

The

Crystal Companion

A compendium of crystals and gemstones

By: www.SpiritMagicka.net



Coupons & Discounts

Can be found at the bottom of this book.

Abalone Shell Meaning and Spiritual Properties



Abalone Shell is good for seeing beauty, femininity, and power. The colorful shell symbolizes independence, self-reliance and solitude.

Physical Energy Properties: Abalone Shell aids in detoxing. It is good for the eyes, helping cataracts and

hemeralopia which is the inability to see in bright light. It helps to build physical strength and reduce physical tension. Its energies offer protection and emotional balance. It brings a natural shielding that blesses the person with tranquillity.

Emotional Energy Properties: Abalone Shell is good for love, letting go of emotions and relaxation.

Spiritual Energy Properties: Abalone Shell facilitates connection with ancestors.

Chakras: Throat

Astrological signs: Aquarius, Pisces, Cancer, Scorpio

History: Abalone Shell has been used in jewelry, decorative bowls and masks by many ancient cultures. Indigenous Cultures have used the abalone shell as a smudge bowl to burn sage. They believed that the Abalone Shell and the sage together carry their messages up to heaven. The colorful shells have been found in archeological sites around the world, from the Blombos Cave in South Africa to California's Northern Channel Islands; they have long been revered for their beautiful colors.

Source: Abalone Shell can be found in oceans around most continents to include Australia, Japan, New Zealand, South Africa, United States and Vietnam.

Variations, Rarity and Value: Abalone Shell is the shell of a marine mollusc. It contains minerals that give the shell a range of brilliant colors.

How to use it: Worn in Jewelry, Abalone Shell because it evolved in the ocean, has an ultra-tough exterior which is what makes it known for nurturing protection. When you wear Abalone Shell jewelry, it helps to connect you with the power of the water element, which is a subtle, yet powerful energy. This energy helps to guard you against negative vibes, whether they stem from your inner critic or from other kinds of darkness that may enter your personal space. When you wear Abalone Shell jewelry, you have a constant flow of its protective properties.



Achroite Meaning and Spiritual Properties



Achroite is a stone that brings inspiration, clarity of mind and thought. It helps you to communicate on a profound level and to reach your goals.

Physical Energy Properties: Achroite aligns the meridians of the physical and etheric bodies.

Emotional Energy Properties: It brings body and mind back into balance after prolonged illness or trauma. It helps chronic headaches, physical blockages anywhere in the body and constrictions in the throat. It increases your confidence. It helps in overcoming feelings of being stuck in burdens and issues that seem to have no end in sight or solution.

Spiritual Energy Properties: Achroite is good for spiritual energy. It synthesizes all other colors and opens the crown chakra. It connects you with other dimensions especially that of

angelic wisdom. It amplifies the effects of any other crystal but especially other tourmalines. It provides all aura clearing and aura protection. It facilitates communication and contact with angels, ascended masters and spirit guides. It aids in channelling, and all psychic abilities.

Chakras: Crown

Astrological signs: Aquarius

Source: Pakistan

Variations, Rarity and Value: Achroite is a colorless variety of tourmaline.

How to use it: Achroite natural wands are useful energy balancing tools, that help to clear the aura, disperse negative energy, remove blockages and point to solutions to specific problems. Wear if you have to speak publicly as it assists in making your words clear, concise and inspiring. If you work in an area where you are constantly pressured to achieve, Keep this stone with you if you work in a job where you are constantly pressured to achieve, it will draw success to you by ethical means.

Actinolite Meaning and Spiritual Properties



Actinolite is a calcium magnesium iron silicate hydroxide mineral that is found in metamorphic rock. It's often found with other crystals and as inclusions in clear quartz crystal and a variety of Actinolite is Nephrite Jade. This stone is considered the dream stone that will help you remember your dreams to process the inner

workings of your mind.

Physical Energy Properties: This stone is helpful for detoxification and balancing the metabolism. It can also help those with parasites and fungus. It strengthens the immune system and helps to soothe rashes and hives.

Emotional Energy Properties: Actinolite is a great stone for those who worry. It also helps in overcoming indecision especially in regards to taking the next steps in your life. This stone will help you gain the confidence in your self to go after your dreams. It also helps to bring stability into your daily life and can help you know your self-worth.

Chakras: Related to the Heart chakra.

Astrological signs: Connected with Scorpio.

History: Actinolite was named by Richard Kirwan in 1794 by Aktina which is Greek for ray stone because of its protective properties.

Where it's found: Found in Brazil, the United States, Europe, Mexico, Canada and Australia.

Variations, Rarity and Value: Actinolite is made of hydrous calcium magnesium iron silicate and it's normally dark or light green with some grey and black. The transparent crystals are very rare making them costly. These rare pieces of the stone are cut into cabochons and put into jewelry. Rutiles of Actinolite are also found in quartz crystals.

How to use it: Bring Actinolite with you when you're travelling, it will help you assimilate to a new place. Use this stone when you're experiencing any confusion as to what you should do next in your life and meditate with it to find some answers.





Adamite Meaning and Spiritual Properties



Adamite is a crystal that is good for business success, wealth, lateral thinking, intellect, expression and inner strength.

Physical Energy Properties: It is good for heart, lungs, throat and glands. Adamite can help in clearing the mental fog associated with hormonal

imbalances, general lack of energy or chronic fatigue syndrome.

Emotional Energy Properties: Adamite is good for the emotions. It helps to create emotional equilibrium. It assists in clearly communicating your needs, especially when you need to change. Adamite enhances your emotional interaction, allowing more room for expressing your feelings. This crystal helps to attract more joy into your life. It helps you resist emotional manipulation especially by those who play on your weakness or guilt.

Adamite is a strong creative crystal.

Spiritual Energy Properties: It increases metaphysical gifts and communication with those in other dimensions. This crystal brings the heart and mind together as it links the heart, solar plexus, and throat chakras with the universal mind.

Chakras: Heart

Astrological signs: Cancer

History: Adamite named after French mineralogist, Gilbert-Joseph Adam (1795–1881).

Source: Mexico, Namibia, Russia, Canada, China, New Zealand, and Taiwan.

Variations, Rarity and Value: Yellow-green tabular crystals or druse crystal. Transparent to translucent.

How to use it: This is an excellent crystal to use for pendulum work to decide between options.

Agate Meaning and Spiritual Properties



Agate is a type of chalcedony that comes in a variety of colours and appearances. There are also other specific types of agate as well including moss agate, blue lace agate and iris agate. Agates make great decorative stones because of their layers of patterns and colours that are mesmerizing to look at.

Physical Energy Properties: Helps with irritable bowel syndrome (IBS) and bowels in general. Balances the lymphatic system and blood circulation. Also helps with skin disorders and eye issues. Great for detoxification.

Emotional Energy Properties: Agates are very grounding stones, and they work well to protect you. They work to balance mind, body and spirit so that you feel at peace. The multiple layers and bands in the stones can signify emotions coming to the surface to be accepted. Heals emotional traumas on all levels and gives you the courage to start again.

Chakras: Each different type of agate will correspond with a different chakra, and there is an agate for every chakra.

Astrological signs: This stone is associated with Gemini.

History: Agates are a form of chalcedony which was named after Chalchedon, an ancient port on the Sea of Marmara where stones were mined and traded. It has been used throughout history as a stone for household items such as goblets and decoration. When it was one of the only gemstones used it was considered very valuable, but now the value is lower. One type of agate is higher in value though, and that is Chrysoprase.

Where it's found: Agates are found everywhere around the world including India, the United States, Morocco, Czech Republic, Africa and Brazil.

Variations, Rarity and Value: As mentioned above, Chrysoprase is the most valuable type of agate because it is the rarest type of agate. Their prices reflect mainly labour and artistry rather than the value of the material itself. Larger agates and ones with distinctive patterns are usually more expensive. The costs of agate are more about the craftsmanship involved in carving or making the agate into something whether it be a piece of jewelry or a home item.

How to use it: Hold in meditation or place on your body where you need assistance in releasing blockages. You can also make an elixir using agate by allowing the agate to sit in water overnight and then straining the water to separate the crystal and the water. You can also use agate slices as a coaster to put your drinks on and it will charge your beverage with the balancing energy of the crystal.



Amazonite Meaning and Spiritual Properties



This beautiful blue-green gemstone is a variety of microcline which is a form of alkali feldspar. It's common that people think Amazonite is from the Amazon River because of its name, and even though it was named after the river, it doesn't come from the river at all but from other areas of Brazil.

Physical Energy Properties: An excellent gemstone for the heart and the nervous system it can be a very soothing stone for those with anxiety. It's also a good stone for protecting against pollution including cell phone emissions and electromagnetic pollution. Amazonite protects the bones as well and is suitable for tooth decay and calcium deficiency.

Emotional Energy Properties: Helps with stress, nervousness and anxiety or panic attacks and an overthinking mind. It will soothe and calm your nerves to help you think and feel more clearly. Also helps to heal emotional trauma and fear. Balances the feminine and masculine energy.

Chakras: Connected with the Heart chakra and unconditional love.

Astrological signs: Related to Virgo and the emotional aspect of ourselves.

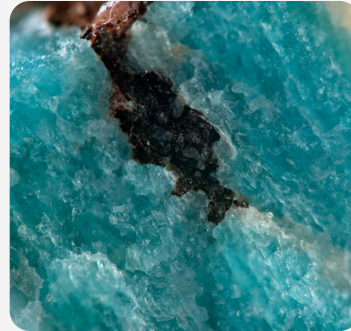
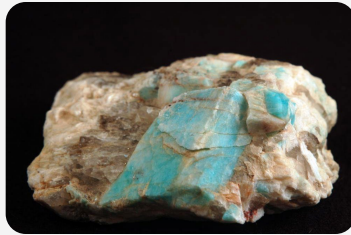
History: Amazonite has been highly regarded throughout the ages. The Egyptians made the stone famous by making jewelry out of it. It has also always been a stone that is thought to bring luck, money, and success so wearing amazonite has been embraced by gamblers. It has also always been believed that it's a good stone for artists to use as a way to tap into their emotions and express them creatively.

Where it's found: Mainly found in Brazil, Canada, the United States, India, Russia and Namibia.

Variations, Rarity and Value: Even though the value of amazonite is relatively low, antique pieces are higher in value. Out of all gemstones, amazonite forms the largest crystals which can be found for sale. It can be colourless, bluish green, white, yellow, pink, red, or gray but it's usually an aqua blue with green. The colour is caused by lead within the stone. It's also

commonly mistaken for turquoise and jade, but up close it looks quite different and almost glassy.

How to use it: Wear amazonite or put it between your body and any electronics to help protect yourself from EMFs.



Amber Meaning and Spiritual Properties



Amber is the fossilized resin that comes from ancient trees. It may have inclusions of animal and plant material. It has strong connections with the earth and is considered to be a grounding stone for higher energies.

Physical Energy Properties: It is a powerful cleanser and balancer that

draws disease from the body and promotes tissue revitalization by absorbing the pain and negative energy. It resonates with the throat and is used for treating throat problems and goiters. Also good for the spleen, stomach, bladder, kidneys and liver. Use as an elixir and for wounds as a natural antibiotic.

Emotional Energy Properties: A good stone for calming and yin/yang balance. It helps abuse, emotional blockages, stress and negativity.

Spiritual Energy Properties: It cleans the chakras and the environment. Amber absorbs the negative energies and transmutes them into positive forces that help to stimulate balance.

Chakras: Solar Plexus

Astrological signs: Aquarius, Leo

History: Amber has long been appreciated for its color and natural beauty since Neolithic times.

Source: Baltic Sea, Latvia, Lithuania

Variations, Rarity and Value: Colors include yellow, orange, and brown. It can range from a whitish color to pale yellow, brown to almost black. Other less common colors include red amber, green amber, and even blue amber, which is rare and highly sought after.

How to use it: Wear in jewelry for prolonged periods of time, especially on the throat and wrist. Purifies the mind, body and spirit when worn. Place Amber as appropriate. If using to treat babies and children, it is beneficial for the mother first to wear the stone. Can be burnt as an incense to cleanse spaces, perfect for use in therapy rooms.



Amethyst Meaning and Spiritual Properties

Amethyst is a beautiful stone with several benefits. It vibrates at a high frequency, which creates spiritual protection that blocks out the lower



negative frequencies and energies. It helps to awaken higher consciousness, assisting in clear-headed decision-making that is free of emotional confusion. It helps with meditation

and intuition.

Physical Energy Properties: Amethyst has strong energy and cleansing powers and helps to heal the causes of disease. This crystal is beneficial for hormone regulation, headaches, migraines, hearing, asthma, blood clots, bacterial and viral infections and arthritis. It is good for immune health, the heart, skin, stomach, liver, teeth, circulatory and sympathetic nervous systems. Amethyst reduces bruising, swelling, injuries and treats hearing disorders. It heals diseases of the lungs and the respiratory tract, along with skin conditions and cellular disorders. Amethyst also helps with addictions, especially alcoholism, as it aids in both detoxing and blood cleansing. It relieves physical, emotional and psychological pain or stress. It is beneficial for the intestines helping to regulate flora, remove parasites and encourage the reabsorption of water. Amethyst helps with insomnia and encourages restful sleep.

Emotional Energy Properties: Amethyst helps to enhance spiritual awareness. Amethyst is a crystal that is beneficial to the mind, clearing negativity and confusion, balancing out highs and lows, and promoting emotional centering. It helps with decision making, negotiation skills, wealth, business success, moving forward in life, dealing with responsibility and change, and public speaking. It helps to balance emotions, dispelling anger, violent tendencies and obsessive-compulsive disorder (OCD). Amethyst calms oversensitivity, tension and grief.

Spiritual Energy Properties: It is one of the most spiritual stones, encouraging a love of the divine, and spiritual wisdom. This crystal opens intuition and enhances psychic gifts. Amethyst enhances memory and improves motivation, helping you to set realistic goals. At a subtle level, this stone helps to balance the physical, mental and emotional bodies and links them to the spiritual. This crystal cleanses the aura and transforms negative energy. Amethyst is a helpful stone for people who are about to make the transition through death.

Chakras: Throat and crown chakras. Amethyst provides a boost to psychic abilities, intuition and mental understanding. It stimulates the throat and crown chakras.

Astrological signs: Aquarius, Capricorn, Pisces and Virgo.

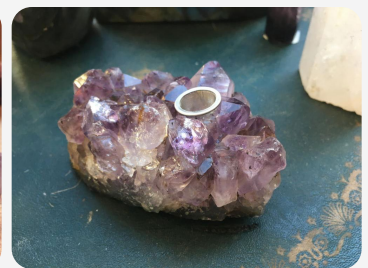
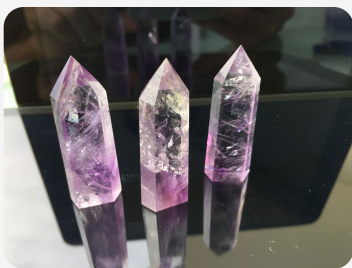
History: Amethyst gets its name from the Greek word meaning "to not intoxicate." Amethyst was used by the Greeks and Romans to cure drunkenness. It can also be used to help with insomnia, grief, and addictions.

Source: Brazil, Britain, Canada, East Africa, India, Madagascar, Russia, Siberia, South Africa, Sri Lanka, United States and Uruguay.

Variations, Rarity and Value: The classic color of amethyst is purple to lavender. There are rare varieties of the stone that are almost black, and other varieties that are purple/white banded with chevron amethyst and prasiolite, which is a green amethyst colored by its mineral inclusions. Amethyst is a variety of quartz found as transparent, pointed crystals or masses. The stone comes in all sizes and may be geode, cluster or single point. It is affordable as it is one of the most common crystals.

How to use it: Amethyst is one of the most spiritual stones and an excellent choice for meditation. Use it to achieve high-frequency states. Sleeping with amethyst can promote out of body experiences and encourage intuitive dreams. Wear amethyst on a regular basis as jewelry to help with mental balance, wellbeing and for general health. Place amethyst on the third eye to help stimulate it.

Clusters and geodes of amethyst can be placed around your home or workplace. The geodes and crystals help to purify the atmosphere and create clarity, protection and balancing energy. Single point crystals can be used for balancing. Place the single point of amethyst towards you to help draw in energy and away from you to draw away energy. This stone is beneficial when worn over the heart or throat. To help with insomnia or nightmares, place an amethyst crystal underneath your pillow. Amethyst crystals will fade if left in sunlight.





Ametrine Meaning and Spiritual Properties



Ametrine is also known as Trystine or Bolivianite since it is mainly sourced in Bolivia. It's a natural quartz and a mixture of Amethyst and Citrine crystals which is where the name Ametrine comes from and where it gets its beautiful purple and yellow hues.

Physical Energy Properties: Aids in clearing tension from the head and neck. A blood cleanser and detoxifier, it's also a very energizing stone. Strengthens the immune system preventing minor illnesses and disease. Stabilizes DNA and RNA. Helps the autonomic nervous system and restores it. Beneficial for Chronic Fatigue Syndrome, general tiredness, depression, and stress.

Emotional Energy Properties: Assists in releasing blockages and negative belief systems. Brings insight and solutions to issues. Promotes inner joy and optimism that isn't affected by outside influences. Provides a balance between thoughts and actions. Gives you clarity and a new perspective. Stimulates creativity and imagination. Helps to overcome the judgement of others in those who tend to be overly judgemental, yet helps those who are too trusting become more discerning to protect themselves.

Chakras: Corresponds with the Solar Plexus chakra and the Third Eye chakra as well as the Crown chakra.

Astrological signs: Associated with Libra.

History: It's said that in the 1600s Ametrine was first introduced to Europe as a gift given to the Queen of Spain by a conquistador after he received an Ametrine mine in Bolivia as a dowry by marrying a princess named Anahi from the Ayoreos tribe. Following that, the mine was inactive for more than three hundred years and then discovered once again in the 1960s which made Ametrine available in the 1970s. This mine is still active, and it's now named Anahi after the princess. This mine also has amethyst and citrine.

Where it's found: Ametrine is found only in Bolivia in a remote mine.

Variations, Rarity and Value: The only commercial source of ametrine in the world is the remote Anahi mine in Bolivia. Most lower priced ametrine can be assumed to be synthetic, made in a Russian laboratory since 1994. This laboratory perfected the method of producing a synthetic bi-coloured quartz that is irradiated. Ametrine prices are relatively modest and don't increase with carat size. The most valuable Ametrine depends on the depth and vividness of the colours in the gemstone.

How to use it: Wear on the body in a pendant or ring. Hold on the body to bring up deep-seated emotional issues to process and clear.



Ammonite Meaning and Spiritual Properties

Ammonite is considered the universal spiral of energy. It is a powerful and earthy fossil. Its spiral shape symbolizes that of evolution and continual change.



Physical Energy Properties:

Ammonite is good for the bones, joints, ligaments and skeletal system.

It helps with broken bones, degenerative diseases, fractures and osteoporosis and osteoarthritis. It can help to increase vitality and stamina. Helpful for issues with blood pressure or problems with the ears, degenerative disorders and lungs.

Emotional Energy Properties: Ammonite gives structure to the present, and enhances your survival instinct. As everything goes around in cycles, resolving the past helps in the present, with the past helping the future and solving problems before they arise. It is good for creative careers. It may also help to lift the heaviness that can sometimes be felt during depression.

Spiritual Energy Properties: Ammonite is good for connecting with your ancestors and with past lives. This stone has absorbed cosmic energy over eons of time and helped to stimulate the life force (Chi) within. It is often used for activating Kundalini and life path energies.

Chakras: Base, Heart

Astrological signs: Aquarius

History: Ammonite stone is a fossilized sea animal that lived 65 to 240 million years ago. This sea animal became extinct when the dinosaurs went extinct.

Source: Worldwide.

Variations, Rarity and Value: Ammonite is found in every natural color. Iridescent Ammonites may often be of gem quality when polished. This iridescence would not have been visible during the animal's life as additional shell layers covered it.

How to use it: The Ammonite is also often recommended to put in the home to attract balance, prosperity and success. It is good for creative careers.

Andesine Meaning and Spiritual Properties



Andesine is a red feldspar gemstone with a slight labradoresecent effect. It's a fairly new gem on the market.

Physical Energy Properties: Thought to be helpful for eye and brain diseases. Also eases stress and balances your metabolism.

Emotional Energy Properties: Provides clarity to your thoughts helping you think in a more positive way. It can also help you get out of fear and into trusting yourself and the world around you. It provides a feminine and goddess energy which is very nurturing and also very protective.

Chakras: Related to the Heart chakra.

Astrological signs: Connected with Taurus and Virgo.

History: One of the first places Andesine was found was in 1841 in the Marmato mine in Colombia. Named after the the Andes mountains of South America because of the high level of andesite lava in the mountains. It then appeared to become more popular in 2003.

Where it's found: Found in the Congo, near the Nyiragongo Volcano and in Columbia.

Variations, Rarity and Value: Andesine is a beautiful reddish pink or orange-pink colour giving it almost a peachy tone. It's fairly soft for a gemstone and can crack under too much pressure. It tends to change colour in different lighting as well. It's hard to authenticate, and some stones are fake and found to be other stones that are coloured to look like Andesine. Usually, it will be copper that is used to colour Labradorite to look like Andesine. True Andesine can be faceted into beautiful cuts to be used in jewelry. It can also be used as a replacement stone for Spinel or Ruby.

How to use it: A very useful stone to use when you need to push past fear and trust yourself and your inner truth, you can also use this stone to balance your emotions and balance yourself.

Angel Aura Quartz Meaning and Spiritual Properties



Angel Aura Quartz, also known as opal aura quartz cleanses the aura and can facilitate deeper and higher levels of meditation. It is a peaceful and tranquil stone, useful for communication with angels, spirit guides, and other teachers.

Physical Energy Properties: Health and balancing to keep the user well.

Emotional Energy Properties: Love. Brings nurture, harmony and love. It allows the user to clear away negativity that has previously been resistant and helps to raise energy levels in those who are feeling depleted. Angel Aura Quartz can help to release negative emotions such as resentment or grief. It is the perfect crystal to use when facing a dysfunctional type of relationship, bringing deeper insight into the relationship and the holder's part in it.

Spiritual Energy Properties: Angel communication and connection

Chakras: All chakras to include the heart chakra, crown chakra and third-eye-chakra

Astrological signs: All astrological signs.

History: Rainbow Aura is created when clear quartz crystals are super-heated in a vacuum and infused with platinum and silver. These precious metals condense onto the surface of the quartz crystal to form a permanent bond with the lattice of the quartz.

Sources: Brazil, China, India, Arkansas, USA

Variations, Rarity and Value: Clear, Iridescent. Common.

How to use it: Rainbow Aura is excellent for meditation, and energy work. Carry or wear

Angel Aura Quartz to help when encountering negative or stressful situations, removing that energy and replacing it with loving, positive vibrations. Use Rainbow Aura to enhance the balancing properties of other crystals. Meditating with Angel Aura Quartz can be beneficial for anyone going through stressful or negative situations. Use to enhance the balancing properties of other crystals.



Angelite Meaning and Spiritual Properties



Angelite, as its name suggests facilitates conscious contact with your angels to help protect your body. It helps to relieve stress, tension, and anger while promoting forgiveness and stimulating reconciliation.

Physical Energy Properties: Good for blood vessels and hemoglobin, the senses, throat, and thymus. It helps infectious diseases.

Spiritual Energy Properties: Helps improve communication with spirits. It connects you to your angels, guardians and totem animals. Angelite assists with channelling. It is helpful for

balance, astral travel, telepathy, re-birthing, psychic and spiritual balance. Helps comfort grief and helps anger. It is filled with compassion and transmutes pain and disorder into wholeness. Angelite crates a feeling of peace and tranquillity.

Chakras: Throat

Astrological signs: Aquarius

History: Discovered in 1794. The variety of anhydrite known as Angelite was found in Peru in 1987. It is formed from Celestite that has been compressed over millions of years and shares similar properties with the crystal.

Source: Britain, Egypt, Germany, Mexico, Peru, Poland, Libya

Variations, Rarity and Value: Blue and white nodules, masses and occasional crystals sometimes flecked with red. Often veined to resemble angel wings. Easily obtained.

How to use it: Hold or place on the body when needed. When applied to the feet, it helps to unblock meridians and energetic pathways in the body. Angelite resonates with the throat and helps to alleviate inflammation and balances the thyroid. Acts as an insect repellent when used as a topical elixir. If anhydrite gets wet, the crystal will turn to gypsum, so do not wear or take into the bath, shower or swimming. Use it during meditation to enhance the meditative state, and to clarify issues as they arise.





Anhydrite Meaning and Spiritual Properties



Anhydrite is a crystal that gives support and strength on the physical plane. It promotes acceptance of the physical body as a temporary vessel for the soul.

Physical Energy Properties: Anhydrite is good for physical strength and stamina. It treats disorders of the

throat. It helps with water retention and swelling.

Emotional Energy Properties: Good for acceptance and releasing past issues. Helps you to cope with and understand the process of dying, by teaching acceptance of all that life has brought, and helping to release the past. Helps to face what the present might bring.

Spiritual Energy Properties: Assists in past life discover, by showing the gift of all that has been.

Chakras: Sacral, Solar Plexus

Astrological signs: Pisces, Cancer, Scorpio

History: Anhydrite gets its name from the Greek word anhydrous, which means without water.

Source: Italy, Mexico

Variations, Rarity and Value: Clear, blue, grey, white tabular crystals and masses usually on

matrix. Found in specialty stores. It is an evaporite mineral that occurs in extensive layered deposits in sedimentary basins where large volumes of seawater have evaporated. Anhydrite can form in shoreline or flat tidal sediments from the evaporation of sea water.

How to use it: Place on the throat or over the thymus gland.

Anyolite (Ruby in Zoisite) Meaning and Spiritual Properties



Anyolite is known as a combination stone or Ruby in Zoisite. This is a combination that occurs naturally providing a deep Ruby stone within a Green Zoisite stone. Both of these stones are very heart centred stones making Anyolite a true stone of the heart.

Physical Energy Properties: Since this is a stone of the heart, it's a wonderful stone for the physical heart promoting heart balance and good circulation. It also helps increase energy when you're feeling depleted. It also helps to restore the biomagnetic field around the body.

Emotional Energy Properties: Great for balancing of the emotions and heartache. It's also a great stone for altered states to access and integrate spiritual wisdom. It helps you gain individuality while still remaining connected to others.

Chakras: Connected with the Heart chakra and the Crown chakra.

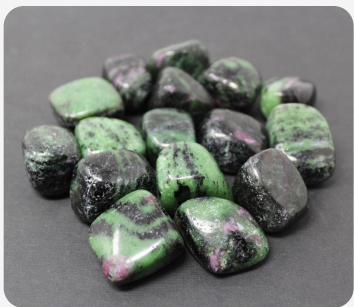
Astrological signs: Associated with Gemini, Cancer, Leo, Sagittarius and Scorpio.

History: The name for this stone comes from the word Masai meaning green. The stone was first found at the Mundarara Mine, near Longido, Tanzania in 1954. In 2010 a 2 kilogram stone called the Gem of Tanzania was sold for £8000.

Where it's found: Mainly found in Tanzania but can also be found in India too.

Variations, Rarity and Value: While red, violet and green will be the prominent colours of these gemstones, they will also often include black specks of Tschermakite, which is a type Hornblende. Beautiful jewelry can be made with Anyolite and since the stone is fairly common, the pieces are usually quite affordable.

How to use it: Wear Anyolite to promote a balance between the heart and the mind and to soothe a broken heart. You can also have a piece of raw Anyolite that you can hold or have in your home to provide it's positive, loving energy.



Apache Tear Meaning and Spiritual Properties

Apache Tear is a good stone for change and moving forward in life. It helps with forgiveness, spontaneity



and combating self-limiting beliefs.

Physical Energy Properties: Apache Tear removes toxins from the body, calms muscle spasms and enhances the assimilation of Vitamins C and D.

It is good for the knees and snakebites.

Emotional Energy Properties: Apache Tear brings up negativity but does so slowly, so it can be transmuted. It comforts grief, relieves long-held grievances and gives insight into the source of distress. It stimulates analytical capabilities and promotes forgiveness. It helps you to shed tears, especially tears that are repressed. It helps with behavior change and negativity.

Spiritual Energy Properties: Apache Tear is great at absorbing negative energy and protecting the aura. It grounds and cleanses the earth chakra.

Chakras: Base

Astrological signs: Aries

History: Apache Tear is a form of Black Obsidian, but it has a gentler effect. It is named because it is believed to shed tears in times of sorrow.

Source: United States

Variations, Rarity and Value: Small black or brown nodules that are often smooth and water-worn. The stone is translucent when held to the light. Common.

How to use it: Men should place Apache Tear at the abdomen and women should place at the breast.

Apatite Meaning and Spiritual Properties

Apatite is a very rare form of



tourmaline made of calcium phosphate that was only discovered in 1990. It can take on different shades of blue and yellow, but it can also be purple, green, grey, red, brown or black. Apatite would be a good stone for communication and teaching which makes it perfect for singers,

teachers, actors, performers and writers.

Physical Energy Properties: Aids in the regeneration of bones and tissue which makes it suitable for those with arthritis. Also helps in the absorption of calcium which helps bones and teeth remain healthy and strong. Raises metabolism and helps promote intuitive eating. Yellow apatite is excellent for detoxification and chronic fatigue syndrome. It's also good for the liver, spleen, gallbladder and the kidneys. Blue apatite heals the heart.

Emotional Energy Properties: Inspires motivation and openness, activating creativity and socialization. Eases grief and sorrow. Helps to release anger, frustration and shame. It enables you to see situations clearly which will assist you in making the healthiest decision for yourself.

Chakras: Connected with different chakras depending on the colour. Yellow connects with the Solar Plexus chakra, and Blue with the Throat chakra.

Astrological signs: Associated with Gemini.

History: Apatite was discovered relatively recently in the 1990's. The name is from the Greek word for deceiver because it's often mistaken for other gemstones such as tourmaline and beryl.

Where it's found: Can be found in Canada, Mexico, Pakistan, Norway, Russia and the United States.

Variations, Rarity and Value: Apatite is opaque and sometimes transparent with a hardness of 5 on the Mohs hardness scale. It usually comes in neon colours but yellow apatite tends to be the most common colour which means it will cost much less than green or blue apatite.

It's also very popular because of how similar it is to Paraiba tourmaline. Apatite a commonly found mineral that is located in many different types of rock, but most of the gem quality stones are found in pegmatites.

How to use it: Wearing Apatite is said to bring many benefits like boosting the immune system and allowing in love and support. Wear in a variety of jewelry including bracelets, necklaces and rings.



Apophyllite Meaning and Spiritual Properties



Apophyllite is a crystal that is good for brain power, travel and truth. It will help enhance your intuition, making your senses sharper and your visions clearer. It can also help you connect with your guardian angels and spirit guides.

Physical Energy Properties:

Apophyllite works for the respiratory system. When held to the chest, it can stop asthma attacks. It is good for sight. Place a crystal on each eye to help rejuvenate the eyes. Pyramidal crystals aid in the rejuvenation of the body.

Emotional Energy Properties: Apophyllite is good for reflection. It helps to release suppressed emotions, overcoming anxiety, fears and worries. It allows uncertainty to be tolerated and calms apprehension.

Spiritual Energy Properties: Apophyllite is useful in balancing of the spirit and helping the

spirit to come to terms with being in a physical body. It is good for astral travel, clairvoyance and scrying. It helps you to connect to the spirit and maintain a meditative state after meditation. It has a high water content which makes this crystal an efficient conductor of energy and a carrier of the Akashic Record. This crystal creates a conscious connection between the physical and the spiritual realms. It eases journeys into past lives.

Chakras: Brow, Crown Astrological signs: Gemini, Libra

History: Apophyllite gets its name from the Greek word apo, which means off, and phyllon, which means leaf. It roughly translates to leaf apart. This is because apophyllite tends to flake off or peel apart when exposed to heat because of the loss of water molecules.

Source: Australia, Brazil, Britain, Czech Republic, India, Italy

Variations, Rarity and Value: Commonly white, also clear, green, peach and yellowish. Cubic and pyramidal crystals, druses and masses. Can be transparent or opaque, small single to large crystals. Readily available.

How to use it: Place Apophyllite as appropriate for balancing. Place single Apophyllite pyramids on the third eye when meditating or channelling.



Aqua Aura Quartz Meaning and Spiritual Properties

Aqua Aura Crystal is a beautiful blue crystal that is made of quartz crystal bonded with gold giving it a



shimmering glow. Even though it's laboratory made, this crystal is well-loved, and it has a lovely energy too. It's one of those crystals that makes you feel better when you're holding it or wearing it.

Physical Energy Properties: Gives the immune system a boost and protects from illness especially throat issues. Strengthens the thymus gland and thyroid too.

Emotional Energy Properties: Beneficial for the aura and intuitive senses. Good for new beginnings and letting go of limitations. Releases stress and heals any trauma. Encourages communication and speaking your truth as well as walking your talk. Instills a sense of calm and peace, balancing emotions and releasing negativity.

Chakras: Connected with the Throat chakra and the Third Eye chakra.

Astrological signs: Especially compatible with Leo.

History: A fairly new crystal that is created in laboratories all over the world and sold worldwide. Typically used in jewelry or as stones to use in meditation or to place around the home.

Where it's found: Since aqua aura is a natural quartz crystal with a coating on it, the clear quartz crystals come from all over the world including in the United States and Brazil.

Variations, Rarity and Value: Aqua aura is very affordable, but the value will depend on the size and quality of the piece of quartz used and how the colouring turns out. You can find pieces of aqua aura for as little as \$1 for a very small piece and medium-sized pieces for \$20, all the way up to pieces that are \$100 or more.

How to use it: Place aqua aura over your throat chakra to enhance communication and to heal any imbalances. Hold during meditation to connect with your higher self and to tune into your own intuition. To cleanse your aura, just hold the crystal in your hand and hold the intention of clearing away any negative energy. Hold this crystal for protection and keep

it by your bed.



Aquamarine Meaning and Spiritual Properties



Aquamarine is a stone of courage, with calming energies that help to reduce stress and quiet the mind. Good for the brain and intellect. It builds tolerance and responsibility. It protects travelers. Helps communication, courage and study. Makes things happen.

Physical Energy Properties: It can be used for sore throats, swollen glands and thyroid problems. Good for the blood, eyes, kidneys, lymph, and teeth. Aquamarine improves eyesight. It helps with water retention and swelling. It is cooling in hot climates.

Emotional Energy Properties: It brings calm, compassion, spiritual awareness and development. It reveals the truth about yourself. It brings you in contact with your inner and higher self. Aquamarine is useful for closure on all levels. It helps to clear blocked communication and promotes self-expression.

Spiritual Energy Properties: It sharpens intuition and opens clairvoyance. It shields the aura and aligns the chakras, helping to clear the throat chakra bringing communication from a higher plane. Aquamarine aligns the physical and spiritual bodies.

Chakras: Throat, heart

Astrological signs: Aries, Gemini, Pisces

History: The seawater color of aquamarine has given this crystal its name as “aquamarine” is derived from the Latin word for seawater. Aquamarine was admired and valued greatly by the Sumerians, Egyptians, and Hebrews. It was a symbol of happiness and everlasting youth.

Source: Afghanistan, Brazil, India, Ireland, Mexico, Namibia, Pakistan, Russia, the United States, and Zimbabwe.

Variations, Rarity and Value: A Blue-green variety of beryl. Aquamarine is a readily available clear to opaque crystal, often small and tumbled or faceted.

How to use it: Hold or place Aquamarine as appropriate. It can be placed on the eyes or used as an elixir. When used in visualization, it clears pollutants. Use it to wash away blocks in chakras gently. An excellent crystal for meditation and centering, invoking high states of consciousness and spiritual awareness.



Aragonite Meaning and Spiritual Properties



Aragonite often forms sputnik shapes making it look like a starburst or explosion. It's an excellent grounding stone that helps you in times when you need to come back down to Earth. It can also inspire recycling and the conservation and protection of the Earth and all creatures on it.

Physical Energy Properties: Brings energy into the body and helps to flow it through the body. Good for skin health, skin elasticity, hair and eczema. Alleviates general pain, stress

and anxiety. Aids in the treatment of Raynaud's Disease which is when the blood vessels narrow and don't allow blood to different areas of the body. Assists in the absorption of vitamin A, vitamin D, and calcium.

Emotional Energy Properties: Beneficial in times of stress since it grounds and relaxes. Good for stilling the mind and quieting racing thoughts. Teaches us patience and persistence which is helpful for overachievers. Promotes reliability in those who are sporadic. Helps with concentration, focus and problem-solving. Helps you process anger and stress.

Chakras: Associated with the Crown chakra and the Root chakra.

Astrological signs: Related to the sign of Capricorn.

History: Aragonite was named after the Spanish province of Aragon in 1790, where it was first discovered. It's a carbonite mineral which is chemically the same as calcite. Only Aragonite has a fibrous rounded form.

Where it's found: Mainly found in Spain, Morocco, Namibia and the United Kingdom.

Variations, Rarity and Value: Aragonite is mainly transparent or translucent and vitreous. When it's pure, it is white or colourless, but when it's not pure, it can be orange, yellow, pink, green or blue. It's a brittle stone, rating a 3.5 on the Mohs hardness scale. There is also a type of Aragonite called flos-ferri or iron flowers due to the crystals forming small intertwining branch-like patterns. Pure Aragonite creates the shells of some mollusks, like abalone and even natural pearls are created with aragonite which bonds with conchiolin in a lengthy process that takes about seven years.

How to use it: Wear in a pendant around your neck or carry a piece with you for grounding. Also, hold in your hand as you meditate for grounding and problem solving or to clear your mind of racing thoughts. You can also place over some regions of the body to heal and balance or make an elixir and pour it into your bath water.



Atacamite Meaning and Spiritual Properties



Atacamite is a deep blue-green crystal that is named after the Atacama Region in Chile. It looks very similar to Chrysocolla, so it's often confused for it. A beautiful stone for spiritual balancing and visualization, as well as restoring trust.

Physical Energy Properties: Helps in improving the thyroid gland and throat issues. It's also beneficial to the nervous system, and the impact stress can have on it. Assists in balancing the kidneys and the adrenals. Also great for those who experience Chronic Fatigue Syndrome.

Emotional Energy Properties: Restores self-love and unconditional love, allowing you to welcome it into your life from others. It also connects you with your spiritual path and creates a sense of trust in following your path in life. Restores faith in your purpose and ability to reach your potential. Atacamite also opens the Third Eye which is connected to your intuition and psychic ability.

Chakras: Works with the Heart chakra and the Throat chakra, as well as the Third Eye chakra.

Astrological signs: Connected with Aquarius and Virgo.

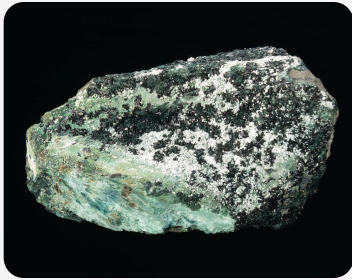
History: Atacamite gets its name from the Atacama Desert in Chile where it was first found in 1801. It was then added to the mineral species collection the same year by D. de Gallizen. It's also been found in the patina of the Statue of Liberty and in ancient bronze and copper artifacts. Ancients used it as a pigment in their maps, frescoes and sculptures in Russia, Eurasia and Persia.

Where it's found: Found in Chile, Mexico, the United States and Australia.

Variations, Rarity and Value: Atacamite results from the oxidation of copper ores that have been in saline or in arid conditions. It's also found in Vesuvian lavas. It has a hardness of 3

to 3.5 on the Mohs scale of hardness which isn't the best of jewelry. It is relatively common so it can be purchased as a raw stone or a polished stone.

How to use it: Use in meditation to stimulate the Third Eye by placing it in between your eyebrows on your forehead. You can also place it on your heart or throat area to balance the energy and to bring in unconditional love.



Auralite Meaning and Spiritual Properties



Auralite is a special type of Amethyst crystal that was just found in 2007 and has only been available for sale since 2011. It's also called Auralite 23 because of the other minerals that can be found in it. It's one of the oldest gemstones on Earth going back 1.2 billion years ago. It's a very calming stone and it's said to provide a

connection to the Angelic realms.

Physical Energy Properties: Physically, Auralite helps to relieve stress bringing in relaxation. With that energy, it can soothe muscle aches and pains, spasms, eye strain and tension of any kind. It also helps restore the energy of the heart and its strength. Balances all systems of the body and brings you into alignment.

Emotional Energy Properties: Very soothing and calming energy. If you need a reprieve from your stressful life, this stone will ease your worry and anxiety. It can soothe anger and tempers, and help you think before you act. Aids in clear communication and understanding. Helps you trust yourself and your own intuition so you can live in integrity.

Chakras: Connected to the Crown Chakra.

Astrological signs: Related to Pisces.

History: Auralite is said to be one of the oldest crystals on Earth at 1.2 billion years old. It formed at a time when comets were colliding with the Earth creating a fusion of a variety of different crystals resulting in Auralite 23. It was first found in 2007 in the Lake Superior region in Canada.

Where it's found: Auralite 23 is only found in the Lake Superior region of Canada.

Variations, Rarity and Value: While it's mostly comprised of Amethyst and Citrine, there are also plenty of other minerals within this stone. It can also include Limonite, Titanite, Pyrite, Cacozenite, Gialite, Goethite, Sphalerite, Copper, Platinum, Hematite, Iron, Pyrolusite, Covellite, Gold, Rutile, Nickel, Epidote, Magnetite, Chalcopyrite, Rutile, Bornite, Silver, Ajoite and Lepidocrosite. It can be quite pricey as it is becoming increasingly popular.

How to use it: Auralite 23 is a good crystal to bring into your life when you are seeking transformation. It's also wonderful for creative endeavors and when you need inspiration. Meditate with this crystal to find your own expression of creativity.



Aventurine Meaning and Spiritual Properties



Aventurine is one of the luckiest crystals, perfect for manifesting prosperity and wealth. Its lucky energy is said to boost your chances or odds in any situation. Quartz variety with mica that gives the crystal a speckled or sparkly effect. Good for creativity, leadership, motivation, speed and fast reactions.

Physical Energy Properties: Good for the adrenals, heart, lungs, sinuses, muscular and urogenital systems. Balances blood pressure and stimulates metabolism.

Emotional Energy Properties: Protects, calms and soothes emotions. Aventurine helps aid relaxation. Brings together the intellectual and emotional bodies and stimulates emotional recovery. Promotes a feeling of well being. Balances male-female energy.

Spiritual Energy Properties: The stone facilitates contact with spirit guides. It protects the heart chakra and guards against psychic vampires.

Chakras: Heart

Astrological signs: Aries

History: Aventurine was discovered in the 18th Century. Its name comes from the Italian word "ventura" which means by chance. During this time some metal filings were accidentally dropped into a vat of melting glass. When the glass cooled, it was used to make jewelry as it had beautiful iridescent sparkles throughout it. The name aventurine was later given to the stone as it looked just like this glass.

Source: Brazil, China, India, Italy, Nepal, Russia and Tibet

Variations, Rarity and Value: Green, blue, white, red/peach and brown. Opaque, speckled

with shiny particles, comes in all sizes. Readily available.

How to use it: Wearing Aventurine absorbs electromagnetic smog and protects against environmental pollution. Used to grid gardens or houses against geopathic stress. Tape the stone to a cell phone to act as protection against its emanations.



Azeztulite Meaning and Spiritual Properties



Azeztulite is a colourless or white type of quartz that has traces of beryllium. It's said to be a stone for the "New Age" connected with angelic beings and spiritual evolution. This crystal is especially useful for meditation and attuning to higher frequencies or communicating with divine beings.

Physical Energy Properties: It's said to be a good crystal for those with cancer. It also helps to reduce inflammation and boosts the immune system.

Emotional Energy Properties: Restores a will to live in people who are feeling lost or who are

ill. Helps you to visualize and meditate. Good for connecting with your true essence and embracing your full potential.

Chakras: This crystal connects with all chakra in balancing and purifying them.

Astrological signs: Related to all of the signs.

History: The original Azeztulite stones originated from North Carolina in 1970 and then again in Vermont 30 years later. Only crystals sold by a company called Heaven & Earth can have the name Azeztulite which is trademarked.

Where it's found: Azeztulite is only found in one mine in North Carolina.

Variations, Rarity and Value: A milky white quartz with a hexagonal crystal system and a hardness of 7 on the Mohs hardness scale. Azeztulite can also be golden in colour, which would then be called Golden Azeztulite. These stones tend to be more expensive than regular quartz crystals because of their rarity and because they are in high demand with metaphysical healers.

How to use it: Azeztulite should be used carefully and with good intentions. Use it in meditation or place on your Third Eye to activate and open.

Azurite Meaning and Spiritual Properties



Azurite is a bright, vibrant blue copper mineral that gets its name from its azure blue colour. It's mostly used for ornamental pieces and rarely in jewelry. In the past, it was even used as a dye because of its highly pigmented colour. It's also known as the Stone of Heaven.

Physical Energy Properties: Can be useful in strengthening the body and keeping it strong. It's also said to be helpful in repairing the lungs and the respiratory system. Also beneficial for the blood and the circulatory system as well as calming the nervous system. Helps with

throat infections, thyroid issues and vocal problems. Good for those with arthritis or any other joint issues. Helps the kidneys, liver, gallbladder and spleen. Also beneficial for the bones, teeth, skin, hair and nails.

Emotional Energy Properties: Beneficial for the brain and the mind in clarifying the confusion. Also good for mental focus and awareness. Clears stress, worry, grief, guilt, shame, and sadness. Brings in compassion and empathy, but also shows those who are sensitive how to set emotional boundaries. Helps with over talking and chattering out of nervousness.

Chakras: Connected with the Throat chakra.

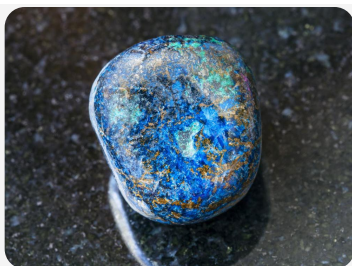
Astrological signs: Related to Sagittarius.

History: Azurite was used in the ancient world and in the middle ages as a pigment or dye because of its beautiful blue hue. In the middle ages, it was very popular with painters, and it's still used as a base for some paint colours. The only thing is, it's always oxidizing so the colours may turn green after a while. Ancient Egyptians used azurite to carve ornaments, and it was also believed to be held sacred by the people of Atlantis.

Where it's found: Azurite is found in Chile, China, Peru, the United States, Egypt, Australia, Namibia, France and Russia.

