treat radiation sickness.

RECTAL PROBLEMS Carry or wear citrine or tiger's eye.

RED BLOOD CELLS (RBC) Carry or wear bronzite, erythrite, garnet, sphene, strawberry aventurine, **tangerine quartz**, or yellow prehnite.

REPRODUCTIVE SYSTEM (disorders) **Both sexes:** Carry or wear bubble gum tourmaline, caramel calcite, colemanite, crocoite, **falcon's eye**, honey calcite, rubellite, ruby and kyanite in fuchsite, or tangerine quartz and hold to areas of discomfort. Place chalcantite next to your bed. **Female (whole system):** Hold, carry, or wear abalone shell, chrysanthemum stone, cuprite, goddess stone, hanksite, jade, orange moonstone, rose quartz, or silver moonstone to help with most conditions. **Fallopian tubes and womb disorders (such as fibroids):** Hold **brecciated jasper** or abalone shell to area of discomfort. **Ovaries:** Carry or wear brecciated jasper or orange selenite, or place larger pieces and abalone shell around your bed. **Male:** Hold, carry, or wear blue jade, kammererite, Lemurian black jade, or scepter quartz crystal to help with most conditions.

RESTLESS LEG SYNDROME Place blue jade, chrysocolla, or **jadeite** at the bottom of the bed. If symptoms persist, carry or wear crystals 24/7.

RHEUMATISM (rheumatoid arthritis) Hold blue john, **chrysocolla + copper**, cuprite, garnet, gold, **grape chalcedony** (especially knees), gyrolite, indigo gabbro, lodestone, malachite, melanite, **scenic quartz**, sunstone, or turquoise to affected joints. Carrying or wearing may also help.

SCARS Hold amber, citrine, or golden feldspar to site.

SCIATICA Carry or wear zircon. Hold to areas of pain.

SCURVY Carry or wear lemon chrysoprase.

SENSES To enhance, help, boost, or repair, carry or wear white chalcedony.

SEX Place cryolite, golden selenite, **kundalini citrine**, realgar, tangerine quartz, tanzine aura quartz, Tiffany stone, and white moonstone around the room to improve the sexual experience. Uvarovite relaxes social and sexual barriers. **Sexual dysfunction:** Carry or wear orange moonstone or tangerine quartz 24/7. For impotency, carry or wear variscite, and sit mindfully holding the crystal for 30 minutes each day. **Sexual energy: Opalized white agate**, rose quartz, and selenite help to control an excess of sexual energy. Agate, angel wing selenite, **black calcite**, garnet, **kundalini citrine**, jet, merlinite, realgar, rose quartz, rutile, **smoky quartz**, and Tiffany stone all boost sex drive and can revive your interest.

SHINGLES Place amethyst cluster next to bed and hold selenite to skin blisters, Work with a quartz crystal point directly on painful areas.

SINUSES Meditate with jade or olivine on basalt and hold to sinuses as required.

SKIN Complexion aid: Try washing your face in a rose quartz elixir daily, or carry or wear **almandine**, garnet, green aventurine, or **rose quartz**. **Damage (such as from burns or eczema):** Hold golden healer quartz about ½ in (1 cm) or so above the wound for 2–5 minutes and repeat as often as possible. See *also* Burns. **Erythema:** Hold gold or selenite to the affected area for 20–30 minutes several times each day until the redness goes. Repeat daily for at least one week after the symptoms abate. **Eczema:** Hold clear or **angel wing selenite**, **fuchsite**, **K2 jasper**, or kyanite to the worst affected area for 30 minutes each day. Don't be concerned that one area will get better while another gets worse—just pick the worst spot each day. After two weeks the condition should have noticeably improved. Also try washing with a brown aragonite or strawberry quartz topical elixir. **Elasticity:** Carry, wear, or hold

to skin **grape chalcedony**, selenite, stichtite, or variscite, or apply gypsum elixir. **General health:** Carry or wear amethyst, columbite, kammererite, silver moonstone, spodumene, stichtite, tanzine aura quartz, or white topaz. Hold to required area and place crystals next to bed at night. Apply topically elixir of green moss agate or **white moonstone**. **Growths:** Hold **blue lace agate** to site. Wash in marcasite elixir or drink a flint elixir for superficial growths.

Inflammation (rashes and swelling): Hold peach aventurine or rhyolite to the inflamed area. **Liver (age) spots:** Carry or wear **chlorite** or selenite and hold to each spot for 5–10 minutes daily. **Moles:** Apply an elixir of marcasite to your skin. **Oily:** Gently rub a **blue sapphire** crystal against your skin for a few seconds to help close the pores. **Psoriasis:** Hold clear or **angel wing selenite**, gypsum, **K2 jasper**, quantum quattro stone, strawberry aventurine, or turquoise to the worst affected area for 30 minutes daily. Put **brown aragonite** in your bath water to create a giant topical elixir. Also look at possible emotional causes. **Sensitivity:** Drink Brazilianite elixir daily and hold selenite to affected areas. **Skin conditions/disorders:** Hold blue smithsonite, dolomite, erythrite, **fuchsite**, gold, green aventurine, green zincite, gypsum, K2 jasper, kunzite, kyanite, magnetite, picture jasper, quartz crystal, **selenite**, tanzanite, or wavellite to the affected area and apply a topical elixir of blue moss agate, rosasite, strawberry aventurine, or yellow sapphire. **Smoothness:** Carry or wear dragonstone 24/7. **Stress-related disorders:** Hold angel wing selenite to the worst area for 10–30 minutes daily. Drink **brown aragonite** or turquoise elixir.

SPEECH IMPEDIMENTS Carry or wear cryolite, nuummite, or silver.

Stammer: Carry or wear **blue lace agate**, celestite, silver, or smoky quartz.

SPINE Alignment: Place scolecite under your mattress. **Damage:** Lie down and place axinite, **Lemurian quartz crystal**, orthoclase, quartz crystal, snakeskin rock, or white coral on or under back for at least 20 minutes or

overnight. For chronic conditions, carry or wear these crystals. **Spinal fluid imbalance:** Lie down and place garnet on or under your back.

SPLEEN (diseases/disorders) Carry, wear, or hold to the spleen alexandrite, aquamarine, bloodstone, blue quartz, calcite, carnelian, fluorite, golden rod calcite, green or lemon chrysoprase, green zoisite, heliodor, hematite, jade, jasper, leopard jasper, malachite, peridot, pink opal, rhodochrosite, rose quartz, tsilasite, white chalcedony, yellow aventurine, **yellow calcite**, or yellow sapphire.

SPOTS Hold blue or pink smithsonite or dravite to each spot for 10–15 minutes daily.

STAMINA Carry, wear, or place around you anhydrite, benitoite, bismuth, black onyx, dalmatian stone, dumortierite, hubnerite, lion skin stone, metamorphosis quartz, okenite, ruby in fuchsite, and strawberry aventurine. Drink a rhyolite elixir. Zebra rock is particularly helpful for athletes.

STOMACH PROBLEMS Hold or place on stomach amethyst, blue or violet sapphire, **citrine**, diopside, green fluorite, jasper, leopard jasper, mookaite, pink smithsonite, purple thulite, stibnite, **Tibetan citrine**, tiger's eye, tsilasite, turritella agate, yellow aventurine, yellow danburite, or yellow quartz. For chronic conditions, carry or wear these 24/7. **Snowflake obsidian** can unlock the meridian between the stomach and nose, so try this if you also have nasal symptoms. **Stomach cramps:** Brecciated jasper and jet are helpful. **Upset stomachs:** Hold **diopside**.

STRENGTH Carry or wear **black onyx**, **black rutilated quartz**, ferberite, peanut wood, scepter quartz crystal, or white coral and meditate with the crystal before performing arduous tasks.

SWELLINGS Hold anhydrite, aquamarine, **blue jade**, bornite, jamesonite, malachite, phillipsite, scenic quartz, stromatolite, sulfur, or white moonstone

to affected area.

TASTE (loss of) Wash a few of the following crystals and place them on the tongue for five minutes daily until sense returns: blue apatite, elestial quartz, petrified palm wood, purple ray opal, stilbite, or **topaz**. You can also carry or wear these 24/7.

TEETH/TOOTHACHE Carry or wear amethyst, aquamarine, azurite/malachite, black amethyst, **blue john**, brown banded aragonite, cavansite, dolomite, emerald, **fluorite**, howlite, magnesite, malachite, orthoclase, sphene, stibiconite, stromatolite, white coral, or zebra rock. Hold to skin near painful teeth. Use septarian elixir as a mouthwash. Place arsenopyrite next to bed.

TEMPERATURE (control/balance) Carry, hold, or wear brown banded aragonite, cryolite, green opal, magnesite, pietersite, or purple ray opal. **High:** Carry, hold or wear aquamarine. **Low:** Carry, hold, or wear gold.

TENDONS Injury: Hold or tape **faden quartz**, gyrolite, hubnerite, or Tiffany stone to the affected area. **Tendonitis:** Hold **dumortierite**, lepidolite, magnesite, or **Tiffany stone** to affected tendon.

TENSION (physical) Carry, wear, or hold **abalone shell**, ametrine, cerussite, Herkimer diamond, mahogany obsidian, or rose quartz at night for 10 minutes and then place next to the bed before going to sleep.

THROAT General health: There are many crystals that will help the throat in different circumstances. Carry or wear adamite, amber, angelite, anhydrite, aquamarine, Argentinian blue calcite, blue apatite, blue aragonite, blue fluorite, blue lace agate, blue quartz, blue scheelite, bornite, copal, covellite, fulgurite, gem silica, goethite, hawk's eye, indicolite, kyanite, lapis lazuli, lorenzenite, nuummite, petrified palm wood, quantum quattro stone, ruby in kyanite, turquoise, yellow apatite, or yellow sapphire. Hold to throat as

required. For long-term problems, place crystal on throat for 30 minutes daily. **Infection:** Place **blue calcite** (such as Argentinian), erythrite, or rhodonite on the throat for 30 minutes daily until symptoms desist. **Laryngitis:** Hold **blue calcite, blue scheelite**, gem silica, hawk's eye, petrified palm wood, stilbite, or quantum quattro stone to throat for 20–30 minutes as required. **Pharyngitis:** Hold Argentinian blue calcite, blue scheelite, gem silica, petrified palm wood, or quantum quattro stone to top of neck. **Sore:** Hold **gem silica, green fluorite**, or sunstone to throat for a few minutes until it eases. **Tonsillitis:** Place **blue scheelite**, petrified palm wood, or shattuckite on throat for 30 minutes daily until symptoms clear.

TIREDFNESS (short-term) Carry or wear blue opal, **copper**, golden selenite or yellow quartz.

TIRING EFFECTS OF COMPUTER SCREENS Place fluorite (natural crystals work best), lion skin stone, or pietersite between you and the screen or on your desk near the screen.

TISSUE REGENERATION (after injury or surgery) Carry or wear **aegerine**, amber, apophyllite pyramid, boji stones, carnelian, **citrine**, **earthquake quartz crystal**, garnet, gold, malachite, moqui marbles, phillipsite, pyrite, rutilated quartz, **shungite**, **Tibetan citrine**, topaz, turquoise, or yellow apatite. Hold any of these to required area.

TRANSPLANTS Carry or wear ametrine, or phillipsite to help avoid tissue rejection.