Variations, Rarity and Value: Even though it's a very attractive stone, Azurite is rarely used in jewelry because it only has a hardness rating of 3.5 to 4 on the Mohs hardness scale. Any jewelry is usually coated with wax to protect it. It's formed by carbon dioxide reacting with minerals that have copper in them, or by cupric salts that have reacted with limestone. It's also found growing together with malachite which is a brilliant green colour making for a very vibrant green and blue stone called Azurmalachite.

How to use it: Place on your Third Eye or Throat chakra or hold during meditation. You can also use paint with Azurite in it to create a painting that will be infused with all of this stone's balancing benefits.



Barite Meaning and Spiritual Properties



Barite is also known as Baryte, Barytes and Barytine. It can be found with sporadic crystal shard formations as well as rose shaped formations. A lot of Barite in the United States is used as a weighting agent in drilling muds. It's known to be a stone with a heavyweight and even its name means heavy in Greek.

Physical Energy Properties: Barite can be useful when detoxing from any substance as well as from addiction. Also beneficial to the throat and eyes.

Emotional Energy Properties: A stone that helps communication and friendship. Gives you some insight into relationships. A helpful motivating stone that promotes action. Good for catharsis and finding the true meaning in your life. Good for those who are shy.

Chakras: Associated with the Throat chakra.

Astrological signs: Related to Aquarius.

History: Barite's name comes from the Greek word barys which means heavy. This is due to its high specific gravity of 4.5 which is very rare for a nonmetallic mineral. The high specific gravity has made this stone very useful in industrial, medical, and manufacturing settings.

Where it's found: Found in locations all over the world.

Variations, Rarity and Value: Barite is fairly easy to identify because of its weight. It has a low

Mohs hardness rating of 2.5 to 3.5 Along with being used as a weighting component in the oil and gas industry, it's also used as a pigment in paints and filler for paper, rubber and cloth. It's also the primary ore of barium which is also used to make a lot of different things including x-ray shields. It's even used in diagnostic tests in medical labs. Patients drink a liquid that has barium powder in it to coat the esophagus to get an image of the esophagus.

How to use it: Have Barite with you as you're meditating to connect you with your inner guidance. You can also place this stone on your bedside table to stimulate dream activity and to remember your dreams as well.

Basalt Meaning and Spiritual Properties



Basalt is a dark, volcanic rock that is caused by the rapid cooling of basaltic lava. It is a stone that brings stability, raises energy levels and promotes courage. It opens you up to creativity and gives you the courage to follow your bliss.

Emotional Healing Properties: Basalt helps with difficult transitions, providing confidence, stability and support. Connect with the energy of Basalt to help shift your mentality. This crystal offers calm and goal-oriented focus which will help to encourage and motivate you to keep pursuing positive progress. It is used to enhance warmth and stimulation.

Spiritual Healing Properties: It helps to anchor you to the earth and is an excellent healing aid when faced with major life changes. If you feel drawn to Basalt, chances are, the crystal has chosen you to help elevate your vibrational fields by lighting the fire of spiritual enlightenment.

Chakras: All

Astrological signs: Aries, Leo, and Sagittarius.

History: Basalt gets its name from late Latin basalts, which is a misspelling of Latin basanites

meaning hard stone.

Source: Worldwide

Variations, Rarity and Value: Basalt is a stone that underlies more of the Earth's surface than any other rock type. Basalt also underlines the Earth's ocean basins. Basalt is lava rock formed when the fires deep in the earth's core meet the surface. It is lava rock made of dark-colored minerals such as olivine and pyroxene. It also contains some light-colored minerals such as feldspar and quartz, but the amounts are small. Found in a range of colors from grey to black.

How to use it: Use Basalt for meditation to ground yourself in the energy of transformation.

Benitoite Meaning and Spiritual Properties



Benitoite is a barium titanium silicate that was first discovered in the early 20th century in California. It's very rare and can sometimes look like Sapphire stones. This is a very energizing stone that brings joy and happiness to the owner.

Physical Energy Properties: Beneficial for times when you're feeling worn out and drained. It will help boost your energy levels and at the same time bring calm and relaxation to your body.

Emotional Energy Properties: It can also help you to activate joy within yourself and tap into the happiness you are meant to experience. It also helps you become aware of synchronicities or coincidences happening in your life that help you trust that you're on the right path.

Chakras: Connected with the Throat and Third Eye chakras.

Astrological signs: Related to the sign of Virgo.

History: Benitoite was first found in 1906 near the San Benito River in California when a mineral prospector was looking for mercury and copper. They found blue crystals that were

thought to be Sapphires but when they were sent to G.D. Louderback at the University of California they were found to be new minerals. They were named Benitoite after the river they were found in. Then, in 1985, Benitoite was named the official gemstone of California.

Where it's found: Benitoite is only found in California.

Variations, Rarity and Value: Since Benitoite is only found in California, it's very rare and therefore quite valuable. It's also very popular because it has a high brilliance with a diamond-like fire and a lovely blue color. Production of this gemstone has ceased since the mine has been exhausted of all Benitoite. So it's becoming nearly impossible to find new Benitoite. Stones over one carat are very rare and the largest one ever found was 9 carats. You may be able to find some jewelry with Benitoite in it through specialty shops or online. It can also be pink but blue is the most common colour.

How to use it: If you can get some Benitoite it would be a blessing not only because the stone is rare but Benito means Blessed. Use this stone to connect with your spirit guides, your own intuition and with others you're close with. Have this stone with you if you want to uplift your mood and energize your body.



Beryl Meaning and Spiritual Properties

The name Beryl is from the Latin word beryllus which means the precious blue-green colour-of-sea-water stone. Beryl comes in many forms and is very popular in each form. Types of Beryl include Emerald, Morganite,



Aquamarine, Bixbite, Goshenite and Heliodor. (See each type for more information.)

Physical Energy Properties: Strengthens the circulatory system and the pulmonary system. Beneficial to the nervous system. Beneficial for the stomach, pancreas, liver, and heart. Also good for the spine and concussions. You can also use this stone to help heal throat infections.

Emotional Energy Properties: A great stone to help you simplify your life to make it less stressful. Helps you filter out distractions so you can focus on your goals. Also reduces anxiety and the tendency to overthink. Reawakens love and romance in long-term relationships.

Chakras: Associated with the Crown and Solar Plexus chakra.

Astrological signs: Related to Gemini, Leo, Pisces and Aries.

History: Beryl has always been revered as one of the most valuable gemstones in the world. Emeralds, a type of Beryl have been sought-after for centuries and were noted as one of the royal gems. Each type of Beryl stone has a history of its own, but generally, these gemstones have always been well-loved throughout history and used in jewelry, crowns and other accessories.

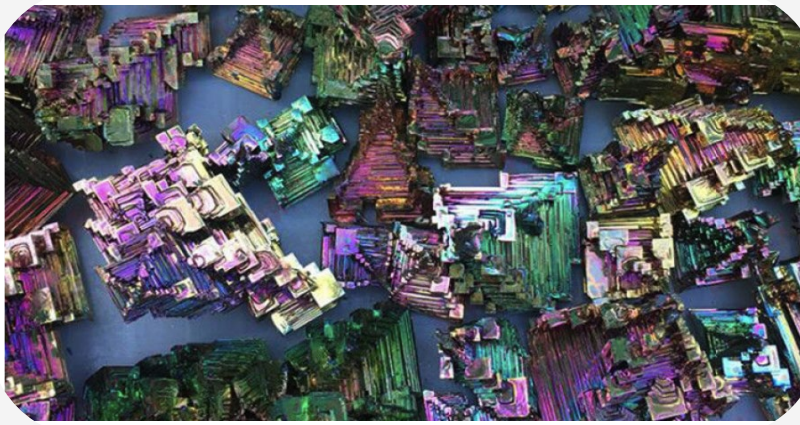
Where it's found: Beryl is found in the Ural Mountains of Russia, Columbia, Sweden, Germany, Austria, Norway, Brazil, South Africa, Columbia, Madagascar, Mozambique, Zambia, and the United States. Some of the largest Beryl gemstones were found in the Bumpus Quarry in Albany, Maine weighing 18 metric tons and measuring 18 by 3.9 feet. The largest ever Beryl stone was from Malakialina, Madagascar weighing 840,000 pounds and measuring 59 feet long and 11 feet in diameter.

Variations, Rarity and Value: Beryl gemstones can be opaque to translucent with a vitreous lustre. They rate a 7.5 to 8 on the Mohs hardness scale which is why it's popularly used to make jewelry. This stone is made of beryllium aluminum cyclosilicate. The colours range from green, blue, red, pink yellow, and white. Transparent pieces are known as precious beryl, and the most popular types are Green Emerald and Blue Aquamarine. The rarest type of Beryl is Red Bixite which can be very hard to find and very pricey because of that.

How to use it: Wear the Beryl stone that is most appropriate to your needs and preferences. You can find beautiful rings, pendants, necklaces, earrings and bracelets with the various Beryl gemstones.



Bismuth Meaning and Spiritual Properties



Bismuth helps to remove blocks you put in your way. It is a stone of positivity and transformation.

Physical Energy Properties: Bismuth is good for reducing fever, increasing stamina and strengthening muscles. It helps to get you back on your feet after major surgeries.

Emotional Energy Properties: Bismuth helps to promote connectedness and socialization. It encourages you to do rather than avoid. Use it for focus and visualization. It can help prevent you from becoming overwhelmed by all of your responsibilities while also increasing your energy levels to deal with them. It relieves feelings of isolation and loneliness.

Spiritual Energy Properties: Bismuth is good for astral travel, dreams, goal setting, past life work, shamanic journey, and soul retrieval.

Chakras: All

Astrological signs: Aquarius

History: Bismuth is a crystal known since ancient times.

Sources: Australia, Bolivia, Canada, China, Japan, Mexico, Russia, Peru

Variations, Rarity and Value: Bismuth is a naturally occurring, rarely forming a crystal. Bismuth is a crystalline, a brittle metal that is silvery-white with a beautiful iridescent hue. The commonly available rainbow-colored crystals are high-quality bismuth that is heated to help encourage crystallization. The colors in the crystals are natural and appear because of the thin oxidized surface layer on the crystal that causes light to interfere when reflected from the surface.

How to Use it: Use Bismuth for meditation.

Black Kyanite Meaning and Spiritual Properties



Black Kyanite is a balancing crystal that is beneficial for space clearing and energetic protection. It is a stone that helps you align all your chakras, removing any blocks or imbalances within each center. It is an excellent crystal for letting go of things that are no longer aligned with your highest good.

Emotional Energy Properties: Black Kyanite is a centering stone, both grounding and energizing and a favorite to crystal and gemstone collectors. Black Kyanite can be placed on any of the chakras to send positive energy to any tears or holes in the chakras and aura. It can also help to open the lines of communication between people.

Spiritual Energy Properties: Black Kyanite is a crystal that aids in the manifestation of vision and clairvoyance. It is often used to explore past-lives and helps to anticipate how current actions affect future lives. It assists in receiving psychic and intuitive thoughts, and dream recall.

Chakras: All. Particularly resonate with the Root Chakra.

Astrological signs: Aries, Taurus, Libra

Source: Brazil, India

Variations, Rarity and Value: Opaque black or grey colors in striated, bladed crystal. It forms in flat or fan-like blades. Readily available.

How to use it: Place as appropriate, particularly between the naval and heart. Wear as a pendant. Keep a piece of Black Kyanite with you to help out in situations of conflict or misunderstanding. Use to ground the body when aligning the chakras and during or after meditation. Good stone for attunements and meditation.



Black Tourmaline Meaning and Spiritual

Properties



Black Tourmaline also known as Schorl, is one of the most powerful crystals for protection and the elimination of negative energy. The stone helps to absorb electromagnetic energy, protects against radiation, psychic attacks and negative energy of all kinds. It is symbolic of letting go and releasing what no longer serves

you. Good for inspiration.

Physical Energy Properties: Helps with addictions, arthritis, chemotherapy, dyslexia, heart, physical- protection, and radiation. It disperses tension and stress. Good for the heart and adrenal glands. Provides pain relief, and realigns the spinal column. Good for mental balance. Black Tourmaline is helpful when dealing with illnesses of the lungs such as bronchitis, emphysema, pneumonia and pleurisy.

Emotional Energy Properties: Grounds energy and increases physical vitality, dispersing stress and tension. Good for emotional stability and connection to the earth. Clears negative thoughts, encourages a positive attitude and stimulates altruism and creativity. Good for the inner self, yin/yang balance, the aura and left/right brain activity.

Chakras: Base

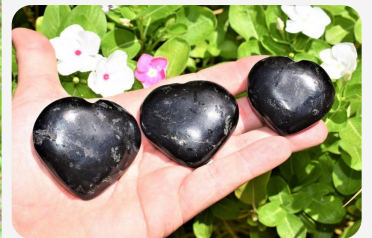
Astrological signs: Capricorn

History: The most common type of Tourmaline is Schorl, which accounts for ninety-five percent of all Tourmaline in nature. The name Schorl was in use before 1400 because of a village known today as Zschorlau located in Saxony, Germany. The village had a nearby tin mine where black tourmaline was found.

Source: Brazil, India, Namibia, Pakistan

Variations, Rarity and Value: Black opaque wand crystals.

How to use it: Placed point out from the body, helps to draw off negative energy. Wear the crystal around your neck or place between yourself and the source of electromagnetics. Carry a piece of the stone in your pocket to increase your physical vitality throughout your day. Meditate with the Black Tourmaline to enhance the integration of insights and visions into your daily life. In the workplace, hold it for a few minutes when you need full concentration or to wake up your mind.



Bloodstone Meaning and Spiritual Properties



Bloodstone helps to remove energy blockages and negative energy from your body and aura. It promotes stamina, increases endurance, and brings energy. It brings courage, creativity and vitality. Other names for Bloodstone are Blood Jasper and Heliotrope.

Physical Energy Properties: Good for balance and helping to get rid of toxins. It is good for the heart, joints, kidneys, livers, hips, blood, spleen and bone marrow. The crystal helps with anemia, iron deficiency, hemorrhages, nosebleeds, wounds and blood clotting. It is an energy cleanser and immune stimulator for acute infections.

Emotional Energy Properties: The stone is good for emotional calming and centering. It helps with stress and aggression. Bloodstone helps in grounding the heart energy, reducing aggressiveness, irritability and impatience.

Spiritual Energy Properties: It helps in bringing spirituality into everyday life.

Chakras: Heart

Astrological signs: Pisces, Aries, Libra

History: The stone is known as a stone of courage. In ancient times, Bloodstones were believed to be magical. Warriors used to carry Bloodstone amulets to help stop the bleeding from their wounds and to protect them from evil.

Source: Australia, Brazil, China, Czech Republic, India, Scotland, and Russia. Bloodstone is a common stone found in abundance, making it very affordable.

Variations, Rarity and Value: Green Jasper, commonly with red inclusions.

How to use it: Wear it continually for balance and well being. Place Bloodstone in a bowl of water placed beside your bed to ensure a peaceful sleep. For use as an immune stimulator, place the crystal over the thymus.





Blue Apatite Meaning and Spiritual Properties



Blue Apatite is an inspirational and motivational crystal that clears the mind, stimulates creativity and strengthens your power. This crystal can also assist with weight-loss goals.

Physical Energy Properties: Blue Apatite can help with weight loss and dealing with vertigo. It helps with

bones and the formation of new cells. It benefits bones, cartilage, teeth and aids in the absorption of calcium. It helps with glands, meridians, organs and hypertension.

Emotional Energy Properties: It is a crystal that helps to enhance group communication, facilitate public speaking, opens up the throat chakra and balances the heart and emotional disease. It helps those who have problems expressing themselves.

Spiritual Energy Properties: Blue Apatite connects to a high level of spiritual guidance. It can help improve creativity, psychic powers and self-acceptance. It balances the emotional, physical, mental and spiritual bodies, and the chakras, eliminating overactivity.

Chakras: Throat

Astrological signs: Gemini, Libra

History: Blue Apatite is a form of the mineral group apatite named in 1786. The word apatite comes from a Greek word meaning to deceive, because of its unusual origins.

Source: Mexico, Norway, Russia, United States.

Variations, Rarity and Value: Blue. Opaque, sometimes transparent, glassy, hexagonal crystals in a variety of sizes. The color saturation of Blue Apatite defines the value. Blue Apatites that have a high color intensity are considered to be the most valuable. Readily available.

How to use it: Wear or carry Blue Apatite to help you focus on being clear in your communication, and thoughtful in how best to express your true thoughts. Use Blue Apatite to help warm up your chakras by placing on your chest or breastbone. Place over the affected area or wear as appropriate.



Blue Barite Meaning and Spiritual Properties

Blue Barite makes you feel anything is possible. It is a magical stone that



stimulates coincidence and synchronicity and helps to connect to beings in higher realms.

Physical Energy Properties: Blue Barite is good for Alzheimer's disease, dementia, detox, memory, eyesight,

and reducing the effects of EMF and radiation.

Emotional Energy Properties: Blue Barite promotes harmony, friendship and love. It helps shyness, catharsis and addiction. It gives insight into relationships. It is especially helpful to use for shock or trauma after an accident.

Spiritual Energy Properties: Blue Barite connects to angels and facilitates angelic messages. It helps with spiritual connection or direction and finding your spiritual path in life. It works well on the throat chakra and encourages communication, thoughts and ideas. It gives a spiritual connection and helps to find your spiritual path in life. It connects to angels and aids angelic messages. It has metaphysical properties that may help psychic ability and intuition. Blue Barite will help you travel to higher realms with ease.

Chakras: Throat

Astrological signs: Aquarius

History: The meaning of Barite comes from the ancient Greek word barus which means heavy. In the past, the stone was used by women to treat men after battles. A piece of the stone was used on the third eye to help calm patients.

Source: Morocco

Variations, Rarity and Value: Tabular crystals that form angel wing or flower patterns. The stone feels heavier than expected. Blue Barite occurs as tabular or prismatic crystals which are sometimes twinned and may also contain phantoms. They may occur in massive form as fibrous or bladed pieces. The blue crystals of Blue Barite come in a few shades from deep blue to a pale blue color.

How to use it: Use Blue Barite in meditation. Place a piece of the crystal on your third eye in meditation, as it makes a strong connection with the third eye and crown chakra and may also aid memory.

Blue Calcite Meaning and Spiritual Properties



Blue Calcite is a crystal that is good for communication and voice. It is a gentle stone that helps with relaxation and recuperation.

Physical Energy Properties: It is good for the pharynx and throat infections such as laryngitis. It helps to lower blood pressure and dissolve pain on

all levels. It is a stone that soothes the nerves and anxieties and helps to release negative emotions.

Emotional Energy Properties: Blue Calcite is useful for developing communication powers. Its calming energy helps smooth over the rough patches of a relationship and talk through disagreements.

Spiritual Energy Properties: Blue Calcite is useful for developing psychic abilities, especially psychic telepathy and psychic empathy. It enhances your ability to communicate with loved ones. Blue Calcite is spiritually calming.

Chakras: Use on the throat chakra to aid in clear communication.

Astrological signs: Cancer

History: Calcite gets its name comes from the German word calcite which means limestone.

Source: Mexico

Variations, Rarity and Value: A form of calcite found in the form of blue masses. Blue

Calcite is clear, whitish, or pale greys.

How to use it: Use Blue Calcite to absorb energy, filter it and then return it to help the sender. Place over your third eye if you want to enhance your psychic powers, and place over your throat to enhance communication. Place a piece of Blue Calcite where you meditate or pray for the greatest effect. Wear a Blue Calcite necklace or pendant over your throat chakra to help with communication on a daily basis. Wear a necklace or pendant to help with your psychic development.



Blue Chalcedony Meaning and Spiritual Properties

Blue Chalcedony is a member of the Quartz family and has a cryptocrystalline structure. It's a very



soothing stone with a light blue colour. This stone is also known as the stone of communication and the speakers stone because of how good it is for public speaking.

Physical Energy Properties: Blue Chalcedony is beneficial for throat and vocal problems. It will also soothe inflammations of the throat and the thyroid too. Also good for using when treating alcoholism.

Emotional Energy Properties: The energy of this stone is good for stress and dissolving tension. It helps in expressing emotions and resolving childhood wounds. Also helps alleviate anxiety and overthinking.

Chakras: Connected to the Throat chakra.

Astrological signs: Associated with Sagittarius and Cancer.

History: Chalcedony's name comes from Greek port city of Chalcedon. It was used in ancient Egypt, Greece and Rome to make beautiful jewelry and carvings as they believed the stones to hold incredible powers.

Where it's found: Mainly found in South Africa.

Variations, Rarity and Value: Blue Chalcedony is loved by gem collectors and jewelry makers because of its ethereal blue color. Some pieces have a bit of adularescence which makes them more valuable. The light interference comes from layers of microscopic inclusions creating what appears to be a light within the stone. Mohave blue stones are found in California and Nevada. Stones from Namibia are usually called African Blue. The rarest and most valuable colour is found in Oregon and is called Holly Blue.

How to use it: Hold Blue Chalcedony to feel an instant sense of calm. You can also meditate with this stone to bring you inner peace and a gentle calm throughout the day.

Blue Fluorite Meaning and Spiritual Properties



Blue Fluorite enhances creativity, clear communication and orderly thought. Considered a dual action crystal that calms or revitalizes energy as needed. It is said to work on the third eye and brings about intuitive insights. It calms the mind and protects emotions. It resonates with mental calmness and serenity, order

and clarity.

Physical Energy Properties: Blue Fluorite is good for eye, nose, inner ear, tear ducts, and throat problems. The crystal amplifies energy potential by focusing brain activity, and can also invoke spiritual awakening.

Emotional Energy Properties: Calming. Good for spirit communication.

Chakras: Throat

Astrological signs: Pisces, Capricorn

Source: China

Variations, Rarity and Value: Varies in color from pale to dark blue. A variety of fluorite, found in cubic or octahedral masses.

How to use it: Blue Fluorite is a good stone for meditation. It is a powerful wind element stone that utilizes the power of concentration, focus and thought. It is capable of producing rich insights and visions, as well as strengthening the ability to receive and interpret psychic information. Place a Blue Fluorite cluster in the workplace to help initiate conscious mental clarity. Wear or carry Blue Fluorite to help soften interactions with rudeness.



Blue Halite Meaning and Spiritual Properties



Blue Halite clears away illusion. It opens a channel of communication with your spirit guides and enhances psychic perceptions.

Physical Energy Properties: Blue Halite is good for the kidneys, glands and iodine absorption.

Emotional Energy Properties: Blue Halite helps you see your truth, and inner self and release old habits that are holding you back. It helps to resolve things from the past and resolve childhood issues.

Spiritual Energy Properties: Blue Halite cleanses and balances the aura. It promotes intuition, awareness and psychic abilities. It allows you to go deep within yourself to find ancient solutions to present-day problems.

Chakras: Brow, Crown

Astrological signs: Cancer, Pisces

History: Alternate names include common salt, blue salt, natural salt, rock salt and mineral salt.

Source: Austria, Canada, Germany, Poland, United States

Variations, Rarity and Value: Cubic crystals, columnar structures and crystal masses with an illusion of blueness because of pleochroism. This means that the crystal absorbs different wavelengths of light at different angles in the crystalline structure.

How to use it: Blue Halite can be used to clear negative energies, blocks, and environmental debris. Place a piece of Blue Halite on your desk to clean the energy in your home or office. Place it near other crystals or stones, and it will have a cleansing effect on them too. Because of the solubility of Halite, do not use as an elixir. Carry in a small bag or pouch rather than wearing in jewelry because of its fragility. Place a small cluster of Blue Halite in your environment to facilitate feelings of love and well being.

Blue Lace Agate Meaning and Spiritual Properties



Blue Lace Agate is good for anxiety and stress relief. Considered a balancing stone, the crystals calming blue color emits soothing vibrations that help to bring relaxation and peace of mind. It improves communication on all levels.

Physical Energy Properties: Blue Lace Agate is good for speech, eyesight, nails and pancreas. Can be used as a gem elixir to soothe tired eyes. It is a powerful throat healer. It helps release shoulder and neck problems, thyroid deficiencies, throat and lymph infections. It can be used to enhance sound balancing, focusing and directing sound to the right place.

Emotional Energy Properties: It is one of the best nurturing and supportive crystals. It helps to neutralize anger, infection and inflammation. It is gentle and calming, bringing balance and emotional stability. It assists with attunement.

Spiritual Energy Properties: It clears the throat chakra so that the highest spiritual truths can be expressed. It raises your spiritual level and improves communication of your spiritual ideas.

Chakras: Throat

Astrological signs: Pisces

Source: Brazil, India, Morocco, South Africa, USA

Variations, Rarity and Value: A pale blue and white banded variety of agate. May also have darker lines. Readily available.

How to use it: Use as appropriate, particularly at the throat. It is an excellent tool in meditation. Carry a crystal around with you or wear it as a necklace, bracelet, pendant or ring to bring peace and happiness into your life. Place a Blue Lace Agate stone in your hand when you need to take a breather and de-stress. If you work in a toxic environment, put some blue lace agate crystals on your desk to help cleanse the environment and replace with positive and uplifting energies.



Blue Opal Meaning and Spiritual Properties

Peruvian blue opal is a fairly rare stone that is only found in the Andes mountains near San Patricio, Peru. This is why it's the national stone of



Peru. Watch out for mimics of this beautiful stone as dyed versions have been found.

Physical Energy Properties: Helps with hair growth and prevents hair loss. Beneficial for those experiencing fatigue and insomnia. Great for boosting metabolism and iron deficiency.

Emotional Energy Properties: A very emotionally soothing stone which helps to ease the mind so you can deeply relax. Assists in problem-solving, communication, confrontation, and speaking your mind in a tactful way. Also good for stimulating creativity. Activates self-confidence and assists relieving trauma.

Chakras: Connected with the Throat Chakra and communication.

Astrological signs: Related to the signs of Taurus and Cancer.

History: Blue Opal is the national stone of Peru. Legend says that this stone relieves tension from the throat to help communication flow effortlessly.

Where it's found: This stone is only found in Peru.

Variations, Rarity and Value: Blue Opal can be clear, scenic or dendritic which means that the stone will have black fern looking inclusions. Be careful to examine the stone carefully. If you see an uneven colour, it's probably a dyed stone. Blue Opal is from 5.5 and 6.5 on the Mohs scale of hardness. Since it's rarer than other crystals and stones, blue opal can be more expensive. It also depends on the quality of the pieces and how they are cut too.

How to use it: If you have chronic fatigue this crystal's energy could help you. Hold onto it, or wear it when you're feeling really tired, and put it under your pillow so you can have a good night's rest. It will also help you to remember your dreams when you wake up so you can look for the deeper meaning in them. Use this stone to help you examine your thoughts and get in touch with your emotions.



Blue Quartz Meaning and Spiritual Properties



Blue Quartz is a crystal that brings awareness, happiness, self-reliance, spontaneity, vitality and wellbeing. It enhances organizational abilities, orderliness and self-discipline by balancing the Throat Chakra and strengthening communication between the upper and lower Chakras.

Physical Energy Properties: Blue Quartz is a stone that is good for the blood, endocrine system, metabolism and the spleen. It purifies the bloodstream, strengthens the immune system and the organs in the upper body. It encourages the proper function of the eyes, heart, lungs and throat.

Emotional Energy Properties: A good stone for awareness, bliss, happiness, spontaneity and wellbeing. It helps you to express what is on your mind. It is a soothing and calming stone that brings a relaxing feeling to any situation. Also helps anger, apprehension, anxiety and introversion. It is a stone that assists in reaching out to others and lessens fear. It brings connection to people.

Spiritual Energy Properties: It aids in connection to God, universe and spirit. It assists in

tarot card readings, telepathy and increases insight into divination. It aids in understanding your spiritual nature. Use Blue Quartz to help cleanse the aura and to clear away energy blockages. Use the stone to focus on the Third-Eye Chakra, to help you to connect to higher realms and work with ascended beings. It enhances dream work and brings clarity to psychic visions.

Chakras: Throat

Astrological signs: Taurus, Libra

Source: Minas Gerais, Brazil

Variations, Rarity and Value: A clear or white quartz with blue tourmaline inclusions.

How to use it: Place Blue Quartz as appropriate.



Blue Spinel Meaning and Spiritual Properties

Blue Spinel is a soothing stone,



calming and relieving anxiety, depression, PTSD and stress. It is an invigorating stone that is good for mental rejuvenation. It is a stone that encourages moderation in all things to include food and sleep.

Physical Energy Properties: Blue

Spinel supports dieting, weight loss and cancer treatment. It is good for the eyes, gums, spine, teeth and stamina.

Emotional Energy Properties: Blue Spinel is good for improving memory and intellect. It helps relieve depression and stress. It enhances determinations, emotional backbone, inner strength and conquering the challenges of life. It helps with addictions, especially with smoking. It will revitalize and keep your energy levels high.

Spiritual Energy Properties: Blue Spinel is helpful for clearing the aura, and magnifying channelling, clairsentience, and clairvoyance. It connects the Hara and Kundalini lines. It detoxifies, regenerates and rejuvenates the etheric double aura. It lengthens life by balancing Chi energy and removing any blocks to energy flow.

Chakras: Brow, Throat

Astrological signs: Gemini, Sagittarius

History: Blue Spinel is often confused with Sapphire.

Source: Myanmar, Pakistan, Sri Lanka, Tanzania, Vietnam

Variations, Rarity and Value: Blue Spinel is found in white calcite with dolomite. It is a special gemstone because it is one of the few that occurs naturally. In many locations, the Blue Spinel will have a high iron content which tends to make the stone darker. This can make the stone look blue-grey to violet-blue instead of just blue.

How to use it: Blue Spinel is a powerful energy balancing stone. It is a beautiful stone to make the most elegant jewelry. To benefit from the energies of this stone, keep it close to your body at all times. Hold the stone in your hands when you are feeling confused, scared,

tense or weak.

Blue Topaz Meaning and Spiritual Properties



Blue Topaz has always been seen as a symbol of love and adoration. The most popular type of topaz is blue and green coloured topaz, while the most common topaz in jewelry is pink, yellow or light brown. As with many blue gemstones, Blue Topaz is an excellent stone for clear communication and clarity.

Physical Energy Properties: Aids in healthy digestion, stimulates metabolism and helps in recovery from eating disorders. Brightens vision and helps with eye issues. Good for sleep without nightmares. Treats rheumatism and is effective against bleeding and heart disease.

Emotional Energy Properties: Soothing and balancing on all levels especially the emotional level. Promotes forgiveness of self and others. Helps you achieve your present goals and dreams and is an excellent stone for visualization. Also a stone of self-realization and inner knowing that helps with assertiveness. Balances and supports through times of challenge and change.

Chakras: Blue Topaz is associated with the Throat chakra and speaking your truth.

Astrological signs: Related to the signs of Sagittarius and Virgo.

History: The name Topaz is said to come from the Greek word Topazios which was the name of an island that is now named Zabargad. Even though there was never any topaz found on this island, peridot was found, and it was often mistaken for topaz. Some also believe that the origin of the word Topaz comes from the Sanskrit word topas or tapaz which means fire. In ancient Greece, Topaz was thought to bring strength and in other parts of Europe, it was thought to break spells. In India, people have believed that a topaz pendant

worn on or above the heart will ensure longevity, beauty and knowledge. In Africa, it has always been used in shamanic practices and balancing.

Where it's found: The most common places Topaz is found is Afganistan and Brazil, but it can also be found in the United States, South Africa, Mexico, Australia and India.

Variations, Rarity and Value: Red Topaz is the rarest and most valuable type of topaz, and only 1% of the worlds topaz is facet-grade. There is also pink topaz also known as rose topaz, yellow topaz or a light or sherry brown topaz. In nature, topaz is usually colourless, but blue topaz is very abundant because of the treatments given to the stones. This topaz first sold for \$20 to \$40 per carat, but now it's even more affordable. Things to look for in a topaz stone are similar to the things you'd look for in diamonds including colour and cut as well as clarity.

How to use it: Wear topaz above the heart and close to the throat for clear communication. This gemstone is also excellent in meditation and connection with your higher-self and angels.



Boji Stone Meaning and Spiritual Properties

Boji Stones are a trademarked stone originating in South West Kansas. These stones are billions of years old and said to be as old as the Earth. Created from minerals like pyrite and bones of sea creatures, they form small balls that come in pairs. In each



together in balancing and meditation.

pair, there is a Female stone and a Male stone which are usually used

Physical Energy Properties: Boji stones are wonderful for balancing any type of pain and energy blockage. They are also great for re-energizing the body when it's exhausted. They also help to speed up recovery time.

Emotional Energy Properties: One of the best grounding and stabilizing stones. An excellent stone for releasing stagnation and blockages, releasing negative belief patterns and balances your mind and spirit. Also helps in releasing trauma from the past and processing the shadow aspect. Integrates all aspects of self and provides a balance between the masculine and feminine energies and the right and left brain.

Chakras: Linked with the Root chakra, but when two Boji stones are held together they stimulate balance in all of the chakras.

Astrological signs: Connected with Leo, Taurus, Scorpio and Aquarius.

History: Boji rocks were formed from Sedimentary forces from the oceans that existed millions of years ago. They are created from bones of small sea creatures and other minerals like pyrite. The word Boji is a Trademark that is owned by Karen and Jerry Gillespie who own property where the rocks are found in Kansas, and they are also sometimes referred to as Kansas Pop Rocks.

Where it's found: Found in Kansas and Colorado in the United States.

Variations, Rarity and Value: Round stones that are brown in colour sometimes with red or orange markings. They typically come in pairs, with one stone being more smooth and round, and the other one being more textured and sometimes flat. The smoother stones are

the female stones, and the rougher ones are the male stones. They are quite rare and can only be sold by authorized Boji stone sellers. They also come with a certificate of verification that proves their authenticity since there are many fake stones sold. You can also purchase these stones right from the Boji Stone website.

How to use it: Hold both Boji stones in either hand, you can put the male one in your right hand and the female one in your left hand or the other way around. Find what feels best to you and hold them for a short amount of time or meditate with them.



Boulder Opal Meaning and Spiritual Properties



Boulder Opal is a beautiful stone that offers several benefits. It is good for mental clarity, faithfulness, hope, purity and sexual attraction.

Physical Energy Properties: Boulder Opal helps to alleviate depression and find true love. Boulder Opal can display an array of colors, and for this

reason, it has a range of balancing abilities. The crystal can help ease pain and suffering associated with the abdomen, intestinal organs and lower back. It can also help to reduce symptoms caused by the common cold and influenza. It protects from disease and is good for eyesight.

Emotional Energy Properties: Boulder Opal is good for emotional security, and inner beauty.

Spiritual Energy Properties: It is good for the aura, spiritual development, prophecy, and past

life recall.

Chakras: Throat

Astrological signs: Virgo, Libra, Scorpio

History: Boulder opal was discovered in 1870 in Quilpe, Western Australia. Almost all of the Boulder Opal available today is from Western Queensland's opal-rich fields. It is found embedded in large boulders of ironstone, which is how it gets its name.

Source: Australia

Variations, Rarity and Value: The best pieces of Boulder Opal can exhibit all of the spectral colors. Boulder Opal comes in a range of colors to include blue, green, yellow and orange which are the most common. Some Boulder Opal may also exhibit opalescence, which is typically a milky, whitish blue color, but it can also occur in other colors. Boulder Opal is a variety of opal that is found in cracks or as coatings in and around ironstone and sandstone boulders. It is also known as Queensland Opal. Rare.

How to use it: Boulder opal can be worn in jewelry that is less prone to hard knocks and blows, such as brooches or earrings. It is best used for pendants because of the availability of its unique free-form shapes.



Brandberg Amethyst Meaning and Spiritual Properties

Brandberg Amethyst brings about divine love. The vibration of Brandberg Amethyst attunes to multidimensional levels of balance



and offers beauty, light, and energy.

Physical Energy Properties: Brandberg Amethyst is good for digestion, immune system, chronic fatigue and

nervous system.

Emotional Energy Properties: Brandberg Amethyst helps with deep balance of the heart. It mends a broken heart and helps to release the ties that bind and free you to find your true soul partner. It relieves stress, brings balance and harmony. It opens energy pathways, manifests creativity, abundance, joy and inner peace. It aids in recovery from addictions.

Spiritual Energy Properties: Brandberg Amethyst helps find hidden answers in meditation. It provides a bridge to angels, spirit guides and other helpers.

Chakras: All, especially the brow, crown and heart.

Astrological signs: Pisces, Sagittarius

History: Also known as Brandenburg Amethyst and Brandenburg Quartz. All varieties of Amethyst are associated with spiritual wisdom, protection, sobriety and security, and its purple color is often associated with royalty and power.

Source: Brandberg, which is Namibia's highest mountain peak. Brandberg is an enormous granite mountain in Namibia's Damaraland where the crystal is mined.

Variations, Rarity and Value: Brandberg Amethyst is a natural mixture of amethyst, clear quartz and smoky quartz. This crystal may have enhydros, phantoms, inclusions and skeletal quartz crystals that form stubby crystals, druses, prismatic crystals and massive forms. Colors may include purple, clear, grey, brown or tinted yellow. This crystal is translucent to transparent.

How to use it: Brandberg Amethyst is a powerful and protective talisman of healing. When worn you can benefit from its healing properties, in meditation, it can help you seek states of

past-life regression. It can assist in the healing and quick recovery from any type of injury or illness. Wear or carry Brandberg Amethyst as an amulet or talisman to increase your mental clarity, give renewed energy levels and feelings of profound joy.

Brazilian Agate Meaning and Spiritual Properties



A transparent or translucent type of Agate with stripes and patterns that are usually brown, white, black, green, clear, red or grey naturally. They can also be dyed pink, purple, green, or blue.

Physical Energy Properties: The energy of the stone can assist in maintaining good blood pressure and heart rate. Also beneficial for constipation and for minor injuries such as sprains or strains, cuts and bruises.

Emotional Energy Properties: Balances emotional and mental activity and creates harmony between emotion and logic. It harmonizes the Yin and Yang energies in a person. This gives you a feeling of composure that will assist you in communication and action.

Chakras: Related to the Third Eye and Root chakras.

Astrological signs: Connected with Aries.

History: Agates, in general, go back to ancient times and they were named by Theophrastus, a Greek philosopher who first found the stone along the Achates River around the 4th century BC. It has been used to create carvings and for tools and dishes.

Where it's found: Brazilian Agate is found in Brazil mainly in Rio Grande do Sul and also in Santa Catarina, Paraná, Sao Paolo, and Minas Gerais.

Variations, Rarity and Value: Brazilian Agates are formed and mined in decomposed

volcanic ash and basalt from the late Permian age which was up to 275 million years ago. In Rio Grande do Sul agate mines are actually fields that are plowed and the agate is collected from the ground. They are quite easy to find and the stones are very hard and take polish well. Many of the Brazilian Agate you find is dyed to be teal, pink, purple or bright green which means that it's not natural. There are places that sell only natural agates too though.

How to use it: Wear or carry this stone with you for protection and to receive any of the benefits it provides.



Brazilianite Meaning and Spiritual Properties



Brazilianite is a crystal that is good for desire and relationships. It helps with making and coping with decisions.

Physical Energy Properties:

Brazilianite helps with heatstroke, fever, sensitive skin and sunburn.

Emotional Energy Properties: Helps

to release trapped energy and emotions gently. It is an energetic crystal used to promote creativity and allow you to focus on all projects. Use to help release anger and resentment. Brazilianite brings love and understanding of love and relationships to the next level. A good crystal for understanding the wants and needs of others in all relationships. This stone is useful in understanding children, giving the parents an idea of how and why the child needs nurturing.

Spiritual Energy Properties: Brazilianite crystal works with the third eye and heart centers. This crystal has strong Atlantean energy that helps aid in manifestation. Brazilianite crystal also has loving heart-based energy, that when used with honesty, may be beneficial to aid your life.

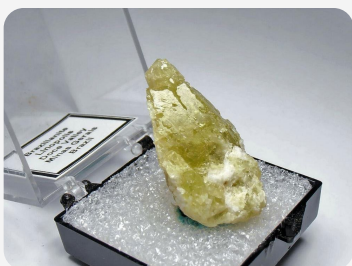
Chakras: Heart

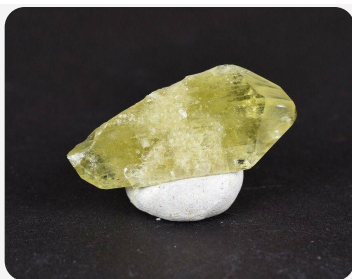
Astrological signs: Capricorn

History: Brazilianite gets its name from its country of origin, Brazil. Source: Brazil

Variations, Rarity and Value: It is typically a yellow-green phosphate mineral, commonly found in phosphate-rich pegmatites. It occurs in perfect crystals grouped in druses, and pegmatites. Short, striated prismatic colorless or green crystals. Rare.

How to use it: Brazilianite is beneficial to meditation. Keep a piece within your auric field for as long as possible each day. Keep a piece of Brazilianite in your pocket, close to the center of your body and the chakra its vibration most effects. This crystal has a powerful resonance to aid you if you have had past lives in Atlantis where you may have misused your power.





Bronzite Meaning and Spiritual Properties



A striking stone formed by a mixture of Silica and Iron. Bronzite is one of three stones in the family of Pyroxenes. The other members of this family include Hypersthene and Enstatite. Bronzite is formed by the weathering of Enstatite and Hypersthene so can't exist without them.

Physical Energy Properties: Bronzite is good for pH balance and reducing acidity in the body. It also helps with iron absorption and the production of red blood cells and hemoglobin. This stone is beneficial for those who are anemic or who have cancer.

Emotional Energy Properties: Provides you with courage and strength in making your own path in life. It also helps with decision making and feeling through the pros and cons. Useful for diving into the heart of an emotional pain to bring emotions to the surface to be felt and released from the body.

Chakras: Related to the Heart chakra.

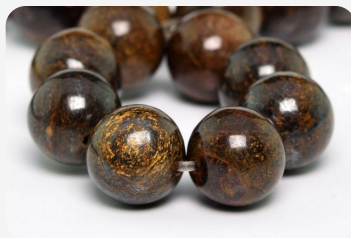
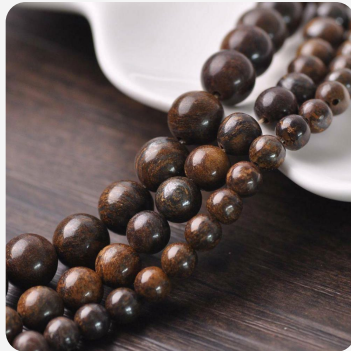
Astrological signs: Connected to Leo.

History: There is not a lot of history on Bronzite or it's sibling stones Enstatite and Hypersthene.

Where it's found: Found in Brazil, Austria, England, India, South Africa, Greenland, Norway, Sweden and in the United States.

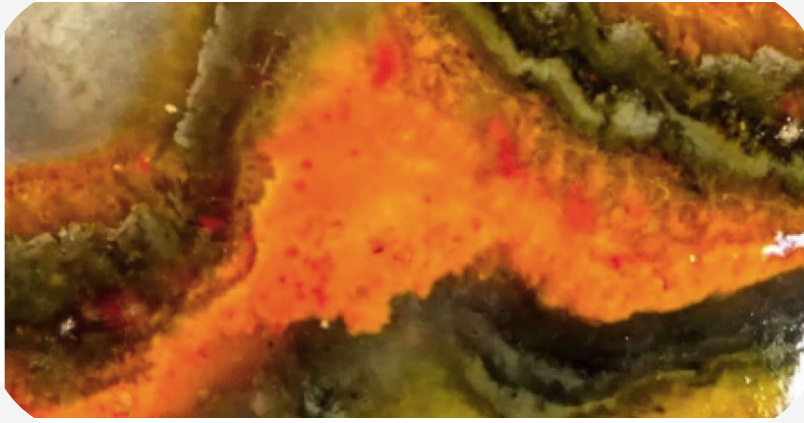
Variations, Rarity and Value: Bronzite is formed by the weathering of Enstatite and Hypersthene when elements such as rain and wind break the crystals down. Some of the Magnesium in these crystals is replaced by Iron, Hematite and Goethite resulting in a dark stone with golden streaks or specks. The finest Bronzite pieces will have the chatoyancy effect known as cats eye. Bronzite is also classified as Ferroan Enstatite but it's physically closer to Hypersthene. It's a stone that's easily found making it quite affordable. It looks beautiful in jewellery too.

How to use it: Hold a piece of Bronzite as you're making a decision to help you weight the pros and cons. Keep with you to maintain a balanced pH balance. Hold or wear as you're going through emotionally difficult times and as you express your emotions.



Bumble Bee Jasper Meaning and Spiritual Properties

Bumble Bee Jasper gives a zest for life.
It promotes teamwork.



Physical Energy Properties: Bumble Bee Jasper helps to boost energy. It helps with allergies, blood, circulation, dexterity, digestion, heart, and nerves. It helps to protect from EMF.

Emotional Energy Properties: Bumble Bee Jasper helps you to make choices without relying on emotions, it promotes busyness, drive and passion. It helps to remove blocks and allows for your creativity and desires to manifest. It lifts depression, negativity and beliefs that are self-limiting. It removes distracting emotions and thoughts. It promotes change. It enables you to accept change, increase your self-esteem and find new opportunities.

Chakras: Sacral, Solar Plexus

Astrological signs: Cancer

History: Bumble Bee Jasper is also known as Bumble Bee Agate, Eclipse Stone and Fumarolic Jasper.

Source: Mount Papandayan in West Java, Indonesia is the only source. It sometimes gets confused with being from Australia.

Variations, Rarity and Value: Bumble Bee Jasper is a colorful mixture of volcanic matter with distinct yellow, orange, and black banding. The colors in this stone come from the inclusions of realgar and pyrite. There may also be inclusions of Angelite, arsenic, hematite, orpiment and sulfur.

How to use it: Do not use Bumble Bee Jasper as an elixir. Make sure to wash hands after handling. Do not lick, smell or sniff. Do not ingest.

Calcite Meaning and Spiritual Properties

Calcite is one of the most common



minerals on earth covering 40% of the earth's surface in the form of limestone. It's one of the main components of the earth's crust. Standard colours of this stone include green, pink, blue, yellow, brown, orange, white, red, grey and black.

Physical Energy Properties: Beneficial for calcium deficiency and bone growth especially in the elderly and in children. Assists the bowels and elimination. Also helps with skin conditions and tissue balancing, as well as boosting the immune system.

Emotional Energy Properties: Calms the emotions and connects you with your rational mind so you can assess things accurately and creates emotional intelligence. Teaches discernment and patience in making decisions and not to rush into anything before you consider all sides. Restores hope and motivation, energizing and uplifting you on all levels.

Chakras: All chakras benefit from Calcite, but the various colours can correspond with specific chakras. For example, a green coloured calcite would correspond with the heart chakra.