TRAVEL SICKNESS Carry **hematite + turquoise** stones and play with them, getting as much skin contact as possible. **Seasickness:** Carry or wear aquamarine.

TUBERCULOSIS (TB) Carry or wear chrysocollo, gold, morganite, orthoclase, or **topaz** and place next to the bed.

TUMORS Carry or wear amethyst elestial crystal, malachite, **peridot**, petalite, selenite, tangerine quartz, or yellow sapphire. Hold to areas of discomfort. Place uranophane by the bed. See *also* Cancer.

ULCERS (mouth, skin, stomach) Hold azurite/malachite, citrine, diopside, **diopase**, fluorite, hemimorphite, or sunstone close to the ulcerated area. In severe cases carry or wear these crystals.

UROGENITAL SYSTEM (disorders) Carry or wear green or peach aventurine, dolomite, or kyanite. Hold to, or place on, areas of discomfort.

VEINS To improve vascular health, carry or wear gold or purple scapolite, or hold or tape to affected area. **Damaged, thinning/thickening:** Carry or wear **clear scapolite**, galena, pink smithsonite, rhyolite, rutile, or snowflake obsidian; or hope or tape to affected area. **Phlebitis:** Carry or wear galena and hold to area of discomfort. **Varicose veins:** Hold or tape **diopase**, opalized white agate, pyrite, rose quartz, or rainforest rhyolite to affected areas.

VERTIGO Carry or wear cuprite, denim lapis, **elestial quartz**, **golden Lemurian quartz crystal**, **lapis lazuli**, **rose quartz**, or zircon. **Blue fluorite** helps vertigo and dizziness—hold against the ear.

VIRAL INFECTION Hold or place **amethyst**, emerald, jade, or nephrite to or on affected area.

VITALITY Carry or wear any of the following: amethyst elestial crystal, angel wing selenite, anyolite, beryl, black rutilated quartz, bloodstone, blue quartz, caramel calcite, **carnelian**, cassiterite, cinnabar, common opal, crazy lace agate, cuprite, denim lapis, diopase, emerald, ferberite, **garnet**, gold, golden rod calcite, green zincite, green zoisite, harlequin quartz, lapis lazuli, Lemurian quartz crystal, mahogany obsidian, nummite, opalized white agate, orange calcite, orthoclase, pink smithsonite, polychrome jasper, rubellite, ruby

in fuchsite, rutilated quartz, schorl, smoky quartz, spessartine, sunstone, tiger iron, topaz, white chalcedony, white moonstone, yellow opal, or yellow sapphire. Choose whatever combination you are drawn to. Cerussite is helpful after illness.

VITAMIN DEFICIENCIES Carry or wear **gold**, tangerine quartz, or zebra rock. **Vitamin A:** Carry or wear brown aragonite, chlorite, garnet, grossularite, or silver. **Vitamin B:** Carry or wear pyromorphite, rhyolite, or tiger iron. **Vitamin C:** Carry or wear apache tear or green chrysoprase. **Vitamin D:** Carry or wear apache tear, brown aragonite, or garnet. **Vitamin E:** Carry or wear chlorite, garnet, or silver.

VOICE Carry or wear blue calcite, carnelian, gem silica, or **kyanite**. Hold to, or place on, throat.

VOMITING Hold **citrine**, hemimorphite, or Tibetan citrine until symptoms stop.

WEIGHT To gain: Carry or wear **blue apatite**, clear or pink danburite, fluorite, goethite, peridot, rutilated quartz, **Sirius amethyst**, **sphalerite**, **turquoise**, unakite, or white coral. **To lose:** Carry or wear **blue apatite**, cassiterite, chalcedony, hemimorphite, iolite, Lemurian quartz crystal, mookaite, Picasso marble, quartz crystal, **Sirius amethyst**, **tangerine quartz**, verdelite, white chalcedony, or **yellow fluorite**. Hold the crystal for 30 minutes each evening, focusing your mind on the benefits of losing weight. Drink a large glass of blue apatite or chlorite elixir each morning.

WHIPLASH Carry or wear turquoise or white coral. Place aqua aura on neck for 30 minutes daily until better.

WOUNDS Hold almandine, bloodstone, blue or white topaz flint, golden feldspar, mother of pearl, quartz crystal, ruby in fuchsite, sandstone, scolecite, or turquoise to the wound. Wash wound with pyrolusite or rutile elixir. **Cuts**

and grazes: Hold faden quartz, **golden healer quartz**, or **jasper** to the injury, or apply a **carnelian** elixir to the skin.

WRINKLES Carry or wear angel wing or clear selenite, brown aragonite, or **rose quartz**. Rinse your face with a rose quartz elixir. Drink lepidolite elixir.

YOUTHFUL APPEARANCE Carry or wear rough **rose quartz** and add it to your bath. Also try carrying or wearing angel wing or clear selenite, blue sapphire, kunzite, moonstone (such as silver or white), okenite, rhodochrosite, rose quartz, rutilated quartz, sodalite, or spodumene.

REMEDIES FOR EMOTIONAL ISSUES

For all emotional conditions, carry or wear the crystals. Hold them and play with them as much as possible. Keep them around you 24/7. Place larger crystals in any room where you spend a lot of time, including the bedroom, living room, and workplace. Follow any specific instructions given.

Health is maintained when physical, mental, emotional, and spiritual energies are in balance, those within us and around us in our environment. We are inescapably linked to the world around us. When the various energies are balanced, we are in a state of well-being. When unbalanced, we are in a state of dis-ease and become more and more susceptible to illness. Amegreen, **amethyst**, **calcite (all varieties)**, **double-terminated quartz crystal**, **grape chalcedony**, lemon chrysoprase, moqui marbles, orange moonstone, **quartz crystal**, ruby and kyanite in fuchsite, and Vera Cruz amethyst all help

in diverse ways to effect this balance, thereby removing dis-ease and maintaining health.

Be aware that any of the conditions listed in this section can be linked to current or past stresses or trauma. Current trauma can be relieved with abalone shell, amegreen, **cataclasite**, gold, **manganoan calcite**, **orange mist aura quartz**, orthoclase, purple ray opal, tangerine quartz, **tanzine aura quartz**, and tree agate. Trauma and issues going back into the past, from yesterday to birth, can be helped with alexandrite, **angel wing selenite**, anhydrite, **blue chalcedony**, bowenite, **dalmatian stone**, **earthquake quartz crystal**, **eudialyte**, larvakite, muscovite, **obsidian**, quantum quattro stone, realgar, rose quartz, scapolite, **scenic quartz**, spirit quartz, and unakite. Experiences you have in childhood can affect you either consciously or subconsciously for all your life. **Blue chalcedony**, diamond, eudialyte, rose quartz, **scenic quartz**, and tourmalinated quartz help to bring these experiences to the fore, allowing you to recognize them, release the bad ones, and use the good ones, understanding the spiritual lessons they may have brought. Amazonite, **larimar**, larvakite, and moonstone can soothe you during this process. **Scenic quartz** and **stella beam calcite** can also help you to unlock trauma from past lives.

Emotional conditions are often so upsetting that they require something that will calm you down before you can even consider what it is that concerns you or give any thought to healing. A few quick go-to calming crystals are any variety of tourmaline for the mind or calcite for emotions, green quartz for nerves, Argentinian blue calcite for spiritual wobbles, amethyst for passion, and Tibetan

citrine for anger. Blue quartz quells fear. Ametrine promotes serenity and smoky quartz can have an almost tranquillizing effect.

ABUSE Whether physical, sexual, or verbal, the emotional scars can run deep. It may take many months or years for these to heal. Hold **amber, angel wing or clear selenite**, or **cataclasite** for 30 minutes each day. Continue daily, even if you feel upset as hidden emotions begin to flow. Copal, Inca jade, manganoan calcite, ruby and kyanite in fuchsite, and verdelite can also help. **Lemurian black jade** can provide protection against predators. **Blue chalcedony** and **scenic quartz** can help calm trauma from childhood abuse.

ADDICTIVE BEHAVIOR Sirius amethyst and white chalcedony are good for emotional addictions that create unhealthy behavior patterns. Caramel calcite, **lepidolite**, or staurolite can set you free from an addictive personality. **Amethyst** is helpful for addictive behavior generally.

AGGRESSION **Bloodstone**, **blue apatite**, cinnabar, jamesonite, larimar, and orange calcite dispel aggressive feelings. **Argumentative tendencies:** Work with flint or grossularite. **Bad temper:** Work with **bloodstone** (heliotrope variety) or emerald. **Violent tendencies:** Work with amethyst, pink opal, and realgar.

AGING Blue or violet sapphire, **diamond** (such as Himalayan), rhodochrosite, rutilated quartz, and sodalite can help mental and emotional symptoms associated with old age. Also try a **rose quartz** bath. Place several rough crystals into your normal bath and relax in it. **Silver moonstone** allows you to age gracefully. Ajoite, alexandrite, almandine, okenite, olivine on basalt, and wulfenite can promote a youthful attitude to life.

AIMLESSNESS Pink or purple thulite can help you find direction in life.

ANGER/RESENTMENT Reduce feelings from slight annoyance to total rage with ajoite, **amethyst**, angelite, auralite-23, blue apatite, blue quartz,

brown aragonite, chlorite, citrine, diamond, gem silica, gold, grape chalcedony, hemimorphite, howlite, idocrase, jamesonite, lava stone, **lithium quartz**, magnetite, **melanite**, muscovite, peridot, realgar, **rose quartz**, smoky quartz, sugilite, or **Tibetan citrine**. For quick release of anger, hold snowflake obsidian. Indigo gabbro releases blocks that cause anger. Girasol quartz can slow explosive anger, avoiding unnecessary rage. Purple ray opal changes anger into peaceful, loving calm, creating an optimistic outlook.

ANXIETY Calm anxiousness with amegreen, aquamarine, azurite/malachite, blue quartz, black onyx, blue apatite, blue aragonite, blue moss agate, blue scheelite, calcite (all varieties), caramel calcite, cerussite, citrine, **green aventurine**, green or lemon chrysoprase, green jasper, green moss agate, green quartz, hanksite, harlequin quartz, hausmannite, Kambamba stone, labradorite, lepidocrocite, lion skin stone, lithium quartz, molybdenite, orange moonstone, Picasso marble, prairie tanzanite, Preseli bluestone, rhodonite, or **schorl**.

APATHY Brookite or carnelian can revive interest in everyday life.

BOREDOM Work with citrine, garnet, quartz, and spessartine.

BROKEN HEART **Brandberg amethyst, chrysocolla, golden Lemurian quartz crystal**, and green or lemon chrysoprase help to mend a broken heart. Elbaite and mother of pearl give a gentle, nurturing energy to bathe the heart center and hold it in a sea of loving energy.

BURDEN Work with gold, **clear or purple scapolite**, or lodestone. **Amethyst** helps you cope with feelings about responsibilities.

CENTERING This is the feeling of stillness within, centered in the middle of your physical body around your solar plexus. Bloodstone, green aventurine, K2 jasper, lavender amethyst, orange selenite, spodumene, and titanium quartz help bring you to this point of inner stillness.

CLARITY Blue halite helps you to be under no illusions and to see things as they really are.

COMPULSIVE BEHAVIOR Work with chalcedony, kunzite, and lepidolite.

CONCENTRATION Work with amazonite, fulgurite, green aventurine, petrified wood, pyrite, and **snow quartz**. **Harlequin quartz**, kyanite, **lapis lazuli**, lion skin stone, and okenite help you concentrate for longer.

CONFIDENCE Work with aegirine, black onyx, blue moss agate, bronzite, bubble gum tourmaline, chrome tremolite, **crazy lace agate**, dumortierite, goddess stone, golden feldspar, golden Lemurian quartz crystal, golden rod calcite, grape chalcedony, hausmannite, jade, Kambamba stone, lion skin stone, molybdenite, olivine on basalt, orange selenite, peach or strawberry aventurine, pink thulite, polychrome jasper, pyromorphite, ruby in kyanite, scepter quartz crystal, spodumene, sugilite, white chalcedony, white moonstone, white topaz, and yellow quartz. Bumble bee jasper, **muscovite**, and okenite wash away self-doubt. Opalized white agate creates an energy shield around you, allowing your confidence to grow.

CONFUSION Work with black onyx, carnelian, elestial quartz, **lodestone**, lorenzenite, prairie tanzanite, rhodonite, sodalite, and tanzine aura quartz when you are perplexed with everything. Yellow apatite clears disorder in your mind.

COURAGE Aquamarine, bloodstone, blue apatite, carnelian, crazy lace agate, diamond, dragonstone, garnet, golden feldspar, golden Lemurian quartz crystal, green jasper, hematite, hessonite, idocrase, jade (such as Inca), Kambamba stone, Lemurian black jade, lion skin stone, nebula stone, piemontite, Preseli bluestone, rhodochrosite, sardonyx, Sirius amethyst, sugilite, tangerine quartz, **tiger's eye**, and turquoise can give you the strength to be brave. Indigo gabbro supports the underdog.

CRISIS Work with rose quartz. Gyrolite is a good friend to have around when all else is going wrong. Okenite gives you the equivalent of a cuddle.

CYCLES AND REPEATED PATTERNS Many things seem to go around and around in our lives—careers, relationships, events. Sometimes we find ourselves repeating these cycles over and over again. Sooner or later, we must break them to move on. **Angel wing or golden selenite**, ammonite, **blue scheelite**, charoite, **chrysoberyl**, indigo gabbro, peanut wood, silver, topaz, tsilasite, and white moonstone are all helpful for this. **Behavioral:** The measure of acceptable behavior is set by the society we live in and varies from one culture to another. In western culture, auralite-23, **black onyx**, **bubble gum tourmaline**, chrysotile serpentine, golden feldspar, **golden healer quartz**, **golden selenite**, **lithium quartz**, sieber agate, and Tiffany stone can help you to alter unhelpful patterns. **Ankerite** and green chrysoprase help you to see and break these patterns.

DARK SIDE Arsenopyrite, colemanite, indigo gabbro, and wulfenite all help you to see, face, and deal with your dark side.

DEATH AND DYING PROCESS Almandine, **amegreen**, anhydrite, black banded hanksite, chiastolite, cocoite, lepidolite, **morganite**, olivine on basalt, and **peanut wood** promote acceptance and can ease the passing of spirit from the physical body to the next world.

DEMENTIA Blue barite, **grape chalcedony**, **purple chalcedony**, silver moonstone, and **white chalcedony** can help slow deterioration of the condition. They are most helpful at the beginning of illness.

DEPRESSION The following crystals can all help: amegreen, aqua aura, black opal, black rutilated quartz, blue or brown banded aragonite, blue sapphire, bowenite, bumble bee jasper, creedite, denim lapis, garnet, gold, golden selenite, grape chalcedony, icocrase, jamesonite, jet, kunzite, lapis lazuli, lemon chrysoprase, lepidolite, lion skin stone, lithium quartz, malachite,

mookaite, orange mist aura quartz, orange moonstone, peridot, piemontite, quartz, rutilated quartz, smoky quartz, spodumene, staurolite, tiger's eye, **tourmalinated quartz**, white coral, yellow danburite, and zircon.

DESPAIR These crystals can alleviate the feeling that there are no answers and you have nothing left to give: black rutilated quartz, blue aragonite, celestite, grape chalcedony, lithium quartz, rutilated quartz, smoky quartz, sugilite, and variscite.

DISTRESS **Bubble gum tourmaline**, crocoite, green jasper, and ruby can ease concern and suffering.

EMOTIONS **Balance:** When you feel highly emotional, adamite, **bubble gum tourmaline**, **calcite** (such as caramel, honey, or yellow), columbite, crocoite, diopside, **golden healer quartz**, golden Lemurian quartz crystal, rose quartz, ruby in fuchsite, serpentine, **shungite**, unakite, watermelon tourmaline, white coral, and white moonstone bring stability. Melanite calms excessive emotion. Golden rod calcite can help you hold it all together. Lorenzenite helps to stabilize emotional wobbles. **Blockages:** **Amber**, copal, **diamond**, and peridot help release blocked feelings. **Control:** Falcon's eye, fire agate, K2 jasper, pearl, septarian, **spodumene**, and **white moonstone** help you keep control of your emotions when needed. This is just a short-term fix and can cause emotional blockages, which sooner or later you are going to have to release. **Energy:** Agate, amethyst, bornite, jet, moonstone, and spinel give your emotions a boost. **Expression:** **Ruby in kyanite** helps you to express your feelings. **Release:** Abalone shell, ametrine, ankerite, **apache tear**, blue quartz, Brazilianite, **eudialyte**, green moss agate, **larvakite**, **muscovite**, phantom quartz, **spirit quartz**, and white moonstone allow you to be brave and let your feelings out. **Strength:** Golden feldspar, mahogany obsidian, okenite, and **Preseli bluestone** keep you going, even if you feel you're being emotionally battered. **Cryolite**, lemon chrysoprase, and tangerine quartz help when it's all just too much. **Pain relief:** **Blue scheelite**, hausmannite, realgar,

and **shungite** can ease emotional suffering. **Wounds:** Cobaltoan calcite, **orange mist aura quartz**, piemontite, and **rose quartz** help to heal the feeling of being wounded emotionally. **Green aventurine**, lime green tourmaline, and petrified wood can soothe the emotions. Preseli bluestone can help after a relationship breakup. Ruby heals deep pain or anguish. Abalone shell and Tibetan citrine cleanse the hurt you feel from other people's words and actions. Fuchsite lifts you and aids recovery after you have been hurt.

EMPATHY Angel aura quartz, azurite, **blue aragonite**, **bubble gum tourmaline**, green selenite, idocrase, and K2 jasper promote compassion, sympathy, and understanding.

ENDINGS Any ending may be difficult to cope with, as even the smallest one represents all the other big ones every time. Lemurian black jade and yellow apatite soothe emotions tied up with the physical world, such as relationships, people, and property. White moonstone helps new beginnings and endings of relationships that don't support your ongoing development.

ENERGY Blocks: Place indigo gabbro, spodumene, or Tiffany stone on the area of the body where you "feel" the block is for 30–60 minutes. This may relate to physical symptoms or be intuitive. Carry the crystal with you and repeat daily. You will notice when the block has cleared. Physical symptoms may clear up—you feel either re-energized or simply calm and peaceful, but you will recognize the change in yourself. Bismuth and nuummite are good for energy blocks that you put in your own way. **Excess:** Brazilianite and **strawberry quartz** channel away energy you are not using. **"Vampires":** Some people have a natural tendency to draw energy from others. They are draining, and you always feel tired or exhausted after seeing them without knowing why. **Green aventurine** and infinite will help stop others leeching your energy.

FAILURE Rose quartz and sodalite soothe feelings of inadequacy.

FEAR/APPREHENSION The sensations experienced are very similar to those of excitement. Many people cannot differentiate between the two and often mistake excitement for apprehension before the start of a journey, interview, or date. Blue quartz helps you recognize and enjoy excitement. Larvakite releases apprehension so you can move on. Purple ray opal can transform fear into positive feelings and actions, such as love and compassion. Ajoite, aquamarine, **blue coral**, **blue quartz**, calcite, carnelian, chlorite, crazy lace agate, fire agate, **goddess stone**, **grape chalcedony**, green aventurine, green chrysoprase, green prehnite, **Herkimer diamond**, idocrase, jamesonite, **jet**, lava stone, magnetite, mookaite, moonstone, nebula stone, picture jasper, pietersite, rose quartz, sodalite, sunstone, tiger's eye, topaz, tourmalinated quartz, **tourmaline**, and yellow calcite alleviate the feeling of being scared. **Dread:** Work with smoky quartz + tourmaline. **Phobias:** Aquamarine, chrysocolla, cuprite, Preseli bluestone, and rose quartz help to dispel irrational fears. Bowenite relieves acrophobia.

FEELINGS Blue aragonite, scenic quartz, and verdelite make you more aware of how you actually feel about an issue or person without the interference or judgment of the outside world.

FEMININITY Abalone shell, black calcite, chrysocolla, kunzite, **moonstone**, **pearl**, **pink banded agate**, and rose quartz bring out your softer, nurturing side.

FORGIVENESS Apache tear, chrysoberyl, eudialyte, lepidocrocite, quantum quattro stone, rose quartz, sugilite, and tangerine quartz promote a forgiving attitude.

GRIEF Amegreen, **amethyst**, angelite, **apache tear**, aqua aura, **black onyx**, bornite, bowenite, dolomite, dragonstone, golden feldspar, hanksite, infinite, magnetite, picture jasper, piemontite, **pink danburite**, quantum quattro stone,

rose quartz, smoky quartz, and spirit quartz can ease the pain of bereavement. **Amphibole in quartz** offers empathy for grief or loss.

GROUNDING Work with bixbyite, black agate, black calcite, black obsidian, black onyx, black opal, blue quartz, boji stone, brecciated jasper, cassiterite, cerussite, cradle of humankind stone, cuprite, galena, green opal, harlequin quartz, hematite, honey calcite, jade, jasper, larvakite, lava stone, lepidocrocite, lodestone, magnetite, mookaite, moqui marbles, petrified wood, Picasso marble, pietersite, pyroxene, quantum quattro stone, red calcite, smoky quartz, stilbite, strawberry aventurine, or tiger's eye.

GUILT **Blue jade,** chrysocolla, golden feldspar, larimar, and **rose quartz** can help reduce feelings of guilt.

GUT FEELINGS (accessing) Magnetite, **tiger's eye,** and yellow opal help you to recognize and trust your gut instincts. This helps you avoid stress.

HOMESICKNESS **Amethyst,** cerussite, green selenite, and meteorite relieve the longing for home.

HOPELESSNESS Boulder opal, brookite, girasol quartz, and yellow sapphire inspire optimism when all else fails.

HOSTILITY **Chlorite** and sugilite help. Orange calcite eases belligerence and promotes gentleness.

INFERIORITY COMPLEX **Gold,** green or lemon chrysoprase, hessonite, and sphalerite help overcome this.

INHIBITIONS **Opal,** tiger's eye, and white barite can reduce shyness and stop you holding you back. Tangerine quartz boosts passion and emotional connection, eliminating inhibitions, and releasing the desire for sexual freedom.

INNER PEACE Chrome tremolite promotes feelings of peace and tranquillity within you.