Astrological signs: Related to the sign of Cancer and the emotional aspect of ourselves.

History: The word calcite is from the Latin word calx which means lime. Calcite has been used over the course of history for many purposes as it's widely available and easily sourced. It's formed by shells of Marine microorganisms that contain calcite that forms limestone over time. In prehistory, trilobites also had eyes that included calcite lenses, and in the Phanerozoic Period, there were calcite seas and aragonite seas which contained a variety of calcite forming beings. Calcite was even used as a pigment for white paint throughout history. Also used as a dietary calcium supplement for animals, a gentle abrasive cleaner and an additive in the soil. Optical calcite is pure calcite which was used at gun and bomb sights in World War II.

Where it's found: Found all over the world, Calcite can be found in Britain, United States, Belgium, Peru, Iceland, Czech Republic, Romania and Brazil.

Variations, Rarity and Value: Calcite is a calcium carbonate that has been crystallized in hexagonal form. It rates only a 3 on the Mohs hardness scale making it incredibly soft. It's not used much in jewelry for this reason.

How to use it: Place it in your home or carry it with you. Put it on the areas of your body that need balancing energy.



Calligraphy Stone Meaning and Spiritual Properties



Calligraphy Stone is also known as Cobra Stone, Arabic Stone and Miriam Stone and other names. This interesting and beautiful stone looks as though someone has done Calligraphy all over it, but these markings are fossilized shells.

Physical Energy Properties: This stone can help relieve skin issues and scalp issues. Great for circulation and tissue.

Emotional Energy Properties: Helps you to stay optimistic through difficult times. Brings in pleasure to balance the stress and busyness of modern day life. A good stone to bring when travelling and making business deals. Helps in making decisions and planning for the future. Helps you move forward from the past and bring in the lessons you've learned from the past.

Chakras: Connected with the Solar Plexus and Third Eye chakra.

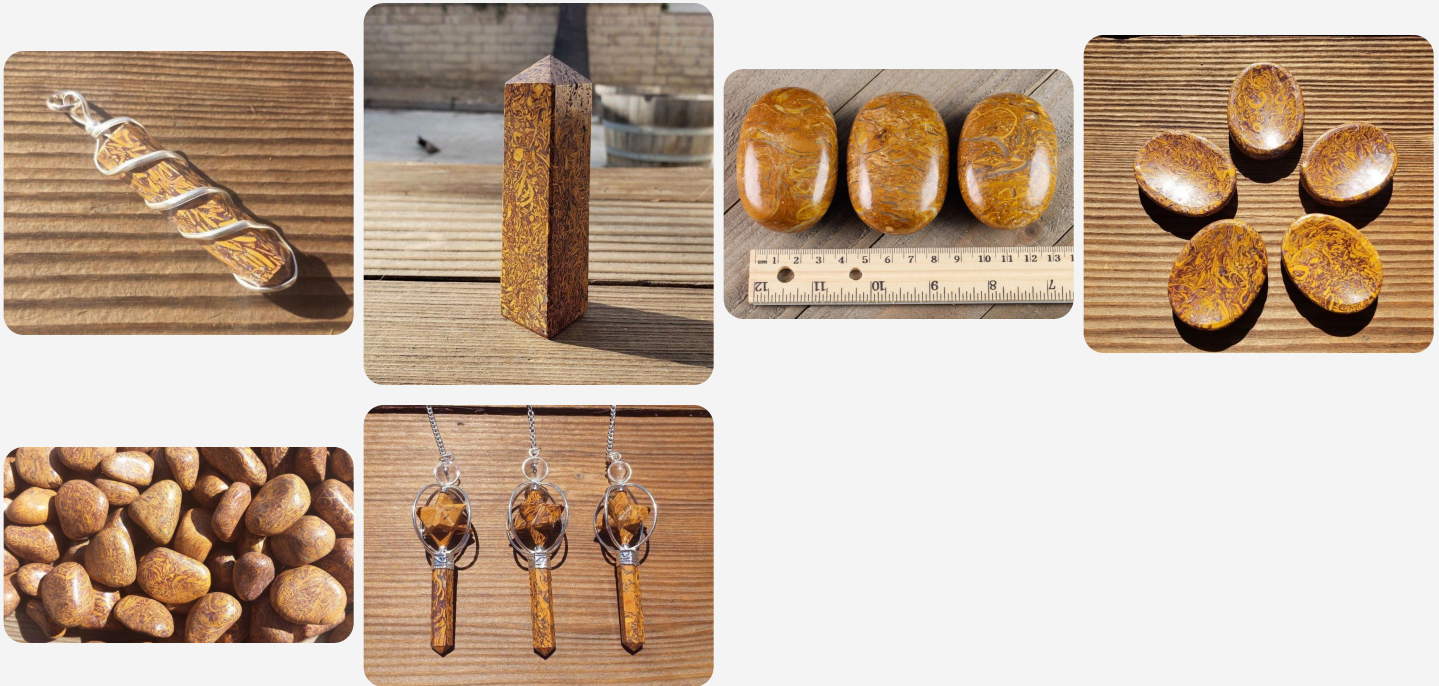
Astrological signs: Connected with Pisces.

History: Created from tiny sea life fossils that are millions of years old from areas that used to be swamps.

Where it's found: Found in India.

Variations, Rarity and Value: Calligraphy Stone is a mix of Hematite iron and fossilized shells which gives it the look of scribe or calligraphy writing all over it. The land where these stones were created was originally a swampland that got stuck between the tectonic plates which compressed all of the minerals, plants and insects together in this stone. These stones are fairly easy to find, and they are a golden yellow colour with darker browns, reds and even greens in them.

How to use it: You can use this stone to receive guidance from your guides and angels. It can also be a great stone to meditate with and gaze at to bring you into a meditative and relaxed state. Wonderful for writers to use while writing or artists to increase creativity. Also great for visualization and manifesting your dreams.



Carnelian Meaning and Spiritual Properties

Carnelian is a type of quartz, which is one of the most abundant minerals in the world. It can also be called



Cornelian.

Physical Energy Properties: Carnelian is excellent for aiding digestion. It's also good for the liver, spleen, kidneys, pancreas, and the

gallbladder. Beneficial for the lungs, spine and the thyroid. Assists the body in absorbing vitamins and minerals. It also nourishes the blood and aids in circulation.

Emotional Energy Properties: Aids in the expression and processing of anger, fear, rage, sadness, jealousy, envy, loneliness, and confusion. It will also protect you from other people's projected anger and fear. It also helps to stimulate creativity and imagination. It helps you to trust yourself and your perception of the world around you. Good for helping you get to the bottom of an issue so you can find a solution that works for you.

Chakras: Connected with the Root chakra.

Astrological signs: Related to Cancer, Leo and Taurus.

History: The name carnelian is from the Latin word carneus, which translates to fleshy which is because of the stone's flesh-like colour. Carnelian is a crystal that has a long history, going back over 4500 years ago, Sumerian and Egyptian artisans made jewelry with carnelian. It was also highly valued by the Ancient Romans and Greeks as well. Napoleon found an octagonal carnelian on a battlefield in Egypt. He wore it until he gave it to his nephew. People wore carnelian rings to ward off feelings of hatred, jealousy, fear and anger. It was also said to protect the dead once they passed on. In households, it was also used as a protective stone to protect the home from storms, and it was carried by people as protection too. G. F. Kunz, a geologist and historian, said that Carnelian is useful for those who fear public speaking and that it would bring courage.

Where it's found: Carnelian can be found in Japan, India, Madagascar, Poland, Iceland, Russia, Slovakia, Peru and Romania. It can also be found in Australia, the Czech Republic, France, Bavaria, Germany, England, and Sri Lanka. It's also in the United States in Connecticut, Florida, Tennessee, New Jersey, and Washington. The best stones are said to

be found in India though.

Variations, Rarity and Value: Carnelian is an inexpensive gemstone, and it's common in jewelry. It can be reddish orange to brown, as well as yellow, bright red, or pink. The red is due to the iron oxide so the deeper the red, the more iron oxide in the stone. Carnelian is a .6.5 on the Mohs hardness scale.

How to use it: Place it near your home's front door to welcome in abundance and for protection. Use it for balance by placing it on your body wherever balance is needed or wear it in jewelry for continuous energy balancing benefits and security.



Cassiterite Meaning and Spiritual Properties

Cassiterite is good for optimism, vitality and intellect and helpful for people who work with numbers. It brings protects from physical danger and helps with prejudice and rejection.



Physical Energy Properties: Cassiterite helps with obesity, hormone

imbalance and weight loss. Beneficial in the treatment of eating disorders.

Emotional Energy Properties: Cassiterite helps to ease the pain and suffering associated with death. It inspires you to feel more hopeful and optimistic about your future. It helps with abundance, courage, hope, prosperity, and positivity.

Spiritual Energy Properties: Cassiterite is good for grounding. It can guide the souls of those who have passed onto the eternal light and even after death, it is believed to aid in the process of reincarnation. It will help channel Divine Light into your physical body. It is an excellent stone that supports people engaged in shamanic activities. An ideal stone for channelers, shamans, mediums, and people who are working with other worlds.

Chakras: Base

Astrological signs: Sagittarius

History: Alternate name Tin Stone. It is tin oxide, and the name Cassiterite comes from the Greek word kassiteros, which means tin.

Source: United Kingdom, Bolivia, Peru, Mexico, Russia, Czech Republic, Africa, Malaysia, Indonesia, Australia.

Variations, Rarity and Value: Short prismatic crystals and masses. Black, brown or yellow. It is abundant in its rough mineral form, but the transparent Cassiterite gemstone is quite rare. It is considered a collectors stone because of its rarity.

How to use it: Cassiterite is considered a divinity stone. It is excellent for grounding and best used in deep meditation. It aids in the balance of the flow of chakra energies, especially the root chakra. Wear Cassiterite in jewelry; it is good to wear every day. Place a piece in your

home or office for good energies.

Cavansite Meaning and Spiritual Properties



Cavansite is a sparkling and brilliant white crystal with flower-like bursts of bright blue all over the surface. They are known as orthorhombic crystals which create a system of lattice. This makes for a very uniquely shaped stone with a very crystalline appearance.

Physical Energy Properties: Cavansite is especially useful for the eyes so it can be used for vision issues as well as eye irritations and diseases. It's also helpful for the teeth as well and in maintaining healthy teeth. Also aids the blood and helps osteoporosis.

Emotional Energy Properties: Protects highly sensitive people from taking on too much of other people's emotions and problems. Great for tuning into your intuition and hearing what it has to say. Kyanite is also excellent for dealing with death and grieving as it's a very calming and soothing stone. Assists in other major life transitions as well such as getting a new job, moving to a new city or home and starting a new school.

Chakras: This stone is associated with the Third Eye chakra and the Throat chakra as well because of its intense blue colour.

Astrological signs: Cavansite is related to the sign of Aquarius.

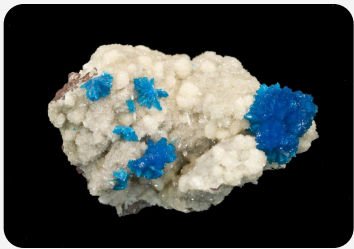
History: The name of the crystal comes from its chemical composition which includes calcium vanadium and silicate, and their chemical names together create Ca-V-Si. It wasn't officially recognized as a mineral until 1967, so it's relatively new to the crystal world.

Where it's found: Mainly found in Brazil, New Zealand and the United States, the most beautiful pieces of cavansite are located in India.

Variations, Rarity and Value: Cavansite is quite rare, so it's hard to find in large pieces.

You'll mainly find small fragments of cavansite with small bursts of blue. Large pieces that are entirely blue are even rarer to find which makes them the most valuable. The colour of blue is an exciting and remarkable colour too. It ranges from deep aqua blue to a bit of a greenish blue.

How to use it: Carry some with you or put it in a place of your home where you'll see it often. To connect with your intuition just hold the stone in your hand and breathe deeply.



Celestite Meaning and Spiritual Properties



Celestite is a crystal known for inviting angels into your space and fostering a connection with the higher realms. It holds gentle, uplifting energy that helps to relieve anxiety, sadness and heavy moods. It is a creative stone especially useful for music and art.

Physical Energy Properties: It is an excellent balancing stone, helping to dissolve pain and bringing in love. It helps with physical pain, eye and ear disorders, and mental torment. It is an effective healer and opener of the throat chakra.

Emotional Energy Properties: A good stone for dreams and dream recall, relaxation, astral travel, meditation and yin/yang balance. It helps with despair, nightmares, stress and worries. Celestite is a stone that inspires creativity.

Spiritual Energy Properties: Celestite is a stone with a high vibration, and is considered a teacher for the New Age. It inspires divine energies. It helps to jumpstart your spiritual development and guides you towards enlightenment. It stimulates clairvoyant

communications, journeys out of the body and dream recall. It heals the aura and reveals the truth and is a useful crystal for stimulating clairvoyant communication. It is a stone that will summon your guardian angel and contact with angelic realms. Blue crystals are effective openers and healers of the throat chakra.

Chakras: Brow

Astrological signs: Gemini

History: Celestite is named from the Latin word *caelestis*, which alludes to its celestial sky-blue color. Celestite has the same root as the word “celestial.” Because of this, the crystal has a strong historical association with angels, divinity and heaven.

Source: Britain, Egypt, Libya, Mexico, Peru, Poland, Madagascar

Variations, Rarity and Value: Blue, white, yellow, orange, red and red-brown. Transparent, tabular orthorhombic crystals, geodes, nodules and masses in medium to large clusters. Easily obtained but expensive to buy.

How to use it: Place the crystal as appropriate. It is good for meditation and scrying. A large Celestite crystal placed within a room helps to heighten the vibrations in the room. The color will fade if placed in direct sunlight. Place the crystal on the third eye to open a connection to the universal energies. Use as a focal point for meditation, prayer or mindfulness.



Cerussite Meaning and Spiritual Properties

Cerussite is an excellent stone for grounding that assists in feeling comfortable in the environment. It is



a crystal for change, decision making and taking responsibility. It is a stone that brings creativity, wisdom, the ability to listen and be tactful in any situation.

Physical Energy Properties: Cerussite helps with Alzheimer's disease, insomnia, Parkinson's disease and Tourette's Syndrome. It restores vitality after an illness. It aligns the nervous system, treats involuntary movements and helps to strengthen the muscles and bones. It helps to overcome nightmares and insomnia.

Emotional Energy Properties: Cerussite is a pragmatic stone that helps with decision making and stimulates growth. It helps to relieve anxiety and tension and shows you how to adapt to change that is necessary. It is an excellent crystal for anyone in the arts, as it encourages creativity.

Spiritual Energy Properties: Cerussite may form a star-shaped or record keeper crystal, precious stones that attune to higher wisdom and karmic purpose. It is a stone used to explore past lives that were not on earth, helps to recognize people from past lives and the place that they hold in the present. This crystal assists in letting go of the past and its effects.

Chakras: Base

Astrological signs: Virgo **Source:** Namibia

Variations, Rarity and Value: White, clear, grey, grey black and yellow. Lead ore that sometimes contains silver crystallizing as orthorhombic crystals in several forms to include single crystals, snowflakes, stars or clusters. Can be obtained from specialist stores.

How to use it: Used during ceremonies and rituals. It helps with creativity, writing, relationships and homesickness. Place or hold as appropriate for balancing. Use Cerussite as an elixir for pest control and house plants. Cerussite elixir can be sprayed onto houseplants or into a room to help protect it from diseases and pests.

Chalcopyrite (Peacock Stone) Meaning and Spiritual Properties



Chalcopyrite is also known as Peacock stone because of its vibrant colors that look similar to the colours of a peacock's feathers. It's good for perception. It is good for martial arts as it improves the flow of chi. It helps to develop and strengthen your inner vision. It gives you grounding and stabilizing energies that will help you

to stay balanced even when things are happening in your life.

Physical Energy Properties: Chalcopyrite is good for the lungs and genetic material. It helps with bronchitis, brain tumors, fever, inflammation and the side effects of chemotherapy. It aids in detox and promotes hair growth.

Emotional Energy Properties: Chalcopyrite fosters inner security, by showing you that abundance is a state of mind. It helps to enhance your inner knowing and helps you trust what you see psychically.

Spiritual Energy Properties: Chalcopyrite helps with all psychic abilities. It is good for connection to the universe and meditation. It removes energy blocks and balances color in energy.

Chakras: Crown

Astrological signs: Capricorn

History: Chalcopyrite gets its name from the Greek words of khalkos or chalkos, which mean copper and pyrite, and also strike fire.

Source: Brazil, Mexico

Variations, Rarity and Value: Colors include blue, gold, green and purple, usually bright

iridescent. The color is produced by natural oxidation on the surface. Occurs as octahedral crystals, masses and tetrahedral crystals with sphenoid faces. Scratching the crystal may remove the bright colors to expose gray rock. The colors come from the oxidation of copper and iron in the crystal.

How to use it: Chalcopyrite is considered the Stone of the Mystic because of its ability to open your crown chakra and your channels for the flow of information. It is a good crystal to use for acupuncture, acupressure, Tai Chi, and other practices that involve the movement of Chi because it helps move Chi and dissolve energy blockages. Use in meditation to help you achieve the state of no mind. It also has the unique ability to help you find lost or missing objects.

Charoite Meaning and Spiritual Properties



A unique looking stone that is often mistaken to be synthetic. This violet crystal is often found with quartz and manganese inclusions. It's a wonderful stone for developing your intuition and gaining awareness.

Physical Energy Properties: Brings you energy when you're feeling exhausted.

Regulates the blood pressure, improves the liver and the heart. This stone is also beneficial to the eyes and any eye diseases. Also good for general aches and pains as well as detoxing the system.

Emotional Energy Properties: Assists in breaking old patterns. Helpful for deep transformations and relinquishing fear and other blocks that stand in your path. Helps you accept yourself and others. Brings you relaxation and an easy-going approach to life. Allows you to make your own decisions in life without the input of others or caring what others may think.

Chakras: Connected with the Heart chakra, Third Eye chakra, and the Crown chakra.

Astrological signs: Related to Sagittarius and Scorpio.

History: Charoite was first found in Russia in the Murun mountains in Yakutia in 1978 which is the only location this mineral is available. Its name comes from the Charo River where it was found.

Where it's found: So far, this stone has only been located in Russia near the Charo River.

Variations, Rarity, and Value: Charoite is a very rare mineral that is only found in Russia. The colors and patterns of the stone also vary. They can be lavender, lilac, violet and deep purple in colour and the patterns are swirling white, transparent, black or orange depending on the other minerals present in the stone. Black colorations are Augite, transparent ones are Microcline Feldspar, and the orange ones would be Tinaksite. Charoite is very commonly seen in jewelry and as decorative pieces. It's a 5 to 6 on the Mohs scale of hardness. A very affordable gemstone even the highest quality pieces will only cost a few dollars per carat.

How to use it: Place Charoite on your Third Eye to increase and work with your intuition. Use on your Crown chakra to bring in divine wisdom and to help in decision making. Or, put on your Heart chakra to balance emotions and bring in more love. You can also make an elixir with Charoite to stabilize emotions.



Chevron Amethyst (Dream Amethyst)

Meaning and Spiritual Properties



Chevron Amethyst is a crystal that is good for general protections and enhances problem-solving.

Physical Energy Properties: Chevron Amethyst has a strong energy field, that brings harmony to the organs of the body and stimulates the immune system. It helps in detoxing. This

stone is good for the energy of the eyes, intestines, liver, lungs, immune system, pancreas and thymus. It is good for headaches, infectious diseases.

Emotional Energy Properties: Chevron Amethyst relieves tension. This stone has powerfully focused energy that helps to dissipate and repel negativity. It promotes self-growth and development, inspiring you to move towards spiritual growth and achieve your higher potential.

Spiritual Energy Properties: One of the third eye stimulators that enhances inner, intuitive vision, spiritual work, outer physical vision and shamanic journeying. It cleanses the aura and aids in auric diagnosis. This crystal will also amplify the energies required for manifestation. It strengthens psychic abilities, visualization skills, intuitive guidance and dream recall.

Chakras: Crown, Brow

Astrological signs: All

Source: Bolivia, India, Russia

Variations, Rarity and Value: Crystals and masses of lavender purple with white banding in a chevron pattern. May also include yellow, orange, and rusty red.

How to use it: Chevron Amethyst is a good stone for creative spaces. Place a piece of

Chevron Amethyst in your workspace to help enhance creativity if you love to draw, create, paint, or write. Hold or place Chevron Amethyst on the body as appropriate.

Chiastolite (Andalusite) Meaning and Spiritual Properties



Chiastolite is a variety of Andalusite that forms crystals with a cross on them. Stones can be brown, light pink, grey, olive, black or grey. It's said to be a very protective stone and was used to ward off curses in ancient times.

Physical Energy Properties: Relieves fever, gout and rheumatism. Stimulates lactation in mothers and aids in working with those with chromosome damage.

Emotional Energy Properties: Aids in problem-solving and practicality but is also good for creative thinking. Helps in understanding death and the cycle of life. Clears feelings of guilt and shame. Beneficial for times of change and transformation. A very protective and balancing stone that grounds spiritual energy.

Chakras: Connected with the Sacral chakra and the Heart chakra.

Astrological signs: Associated with Libra.

History: First described in 1754 by a Spanish author and paleontologist José Torrubia and was published in his book. It has been used throughout the years as a protective talisman to ward off evil and ill wishes.

Where it's found: Found in Chile, Russia, China and Spain.

Variations, Rarity and Value: Chiastolite is usually found in metamorphic rocks, where Ruby, Sapphire and Kyanite also form. Occasionally it can also form in igneous rocks mainly

in Granite. The cross in the centre of these stones is formed by graphite which gives it that deep greyish black colour. These stones are usually sold natural, enhanced by tumbling, cutting, and polishing. They are always cut in a cross section to show the cross. Chialstolite is fairly affordable and can be found not only as tumbled stones but also in jewelry.

How to use it: Use this stone when adapting to change or when you're looking into making a change. It can also be used when clearing out emotions that no longer serve you. Hold this stone or keep it close to you when you need protection.



Chlorite Meaning and Spiritual Properties

Chlorite is the name for a group of sheet silicate minerals that are mostly green including Clinocllore which is also known as Serpentine. They are also found as floating phantoms in Clear Quartz Crystals or growing on rocks and crystals as seen in the photo



here.

Physical Energy Properties: Excellent for the absorption of calcium, vitamin E and vitamin A, Magnesium, and Iron. Helps the liver and detoxing. Assists in the production of good bacteria and helps with allergies. Also useful for relief from bloating, gas, and pain.

Emotional Energy Properties: Helps express and release anger and resentments. Also great for bringing in more positivity and releasing negativity. Chlorite is also a stone of protection.

Chakras: Related to the Heart Chakra.

Astrological signs: Corresponds to Sagittarius.

History: Chlorite minerals are found in rocky areas where there is heat, pressure, and chemical activity present within a couple of miles from the Earth's surface. It can be found on or within many rocks and crystals.

Where it's found: Found in Brazil, Germany, the United States and Russia.

Variations, Rarity and Value: Chlorite is very common either found on its own or covering other minerals or included inside crystals like Clear Quartz. It rates at a hardness of 2 to 2.5 on the Mohs hardness scale making it very fragile.

How to use it: Can be used to ward off emotional or psychic attacks and to protect you from harm. Use in crystal grids or place on your body wherever needed. Use with Amethyst for attacks, and use with Ruby or Carnelian to ward off spirits.



Chrysanthemum Stone Meaning and Spiritual Properties



Chrysanthemum Stone awakens your true purpose in life. It helps you seize the moment. It is good for change or staring out on a new path, such as a new career, job or relationship.

Physical Energy Properties:
Chrysanthemum Stone is food for the female reproductive system, cystitis,

fertility and fibroids. It can help women with the negative affects of the menstrual cycle. It is an effective fertility stone for women and a great gift for childbirth and pregnancy.

Emotional Energy Properties: Chrysanthemum Stone promotes dreams, goals and ideals, and keeps you grounded while you chase your goals and follow your dreams. It helps you to seize opportunities that arise. It

Spiritual Healing Properties: Chrysanthemum Stone brings balance to your physical and

spiritual self and helps to keep you in the present.

Chakras: Base, Crown

Astrological signs: Aquarius, Taurus

Source: China

Variations, Rarity and Value: Chrysanthemum Stone is a black stone of dolomite, gypsum bearing clay, limestone or porphyry with calcite or celestite growing in unique patterns that chrysanthemum flowers.

How to use it: Use Chrysanthemum Stone for meditation to help you find the answers to some of life's problems when you are feeling stuck. For meditation, it will help allow your mind to stay still and drift. Place a Chrysanthemum Stone under your pillow while you sleep and allow its vibrations to benefit you. Put in your pocket and carry it with you all day. After doing this for a few days, you will realize that you always wake up feeling happy and joyful. Wear it to encourage abundance and manifestation, as well as good luck, joy, and increased synchronicities. It will help you live your dreams to the fullest and achieve your full potential.





Chrysoberyl Meaning and Spiritual Properties



Chrysoberyl is a stone of new beginnings, bringing compassion, confidence, forgiveness and generosity. This crystal helps you to see both sides of an argument, the best in any situation. It helps you to break repetitive cycles.

Physical Energy Properties: The energy of this stone is good for the kidneys, liver and pancreas. It helps with cholesterol problems and with infections. It balances adrenaline and cholesterol, fortifies the chest and liver and supports overall wellbeing.

Emotional Energy Properties: It helps with coming to terms and understanding illness. A crystal that encourages forgiveness, kindness to self, clearer thinking, self-confidence and peace of mind. It is a good stone for creativity. Chrysoberyl is associated with self-control and discipline, promoting concentration and the ability to learn. It is thought to help the wearer strive for excellence.

Spiritual Energy Properties: Chrysoberyl helps with personal spirituality. It aligns the solar plexus and the crown chakras. It Opens the crown chakra which increases both spiritual and personal power.

Chakras: Sacral

Astrological signs: Leo

History: Chrysoberyl was discovered in 1789, and described and named by German geologist, Abraham Gottlob Werner. Chrysoberyl was once a popular gemstone used for jewelry during the Edwardian and Victorian times, but as the stone became scarcer its popularity declined.

Source: Australia, Brazil, Canada, Ghana, Myanmar, Norway, Pakistan, Russia, United States, Zimbabwe

Variations, Rarity and Value: A golden yellow, yellow with brown, green with red crystal. Tabular, hexagonal transparent yellow crystals. The green variety of Chrysoberyl is called Alexandrite and looks red in artificial light. Chrysoberyl is a really hard gem, with a rating of 8.5 on the Mohs scale.

How to use it: When used with other crystals, it highlights the cause of disease. When used for jewelry, fine faceted Chrysoberyl is considered to be a good alternative to the more expensive yellow sapphire.

Chrysocolla Meaning and Spiritual Properties



Chrysocolla is a soothing, peaceful crystal that brings comfort in times of change, stress, and transition. It helps to promote clear communication and self-expression and increases your capacity to love. It is a useful stone for creativity.

Physical Energy Properties: It is good for digestion and metabolism, the thyroid, joints, hips, muscles and lungs. It helps treat

arthritis, muscle spasms, bone disease, ulcers, blood disorders and lung problems such as asthma, bronchitis and emphysema. It is a crystal that detoxifies the liver, intestines and kidneys. It strengthens the muscles and alleviates muscle cramps. It is an excellent stone for women helping to relieve menstrual cramps and premenstrual syndrome (PMS).

Emotional Energy Properties: It is good for guilt, phobia, stress and tension. It helps to heal the planet by rebalancing the natural energy of the Earth. It heals heartache and increases the capacity to love. It improves communication and helps you to know when to keep silent. It draws away negative energies of all kinds.

Spiritual Energy Properties: It calms, cleanses and re-energizes all the chakras and helps to align them with the divine.

Chakras: Heart

Astrological signs: Taurus, Gemini, Virgo

History: The name Chrysocolla comes from the Ancient Greek word "chrysos," meaning gold and "kolla" meaning glue. This is an ancient reference to the name of a material used to solder gold in 300 BC.

Source: Britain, Chile, Mexico, Peru, Russia, USA, Zaire

Variations, Rarity and Value: Blue, green, turquoise. It occurs in layers, botryoidal structures, masses and druses. Opaque, often with bands or inclusions in all sizes. Common.

How to use it: Place the crystal as appropriate on the skin or third eye. Placed in the home to help draw off negative energies of all kinds, and maintain happiness in the home.



Chrysoprase Meaning and Spiritual

Properties



Chrysoprase is a crystal that encourages happiness, joy, and optimism, activating and opening your heart chakra. It reminds you to allow yourself to receive with an open heart. It is considered the feel better stone.

Physical Energy Properties:

Chrysoprase has a strong detoxifying action. It can help to mobilize heavy metals out of the body and stimulate liver function. It is good for fertility and the heart and spleen. It helps scurvy and schizophrenia. It resonates with the sacral and heart chakras, bringing universal energy into the physical body.

Emotional Energy Properties: It is good for general wellbeing, helping you to see through the mental fog. Also good for dexterity. It is beneficial for yin/yang balance, self-acceptance, balance and acceptance of others. It helps with anxiety, depression, guilt, promotes truth-telling, broken heart, fear, neurotic patterns, inferiority, and judgmental attitudes. It is excellent for peaceful sleep and relaxation.

Spiritual Energy Properties: Chrysoprase imparts a sense of being a part of the divine whole. At the third eye, the stone opens psychic vision.

Chakras: Heart

Astrological signs: Libra

History: Chrysoprase used to be referred to as the stone of Venus. It was often used by the Greeks, Egyptians and Romans to make jewelry, seals, signets, and other ornamental objects because of its beautiful, vivid green color. It is also said to have been the favorite gemstone of Alexander the Great.

Source: Australia, Brazil, Poland, Russia, Tanzania, and United States

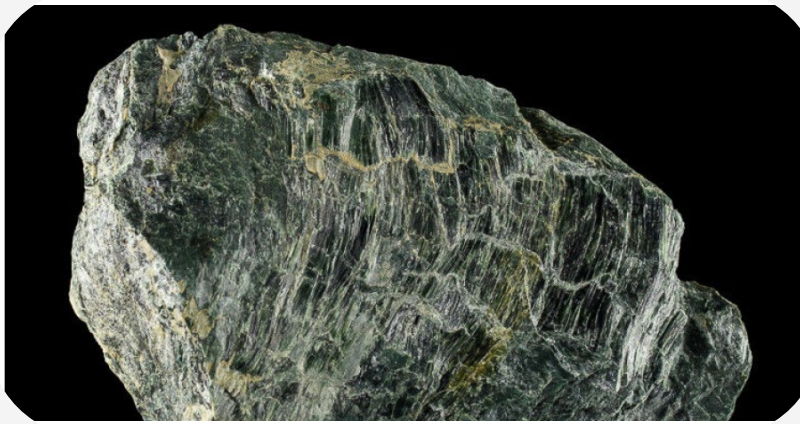
Variations, Rarity and Value: Apple green or lemon yellow variety of chalcedony. Opaque,

flecked and often small. Common stone.

How to use it: Wear or place Chrysoprase as appropriate for what you need. In acute cases, use it as an elixir. Carry the stone for long periods of time to help attune it to the devic realm.



Chrysotile Serpentine Meaning and Spiritual Properties



Chrysotile Serpentine is a crystal that helps you learn from the past. It is considered the stone of life and holds the energies that help you connect with past lives and the history all around them.

Physical Energy Properties: Chrysotile Serpentine is good for eyesight and

blood vessels.

Emotional Energy Properties: Chrysotile Serpentine helps you to let go of old, unhelpful behavior patterns from childhood or past lives. It releases past hurts. It is used for protecting

your well being, calms our spirit and preserves your beliefs.

Spiritual Energy Properties: Helps you to let go of unhelpful behavior patterns from past lives. It connects to the Reiki energy.

Chakras: Crown, Heart

Astrological signs: Gemini

History: Commonly known as green zebra jasper (it is not Jasper and dragons scale stone. It is one of the most historically used crystals for detecting evil and protecting against both bad luck and intentional malicious behavior.

Source: Canada, Poland

Variations, Rarity and Value: This stone has green and white bands of serpentine and chrysotile.

How to use it: Chrysotile Serpentine is an outstanding meditation aid. It will help you calm your spirit and ease your passage through the hectic days ahead. Do not use for elixirs. Make sure to wash hands after handling and do not lick, smell or sniff. Do not ingest. Wear as a necklace for good luck. Meditate with a piece of the stone or jewelry with a specific goal in mind, then every time you put that piece of jewelry on, you will find yourself being focused on that goal and inspired to take the next steps towards achieving it. Use a stone in your office or home to help promote positive feelings.

Citrine Meaning and Spiritual Properties



Also known as Cairngorm, this beautiful variation of quartz with a golden hue instantly elicits happiness and joy. It's like a ray of welcome sunshine bringing warmth, vitality and positivity to whoever sees or holds it. It gets this yellow colour from the heat of volcanos, and it's

also known to bring prosperity.

Physical Energy Properties: A very energizing stone, citrine helps bring you energy and vitality in all areas. It aids in digestion and helps the spleen and the pancreas. An excellent stone for getting things moving through your digestive system to relieve constipation or to detox your body. Helps with kidney and bladder infections as well. Activates the thymus and helps to balance the thyroid and hormones. Citrine increases circulation and detoxifies the blood. Since it is a stone of warmth, it helps to calm and soothe the nervous system as well as the endocrine system. Even great for eyesight and issues with the eyes.

Emotional Energy Properties: Wonderful for self-esteem and confidence, it helps you in protecting yourself from things that aren't in your best interest. It also helps you in standing up for yourself and what you believe in while giving you the boost you need to speak your truth. Since it's a very energizing stone, it also helps you get motivated and enhances creativity and problem-solving. It also promotes joy and helps to release fear or anger allowing more positivity to enter into your life. It will also help you in getting in touch with your emotions so that you can healthily express them.

Chakras: The solar plexus chakra is the main chakra that citrine is connected with. It's also connected with the crown chakra and helps bring intuition and inner guidance. It can even assist in cleansing all of the chakras of negative energy and infuses them with positivity.

Astrological signs: Citrine is connected with Gemini, Libra, Aries and Leo

History: Citrine has been used in jewelry and as decoration for thousands of years. For example, in Greece during 300 BC and 150 BC, it was used ornamentally and in Scotland during the 17th century, it was used to adorn their swords. It was called yellow quartz until 1556 when it got its name, citrine because of its yellow hue which is much like citrus fruits lemons and oranges. It became very popular during World War I and World War II when many women including famous movie stars like Greta Garbo would wear jewelry with citrine jewels in an Art Deco style.

Where it's found: Most of the citrine found now comes from Brazil. Natural citrine can be found in the Ural Mountains of Russia, as well as in the United States, Britain, France and Madagascar.

Variations, Rarity and Value: The clear, darker coloured citrine with an amber colour are

some of the most valuable types of citrine and the rarest. Citrine a hard gemstone and is rated a 7 out of 10 on the Mohs scale. Natural citrine is actually very rare, but a lot of the citrine that is found for sale is actually heated amethyst since the properties of amethyst and citrine are so similar. The main difference between citrine and amethyst is the oxidation state of iron impurities. You can tell if you're looking at a heat treated amethyst by the reddish colour it will have.

How to use it: Bring citrine into your life when you feel like you need more joy and positivity. You can wear or carry some to keep the good vibes flowing. You can also place a piece of citrine in the wealth corner of your home which is the far left corner in your home when you're facing the front door. Or you can place some citrine in your wallet or purse. Wearing citrine on a pendant close to your throat or on rings on the fingers also works to bring the balancing benefits of citrine into your life.



Clear Quartz Meaning and Spiritual Properties



Known as the master crystal, Clear Quartz is the most popular stone on Earth. A translucent or white stone with many incredible balancing properties. Also known as Clear Quartz, Quartz Crystal, Rock Crystal.

Physical Energy Properties: Clear quartz is a stone that really does it all.

It invigorates and energizes the mind and body making you feel good in all regards. Great for ear infections, hearing, tinnitus and balance. It's also fantastic for the spine and nervous system and those with Multiple Sclerosis. Also helps with blood sugar levels, so it's great for those with diabetes and anemia. Clear quartz is also beneficial for any pain or discomfort anywhere in the body.

Emotional Energy Properties: Clear quartz is excellent for mental and emotional clarity and focus. If you need to centre on a specific task, this clear stone will help clear your mind so that you can maintain concentration and laser focus. It's also an excellent crystal for positivity and clearing out any negativity or stagnant energy. So if you have trouble with negative belief patterns, it purifies these thoughts to bring in positive self-talk.

Chakras: This is one of the crystals that is beneficial for all seven chakras.

Astrological signs: It's also beneficial for all astrological signs too.

History: Throughout history, clear quartz has been considered sacred and powerful. Tribes in Australia and South America both talk about Quartz crystal in their creation stories. There are also legends of Atlantis and Lemuria who used quartz for solar energy refraction. There are also those who have used clear quartz for magical purposes in the form of scrying into crystal balls which dates back to Greek and Roman periods. In ancient Rome, the wealthy would carry crystal balls during hot weather because they believed the stones had cooling properties. The Japanese have always called clear quartz tama meaning perfect jewel, and it's also noted in Hindu legends for its purifying qualities. Tribes in North America have revered it as a powerful sacred stone and treated it with great respect as one of their talismans. The Maya people in Central America carved 13 skulls out of clear quartz, and they are hidden in different places to be found in the future. Nearly every culture used quartz for medicinal energy. It has also been used to make cups, vases and home decor, as well as

lighting sacred fires with the sunlight. People also used it to make eyeglasses and even window panes.

Where it's found: All over the world, especially in the United States, Brazil, China, South Africa, Tibet, Russia and Madagascar. It's made in the Earth's crust, and it's been found that about 12% of the crust is made up of clear quartz.

Variations, Rarity and Value: Clear quartz is made up of silicon and oxygen also known as silicon dioxide. The clearer the stone is, the more valuable it is too. If it's milky in colour, it tends to decrease in value. So a small clear quartz crystal that is clear could be worth more than opaque or milky quartz of a larger size. When most people are talking about crystals, they are talking about Clear Quartz since it's one of the most abundant types of crystal in the world. It also has electrical properties and heat resistance which is why it's used in many electronic products and why it's also synthetically reproduced in labs. In natural quartz, cacoxenite can form within clear quartz as an inclusion which is a rare occurrence and makes the crystal more valuable as well.

How to use it: Use clear quartz to purify and cleanse your other crystals and also to amplify their energy. Putting clear quartz in each room of your home will help to balance and purify the energy in your home, releasing negative energy and bringing in positive energy. Hold it in your hand during meditation or wear jewelry with clear quartz in it as protection. You can also program your clear quartz crystals with different intentions by holding the crystal in your hands and saying an affirmation or a word that symbolizes that intention. Placing your clear quartz crystals and other crystals out under the moonlight of the full moon will cleanse and charge the crystals with positive energy.





Clinochlore Meaning and Spiritual Properties



Clinochlore also called Seraphinite is a stone that is good for nurturing and relationships. It is good for connection with angels and guardians and spiritual love.

Physical Energy Properties:
Clinochlore stabilizes critical conditions. It is useful for promoting

weight loss and overcoming chills. It activates the spinal cord and links to the etheric body, especially behind the heart, and can help release muscle tension all the way up to the neck.

Emotional Energy Properties: Clinochlore promotes living from the heart and has a gentle cleansing effect on the heart chakra, which opens to love.

Spiritual Energy Properties: Clinochlore is a stone of spiritual enlightenment and is excellent for self balance. It helps to make angelic connections for opening the crown and the higher crown chakras. The feathery wings of Clinochlore bring you to a high spiritual vibration and are excellent for helping to make journeys out of the body, and protecting the physical body while you are gone. Clinochlore assists with reviewing the progress of life and identifying the changes that are needed to put you on the path to fulfillment and peace.

Chakras: Heart

Astrological signs: Taurus

History: Clinochlore was named in 1851 by William Phipps Blake from the Greek word klinein which means to incline, in allusion to the inclined optic axes and the Greek chloros, for green, its typical color.

Source: Siberia, Russia

Variations, Rarity and Value: Clinochlore is a chlorite mineral that forms green/white, colorless and yellow masses and occasionally, crystals. Green, silvery feathers within the darker stone, often small and polished. Available in specialist stores.

How to use it: Place on the third eye for meditation. Place Clinochlore on the third eye or heart, under the pillow or wear around the neck.

Cobaltoan Calcite Meaning and Spiritual Properties



Cobaltoan Calcite also called Cobaltocalcite is a crystal of joy. It is excellent for use with the heart chakra and can help in releasing buried emotions. It is an uplifting stone and encourages positive thinking and to let go of the negative feelings that you may be holding.

Physical Energy Properties: Cobaltoan Calcite is a crystal that can be used in the treatment of age-related disorders. It can be used to help inhibit the degeneration of cellular structures.

Emotional Energy Properties: Cobaltoan Calcite helps you to recognize and learn each lesson in life,

it also helps you to see the beauty in everyone and everything. It helps you to discover your inner truth and your life purpose. It makes emotional expression easier and draws out inner hurts and emotional pain. Cobaltoan Calcite is a calming stone that relieves anxiety and stress, fills the heart with love, soothes inner-child hurts, and overcomes the fear of nightmares. It has been used to help balance the yin/yang energies.

Spiritual Energy Properties: Cobaltoan Calcite encourages positivity and dispels negativity. It charges the auric bodies and helps to facilitate a deep and stable connection with the spirit world. It can also be used as a guide to past lives. It enhances all psychic abilities and helps to produce experiences that include contact with the spirit world, visions, and unusual manifestations.

Chakras: Heart, Throat, Brow, Crown

Astrological signs: Cancer

History: Cobaltoan Calcite gets its name from the Greek word *chalx*, which means lime or any white calcareous mineral.

Source: Australia, Europe, Democratic Republic of Congo, Morocco and United States.

Variations, Rarity and Value: Pink drusy crusts, spherical masses and rarely crystals. They are often found with or near malachite.

How to use it: Cobaltoan Calcite is excellent for use in meditation. Wear it in jewelry.





Copal Meaning and Spiritual Properties



Copal is a resin that is produced from plant sap usually from the genus *Copaifera*. Copal or Copalite are organic resins that aren't old enough to have hardened and fossilized enough to become Amber. Copal has been used as incense throughout history and has a rich, earthy scent much like Frankincense.

Physical Energy Properties: Copal can help to detoxify the body by supporting the liver, bladder, kidneys and stomach as well as for kidney and bladder stones. It can also be beneficial for throat issues like laryngitis, throat infections and goitre.

Emotional Energy Properties: Draws out negative energy and cleanses it to bring in positive energy. It helps with depression and self-balancing. It also offers great protection from negative energy and outside influences. Copal and Amber are both wonderful manifestation tools as well. Promotes fertility and is also great for the birthing process: increases clarity, creative expression and confidence.

Chakras: Associated with the Solar Plexus chakra.

Astrological signs: Related to Leo and Aquarius.

History: Copal has been found and used in Africa, especially in Madagascar but is only 1,000 - 10,000 years old. The Copal found in Columbia is only 250 years old. Older tree resin from the Baltics was used as a form of currency for a very long time. This Amber dates back to 35 to 50 million years ago. There has also been Amber found in the Dominican Republic that is up to 40 million years old, and many contain fossils. Copal has been used as an incense in ceremonies for thousands of years as a way to purify the space and people, as well as to honour the gods and deities.

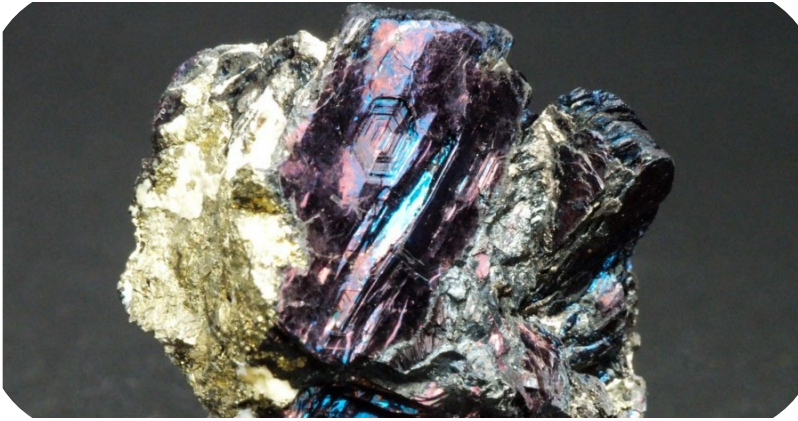
Where it's found: Found in Madagascar, Mexico, Central America and Columbia.

Variations, Rarity and Value: Copal is fossilized tree resin that is amorphous meaning that there is no ordered crystal structure. It's made up of Carbon, Hydrogen, and Oxygen with a hardness of 2 - 2.5 on the Mohs hardness scale. It's usually golden, orange or white in colour.

How to use it: You can keep Copal resin in your home to enjoy the positive energy it has to offer. You can also burn the resin in a safe container using a charcoal puck. You light the charcoal according to the instructions on the package using tongs then, once the charcoal is hot enough, you will place the resin on the charcoal which will cause it to heat up and disperse the aroma. You can also find Copal incense sticks which make it easier to use the incense. Use it in meditation or to clear your home or room doing a space clearing practice.



Covellite Meaning and Spiritual Properties



Covellite is also known as Covelline. This is a rare copper sulphide mineral with an indigo blue and violet colour and a metallic sheen. A great stone for inward reflection and making your dreams come true.

Physical Energy Properties: This stone helps in the birthing process. It can also help any issues of the ears, eyes, nose, throat and mouth. Also helpful for those with cancer. Beneficial for detoxing the body.

Emotional Energy Properties: Covellite helps you turn your dreams into reality by focusing on the positives in your life. It has been known as the

miracle stone because it helps miracles happen. It can also help you tune into psychic or intuitive abilities that everybody has. Great for lucid dreaming and dream recall.

Chakras: Related to the Third Eye chakra and intuition.

Astrological signs: Connected to Sagittarius.

History: A relatively new mineral to crystal collectors, Covellite was found to be the first naturally occurring superconductor which is the ability to conduct electric current with almost zero resistance. It was named after Nicholas Covelli, who was the first one to find the mineral in Italy.

Where it's found: A common source of Covellite is the United States. It can also be found in Germany, Sardinia, Italy, Wales, Alaska and Peru.

Variations, Rarity and Value: Covellite can be a dark blue to black, with purple, gold or red shimmer to it. It's a very rare mineral that is difficult to cut and quite fragile since it can be scratched really easily. They are mainly collector's items and are not made into jewelry. It has a very low hardness of 1.5 - 2 on the Mohs scale of hardness.