INNER STRENGTH **Adamite**, black agate, blue john, chrome tremolite, columbite, **goddess stone**, **golden Lemurian quartz crystal**, golden rod calcite, **lion skin stone**, ruby in kyanite, and yellow aventurine can help you connect to your inner power.

INSECURITY **Agate**, **angelite**, **blue coral**, boulder opal, green aventurine, **labradorite**, larvakite, lodestone, muscovite, and ruby and kyanite in fuchsite promote a feeling of security and safeguard your emotions.

IRRATIONALITY **Azurite/malachite**, cuprite, grossularite, kyanite, **lepidocrocite**, phillipsite, and sulfur enhance rationality and reasoning.

IRRITABILITY Work with chalcedony (such as grape) and pearl.

JEALOUSY/ENVY Work with **blue apatite**, carnelian, green selenite, melanite, peridot, quantum quattro stone, and **rose quartz**.

LAZINESS/LETHARGY Brookite, carnelian, green zoisite, **lion skin stone**, peridot, polychrome jasper, and white coral can get you moving!

LONELINESS When you are alone and feeling isolated, jasper (such as leopard), mookaite, snowflake obsidian, **spirit quartz**, and **uvarovite** help you cope.

LOSS **Amphibole in quartz**, aqua aura, **dragonstone**, golden feldspar, infinite, and **morganite** help ease feelings of loss. Blue apatite gives you the strength to carry on. Unakite helps soothe the loss of an ideal or dream.

LOVE This comes in many guises—erotic love between lovers; affectionate love between friends; familial love between parents and children and between siblings; physical, emotional, and spiritual love; and self-love. All these crystals promote love. Keep those you are drawn to on you and around your home

and workplace. If in doubt, ask your pendulum which would be best for you at any specific time: amphibole in quartz, blue barite, **bubble gum tourmaline**, chrysanthemum stone, **goddess stone**, green quartz, lepidocrocite, **liddicoatite**, phillipsite, Preseli bluestone, **purple ray opal**, realgar, **rose quartz**, scolecite, spodumene, stichtite, **super seven**, and white topaz. **Expressing love:** Use stichtite to help you. **Finding love:** Work with abalone shell, almandine, angel aura quartz, bowenite, celestite, **diamond**, elbaite, kunzite, magnesite, manganoan calcite, morganite, pink opal, rainbow obsidian, **rose quartz**, strawberry quartz, turquoise, watermelon tourmaline, or white barite. **Self-love:** Carry or wear opalized white agate or stichtite to boost self-love. **Separation:** Each of you should carry a double terminated quartz crystal or Himalayan diamond (Himalayan diamond is a variety of quartz DT) to enhance the energetic bonds between you. **Sharing love:** Use **pink danburite**. **Unrequited love:** Fuchsite helps heal the heart when your feelings are not returned.

MANIC BEHAVIOR **Black rutilated quartz**, jamesonite, kunzite, **lepidolite**, and malachite are helpful for treating the extreme emotional swings experienced.

MASCULINITY Work with **black obsidian**, lingham, **scepter quartz crystal**, **smoky quartz**, and variscite.

MENTAL Balance (health and healing): Alexandrite, amethyst, aquamarine, black rutilated quartz, **celestite**, diopase, **elestial quartz**, garnet, gold, heliodor, idocrase, green or **lemon chrysoprase**, **lithium quartz**, moldavite, peridot, petrified wood, phenacite, **purple chalcedony**, ruby, **rutilated quartz**, rutile, **silver**, sodalite, **sugilite**, sulfur, tiger's eye, and **tourmaline** all help to maintain mental well-being. **Breakdown:** If it feels like your life is falling to pieces, black rutilated quartz, chalcedony, **rhodochrosite**, **rutilated quartz**, and **tourmaline** can gently bring you back to the world. **Clarity:** Black onyx dispels confusion. Achroite, boulder opal, covellite, pink

opal, **snow quartz**, turquoise, and ulexite clear the mind. **Diamond**, **green chrysoprase**, ulexite, and white calcite help you see through the fog. Anyolite, **celestite**, spessartine, **tsilasite**, and **yellow fluorite** promote clear thoughts. **Energy:** Golden rod calcite gives a jump start to your brain to get your mind working again. **Focus:** Hold **fluorite**, green zincite, labradorite, pearl, phenacite, or **quartz crystal** and focus your thoughts on the crystal. After 10–20 minutes, any mental confusion will have gone, enabling you to focus on anything you want it. **Fortitude:** Denim lapis helps you to keep thinking and functioning when challenged by extreme stress. **Pain relief:** When your head hurts from stress, hold, or meditate with, chevron amethyst. **Unrest:** Rhodonite, Iceland spa, sodalite, and **white calcite** help to calm the mind. To ease a troubled mind, try amazonite or **tourmaline**. For severe mental trauma work with silver and **yellow fluorite**. Drinking a **pink opal** elixir can be comforting for all types of mental unrest.

MOOD SWINGS **Black rutilated quartz**, clear or orange halite, **golden selenite**, **orange mist aura quartz**, sandstone, and tanzine aura quartz can calm the emotional pendulum.

NEGATIVITY When you feel negative, you draw negativity to you—and when the atmosphere around you is full of negative energy, you are easily brought down. Release negative energy held in your aura and lift your sense of well-being with amber, aqua aura, aquamarine, **bumble bee jasper**, cassiterite, columbite, copal, dalmatian stone, diamond, flint, gold, **golden Lemurian quartz crystal**, green zoisite, hematite, hessonite, jade, lava stone, **Lemurian quartz crystal**, lion skin stone, merlinite, **mother of pearl**, **quartz crystal**, pyrite, pyrolusite, rainforest rhyolite, rutilated quartz, schorl, silver, smoky quartz, snow quartz, **spodumene**, **Tiffany stone**, tiger's eye, topaz, tourmaline, turquoise, verdelite, white coral, and yellow apatite. **Emotions:** Chrysocolla and piemontite dispel these into positive feelings and Himalayan

quartz protects you from their influence. **In rooms:** Larger harlequin quartz or quartz crystal clusters can remove negativity.

NERVOUSNESS/TENSION Abalone shell, amazonite, amethyst, Argentinian blue calcite, auralite-23, blue moss agate, chevron amethyst, chrysocolla, gold, golden Lemurian quartz crystal, golden ray calcite, green moss agate, Himalayan diamond, lepidolite, lithium quartz, mother of pearl, muscovite, orange selenite, rose quartz, ruby and kyanite in fuchsite, tangerine quartz, watermelon tourmaline, and yellow sapphire calm the nerves and reduce feelings of tension.

NERVES Calming: Carry or wear Argentinian blue calcite or green quartz. **Exhaustion:** Orange mist aura quartz and tourmalinated quartz release nervous energy.

NIGHTMARES Place celestite, flint, gold, K2 jasper, manganoan calcite, or ruby under your pillow.

OBSESSION White chalcedony reduces obsessions. **Obsessive behavior:** Micalated quartz or spirit quartz can reduce this. **Obsessive compulsive disorder (OCD):** Treat with amethyst, black rutilated quartz, chalcedony (such as white), orthoclase, or red calcite.

OPPRESSION Place diopside or olivine on basalt around the home to alleviate the feeling of being persecuted.

OVERATTACHMENT/LETTING GO The following crystals help you to let go of old “stuff” and move on in life—for example, at the end of a relationship or a job, or moving house: black moonstone, black onyx, blue moss agate, chrysotile serpentine, celestial quartz, green or yellow prehnite, indigo gabbro, molybdenite, mother of pearl, orange selenite, purple chalcedony, purple scapolite, rainforest rhyolite, shungite, Sirius amethyst, stibiconite, tangerine quartz, and white moonstone. Anhydrite and sieber

agate promote your ability to accept situations, further facilitating release. Hausmannite, **iolite**, **lodestone**, and **scenic quartz** reduce dependence.

PAIN Bixbyite can help you cope emotionally with physical pain and suffering.

PANIC ATTACKS As soon as you feel an attack coming on, hold blue apatite, **blue aragonite**, **calcite** (**caramel**, **green**, or red), harlequin quartz, or Preseli bluestone. Focus on the crystal and imagine the fear starting to disperse and flowing into the crystal.

PARANOIA Work with chalcedony.

PASSION Bumble bee jasper, polychrome jasper, tangerine quartz, **Tiffany stone**, and **white moonstone** boost passion and allow it to flow. **Amethyst** calms passion. **Obsessive:** Work with blue topaz and **stibnite**.

PATIENCE **Amethyst**, **blue or brown aragonite**, colemanite, cradle of humankind stone, double terminated quartz crystal, dumortierite, **dragonstone**, **elestial crystal**, **emerald**, orbicular jasper, hanksite, Kambamba stone, marcasite, septarian, sheen obsidian, and spirit quartz can promote patience.

PERSONALITY BLOCKAGES We can stop our true character from showing, either deliberately or unconsciously. Diamond and scenic quartz remove the blocks, either self-imposed or from your upbringing, allowing your personality to shine. Indigo gabbro helps alter detrimental traits.

PESSIMISM **Argentinian blue calcite**, **blue aragonite**, brookite, dragonstone, moonstone, muscovite, **peach aventurine**, and Tiffany stone give you a more optimistic outlook on life.

POST-TRAUMATIC STRESS DISORDER (PTSD) Blue scheelite, bowenite, garnet, gold, green or yellow fluorite, manganoan calcite,

orthoclase, rhodochrosite, silver, tree agate, or white coral can help give calm relief.

PREJUDICE Ajoite, **ametrine**, **aquamarine**, cassiterite, **kammererite**, **micalated quartz**, septarian, and sugilite help to reduce prejudice and promote tolerance. Cleavelandite and **green chrysoprase** help you to accept others. Judgmental attitudes are softened by aquamarine, **brown banded aragonite**, celestial quartz, green or **lemon chrysoprase**, metamorphosis quartz, and quantum quattro stone. General bigotry and narrow-mindedness can be diminished with blue or **violet sapphire** or **tiger's eye**.

PREMENSTRUAL SYNDROME/TENSION (PMS/PMT)

Changes in hormones during the menstrual cycle can cause emotional as well as physical upset. There are many and various symptoms, ranging from annoying to debilitating in effect. Carry or wear blue scheelite, chrysocola, jade, kunzite, **orange moonstone**, ruby, spodumene, or **white moonstone** 24/7 for three months. Hold when you notice symptoms.

PROCRASTINATION If you tend to put off taking action, **lion skin stone** or rainforest rhyolite will help you to see that what you are actually doing is trying to avoid the issue, whatever it may be. The action represents the issue in your subconscious mind.

REJECTION Cassiterite helps you cope.

RESTLESSNESS Brown banded aragonite, copper, hanksite, and **manganoan calcite** calm restlessness. Ametrine, angel aura quartz, and **manganoan calcite** promote peacefulness. **Restless mind:** Chrysoberyl, morganite, petalite, Preseli bluestone, snowflake obsidian, strawberry quartz, tourmaline, turquoise, verdelite, and white moonstone still the brain, promoting peace of mind.

SADNESS Aqua aura, **carnelian**, **dolomite**, **meteorite**, quartz crystal, and **white topaz** help to relieve sorrow and lift melancholy. Benitoite, blue quartz,

blue or violet sapphire, bornite, chrome tremolite, dalmatian stone, dragonstone, **girasol quartz**, **golden rod calcite**, quartz crystal, **Preseli bluestone**, rainbow obsidian, ruby in fuchsite, and yellow danburite all promote happiness.

SCHIZOPHRENIA Work with **amazonite + amber + green aventurine + green chrysoprase + jade + rhodonite + tourmaline**.

SELF-ACCEPTANCE Aegirine, **cataclasite**, and green or lemon chrysoprase help you to see yourself as you are. They blow away the clouds covering your heart and let you look into your soul. **Eccentricity:** Sugilite helps you accept your eccentricities and live with them.

SELF-ESTEEM Aegerine, alexandrite, amethyst, carnelian, citrine, crazy lace agate, golden feldspar, **golden healer quartz**, kunzite, lepidolite, mookaite, nebula stone, **opal**, **orange moonstone**, orange selenite, rhodonite, sodalite, spirit quartz, **Tibetan citrine**, and zircon boost your sense of worth. Cinnabar can help give you back your dignity.

SELF-IMPORTANCE Common opal and purple thulite help you find a balance between thinking too much and too little of yourself. Conceit is diminished with azurite/malachite. Jade enhances modesty.

SENSITIVITY **Lack of: Moonstone**, rhodonite, and selenite promote sensitivity. **Oversensitivity:** Amethyst, angel wing selenite, mother of pearl, **sodalite**, stella beam calcite, and white moonstone all thicken a thin skin.

SEX (balance of energies) To restore a balance between masculine and feminine energies, work with almandine in pyroxene, amber, **amegreen**, ametrine, black banded agate, blue scheelite, bumble bee jasper, calcite (in particular **yellow**), celestite, chalcedony, citrine, common opal, copal, dalmatian stone, denim lapis, diopase, golden healer quartz, green/peach/yellow aventurine, green chrysoprase, hanksite, hematite, honey calcite, indigo gabbro, iolite, jasper (such as leopard), jet, kyanite, lapis lazuli,

Libyan gold tektite, lion skin stone, lodestone, merlinite, nephrite, onyx, petalite, rhodochrosite, rhodonite, rhyolite, ruby in kyanite, sphalerite, tektite, Tibetan citrine, tiger's eye, tourmaline, turquoise, ulexite, unakite, white moonstone, and yellow apatite. (See *also* Femininity and Masculinity.)

SEXUALITY Mother of pearl and spodumene enhance a positive attitude to sex. **Sexual frustration:** Green chrysoprase, orange selenite, and rose quartz can improve your outlook.

SHOCK Purple ray opal, tanzine aura quartz, and tree agate are very soothing, helping to restore your equilibrium. **Angel wing selenite**, ankerite, garnet, rhodochrosite, orange mist quartz, and rose quartz help to soothe emotional shocks. Carry, wear, or hold earthquake quartz crystal for mental trauma.

SHYNESS Blue and white barite and peach aventurine help you overcome timidity and promote a sense of boldness.

SPONTANEITY Apache tear, blue quartz, Herkimer diamond, and Himalayan diamond encourage you to go with the flow.

STUBBORNNESS Dumortierite helps you become more flexible in your outlook. Sulfur reduces headstrong behavior.

SUPERIORITY COMPLEX Green or lemon chrysoprase and turritella agate help you to be humbler. Arrogance can be diminished with azurite/malachite, **blue topaz**, or green chrysoprase.

SUSPICIOUS MIND Blue apatite and turquoise reduce obsessive suspicion and allow you to be more trusting. **Lepidolite** and melanite may also help.

TRAVEL ANXIETY Moonstone, mother of pearl, and **turquoise** calm concerns associated with journeys.

UNCARED FOR FEELINGS Angel aura quartz, **black moonstone**, chalcedony, **goddess stone**, green selenite, Lemurian black jade, opalized white agate, **orange moonstone**, and **pink banded agate** promote the feeling of being nurtured.

UNDERSTANDING *Between partners*: Harlequin quartz supports the energy connection between partners. ***Yourself*:** Tangerine quartz opens your mind to your inner self.

UNFOCUSED Blue aragonite, brecciated jasper, bumble bee jasper, carnelian, columbite, fluorite, **Lemurian quartz crystal**, purple scapolite, quantum quattro stone, **quartz crystal**, realgar, **yellow quartz**, and **yellow sapphire** all help you to concentrate for longer and keep your mind focused. **Mother of pearl** and **white topaz** help you to notice detail.

VICTIM MENTALITY Diopside, schorl, tourmaline, and turritella agate give you a feeling of protection, allowing you to be less defensive and thereby stop blaming everyone else for your troubles.

WILL TO LIVE Ammonite, azeztulite, black agate, colemanite, cuprite, **earthquake quartz crystal**, and ruby can all promote survival instincts, and this can make all the difference in critical conditions.

WORRY Work with **blue jade**, brookite, celestite, **columbite**, cuprite, infinite, muscovite, peach aventurine, **Picasso marble**, prairie tanzanite, and tiger's eye. ***What others think*:** Purple scapolite, **tourmaline**, and white coral give you a feeling of inner strength that frees you from concern about how others see or judge you.

CRYSTALS FOR SPIRITUAL ENHANCEMENT

We all follow our own unique path through life. When we stay on the path, energy flows, life moves forward, and we feel healthy and happy. When we stray from the path, energy stagnates, life moves sideways or back, and we feel stressed and tense. Blue apatite, **blue or white barite**, **cobaltoan calcite**, green prehnite, idocrase, pink or purple thulite, spodumene stibnite, sugilite, and titanium quartz help you to find your path and discover your life purpose. Once you see it, **cradle of humankind stone**, **hausmannite**, kundalini citrine, lepidocrocite, polychrome jasper, **stella beam calcite**, stibiconite, **yellow danburite**, and yellow prehnite point out the signposts for you to follow along the way. Pink opal helps at the start of your spiritual journey as it promotes an awakening within you. Creedite, green zoisite, liddicoatite, orange mist aura quartz, and sheen obsidian are good to work with when you face delays and obstacles along your journey. **Charoite**, clear fluorite, lingham, and obsidian can help you bring your spiritual experiences into your physical world. Ametrine, **black amethyst**, **blue quartz**, and **spodumene** will help you to understand it all. **Amphibole in quartz**, boulder opal, **cobaltoan calcite**, rainbow obsidian, tree agate, and violet or yellow sapphire can help you to see the beauty in everything.

AKASHIC RECORDS Angel aura quartz, ankerite, axinite, blue or violet sapphire, chrome tremolite, **golden Lemurian quartz crystal**, K2 jasper, merlinite, nebula stone, pietersite, **ruby**, and **stella beam calcite** help you to gain access to this mystical knowledge.

ANGELS AND GUARDIAN SPIRITS Amethyst elestial crystal, amphibole in quartz, angel aura quartz, angel wing or golden selenite, angelite, auralite-23, blue aragonite, blue barite, blue scheelite, Brandberg

amethyst, celestite, cryolite, goethite, Himalayan quartz, infinite, lepidocrocite, petalite, pink danburite, purple ray opal, ruby and kyanite in fuchsite, and Vera Cruz amethyst enhance your connection to the angelic realms.

AURA The aura holds a record of everything that has happened in our life. Sometimes dark energy, which represents illness and stress, groups together into a mass. Naturally, energy flows through our aura all the time and sometimes these dark areas just dissipate. At other times they don't, and over a prolonged period of time this can lead to disease in the area of the body close to where they are massed. Carry or wear amazonite, angel aura quartz, **aqua aura**, **blue halite**, **gold** (gold nugget or gold in quartz, rather than gold jewelry), **golden healer quartz**, **orange mist aura quartz**, **tanzine aura quartz**, or white coral. Amegreen, amethyst, ametrine, boji stone, boulder opal, citrine, clear fluorite, dravite, faden quartz, garnet, gyrolite, infinite, iolite, jasper, kammererite, kundalini citrine, leopard jasper, nuummite, petalite, purple chalcedony, pyrolusite, rainbow obsidian, ruby in fuchsite, rutile, stromatolite, super seven, Tibetan citrine, tourmaline, and zircon may all be beneficial. **Protection:** Agate, blue apatite, **diamond** (not an engagement ring, as this is specifically for love, loyalty, and devotion), **double terminated quartz crystal**, and purple ray opal protect against unwanted energies. **Stabilization:** If you're feeling wobbly, carry or wear **amegreen**, labradorite, leopard jasper, or white coral. **Strength:** Agate, black amethyst, Navajo jasper, opalized white agate, pyrolusite, and zircon strengthen your aura and boost your energy field.

CEREMONY Abalone shell, beryl, cerussite, chalcedony, golden Lemurian quartz crystal, green selenite, gypsum, Inca jade, **kyanite**, **morganite**, Navajo jasper, scepter quartz, and staurolite promote a sense of ceremony and ritual. Carry or place them within the sacred circle or ceremonial area. Blue lace agate, **Herkimer diamond**, and **Himalayan diamond** amplify the attunement

process. Smoky quartz protects you from any unwanted energies that may be present.

CHAKRAS All crystals work on your energy system, while specific crystals affect all the chakras or energy centers: **boji stone pairs**, quartz crystal, super seven, and yellow apatite balance them; green fluorite and kundalini citrine are good for detox; aquamarine and golden healer quartz removes blocks; kyanite aligns the major chakras; double-terminated quartz crystal and labradorite promote energy flow in between chakras.

CLEANSING Carry or wear golden selenite, green jasper, or **yellow sapphire** to cleanse spiritual energy within you.

COMMUNICATION Tune in to the spirit world with blue halite, **golden selenite**, **quartz**, ruby and kyanite in fuchsite, and **scolecite**. **Psychic readings:** **blue coral**, blue smithsonite, and **indigo gabbro** all help when using tarot cards, a crystal ball, and other psychic means.

CONNECTION **To ancestors:** abalone shell, ammonite, cradle of humankind stone, and celestial quartz link you to your roots. **To God, or whatever you choose to call a higher being or energy:** Quartz crystal connects you to any godly energy, yellow sapphire to the Hindu deity Ganesh, goddess stone to the sacred feminine, and selenite in all its forms (angel wing, clear green, orange) to the moon goddess Selene. Amethyst, bixbyite, blue quartz, chalcopyrite, fire agate, **gold**, onyx, petalite, **ruby**, **snow quartz**, Tibetan quartz, and turquoise enhance your connection to a higher being or plan. Your personal understanding of spirituality is boosted by chrysoberyl, **emerald**, hiddenite, and tiger's eye. **To spirit:** Work with ajoite, amethyst, angelite, anyolite, apophyllite, blue fluorite, blue quartz, blue sapphire, carnelian, cryolite, fire agate, goethite, green aventurine, kyanite, morganite, petalite, purple ray opal, steatite, sugilite, super seven, sunstone,

tanzanite, white barite, and wulfenite to sense spirit guides and the essence of all living things.

CRYSTAL CHILDREN K2 jasper is beneficial for the development of the crystal child.

DISTANT HEALING Apophyllite, benitoite, **double terminated quartz crystal**, hanksite, **Himalayan diamond**, jamesonite, **kammererite**, **Libyan gold tektite**, **ruby**, silver, tiger's eye, and topaz enhance absent healing. **Stella beam calcite** directs it to its target.