How to use it: This stone can help release blockages in the area it's placed. So place the stone on the area you have a blockage or issue. Even though it's connected to the Third Eye chakra and spiritual aspect of self, it can also be a very grounding stone that connects with the Root chakra too. It can also help you connect with your spirit guides and angels.



Crazy Lace Agate Meaning and Spiritual Properties



True to its name, Crazy Lace Agate has crazy intricate patterns of lines and swirls within the stone. The colours range from brown, black and grey with earthy reds, blue, pink and orange. It's also known as Mexican Agate because it's mainly found in Mexico. The stone represents vitality and life force energy because of the vibrant lines and patterns that look very similar veins in our bodies.

Physical Energy Properties: Great for the heart, circulatory system and eyesight, also great for the skin. Increases energy and vitality. Helps tissue repair and blood vessel elasticity can also help

prevent varicose veins.

Emotional Energy Properties: Dissipates fear and brings in self-confidence, courage and strength to face any situation. Helps you accept love from others. Promotes self-acceptance and helps to understand what things are interfering with your well-being. A wonderful stone for communication and speech.

Chakras: Associated with the Heart chakra and the Root chakra.

Astrological signs: Related to Gemini and Capricorn.

History: This stone was first discovered in 1895 and then rediscovered in the 1950s by American geologists during the construction of a highway. Crazy Lace Agate was used by local prehispanic people as a spiritual gift to the Gods. The lines in the stone reminded them of the veins and blood in our own system which represented sacred life force energy to them.

Where it's found: Found in Mexico.

Variations, Rarity and Value: Details about the colour, shape, size. Interesting facts about the crystal's make-up. How rare it is and how it's rated. What variation of this crystal is most valuable and why?

How to use it: Wear this stone on or above your heart to promote the energy of the heart and soothing emotions. You can also carry it with you to help dissolve fears and to relieve cramping. Rub the stone over varicose veins to soothe their effects. Keep with you when doing any public speaking or giving speeches.



Creedite Meaning and Spiritual Properties



A rare stone that is known for its high vibrational frequency which aids in meditation practice. It increases awareness giving you a more expansive perspective. It also works to purify the heart.

Physical Energy Properties: Helps muscles, bones and ligaments as well as connective tissue. It's also a beneficial stone for the heart, and it boosts the immune system. It can assist the body in absorbing minerals and vitamins, detoxifies the blood and restores the nervous system.

Emotional Energy Properties: This stone is great for allowing you to sit back and observe a situation

instead of reacting emotionally. It can also help you to accept things for how they are instead of how you wish they could be. To move in alignment and integrity understanding the lessons you're learning in life.

Chakras: Creedite connects with the Sacral, Third Eye and Crown chakras.

Astrological signs: Associated with Virgo and Sagittarius.

History: Creedite was named after where it was first discovered in 1916 at Creede Quadrangle, Mineral County in

Colorado at the Colorado Fluorspar Company Mine at Wagon Wheel Gap. Later on, it was also found in Nevada, Arizona and in California.

Where it's found: Found in Colorado, Nevada, California and Arizona, Chihuahua, Mexico, Bolivia, Tajikistan and Kazakhstan.

Variations, Rarity and Value: Creedite is a calcium aluminum sulphate fluoro hydroxide mineral. It's usually colourless, white or purple with prismatic crystals. It rates a 3.5 - 4 on the Mohs hardness scale, and it's a product of the oxidation of ore deposits. It usually occurs with with fluorite, calcite, and quartz as well as in the form of cyanotrichite, carbonate, spangolite and kaolinite. The less common Creedite associations include smithsonite, limonite, kaolinite, hemimorphite, hydrozincite and aurichalcite.

How to use it: Keep this stone with you when you need some extra motivation or inspiration from life. Have some Creedite with you or in your home to help you stay objective in situations and to learn from your experiences.



Dalmatian Stone Meaning and Spiritual Properties

Dalmatian Stone protects from physical danger. It is a good stone for learning and helping to achieve goals. It is good for relationships and letting go of the past.

Physical Energy Properties: Dalmatian Stone is good



for cartilage and physical stamina. It helps with cramps, nerves and muscle sprains. It acts as a cleanser and is good for the internal organs.

Emotional Energy Properties: Dalmatian Stone is calming. It brings devotion, happiness, and composure. It helps negativity. It helps to remove negative thoughts and emotions that are preventing

you from moving forward in your life. It makes you realize your strengths and weaknesses and use them to your advantage.

Spiritual Energy Properties: Dalmatian Stone connects physical and spiritual energy. It is good for yin/yang balance. It can cleanse, energize and purify your auric field.

Chakras: Base

Astrological signs: Gemini

History: Dalmatian Stone is named after the Dalmatian breed of dog.

Source: Mexico

Variations, Rarity and Value: Dalmatian Stone is a mixture of quartz, tourmaline and microcline. It is white with black dots. It is easily polished and can achieve a high lustre. It is a semi-precious stone.

How to use it: Dalmatian Stone is usually polished and used in beads, carvings, cabochons, and sphere. Carry a piece of the stone inside your purse or bag, or wear it as jewelry. Place a piece in the different corners of your home to invite more positive energies in. It is a good tool for meditation. Hold a piece in your hand and visualize your intentions. Clear, cleanse, and activate Dalmatian Stones often. You can gently rinse the crystal with water and place outside under the sun or the full moon for several hours.

Diamond Meaning and Spiritual Properties



One of the most well-known and loved gemstones, diamonds are billions of years old and are said to last forever. Diamonds contain Carbon and are formed under extreme heat and pressure resulting in one of the most brilliant gemstones on Earth.

Physical Energy Properties: Diamonds are useful for sight and in the treatment of glaucoma. In the past, it was used to prevent poisoning or to relieve poisoning. Balances the metabolism and helps relieve allergies. Beneficial for detoxing and cleansing the entire system.

Emotional Energy Properties: Assists in finding

balance from childhood issues and emotional pain. The diamond represents purity and will help to purify negative beliefs about yourself. It can help bring all facets of self together in harmonious balance. A symbol of loyalty and commitment which is why it is chosen as a gift for those in romantic relationships. Brings in clarity and abundance.

Chakras: Diamonds connect with all of the chakras but in particular the crown chakra and connection with divine wisdom.

Astrological signs: Related to Taurus, Aries and Leo.

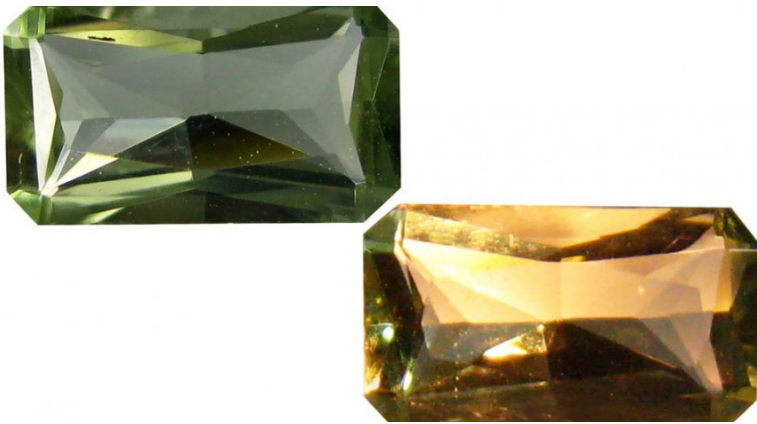
History: The word diamond is from the Greek word Adamas which means unconquerable. The first diamonds were in the 4th century BC in India, but the newest of these diamonds formed over 900 million years ago. These diamonds were traded and transported via the Silk Road, and they were valued even back then. Throughout history, diamonds were also used medicinally to ward off infections and illness. The first diamond engagement ring was made in 1477, but diamonds were still reserved for the upper class. DeBeers created the slogan "A diamond is forever" in 1947 which made diamonds the only choice for engagement rings. Even today more than 78% of engagement rings have diamonds in them.

Where it's found: India was thought to be the only source of diamonds until 1725 when deposits were discovered in Brazil. Now they can be found in both India and Brazil as well as the United States, Canada, Africa, Australia and Russia.

Variations, Rarity and Value: Diamonds are actually quite similar to coal because they are composed of carbon, but with a diamond, the carbon is arranged differently because they are created under pressure in the earth's lithosphere which is 90-240 miles below the surface of the earth. Red, blue and pink diamonds are of the rarest diamonds in the world. The 4 Cs are what determines the value of a diamond, and they are Colour, Cut, Clarity and Carat.

How to use it: Wearing on the skin in jewelry especially on the ears to prevent EMFs.

Diaspore Meaning and Spiritual Properties



Diaspore is one of the three minerals that make the aluminum ore Bauxite. It's also called Kayserite, Empholite, or Tanatarite, and there are trademarked stones from Turkey that are called Csarite and Zultanite.

Physical Energy Properties: Good for brain function and balance of the nervous system. Great for improving memory and relieving stress.

Emotional Energy Properties: This stone stimulates the mind and is great for studying or memorizing information. It helps you remember what is important and helps you focus. It has a very soothing

and calming energy which is great for relaxation. It will help you be more resilient in situations you may have feared in the past.

Chakras: Connected with the Third Eye, Crown, Heart and Solar Plexus chakras.

Astrological signs: Related to the sign of Pisces.

History: Diaspore comes from the Greek word meaning scatter. This is because the mineral scatters when it's heated up. In Turkey in the 1950's large Diaspore crystals were found in a Bauxite deposit. The deposit was originally called

Zultanite Gems LLC, so they originally called the crystal Zultanite. Some of the Diaspore stones from Turkey still go by this name.

Where it's found: The main place Diaspore is found is in Turkey but it can also be found in the United Kingdom, Russia, China, New Zealand, Hungary, Argentina, Brazil and the United States.

Variations, Rarity and Value: This stone is usually found in Bauxite clay or in Limestone in larger masses. The interest in these gemstones increased when people realized they could be made into beautiful gemstones. It can be a variety of different colours including green, white, grey, brown, yellow and colourless. There are also pearly stones with a nice pink, lilac or purple sheen. These stones have a natural pleochroism which means they change colour depending on the lighting. It's hardness is from 6.5 - 7 on the Mohs scale of hardness.

How to use it: Great to have when you're getting older and want to remain youthful. Have this stone with you while you study or work to enhance memory and to stimulate the mind. If you're feeling stressed, keep a piece of Diaspore with you.

Diopside Meaning and Spiritual Properties



Diopside is a calming crystal and an all-around great energy balancing stone. It brings about a sense of contentment and well being. It is a stone that generates wealth and brings prosperity. It is an empowering crystal that is good for anyone who has a strong passion for taking care of the well being of the planet.

Physical Energy Properties: Diopside is good for blood pressure, heart, lungs, ulcers and upset stomach.

Emotional Energy Properties: Diopside brings peace and tranquillity and clears the mind. It helps to

balance emotions and releases trapped emotions and tears. It strengthens intellect and learning. It gives a competitive edge to all that you do and dissipates a victim mentality.

Spiritual Energy Properties: Diopside helps to balance yin/yang, raise consciousness and advance spiritual development. It contains a lot of Earthy energy. It is good for meditation and enhances psychic abilities.

Chakras: Brow, Crown

Astrological signs: Virgo

History: The name Diopside is derived from the Greek words dis which means twice, and opse which means face. It means double appearance, which also refers to the way that the crystal's prism is orientated.

Source: Afghanistan

Variations, Rarity and Value: There are several varieties of Diopside. Chrome Diopside is one variety, which is also known as Siberian Emerald or Green Diopside, and another variety is the less common Black Star Diopside. Black Star Diopside is named so because it exhibits a star on the crystal. Diopside can be found as crystalline inclusions, massive form and as prismatic crystals often with rhomboid terminations.

How to use it: Diopside is a good crystal for meditation. It is a good stone for calming distressed animals. It can be made into beautiful jewelry pieces and is good to wear on your chest as a pendant for it to be more effective. Keep a

piece in your pocket, or put it under your pillow when you sleep.

Diopside Meaning and Spiritual Properties



Diopside is a powerful healer for the heart and an opener for the higher heart chakra. Its brilliant emerald green color brings all of the chakras up to a greater level of functioning, facilitating spiritual attunement. It has a considerable effect on the human energy field.

Physical Energy Properties: It is good for the lungs, immune system, circulation, heart, and stomach. It lessens fatigue and helps to overcome shock. The crystal helps to alleviate pain and migraines. It prevents heart attacks and heals heart conditions. It is good for the development of babies. It helps with

nausea, ulcers, Meniere's disease, dizziness, Aids, varicose veins and angina.

Emotional Energy Properties: It brings abundance, vitality and balance. Helps initiate change, renews ideas and being in the moment. It is a stone that supports a positive attitude towards life and works in all areas of life to turn negative into positive.

Spiritual Energy Properties: Diopside is often used as a crystal for past life regression, relieving issues from a past life.

Chakras: All

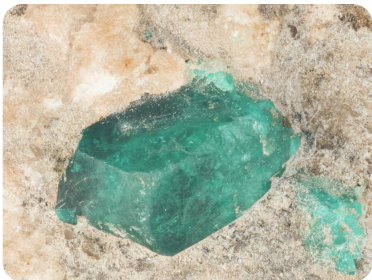
Astrological signs: Scorpio, Sagittarius

History: Diopside was a crystal used to highlight lime plaster statues discovered at Neolithic archaeological site, Ain Ghazal, Jordan. The ancient sculptures date back to about 7200 BC. Deposits of Diopside are found mostly in desert regions with high quantities of copper in the soil.

Source: Chile, Iran, Democratic Republic of Congo, Namibia, North Africa, Peru, Russia, USA

Variations, Rarity and Value: Brilliant emerald green or deep blue-green. It is colored by copper deposits, which give the stone an intense emerald or blue-green color. Prismatic crystals, usually on a matrix, or non-crystalline mass. Quite rare and expensive. Transparent to translucent.

How to use it: Position the crystal over the higher heart chakra. Excellent to use as a gem essence. The crystals are fairly fragile and should be handled delicately to prevent splitting.



Dravite Meaning and Spiritual Properties



Dravite is a good stone for protection. It is a grounding stone that also helps the environment.

Physical Energy Properties: Dravite is good for the intestines. It helps acne and spots on the skin. It stimulates regeneration in the whole body.

Emotional Energy Properties: It encourages community spirit and social commitment. It makes you feel comfortable in a large group, helps to balance dysfunctional family relations and strengthens empathy. The stone has a soothing, relaxing, and reassuring effect on the body, along with the heart and mind. It will help to encourage a

positive attitude, especially in situations where you need to start over. Dravite will infuse you with feelings of courage and joy especially when things are tough.

Spiritual Energy Properties: Dravite is good for the aura and connection to the earth. It is an excellent grounding stone, helping to clear and open the earth chakra and the grounding cord which holds the physical body in incarnation. It helps to clear the aura, aligns the etheric body and protects it. It will help you descent from higher planes while connecting you strongly to the earth.

Chakras: Base

Astrological signs: Aries

History: Dravite gets its name from the place where the stone was originally found, the Drava River in Styria, southeast Austria.

Source: Australia, Brazil, Europe, Nepal

Variations, Rarity and Value: Dark brown and almost black variety of tourmaline.

How to use it: Wear Dravite in a necklace to gently balance and cleanse your chakras. Once the chakras are cleared, it will draw your energies down and anchor them firmly to the earth. Wear a necklace with a Dravite pendant to help cleanse your energies and assist you in letting go of emotional issues that are stopping you from achieving personal growth. Use for meditation as it will quickly help you reach deep meditative states.





Druzy Crystal Meaning and Spiritual Properties



Druzy Crystal is a formation of tiny sparkling crystals on the surface of a larger crystal body. It acts as a mirror of the soul, helping to release lingering negative emotions, experiences or trauma stuck within your heart space. It is known as the stone of fairy or stardust.

Physical Energy Properties: Druzy Crystal amplifies and purifies the body's natural energy. It promotes energy balance on a mental, physical, and spiritual level. It boosts the immune and reproductive systems. It is useful in treating infections. It helps repair bones, cartilage, joints and teeth.

Emotional Energy Properties: Druzy Crystals boost creativity, imagination and induce relaxation. It helps awaken positive self-love. It provides a balance in your life to avoid depression, fear, sadness or feelings of abandonment. It reduces stress and uplifts you emotionally. It opens up blocked energies and helps you to find your inner light.

Spiritual Energy Properties: Druzy Crystals are excellent for group meditations, spiritual workshops, and any other form of joint spiritual work. It strengthens the spirit. It will connect you to your higher powers.

Chakras: Heart

History: They have been around for a long time, but it is only in recent years that the crystal has become popular with jewel stone carvers.

Source: Worldwide. Especially in Africa, Brazil, Europe, South America and the United States. The most common is Druzy Crystals within Agate.

Variations, Rarity and Value: Druzy Crystal is a type of crystal that usually forms over another matrix. They can grow over Agate crystals or any other colored matrix. Minerals such as Calcite, Dolomite, Garnet, and Malachite, are also found in Druzy Crystals. They can be opaque, translucent, to transparent. They can be coated with vapors of metallic origin which will give the crystal iridescence. They are quite durable and not as expensive as larger counterparts. The most common colors are brown, orange, red, yellow, and white.

How to use it: Druzy Crystals are popular in jewelry production, especially for beads and pendants, because of their beautiful color and sparkle. Group meditations. Use whenever you need to harmonize a group of people and move towards a common spiritual goal. Use Druzy Crystals to charge your other crystals or stones, by placing the stones on top of your Druzy Crystal cluster overnight or for several days. Handle Druzy Crystals with care as they are sensitive to bangs and knocks. Clean with mild soap and a soft cloth.



Dumortierite Meaning and Spiritual Properties



Dumortierite is considered the stone of patience, opening the doors of insight and activating the third eye chakra. It enhances your willpower when it comes to learning and helps you to speak your mind.

Physical Energy Properties: It is good for the ligaments and the tendons. It helps you to understand the cause of disease.

Emotional Energy Properties: Helps with excitability and stubbornness. It brings quiet confidence. It encourages stamina and patience.

Chakras: Brow

Astrological signs: Leo

History: Dumortierite is a stone that was first described in 1881 and gets its name from the French paleontologist Eugene Dumortier. It is used to make jewelry. It is also used to make ceramics and porcelain because it turns pure white when it is exposed to fire or heat.

Source: Brazil, Canada, France, Italy, Madagascar, Namibia, Norway, Sri Lanka, USA

Variations, Rarity and Value: In the form of blue, violet, reddish pink/reddish brown masses. Colors range from pale to dark blue. Most stones are opaque, but there are rare ones that are somewhat translucent.

How to use it: Carry the stone with you when you are traveling as it can help to ease travel sickness. Position on the body as appropriate. Can be worn in jewelry such as a bracelet, necklace, pendant, or gemstone ring. It is used in ornamental carvings, such as small figurines and animal cameos.



Elbaite Meaning and Spiritual Properties



Elbaite is a crystal that is good for new beginnings, creativity and awareness. It cleanses, purifies and transforms dense energy into a lighter vibration.

Physical Energy Properties: Elbaite is good for the heart, lungs, skin and hormone balance. It helps infirmity. It is good for the immune system and your metabolism.

Emotional Energy Properties: Elbaite is good for love, mending a broken heart and helping destructive behavior. Has an energy of mental balance, it balances the right and left sides of the brain. It gets rid of any feelings of being the victim and helps to

attract compassion, inspiration, prosperity and tolerance. It helps to release tension.

Spiritual Energy Properties: Elbaite is good for spiritual love. It promotes dreams, inspires creativity, imagination and imagery. It helps to provide a gateway into the inner self and higher spiritual realms. It grounds spiritual energy, balances and clears all the chakras and helps to form a protective shield around the body. It has a strong affinity with the devic energies and is especially beneficial for gardens and plants.

Chakras: Heart

Astrological signs: Libra

History: Elbaite gets its name from the colored and colorless tourmalines that were found in 1913 on the island of Elba, off the western coast of Italy.

Source: Brazil

Variations, Rarity and Value: Elbaite is variety of tourmaline. It ranges in color from pink, colorless, red or pinkish, light blue to bluish green and green.

How to use it: Place or wear Elbaite as appropriate.. To help stimulate the meridians, place the crystal with the tip pointing in the same direction as the flow. It is excellent for gem essences to work quickly and efficiently. Use as a natural insecticide to keep pests at bay. Bury it in the soil to encourage the growth of your garden.



Emerald Meaning and Spiritual Properties



Emerald is the stone of the heart, symbolizing compassion, mercy, and universal love. It represents all that is good in the world and how they are all interconnected with love. It is good for inspiration and infinite patience.

Physical Energy Properties: Emerald can help with recovery after infectious illness. It helps with sinuses, heart, muscles, spine and regulates eye pressure. It alleviates diabetes and rheumatism. It is also effective with epilepsy and multiple sclerosis.

Emotional Energy Properties: Emerald calms strong or upset emotions and creates positive energies that

will help you remove blockages. It helps with a bad temper. Emerald strengthens the ability to enjoy life to its fullest. It may be helpful for claustrophobia.

Spiritual Energy Properties: Emerald enhances psychic abilities, opens clairvoyance, and helps to stimulate the gathering of wisdom from mental planes. It helps to foretell the future and protect from magical enchantments.

Chakras: Heart

Astrological signs: Aries, Taurus, Gemini

History: Emeralds were first mined in Egypt at locations on Mount Smaragdus since 1500 BCE. Mining in Egypt ceased with the discovery of the Colombian Emerald deposits. Today Columbia is the world's largest producer of emeralds, with Zambia being the world's second-biggest producer.

Sources: Austria, Brazil (commercial grade), Columbia (gem quality), Egypt, India, Tanzania, Zimbabwe

Variations, Rarity and Value: A green gem of beryl. Small bright gem or cloudy larger crystal. Emeralds are one of the most beautiful green colored semi-precious stones found in the world. Gem quality Emeralds are expensive. A high-quality emerald must possess a pure verdant green color along with a high degree of transparency to be considered a top gem. Unpolished emeralds are readily available.

How to use it: Position as appropriate to help with any issue. It is a popular stone for jewelry. Wear in jewelry over the heart, on the right arm or on the little finger. You do not want to wear Emerald constantly as it may trigger negative emotions.



Epidote Meaning and Spiritual Properties



Epidote is known to bring prosperity and to instill generosity connected with the heart and intuition. Epidote is a mineral supergroup that includes many beautiful precious gemstones.

Physical Energy Properties: Beneficial for the skin when used in an elixir. Also great for the brain and the nervous system too. Epidote can also help the thyroid and those with Parkinson's disease.

Emotional Energy Properties: A great stone for perception and gaining awareness. It helps to clear stagnant energy and helps you to release your emotions and to move on from an experience. It can

help you open to receiving help from people even if you are reluctant to accept assistance and usually do things on your own.

Chakras: Connected with the Third Eye chakra and the Heart chakra.

Astrological signs: Connected to Gemini.

History: The word Epidote comes from the Greek word for increase because the bottom of the crystal always has one side that's longer than the other. It was named this in the 1800s by Rene Haüy, a mineralogist at the University of Natural History in Paris, France.

Where it's found: Found in Brazil and Pakistan as well as Bulgaria, South Africa, Norway, Austria, France, Mexico, Russia, and the United States.

Variations, Rarity and Value: The most common colour of Epidote is green and it can be dark green, a yellow-green or even black. Many of these stones are fibrous and some have prismatic crystals. Clinozoisite is colorless, pink, light yellow or green while Piedmontite is black, red, reddish brown or pink. Allanite is a light brown to black and Hancockite is brown or black as well. The most valuable stones are rated on transparency, colour, and size. Usually the clearest, brightest and largest stones are the most valuable. These stones form at low temperatures in metamorphic rocks.

How to use it: This stone can help you experience good in your life in many ways, so wear or hold the stone keeping it with you to experience more positivity.



Erythrite Meaning and Spiritual Properties



Erythrite is quite an uncommon and rare gemstone with a beautiful and unique appearance and colour.

Physical Energy Properties: Helps create consistent and balanced energy levels. Great for skin and inflammation as well as bones, red blood cells and the throat.

Emotional Energy Properties: Assists in allowing you to perceive the world around you and aids in personal development.

Chakras: Connected with the Throat chakra and communication as well as the Heart chakra and our

emotions. Also connected with the Root chakra and grounding.

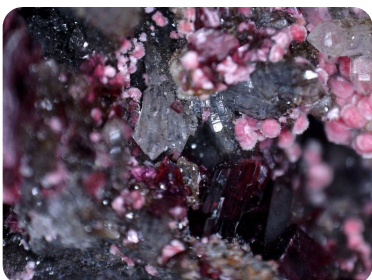
Astrological signs: Related to Taurus, Capricorn and Virgo.

History: Erythrite is a mineral named after the Greek word Erythros which means red because of its red colour. It was designated a mineral species in 1832 and continues to be pretty rare.

Where it's found: Found in Canada, Morocco, England, Czech Republic, Australia, Mexico, and in Idaho in the United States.

Variations, Rarity and Value: Erythrite is used as an indicator mineral which helps find cobalt ores and cobalt-rich nickel and silver minerals. It's known and loved for its brilliant and vibrant pink and almost magenta colour as well as for how rare it is. It has a hardness of 1.5 to 2.5 on the Mohs hardness scale with perfect cleavage in one direction. It's a secondary mineral that forms through the oxidation of cobalt-rich minerals and is associated with hematite.

How to use it: Hold a piece of Erythrite while meditating or place on any body part that needs balancing energy. Also great to hold when you need to ground.





Eudialyte Meaning and Spiritual Properties



Eudialyte is another stone of the heart. Its colour is a beautiful mix of purple, red, pink and white. It's a stone that is very grounding and nourishing, that helps you focus on pursuing and achieving your goals. It's also wonderful for honing your personal power.

Physical Energy Properties: Increases beta and alpha brain waves. Beta brain waves help you have better judgement which can help with problem-solving. Alpha brain waves occur when you are in a meditative, creative or daydreaming state. Since it's a stone of the heart, it also helps with heart disease.

Assists with bones and the skeletal system which can help broken bones and arthritis. Is also good for eyes, thyroid, and pancreas.

Emotional Energy Properties: Eudialyte is a stone that brings love, harmony and peace to your life. It is very good for all matters of the heart and emotions. This stone is also great for dispelling jealousy. It also helps you learn how to trust yourself and act on your truth. It also helps you to discern the actions of others and to protect yourself from toxic behaviour. Helps you in releasing emotions and traumas from the past.

Chakras: Connects with the Root and Heart chakras bringing them into alignment and activating them.

Astrological signs: Related to Aries.

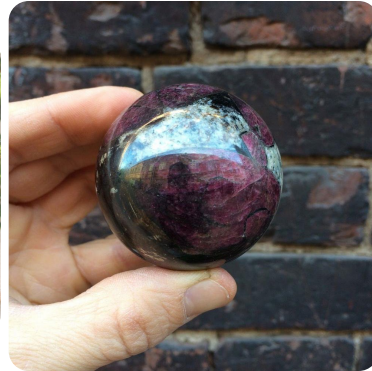
History: Eudialyte was first discovered in 1819 in Greenland in a district called Julianehaab. It's been a very popular mineral with collectors ever since because of its unique colouring. Its name comes from the Greek words eu and dialytos, meaning well decomposable because of its solubility in acid. Most of the Eudialyte on the market today is from

the Kola Peninsula in Russia.

Where it's found: Found in Greenland, Russia, Madagascar, Canada and the United States.

Variations, Rarity and Value: These stones can be red, pink, yellow, blue, and brown. When you're buying Fluorite gemstones, getting them loose instead of a pre-set in a ring, or other jewelry will ensure that you get the best value. You'll find overall that loose gemstones are less expensive and you can also really see what you're paying for. You also get to choose the colour, cut and shape of the stone. Eudialyte is a rare silicate mineral that is grown on a host rock rather than just on its own. It's considered to be a good source of zirconium, and it rates 5 - 6 on Mohs scale of hardness.

How to use it: Use Eudialyte to help you focus on your goals and dreams. Bring it to work with you or set it on your desk to promote a good work attitude. Carry or wear this stone to help prevent worry and to alleviate stress.



Faden Quartz Meaning and Spiritual Properties



Faden Quartz is a stone that brings connection. It supports the connective forces between self and others. It also helps to create and maintain an ethereal connection with others on this plane, and other planes and dimensions

Physical Energy Properties: Faden Quartz is good for bruises, cuts, broken or fractured bones, ligaments, muscle tears and tendons.

Emotional Energy Properties: Faden Quartz helps to connect people's energies. It is good for lovers and people working on the same creative or intellectual projects together. It attunes people to the same

energy vibration.

Spiritual Energy Properties: Faden Quartz expands consciousness. It helps balance a damaged aura and balance the etheric body. It is good for Earth grounding and astral travel. It is excellent for transmitting energy and contains a wealth of information relating to Planet Earth. It aids people who are seeking the truth. It can also help enhance telepathic activities. It balances all levels of being to include the physical, emotional, mental, and etheric fields. It can be used to cleanse the aura and stimulate the opening of the chakras.

Chakras: All

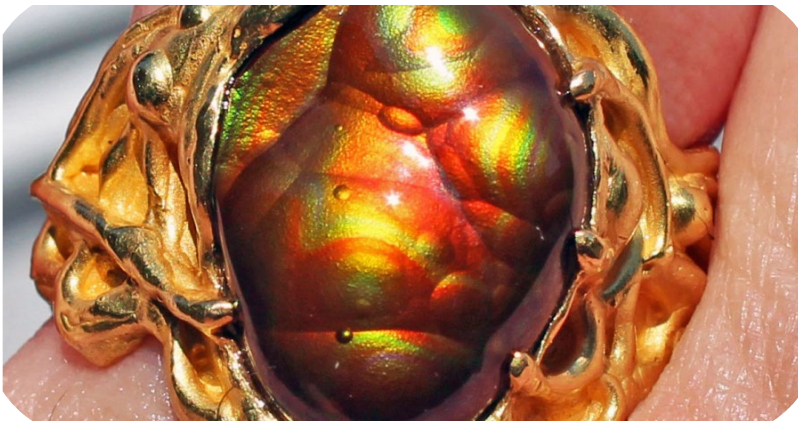
Astrological signs: Scorpio

Source: Worldwide

Variations, Rarity and Value: Faden Quartz is a quartz crystal with white thread-like lines running from edge to edge.

How to use it: Faden Quartz can assist in achieving a deepened meditative state, which can bring great insights into the unknown. Meditating with the stone can facilitate attunement with the Earth's energies and help communication with higher realms. In crystal grids or crystal body layouts, it aligns the physical meridians and the nervous system.

Fire Agate Meaning and Spiritual Properties



Fire Agate is a rare type of layered chalcedony quartz crystal that has a fiery effect with natural luminosity. This is a grounding stone that promotes safety and security. It also helps you connect with the Earth, and it's an excellent stone for introspection.

Physical Energy Properties: Brings warmth and heat to a cold body or settles heat in a body that's overly warm. It also increases energy levels. Good for eyesight and even night vision. Helps to heal the stomach, digestive system, endocrine system and the circulatory system.

Emotional Energy Properties: Ignites passion and the fire within to live your purpose. Also helps with sexual expression, libido and overall vitality. Brings a deep sense of protection and security which helps you feel secure and safe in life. Helps with inner issues that need resolution. Helps to resolve destructive patterns instilling more self-loving behaviours. A great grounding stone to have when life feels chaotic, or you feel scattered.

Chakras: Associated with the Third Eye Chakra, the Sacral Chakra and the Root Chakra.

Astrological signs: Connected with the fire sign Aries.

History: Fire agate was formed during the Tertiary Period millions of years ago. They were created by volcanic activity that caused hot water mixed with colloidal silica and iron oxide to sink beneath the Earth's surface. As the mixture cooled, the silicate and iron oxide grew layers of chalcedony creating round formations. Iron oxide is also what gives Fire Agate its brown, orange and white iridescence that looks like embers of a fire.

Where it's found: Found in Mexico, Brazil, the Czech Republic, India, Iceland, Morocco and the United States.

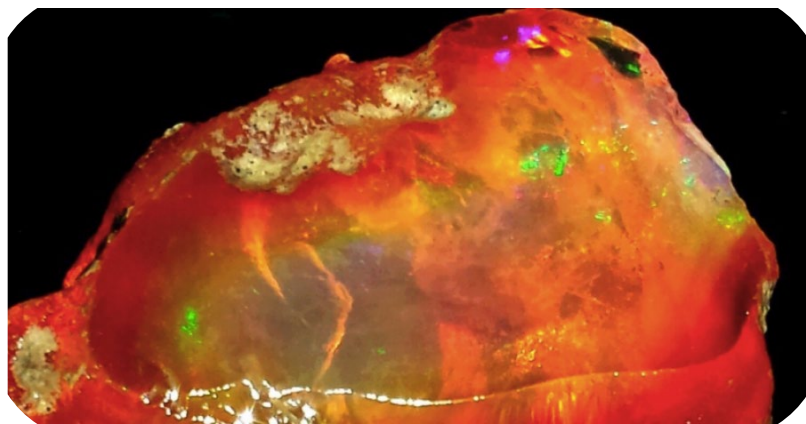
Variations, Rarity and Value: The alternating layers in Fire Agate are created by limonite or goethite iron oxide and silica that usually comes in a round grape-like formation. It has a hardness rating of 6.5 to 7 on the Mohs scale and it's

not overly expensive. The prices of different pieces may reflect the artistry rather than the stone itself. Agates that have more of an interesting pattern or a landscape patterns are at a premium.

How to use it: Wear it for long periods and place on the areas of the body that need balance. Place it on your desk to fuel your inner drive and passion.



Fire Opal Meaning and Spiritual Properties



Fire Opal is a symbol of hope, an energy amplifier and enhancer of personal power, awakening the inner fire. It is a protector against danger. It is good for intuition, insight and bringing change and progress to life.

Physical Energy Properties: Fire Opal is good for the central nervous system, energy and eyesight. It helps emphysema. It helps the intestines and kidneys and balances the adrenal glands helping to prevent burn out.

Emotional Energy Properties: Fire Opal helps stress, and prevents burn out. It is an excellent stone for

reenergizing and warming. It is a wonderful stone for people who are shy or lacking in self-confidence. It can help stir the fire in you and give you the boost of confidence that you need.

Spiritual Energy Properties: Fire Opal is good for meditation, psychic abilities and spiritual vitality. It will soothe your physical and auric bodies.

Chakras: Brow

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

Source: Australia, Mexico

Variations, Rarity and Value: A variety of opal that exhibits fire. A colorful, translucent to transparent Opal that has a background color of fire red, yellow or orange.

How to use it: Do not touch Fire Opal with any oils or chemicals. It is also important to protect your crystal from any blows or scratches. Wearing Fire Opal will instigate happiness, hope, love and make you appreciate the love that you have in your life. It will purify your life and get rid of the negativities. Place a piece of Fire Opal in your place of business as a good way to attract customers.

Flint Meaning and Spiritual Properties



Flint is a form of quartz and more specifically a type of chalcedony. It's a fairly neutral coloured stone that is mainly grey, black or brown. This stone brings protection and safety.

Physical Energy Properties: Benefits the lungs and respiratory system, the liver, kidneys and kidney stones. It also aids digestion. Assists in the balancing of wounds and growths.

Emotional Energy Properties: Helps with anger and arguments. It also helps to protect you from negativity. Also great for harnessing your intuition and your inner voice.

Chakras: Connected with the Crown chakra and universal wisdom.

Astrological signs: Related to Scorpio and Aries.

History: The precise origins of flint are not totally clear. It's believed that this stone is created because of temperature changes in compressed sedimentary rock during diagenesis. Some types of flint contain marine flora fossils which are preserved inside. Flint was used in the Stone Age to create tools and blades. It has also been used as a building material as a stone or a mortar. Flint pebbles have also been used in ceramic making throughout history as well.

Where it's found: Flint is found all over the world.

Variations, Rarity and Value: Flint is very abundant, and it's found all over the world. It rates at seven on the Mohs hardness scale making it a very hard and durable mineral. It's used in many items including building materials and jewelry.

How to use it: Wear or carry flint with you when you need to feel safe and protected. Also beneficial in meditation.





Fluorite Meaning and Spiritual Properties



Fluorite is a crystal that houses rainbows. It is highly protective, especially when used on a psychic level. It cleanses and stabilizes the aura and brings clarity of mind and heightens focus. It helps to bring order to chaos and restore balance.

Physical Energy Properties: It is a powerful balancing tool for dealing with disorders and infections. This crystal is good for the teeth, bones, blood vessels, spleen, and repairs DNA damage. It is a powerful stone against viruses, especially when used as an elixir. It helps to alleviate arthritis symptoms, rheumatism and spinal injuries. Fluorite

draws off negative energies and all kinds of stress. This stone cleanses, dispels, purifies and reorganizes anything in the body that is not in perfect order.

Emotional Energy Properties: It has a stabilizing effect that helps you to understand the effect of the mind and emotions on your body. It is good for meditation. It helps with overexcitement and stress.

Chakras: Brow

Astrological signs: Capricorn, Pisces

History: Fluorite dates back to the ancient Chinese and Egyptians. It is often used as an ornamental stone and is a favorite of collectors. The largest single fluorite crystal cube was found in Russia and reportedly measured 7 feet across in size.

Source: Africa, Australia, Brazil, Britain, China, Germany, Mexico, Norway, Peru, United States

Variations, Rarity and Value: Colors include clear, black, blue, brown, green, purple, yellow, red, pink, and rainbow fluorite which may have a combination of blue, purple, green and clear or colorless bands in the same crystal. Cubic or octahedral crystals in all sizes. Common.

How to use it: Stroke across the body toward the heart to help with pain relief. An effective stone against computer and electromagnetic stress. Use as appropriate to block geopathic stress. Use for meditation.



Fuchsite Meaning and Spiritual Properties



Fuchsite often called the fairy crystal, has green and gold sparkling flecks, just like fairy dust. This stone encourages joyfulness, miracles and relaxation, connecting you with your heart on a deeper level. Helps you to make the right choices.

Physical Energy Properties: Good for the heart, muscles and spine. Helps with skin conditions especially eczema, and helps carpal tunnel syndrome. It balances the red and white blood cell ratio. It increases flexibility in the musculoskeletal system and helps aid in physical recovery.

Emotional Energy Properties: Good stone for calming. It helps with emotional recovery and unrequited love. It imparts resilience after emotional tension or trauma. Fuchsite helps to overcome codependency and emotional tension. It helps with thoughts and emotions that are no longer beneficial for you by eliminating them from your system. This stone will help you achieve emotional, mental, and spiritual balance and to bounce back after physical or emotional challenges. It will make you strong again in body, heart, and mind.

Chakras: Heart

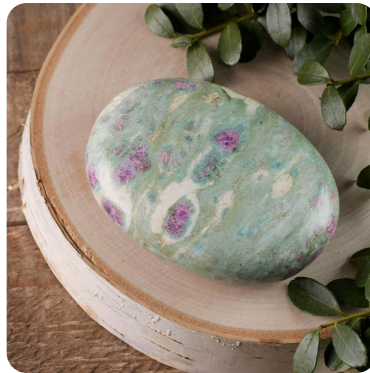
Astrological signs: Aquarius

History: Fuchsite is named after German chemist and mineralogist Johann Nepomuk von Fuchs.

Source: Brazil

Variations, Rarity and Value: A form of mica with chromium inclusions that give it its green color. Plate-like and layered, masses and occasional tabular crystals. Available from specialty gem shops.

How to use it: Place Fuchsite as appropriate or hold during meditation. It is a great energy disperser. Place Fuchsite in any window so its energies will fill the rooms in your home. It carries the energy of strength, warmth, and vitality.



Fulgurite Meaning and Spiritual Properties



Fulgurite is a very special type of fused quartz and glass that is created by lightning strikes in desert sand or sandy soil. This is why it's also known as petrified lightning and also known as Lechatelierite. It's a very fragile stone, but even though it's fragile, it is also very powerful because it holds the energy and power of lightning.

Physical Energy Properties: Fulgurite is beneficial for the throat, esophagus, ears, nose, intestines and the colon. Can help with cellular regeneration and helps to balance the electromagnetic field of the body. It also helps protect from electromagnetic

radiation and to balance energy in the body.

Emotional Energy Properties: This stone can help you access your own inner power and help you to stand in your power

to use it in a balanced way. It brings you empowerment that aids you in being your true, authentic self.

Chakras: Associated with the Third Eye, Crown and Heart chakra.

Astrological signs: Connected to Gemini and Virgo.

History: The name Fulgurite comes from the Latin word Fulgur which means lightning.

Where it's found: This incredible stone is found in Lybia as well as the Sahara Desert, the Gobi Desert and other deserts in the world.

Variations, Rarity and Value: When the lightning hits the sand, there is a huge release of energy that melts the sand. This melted sand forms a glass tube surrounding the lightning strike. The stone can be either white or brown depending on the colour of the sand and any impurities in it. They can measure anywhere from one inch to three inches long.

How to use it: You can use Fulgurite as a powerful meditation tool to tap into your own power and intuition. It's also a powerful tool that can be used in manifesting. You can also program the stone with intentions, and those intentions will be magnified with the power of the stone.



Galena Meaning and Spiritual Properties

Galena comes in the form of silver cubic shaped minerals. It's also called lead glance, and it's the natural mineral form of lead sulphide. It is the primary ore of lead as well as an essential source of silver.

Physical Energy Properties: Good for the hair, skin and nails. Also good for the blood and circulation as well as the nervous system. Beneficial for reducing



inflammation and for absorbing key nutrients like zinc and selenium.

Emotional Energy Properties: Another wonderful grounding stone, Galena helps to calm and centre

you. It's also known as the stone of harmony. Good for expanding your mind and opening it to new ideas and possibilities. Dissolves self-limiting beliefs and makes you feel like anything is possible. Also great for those in a balancing profession.

Chakras: Connected with the Root chakra and the Crown chakra.

Astrological signs: Related to Capricorn.

History: Since it's the most common mineral that contains lead, Galena has been very well-known throughout history. Lead was one of the first minerals to be discovered by humans and has been used since 3000 BC. It was used for making water pipes and as a way to make stained glass windows among a variety of other uses.

Where it's found: Mainly found in the United States, United Kingdom and in Russia.

Variations, Rarity and Value: Galena is one of the most abundant sulphide minerals. It crystallizes as cubic crystals which have octahedral forms. It's also often associated with popular minerals calcite and fluorite. Galena is very soft with a hardness of 2.5 or more on the Mohs scale of hardness. It will also create a black or grey streak when a streak test is performed.

How to use it: For grounding, hold a piece of Galena in your hand as you sit and breathe deeply. Do not use this mineral for elixirs though as it will be toxic when consumed.

Garnet Meaning and Spiritual Properties



Garnet is not just one stone, but a group of several minerals including Almandine, Pyrope, Spessartite, Grossular, Andradite, and Uvarovite. The most popular form is a beautiful deep, dark red coloured stone.

Physical Energy Properties: Known for producing invigorating energy and connecting you with your body. Garnet is mainly connected with the heart and blood. It aids in detoxification of the blood, low and high blood pressure, and anemia. It also revitalizes DNA, balances the sexual organs and sex drive.

Emotional Energy Properties: Excellent for emotional trauma and times of chaos and disruption. Garnet will help you feel stable in times of trouble. Inspires

devotion and unconditional love while releasing old wounds of the past. Also beneficial for grounding and protection of the heart and emotions.

Chakras: Connected with the Root chakra and the Heart chakra.

Astrological signs: Associated with Scorpio and Virgo.

History: In ancient times red garnets were often referred to as carbuncles which were thought to be one of the four precious stones that were given to King Solomon by God. Egyptian pharaohs wore necklaces adorned with garnet stones and in Rome people used signet rings to stamp the wax seals on documents.

Where it's found: Garnet can be found in abundance all over the world but particularly in India.

Variations, Rarity and Value: Garnet stones come in all shapes and sizes. Demantoid and tsavorite garnets are the smaller garnets which makes them more valuable the larger they are. Almandine garnet is more common to find in a larger size so the cost doesn't typically get as high unless they have a distinct clarity.

How to use it: Wear on the skin to promote balancing and carry with you when you need protection.

Goethite Meaning and Spiritual Properties



Goethite is a popular iron oxide mineral and it's a common element of rust. This is a stone that helps take the seriousness out of life so you can relax and have fun. It's also good for the development of psychic abilities.

Physical Energy Properties: Good for the eyes, ears, nose, throat and digestive system. Also beneficial for veins and blood circulation. Beneficial for anemia and heavy menstrual flow. Helpful for metabolism.

Emotional Energy Properties: Assists in gaining a connection to the Earth. Opens your heart to compassion for others and to receiving love and

compassion yourself. Helps you to also have compassion for yourself as you go through life making it easier to forgive yourself for mistakes. Good for expressing grief that is felt after a loved one passes away.

Chakras: Connected with the Third Eye chakra.

Astrological signs: Related to Aries.

History: Goethite was named in 1806 after J.W. von Goethe, who was a German poet and philosopher that had an interest in minerals. This name was first given to lepidocrocite though which is not as common of a mineral. Although they have a similar composition but a different crystal structure.

Where it's found: Found at the Alsace-Lorraine basin in France as well as the southern Appalachians, U.S, South Africa, Brazil, Russia, and Australia.

Variations, Rarity and Value: With Goethite oxygen and hydroxyl anions are packed together. It has a large concentration of iron and is second among the minerals with the highest iron content. It's usually formed under oxidizing conditions such as weathering. It's the pigment known as yellow ochre. It's usually yellow-brown to red and is 10% water. When it's dehydrated it forms hematite and when it's hydrated it becomes limonite.

How to use it: Hold Goethite to help you to release grief fully and to explore your deep emotions that accompany it. Keep with you during storms and other earth changes like earthquakes. Also great for writer's block so keep with you as you write for easy flow of communication.



Gold Meaning and Spiritual Properties



Gold brings abundance, mental balance, vitality and wealth. It helps learning and with the realization of self-potential. It will bring success, happiness, enthusiasm, and power. It will fill your life with comfort, kindness and magic and make you more attuned to nature and the people around you.

Physical Energy Properties: Gold is good for the eyes, hormones, skin, spine and circulatory, digestive, nervous and respiratory systems. It helps with arthritis, autism, blood disorders, coordination, dyslexia, epilepsy, heart disease, hypothermia, vascular disease, paralysis, rheumatism, multiple

sclerosis, tissue repair and rejuvenation, vitamin and mineral deficiencies.

Emotional Energy Properties: Gold helps with anger, burdens, depression, ego, emotional stress, negativity, nightmares, tension and trauma.

Spiritual Energy Properties: Gold brings connection to the universe and its knowledge, natural energies and wisdom. It symbolizes purity in a spiritual sense and development of total understanding. It unlocks and activates the third eye and crown chakras.

Chakras: Heart

Astrological signs: Leo

History: Gold is one of the most popular minerals found in the world because of its value and special properties. Gold Ore is often brown and contains very little Gold. To extract the Gold, Gold Ore is crushed and then separated from Ore using a variety of methods. Gold nuggets are the most popular form of Gold, especially with Gold collectors. Gold nuggets form when they are separated from rock because of erosion. It is one of the most resistant metals and will not tarnish, discolor, crumble, or be affected by most solvents.

Source: Australia, United States, South Africa

Variations, Rarity and Value: Dendrites, veins, flakes, nuggets, masses and rarely cubic, octahedral and crystals.

How to use it: Wear Gold every day if you want to invite good fortune and success and enhance your power. Wear a Gold ring on your left hand to experience spiritual growth. Wear Gold on your index finger if you are having problems concentrating, and on your middle finger when experiencing personal problems.



Golden Ray Calcite Meaning and Spiritual Properties



Golden Ray Calcite, a stone that is also known as Golden Iceland Spar helps with communication and ideas. It is a powerful amplifier and cleanser of energy.

Physical Energy Properties: Golden Ray Calcite is good for circulation of the endocrine glands, gallbladder and liver. It boosts physical energy and helps at the start of infections. It helps to remove stagnant energy from the body.

Emotional Energy Properties: It boosts mental energy and creativity. It is a crystal that helps with communication, ideas and self-limiting beliefs. It

helps the nerves. It is a stone that helps to ease transitions by releasing old beliefs and integrating new ones that better support your life. Use to discover the habits and beliefs that limit you, and the ability to release them.

Spiritual Energy Properties: Golden Ray Calcite is good for visualization and past life recall. It is a powerful amplifier and cleanser of energy. It is a spiritual stone that is linked to higher consciousness and helps to facilitate the opening of higher awareness and psychic abilities. It helps with channeling and out of body experiences. It accelerates spiritual development. It stimulates the reawakening and recognizing of those known and interacted with in past lives.

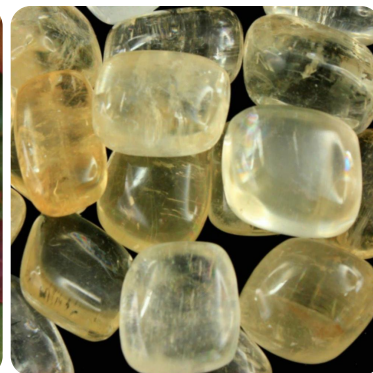
Chakras: Crown, Solar Plexus, Sacral

Astrological signs: Leo

Source: China, the United States

Variations, Rarity and Value: Rhombohedral and scalenohedral crystals also found in masses. Golden color.

How to use it: Makes a good calcite elixir. Place a piece of Golden Ray Calcite in a room to help clean negative energy from the environment and heighten your energy.



Goshenite Meaning and Spiritual Properties



A wonderful stone to help stimulate creativity and will assist you in expressing yourself. It's also been known to be the mother of crystals related to motherhood, the moon and the angels. The crystal is a prismatic variety of Beryl.

Physical Energy Properties: Beneficial for the legs and cramping. Helps those with ADHD. Goshenite balances body fluids and hormones. Also great for PMS, menstruation, post-natal depression and menopause. It's also known to be helpful in improving eyesight. Relieves headaches, allergies, and insomnia. Is also great for warding off viruses or

infections by boosting the immune system. Energizes the body and reduces stress and the effects of stress on the body.

Emotional Energy Properties: Goshenite helps you have practical thought when you're making important decisions. It's also helpful in arguments to help the parties involved to see both sides of the story. It also encourages truthfulness and honest communication. Helps promote self-control, communication and understanding.

Chakras: Related with the Third Eye chakra.

Astrological signs: Connected with Libra and Gemini.

History: Goshenite gets its name from a small town called Goshen in Massachusetts, where it was first found. It was first used to make eyeglasses because of how transparent it is.

Where it's found: Can be found in North and South America, Canada, Russia, Mexico, China, Colombia, Brazil, Africa, Northern Europe, and Asia.

Variations, Rarity and Value: Goshenite is an aluminum beryllium silicate mineral that is part of the beryl family. It forms in prismatic crystals. The other beryl stones are morganite, heliodor, aquamarine, emerald, and maxixe. Goshenite is transparent to translucent, with a vitreous luster, and it's said to be the purest form of beryl because it contains fewer impurities than other types. Its gem value is fairly low but it is used as a source of beryllium a chemical element and metal alloy used to make tools. It's also used to make windows and x-ray equipment.

How to use it: Carry a piece of Goshenite to relieve your stress easily. Meditate with the stone to open your crown chakra and third eye chakra to connect with the spirit realm and angels. Keep a piece beside you as you sleep to have good influence over your dreams.



Green Calcite Meaning and Spiritual Properties



Green Calcite radiates soothing and calming energies to help restore balance to the mind, body, and spirit. This stone helps to dissolve old belief systems and energy patterns to bring in money and prosperity.

Physical Energy Properties: It is good for the treatment and prevention of infection. This stone is a powerful stimulator for the immune system and especially useful when used in grids. It absorbs negativity and gets rid of bacterial infections. It is good for arthritis, muscles and bone adjustments. Helpful for calming the adrenals, cools fevers, burns and inflammation.

Emotional Energy Properties: This stone is useful in your journey of self-discovery, it shows you how you can accept yourself wholly and embrace all of your imperfections. Green Calcite is a stone that calms the emotions. It helps anxiety and panic attacks. Considered a mental balancer, it dissolves rigid beliefs and restores balance to the mind.

Chakras: Heart

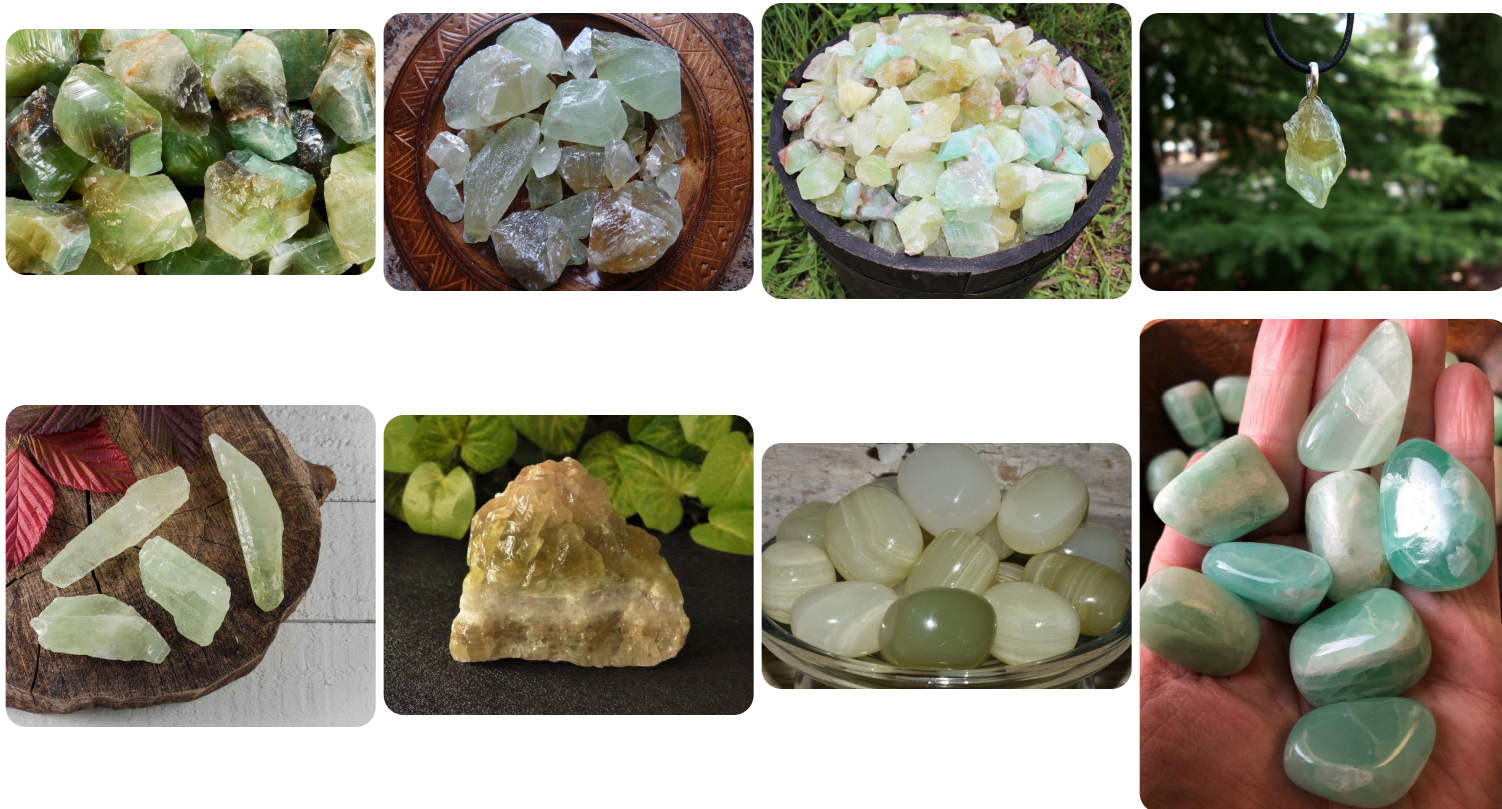
Astrological signs: Cancer

History: Green Calcite belongs to the mineral class of carbonate, and is formed through sedimentation. It has a soothing and lovely shade of green, is opaque and looks similar to washed beach glass.

Source: Mexico

Variations, Rarity and Value: Masses that are a bright emerald to pale green. The beautiful green in the stone comes from the chlorite trapped in the stone during crystallization.

How to use it: Place on the body to help absorb disease. When used on a regular basis, you will experience a difference in your overall outlook. Make sure to clean the stone thoroughly after each use. Place it in the home or workplace as it will radiate calming and soothing energies, helping to remove any stagnant energy. Carry a piece of Green Calcite with you in your purse or pocket to keep its calming energies close to your vibrational fields.



Green Fluorite Meaning and Spiritual Properties



Green Fluorite is a type of Fluorite which is made up of calcium fluoride, all Fluorite belongs to the Halide family. Green Fluorite is a gentle stone, detoxifier and energizer. Green Fluorite balances negative energy especially electromagnetic smog from computers and other electronics.

Physical Energy Properties: Green fluorite boosts the immune system, assists cell regeneration and helps you absorb vital nutrients. Great for the digestive system and the stomach, intestines and colon. It's also beneficial for those experiencing sore throats, stomach aches, heartburn, colitis, and nausea. Good

for bones and teeth, and eases arthritis pain.

Emotional Energy Properties: Absorbs negative energy from the environment. Brings up information from your subconscious mind to be processed. Helps in staying focused on completing a task and can help you keep a clear mind. Enhances personal growth and insights.

Chakras: Correlates with the Heart chakra.

Astrological signs: Related to Pisces and Capricorn.

History: Fluorite goes back to ancient Egypt and China where it was used as an ornamental stone in carvings and jewelry. Fluorite began to be mined in 1933 for commercial purposes as it is used as a component of smelting and in glass and polymers. The largest fluorite crystal cube was found in Russia and measured 2.12 meters in size and weighed 16 tons.

Where it's found: Mainly found in the United Kingdom and China.

Variations, Rarity and Value: Some types of fluorite demonstrate fluorescence in ultraviolet light. The word fluorescence was thought up in 1852 by George Gabriel Stokes in respect to fluorite. Depending on where the fluorite is formed, different minerals included in the crystal will produce various colours. Fluorite is often found with sphalerite, galena, barite, quartz, and calcite.

How to use it: Keep this crystal with you in times of emotional difficulty and when you're around electronic devices for a long time. You can place green fluorite in your garden to help in growing plants.

Green Moss Agate Meaning and Spiritual Properties



Green Moss Agate is considered a good stone for wealth. It helps with the growth of new crops. This stabilizing stone is connected to nature and said to refresh the soul and allow you to see beauty in all around you. It is a stone of wealth, attracting abundance.

Physical Energy Properties: Green Moss Agate is good for cleansing and detox. The stone helps to speed up recovery and can be used to counteract long-term illness. It is good for digestion, inflammation, circulatory, eyes and immune system. It helps with cold and flu symptoms, lowers fever,

fungal infection and skin disorders.

Emotional Energy Properties: It helps with anxiety, stress and tension by releasing trapped emotions.

Spiritual Energy Properties: This crystal helps to improve self-esteem and assists intuitive people to channel their energy in practical ways. Green Moss Agate is a stone of new beginnings and helps to release blockages or spiritual restraints.

Chakras: Heart

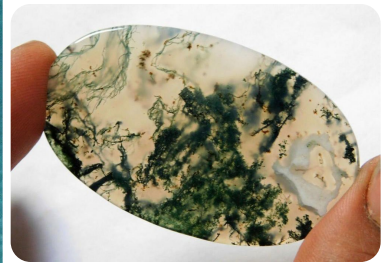
Astrological signs: Virgo

History: It is a form of chalcedony formed from silicon dioxide. It includes minerals of a green color which form filaments and other patterns similar to moss.

Source: Australia, India, United States

Variations, Rarity and Value: Found as masses of agate. This semi-precious gemstone is transparent or translucent green, white and clear with markings similar to a moss like or foliage pattern. Green Moss Agate may also be blue, black, brown, yellow and red. It is a common stone.

How to use it: Moss agate is a birthing crystal that is used by midwives in their work to help lessen pain and to ensure a good delivery. Place or hold Green Moss Agate on the body where balancing is needed. Make sure to make contact with the skin. Use as an elixir applied to the skin to help treat fungal and skin infections.



Green Opal Meaning and Spiritual Properties



Also known as Andean Opal because it's sourced in the Andes Mountains in Peru. This is a wonderful stone for restoring relationships and it makes beautiful jewelry.

Physical Energy Properties: Opal can help to relieve fever, colds, flus and infections. It also improves the immune system so the body can fight infection and disease. It helps in detoxification and understanding your what you need nutritionally.

Emotional Energy Properties: Green opal is a great grounding stone that helps to ground emotional and spiritual energy. It helps to unburden the heart from

past traumas and balances the emotions to gain stability. It's great for emotional recovery and for restoring relationships. It also helps in filtering out the most important information to gain clarity in a confusing situation.

Chakras: Connected with the Heart chakra.

Astrological signs: Associated with Aries, Sagittarius and Cancer.

History: The name opal comes from the Sanskrit word upala which means precious stone and also the Greek word Opallios that means a change in colour because of the natural iridescence of the stone. Opals go way back in history and there are a lot of different myths surrounding it including that it was bad luck. It was also thought to help hair colour from fading and make people invisible. None of those myths are true, but the stone was still prized by ancient Romans, Greeks and other cultures around the world.

Where it's found: Green Opal is found in Peru.

Variations, Rarity and Value: Green opal is much like regular opal but with more of a green hue. It's a fairly uncommon stone which makes it quite valuable. Green opal is formed by a sedimentary process and contains silicic acid gel, with solidified iron and nickel which is what gives it its bright green colour. It makes for a beautiful stone in jewelry including necklaces, bracelets, earrings and rings.

How to use it: Use this gemstone to meditate on the truth of a situation and to understand it completely. This would also be a great stone to gift to someone you would like to restore your relationship with. Wear in jewelry or have a tumbled stone with you to receive the benefits.

Grey Banded Agate Meaning and Spiritual Properties



Grey Banded Agate is a stone that offers strength, protection, and solid grounding ability.

Physical Energy Properties: Agate helps to relieve fatigue, malaise and myalgic encephalomyelitis. It is good for the release of stored energy.

Emotional Energy Properties: Grey Banded Agate releases negative influences or jealous thoughts. Considered a soothing and calming stone, it works slowly to bring about strength. Its multiple layers can bring hidden information to light.

Chakras: Sacral

Astrological signs: Scorpio

Source: Botswana

Variations, Rarity and Value: It is a grey and white banded or patterned variety of agate

How to use it: Hold or place on the appropriate body location.



Hawk's Eye Meaning and Spiritual Properties



Hawk's Eye is good for focus, mental clarity, and deeper insight into your experiences, good and bad. It gives you the ability to see issues that might have been hard to see otherwise. It gives insight into your emotional issues and internal struggles.

Physical Energy Properties: It is good for the throat, peristalsis, laryngitis and pharynx. It invigorates and stimulates the physical body. It improves the circulatory system, legs and bowels. It helps bring psychosomatic reasons for stiff shoulders and necks.

Emotional Energy Properties: Hawk's Eye help disarray. It is good for dissolving negative and

restrictive thought patterns and ingrained behavior. It brings perspective, improves pessimism and blaming others for problems you made yourself. It is a highly soothing crystal that can reduce stress, anxieties, and increase calm and relaxation.

Spiritual Energy Properties: Hawk's Eye is good for all psychic abilities. It is an excellent stone for the earth's energy and for grounding energy. Soaring above the earth, it aids insight, vision and psychic abilities such as clairvoyance. It helps to clear and energize the base chakra. It helps to bring to the surface locked in emotions and disease from past or present lives. It aids in travelling back to the source of emotional blockages. It opens your aura and clears your thoughts so that you will be ready to accept universal truths.

Chakras: Brow, Throat

Astrological signs: Capricorn

Source: South Africa

Variations, Rarity and Value: Hawk's Eye is a blue variety of Tiger's Eye. It is a banded hawk-like form of Tigers Eye. Also called Rodusite and Falcon's Eye.

How to use it: Place a piece of Hawk's Eye in the wealth corner of the room to attract abundance. Place or hold as appropriate.

Heliodor Meaning and Spiritual Properties



Heliodor means gift of the sun in Greek because it radiates and holds the warmth of the Sun. This stone is the yellow variety of Beryl, and it can range in colour from light yellow to green and even brown. This stone will help you to balance your thoughts and intuitions so you can live in integrity and with self-trust.

Physical Energy Properties: Heliodor is great for the immune system and protecting you from viruses like the cold and flu. It's also been looked to to assist the processes of the spleen, pancreas, liver and kidneys. Great for the digestive system and the heart, as well

as the skull and blood flow. This stone is also beneficial for those who experience Seasonal Affective Disorder and depression.

Emotional Energy Properties: Brings in hope and happiness, this is a very empowering stone. It will help you in discerning between your feelings and thoughts to sort out what is true for you as an individual. Supports those who have gone through abuse of any kind, teaching you to take back your power and develop your self-trust and confidence. Helps in decision making as well.

Chakras: Connected to the Solar Plexus chakra.

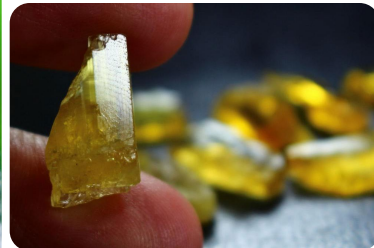
Astrological signs: Heliodor is connected with the Sun.

History: The Greeks thought that this stone carried the power of the sun and they named it after the sun because Heliodor means gift of the sun in Greek.

Where it's found: Found in Madagascar, Brazil, Namibia, and Connecticut.

Variations, Rarity and Value: Heliodor is from the Beryl family, and it's known for its beautiful range of yellow colours. It can be pale yellow, orangish yellow, greenish-yellow, or a deep golden yellow or orange. Heliodor has a hardness of 6.5 - 7 on the Mohs scale of hardness, and it's an excellent stone to facet into gemstones that can be used in jewelry.

How to use it: You can keep Heliodor in your home, or wear it to increase happiness, It's especially beneficial in the winter when the sun isn't out as much. It can also help you acclimate to colder temperatures. This is also a great protective stone against any emotional abuse.



Hematite Meaning and Spiritual Properties



A silver and metallic looking stone, hematite is known for its grounding and balancing energy. It instantly calms you down when you touch it to your skin or hold it in your hand. This makes it the perfect stone for those suffering from anxiety and nervousness.

Physical Energy Properties: Helps the blood and circulation as well as anemia and blood clots. Also beneficial for back pain and the vertebrae that make up the spine. Excellent for travel sickness and jet lag as well as insomnia and muscle cramps. Helps the body absorb iron and to form red blood cells.

Emotional Energy Properties: Effective for grounding and feeling secure. Helpful in gaining strength and resilience and in boosting self-esteem. It's said to absorb negative energy and balance emotions bringing a state of calm. Relieves you from worrying and stress which is beneficial for anxiety.

Chakras: Connected with the Root chakra and feeling safe and secure.

Astrological signs: Related to Aquarius and Aries.

History: The ancient Greeks used powdered Hematite to make a red pigment because it has a high iron content. When it was mixed into water, it looked like blood and took the name Haima which means blood in Latin. Hematite has a long history, and because of its high sheen, they have been used in mirrors. It was also used to make seals from 2500 BC to 500 BC. Hematite pigmented paint was used to paint petroglyphs in ancient caves, and it was also used by the Egyptians on the tombs of pharaohs, and also by Native Americans as war paint. It's actually still used as a polishing powder known as jeweller's rouge.

Where it's found: Mainly found in the United Kingdom and Morocco. It can also be found in Canada, Switzerland, Italy,

Brazil and Sweden.

Variations, Rarity and Value: Hematite is dark with a metallic blackish gray colour. It's opaque and has an extremely high brilliance. Hematite rates a 6.5 on the Mohs hardness scale. Thicker hematite pieces can be cut into gemstones. It's lovely in jewelry, but it can be heavy. It can also be engraved and is popular in intaglio pieces. Hematite has a low value, but the highly detailed engraved pieces are more valuable.

How to use it: Place one hematite stone at the top and then at the base of the spine to facilitate alignment. Hold a piece of hematite if you're feeling anxious or worried and place a piece by your bed to rest easy.

Hemimorphite Meaning and Spiritual Properties



Hemimorphite is a grounding crystal that leaves you feeling more balanced, centered and calm. It eliminates negativity from your body, drawing it into the stone itself. It is a feel better stone that also brings creativity and luck.

Physical Energy Properties: Hemimorphite helps with pain, poisoning, vomiting and venereal disease. It is good for helping to maintain balance, blood and assists in dieting and weight loss because it gives you a lot of energy. The energy properties of this crystal can alleviate hormonal headaches, as well as ulcer-related pains.

Emotional Energy Properties: Hemimorphite brings about self-confidence. It helps with anger, ego and selfishness.

Spiritual Energy Properties: Hemimorphite is effective in meditation and helps to attune you to your spiritual growth. It can also help you on your path to enlightenment, by thinking less of your ego.

Chakras: Throat **Astrological signs:** Libra

History: Hemimorphite is a rare form of zinc silicate. When the stone is cut and polished, it can have a beautiful, glassy luster that looks similar to a diamond. This crystals name is derived from the Greek words hemi and morph, which translates roughly to mean "half shape."

Source: China

Variations, Rarity and Value: Tabular crystals, masses and botryoidal formations. Hemimorphite can occur in various shades of blue and green. It may also sometimes be white, gray or colorless. This stone often exhibits blue bands and white streaks, with a scattering of a dark matrix.

How to use it: Hemimorphite is an excellent meditation tool that helps you tune out the rest of the world and quietly listen to what your body, heart, and mind are telling you. Wear it daily so you can more freely express your thoughts. The more that you use it, the more powerful the crystal becomes. Place a piece of Hemimorphite in the north of your home to attract good energy to help you achieve your goals.



Herkimer Diamond Meaning and Spiritual Properties



Herkimer Diamonds, although they are just as beautiful these gemstones, are actually not diamonds at all, but a type of quartz. The prices and quality of diamonds and Herkimer diamonds are entirely different making Herkimer diamonds are more affordable.

Physical Energy Properties: Excellent for detoxing and cleansing. Useful for reducing the effects of radiation and electromagnetic pollution. Balances the metabolism and aids in cellular disorders. Relieves symptoms of stress and anxiety in the body bringing relaxation.

Emotional Energy Properties: Relaxes the mind and soothes anxiety and nervousness. Helps in being mindful and living in the present moment. Promotes creativity and stimulates the imagination. Good for new beginnings.

Chakras: Associated with the Crown chakra and higher guidance.

Astrological signs: Related to the sign of Sagittarius.

History: Much like diamonds Herkimer Diamonds started forming more than 500 million years ago in Dolostone which covered Herkimer County, New York in the Cambrian Age which is also where it gets its name from. It was first found while excavating the Mohawk River Valley in the 18th century.

Where it's found: First found in the 18th Century in Herkimer County, New York, it's now also found in other parts of the United States like Arizona, Afghanistan, China, Norway, and Ukraine.

Variations, Rarity and Value: Herkimer diamonds are a double-terminated crystal with a diamond shape. They are bright, clear, colourless, contain air bubbles, rainbow inclusions, and even black carbon deposits. Their value is determined by its colour, clarity, cut, and carat weight much like natural diamonds and the value is documented in a GIA certificate. The clearer and larger the Herkimer diamond, the more valuable it is.

How to use it: Wear in jewelry for short periods of time. Place by a computer or any other electronics to reduce electromagnetic interference. Make a room spray by putting the Herkimer diamond in some distilled water in a spray bottle and spraying as needed.



Hessonite Meaning and Spiritual Properties

Hessonite is a stone that is good for courage and new challenges. Other benefits to this crystal are having clarity of mind, releasing your fears, and more confidence in your actions, thoughts, and words.

Physical Energy Properties: It helps to regulate hormone production, reduces impotence and infertility. Its energy is believed help the olfactory system and lymphatic systems and removes the negative influences and aids in detox. It helps with colic.

and encourages service.

Emotional Energy Properties: Hessonite imparts self-respect, eliminating feelings of guilt and inferiority,

Spiritual Energy Properties: Hessonite Garnet helps to open intuition and psychic abilities. Can be used for out of body journeys. It will help guide you in finding your path to divinity and spirituality by releasing you from material desires and limitations. It is considered a powerful talisman that can illuminate the night and dispel evil spirits and bad energies.

Chakras: Sacral, Solar Plexus

Astrological signs: Aries

History: Hessonite gets its name from the Greek word hesson, which means inferior. It does not mean that Hessonite is an inferior stone but rather the density and hardness of this stone is lower than most other Garnet stones.

Source: Madagascar

Variations, Rarity and Value: Brown or cinnamon, a yellow form of grossular garnet. Hessonite Garnet is known for its warm yellow to reddish tones. It can exhibit colors such as orange, reddish brown and dark brown orange. It also occurs in colors like pink and green but is most known for its cinnamon-like colors.

How to use it: Hessonite is a good stone for meditation helping you get to the next level. Wear it as a stone for protection and to attract wealth, abundance, joy and balance. Place a piece of the crystal in the south of your house to enhance its energy and to boost your personal and professional relationships.

Hiddenite (Spodumene) Meaning and Spiritual Properties



Hiddenite is a green type of Spodumene along with Kunzite which is a pink variety. The green is emerald green and sometimes aqua greenish blue. Some Hiddenite stones are made into gemstones. Hiddenite encourages growth and nurturing with very grounding energy.

Physical Energy Properties: Hiddenite can be helpful for uncovering any imbalance in the body. This stone also helps to boost the energy of herbs, homeopathic remedies, vitamins and essential oils to help the body in natural ways. Benefits the circulatory system and

the heart. It's also helpful for joint pain and toothaches. It can also be great for balancing the two hemispheres of the brain, as well as balancing fluids in the body.

Emotional Energy Properties: Brings understanding to situations and helps to smooth over heavy emotions while they are being expressed. It's also great for those who have difficulty expressing their emotions helping them to feel safe to do so. Hiddenite helps us to accept people exactly as they are. It can also help you to feel and express gratitude.

Chakras: Connected with the Heart chakra and emotional expression as well as the Third Eye chakra.

Astrological signs: Connects with the signs of Gemini and Taurus.

History: This stone was named after William Earl Hidden who discovered it in 1879. He first discovered the stone in Alexander County, North Carolina and the town was actually renamed Hiddenite, for the mineral. The mines in the town and area continue to be active today.

Where it's found: A common source for Hiddenite is Pakistan.

Variations, Rarity and Value: Hiddenite, also called Green Kunzite or Lithia Emerald. It has a glassy transparency and can even shift in colour from almost colourless to be pale green, yellow-green or emerald green. Even though it can be difficult to cut, the cut stones make beautiful gems. It rates 6.5 - 7 on the Mohs scale but can crack under pressure. That's why most jewelry settings will be protective to keep the stones safe.

How to use it: Hold Hiddenite when you're working on releasing and resolving traumas and pain. You can also have or hold a stone when you're experiencing anxiety or stress. This is a lovely stone to give to a loved one to rekindle your relationship.



Honey Calcite Meaning and Spiritual Properties

Honey Calcite is a stone that slows everything down a bit so that you can have the time to pursue the things that are important in life. It will bring more hope, inspiration and motivation in your life.

Physical Energy Properties: Honey Calcite is good for bone growth, calcium deficiency, fertility, female



and male reproductive systems. It is helpful for those with bladder and kidney issues. It can support the immune system.

Emotional Energy Properties: Honey Calcite brings about balance and stability. It curbs fear, overenthusiasm and stress. It is good for balance. It

is good for calming emotions that may be preventing success, pregnancy or ventures. It supports determination and persistence. It encourages you to try new experiences that develop your character and add to your wisdom.

Spiritual Energy Properties: Honey Calcite is good for yin/yang. It is good for grounding and astral travelling. It is a powerful cleanser and amplifier of energies. It speeds up your spiritual growth.

Chakras: Base, Sacral

Astrological signs: Cancer

Source: Mexico

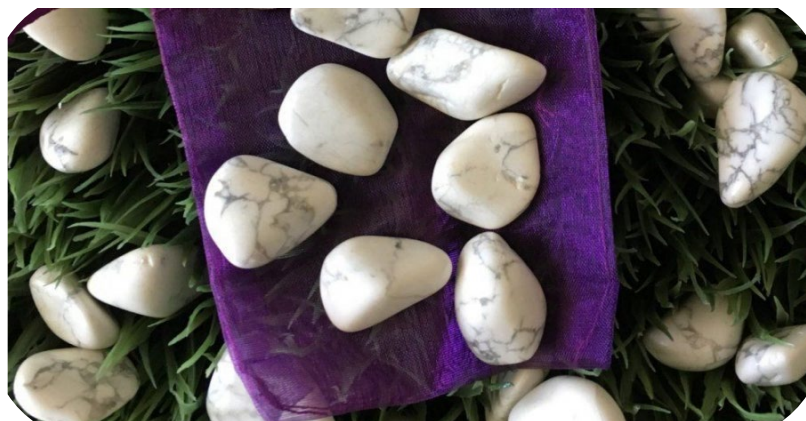
Variations, Rarity and Value: Honey Calcite is found as both masses and rhombohedral crystals.

How to use it: Place or keep a piece of Honey Calcite where you want to clear away negative energies. It will help dispel negative and toxic energies from both your environment and body. Keep a piece in your room to clean all the toxic vibrations and boost your home's energy levels. It will also remove any stagnant energy and speed up your emotional, intellectual, physical, and spiritual growth.





Howlite Meaning and Spiritual Properties



Howlite is a good stone for action, calm communication, discernment, memory and study. It helps you to reach your goals. A stone to help combat boisterousness, selfishness and vulgarity.

Physical Energy Properties: Howlite is good for the bones, teeth, circulation, and immune system. It helps with physical pain.

Emotional Energy Properties: Howlite helps with anger and stress. It is good for emotional expression. Howlite is a calming stone. It teaches patience and can help calm turbulent emotions. It strengthens memory and stimulates a desire for knowledge.

Spiritual Energy Properties: Howlite helps with ambitions, both material and spiritual and aids in achieving them. It links into the spiritual dimensions, opening attunement and helping the mind to receive insights and wisdom. It assists in accessing past lives and journeys out of the body.

Chakras: Crown

Astrological signs: Gemini

Source: United States

History: It is often dyed and used to imitate stones that are more expensive.

Variations, Rarity and Value: Green, blue and white. It occurs in the form of nodules, masses and rarely crystals. Often artificially colored. A marbled stone that is often tumbled. Available in all sizes. Easily obtained.

How to use it: Place Howlite as appropriate or hold the stone during meditation or to help reduce anger. Use Howlite in grids around the bed or a piece under the pillow to help aid insomnia. Keep a piece of Howlite in your pocket to absorb any negativity. Use Howlite as an elixir and sip about an hour before going to bed to help with an overreactive mind when trying to go to sleep. Placed on the third eye, it opens memories of other lives to include those who are in the between life state and the spiritual dimensions.



Idocrase (Vesuvianite) Meaning and Spiritual Properties



Idocrase is a very rare gemstone that's green and sometimes yellow or pale blue in colour. This gemstone is part of a silicate group called calcium-aluminium-silicates. Idocrase is the name it's called when it's a polished gemstone while Vesuvianite is the name it has when it's rough.

Physical Energy Properties: A great stone for teeth as it restores the enamel on the tooth. It's also good for restoring a sense of smell. Very good for diverticulitis and digestive issues and helps the absorption of nutrients and minerals. Helps skin issues like eczema or acne.

Emotional Energy Properties: Idocrase is great for empathy, either to enhance it or dial it down for those who are highly sensitive. It's said to provide strength and courage and to help ease depression or get to the root cause of our feelings. Clears the mind of negative thought patterns and opens us up to seeing things clearly.

Chakras: Connected with the Heart chakra.

Astrological signs: Associated with Capricorn and Sagittarius.

History: The name vesuvianite which is the stone's other popular name came from where it was first discovered at Mount Vesuvius. The name Idocrase comes from the Greek words eidos and krausis which mean form and mixture since the crystal often includes other minerals. Idocrase was first found in 1795 by geologist Abraham Gottlob Werner

who was also the first to find chrysoberyl. He was also the mentor of Friedrich Mohs, who created the Mohs scale of hardness which is still used today to rate the hardness of gemstones.

Where it's found: Found in Italy and the United States.

Variations, Rarity and Value: Idocrase is a very popular stone among collectors. It's often mistaken for Jade because of how similar it can look to this stone. It is a combination of metals, oxygen, hydrogen and fluoride, which is called a calcium aluminum silicate. It rates a 6.5 on the Mohs scale of hardness and they form in a tetragonal structure. It's quite rare though and can be hard to find perfect pieces.

How to use it: Use Idocrase when you are feeling overwhelmed and need to rebuild your strength and courage. Wear it or hold it close to your heart to balance emotions.

Indicolite Meaning and Spiritual Properties



Indicolite is good for environmental issues and saving the planet. It encourages peace, dissolves sadness and assists in developing an inner sense of responsibility.

Physical Energy Properties: Indicolite is good for the brain, esophagus, eyes, larynx, lungs, throat, thymus and thyroid. It is a useful diagnostic tool and helps to identify the underlying causes of disease. It helps the immune and pulmonary systems, kidneys and bladder, and chronic sore throats. It is helpful for bacterial infections, insomnia, night sweats, and sinusitis. It helps to soothe burns and prevent

scarring. It helps to overcome speech impediments.

Emotional Energy Properties: Indicolite helps with communication, creativity, ideas and thoughts. It will help you to overcome your shyness and coax you out of your shell. The energies in the crystal will bring harmony to your relationships. It can improve your communication by allowing you to speak truthfully from the heart.

Spiritual Energy Properties: Indicolite is good for all psychic abilities. It helps with intuition. It activates the throat and the third eye chakra. It stimulates clarity of self-expression and the urge for spiritual freedom. It promotes visions and aids psychic awareness. It will help make contact with your spirit guides and guardian angels.

Chakras: Brow, Throat

Astrological signs: Libra, Taurus

Source: Brazil, Pakistan

Variations, Rarity and Value: Indicolite is a variety of blue tourmaline.

How to use it: Place anywhere there is disease congestion. Carry Indicolite with you to help overcome speech impediments. Place a piece in your office or home where there are electrical appliances and electronic gadgets. Its energies will counteract the effect of harmful electromagnetic fields that your computers and smartphones emit. Place a piece of the crystal in the north area of your room or home to boost your career and life path. Use Indicolite on your third eye chakra, to help grow your psychic abilities and enhance your intuition.

Iolite Meaning and Spiritual Properties



Iolite is also known as the Compass Stone or the Viking Compass Stone because it helps Vikings locate the sun on cloudy days. It's a stone of vision, not only of the physical eyes but of our Third Eye which is connected to our intuition. It stimulates inner knowing and a connection to oneself.

Physical Energy Properties: Iolite is good for the liver and detoxification of the body. It also helps to prevent illness and boosts the immune system. Reduces fat deposits in the body and balances the metabolism. Lessens the negative effects of alcohol. Also helps in the treatment of fevers and malaria.

Good for the respiratory system and sinuses. Helpful for relieving headaches and migraines.

Emotional Energy Properties: Beneficial for understanding attachments, addictions and codependency. Helps you in freeing yourself from the expectations of others so you can live your life and stay true to yourself. Assists you in taking responsibility for yourself alone without taking on responsibility for others or the world's problems.

Chakras: Connected to the Third Eye Chakra

Astrological signs: Related to Libra, Taurus, and Sagittarius

History: The stone has also been called the Viking Compass Stone throughout history because the Vikings used thin, polished pieces of Iolite to reduce glare and to find the sun in the sky even when it was stormy so they could know their location and find their way. The name comes from the Greek word ios which means violet. It's also known to be the gemstone for a twenty-first wedding anniversary.

Where it's found: Found in India and the United States.

Variations, Rarity and Value: Can be found in raw, unpolished form to have as a collectable stone. Or as a polished and cut gemstone to use in jewelry. It's one of the readily available and affordable blue gemstones. Some of the best Iolite stones can be just as good, if not better than AAA tanzanite in their deep, violet-blue colour. It's a 7 - 7.5 on the Mohs hardness scale which makes it great for cutting into shapes for jewelry.

How to use it: Place on the Third Eye chakra if all other chakras are aligned. You can also use this stone in meditation to gain access to inner wisdom and your truth. Also a great stone for lucid dreaming and astral travel. Use it to stimulate your imagination and creativity.



Jade Meaning and Spiritual Properties



A prized stone in the East, Jade has been treasured for centuries. It has a rich heritage and a beautiful appearance that draws people to it. Jade can come in a variety of colours, but green jade is the most popular. Always considered a stone of good luck and fortune, jade welcomes in abundance and positivity.

Physical Energy Properties: Jade has been known to be great for the skin, and there are even jade facial rollers that roll over skin to relax and smooth skin and muscles. It helps with fertility and pregnancy as well as the menstrual cycle. It treats the kidneys and adrenals reducing any adrenal fatigue or burnout.

Balances fluids within the body and creates an alkaline system.

Emotional Energy Properties: Brings confidence and emotional balance. Helps in recalling dreams and understanding their messages. Carries ancient wisdom that can be passed on. Stimulates creativity and ideas to solve problems and come up with new solutions.

Chakras: Connected with the Heart chakra.

Astrological signs: Related to Gemini, Taurus and Aries.

History: People all around the world have revered jade as one of their prized gemstones. Indigenous tribes in New Zealand and parts of North America used jade, and in China, it has been used in traditional art and sculpture for well over 3,000 years. It was also used by the Mayans and the Aztecs for medicinal purposes, jewelry, and religious artifacts. Jade comes from the saying “piedra de ijada” which means “stone of the pain in the side.” Explorers from Spain saw the locals holding jade to their sides to alleviate their pain.

Where it's found: Jade is found in Canada, China, Myanmar, Italy, the United States, and Russia.

Variations, Rarity and Value: The price of jade has actually increased significantly over the past decade. It's \$3000 an ounce which makes it even more valuable than gold. There are two different minerals that are referred to as jade including Nephrite, which is the milky or greenish white jade from China. There is then Jadeite, which is a deep emerald green coming from Burma. The price and value of jade has increased because investors are looking for ways to put their money into portable, non-traceable assets. This means that even smaller pieces of genuine jade will be more expensive than ever.

How to use it: Wearing jade in a pendant, a bracelet or in earrings will help you receive the balancing benefits of this stone. It's also a lovely stone to have in your home in the form of the polished or raw crystal or a carving.



Jasper Meaning and Spiritual Properties



An opaque chalcedony that is mainly red, orange, green, brown, black, white or grey. Sometimes even blue or purple. There are other types of Jasper including mookaite, orbicular jasper, starry jasper, picture jasper and brecciated jasper.

Physical Energy Properties: Great for minor illnesses such as colds and flu. Also beneficial to the stomach, bladder, spleen, kidneys and liver. Good for calming nerves and balancing the neurological system because it doesn't over stimulate the body. Helps the lungs and bronchitis. Reduces the effects of electromagnetic radiation and pollution.

Emotional Energy Properties: Alleviates loneliness and reminds us that we are not alone in the universe. Encourages honesty and the strength to get through times of hardship. Puts ideas into action and aids in staying organized. Supports you in stressful times and provides nurturing energy.

Chakras: Related to the Root chakra, Sacral chakra and the Solar Plexus chakra, but can depend on colour. Red Jasper would correlate to the Root chakra, orange jasper to the Sacral chakra, yellow jasper to the Solar Plexus chakra and so on.

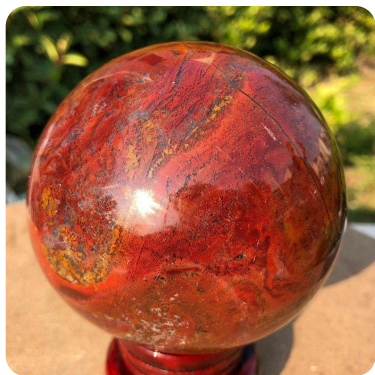
Astrological signs: Related to Leo.

History: The name Jasper means spotted rock, and it has been mentioned in the bible. In the 4th and 5th century jasper was used in making bow drills. It was also used to make seals in Knossos on Minoan Crete back in 1800 BC. Black Jasper was used in testing gold-silver alloys to see how much gold was in them. They would rub the composite on the jasper stone called a touchstone and the streak left behind would determine how much gold was in the alloy.

Where it's found: Jasper is found all over the world in sedimentary and metamorphic rocks. Found mainly in North Africa, Sicily, and Germany.

Variations, Rarity and Value: Most of the Jasper on the market is natural and they are not enhanced in any way. Sometimes Jasper is dyed to bring out the natural colours. It has a vitreous lustre and rates a 6.5 to 7 on the Moh's hardness scale. Usually listed as opaque but when held up to the light it can be translucent. Patterned stones are generally the most valued and these patterns are caused by water and wind mixing with sediment and volcanic ash. The colours depend on where the stones are located.

How to use it: Wear in jewelry over long periods of time as it works slowly to assimilate in your system. Place it in your home to absorb negative energy. Place on different chakras or areas of the body.



Jeremejevite Meaning and Spiritual Properties

Jeremejevite is a very rare stone from the Borate group. It's a beautiful, most commonly blue stone that is great in jewelry, but since it's so rare, it's not often found often. This stone is great for self-



acceptance and self-love that comes with knowing you are perfect exactly as you are.

Physical Energy Properties: The energy of this stone helps you with unexpected physical challenges and to make changes in your life to support your overall wellness. The stone can also help with disorganized cellular growth as well. It can help with colon issues, frostbite and poor circulation.

Emotional Energy Properties: This lovely stone can help to lessen grief and to help you accept any changes happening in your life. It can even help you make decisions about your future to take the next steps forward in your life once you have gone through the grieving process and releasing the past. You can uncover some of your innate intuitive abilities with this stone too.

Chakras: Associated with the Throat and Third Eye Chakra.

Astrological signs: Connected with the sign of Aquarius.

History: First found by French mineralogist Augustin Alexis Damour in 1883 who named the stone after renowned mineralogist Pawel Wladimirowich Jeremejew. The location it was first found was at Mt. Sektuj in Russia.

Where it's found: There are only about several sources for Jeremejevite worldwide, with six of them in Germany. The best sources are in the Erongo Region in Namibia. Then there is a place called Ameib, near Usakos, Namibia that yields nice Jeremejevite crystals.

Variations, Rarity and Value: Jeremejevite is one of the rarest minerals on Earth, but it's easy enough to find if you want it. It's quite hard and solid which makes it wonderful for making into jewelry. Although, it's so rare that you may not find it in many jewelry stores. It has a Mohs hardness of 6.5 to 7.5, and it emulates the colour of other blue stones which it could be confused for.

How to use it: Have this stone with you when you are grieving the loss of a loved one or if you are feeling grief surrounding another life event. Using this stone in meditation will help you develop your intuition and your ability to understand how things could play out in the future.

Jet Meaning and Spiritual Properties



Jet is good for wealth and sexual energy. It promotes taking control of life. It helps to stabilize businesses and protect businesses.

Physical Energy Properties: Jet treats epilepsy, colds, stomach aches, migraines, and swollen glands. Traditionally used for menstrual cramps.

Emotional Energy Properties: Jet helps to alleviate depression and feelings of fear. It brings calm energy. It draws out negative energy and helps to alleviate unreasonable fears.

Spiritual Energy Properties: Jet is good for yin/yang balance, protection against violence and witchcraft (when used together with Red Jasper). It cleanses the base chakra and stimulates the rise of the kundalini force. It provides protection during spiritual journeying. It was used in ancient times to protect from entities of darkness. It is said that people who are attracted to this stone are old souls who have a long experience on earth of being incarnated. It can help open psychic experiences to assist in spiritual enlightenment.

Chakras: Base

Astrological signs: Capricorn

History: Jet is formed from fossilized wood and looks like coal. It has been used as a talisman since the Stone Age times.

Source: Worldwide, especially Canada, the United Kingdom and the United States.

Variations, Rarity and Value: Jet is the fossilized remains of trees. It is coal-like and usually small and polished. Readily available.

How to use it: Position anywhere. Wear as jewelry, and usually set in silver. Place on the chest to direct the kundalini force toward the crown chakra. Wear around the neck, as a stone of protection. When used it should be thoroughly cleansed after each use. Place in a cash box or the wealth corner of your house or business.



Kambaba Jasper Meaning and Spiritual Properties



Kambaba Jasper is a stone that provides you with the courage and inspiration to confront your fears head-on. It also helps to alleviate stress and restore balance to your body, mind, and spirit.

Physical Energy Properties: Kambaba Jasper aids in growth and renewal, boosting cellular growth and the immune system. It supports the digestive system and the assimilation of vitamins and minerals. The stone is helpful in cleansing the body of toxins, and may also be used to improve the hair, skin, and nails. It benefits the jaw and teeth, and assists in the wisdom teeth and all dental work. It helps to

alleviate stress.

Emotional Energy Properties: Kambaba Jasper inspires a new mental outlook, and helps you to become aware of hidden capabilities and talents that you didn't know you had. It can transform your life if you embrace the direction it points you. It brings about a sense of peace and tranquillity. It is perfect for opening up the heart chakra to many forms of love.