DREAMS Amphibole in quartz, Argentinian blue calcite, bismuth, blue quartz, **celestite**, double-terminated quartz crystal, girasol quartz, grape chalcedony, green opal, indigo gabbro, jade, kyanite, **lapis lazuli**, larvakite, lavender amethyst, Lemurian black jade, lithium quartz, microcline, moldavite, mookaite, green or yellow prehnite, red jasper, rosasite, ruby, scenic quartz, scolecite, sieber agate, spirit quartz, tanzine aura quartz, and Tiffany stone help you both to have and remember your dreams. Blue jade, kyanite, larvakite, malachite, and **smoky quartz** guide your understanding. Problem solving in dreams is promoted by colemanite. See *also* Nightmares in Remedies for Emotional Issues.

HIGHER SELF/INNER SELF Some people call this the soul, spirit, chi, life force, or essence. Work with these crystals to increase your awareness and insight and help you to connect to and explore that deep, innermost part of you that you know is the true you: almandine, **amegreen**, aquamarine, blue halite, blue quartz, **elestial quartz**, emerald, fluorite, garnet, **green zoisite**, **imperial topaz**, **kammererite**, Lemurian black jade, **liddicoatite**, lingham, malachite, micalated quartz, moonstone, muscovite, Navajo jasper, **phantom quartz**, **phillipsite**, **pink or purple thulite**, **prasiolite**, rainbow obsidian, rutilated quartz, snakeskin agate, snowflake obsidian, sodalite, **spirit quartz**, topaz, **tourmaline** (especially bi- and tri-colored), ulexite, uvarovite, **watermelon tourmaline**, wulfenite, and yellow apatite. Colemanite illuminates

any darkness in your soul and silver clears a path through you so you can look right into your heart. Obsidian acts as a “mirror of the soul” and sirius amethyst and piemontite help you to understand your inner self.

INDIGO CHILDREN Keep K2 jasper around the home for the continued benefit of the indigo child or adult.

KARMA Angel aura quartz, ankerite, **auralite-23**, **okenite**, and **super seven** help you to understand karmic issues. Bornite, **elestial quartz**, quantum quattro stone, and uranophane speed the process of karma so you don't take it into your next lifetime.

LOVE Amethyst (such as Brandberg), **crazy lace agate**, elbaite, golden Lemurian quartz crystal, pink banded agate, rhodonite, **rose quartz**, and sugilite promote universal love.

PAST LIVES **Abalone shell**, alexandrite, **ammonite**, ankerite, **Argentinian blue calcite**, **auralite-23**, blue moss agate, cerussite, chrysotile serpentine, **cradle of humankind stone**, diopside, **elestial quartz**, eudialyte, golden Lemurian quartz crystal, K2 jasper, petrified wood, realgar, sieber agate, spirit quartz, **super seven**, and unakite facilitate access to past-life experiences. **Amphibole in quartz**, boulder opal, golden ray calcite, and **yellow apatite** aid recall. **Stella beam calcite** releases trapped energy from past lives and **Sirius amethyst** helps you to understand it.

PROTECTION Work with the following for general protection: abalone shell, aegirine, amethyst, amethyst elestial, ammonite, amphibole in quartz, angel aura quartz, aqua aura, black calcite, black moonstone, black obsidian, black onyx, Brazilian agate, brecciated jasper, **bubble gum tourmaline**, cassiterite, chevron amethyst, dalmatian stone, diamond, dravite, fire agate, goddess stone, Himalayan quartz, jade, kunzite, lepidocrocite, **liddicoatite**, lion skin stone, magnetite, nephrite, phillipsite, Preseli bluestone, pyrite, quantum quattro stone, rutile, schalenblende, schorl, shungite, sphalerite,

spirit quartz, spodumene, staurolite, tourmaline, Vera Cruz amethyst, or yellow sapphire. Drinking an angelite elixir daily can also be effective.

Energetic/spiritual protection: **Tangerine quartz** brings a sense of spiritual security. If you feel your energy is being sucked out of you by an energy vampire, go for **yellow aventurine** while **Lemurian black jade** protects against predatory people, and **red jasper + jet** protects you from witchcraft. **Stibnite** guards you from “evil spirits” and **smoky quartz** sends any bad intention back to its source. **Crime/physical protection:** **Amber** and **jet** can protect you from violence. Leave **heliodor** or **nuummite** by a door or window to look after family and home while you are away. **Sardonyx** keeps you safe from crime. **Black amethyst, columbite,** and **Inca jade** support physical protection, helping you to avoid accidents. **Black rutilated quartz** and **idocrase** make you aware of danger so you can avoid it. Whether you are fighting for a principle or your struggle is personal, **copal** is one of the traditional stones to protect warriors in battle.

PURITY Boulder opal, **diamond,** Himalayan quartz, **pearl, peridot,** snowflake obsidian, and **snow quartz** enhance spiritual purity.

SOUL MATES Bowenite, **uvarovite,** wulfenite, and zircon can help you find and link with your spiritual partner.

SPIRITUAL BALANCE Amethyst, blue sapphire quartz crystal, and ruby bring stability to your personal path.

SPIRITUAL DETOX **Diamond** (such as Himalayan), lingham, **phenacite,** and ulexite clear unwanted energies

SPIRITUAL DEVELOPMENT **Aegirine,** amazonite, aquamarine, celestite, diopside, **golden Lemurian quartz crystal,** grape chalcedony, moonstone, snowflake obsidian, and **tourmaline** boost your spiritual growth.

TOTEM ANIMALS Identify and connect with your spirit animals through angelite, green quartz, **Himalayan quartz, Inca jade,** leopard skin rhyolite,

petalite, **purple ray opal**, ruby in fuchsite, **scenic quartz**, and **stibnite**.

WISDOM Beryl, blue or **yellow sapphire**, cerussite, gold, **jade**, jamesonite, lapis lazuli, morganite, obsidian, ruby, snow quartz, turquoise, white coral, white moonstone, and zircon promote insight, knowledge, understanding, and good judgment.

CRYSTALS FOR LIFESTYLE ENHANCEMENT

ABUNDANCE/PROSPERITY/WEALTH Adamite, amethyst (such as **Brandberg**), black rutilated quartz, blue coral, chrysanthemum stone, **cinnabar**, **citrine**, diamond, diopside, garnet, **goddess stone**, gold, golden healer quartz, green moss agate, green quartz, Lemurian black jade, lepidolite, lion skin stone, orange moonstone, phenacite, realgar, ruby, spirit quartz, sunstone, tektite, tiger's eye, topaz, tourmaline, and verdelite can all be helpful in the acquisition of both wealth and material items. **Citrine**, known as the money stone, attracts riches. All the varieties of citrine work well, including kundalini, smoky, Tibetan, and tourmalinated. Keep a crystal in your pocket, purse, or wallet. Amethyst, cinnabar, and ruby can help you focus on money matters, and iolite and stibnite can aid financial management. If you are addicted to the material world, try working with larimar to let it float away.

ACCIDENTS Jade (such as Inca) and pyrite protect the accident prone.

ACTIVITY (increase) Carry or wear beryl, blue scheelite, silver leaf jasper, or **snakeskin agate**, or place some of these and/or benitoite and/or gyrolite in your workspace.

AMBITIONS/DREAMS/GOALS **Blue sapphire** and infinite help you to fulfill your ambitions. Achroite, amber, auralite-23, bowenite, chalcantite, chrysanthemum stone, clear or purple scapolite, cleavelandite, copal, covellite, dalmatian stone, diopside, howlite, jade, jasper, leopard jasper, mahogany obsidian, Preseli bluestone, super seven, and vanadinite are all helpful in your quest for a more fulfilled lifestyle. Amethyst, cinnabar, colemanite, green quartz, green selenite, honey calcite, peach aventurine, phillipsite, **ruby**, topaz, and verdelite promote success.

ANIMALS Blue aragonite and diopside soothe distressed animals. Rainforest rhyolite helps to heal animals, and boji stone aids communication with them.

APPRECIATION Lemurian black jade and nebula stone allow you to realize the value of everything around you.

BRAIN (left/right balance) This is the place where intellect meets intuition and science and magic converge. **Bornite, diamond, labradorite**, phillipsite, snakeskin rock, **tourmaline**, Vera Cruz amethyst, and white chalcedony aid a state of equilibrium. **Steatite** boosts brain power.

BURN OUT **Brown banded aragonite** and yellow quartz alleviate symptoms and get you back on your feet.

CHALLENGES Infinite, **orange mist aura quartz**, strawberry aventurine, and **tourmaline** (such as bubble gum) help you face new challenges, giving you strength and courage. They will open your mind to the positive benefits of the test and help you to see the way forward.

CHANGE Many crystals promote and support change in different ways. See which ones you are drawn to, ask your pendulum for help and guidance, and then check the detailed description in the Crystal Finder (chapter 3).

Hausmannite and **metamorphosis quartz** let you see the changes you need

to make in your lifestyle. **Eudialyte**, golden healer quartz, iolite, purple thulite, and stella beam calcite ease the process of change and soothe your emotions, gently bathing your heart center in healing energy. Amegreen, amethyst, ametrine, apache tear, black amethyst, black banded agate, blue apatite, blue john, blue scheelite, bowenite, bumble bee jasper, caramel calcite, cerussite, chialstolite, chrysanthemum stone, clear or purple scapolite, colemanite, diamond, diopside, garnet, green jasper, green or orange selenite, Lemurian black jade, lepidolite, nuummite, petrified palm wood, Picasso marble, polychrome jasper, Preseli bluestone, pyrolusite, rhyolite, ruby, sheen obsidian, Sirius amethyst, stibiconite, stichtite, tangerine quartz, tanzine aura quartz, titanium quartz, turitella agate, and white moonstone also promote change. **Cataclasite**, **girasol quartz**, pyrolusite, **Tiffany stone**, and uranophane bring the really big shifts in your life, and **crocoite** and **purple ray opal** can ease the pain of the largest changes. Dragonstone gives the strength and courage needed to change. Elestial quartz supports change through life's natural phases.

CHILDREN **Blue coral**, traditionally a child's first stone, helps protect kids. **Caring for:** Mookaite helps you cope with the demands of children.

COMMUNICATION/EXPRESSION All these crystals enhance the exchange of information, whether spoken or written: angelite, aqua aura, aquamarine, auralite-23, blue or white barite, blue or white topaz, blue calcite (such as Argentinian), blue chalcedony, blue lace agate, blue opal, blue scheelite, chalcantite, denim lapis, erythrite, fulgurite, gem silica, girasol quartz, heliodor, howlite, indicolite, K2 jasper, kyanite, lapis lazuli, lavender amethyst, mookaite, olivine on basalt, phillipsite, purple fluorite, reversed watermelon tourmaline, ruby in kyanite, sieber agate, shattuckite, sodalite, spodumene tanzanite, turquoise, and yellow apatite. Carry or wear **cryolite** and hold when you need to say important things. **Body language:** Your physical expression can be improved with smoky quartz, while flint helps you to

understand others. **Communicating calmly:** In sticky situations, look to blue quartz for help. **Explaining ideas:** Blue apatite, blue aragonite, blue or white barite, and microcline assist with this. **Expressing emotions:** Azurite, harlequin quartz, howlite, muscovite, quantum quattro stone, and sodalite help you to speak from the heart. **Expressing profound thoughts:** This is promoted by achroite, creedite, Preseli bluestone, and purple chalcedony. **Negotiation:** Amethyst and tourmaline help you to reach agreement. **Public speaking:** Amethyst, blue moss agate, **septarian**, and turquoise make this easier. **Social skills:** Clear danburite and sardonyx help you interact with others.

CREATIVITY Use your intuition or ask your pendulum to help you select the right crystals for you from this list: ajoite, alexandrite, amegreen, ametrine, azurite, black obsidian, bloodstone, blue jade, blue john, blue opal, bixbyite, Brandberg amethyst, bubble gum tourmaline, bumble bee jasper, cavansite, **celestite**, cerussite, chialtolite, chrysocolla, **citrine**, crocoite, diamond, elbaite, girasol quartz, golden ray calcite, golden rod calcite, golden selenite, goshenite, green/peach/strawberry/yellow aventurine, green quartz, green zincite, hemimorphite, imperial topaz, **indicolite**, Kambamba stone, kundalini citrine, Libyan gold tektite, liddicoatite, molybdenite, mookaite, orange mist quartz, Picasso marble, pink banded agate, polychrome jasper, rose quartz, scenic quartz, schorl, snakeskin agate, sodalite, sphalerite, stilbite, super seven, tangerine quartz, tiger iron, topaz, tourmaline, tsilasite, ulexite, Vera Cruz amethyst, verdelite, white chalcedony, white moonstone, **yellow fluorite**, and yellow sapphire. Libyan gold tektite can inspire artistic creativity.

DECISIONS Choices are made easier with amber, amegreen, amethyst, **amethyst elestial crystal**, blue john, brazilianite, bronzite, bumble bee jasper, cerussite, chalcantite, citrine, fluorite, green aventurine, green selenite, Iceland spa, K2 jasper, mookaite, muscovite, onyx, rainforest rhyolite, ruby, sandstone, stilbite, **Tibetan citrine**, titanium quartz, **topaz**, wavellite, and

yellow aventurine. **Cataclasite** and **muscovite** can help with the really major decisions in life. Black banded agate, blue opal, brown aragonite, chevron amethyst, chiastolite, clear scapolite, green opal, jade, **lepidocrocite**, muscovite, phantom quartz, pink banded agate, rhyolite, and tourmalinated quartz help you find answers to life's problems.

DESIRE Amphibole in quartz, brazilianite, kunzite, jamesonite, magnetite, and realgar bring desires to the surface and allow them to manifest. Blue and violet sapphire help control desires.

DIVORCE Black amethyst, **blue jade**, crocoite, girasol quartz, melanite, and pyrolusite can ease this tough time and help you remain rational and composed through the process. Grossularite and **pink smithsonite** can help you solve any disputes. **Scenic quartz** will help you find new love.

ENVIRONMENTAL ISSUES Blue aragonite, green selenite, Inca jade, Kambamba stone, and **septarian** increase your awareness of green issues. **Chrysocolla**, larimar, and turritella agate promote Earth healing. Lodestone and **shungite** help if you suffer from the effects of geopathic stress. **Dravite**, prasiolite, rainbow obsidian, schorl, and **stella beam calcite** enhance your connection to nature.

FLOW Amethyst, apache tear, **aquamarine**, **axinite**, **blue scheelite**, charoite, clear halite, garnet, **golden selenite**, goshenite, gypsum, kunzite, merlinite, mookaite, okenite, rhodochrosite, smoky quartz, spirit quartz, steatite, stichtite, and yellow prehnite make everything flow better in life. If you need it, black opal and **topaz** can give you momentum.

FRIENDSHIP Axinite, **blue barite**, **blue jade**, bowenite, green jasper, green selenite, pyrolusite, **rose quartz**, and **turquoise** help you make new friends. Blue opal and blue quartz connect you to people and are also good for networking.

FUN/HUMOR Benitoite, goethite, piemontite, **Preseli bluestone**, pyromorphite, snakeskin agate, violet sapphire, **watermelon tourmaline**, and **yellow quartz** help you see the funny side of situations and life in general. **Strawberry aventurine** helps restore a lost sense of humor.

GETTING BACK INTO THE WORLD Bismuth and clear or **pink danburite** help you after absence through breakdown, drugs, hospitalization, unemployment, grief or any other reason.

HOUSE Atmosphere: Placing strawberry aventurine in a grid around your house can encourage family harmony and heal domestic rifts. **Cleaning:** Use copal elixir to disinfect household surfaces. Get rid of any fungal infestations by washing down affected areas with peanut wood elixir and drying thoroughly. **Moving:** This experience is made easier with bowenite or girasol quartz. If you are emigrating, meteorite can ease the transition. **Noisy neighbors:** Place purite on each of your window ledges and your life will almost instantly be quieter. **Selling:** Place a **citrine** (such as **Tibetan**) crystal in each room to speed the sale.

INDIVIDUALITY Uniqueness is supported by **azurite/malachite**, **blue apatite**, **hubnerite**, and white topaz

INSPIRATION Achroite, **ametrine**, carnelian, **cataclasite**, cryolite, fire agate, **green prehnite**, labradorite, lavender amethyst, nebula stone, **nuummite**, opal, orange calcite, **orange mist aura quartz**, rhodolite, **scenic quartz**, **Sirius amethyst**, sulfur, **tanzine aura quartz**, **tourmaline**, and yellow aventurine free your mind, allowing brainwaves and flashes of genius to appear. Bixbyite, **diamond**, **mother of pearl**, opal, **rose quartz**, ulexite, and white coral allow your imagination to flow freely. **Blocks:** Blue scheelite removes writer's and other creative blocks. **Invention:** Blue john, **bubble gum tourmaline**, **diamond**, dolomite, idocrase, Kambamba stone, **liddicoatite**, and tsilasite inspire this. Beryl allows you to take the initiative.

LEADERSHIP Golden Lemurian quartz crystal, green or peach aventurine, herderite, onyx, pink smithsonite, pyrite, and violet sapphire promote leadership. Amethyst celestial crystal, blue coral, blue quartz, and lapis lazuli aid organizational skills and can help bring order out of chaos.

LEARNING/STUDY Aquamarine, calcite (especially **Argentinian blue calcite**), carnelian, citrine (especially **Tibetan citrine**), dalmatian stone, **diopside**, galena, gold, hiddenite, howlite, Kambamba stone, lepidolite, obsidian, **purple fluorite**, ruby, and **snow quartz** all aid the pursuit of knowledge. Chrysotile serpentine and **yellow quartz** help you to learn from experience. White chalcedony supports learning languages. **Exams:** Amazonite calms the nerves; green aventurine is good for physical tension; and snow quartz clears the mind, allowing you both to study and to stay focused on the exam. These three crystals work fantastically together.

LIVING IN THE MOMENT Dioptase, iolite, and unakite help you live in the present. Chrysanthemum stone and merlinite help you to seize the moment!

LUCK Alexandrite, black rutilated quartz, chrysanthemum stone, copal, gypsum, hemimorphite, **liddicoatite**, orange moonstone, onyx, **peach aventurine**, realgar, sardonyx, staurolite, **tiger's eye**, **turquoise**, white moonstone, and **yellow sapphire** can tip the scales in your favor.

NEW BEGINNINGS The start of anything new is helped with black banded agate, **black moonstone**, **bubble gum tourmaline**, citrine, **diamond**, elbaite, **garden quartz**, **goddess stone**, **hausmannite**, Herkimer diamond, **hessonite**, **lava stone**, **Lemurian black jade**, **orange selenite**, pink smithsonite, Preseli bluestone, pyromorphite, ruby, schalenblende, stibiconite, **Tibetan citrine**, tiger's eye, **tourmaline**, **white moonstone**, and yellow sapphire.

RELATIONSHIPS *Attract a new partner:* Try axinite, blue barite, **blue scheelite**, denim lapis, **garden quartz**, **golden healer quartz**, hematite,

imperial topaz, Inca jade, lavender amethyst, magnetite, ruby in fuchsite, stibiconite, stibnite, **Tibetan citrine**, **Tiffany stone**, or white topaz.

Faithfulness: Agate (especially **opalized white**) and stibnite promote faithfulness in marriage or partnerships. Sardonyx promotes marriage or partnership. **Healthy relationships:** These are promoted by Brazilianite, cerussite, citrine, cleavelandite, dalmatian stone, fluorite, goshenite, green zincite, iolite, lapis lazuli, pyrolusite, rose quartz, sandstone, and zircon.

Intimacy: Girasol quartz promotes closeness between people, helping a relationship to grow. **Increase your sexual attractiveness:** Work with **boulder opal**, **kundalini citrine**, **orange selenite**, realgar, or **tangerine quartz**.

Moving on: Black onyx, **earthquake quartz crystal**, pyrolusite, and **white moonstone** all help you to let go, release, and break free of old relationships.

Renew/repair relationship: Chrysocolla revitalizes, while jadeite and **morganite** repair. Blue jade, green jasper, and lithium quartz can also help.

Romance: Bring this out with **rose quartz** or turquoise. **Sexuality:** Liberate with copper, crocoite, falcon's eye or kundalini citrine.

SMOKING CESSATION **Black onyx**, **caramel calcite**, **kunzite**, orthoclase, and staurolite help you quit the habit.

SPEAKING YOUR TRUTH Ajoite, aquamarine, blue opal, bronzite, covellite, dumortierite, goshenite, **indicolite**, kyanite, petalite, and **turquoise** encourage authenticity. Blue moss agate, creedite, girasol quartz, phillipsite, ruby and kyanite in fuchsite, and sieber agate help you to talk your talk. Golden healer quartz and sieber agate inspire you to walk your walk. Piemontite encourages you to talk your talk and practice what you preach.

TEAMWORK For sport, work, or any other group, **auralite-23**, **bumble bee jasper**, fluorite (especially **yellow**), girasol quartz, **grape chalcedony**, green zincite, herderite, jadeite, K2 jasper, kundalini citrine, microcline, pyrolusite, scolecite, sandstone, sodalite, spirit quartz, **stromatolite**, and tourmaline help.

TIME MANAGEMENT Blue coral, honey calcite, morganite, and **staurolite** help you organize your time.

TRAVEL Whether your journey is a walk to the corner shop, a trip around the world, or following your path through life, abalone shell, **aquamarine**, cleavelandite, faden quartz, garden quartz, green selenite, **Himalayan diamond**, Inca jade, mother of pearl, reversed watermelon tourmaline, schalenblende, **turquoise**, **white moonstone**, and yellow jasper will keep you safe. **Lava stone** holds your connection to home.

WELL-BEING Blue quartz and diopside give you a general sense of health and happiness. **Positive outlook:** Snakeskin agate helps you to make the best of the world around you. **Zest for life: Lemurian quartz crystal**, orthoclase, and peach or strawberry aventurine boost your enthusiasm to live life to the full.

WORK/LIFE BALANCE **Lemurian black jade**, orange moonstone, and **yellow quartz** can all help restore equilibrium.

GLOSSARY

Acicular Needle-shaped.

ADHD Attention deficit hyperactivity disorder.

Adularescence The appearance of a milky glow from below the surface of the crystal, caused by light diffraction between layers of the mineral. Also known as a schiller effect.

Aggregate A mixture of minerals combined in a geological process; resembles a solid rock.

Akashic records A library of spiritual information that exists on another plane.

Alluvial Made from sediment in riverbeds, which produces “river-tumbled” crystals.

Asterism An optical effect that results in a star-like appearance.