Spiritual Energy Properties: Kambaba Jasper is a stone of spiritual confidence, drawing on the wisdom of ancestral

energies that are held within its layers. It is a stone that encourages happiness and attracts prosperity and abundance into your life. It is an excellent grounding stone for use in ancient places, and for connecting to those who once lived there. It is a highly protective stone against psychic danger or negative entities. It helps to balance out the yin/yang energies.

Chakras: Heart

Astrological signs: Scorpio, Cancer, Capricorn, Aries

History: Jasper gets its name from the Greek term iaspis which means spotted stone.

Source: Madagascar, South Africa

Variations, Rarity and Value: A solid stone dark in hue with deep green spirals scattered throughout. It is comprised of microcrystalline quartz.

How to use it: Use Kambaba Jasper for meditation.



Kunzite Meaning and Spiritual Properties

Kunzite is a heart-based crystal that helps to fill your life with the energy of love. It is also a crystal for relieving anxiety, stress, and sleep issues such as



insomnia. It is a feel better stone that is good for expression and flow by removing obstacles from your path.

Physical Energy Properties: Kunzite is a stone that will strengthen heart muscles and boost your circulatory system. It is also helpful to the skeletal and muscular system. It can be used to block geopathic stress.

Emotional Energy Properties: Kunzite helps to bring calm. It is good for centering, meditation and self-esteem. It can be used to help clear emotional debris and to free up emotions, resolving heartache, especially those carried forward from other lives. It is beneficial for alleviating panic attacks.

Spiritual Energy Properties: Kunzite is a spiritual stone with a high vibration. It awakens the heart center and unconditional love and will prompt you to think loving thoughts and do loving actions. It helps to activate the heart chakra and aligns it with the third eye and throat.

Chakras: Heart

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

History: Kunzite was discovered in 1902 by gemstone specialist and jeweller George Frederick Kunz. It was discovered in San Diego County, California.

Source: Afghanistan, Brazil, Madagascar, Myanmar

Variations, Rarity and Value: A pink variety of spodumene that forms flattened prismatic crystals that have vertical striations. Transparent or translucent it may also be clear, blue, green hiddenite, lilac, or yellow. Crystals may include two or three different colors. It's a gemstone that is pink to violet in color, and sometimes even colorless. The crystals are becoming more and more readily available.

How to use it: Hold or place Kunzite as appropriate for the area that needs attention. Use as an elixir. Wear the crystal as a pendant or tape a piece to a mobile phone or computer. Hold the stone on the solar plexus to alleviate panic. Keep out of sunlight, or the stone will fade.





Kyanite Meaning and Spiritual Properties



One of the most versatile crystals, Kyanite is excellent for everything from meditation to balance all of the chakras. It's also one of the crystals that cleanses itself, and it can amplify the energy of other crystals around it.

Physical Energy Properties: Works well in treatments for the thyroid and parathyroid as well as any other throat issues. Great for the nervous system because of its calming effects and its ability to balance the biomagnetic field. It's also beneficial for the adrenals and can care for adrenal fatigue. Helps in balancing infections and lowering high blood

pressure.

Emotional Energy Properties: Brings clarity and tranquillity. A very calming stone that can be perfect in times of stress or when you're anxious. Balances emotions and brings a clear mind so that you can work through your problems rationally. Helps in breaking through perceived blockages and negative belief patterns. Assists in grounding spiritual energies and connecting with spirit guides.

Chakras: Kyanite is connected to the throat chakra and speaking your truth or walking your talk.

Astrological signs: Libra, Taurus and Aries are associated with Kyanite.

History: Kyanite is an aluminum-rich silicate mineral that was named after the Greek word kyanos which means deep blue. Abraham Gottlob Werner identified this mineral in a mineral identification manual in the late 1700s. Before that, kyanite was known as blue talc, and some even saw it to be similar to sapphire. Even though it's beautiful in appearance, kyanite isn't typically used as a gemstone because it breaks very easily. Because kyanite is formed in high-pressure rocks, it is the perfect mineral to use to estimate the temperature, pressure and depth the other rocks were formed under.

Where it's found: Mainly found in Brazil.

Variations, Rarity and Value: Kyanite is very rarely created into a multifaceted gemstone, and there are seldom kyanite stones that are free from flaws or inclusions. There are a few Catseye kyanites known to exist, but they are scarce which makes them valuable. You can find kyanite in some jewelry though, but usually, it's blue kyanite that is used in jewelry making. It can also come in green, white, blue, gray, and black.

How to use it: Since kyanite corresponds with the throat chakra, it's great to wear it on a pendant close to your throat.

You can also hold it on your throat area or keep it in your hand during meditation to balance all chakras instantly.



Labradorite Meaning and Spiritual Properties



Labradorite is a beautiful, iridescent bluish grey feldspar with hints of gold, green, purple and white. Often compared to the Aurora Borealis because of how different colours shine when it's placed under light. A very mystical and protective stone that prevents energy leakage and acts as a barrier to negative energy.

Physical Energy Properties: Helpful in balancing warts, colds and gout. Treats eye disorders and brain disorders. It can also help in figuring out the root causes of a disease or disorder. Balances hormones, metabolism and alleviates stress and anxiety.

Emotional Energy Properties: Labradorite balances emotions and chakras as well as the subconscious and conscious mind. Helps protect the aura by creating a strong shield or barrier around a person. Protects you from projections and judgements coming from others. Gives you strength and wisdom through transformational periods.

Chakras: Related to the crown chakra and higher consciousness. It's a very mystical stone that carries spiritual wisdom.

Astrological signs: Connected with Sagittarius, Scorpio and Leo.

History: Labradorite was found in the Isle of Paul in 1770 and was named after Labrador in Canada. As time went on, people called the special optical effect it shows labradorescence. Inuit legends say that the Northern Lights have been encapsulated in these stones to shine forever. It's also said to bring a person light so that they can hear their own inner voice clearly.

Where it's found: Found in Canada, Norway, Madagascar, Finland, Russia, Italy, Greenland and Scandinavia.

Variations, Rarity and Value: Labradorite with the highest value will have a full spectrum of colour in its labradorescence. Larger slices of labradorite are even used in architecture and as countertops in kitchens and bathrooms while smaller, rarer pieces are used in fine and expensive jewelry. The more inexpensive pieces of labradorite still have labradorescence but just not as vivid as the more valuable pieces and they are used in pendants, rings, bracelets and as tumbled stones and carvings.

How to use it: Wear labradorite as a pendant to keep your aura cleansed and protected. You can also place labradorite in your home for protection. Place it on your third eye or crown chakra on the top of your head to activate these energy centres.



Lapis Lazuli Meaning and Spiritual Properties



Brilliant bright blue stone with a rich history. It even includes some other stones such as pyrite which gives it beautiful gold specks, calcite and lazurite.

Physical Energy Properties: Lapis lazuli can boost the immune system help to prevent illness, and it is also beneficial for the ears and hearing. It's also believed to be able to help in repairing muscles and the skeletal system. Migraines can also be eased with some lapis lazuli. It's also great for the throat area and the thymus gland.

Emotional Energy Properties: This beautiful blue stone helps ease depression and anxiety because it

harmonizes all aspects of self. It releases stress and brings deep peace as well as a great sleep. Excellent for gaining spiritual insight and wisdom, activating personal power and inner truth. It also blocks any attacks and promotes protection and safety.

Chakras: Associated with the Third Eye and Throat chakra. Both of these chakras have to do with gaining insight to know and speak our truth.

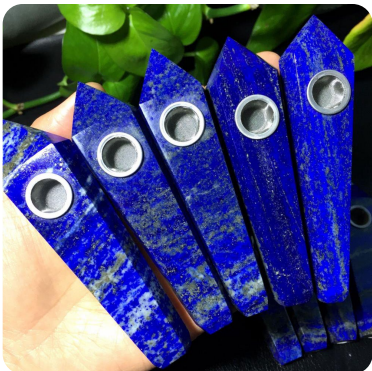
Astrological signs: Related to Sagittarius.

History: The history of lapis lazuli goes back over 6,500 years and was found and held sacred by cultures in Egypt, China, Mesopotamia, Greece, and Rome along with other blue gems like sapphire and turquoise. Lapis Lazuli was mainly found in Badakshan, Afghanistan as far back as 700 BC when the area was called Bactria. These same mines are still producing lapis lazuli today, and it's the oldest commercial source for crystals and gems. It has always been used in jewelry, but it was also used to make practical items like bowls and combs. It was also used as a paint pigment when crushed up which is why older paintings are known for the bright blue pigment that doesn't seem to fade with time.

Where it's found: Mainly found in Afghanistan, but can also be found in Chile.

Variations, Rarity and Value: For the most part, lapis is not that expensive of a stone, but the most expensive lapis will be an intense, deep blue with tiny flecks of pyrite with little to no white calcite veins. Lapis lazuli stones that have too much calcite or pyrite aren't as valuable as those that have less. Lower grades of this stone could sell for \$1 per carat or less. The higher quality stones will be more around the price of \$100 or more per carat.

How to use it: Place on the throat or the third eye or wear in a pendant over the throat.



Larimar Meaning and Spiritual Properties



Larimar, which is also known as blue pectolite is a relatively new and very rare gemstone. It's only been found in one area of Barahona in the Dominican Republic. The beautiful colour of the stone reminds you of the ocean and far off sands.

Physical Energy Properties: Assists in the growth of hair. It's also great for the feet and joints. When it's placed on an area in the body that's in pain, it can draw out the pain. It can also be used on the feet in reflexology to clear any blockages and discover any possible disease or illness in the body.

Emotional Energy Properties: A very soft, comforting and soothing energy this stone helps shame and guilt. It treats emotional trauma and wounding, restoring a sense of self-love and confidence. It's also great for working through self-sabotaging behaviours and addressing how to move past them to be your best self.

Chakras: Closely related to the Heart chakra, this is a stone of unconditional love reminding you that you are worthy and loved. It can also be helpful to the Throat chakra as well because of the deep blue colour.

Astrological signs: Leo and Aquarius are the signs that are most closely related to Larimar.

History: Used in ancient times in the Dominican the more recent discoveries of Larimar started back in 1916 but it wasn't made an official mineral until 1974. Norman Rilling and Miguel Mendez found small pieces of Larimar on the beach in the Dominican. It was named after Miguel's daughter Larissa and the Spanish word for the sea which is Mar. Many say that Larimar is made from the sea or volcanic movements. They mainly exist where they are formed but through soil erosion pieces have broken off and then find their way to the seashore.

Where it's found: Larimar is only found in the Dominican Republic.

Variations, Rarity and Value: A lovely, light blue with white which looks like the Caribbean sea. Larimar is formed when hot gases push minerals through pathways in volcanoes. Mining it means finding the pathways and then digging even deeper into the older volcanoes. Used to make jewelry and other items this stone is very popular yet rare.

How to use it: Use on feet with reflexology or hold for long periods of time or during meditation.



Lava Stone Meaning and Spiritual Properties

Lava Stone is formed from magma erupted from



volcanoes. The effect of the stone is like a phoenix rising from the ashes. It is a stone of balance, courage and strength. It contains the power of fire and works to rekindle the flames of passion in your spirit.

Physical Energy Properties: Lava stone is good for the feet to include bunions, corns, sore feet, toes and verrucas. It is an excellent stone to aid in energy balance, helping when you are feeling depressed or lacking energy and vitality.

Emotional Energy Properties: Lava Stone dispels anger, fear and negativity. It burns away remnants of the past that may be holding you back, and facilitates new beginnings and starting over. It is a grounding stone especially when success beckons. It helps relieve homesickness and is good for travellers to feel connected to home. It is a good stone when you are in a social setting because it helps you to be mindful of your words. It helps to keep you mentally stable and bounce back from any circumstance encountered and guide you to a place of understanding. It helps to dissipate anger and encourages positive change in areas where it is needed most.

Spiritual Energy Properties: Lava Stone will elevate your vibrational fields by lighting the wick of spiritual enlightenment. It contains a lot of Earth energy. It has a high vibrational force that helps you connect at a higher level with the people around you. It is, in essence, a solid form of fire and is often associated with rebirth and the Phoenix.

Chakras: Base

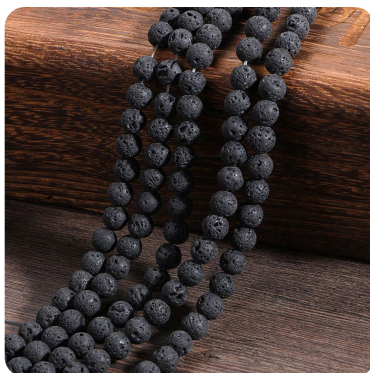
Astrological signs: Cancer, Taurus.

History: Another name for Lava Stone is Volcanic Rock. It has a deep connection to the Earth and the element fire.

Sources: Worldwide. Past and present volcanoes from around the world.

Variations, Rarity and Value: Common. It is formed from molten lava that solidifies under intense heat and pressure. Little pockets of gas bubbles trapped within the stone, create holes in the stone and give it a porous surface.

How to use it: Lava Stone is a good crystal for meditation, as it will help guide your thoughts towards light and love. Wear Lava Stone to help succeed in hopeless situations. Wearing the stone also helps you to become more in tune with Mother Earth.





Lazulite Meaning and Spiritual Properties



Lazulite is considered the worry stone. It increases focus and concentration and infuses you with positive, uplifting spiritual energies.

Physical Energy Properties: Lazulite is good for the liver, glands, broken and diseased bones and teeth. It helps to relieve photosensitivity.

Emotional Energy Properties: Lazulite is good for anxiety, panic attacks, OCD and stress. It brings calm, clarity and stillness. It helps with insight and finding the answers that you seek about life and love.

Spiritual Energy Properties: Lazulite is good for

connecting to ancient wisdom, past lives, and Akashic records. It enhances psychic abilities. It helps balance the chakras in your body.

Chakras: Brow

Astrological signs: Gemini, Sagittarius

History: Lazulite looks similar to Lazurite and comes from the same region in the world. Lazulite gets its name from the Arabic word Lazaward, which means heaven. Other names for Lazulite include Azure Spar, Blue Spar and Klaprothine.

Source: Afghanistan

Variations, Rarity and Value: Masses, grains, pyramidal and tabular crystals in several shades of blue. It is usually embedded as granular, compact masses and in a matrix. Its color is usually white with different shades of blue and green.

How to use it: A useful stone for meditation helping you to settle your mind.

Lepidolite Meaning and Spiritual Properties

Lepidolite is a crystal that fosters calming, peaceful and tranquil energy. It is one of the best crystals for helping to relieve anxiety because it naturally contains lithium. Use this crystal and connect with



this stone in times of stress and chaos.

Physical Energy Properties: It is good for digestion and the nerves. It helps addictions, cramps, constipation, erratic heartbeat, and wrinkles. Useful stone for childbirth. Lepidolite helps to relieve allergies, restructures DNA, enhances the generation of negative ions and strengthens the immune system. It is a good stone for menopause, especially when

used as a gem elixir.

Emotional Energy Properties: This crystal is good for awareness, change, learning and studying. It helps with depressions, distrust and stress.

Spiritual Energy Properties: Lepidolite is good for astral travel and rebirth. Helpful for transitions such as death/dying.

Chakras: Heart, Brow

Astrological signs: Libra

History: Lepidolite was originally called lilalite because of its lavender color, and was later named lepidolite from the Greek word lepidos which means scale because of the stones scaly appearance caused by the flakes of lithium.

Source: Brazil

Variations, Rarity and Value: Lepidolite is found as masses and layered plates, tabular and short prismatic crystals. Available in slightly shiny or grainy masses in all sizes. Lepidolite can be difficult to find.

How to use it: Place or wear Lepidolite as appropriate. Place the stone under your pillow for relief from sleep disturbances. It is a rather soft stone, and not ideal for many forms of jewellery. If you do choose to wear Lepidolite, its best worn as a brooch or pendant. A pendant made of lepidolite makes a great pendulum and can help to answer your questions about divinity, spirituality, and your own emotions. Keep a piece of Lepidolite beside your bed for happier dreams and more lucid dreams. You'll wake up calmer and with a more optimistic perspective on the day to come.





Limonite (Iron Ore) Meaning and Spiritual Properties



Limonite promotes male qualities to include endurance, physical energy, single-mindedness and strength. It is a grounding stone that gives clarity.

Short description with important highlights (1 to 3 sentences)

Physical Energy Properties: Limonite is good for hormones, male reproductive system and virility. It may be used in the treatment of disorders of the skeletal system, and assists in the assimilation of iron and calcium. It helps to dispel fever, treat liver disorders and jaundiced conditions.

Emotional Energy Properties: Limonite is a grounding crystal and directs the flow of your life toward stability and comfort through powerful, mindful manifestation. It encourages you to reach for your goals, providing uplifting energy that can help you out of depression. It enhances male sexuality. It is good for bipolar disorder and other similar conditions. It stabilizes mood swings. It is a powerful mental balancer and helps to prevent detrimental thoughts, and impaired clarity.

Spiritual Energy Properties: Limonite helps prevent psychic attacks. It may be used to enhance telepathy and improve intuitive accuracy.

Chakras: Base

History: Limonite is named after the Greek word lemons which means meadow and likely refers to the marshy areas where bog iron is found. Historically, it has been used as a pigment as raw umber, ocher and sienna.

Astrological signs: Virgo

Source: Worldwide, especially Brazil and Namibia.

Variations, Rarity and Value: Limonite is a generic term for hydroxides and iron oxides. It occurs as botryoidal formations, cubes, masses and stalactites. Colors may include brown, orange, red or yellow, depending on the iron content.

How to use it: Limonite helps to protect the physical body during metaphysical activities.

Lingam Meaning and Spiritual Properties



Lingam stones also are known as Shiva Lingam or Narmadeshvara Lingam. These stones are a type Jasper found in rivers which naturally form the stones into an egg-shape through the movement of the water. They are said to be representative of masculine energy from the shape of the stone and of female energy from the patterns on the stone. No two Lingam stones are the same, and there is a special stone for every person on Earth.

Physical Energy Properties: Lingam stones help to balance the reproductive system. They are also beneficial for reproduction, menstruation,

menopause, impotence and the prostate gland. This stone will help to balance the spine and relieve back pain. Balances the fluids of the body and regulates the flow of energy throughout the body.

Emotional Energy Properties: Balances masculine and feminine energy and helps to initiate action. It represents the harmony between opposites and restores balance. Lingam stones are also helpful for balancing sexuality and sexual trauma. They help you to release and let go of that which you've outgrown so that you can welcome in your truth and your best life.

Chakras: This stone is connected with all of the chakras and can help activate Kundalini energy which flows up from the Root chakra activating all of the chakras.

Astrological signs: Associated with Scorpio.

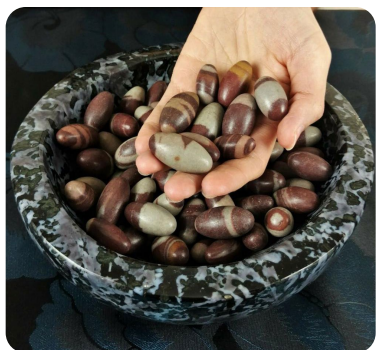
History: Lingam stones have been revered as Holy Stones for thousands of years. It's said that they were first created by a meteorite hitting the Earth 14 million years ago and then the shape was formed by the rocks tumbling in the river over time. In ancient times lingam was a symbol of Divine Energy or universal creative energy from which all things are created. The stone represents the two stages of creation Nadha which means sound or name and Bhindhu which means form. Nadha is represented as a line, and Bhindhu is symbolized by a disk as seen on the Lingam stones. These stones are sacred to Shiva a deity in Hindu faith and the markings on Shiva's forehead. It's also believed that the first lingam is the embodiment of Nature. It's also said that the sacred Sankara stone in Indiana Jones and the Temple of Doom was a lingam.

Where it's found: Found in the Narmada River region in India at Onkar, Mandhata, one of India's seven sacred sites.

Variations, Rarity and Value: Lingam stones are formed from sedimentary rock including layers of grey and red coloured materials that are unique to the Narmada River. They are gathered for one day once every year at the start of monsoon season when the river is low. Only local people who have ancestral rights to the land go to collect the rocks by hand and then polish them. The prices of the stones usually reflect the size and quality of the stone.

How to use it: Find your unique Lingam stone by feeling for the one stone resonates with your soul energy. Once you have your stone, you can use it in meditation and balance your energy by following appropriate guided meditations. Keep it with you to remind yourself of your truth and your connection to the universe.





Lithium Quartz Meaning and Spiritual Properties



Lithium Quartz is a crystal that promotes emotional peace, relaxation and stress relief. It is a powerful yet gentle stone that helps to uplift your body, mind and spirit. The stone gets its pink color from the natural presence of lithium, which is often used in antianxiety and antidepressant medications.

Physical Energy Properties: Lithium Quartz is a natural antidepressant. It has powerful balancing energies that help to lift depression to the surface gently. It will relieve pains and discomforts and boost your immune system. It will help you calm down and relax when you are having sleep problems.

It's an excellent stone for treating anorexia and other eating disorders. It can also help with ADD, ADHD, PTSD, Tourette's Syndrome, and panic attacks.

Emotional Energy Properties: Lithium Quartz can help eliminate your anxieties, stress and worries. It dispels fears and will lift you out of depression. It helps to neutralize ancient anger and grief. It has a grounding quality that will help to give you balance and light working on both an emotional and physical level.

Spiritual Energy Properties: Lithium Quartz can reach back into past lives to dissolve the roots of the emotional disease that is influencing the present life. It is a great cleanser for the chakras and purifies water. It is a good healer for animals and plants. It is a powerful meditation stone that can assist you in understanding your dreams and trusting your instincts. It promotes renewal and rejuvenation and connects you to your dreams.

Chakras: All

Astrological signs: Aquarius **Source:** Brazil

Variations, Rarity and Value: A naturally coated, spotted violet, lavender grey stone. It contains lithium, and may also

contain other minerals. It is a silicon dioxide mineral, that is part of the Quartz family.

How to use it: Use Lithium Quartz for deeper meditation. A good stone for visualization.

Magnetite (Lodestone) Meaning and Spiritual Properties



The first magnets known to humankind. The first compasses used Magnetite also known as Lodestone as far back as 300BC in China. It can be used in magnetic therapy a holistic treatment that works with the meridians and biomagnetic field of the body. It's also a very grounding stone.

Physical Energy Properties: Good for hair, bones, skin, teeth, and blood vessels. Helps ease nosebleeds and congestion. Also great for any back pain or aching bones. Beneficial for those with asthma.

Emotional Energy Properties: Attracts love, loyalty and commitment. Helps with grief, sadness,

depression, fear and anger, allowing us to feel and process these emotions and accept their presence within us. Brings in endurance and tenacity reminding you that you are strong and can face anything.

Chakras: Related to the Root chakra which is why it's such a great grounding and stabilizing stone.

Astrological signs: Connected with Virgo, Aries, Aquarius, and Capricorn.

History: Magnetite goes all the way back to ancient Greece where a shepherd named Magnes is said to have been wandering through an area called Magnesia which would be modern-day Turkey. It's said that he came upon some beautiful black stones that were attracted to the iron on his walking stick. What he was witnessing were the stones magnetic properties. So even though many people think of magnets being human-made they also occur in nature. And even though this might just be a myth, there is a lot of truth to it.

Where it's found: Magnetite is found in the United States, Canada, Italy, Finland, Austria, Mexico and India.

Variations, Rarity and Value: This stone is a very common iron oxide mineral found in igneous, sedimentary, metamorphic, and rocks. It's not only the most common form of iron ore, it also has the highest iron content at 72%. Magnetite is very easy to identify because it's easily attracted to a magnet. It's black, opaque, submetallic to metallic and it has a hardness between 5 and 6.5. It's used as a toner in electrophotography, in paint as a pigment, as a micronutrient in fertilizers, and as an aggregate in concrete.

How to use it: You can put this stone on the back of your neck or on your back to relieve an aching back or neck. You can also put it at your feet to relieve cramping or sore joints.



Mahogany Obsidian Meaning and Spiritual Properties



Mahogany Obsidian is a brown and red type of obsidian. It's a silica-rich volcanic rock containing Hematite or Magnetite giving the stone its mahogany or brick red colour. This stone helps balance and activate your Root chakra and your Sacral chakra to keep you grounded and safe.

Physical Energy Properties: Relieves pain in the body and improves circulation. It also releases built up tension that's being held in the body. Can rid the body of free radicals and balances the kidneys and liver.

Emotional Energy Properties: Helps to release tension and any emotional patterns that affect your relationships. It will help you see how all behaviours add up to the larger picture and that it's the little things that count. Mahogany Obsidian will help you break harmful habits and patterns by giving you the will to work on them. A protective stone that helps you ground yourself and feel safe in the world. Helps you focus on your goals and purpose in life.

Chakras: Connected to the Root and Sacral chakras.

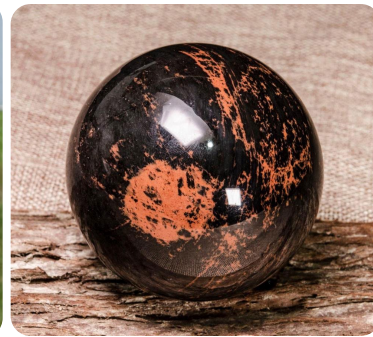
Astrological signs: Associated with Libra.

History: Used since ancient time for decorative use and to create surgical blades and arrowheads. Stone Age, Indigenous American and Canadian and Incan people made weapons from the stone as well as mirrors and masks. Obsidian gets its name from Obsuis, a Roman who first found the stone.

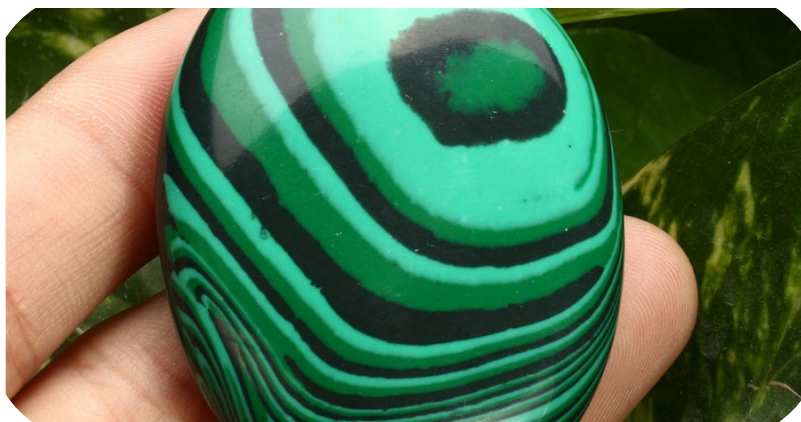
Where it's found: Found in Mexico, South America, Japan, Afghanistan, and the United States.

Variations, Rarity and Value: Mahogany Obsidian is also known as Mountain Mahogany and can be found anywhere there had been volcanic activity. It's a natural glass stone with iron inclusions which is what creates the red colour. It rates a 5 to 5-1/2 on the Mohs hardness scale. The affordability and the striking appearance of the stone makes it a wonderful stone to use in jewelry.

How to use it: Use this stone to relieve pain and tension and to improve circulation. It can also be used while setting goals and to help break your habits. Meditate with Mahogany Obsidian or wear it in jewelry to receive the benefits.



Malachite Meaning and Spiritual Properties



Malachite is a very unique looking stone with a very vivid emerald green colour. Different shades of green swirl together with black to create a beautiful pattern over the stone's surface. It's actually a secondary mineral of copper and is formed when carbonated water comes into contact with copper minerals or when a copper solution combines with limestone.

Physical Energy Properties: A very versatile stone used for many physical ailments and physical pain. Malachite is related to the female anatomy and can help relieve cramps in the body including menstrual

cramps. It can also assist in childbirth and has been known as the midwife stone. It's also known to be able to help with relieving asthma and lowers blood pressure. It's also good for arthritis, swelling, broken bones, inflammation, torn or strained muscles, and tumours. Also great for travel sickness and vertigo. Great for all organs and the immune system.

Emotional Energy Properties: A very protective stone. It helps you investigate your deeper feelings to help you get to the root of an issue and helps you break unwanted patterns of behaviour. Malachite assists you in expressing your emotions and helps you understand others when they express their emotions. Relieves mental disturbances and encourages introspection.

Chakras: Connected with the Heart chakra and the Solar Plexus chakra, and balances them both.

Astrological signs: Malachite is related to Capricorn and Scorpio.

History: The word Malachite comes from the Greek word Moloche which means mallow, like the plant because it's the same colour as the mallow leaves. This gemstone has been used as a pigment for paints when crushed for thousands of

years. Ancient Egyptians made jewelry with malachite in it, and they also used it to carve ornaments. It was mined as early as 4000 BC between Mt Sinai and the Suez. It's even found in Egyptian hieroglyphs describing the stone to be part of their deities, and it was thought to protect against evil spirits. In Greece and Rome, they made vases and other items out of malachite and in Russia, it was used as a decorative architectural feature.

Where it's found: Malachite is found in the Democratic Republic of Congo, the United States, Zambia, Romania, Russia and the Middle East.

Variations, Rarity and Value: Malachite is a softer mineral that rates a 3.5 to 4 on the hardness scale. Pieces that have more of a distinctive pattern will be higher in value.

How to use it: Wear in rings or place on the Solar Plexus or Heart chakras for balancing or on places on the body where there is pain or discomfort. It's also an excellent stone to have in the home too, so having malachite carvings in your home is beneficial as well.



Manganoan Calcite Meaning and Spiritual Properties

Manganoan Calcite is a stone that will bring you peace and serenity. It will enhance your energy flow from the crown chakra all the way to the heart chakra. It will help to infuse you with energies of tranquillity and well-being.

Physical Energy Properties: Manganoan Calcite helps you to sleep. It heals nervous conditions and helps to lift anxiety and tension. It is a stone that can help to support the functions of the heart and lower your blood pressure. It can harmonize your body's



ability to assimilate vitamins and minerals. It is beneficial for overall health and can provide

balancing in the bones and joints.

Emotional Energy Properties: It relieves abuse, anxiety, nightmares and trauma. It brings calm, love, rest, peace and unconditional love. It is a stone of forgiveness, helping to relieve fear and grief that keeps the heart trapped in the past. It is a helpful stone for anyone who has suffered assault or trauma. It aids in self-acceptance and self-worth. It will bring you peace, well being, tranquillity and serenity.

Spiritual Energy Properties: Manganoan Calcite is a heart crystal in contact with the angelic realm.

Chakras: Heart

Astrological signs: Cancer

Source: Peru

Variations, Rarity and Value: Pink with white bands found in masses. Calcium carbonate, baby pink color with white inclusions. The pink in the crystal is due to the manganese content.

How to use it: Place under the pillow to help prevent nightmares. Manganoan Calcite is an excellent stone to use for meditation, grounding you and creating a good balance in your body. It will help to clear your mind of unnecessary thoughts. It is a beneficial stone to help with trauma inflicted on the heart chakra. Keep it close to this chakra so that you will experience its balancing benefits.



Marcasite Meaning and Spiritual Properties

Marcasite also called White Pyrite inspires clarity, focus, reflection, relaxation, and spiritual development. It awakens ancient memories and encourages past life recall.

Physical Energy Properties: Marcasite is good for the skin, it helps moles and warts. It aids in the treatment



of abnormalities of the red blood cells, especially in sickle cell anemia.

Emotional Energy Properties: It helps with ego, impatience and personality. Marcasite is considered the Stone of Soul Attraction, helping to awaken to the soul's needs and attractions, bringing forth a new

dimension on life. It brings together souls that are similar in needs, dreams, hopes, and paths.

Chakras: Solar Plexus **Astrological signs:** Leo

History: The earliest known use of pyrite used as jewelry was during Incan rule in South America from about 1100 to 1500. Pyrite jewelry has been found in several burial sites across Peru. The Incas may have also used Marcasite on large surfaces for different rituals and customs. Pyrite was also thought to be a favorite stone of the ancient Greeks.

Source: Europe, the United States

Variations, Rarity and Value: It is a stone that is chemically the same as pyrite, but the two stones differ by their crystalline structures. It is a pale yellow color to almost white and has a bright metallic luster. Marcasite tarnishes to a yellowish or brownish color and gives a black streak.

How to use it: Use as appropriate. Popular for use in jewelry. Marcasite is white iron pyrite that is very breakable, so it is used in small pinpoints to help add sparkle to items of jewelry.



Metamorphosis Quartz Meaning and Spiritual Properties

Metamorphosis Quartz is said to be the stone of Transformation. It's only found in two mines in Minas Gerais, Brazil so to be authentic Metaphorphosis Quartz it must come with a certificate of authenticity. It looks a lot like regular Quartz but with a different energy that's more congruent with positive change.

Physical Energy Properties: Oxygenates the blood and detoxifies the system. Energizes and stimulates



the mind.

Emotional Energy Properties: Helps instill an optimistic mindset and brings positive thinking. Also

good for interrupting negative or judgemental thinking and attitudes. The best crystal to bring in when you're going through change and transformation. Also good for mental awareness.

Chakras: Connected with all of the chakras and connects and clears them all.

Astrological signs: Associated with the sign of Scorpio.

History: Metamorphosis Quartz is a type of Quartz which has been in existence for thousands of years. Metamorphosis Quartz was first found in Minas Gerais, Brazil which is still the only place it is mined.

Where it's found: Found only in Minas Gerais, Brazil.

Variations, Rarity and Value: Authentic Metamorphosis Quartz is described in the book "Love is in the Earth" by Melody and comes with her Certificate of Authenticity. According to Melody's brother Bob Jackson, this stone is obtained from one of two mines in Minas Gerais, Brazil. These special quartz crystals also contain small amounts of Barium, Copper, Nickel, Hafnium, Strontium, and Aluminum. It's similar in appearance to Girasol Opal Quartz which is from the same area in Brazil. Stones are usually about 1 to 1.5 inches

How to use it: For ongoing energy, you can carry a Metamorphosis Quartz and it will energize you as needed. Also, use this stone during times of difficult change. You can even use it to enhance intimacy and emotional connection between you and loved ones.



Meteorite Meaning and Spiritual Properties

Meteorite is a good stone for endurance. It assists with spatial conception and is useful for emigrating.



Physical Energy Properties: Iron Meteorite helps with anemia and as a strengthener for the blood and tissues, incoherence and melancholia. Use it to assist in understanding the physical body so that the body becomes one with the spirit. It offers strength and hope in the face of a long struggle or physical ailment.

Emotional Energy Properties: Meteorite helps with homesickness, incoherence and melancholy. It helps with connection with distant friends and loved ones.

Spiritual Energy Properties: Meteorite helps with contacting other worlds. Meteorites are a gift from another world, and many cultures consider them to be sacred and to have supernatural powers. Meteorite represents the energy of other worlds, and this allows for the access of special energy to the user. It can be used for balancing and aligning the energetic fields of the body.

Chakras: Crown, Base

Astrological signs: All

History: Meteorite rocks come from space, and they are commonly 4.5 billion years to 13 billion years old. The stones come from other planets such as Mars and the Moon, the asteroid belt, the heads of comets, and debris from the Big Bang.

Source: Argentina, China, Namibia, Russia

Variations, Rarity and Value: Meteorite are composed of minerals that are also found on earth, with the difference being that unlike earth minerals, minerals from space don't have any air gaps between the molecules. The reason for this is that they are formed in the vacuum of space. They come in three classes to include iron, achondrites and chondrites. Meteorites are usually black or brown, and can also be silver when polished.

How to use it: Meteorite is a good stone for meditation. Do not use achondrites and chondrites for elixirs. Use in crystal body layouts or energy grids; it will stimulate the third-eye and crown chakras preparing one for inner vision and spiritual awakening.



Moldavite Meaning and Spiritual Properties

A fascinating stone with an interesting origin and story. A green Tektite, Moldavite looks similar to green glass. It's exceptionally beautiful when light shines through it.



Physical Energy Properties: Provides a general sense of wellbeing to the body and makes you aware of the root cause of an illness or disease.

Emotional Energy Properties: A stone that assists in raising spiritual awareness and uncovering hidden emotions. An excellent stone for those who are very sensitive and helps to process deep or heavy feelings and trauma. Brings you solutions to your problems

and makes you more aware of how to navigate personal issues. Shows you your spiritual purpose and connects you with your higher self, spirit guides and extraterrestrial energy.

Chakras: Connected with the Third Eye chakra and the Heart chakra.

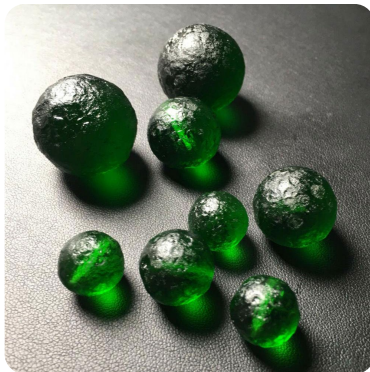
Astrological signs: Related to all astrological signs.

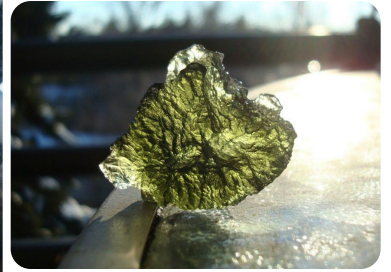
History: Moldavite has been collected in Czechoslovakia since the mid 18th century and were highly valued. Moldavite is roughly around 14 million years old and was formed by the impact of a meteorite hitting the Earth in 1787 at the Moldau River in Czechoslovakia. The compressed air melted the Earth's surface in front of the meteorite, and then upon impact, the explosion caused tektites to form in a vacuum type bubble which created the glass-like pieces of the comet. All of these pieces were strewn around and ended up landing in different places.

Where it's found: All moldavite comes from the Czech Republic which is where the comet hit millions of years ago.

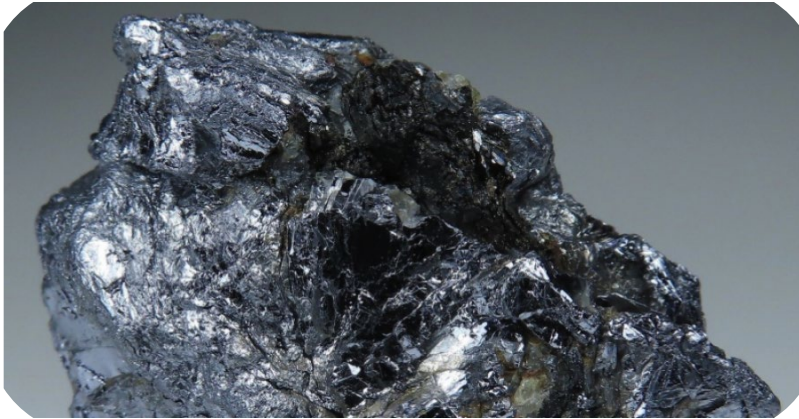
Variations, Rarity and Value: Moldavite is transparent to translucent and is usually olive or a glass bottle green. It's a tektite, and all tektites are natural glasses created by melted silica sand through the impact of a meteorite. Iron is what gives it its green colour, and there are often bumps all over the pieces too. Since it is only found in one area, Moldavite is very rare which is why it tends to be expensive. A small piece less than 1 inch in size costs around \$20 or more depending on the quality. Many moldavite pieces are cut while most are left in their natural form to preserve the history behind this incredible stone.

How to use it: Can be used in meditation to access past lives or placed beside your bed as you sleep to gain spiritual wisdom. Also helpful for connecting with your intuition and universal knowledge. Works to amplify the energy of other crystals and gemstones.





Molybdenite Meaning and Spiritual Properties



Molybdenite helps smooth the way to self-realization, by encouraging self-reflection and stimulating the creative thought process. It gives clarity and direction to creative thoughts, so your ideas become relatively easy to manifest.

Physical Energy Properties: Molybdenite brings lubrication for the body, mind and spirit. It is good for the joints, synovial fluid and other fluids in the body, blood, lymph, kidneys and bladder. It helps to reduce fluid retention.

Emotional Energy Properties: Molybdenite gives confidence, reduces anxiety and friction. It

encourages you to let go of old beliefs and thoughts that are no longer working for you. It helps you to stop repeating behavior or patterns and try new things. It is good for art, creativity, and writing. It is an excellent crystal for stimulating the intellect.

Chakras: Sacral

Astrological signs: Scorpio

History: Molybdenite comes from the Greek word molybdos, which means lead and alludes to its resemblance to metallic lead. It was discovered by Carl Wilhelm Scheele in 1778.

Source: Australia, China, Germany, Mexico, Norway, United States.

Variations, Rarity and Value: Molybdenite is a blueish silver hexagonal crystal. Very soft metallic stone in black, lead grey, or grey. It has been found on rare occasion in some meteorites. It is commonly found metamorphosed in limestone, granites, fine-grained igneous rock and in high-temperature

hydrothermal vein deposits.

How to use it: Use Molybdenite in meditation to receive inspiration.

Mookaite Meaning and Spiritual Properties

Mookaite is a stone that offers grounding, and



protective energies. It encourages your sense of adventure and pushes you out of your comfort zone. It provides a balance between inner and outer experiences.

Physical Energy Properties: Mookaite is a physically stabilizing stone with an energy that strengthens the immune system, helps with wounds, helps with blood purification. A good stone for weight loss, and balance of the thyroid gland and stomach. It helps hernias and water retention. Mookaite is a highly restorative stone that can help in restoring tissues

and also prevent the deterioration of the internal organs.

Emotional Energy Properties: It gives both a desire for new experiences and a calm to face them. This stone is good for people who are making decisions and seeking creativity and new perceptions. It helps those who are dealing with children and loneliness. It gives general protection and also helps with communication. It helps with fear and depression.

Spiritual Energy Properties: Mookaite is good for dreams, self-esteem, grounding, and moving forward in life. Mookaite is the stone of the here and now, making you appreciate what has past, enjoy the present, and to look forward to the future.

Chakras: Use at Base chakra.

Astrological signs: Leo

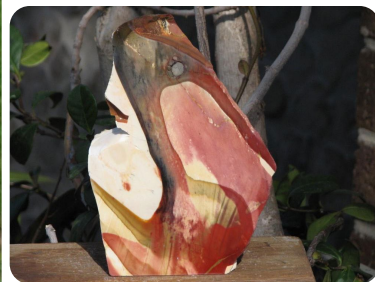
History: Mookaite, a stone also known as Mookaite Jasper, is found in Western Australia. Found in the Kennedy Ranges near Mooka Creek for which the stone is named. In the traditional Aboriginal language, mooka means running waters.

Source: Australia

Variations, Rarity and Value: A patterned red and cream variety of Jasper. Also called Australian Jasper. Found in a variety of vibrant, earthy colors.

How to use it: Use Mookaite for meditation. Wear or carry to help keep you safe from harm. Put Mookaite under your pillow when you sleep for energy balance or speed up recovery. Placing under your pillow will also help to give a good nights sleep making you feel well rested and refreshed the next day.





Moonstone Meaning and Spiritual Properties



Moonstone is a beautiful luminescent stone with a glow that is similar to the moon in the night's sky. It's a type of feldspar which is an abundant rock-forming mineral.

Physical Energy Properties: Moonstone is very connected with the female reproductive system and the menstrual cycle which is often referred to as the moon cycle. Excellent for conception, pregnancy, birth and breastfeeding. It's also been used throughout history to make an elixir to prevent sleepwalking. Helps in digestion and is great for the circulation and skin.

Emotional Energy Properties: Soothes your emotions, improves emotional intelligence and promotes deep empathy. It can also be used to help break negative beliefs and patterns so that the true essence of who you are can shine through. Great for new beginnings and being connected with your intuition. Keeps you in balance through life's changes.

Chakras: Connected to the Sacral Chakra which is related to the emotions and reproductive organs.

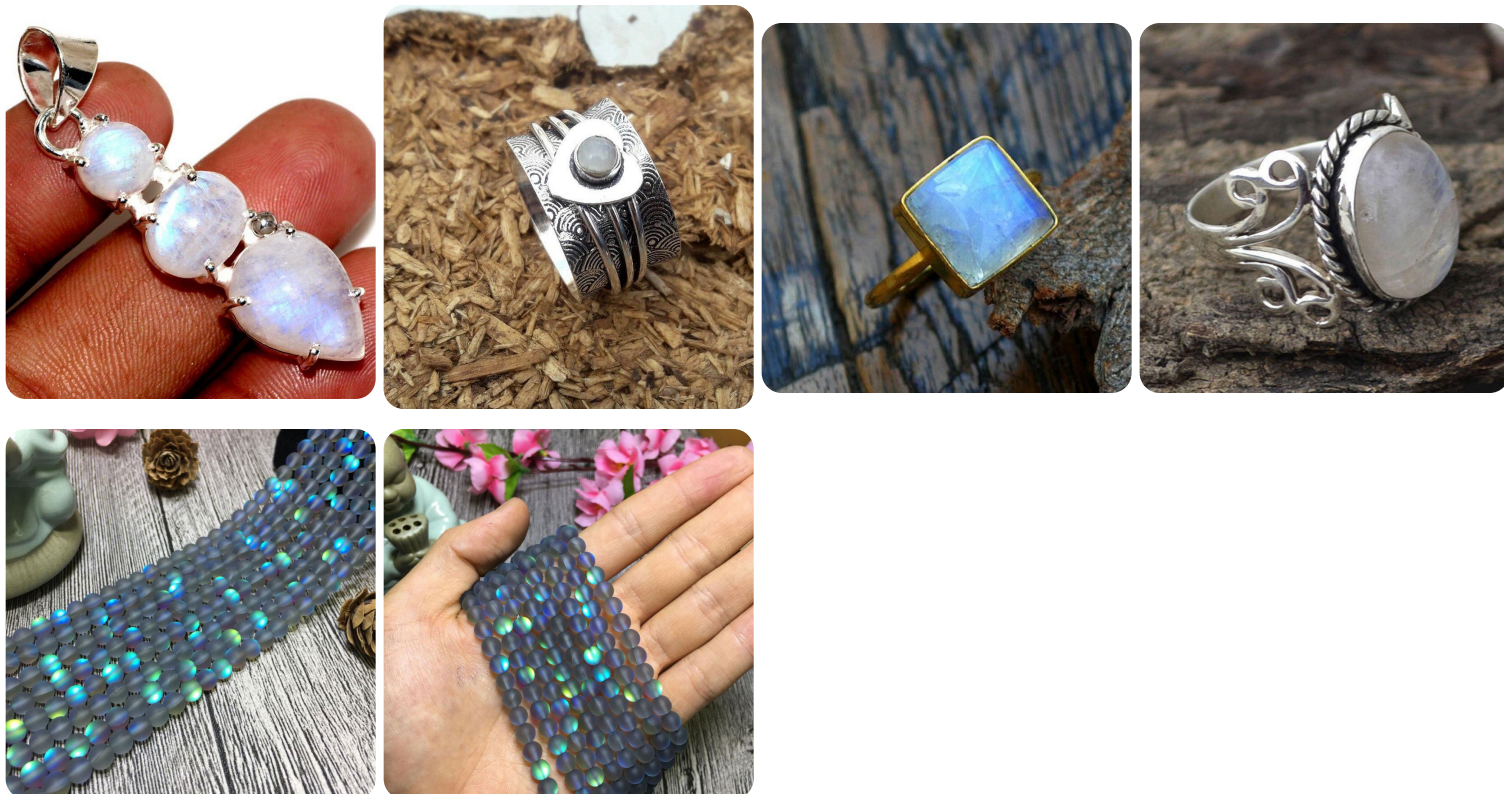
Astrological signs: Related to Scorpio, Libra and Cancer.