Astral projection The ability to consciously send a part of the astral/spirit body outside the physical body to a specific location (while remaining connected to the physical body).

Astral travel The ability to send a part of the astral/spirit body to travel outside of the physical body (while remaining connected to the physical body).

Aura The subtle energy field (qv) around the body.

Bladed A crystal that resembles a flat knife blade.

Bodymind The body's energy system, which links mind, body, and spirit.

Botryoidal Describes bulbous minerals that resemble a bunch of grapes.

Brecciated Describes rocks formed from clastic (rock formed from broken pieces of older rock) angular fragments in a matrix of smaller stones and mineral cement.

CFS Chronic fatigue syndrome, also known as myalgic encephalitis (ME).

Chakra The Sanskrit word for “wheel.” Chakras are the energy centers of the body, appearing as wheels to people who see energy.

Channeling The communication of messages or information from the spirit world via a medium.

Chatoyancy An optical effect, also known as “cat’s eye,” found in some polished crystals.

Chi In Chinese medicine and philosophy, chi is the energy or life force of the universe, believed to flow round the body and to be present in all living things. Other cultures call chi by different names. For example, ki (Japan) and prana (India).

Clairaudience The ability to hear psychic information.

Clairsentience The ability to feel psychic energies.

Clairvoyance The ability to see psychic information.

Clast A fragment of geological debris—a chunk or smaller grain of rock which has broken off another rock due to physical weathering or seismic activity. Clasts often recombine in another concretion material to form a clastic rock.

Columnar Stout parallel clusters with a column-like appearance.

Concretion Hard, compact mineral mass, often spherical.

Crust The top or outer layer. Crystals occurring as crusts are growing on the surface of a rock or mineral. See *also* Druse.

Cryptocrystalline Microscopic crystalline structure.

Crystal children Children with special abilities, often psychic. A further development, or the next stage, from indigo children. See *also* Indigo children.

Crystal system A classification of crystals according to their atomic structure, describing them in terms of their axes (imaginary straight lines through the center, around which they are symmetrically arranged). The systems are hexagonal, isometric, monoclinic, orthorhombic, tetragonal, and triclinic (*qqv*).

Cubic Describes a cube-shaped crystal, with six square faces. The three axes are the same length and are at right angles to one another.

Dendrite A mineral that crystallizes in the shape of a tree or branch, or grows through another crystal of rock creating the impression of a tree or branches.

Dis-ease A state of unsoundness on any level (physical, emotional, mental, or spiritual), which may weaken the body's natural defense systems and increase the risk of illness or disease. It relates to underlying causes and not a specific illness or disease.

Distant healing The process of sending healing energy, good thoughts, or prayers to a person who is not physically present. Also known as absent healing or remote healing.

Dodecahedral Describes a crystal having 12 pentagonal (five-sided) faces meeting in threes at 20 vertexes.

Druse A surface crust of small crystals on a rock of the same or a different mineral.

Earth healing Sending/directing healing energy to the planet.

EMF Electromagnetic fields.

Energy A supply or source of power: electrical, nuclear, mechanical, or subtle (*qi*), such as chi (*qi*).

Enhydro Water bubble(s) trapped in air pocket(s) inside a crystal as it was forming. The water and air inside may be hundreds of millions of years old.

Equant Having different diameters approximately equal, so as to be roughly cubic or spherical in shape.

ESP Extra-sensory perception.

Feldspar A group of silicate minerals.

Fibrous/fiber A rock made up of roughly parallel fine threads.

Fire A play of color caused by dispersion of light within a crystal, such as that shown by diamonds. Fire opal does not necessarily exhibit fire, but occurs in colors of fire—reds, oranges, yellows. Opal does not display true fire but a play of light caused by the scattering of light by microscopic silica spheres in the opal structure.

Flow The Taoist concept of allowing things to happen naturally.

Geopathic stress Energy that emanates from the earth and is detrimental to human health. Two sources of this energy may be underground moving water or radiation from mobile phone masts. Geopathic stress is linked with a long list of ailments, ranging from headaches to cancer.

Globular Globe-shaped/spherical.

Granular A mineral composed of grains. May be formed with rounded, semi-rounded, or angular grains or can be massive (see Mass).

Hexagonal Describes a crystal system having four axes, of which the three horizontal axes are equal in length and cross at 120° angles, and the vertical axis is a different length and at right angles to the others. A hexagonal crystal has eight faces.

IBS Irritable bowel syndrome.

Inclusion A mineral found within the structure of a different mineral.

Indigo children Children with special abilities, often psychic. Most indigo children are now grown adults and are at the forefront of the human consciousness movement. See *also* Crystal children.

Iridescence Colors appearing inside a crystal due to either the diffraction or refraction of light within the crystalline structure.

Isometric Describes a crystal system having three axes that are all equal in length and at right angles to one another.

Karma/karmic process/karmic healing Karma equals action or deed. Also refers to cause and effect and specifically to how the actions of an individual can/will affect his/her future. Karmic healing is about healing karma from past lives or this life so you do not take it with you into the next life.

Kundalini energy Kundalini is the source of primal energy (chi (*qv*), prana, ki, etc.) and consciousness that we are born with. It comes coiled like a serpent at the base of the spine and can be awakened/raised using various methods such as yoga and crystal healing.

Lamellar Scaly. An aggregate of scales.

Lemuria According to legend, Lemurian civilization was a highly advanced ancient society that pre-dates Atlantis. Priests of Lemuria are believed to have worked extensively with crystals, especially quartz crystals. In the final days before catastrophic destruction, they programmed quartz crystals with the knowledge of their society, sealing them in caves to protect them until the time was right for rediscovery.

Macrocrystalline/macrocrystalline quartz Having crystals large enough to be seen with an unaided eye. This term is used to contrast

cryptocrystalline/microcrystalline, where the crystals are too small to be visible to the naked eye.

Manifestation The bringing of your dreams, desires, or goals into physical reality.

Mass Matter that has no definable crystalline structure. When the term massive is used, it refers to this rather than to the size of the crystal.

ME Myalgic encephalitis. See *also* CFS.

Meridian An energy pathway through the body.

Meridians carry chi in the same way that veins and arteries carry blood.

Mica Individual member of the mica group of related aluminum silicate minerals that are soft and have perfect basal cleavage (when a mineral has only one cleavage plane), which allows individual members to be “peeled.”

Monoclinic Describes a crystal system having three unequal axes, only two of which are at right angles.

MS Multiple sclerosis.

NLP Neuro-linguistic programming.

Nodule A form of mineral that is massive (see Mass) with a rounded outer surface.

OCD Obsessive compulsive disorder.

Octahedral Describes a crystal having eight faces that are all equilateral triangles; resembles two four-sided pyramids joined at the bases.

Opalescence Color effect, typically found in opals, which causes a play of light when moved and viewed from different directions.

Orthorhombic Describes a crystal system having three axes of unequal lengths that cross at right angles.

Oxidation A chemical reaction in which oxygen is added to an element or compound, often producing a rust-like appearance.

Piezoelectric effect The electric current produced by some crystals when they are subjected to mechanical pressure.

Phantom When a crystal, typically quartz, stops growing and another mineral is deposited on the surface of the facets making the termination. Sometime later, possibly millions of years, the quartz starts to grow again, growing faster than the other mineral, covering it and leaving a ghostly shape within the crystal.

Plagioclase A series of feldspars, including labradorite and sunstone.

Plate A crystal that has grown flattened and often thin.

PMS Premenstrual syndrome. Also known as PMT (premenstrual tension).

Prismatic Describes a crystal having faces that are similar in size and shape and that run parallel to an axis; the ends are rectilinear and similar in size and shape. For example, a triangular prismatic crystal has two triangular ends joined by three rectangular faces, while a hexagonal prismatic crystal has two hexagonal ends connected by six rectangular faces.

Pseudo- (before a shape, for example, pseudocubic) Assuming a false shape; the crystal is apparently this shape, but not actually so.

Pseudomorph A mineral that replaces another within the original's crystal structure. As a result, the new mineral has the external shape of the departed one.

Psychic abilities These include intuition or gut feelings, channeling (*qv*), clairaudience (*qv*), clairsentience (*qv*), clairvoyance (*qv*), sensing energies and auras (*qv*), seeing auras, interpreting auras, telepathy, extrasensory perception, and increased insight into divination and tarot card readings.

Psychic surgery A technique used to enter the physical body with psychic fingers to remove unhealthy energy.

PTSD Post-traumatic stress disorder.

Pyramidal Describes a crystal in which the base is a polygon (i.e. with at least three straight sides) and the other faces are triangles that meet at a point.

Pyroelectric effect The production of electric charges on opposite faces of some crystals caused by a change in temperature.

RBC Red blood cell count.

Record keeper Describes a crystal with raised triangles on the face of the termination.

Reiki A form of hands-on healing that originated in Japan and now has millions of practitioners worldwide. The Reiki healing ray is the frequency of Reiki energy as it is transmitted in healing.

Remote viewing The ability to see places and events at a distance. See *also* Astral travel.

Reniform Kidney-shaped.

Rhombic Describes rhomboid crystals, i.e. those with a parallelogram shape (a parallelogram has four equal sides and oblique angles).

Rhombododecahedral Describes crystals that have 12 equal sides with oblique angles.

Rhombohedral Describes crystals having six faces, each of them a rhombus (which has four equal sides, with opposite sides parallel, and no right angles). A rhombohedron resembles a cube that is skewed to one side.

RSI Repetitive strain injury.

Scalenoahedral Describes crystals having 12 faces, each of them a scalene triangle (which has three unequal sides).

SAD Seasonal affective disorder.

Scaly Describes an aggregate of scales, which are small, flattened, overlapping crystals.

Scrying Looking into a crystal ball (or obsidian mirror) to see images to predict the future, or to view the past or present.

Shamanic healing An umbrella term covering a multitude of ancient forms of healing, all of which are linked to nature. One of the oldest forms of traditional healing.

Skeletal Describes crystals with gaps in their structure due to periods of unstable growth.

Sphenoid Wedge-shaped.

Spirit guides The beings or energies of departed souls who impart information, knowledge, and wisdom to help you on your path.

Stalactites Mineral formations descending from the roof of caverns, created as mineral-rich water drips down, facilitating the mineral to deposit over thousands or millions of years.

Striated Describes crystals having parallel grooves or markings along their length.

Subtle energy Energy that is outside of the known electromagnetic spectrum and therefore not easily detected.

Tabular Describes crystals that are broad and flat; sometimes shortened to “tabby.”

TB Tuberculosis.

Termination The end of the crystal formed by the facets or faces making up the point. Note that a few varieties of crystal have flat terminations, such as some tourmaline and spodumene crystals.

Tetragonal Describes a crystal system having three axes, of which only the two horizontal ones are equal, and all three axes are at right angles. It resembles a cube that has been stretched vertically.

Tetrahedral Describes crystals that have four faces.

Trapezohedral Describes crystals that have trapezium-shaped face. A trapezium is a quadrilateral with two parallel sides.

Totem animals Animal spirits or characteristics that help to guide you on your path in life.

Triclinic Describes a crystal system having three axes, none of them equal in length or at right angles.

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FURTHER INFORMATION

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You can also follow him on Facebook (facebook.com/TheCrystalHealer), Twitter (@ICrystalHealer), and Instagram (@thecrystalhealer).