History: In ancient Rome, moonstone was believed to be solidified moonbeams and it was also thought that within the stone Diana, the goddess of the moon, could be seen. Moonstone was a very popular stone for jewelry and it was thought to bestow love on the wearer. It's also known in India as a lovers stone given as a traditional wedding gift. Moonstone is also the Traveler's Stone that protects travellers on their journeys.

Where it's found: Moonstone is mainly found in India, Australia and Sri Lanka.

Variations, Rarity and Value: Moonstone is prized for the appearance of an optical phenomenon known as adularescence which is what creates the moonlit sheen. The more transparent and blue in the stone, the higher in value it will be. Many of these stones are being passed from dealer to dealer which increases the price even more.

How to use it: Wear on the hands in a ring or place on the body where balance is needed.



Morganite Meaning and Spiritual Properties



The pink coloured variety of Beryl and one of the transparent varieties that has been used as a valuable gemstone. Although Emerald and Aquamarine are the most valuable types of Beryl.

Physical Energy Properties: Beneficial for relieving symptoms of asthma, tuberculosis and emphysema. Morganite is also good for the circulatory system and the oxygenation of blood. Also good for the lungs and vertigo.

Emotional Energy Properties: Morganite attracts longterm love and brings loving thoughts. Eases stress in a stressful life and helps to express

emotions. It also helps you see your unmet needs and where you can be kinder to yourself. Helps with self-love and acceptance of self. Keeps the emotional aspect of self safe while psychological changes take place.

Chakras: Related to the Heart chakra including self-love and love in relationships as well as processing grief.

Astrological signs: Associated with Libra.

History: Morganite was very first found in Madagascar in 1910. It was named after American financier and philanthropist J.P. Morgan by the New York Academy of Sciences. The most significant piece of morganite was found on October 7th, 1989 in the Bennet Quarry of Buckfield, Maine. It was pinkish orange and measured 23 cm long and 30 cm across and weighed in at 50 pounds. They named this particular piece of morganite 'The Rose of Maine.'

Where it's found: Morganite has been found all around the world in places like California, Madagascar, Brazil,

Mozambique, Namibia, Pakistan and Afghanistan.

Variations, Rarity and Value: Morganite is a rare form of beryl that is pink in colour. All beryl gemstones are beryllium aluminum silicates, and their different colours are caused by various trace elements. Emerald is green because of the chromium and vanadium in the stone, aquamarine blue because of the traces of iron. Morganite gets its pink or peach colour from manganese, but it also contains cesium and lithium too. Morganite is a hard gem, with a rating of 7.5 to 8.0 on the Mohs hardness scale. It tends to have fewer inclusions than emerald and clean pieces are typical. Medium pink stones with high clarity that are custom cut are the most valuable.

How to use it: Wear in jewelry to receive the energy balancing benefits. Also, a beautiful jewel to gift to a loved one.



Muscovite Meaning and Spiritual Properties

Muscovite is a good stone for problem-solving, thought and major life decisions. It can be helpful if you are worried about how life situations will impact yourself and those who rely on you.

Physical Energy Properties: Muscovite helps allergies, dehydration, diabetes, hunger, insomnia and mononucleosis. It balances sleep patterns. It



helps to control blood sugar, alleviate dehydration, and prevent hunger when fasting. It aids in problem-solving and stimulates quick-wittedness. It releases tension in the physical body and aligns the subtle bodies and meridians in the body which helps to

bring more balance.

Emotional Energy Properties: Muscovite helps anger, excess nervous energy, insecurity, past issues, painful emotions, self-doubt and tantrums. It is good for emotional expression and mediation. It aids in changing the image presented to the world.

Spiritual Energy Properties: Muscovite is good for meditation and shamanic visions. It helps you to access your higher self and listen to your intuition. It is a mystical stone that has a strong angelic contact and stimulates awareness of the higher self. When used in scrying, it links to the highest spiritual realms. It stimulates the heart chakra, facilitates astral travel and helps with psychic vision.

Chakras: Heart

Astrological signs: Aquarius, Leo

History: Muscovite gets its name from Muscovy-glass, which was given to the stone in Elizabethan England because of its use in medieval Russia as a cheaper alternative to the glass used in windows.

Source: Austria, Brazil, Czech Republic, New Mexico, Switzerland and the United States.

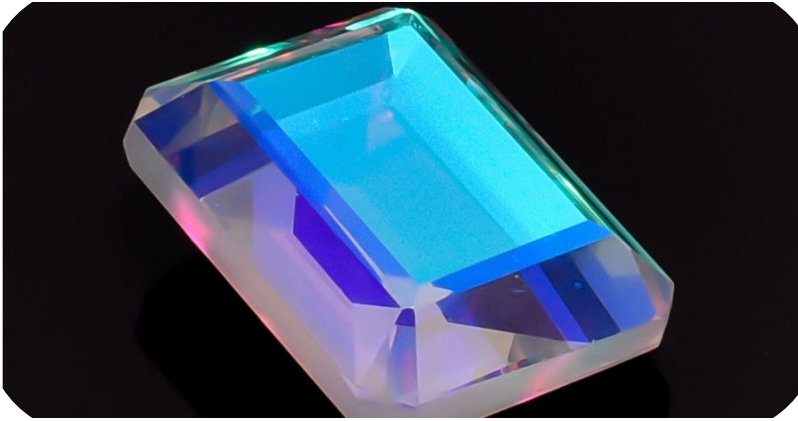
Variations, Rarity and Value: Muscovite is the most common form of mica. A variety of pearl-like Mica in layered plates, masses, scales and other crystalline forms. Colors can include brown, green, grey, red, pink, violet, white or yellow.

How to use it: Carry or hold Muscovite. Stroke over the skin.



Mystic Quartz Meaning and Spiritual Properties

Mystic Quartz is just as magical looking as it sounds. It's regular quartz crystal that has been treated with titanium to give it a beautiful iridescent colour and sheen. It's a lot like Titanium Quartz, but Mystic



Quartz is used as a gemstone more often.

Physical Energy Properties: Because Quartz crystals are known to be very balancing and purifying, Mystic Quartz is no different. This crystal can be used to soothe those with illness in the body. It stabilizes and balances all body systems.

Emotional Energy Properties: Reduces and rids you of negativity to fill the space and mind with

positivity. A great support for times when you are feeling alone in your experiences. This stone also helps to balance any energy.

Chakras: Mystic Quartz is associated with the Crown Chakra and higher consciousness.

Astrological signs: Associated with all astrological signs.

History: Even though quartz has been around for thousands of years this Mystic Quartz has only been around since the late 90s. The titanium treatment wasn't developed until more recently which is why it's a fairly new stone still.

Where it's found: Quartz stones can be found all over the world and the treatment can be done pretty much anywhere too.

Variations, Rarity and Value: With a name like Mystic Quartz, you know that this is a pretty outstanding stone. It's been coated using Titanium and then heat treated to give it mystical colours and iridescence. It needs to be taken care of really well though as the coating can chip off over time. It can come in a darker iridescence or a lighter, more pastel one. Lately it's been a popular stone to see in rings and earrings. The stone has the hardness of 7 on the Mohs hardness scale. It's also used in making radio, watches, circuit boards and chips making Quartz as valuable as a diamond in some ways.

How to use it: Use Mystic Quartz to balance your energy and to uplift your mood. Wear it in jewelry or keep a piece close to you. Use this stone just as you would use regular clear Quartz.



Nephrite Meaning and Spiritual Properties

Nephrite is a type of Jade with Actinolite in it also called Greenstone. It's green just like Jade can be, but it can also be pink, black, blue, or cream.



Nephrite was the first to be used to make ornaments in ancient times and it's also the most affordable type of Jade.

Physical Energy Properties: Helps relieve bacterial and viral infections. Boosts the immune system and the adrenal glands. Also good for the effects that stress has on the body. This is a good stone to have on hand to prevent illnesses.

Emotional Energy Properties: Instills a sense of stillness and quiet in the mind and heart. Allows you to appreciate life and express gratitude. Also a great stone for protection and remembering to practice good boundaries. It can even help you see what you have the potential to do in your life.

Chakras: Connected to the Heart chakra.

Astrological signs: Related to Libra.

History: Nephrite was used throughout history for weapons, and then later for carvings and special ornaments. It's known as the oldest and true Chinese jade. Nephrite and Jadeite were once considered the same, and while they do look similar and have similar properties there are slight differences between the two which were noted in 1863. Jadeite is harder than Nephrite and it also comes in pretty much every colour while Nephrite only comes in several different colours. Nephrite is older than Jadeite though which means that any Chinese carving that's older than 230 years old is Nephrite because Jadeite wasn't known until 1740. Back then, Nephrite was known as Yu stone, or the Stone of Heaven and people were often buried with six specific nephrite jade figures which would ensure their soul's passage to heaven. It's not only popular to Chinese culture, it's also been a part of Russian history, Indigenous North American history, and the history of the Maori from New Zealand.

Where it's found: Nephrite Jade first came from the Kunlun Mountains of northwest China, from 5000 BC to the 1700's and it continues to be sourced there as well as in the United States and in Canada.

Variations, Rarity and Value: Nephrite is a form of amphibole a fibrous rock. The interlocking crystals that make up Nephrite makes it even stronger than steel. This also makes it one of the strongest natural stones. It's not able to be carved by chiselling but has to be ground down. Nephrite can be white to yellow, green, brown, or black. The colour is changed due to magnesium content and will be lighter if there is a high concentration of magnesium.

How to use it: Keep this stone with you for protection and to help restore balance in your self and your emotions.



Obsidian Meanings and Spiritual Properties



Obsidian is molten lava that has cooled so quickly that it didn't have time to crystallize. Because of this, the stone works extremely fast and with great power. It is a stone without boundaries or limitations. This volcanic glass is a grounding and protecting stone, that brings wisdom. It is good for learning. It a truth enhancing stone that has reflective qualities that are unforgiving at exposing blockages, flaws, and weaknesses. Nothing can be hidden from the Obsidian stone. Obsidian is good for people who are sensitive, suffer social anxiety, and who are empathic. It is a grounding stone that helps to absorb any negative energy around you.

Physical Energy Properties: It is good for digestion, and nausea. It detoxifies and dissolves blockages and tensions in the body. It helps with arthritis, cramps, joint problems and injuries. Use Obsidian as an elixir to help with shock. It helps to alleviate pain and stops bleeding. It is a stone that helps you recognize the cause of disease.

Emotional Energy Properties: Obsidian is a grounding stone that impels you to grow and will offer its support when you choose to do so. It helps subconscious blockages and self-defeating patterns. It helps you to recognize your dark side. It is a stone that needs to be carefully handled, and it is best used with the guidance of a qualified therapist as the stone can bring about negative emotions and unpleasant truths. It is a protective stone that helps to guard against negativity. It is a good stone for highly sensitive people.

Spiritual Energy Properties: Obsidian provides deep soul balancing and can help facilitate going back into past lives to heal any trauma or festering emotions that may have carried forward into your present life. It helps block a psychic attack and removes negative spiritual influences. It acts as a mirror of the soul and lets you take a good long look at yourself and be able to smile at yourself. It vitalizes your soul's purpose. The stone eliminates blockages and helps to relieve tension. It helps to anchor the spirit into the body.

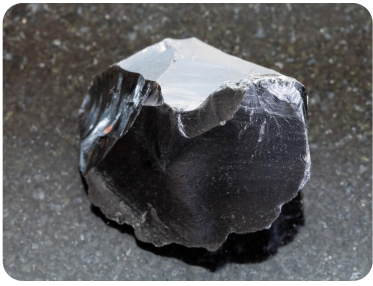
Chakras: Base

Astrological signs: Aries, Capricorn, Sagittarius and Scorpio.

Source: Mexico and the United States.

Variations, Rarity and Value: Black, brown, brown/black, blue, green, gold-sheen, mahogany, rainbow, red/black, silver, black and white snowflake patterns, translucent black and brown nodules (Apache Tears). Obsidian stone that is natural and uncut is very reflective with sharp edges and very smooth.

How to use it: A large piece of Obsidian can help block geopathic stress or soak up any environmental pollution. Place under the bed or pillow to draw out any mental stress and tension, which may help to have a calming effect. While it draws out these tensions, it can also bring up the reasons for the stress, which must be confronted before peace can return. If you aren't quite ready to deal with that stress, you might want to wait to use Obsidian until you are. This stone is so effective at soaking up any negative energies that it is important to clean the stone under running water each time you use it for this purpose. Use as a ball or as a mirror for scrying.



Okenite Meaning and Spiritual Properties



Okenite is a very interesting looking crystal that has formations that look almost like snowballs or cotton balls. It has a soft and fuzzy energy and it looks as though it would be soft when you touch it, but touching it can actually harm the crystal and break it. So it's actually very fragile.

Physical Energy Properties: Stimulates circulation in the body and increases blood flow. Also increases the milk production. Helps slow ageing and keeps a youthful appearance. Calms fever, vomiting and diarrhea.

Emotional Energy Properties: The energy of this crystal is like getting a big hug. It's a very comforting stone which soothes you and makes you feel like you're not alone. Helps with self-confidence by relieving self-doubt and also helps people to get out of denial. Brings in self-forgiveness. Clears obstacles from your journey in life.

Chakras: Connected with the Crown chakra.

Astrological signs: Related to Sagittarius and Virgo.

History: First found in 1828 in the town of Ile Disko in Greenland. It was named after German naturalist Lorenz Oken.

Where it's found: Okenite can be found in many places around the world including India, Bulla Island, New Zealand, Chile, Ireland and the Faroe Islands.

Variations, Rarity and Value: Okenite is a silicate mineral that is similar to zeolites. It's most often found in cotton ball formations within basalt geodes. It has a hardness of 4.5 - 5 on the Mohs scale of hardness. It's mainly found in clusters and isn't usually used in jewelry. Nice pieces of this stone tend to be expensive because of how rare they are to find a large piece.

How to use it: Use Okenite as you meditate and to help you see through illusions. Also useful for exploring Karmic cycles and understanding patterns so you can break habits or patterns.



Onyx Meaning and Spiritual Properties



A stone that gives strength and courage, onyx is also a deep and dark stone with many colour variations including black, grey, white, orange, red, yellow and brown.

Physical Energy Properties: Great for bones, teeth, bone marrow and blood disorders. Also helpful for the feet.

Emotional Energy Properties: Onyx is a grounding stone that helps you take control of yourself and your life. Assists in taking charge in situations so you can determine what is best for you or not. Provides support under challenging conditions and clears up

confusion so you can see things with clarity. Brings in stability and strength.

Chakras: This grounding stone connects with the Root chakra and feeling grounded to the earth.

Astrological signs: Related to Leo and it's fiery yet stable and robust energy.

History: The name Onyx comes from the Greek word onyx meaning the nail of a finger or a claw. Legend has it that while Greek goddess Venus was sleeping Eros or Cupid would trim her fingernails which they later turned into onyx so she would live on forever in the stone.

Where it's found: Onyx is mainly mined in Brazil, California, India and Uruguay.

Variations, Rarity and Value: Usually black, it can also have bands of white, brown, grey, yellow or orange with light shades of blue. Onyx that is reddish brown with bands is called sardonyx. Onyx comes in at 6.5 on the Mohs scale making it an excellent stone for carving and jewelry. Most of the black onyx today is treated or dyed to intensify the colour.

How to use it: Wear onyx on the left side of the body or around the neck.

Opal Meaning and Spiritual Properties



A gorgeous stone with an iridescent tone caused by diffraction of light within the stone itself. It's a very delicate stone that is associated with passion and love. Opal comes from the Sanskrit word Upala, which means precious stone as well as the Greek word Opallios which means a change in colour.

Physical Energy Properties: Known to be helpful for those with Parkinson's disease. It can also be great for better vision and eyes. Opal has also been said to help with memory and cognition. It can even be great for detoxification.

Emotional Energy Properties: Opal will help you

discover your true potential and your purpose in life. It shows you how to identify your feelings, how to acknowledge and accept them. It's also said to bring loyalty in the form of being loyal and attracting other loyal people.

Chakras: Associated with the Heart chakra, the Throat chakra and the Crown chakra which connects with your heart center, speaking your truth and getting guidance from the universe.

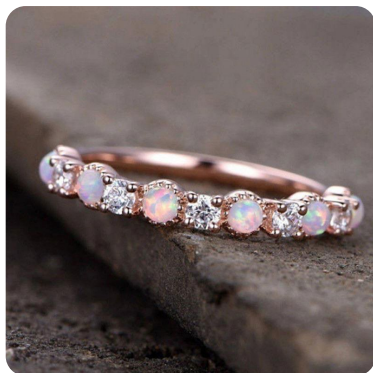
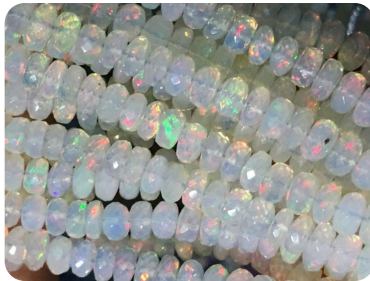
Astrological signs: Connected with Pisces, Scorpio, Cancer and Libra

History: The oldest opal to be uncovered came from around 4000 B.C from Ethiopia. In ancient Hungary, they mined opal to sell to Europe and the Middle East. It was also mined throughout history in Mexico, Peru, and Honduras. Ancient Rome was the first civilization to buy and sell opal and the wealthy loved collecting these beautiful stones amongst others. In the Middle Ages, it was known as the eye stone and was thought to bring good eyesight and help with eye issues.

Where it's found: Australia has more than 90% of the global output of opal. Opal can still be found in Canada, United States, Zambia, Ethiopia, Guatemala, Poland, Peru, New Zealand, Indonesia, Mexico and Brazil.

Variations, Rarity and Value: Darker coloured opals are more valuable than white opals and a black can be worth as much as \$15,000 a carat in Australian Dollars.

How to use it: Place on the heart or wherever needed. Beautiful and powerful in jewelry.



Opalite (Merlinite) Meaning and Spiritual Properties

Opalite (Merlinite) is an intuitive, magical, and spiritual stone that's great for meditation and connecting to the spiritual realm. Its energy grabs you and helps to pull your energy down toward the earth's core, so you can stay focused to overcome distractions.



Physical Energy Properties: Opalite is good for survival instincts and sexual energy. Its energy is helpful in addressing illnesses and conditions that are related to the heart and the intestines. It can also give relief to headaches, stabilize the nervous system and is especially helpful with the circulatory and

respiratory systems.

Emotional Energy Properties: Opalite is calming and helps to develop patience. It helps you to realize that your desires don't always match your needs, but that the universe will provide you with the people, experiences, and lessons you need.

Spiritual Energy Properties: Opalite is a magical stone that is good for all psychic abilities, flow, magic, yin/yang balance and accessing Akashic Records. It holds the imprint of the combined knowledge of alchemists, shamans, and other workers of magic. It attracts teachers, visitors and other clear messages into your dreams and meditations, making it an excellent stone for intuitive learning and connecting with higher consciousness. It forces you to recall memories and patterns that you have kept hidden.

Chakras: Brow **Astrological signs:** Pisces

History: Opalite (Merlinite) is named after the wizard Merlin because of its ability to attract magical and mystical experiences to anyone who wears it.

Source: India, New Mexico in the United States

Variations, Rarity and Value: Black and white moss opal. Two distinct opaque colors, usually small. Its black colors can vary in shade from deep grey to bluish black colors. Becoming more readily available.

How to use it: Wear Opalite around the neck or place the stone behind the ear to help access past lives.



Orange Calcite Meaning and Spiritual Properties

Orange Calcite is an energizing stone that helps to get positive energy moving throughout the body, especially for creativity and sexuality. It brings inspiration and vitality.

Physical Energy Properties: Orange Calcite helps the



reproductive system, intestinal disorders, gallbladder and removes mucus from the system.

Emotional Energy Properties: Orange Calcite brings calm, removes fear, overcomes depression and helps to balance emotions and energy. It helps with aggression and belligerence. It helps to dissolve problems and maximize potential. It is a highly

cleansing and energizing stone, especially when used for the lower chakras. Orange Calcite will stimulate your mind so that you will remain focused and creative.

Spiritual Energy Properties: It will help enhance your intuition and psychic abilities. Orange Calcite will heighten your mental abilities and boost your memory.

Chakras: Sacral. It is an energizing stone, best used on the sacral chakra when you need a boost of energy or something that will help calm your temperament.

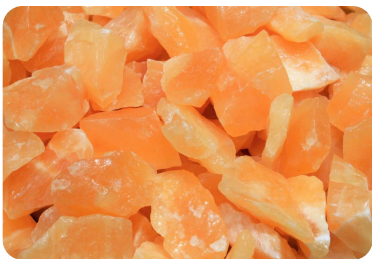
Astrological signs: Leo

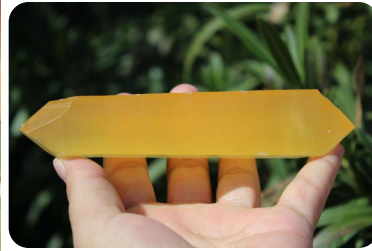
History: The name Calcite comes from the Greek word chalix, meaning lime. The best Orange-Calcite come from Mexico.

Source: Mexico

Variations, Rarity and Value: Orange Calcite is translucent and waxy, and often banded. It is bright to pale orange in rock masses. It is an abundant mineral made up of calcium carbonate formed in many geological environments. It is one of the easiest stones to make into jewelry and other gemstone decorations.

How to use it: Carry Orange Calcite with you whenever embarking on a new journey or endeavor. Hold a piece of Orange Calcite in your hands when you are feeling depressed, disillusioned or unsure. Place a piece under your pillow to help ward off nightmares and prevent night terrors.





Orbicular Jasper Meaning and Spiritual Properties



Orbicular Jasper also known as Ocean Jasper is a great crystal for lifting your spirits, calming the body, mind and spirit and allowing you to find happiness and create a constant state of bliss. It is also a good stone for patience and responsibility.

Physical Energy Properties: Orbicular Jasper is good for digestion, detoxing and the prevention of disease. It is highly restorative when it comes to the internal organ tissues. It is helpful in draining the lymphatic system and will help in the body's absorption of vitamins and minerals. It can help to balance iodine and sodium levels and may help to relieve water

retention and maximize the benefits of hydrotherapy and salt baths.

Emotional Energy Properties: Orbicular Jasper has balancing properties that are excellent for soothing past sorrows. It will give you the strength to forget your mistakes and the wisdom to remember the lesson. This stone teaches compassion, reminding you that when you light a lamp for someone, it also helps to brighten your own path. It helps emotional stress. It is a stone that supports service, instills patience and assists in accepting responsibility. Because of the stone's close connections to nature and the beautiful inclusions that give Orbicular Jasper its calming appearance, it can help to support you in your interactions with the world.

Chakras: Heart

Astrological signs: Capricorn

Source: Madagascar

Variations, Rarity and Value: A green, brown and cream variety of opaque Chalcedony. The stone is characterized by its small circular patterns. Rare.

How to use it: Use Orbicular Jasper for meditation and circular breathing. Place a piece in your home or workplace to ensure a smooth flow of energy and a high level of productivity. Orbicular Jasper is a popular stone for use in jewelry and wearing it every day will help to lift your spirits and change your mood for the better.



Orpiment Meaning and Spiritual Properties



Orpiment is a protective stone. It stimulates intellect and understanding of both the self and others. It stimulates growth and provides insights into what needs to be done.

Physical Energy Properties: Orpiment helps speed up recovery from disease and injury.

Emotional Energy Properties: Orpiment promotes the development of ideas, innocence, intimacy, investigations, and purity. It helps to aid in understanding and removing mental blocks.

Spiritual Energy Properties: Orpiment promotes

dreams and dream recall.

Chakras: Solar Plexus

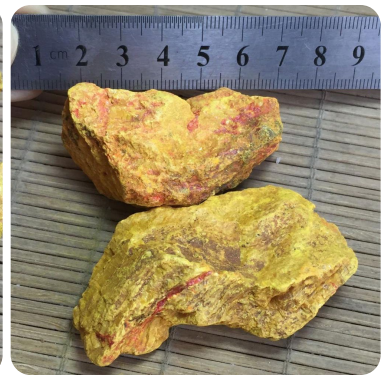
Astrological signs: Leo

History: Orpiment has been known since antiquity when it was used as a yellow-orange pigment. It gets its name from the Latin auripigmentum, which means gold colored. Until the early 20th century, the stone was widely used in medicine as a purgative and to help treat infections.

Source: Worldwide. Especially Australia, Canada, China, Czech Republic, Hungary, Italy, Japan, Mexico, Peru, Russia, United States.

Variations, Rarity and Value: Orpiment is an orange-yellow to lemon yellow botryoidal or reniform mineral. It can be found in foliated columnar form or as granular powders, fibrous aggregates and rarely as prismatic crystals. It is an arsenic sulphide mineral which forms in low-temperature hydrothermal veins and volcanic hot springs.

How to use it: Do not use Orpiment as an elixir. Wash hands after handling the stone. Do not smell, sniff or lick. Do not ingest. It is photosensitive and should be kept from direct sunlight and stored in dry light-proof containers.



Pearl Meaning and Spiritual Properties



Pearl helps to focus the mind and bring about wisdom. It is good for chastity and purity. Pearl assists in calming and centering, along with nurturing your faith, integrity, loyalty, and purity.

Physical Energy Properties: Pearls are good for childbirth, fertility, digestion, and feminine sexuality and qualities. They help to combat bloating. Pearls have been used throughout history to help treat muscular systems, the digestive tract, and skin. Pearls have specific frequencies of energy vibrations that can help to rebalance deficiencies in the human body when they are worn.

Emotional Energy Properties: Pearl is good for emotional control. It helps anti-social behavior and irritability. Pearls are strong symbols of femininity, helping women to connect with their inner goddesses and obtain the ultimate feminine energy.

Chakras: Sacral

Astrological signs: Gemini, Cancer

History: The pearl is the oldest known gem in existence. For hundreds of years, the pearl has been considered one of the most valuable gems. According to ancient records, the oldest pearl was worn by a Persian queen in 4300 BC. Unlike all of the other gemstones, pearls and pearl jewelry originate from organic matter that comes from a living creature to include oysters and mollusks.

Sources: Japan and China

Variations, Rarity and Value: Pearls are round stones that are formed inside of oyster shells. They may be white, grey, black, pinkish or yellowish.

How to use it: Pearl is a popular addition to jewelry to include necklaces and rings. Pearl powder is held to be one of the top herbal tonics for beauty. It has been used in Asia for centuries to prevent the development of melanin, which is what causes dark skin pigmentation due to age and sun exposure.



Peridot Meaning and Spiritual Properties



Also known as chrysolite or olivine, Peridot is a prismatic crystal that is most commonly green but can also be brown, yellow or red.

Physical Energy Properties: Peridot assists a lot of organs in the body including the spleen, heart, lungs, thymus, gallbladder, pancreas, liver, intestines, and the stomach. It can help with ulcers and irritable bowel syndrome as well as Crohn's disease and detoxification. Can also assist in childbirth and detoxing.

Emotional Energy Properties: Helps lessen sadness, depression, jealousy, anger, and laziness. Also helps

reduce feelings of guilt and burdens. Assists in learning how to be your primary source of validation instead of seeking validation externally. Helps move forward and releases negative self-sabotaging behaviours. Shows you how to take responsibility for your life and learn from your mistakes.

Chakras: Like many green crystals and gemstones Peridot is associated with the Heart chakra. It's also helpful to the Solar Plexus chakra and letting go of the past.

Astrological signs: Connected with Virgo, Leo, Sagittarius and Scorpio.

History: Peridot is actually one of the oldest known gemstones going back as far as 1500 BC. It has roots in Ancient Egypt, and it's even believed by some that what were thought to be emeralds belonging to Cleopatra were actually peridot gemstones. Found on Topazos Island, it was also first called Topaz before Topaz gemstones were even discovered. Peridot has been mined there for over 3,500 years.

Where it's found: First found on Topazos Island which is now known as Zabargad or St. John's Island, which is located in the Egyptian Red Sea. Now peridot is mined in Russia, Sri Lanka, Afghanistan, Brazil, Pakistan and the United States.

Variations, Rarity and Value: While many gemstones are formed within the Earth's crust, peridot is formed more buried within the Earth in the mantle. The only other gem that is created this deep is the Diamond, in fact, Diamonds are formed even deeper. Peridot is made in magma that is 20 to 55 miles deep and then it's brought up to the surface of the

Earth because of active volcanoes or tectonic shifts.

How to use it: Place Peridot on the area of your body over the organ or area that needs balancing energy. Wear it in jewelry especially over the throat and the heart or on the fingers.



Petalite Meaning and Spiritual Properties



Petalite gives courage to convictions. It combats clumsiness. It is considered a stone of the New Age and sometimes called the Angel Stone because it enhances angelic connection.

Physical Energy Properties: Petalite is good for the eyelids, eyebrows, cells, lungs, intestines, muscle and joint flexibility. The stone aids detox. It helps cancer, chronic fatigue syndrome, immunodeficiency syndrome (AIDS), myalgic encephalomyelitis (ME) and tumors.

Emotional Energy Properties: Petalite brings peace of mind. Pink Pedalite strengthens the emotional

body, and releases fear and worry. Clear Petalite removes negative energies.

Spiritual Energy Properties: Petalite has a high, pure vibration that opens to cosmic consciousness. It is a protective stone that enhances meditation and attunement and aids in spiritual purification. It is a shamanic stone, useful for vision quests and provides a safe environment for spiritual contact. It calms the aura and opens the higher crown and the throat chakras.

Chakras: Crown

Astrological signs: Leo

Source: Brazil, Madagascar

Variations, Rarity and Value: Petalite occurs in clear, white, pink, grey, green/white and red/white masses. Quartz-like, striated, usually small, slightly iridescent.

How to use it: Wear Petalite in jewelry or place the stone as appropriate, especially the third eye. When carried or worn on the body it energizes and activates all of the energy centers at every level. It energizes and enhances the environment that it is placed. It is a good stone for meditation. Use as an elixir to help release negative karma and clear entities from the aura or the mental body.

Petrified Wood Meaning and Spiritual Properties



Petrified Wood is good for longevity and mental balance. It helps to combat pollution.

Physical Energy Properties: Petrified Wood helps allergies, arthritis, hayfever and infection. It benefits arterial sclerosis, arthritis, blood clots, and rheumatism. It will support your general physical stability and balance. It offers strength and support to your body and helps with skeletal and spine issues. Petrified Wood is also helpful when it comes to the maladies of the skin, muscle tissues, and circulatory system.

Emotional Energy Properties: Petrified Wood helps to soothe the emotions, and relieve stress. It is good for grounding. It reminds you to respect and care for the environment, find ways to live in simplicity and harmony with the spirit of the earth.

Spiritual Energy Properties: Petrified Wood helps to access past lives. It works with the root and third eye chakra to give you positive energies for both your physical and emotional problems. Its ancient energies help lead to enhanced past life work. It will allow you to have the patience to evolve at a steady rate spiritually. It teaches you to be patient and helps you understand how to let life evolve in perfection.

Chakras: Base

Astrological signs: Leo

History: Petrified Wood gets its name from the Greek root petro, which means rock or stone, meaning wood turned into stone.

Source: United States

Variations, Rarity and Value: Petrified Wood comes from fossilized trees in which the organic material is replaced by one or more minerals to include agate, chalcedony or quartz (there may also be other minerals present). Colors may include brown, usually wood colors or colors of agate, chalcedony or opal.

How to use it: Athletes are advised to bring along a piece of Petrified Wood with them and use it for crystal grid layouts. It is helpful for meditation, taking you back to a time when your spirit was protected by nature.



Phantom Quartz Meaning and Spiritual Properties



Phantom Quartz is a crystal that occurs when the growth of the crystal is interrupted. The crystal then begins to grow again. Each mineral deposit appears like a ghost, or another crystal within the main crystal, showing the life story and evolution of the crystal. It symbolizes universal awareness, whose purpose is to stimulate the balancing of the planet and abilities in individuals.

Physical Energy Properties: Phantom Quartz treats hearing disorders and opens clairaudience.

Emotional Energy Properties: Helps you to see the hidden answers, making it good for emotional

cleansing and the inner self. Its balancing energies will give you clarity, inspiration, and strength. It will provide you with support and insight and help you stay grounded during high-pressure situations, and when you are experiencing chaotic energies around you.

Spiritual Energy Properties: It connects you to your spiritual guide and helps to enhance meditation. Phantom Quartz facilitates accessing the Akashic Record, helping to read past lives and recover repressed memories which help you to understand past issues. Can take you between lives state. It is an effective aura cleanser, dispelling the negative energies that linger in your auric fields.

Chakras: Heart, Crown

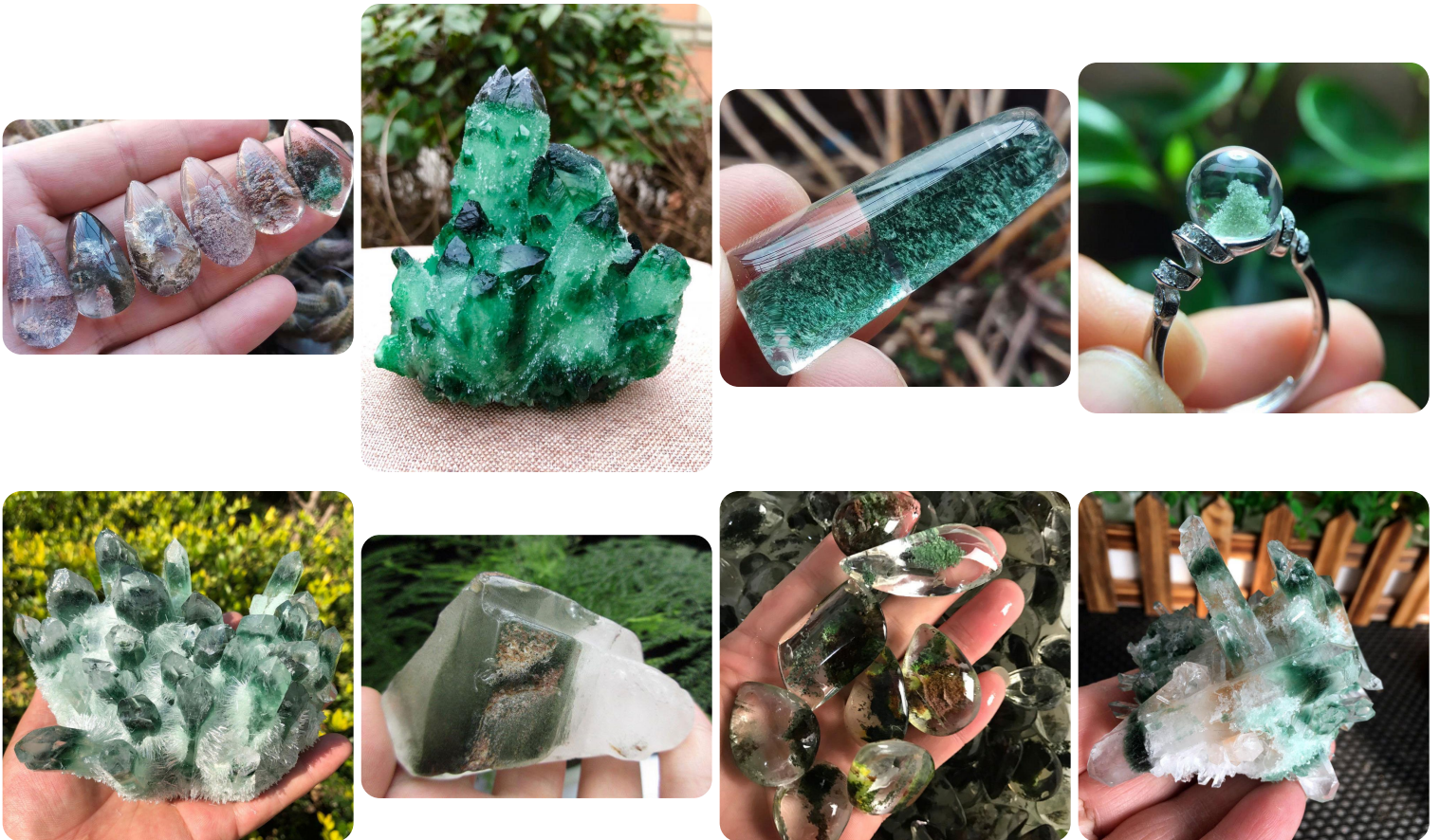
Astrological signs: All

History: Phantom Quartz is named from the particular structure of the Phantom- Crystal's crystallization.

Source: Austria, Switzerland, Brazil, Madagascar, USA

Variations, Rarity and Value: A variety of quartz with ghost-like inclusions. Small white or colored crystal encompassed within the main quartz crystal. Each phantom quartz crystal has the outlines of many other smaller crystals, which are called phantoms. Easily obtained.

How to use it: Carry Phantom Quartz close to your body, in your pocket or inside your purse. Wear Phantom Quartz jewelry to keep its energies close to your chakras. Place a piece of the crystal in your home or office to help enhance the rooms energies and to drive negative energies away.



Phenacite Meaning and Spiritual Properties

Phenacite is said to have one of the highest vibrations of any crystal. It provides integration which brings spiritual energy down to earth. It also helps you to raise your own vibration and connect with higher realms.

Physical Energy Properties: Clears energy pathways and meridians. It's a very useful crystal to use when working with brain imbalances, nerve damage and can help to improve general brain function.



Emotional Energy Properties: The energy of this stone can be quite intense and it can stir up emotions. It can also help those who are more cautious to be

more spontaneous. Great for athletes and dancers in unleashing their highest potential. Also good for cleansing energy from a space and great for meditation.

Chakras: Connects and stimulates all chakras particularly the Crown and Third Eye Chakras.

Astrological signs: Associated with Gemini.

History: First mentioned in mineral books from 1834 by N. Nordenskiöld. Since it had been compared and mistaken for other crystals it was named Phenacite after the Greek word that meant deceive. It was often thought to be clear quartz and still is sometimes. It didn't get much recognition until it sparked the interest of New Age spiritualists in the 1990s for its mystical properties.

Where it's found: Found in the United States, Brazil, Madagascar, and Russia.

Variations, Rarity and Value: Phenacite stones can be clear, pale yellow, pink, and brown. The clear is the most popular. It has a great hardness of 7.5 - 8 on the Mohs hardness scale and it makes a unique stone for jewelry. It belongs to the phenakite mineral group as the beryllium analogue which is a rare mineral that is in emerald and alexandrite. Synthesized versions of the stone have also been created in labs with a seed of willemite.

How to use it: Wear this stone to uplift your energy and to charge your aura. Use in meditation to energize your chakras and to bring in a higher awareness. You can also use this super-powered crystal in a crystal grid to work on manifestations.



Picture Jasper Meaning and Spiritual Properties

Picture Jasper deepens your connection to the Earth. It is a stone that allows you to see the bigger picture. It is full of landscape patterns that are believed to carry messages from ancient civilizations.



Physical Energy Properties: Picture Jasper is good for the immune system, kidneys and the skin.

Emotional Energy Properties: Picture Jasper is good for creative visualization. It releases fear and deep hidden grief. It brings to the surface hidden feelings of envy, guilt, hatred and love, and thoughts that are often pushed aside, whether they are from the present or past lives. It instills a sense of harmony

and proportion. It is a nurturing and protective stone that brings comfort by alleviating fear, anxiety and stress.

Spiritual Energy Properties: Picture Jasper contains a message from the past within its pictures for anyone who can read it.

Chakras: Brow

Astrological signs: Leo

History: In many cultures around the world, Picture Jasper is valued for its deep connection to the Earth.

Source: South Africa, United States

Variations, Rarity and Value: A brown or tan variety of jasper stone, with markings that look like ancient pictures.

How to use it: Picture Stone is widely used in meditation to merge with the consciousness of the Earth, and help you to connect with the Earth's joyful and grounding energies. It stimulates the root chakra, filling your body with grounding, spiritual energy. It helps to enliven and awaken your creativity and initiative, making it a great stone for overcoming writer's or artist's block. Use as a personal talisman, especially for protection and for living in the now. Carry Picture Jasper with you to inspire creativity, confidence, and luck in all business pursuits. It is believed to be especially protective during childbirth, making it a great stone for expectant mothers.





Pietersite Meaning and Spiritual Properties



Pietersite is known as the Tempest Stone because of its connection to the storm element. It signifies the storm that can rage within you, and the cleansing and the renewal that it can bring after the storm has passed. It is good for creativity and sex. It is a stone that allows you to see the beauty in everything.

Physical Energy Properties: Pietersite is good for the pituitary gland, pineal gland, other endocrine glands, digestions, blood pressure, metabolism and temperature balance. It aids growth. It helps fever and hypothermia and also helps to relieve the effect of working at a computer screen. It helps the liver,

lungs, intestines, legs and feet and helps to promote absorption of nutrients from food.

Emotional Energy Properties: Pietersite aids in creative visualization and also visualization during guided meditations. It promotes walking your truth. It is a supportive and strengthening stone that aids in speaking out and exploring anything that is blocking your access to the truth. It helps to assist in processing suppressed feeling and ancient conflicts.

Spiritual Energy Properties: Pietersite is a stone of vision and can be used for vision quests or shamanic journeys. It links the everyday consciousness to the spiritual and reminds you that you are a spiritual being having a human journey. It gives access to the Akashic records and the insights on your incarnations. It helps to stimulate the third eye and the pineal gland, helping to access intuition and promote profound precognition and spiritual visions. It can ground you to the etheric body.

Chakras: Brow

Astrological signs: Leo

History: Pietersite is a fairly recent discovery.

Source: South Africa and Namibia

Variations, Rarity and Value: Grey/blue or golden/brown often in the same stone. Easily obtained.

How to use it: Place or hold Pietersite as appropriate. Carry a piece of the stone with you when you are traveling in bad

weather, or when you want your home or office to be protected from bad weather or natural calamities. It is also a good stone to have with you when you spend time around technology, such as cell phones, computers, and tablets.



Pink Opal Meaning and Spiritual Properties



Also known as Peruvian Pink Opal, this stone is high in silica and tends to be a beautiful light or bright pink. It's a type of chalcedony found in Peru and western Australia. Other names for this stone include Andean Opal and Angelskin Opal.

Physical Energy Properties: Helps those with diabetes and hypoglycemia. Beneficial for the skin and circulation. Good for the spleen, liver, lungs, connective tissue and the heart. Also good for maintaining balanced blood sugar levels.

Emotional Energy Properties: Wonderful for self-balancing and rebirth. Also great for calming and

soothing yourself. Renews love and calls in awakening energies. Calms the mind and helps you focus. Relaxes the heart and mind so you can get a good night of rest and feel rejuvenated when you wake up.

Chakras: Associated with the Heart chakra and love.

Astrological signs: Connected with Cancer.

History: This type of opal was first found in the Andes Mountains of Peru and ancient Incan people thought it to be a

gift from Pachamama, who was the first Incan goddess representing the spirit of Mother Earth.

Where it's found: Found mainly in Peru with some specimens found in Western Australia.

Variations, Rarity and Value: Some can have druze chalcedony. The polished pieces of pink opal make beautiful specimens to include in jewelry. It has also been used in carvings since it's quite easy to carve. It's found by the bubbling water near volcanic ash. The ash dissolves silica and forms nodules. Has a rating of 5.5 - 6 on the Mohs hardness scale.

How to use it: Use this stone to renew feelings of love and to bring in self-love. Carry this stone with you for good luck and comfort. Place beside your bed or by the bath to bring in a relaxing energy. This ring is beautiful in jewelry and would make for a great gift for a loved one.



Prehnite Meaning and Spiritual Properties



Prehnite is a pale yellow-green stone composed of calcium and aluminum and sometimes with iron in them which will make the stones more orange. Most of the stones are a pale milky greenish blue. This is a stone of inspiration and unconditional love, and it's also a great stone for meditation.

Physical Energy Properties: Helpful in treating gout and anemia. It's also beneficial to the kidneys, bladder, and lungs as well as the shoulders, neck and chest. Aids in repairing connective tissue and can also be an aid in getting to the root cause of an issue or disease.

Emotional Energy Properties: Prehnite connects you with our intuition or inner knowing which makes it an excellent stone for meditation. This will help you find your truth and help you stay on your own path in life. It's also good for helping you clear out things that you no longer need in your life so you can open up space for other things to enter in.

Chakras: Connected to the Heart and Third Eye chakras.

Astrological signs: Related to Libra.

History: The first discovery of Prehnite occurred in 1788, by Colonel Hendrick von Prehn who found it in Cape Province in South Africa. It was then named after von Prehn, a commander of the Dutch military forces in South Africa and he introduced it into South Africa's gemstone trade. It has been used by Shamans in South Africa for centuries and was introduced to the Western world in the 1780s.

Where it's found: Found in South Africa mainly, but also in Australia now too.

Variations, Rarity and Value: Prehnite is popular as cabochon material because of its beautiful colours. The colours of the stone range from green to greenish blue and even yellow or orange if there is iron in the stone. Totally transparent Prehnite stones are very rare but can be found. It has a hardness of 6 to 6.5 on the Mohs hardness scale and it can be made into fine jewelry. Large pieces of the stone have been found in New Jersey and pieces that weigh 400 pounds have been found. Some specimens can go up to 30 carats.

How to use it: This is a wonderful stone to use for divination which is to connect with the spirit or angelic realm. It is also helpful in sealing and protecting your auric field and it's good to have in the home for protection as well. You can use it when decluttering your home and letting go of possessions you no longer need. Use it to recover your dreams and introspect on them.

Purple Fluorite Meaning and Spiritual Properties



Fluorite is a very popular gemstone and one of the essential gemstones in any collection. Purple or Violet Fluorite is one of the more common colours that fluorite can take on, other common colours include green, blue, yellow, or colourless. Less common colours are red, pink, white, brown, and black.

Physical Energy Properties: The energy of this stone helps with bones, bone diseases and the bone marrow. It also aids in resolving the deeper root cause of a disease.

Emotional Energy Properties: Fluorite helps to purify and enhance the mind. It also stimulates our intuition and the Third Eye Chakra which can bring in conscious awareness and logical thinking. Great for meditation and dreams. It's also a great stone for emotional protection and it's said to be more protective the longer you use it. Purple Fluorite is also a great stress reliever and can be useful for relieving anxiety too.

Chakras: Connected with the Crown chakra and the Third Eye chakra.

Astrological signs: Associated with Capricorn and Pisces.

History: Fluorite goes back to ancient Egypt and China and was used as an ornamental stone and was also carved and shaped into beads and figurines. It began to be mined commercially in 1933 and became a part of the smelting process, in glass and polymers to create lenses for microscopes, telescopes and even for Canon camera lenses. The largest fluorite crystal cube was found in Russia and it was 2.12 and weighed 16 tons.

Where it's found: Found in Mexico, the United States, the United Kingdom and China.

Variations, Rarity and Value: Fluorite is transparent to translucent with a vitreous lustre. It's one of the only minerals with perfect cleavage in four directions that can create octahedrons and even dodecahedrons although these are rare. It rates a 4 on the Mohs Hardness Scale which means that it's too soft to be made into a precious gemstone but hard enough to be made into larger beads or pendants.

How to use it: Hold Purple Fluorite while you meditate to connect with your intuition and to enhance your connection with your inner truth. Place it by your bed to enhance dreams, to receive messages in your dreams and to ward off bad dreams. Use in tandem with any spiritual practices.



Pyrite Meaning and Spiritual Properties



Most popularly known as Fool's Gold, Pyrite does have a very similar appearance to gold without the high price tag. It's also found in other minerals such as Lapis Lazuli in tiny flecks that enhance the stone's appearance and value.

Physical Energy Properties: Helps people to stop snoring in their sleep, it also helps with an upset stomach or acid reflux during sleep. Excellent for the respiratory system and in treating asthma and bronchitis. Good for brain health and memory stimulation which makes it great for learning. It can also ease the effects of pollution.

Emotional Energy Properties: Pyrite provides a layer of protection to shield any negativity or ill will. Stimulates the flow of creativity and endless potential. Teaches you how to see things as they really are instead of how you hope them to be. Relieves anxiety and panic attacks, soothes the nervous system. Strengthens confidence and self-worth.

Chakras: Most associated with the Solar Plexus chakra but it also connects with all other chakras too, clearing them and balancing them.

Astrological signs: Associated with Leo and firey energy.

History: The name came from the Greek word pyr which means fire since the stone creates sparks when it's rubbed against iron. It was even used to start fires throughout history. Ancient Greeks, Romans and Incas used it in their jewelry, and some even used it as a mirror because of its reflective qualities. It's called fool's gold because beginner gold prospectors often thought that pieces of Pyrite were real gold.

Where it's found: Pyrite is mainly found in the United States, Peru, Chile and Britain.

Variations, Rarity and Value: This is one of the most popularly distributed sulphide minerals. Pyrite rates a 6 to 6.5 on the Mohs hardness scale which means that it's pretty brittle stone. Most collectors like flattened pieces of pyrite which are called pyrite suns or pyrite dollars. It's less yellow in colour than real gold is, with more black and almost a greenish tinge to it. Gold will also leave a yellow streak while pyrite will leave a black stripe. Some pyrite stones contain 0.25% gold or more though which would make these stones more valuable.

How to use it: Wear pyrite in jewelry or put it in a pouch to carry with you for protection. It's also good to place by your bed for sleep issues.



Pyrolusite Meaning and Spiritual Properties



Pyrolusite is a mineral that consists mostly of manganese dioxide and is an ore of manganese. It has been found that some of the earliest cave paintings were made using this mineral. It's a great stone for restructuring your life and making lasting changes to your lifestyle.

Physical Energy Properties: Good for balancing sex drive and hormones. Helps blood vessels, metabolism, and wounds. Also great for the eyes and eyesight. Assists in the treatment of bronchitis and the causes behind diseases.

Emotional Energy Properties: Assists you in gaining perspective on situations. It can help to change and stabilize relationships. It can also help you in turning around negative expectations into positive ones. This stone also provides great support and strength through emotional issues. It's a stone of optimism and determination.

Chakras: Related to the Sacral chakra.

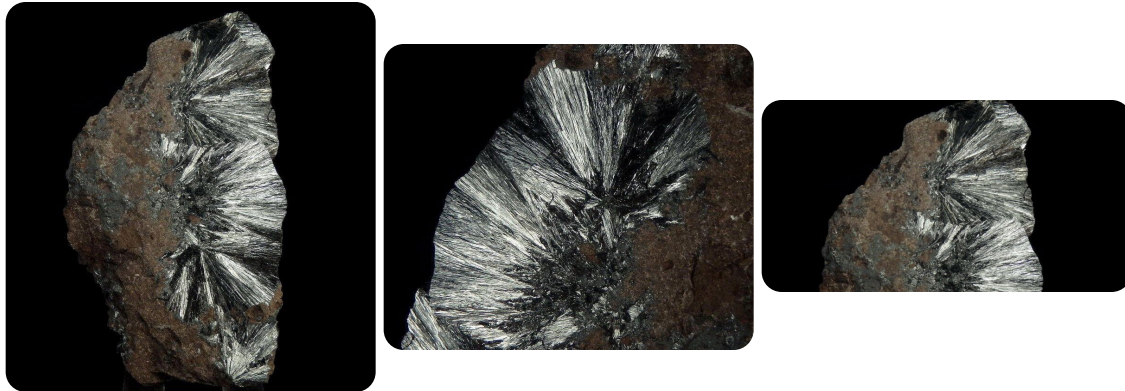
Astrological signs: Connected with Leo.

History: Many of the oldest cave paintings found in Europe were created with manganese dioxide. There are also blocks of pyrolusite that can be found at Neanderthal sites. Not only could it have been used as an ingredient for paint for painting, but also as a tinder for lighting fires. Ancient Greeks used the term Magnes Lithos which refers to an area called Magnesia in Thessaly. In the 16th century, they called this stone manganesum and it was also called Alabandicus and Braunstein.

Where it's found: Mainly found in France, Brazil, the United States, the United Kingdom, India and Germany.

Variations, Rarity and Value: Pyrolusite is a black, amorphous mineral with a granular structure and a metallic lustre. It's also used to manufacture spiegeleisen and ferromanganese and as an oxidizing agent in the preparation of chlorine. Natural pyrolusite can be used in batteries and disinfectants as well as decolorizing glass. It's also used for calico printing and dyeing and for giving amber, black and violet colours in pottery, glass and brick. Or to make green and violet paint.

How to use it: While this stone is not suitable to wear on your body, it can be held to bring in protective energies. Keep this stone close by when you need any of its energy benefits and also use it in meditation by holding it in your hand.



Pyromorphite Meaning and Spiritual Properties



Pyromorphite is a lead chloro-phosphate mineral from the Apatite family. It can often be confused with Mimetite because they look very similar. It comes in various colors, including green, yellow, white, grey, and orange. It's a good stone for nature lovers and those who love to garden.

Physical Energy Properties: Helps with gums and teeth. Also helps with absorption of vitamin B which is essential for stress management. It can also be used to regulate blood pressure and to ease stress. It can also help to relieve headaches and eye strain.

Emotional Energy Properties: Pyromorphite blanches the heart providing love and nurturing when you need it most encouraging you to be gentle and kind with yourself. It helps us to understand that it's only human to make mistakes and be flawed, as long as we're learning. Helps relieve the emotional effects of stress and relieves anxiety.

Chakras: Connected with the Heart chakra.

Astrological signs: Related to Aries, Leo and Sagittarius.

History: The name Pyromorphite comes from the Greek words pyr, which means fire, and morpheor which means to morph. The names are congruent with how the stone is formed by melted pyromorphite that forms a crystalline shape once they cool.

Where it's found: This crystal can be found in France, Spain, England, Germany Italy, China, Zambia, Canada, and the United States.

Variations, Rarity and Value: Pyromorphite is a member of the Apatite group which are isomorphous hexagonal minerals. It's also very similar to another stone called Metite. It's light to dark green, yellow or orange and sometimes a combination of colours. It has a hardness of 3.5 to 4 on the Mohs scale making it fairly soft. This is a popular mineral for collectors, especially the bright neon green Pyromorphite which sell for very high prices.

How to use it: Place these crystals in your bedroom to bring good dreams and prevent nightmares. Also place them in areas where you may feel stressed, for example in your car or at your work space. The stone will help relieve your stress.

Que Sera Stone Meaning and Spiritual Properties



Much like the famous song, “Que Sera Sera,” which translates to “What will be will be,” this stone helps you discover and trust what will be in the future. This is a great stone for calming stress surrounding the future which will help you feel at ease.

Physical Energy Properties: Que Sera stone is great for using alongside kinesiology. It's good for boosting energy and can help with adrenal fatigue symptoms that will have you feeling drained and tired. It can also be used to release blockages from meridians and balance the energy pathways of the body. Good for cellular rejuvenation.

Emotional Energy Properties: This crystal has a positive and uplifting energy that will help to lift you up when you are feeling down. It will also help calm you when you are stressed out or angry. It's like being plugged into another power source that brings you more energy when you need it. Good for anxiety and nervousness, and calming your nerves.

Chakras: Connected with the Solar Plexus chakra.

Astrological signs: Associated with Taurus.

History: Melody, the author of Love is In The Earth, a crystal book named the crystal Que Sera. The Q is for the quartz in the crystal, and the UE for Undulatory Extinction which is the way light shines on this crystal. Also for the Doris Day song, Que Sera Sera because it relates to the energy of the crystal.

Where it's found: Found only in Brazil.

Variations, Rarity and Value: This is a mixed stone containing Quartz, Calcite, Iron Oxide, Kaolinite, Magnetite, Leucozene, and Clinozoisite. It's a stone with many different colours because of the different crystals in it.

How to use it: Place this crystal by your electronic devices to reduce electromagnetic energy. Can help you when you're

working to heal from phobias and fears. Use it on the Solar Plexus area if you want to restore your inner power. Meditate with this stone for insights about the future, your goals and dreams.



Rainbow Aura Quartz Meaning and Spiritual Properties



Formed by bonding gold and titanium to clear quartz crystals giving it the appearance of an iridescent rainbow much like an oil slick.

Physical Energy Properties: Stimulates immune function and prevents illness. Helps prevent dehydration and good for bodily fluids.

Emotional Energy Properties: Centres you when you feel scattered. Creates a clear path for life force energy to energize your body. Helps show projections onto others or things that people are projecting onto you. Brings insights into relationships of all kinds including the relationship

with yourself. Helps release karmic ties you've had with others. Creates peace and harmony in relationships.

Chakras: Because of its rainbow colours, Rainbow Aura Quartz stimulates and balances all of the chakras.

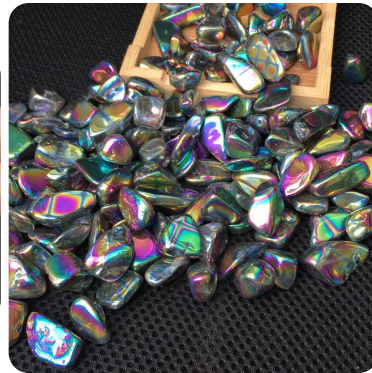
Astrological signs: Associated with all star signs.

History: Rainbow aura quartz is a relatively new crystal on the market.

Where it's found: Found in the United States.

Variations, Rarity and Value: Rainbow Aura is widely available, and it's created in a laboratory which makes it quite affordable. It's produced when clear quartz crystals are superheated in a vacuum then coated with vaporized gold, titanium, silver or platinum or a mixture of these minerals. During the process the minerals condense onto the quartz creating a bond with the lattice of the crystal.

How to use it: Rainbow Aura Quartz is excellent to use in meditation for communication with Angels, Spirit Guides, and receiving divine wisdom. Use it in meditation, and crystal grids. Carry with you to protect yourself from negative or stressful situations. It can also enhance the energy of other crystals.



Rainbow Fluorite Meaning and Spiritual Properties

Rainbow Fluorite wards off negative energy with its soothing vibrations, and helps to keep your aura shining brightly. It gives you the structure you need to reorganize a scattered mind.

Physical Energy Properties: Rainbow Fluorite is good for the ears, eyes, nose and throat. It helps to protect against disease and maintain balance.

Emotional Energy Properties: Rainbow Fluorite is a



good stone for focusing the mind, especially when dealing with complex issues. It flourishes under the pressure of chaos. A Rainbow Fluorite point can give you the structure you need to reorganize and will

keep your mind and spirit solid even around toxic people.

Spiritual Energy Properties: It helps to harness spiritual restlessness, helps to focus and ground your emotions.

Chakras: Brow, Crown, Heart, Throat

Astrological signs: Capricorn, Pisces

Source: China

Variations, Rarity and Value: A variety of fluorite crystal. Cubic or octahedral masses. Each color of Rainbow Fluorite has a slightly different energy. All of the points are multicolored; some have more dominance of purple, green or teal.

How to use it: Place a Rainbow Fluorite point at work or under your pillow whenever your emotions are being tested. Helps to deflect negativity while enhancing personal power. Use whenever you are feeling tired, emotionally drained or increased negativity is causing you anxiety.



Ebay ID:crystallandus

Rainbow Obsidian Meaning and Spiritual Properties



Rainbow Obsidian is a crystal that nurtures and rejuvenates the heart after the experience of emotional trauma, such as a broken heart, a period of grief or mourning the loss of a loved one. It helps to balance the heart and to rejuvenate the emotional body.

Physical Energy Properties: Rainbow Obsidian is a stone that can aid the body's detoxification process. It can help to unclog any blockages and promote better functions of all body organs. Can be used to battle addictions and help in the treatment of eating disorders. Good for problems with the circulatory

system and hardened arteries.

Emotional Energy Properties: Helps to relieve stress. Connects you with nature, seeing the beauty in everything, and your inner self. Helps to recover from old love and replenishes the heart energy. A good gemstone for sensitive, gentle and soft-hearted people. Rainbow Obsidian works to remove negative thoughts and feelings and replaces them with good and empowering ones. When you feel like your life is in transition and you can't decide which direction to take, this stone will guide you in the right direction.

Spiritual Energy Properties: Rainbow Obsidian has strong protective qualities. It teaches you about your spiritual nature and connects you to the aura. Clears and purifies your aura.

Chakras: Base

Astrological signs: Libra

Source: Mexico

Variations, Rarity and Value: Rainbow Obsidian is a volcanic glass that occurs in a variety of colors.

How to use it: Use for hypnosis and divination. It is a powerful meditation stone that will help dissolve fears, break down barriers, and expand consciousness. Wear as a pendant to absorb negative energy from the aura and draw stress away from the body. Wear as jewelry to keep its energies close to your vibrational fields. The more you wear Rainbow Obsidian, the more you will receive its energies on an ongoing basis.





Rainforest Rhyolite Meaning and Spiritual Properties



Also called Green Rhyolite, Rainforest Rhyolite is formed from volcanic activity and is a combination of quartz, feldspar and nephelite. This is a balancing stone that helps in gaining emotional balance.

Physical Energy Properties: Helps those with diabetes, varicose veins, and hypoglycemia. It also helps in boosting your immune system and in detoxifying the body. Brings balance to the liver and kidneys.

Emotional Energy Properties: A calming stone, Rainforest Rhyolite helps to bring calm to your mind and emotions. It's also a stone of self-love and self-

acceptance helping you accept and feel your emotions as they arise instead of pushing them away. This stone helps with anxiety and stress, so it's a good stone to have on hand when you're feeling overwhelmed. Also helpful for procrastination.

Chakras: Connected with the Heart and Third Eye chakras.

Astrological signs: Related to Aquarius.

History: Rainforest Rhyolite is also called Rainforest Jasper, Green Rhyolite or Australian Rainforest Jasper. It was named in the 1860's by the German traveller and geologist Ferdinand von Richthofen who found it in the Rocky Mountains. Rhyolite has been mined since prehistoric times in the United States where there are 50 small quarries in Pennsylvania.

Where it's found: This stone is found in New Zealand, Australia, Spain, Iceland, Germany, Ireland, India, China and the United States.

Variations, Rarity and Value: Rhyolite is a banded and spotted igneous, volcanic rock with silica crystal inclusions, with a hardness of 7 on the Mohs hardness scale. Included in jewelry in larger polished pieces. Pieces that have more spots and patterns tend to be more valuable, but are still very affordable stones.

How to use it: Keep this stone with you when you need that extra boost of motivation and to enhance creativity. It will also enhance your self-esteem so you know you can do anything you set out to do.



Realgar Meanings and Spiritual Properties



Realgar helps to soothe discomfort, emotions, and emotional pain. It calms anger, rage and violent behavior. It brings abundance and good luck.

Physical Energy Properties: Realgar is good for sexual problems and aids in fertility. It boosts desire and sex drive and promotes passionate feelings.

Emotional Energy Properties: Realgar brings thoughts to the surface and helps to release past traumas. It helps to clear your mind so you can, in turn, think clearly. The crystal is especially helpful when under stress and helps you focus on your goals. It helps acceptance, compassion and boosts energy

on all levels. This crystal will give your life balance and harmony, and will help you connect your mind to your heart. It will improve your intellect and help to enhance your analytical thinking. It will get rid of mental blocks that are preventing you from focusing on your goals or getting started on making your dreams come true.

Spiritual Energy Properties: Realgar is good for cleansing, enhancing memory, and illuminating past lives.

Chakras: Base

Astrological signs: Gemini, Libra

History: Realgar is also known as Ruby of Arsenic, Ruby Sulfur.

Source: Australia, China, Germany, Hungary, Romania, Switzerland, Turkey, United States.

Variations, Rarity and Value: Realgar is a bright, red translucent to transparent prismatic striated crystals and rocks. The most common colors are dark red, orange, or red.

How to use it: Do not use Realgar as an elixir, make sure to wash hands after handling. Do not ingest. Do not lick, smell or sniff. Avoid keeping the stone in prolonged exposure to bright light. Store in a dry, dark place. It is quite sensitive to air and direct sunlight, and will break down easily if not stored properly, so keep away from sunlight and store in dry light-proof containers.

Red Jasper Meaning and Spiritual Properties



Red Jasper is a powerful stone of protection and stability. It inspires a positive attitude, increasing your energy level and motivation to encourage you to take action in your life.

Physical Energy Properties: A stone of health, detoxifies and strengthens the circulatory system, liver and blood. It helps to dissolve blockages in the bile ducts or liver.

Emotional Energy Properties: A grounding stone that helps with anxiety, panic attacks and obsessive compulsive disorder (OCD). It grounds energy and rectifies unjust situations. It helps to bring problems

to light before they become too big and also provides insight into difficult situations. A nurturing stone that soothes anxiety so that you can focus on other things. It helps you to deal with conflicts and approach problems with creative solutions. Helps you to take on new pursuits.

Spiritual Energy Properties: Red Jasper stabilizes the aura and strengthens your boundaries.

Chakras: Base. It stimulates the base chakra and assists rebirthing.

Astrological signs: Aries, Taurus

Source: Brazil, India

Variations, Rarity and Value: A variety of quartz that is colored red by iron oxide inclusions. Red Jasper is a form of chalcedony that in turn is a form of quartz.

How to use it: Hold to calm emotions. Place under the pillow to help with dream recall. Place at the base chakra or as appropriate for balancing. Red Jasper has a long history for use as an amulet. Wear as a pendant around the neck, or carry in a small bag.



Regalite Meaning and Spiritual Properties



Regalite is a stone of stability. It helps create strength within your body, mind and soul as well as your physical life. It helps bring about clarity, compassion, inner peace and love.

Physical Energy Properties: Regalite helps with the alignment of the physical body.

Emotional Energy Properties: Regalite helps to find clarity, compassion, inner peace, and love. It helps with the alignment of the physical and light bodies and is an excellent crystal for emotional soothing. It gives support during times of stress, bringing a sense of completeness and tranquillity. Its energy

properties are amongst the most soothing for calming anxiety and depression. It connects you with the energy of the ocean, bringing great joy and tranquillity. It shows you everything you need to be happy and at ease within yourself. It brings you back to your natural state of being, removing layers of anxiety, depression and stress.

Spiritual Energy Properties: Regalite helps with dream recall and shamanic journeying. It is great for the soul.

Chakras: Base

History: Also known as Sea Sediment Jasper or Aqua Terra Jasper.

Source: Africa

Variations, Rarity and Value: It is a natural jasper material from Africa that has a lustre that resembles natural Turquoise.

How to use it: Use Regalite for meditation. Place on the heart and visualize yourself lying on a beach or beside the ocean to help connect you with nature. Hold a piece of the stone to help bring you happiness and recharge you with soothing energy. Wear a Regalite bracelet to help ease emotional stress.



Rhodochrosite Meaning and Spiritual Properties

Rhodochrosite represents compassion and selfless love. It brings courage and is good for memory, making music, passion and sex.

Physical Energy Properties: Rhodochrosite is good for the heart and the lungs. It acts as a filter to



irritants and helps to relieve asthma and respiratory problems. The stone purifies the kidneys and circulatory system and normalizes blood pressures, stabilizes heartbeat, restores poor eyesight and invigorates the sexual organs. It dilates blood vessels and helps to relieve migraines.

Emotional Energy Properties: Rhodochrosite is a calming stone that is good for meditation, channeling and contemplations. It helps energy to flow throughout the body. It releases energy blocks. It is an excellent stone for the heart and relations especially in people who feel unloved. It is a stone that attracts a soulmate, but that may not be the experience a blissful experience. This is because soulmates are the people who help you to learn lessons in life, and that is not always pleasant. It teaches the heart to assimilate painful feelings without shutting down.

Spiritual Energy Properties: Rhodochrosite expands consciousness and integrates the spiritual with the material energies. It imparts a dynamic and positive attitude. It clears the solar plexus and the base chakras.

Chakras: Heart

Astrological signs: Leo, Scorpio

Source: Argentina, Russia, South Africa, United States and Uruguay.

Variations, Rarity and Value: Rhodochrosite is found as druses, botryoidal structures, masses and as rare small rhombohedral crystals. The colors range from pale pink to deep red, orange, yellow and brown. When it is tumble polished the stone is typically pink with white bands. Easily obtained.

How to use it: Wear Rhodochrosite on the wrist or place the stone over the heart or the solar plexus. For migraines, place a piece of the stone over the top part of the spine. Use as an elixir to relieve infections, balance the thyroid and improve the skin





Rhodonite Meaning and Spiritual Properties



Rhodonite is a stone of forgiveness and compassion. Considered the rescue stone, it carries a powerful vibration that releases fear and can help with relationship problems.

Physical Energy Properties: Rhodonite is good for the heart and bones. It helps with arthritis, autoimmune disease, emphysema, light sensitivity, myalgic encephalomyelitis (ME), multiple sclerosis, schizophrenia, throat infections, and stomach ulcers. It is a useful first aid stone that soothes emotional shock and panic. It helps soothe insect bites and other wounds.

Emotional Energy Properties: Rhodonite is good for attention to detail, mental balance and making music. It is a stone that is calming and good for yin/yang balance, self-esteem, sensitivity and spiritual love. It helps with anxiety, confusion, inconsistency and stress.

Spiritual Energy Properties: Rhodonite can be used in past life work to deal with betrayal and abandonment.

Chakras: Heart

Astrological signs: Taurus

History: Rhodonite was first discovered in Russia in the Ural Mountains in the 1790s. It quickly became a popular stone in Russian culture as a talisman for protection of babies, nobles and travellers. In 1913, Russia declared Rhodonite as the national stone.

Source: Australia, Cornwall, Brazil, Germany, Madagascar, Mexico, Russia, South Africa, Spain, Sweden, United States

Variations, Rarity and Value: Pink or red tabular crystals and masses. It is also found in yellow, green and black with veined of manganese inclusions that produce black lines on the crystal. Has a mottled appearance, that is often flecked with black. Easily obtained.

How to use it: Place Rhodonite as appropriate for. Place on the skin for external or internal wounds, and over the heart for emotional wounds. It is associated with the heart chakra, so if you want to use it to enhance that chakra's energy, it is good to wear the stone, so it rests over the center of your breastbone, either as a long pendant or a brooch. Use as an elixir as a rescue remedy to help with shock or trauma.



Rhyolite Meaning and Spiritual Properties



A rock from the feldspaths family with a pattern that resembles a leopard's spots. A stone that is wonderful for problem-solving and life changes. It brings out the potential of your soul's truest energy as well as creative power.

Physical Energy Properties: Beneficial for physical stamina and endurance, Rhyolite activates the body's natural immune response and resistance to disease and illness. Excellent for infections, viruses, and rashes or other skin irritations. It can also help in dissolving kidney stones. Improves muscle tone and strengthens veins.

Emotional Energy Properties: Facilitates emotional release and balances all emotions. Assists you in calmly dealing with any issues and brings strength in times of need. Brings resolution to past issues to help in moving forward in life. Restores self-worth and self-respect making it easier to accept your true self no matter what and to be able to set boundaries as needed.

Chakras: Related to the Root chakra and grounding energy as well as the Heart chakra and unconditional self-love and love for others.

Astrological signs: Connected with Sagittarius.

History: The name Rhyolite came from the Greek word Rhein meaning flow and Lithos meaning Stone and was named by German geologist Ferdinand Von Richthofen. This stone was used to make tools and weapons like spear points, and arrowheads as well as shovels.

Where it's found: Mainly found in Mexico, Australia and the United States.

Variations, Rarity and Value: This stone is formed by volcanic magma that is mainly composed of silica. When cooled quickly, it would make obsidian stone, but if it's cooled slowly, it can create beautiful patterns. The shape, colours, patterns and sizes of rhyolite can vary depending on the lava. The primary colours you'll find in rhyolite are yellow, green, red, brown, beige and orange. There can also be air bubbles formed in some stones that cool very slowly. Larger and more pigmented or patterned stones tend to be more valuable.

How to use it: Place on your forehead if you want to recall dreams or past-life memories. Or meditate with it in your hand or nearby. You can also put the stone on your body wherever balancing energy is needed.



Rose Aura Quartz Meaning and Spiritual Properties



Rose Aura Quartz is a stone of unconditional love and connection to the divine. It has platinum minerals bonded to it which makes it a gorgeous rose colour, a pinkish red. It connects the Third Eye and the Heart chakra to unite the mind, intuition and the emotions to see your true self and follow your heart's desires. Connects you with the angelic realm and with your guardian angels.

Physical Energy Properties: Restores the body on a cellular level to bring perfect balance. Protects against radiation and static electricity. Boosts the immune system and gives you energy.

Emotional Energy Properties: Rose Aura Quartz improves your mood and brings serenity and peace. Allows you to process anger and will bring emotional balancing. It will also enhance self-worth and restore your perception of yourself into a healthy one. Promotes unconditional self-love.

Chakras: Associated with the Heart chakra and the Third Eye chakra.

Astrological signs: Connected with all star signs.

History: Metal-coated stones are relatively new, but they began getting more popular in the 21st century.

Where it's found: Quartz is found all over the world and all metal-coated quartz are available worldwide.

Variations, Rarity and Value: These crystals are coated with metal in an alchemical process that is done in a vacuum chamber. Metals like platinum, in this case, are bonded onto pure quartz crystals to give them their metallic sheen.

How to use it: Place on your Third Eye and over your Heart to stimulate the energy of both of these centres. Use in meditation or carry with you or wear to receive the energy throughout the day.



Rose Quartz Meaning and Spiritual Properties



Rose quartz is a popular stone found all around the world that balances the heart with its gentle, yet powerful loving and peaceful energy. This rose coloured stone not only assists in balancing the physical heart but the emotional aspect of our selves including matters of the heart as well.

Physical Energy Properties: Since rose quartz is connected to the heart, it also aids blood flow and circulation which is essential for overall health and wellness. Rose quartz can also help balance other areas in the chest such as the lungs. Rose quartz is effective in calming the entire nervous system,

reducing stress. It also has a positive effect on the kidneys and adrenal glands. It can even be used to aid in fertility for

those trying to conceive.

Emotional Energy Properties: Rose quartz teaches us about unconditional love. Love ourselves and love for other people and beings. It helps us gain acceptance of our perceived flaws and imperfections to realize that we are always worthy of love. Beneficial in times of trauma providing energy on the deepest level. Purifies the heart that is heavy from emotional recovery, grief or sadness. Assists us in expressing our emotions to flow through us and to be patient with ourselves.

Chakras: In our subtle energy body, rose quartz is connected to the heart chakra which is the energy centre representing the heart, emotions and love.

Astrological signs: Rose quartz is connected with Libra and Taurus since both of these signs are all about love and harmony.

History: Rose quartz dates back to 7000 BC in Mesopotamia which is now Iraq. Even back then people believed in the balancing powers of this beautiful crystal and used it for various purposes. It was used in potions and elixirs as well as in talismans and jewelry. The Egyptians thought the stone held anti-ageing powers while the Romans used rose quartz to signify ownership. There have even been facial masks with rose quartz in them found in ancient Egyptian tombs and goddess Isis used it to keep her appearance youthful and beautiful. Rose Quartz beads have been found in Iraq which shows that it could have been used in jewelry much like it is today. In Greek mythology, it's said that the blood of Aphrodite, the goddess of love, and her lover Adonis fell on the white quartz crystal making it pink. In another tale it's said that Cupid and Eros hoped that the stone would help others find love and peace. In Tibet and China rose quartz has been seen as a symbol of good luck and love since 600 BC.

Where it's found: This beautiful stone is mainly found in the United States, South Africa, India, Madagascar, Brazil and Japan

Variations, Rarity and Value: Rose quartz is fairly easily obtained making it one of the more affordable crystals in the world. Mainly pink in colour, rose quartz can also have clear or white tones in it as well. Usually, it's fairly translucent with a soft pink hue but that pink can also be completely transparent or deep and opaque. The rarest rose quartz will be transparent and pieces that are 20 or 30 carats are very rare. This can be done in labs by creating quartz that is grown alongside aluminum and phosphate while being exposed to gamma radiation. The pink colour of rose quartz comes from the fibrous inclusions of minerals like dumortierite. Sometimes there are even pieces of rose quartz which have the Tyndall scattering effect. This is where fine particles inside the crystal cause the light to refract which shines a blue colour within the stone.

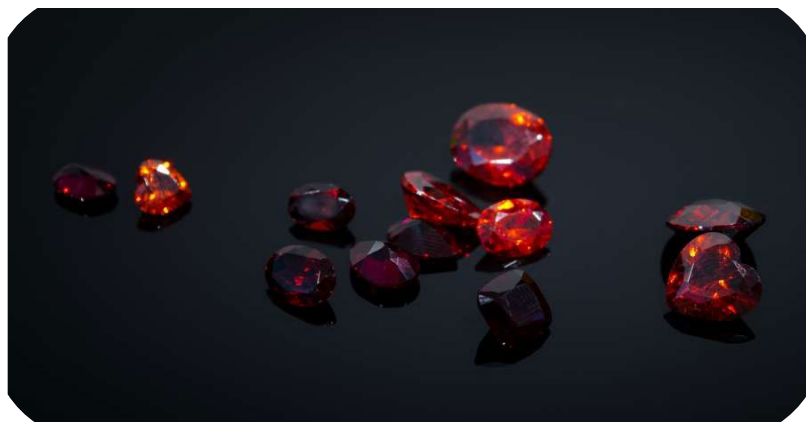
Rose quartz comes in all different sizes and shapes. You can buy raw rose quartz or polished rose quartz that has been shaped into different forms such as hearts or wands.

How to use it: You can wear rose quartz in necklaces, bracelets, earrings and more. Placing rose quartz in your home, specifically on your bedside table is a great idea. You can also put a piece in your pocket, wallet or bag that you carry with you when you go out. To meditate with rose quartz simply hold the rose quartz over your heart in your hand or place it on your heart while lying down to receive it's peaceful, loving energy. Placing rose quartz in your bath is also a wonderful addition to your self-care routine, and you can even infuse your water with rose quartz energy by placing a large piece at the bottom of your water jug and then straining the water out.





Ruby Meaning and Spiritual Properties



A highly revered gemstone, Ruby is of the same or sometimes even greater value as Diamonds and Sapphires. Rubies and Sapphires are actually the same types of stone except they have different colours because of the varying minerals in the stones.

Physical Energy Properties: Rubies are wonderful gemstones for increasing energy, and they provide energy as well as balance it within the body. Also beneficial for the menstrual cycle and the health of an embryo during pregnancy. Fortifies the blood and strengthens the circulatory system and keeps the

heart healthy. Has a positive effect on the kidneys, adrenals and the spleen.

Emotional Energy Properties: Brings in a zest for life and living, great for changes and new beginnings. Creates a positive outlook and awareness, fostering passion and creativity. It's also excellent for those experiencing suffering or depression. Aids in enlightenment.

Chakras: Ruby is connected with the Heart chakra and also the Root chakra creating a healthy balance between emotions and logic.

Astrological signs: Associated with Leo, Cancer, Scorpio and Sagittarius.

History: The deep red hue and sparkle of Rubies has been sought after for centuries. Ancient cultures revered this gemstone because it symbolized the colour of healthy blood and the life force within them. Rubies are also one of the gemstones that is mentioned in the Bible. Ruby comes from the Latin word ruber meaning red. It has always been one of

the most highly valued gems among royalty and the upper classes and continues to be now.

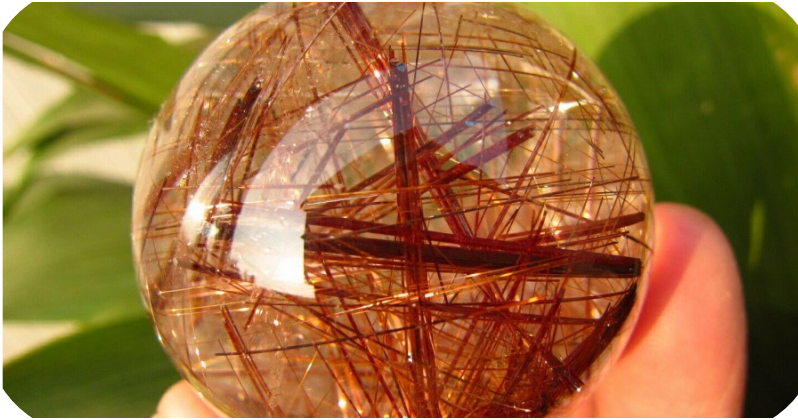
Where it's found: Rubies can be found in India, Madagascar, Mexico, Russia, Cambodia, Kenya, Myanmar, Thailand and Sri Lanka.

Variations, Rarity and Value: Rubies are a type of corundum like Sapphires. They are very durable, and their colour is vibrant and vivid. High-quality rubies make for the most expensive gems, and some have even cost over \$100,000 per carat. To grade rubies, you must know a lot about them. Synthetic ruby gemstones can be created through flame fusion or the Czochralski process among other methods. Prices of the gemstones depend on origin, colour, size, and clarity ranging from \$100 to \$15,000 per carat. Myanmar or Burmese stones will be around \$300 to \$3,000 per carat. Polished stones are more expensive than the raw Ruby gemstones.

How to use it: Wear Ruby in jewelry on the fingers, neck or place a Ruby on your body for increased vitality.



Rutilated Quartz Meaning and Spiritual Properties



A colourless or smoky quartz crystal with long thin silver and gold threads of Rutile. It also goes by the name of Angel Hair Quartz. Wonderful for bringing strength and vitality.

Physical Energy Properties: Great for the immune system and the regeneration of tissue. It slows the signs of ageing and promotes a youthful appearance. Helps those with chronic illnesses and helps repair cells. Also great for the respiratory system and the thyroid. Can also be beneficial for fertility.

Emotional Energy Properties: Helps those experiencing depression not feel so alone, it also

helps with anxiety and fear. It's beneficial for getting to the root of an issue and self-acceptance as well as forgiveness of self and others. Protects against negative influences and draws out emotions to be expressed and released.

Chakras: Connected with the Crown chakra and the Third Eye chakra.

Astrological signs: Associated with all star signs.

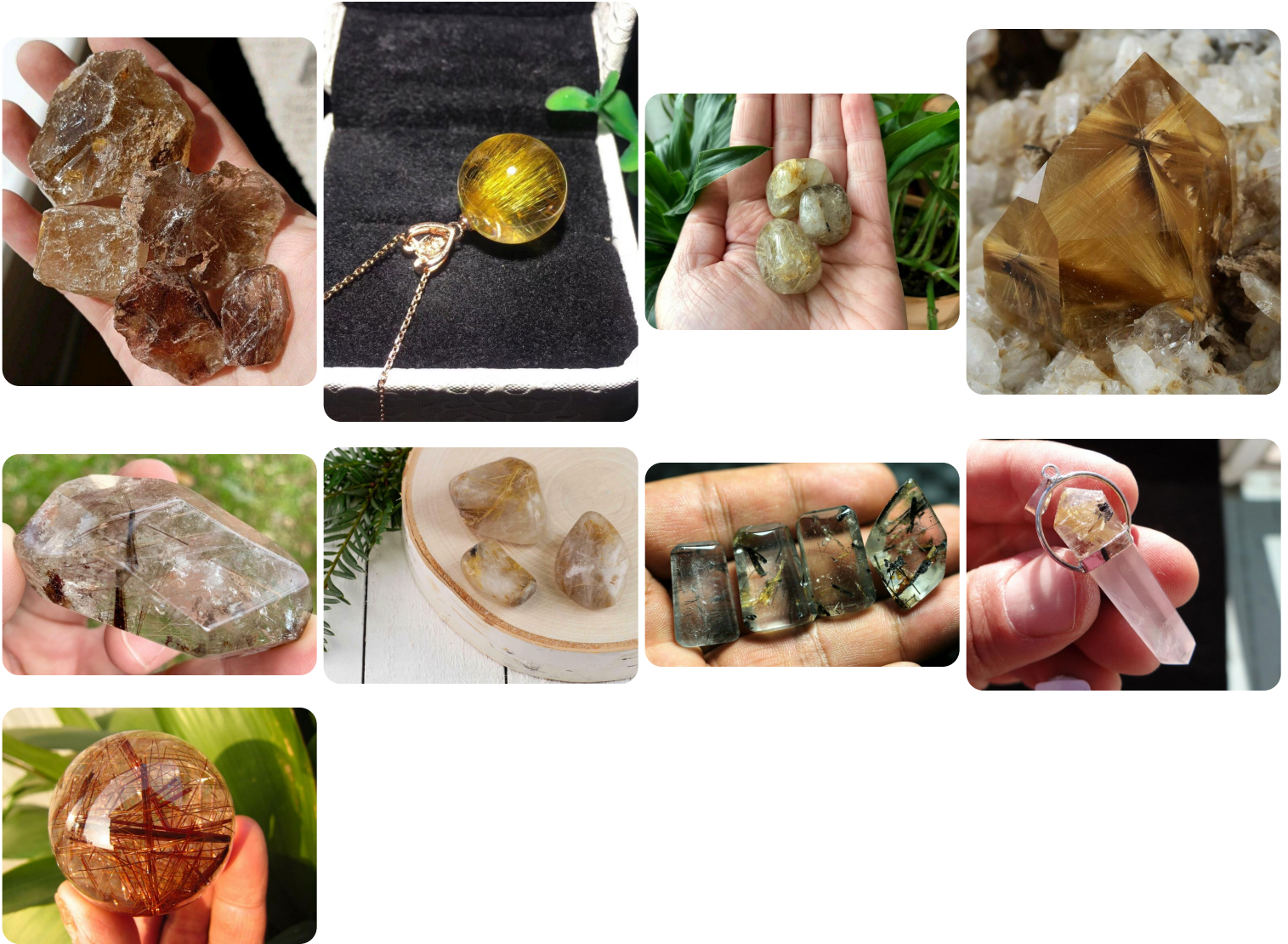
History: Quartz has been mined and used for thousands of years for many different purposes. Rutile has been an important economic mineral and it was named after the Latin word rutilus, which means red because of the reddish tone the strands take on due to the iron content.

Where it's found: Rutilated quartz can be found in Brazil, Australia, Kazakhstan, Madagascar, Norway, Pakistan and in the United States.

Variations, Rarity and Value: Rutile is a major ore of titanium which is a type of metal that is used for making high tech

alloys. It forms needle-like inclusions inside the colourless or smoky quartz crystals. Rutile is a 6 on the Mohs hardness scale.

How to use it: Place on your neck around the thyroid and on your heart to balance the thymus. If you need to balance and centre you can wave it around your entire body and to gain more energy you can place it on your Solar Plexus chakra.



Rutile Meaning and Spiritual Properties

Rutile also called Angel Hair is good for mental balance and sexuality. It helps to heighten the energetic impulse of Quartz and it is a powerful vibrational energy balancer.

Physical Energy Properties: Rutile helps the cause of disease. It helps bronchitis, tired eyes, veins and wounds. It promotes milk production in nursing mothers. Rutile has been used to treat addictions. It is useful in balancing the digestion and circulation systems.



Emotional Energy Properties: Rutile helps to harmonize mental or physical imbalances. It makes

personal relationships more stable.

Spiritual Energy Properties: Rutile is good for astral travel, dream recall, the aura, meditative states and remote viewing. It can assist those who are starting on the path of developing their psychic abilities. It stimulates clairvoyance, and when used you may be better able to receive vibes from people, places and things intuitively. It helps ground high vibrational energies into the physical and stimulates the flow of energy through the chakras. It clears and balances the aura.

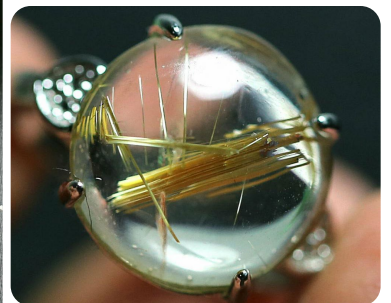
Chakras: Brow

Astrological signs: Taurus, Gemini

Source: Brazil

Variations, Rarity and Value: Rutile is needle-like crystals that are often penetrating rutiled quartz, quartz, and prismatic crystals. Colors can include silver, gold, bronze, brown, red, red/brown, black, violet and yellow. It is often found as an inclusion in Quartz, Ruby, Tourmaline, Sapphire, and other stones.

How to use it: Use Rutile as appropriate.





Samadhi Quartz Meaning and Spiritual Properties



Samadhi Quartz is described as a sister of Rose Quartz because of its pink hue as well as its beautiful, unconditionally loving and nurturing qualities. It also brings a sense of peace and calmness which is why it's called Samadhi. Samadhi is the oneness experienced in enlightenment spoken of in Yoga and Buddhism.

Physical Energy Properties: Samadhi Quartz can help with illnesses that have painful side-effects. Helpful for brain dysfunction and illnesses that are caused by stress. Also beneficial for the heart and circulatory system. Relieves stress and anxiety,

stabilizes the heart rate and nervous system. Can help in relieving vertigo, boosts the immune system, rejuvenates the skin and youthfulness.

Emotional Energy Properties: Wonderful for recovering from mistreatment and helping you understand and meet your own emotional needs — Soothes shame, guilt and grief. It's said that this stone has the energy of a big hug filled with unconditional love. Brings you comfort and compassion in times of emotional distress reminding you that you're not alone in your suffering.

Chakras: Relates to the Heart chakra.

Astrological signs: Connects with Scorpio.

History: Samadhi Quartz was found in the Himalayan region called the Valley of the Gods which is a very spiritually energized place on Earth. People travel from around the world to visit this place which is said to bring Samadhi, known as a sense of enlightenment and oneness with all that is. It was named Samadhi because it holds the energies of the Himalayas and the vibration of unconditional love and peace.

Where it's found: Found in the Himalayan mountains near Nepal in Asia.

Variations, Rarity and Value: Usually these light pink, translucent crystals are found in twos, with two crystals joined together. Samadhi also means a joining together, so the name also applies to its geological formation. It's usually found in a cluster formation, raw and natural from the mining site.

How to use it: Use these crystals in your home and meditation area to create a peaceful environment. It also helps

people appreciate art, writing and music so you can use this crystal to enhance and bring out your own creativity. Bring this crystal into your workplace to calm the stress a hectic workplace. Keep it on your desk or close to your desk. Hold close to your heart in meditation or in times of distress to feel the soothing energies.



Sandstone Meaning and Spiritual Properties



Sandstone is good for creativity and relationships. It helps easily distracted people and clears thoughts. It is good when used in groups. It is called the stone of creativity as it blends multiple elements to include air, wind, fire, water, and earth to form.

Physical Energy Properties: Sandstone is good for eyesight. It helps broken bones, hair loss, nails, wounds and water retention.

Emotional Energy Properties: Sandstone helps moodiness and temper tantrums. It is ideal for balance and stability.

Spiritual Energy Properties: Sandstone is an earth energy stone. It helps to uncover the truth when used with crystal rituals. It is used as filters for water cleansing. It is a rejuvenating stone that helps you feel recharged and alive because it connects you with the energy of the cosmos. It is good for shamanic journeys, filling you with enlightenment and divination.

Chakras: Sacral

Astrological signs: Gemini

History: It is one of the most commonly available sedimentary rocks, and is a stone that never runs out. Many early civilizations used Sandstone to make tools and utensils.

Source: India, Canada, South America, China, Africa, Japan, Afghanistan, United Kingdom, United States

Variations, Rarity and Value: Sandstone is composed of grains of sand. Colors may be cream, white, tan, red, blue, rusty brown sometimes blending into one another. It may include iron, lime and silica in addition to quartz and feldspar. It may also have rainbow colored oxidations. Oxidation can affect many Sandstones to change color. It may contain calcite and clay too. The most common type of Sandstone is red. Red sandstone owes its color to the presence of hematite in crystallization. Common.

How to use it: Use Sandstone in meditation to help avoid distractions. When used on the Sacral chakra, it can help to discern the truth and clear the mind when making decisions. Place Red Sandstone in the house to help balance emotions.



Sapphire Meaning and Spiritual Properties

Known as the stone of wisdom, sapphire offers so much more than just it's beauty. Although, that's



definitely the thing that catches most people's eye. Worn by kings and queens, this is a gemstone of wisdom that is just as valuable as diamonds and sometimes even more expensive.

Physical Energy Properties: Strengthens the veins and helps with blood disorders, Sapphire is also excellent for the heart. It's also said to help reduce excessive bleeding. Improves eyesight and relaxes eyes and eye muscles. Balances glandular functions and helps to bring out impurities.

Emotional Energy Properties: Sapphire helps us to see the beauty in everything, and it also helps to restore a spiritual connection. Assists in releasing unwanted patterns to replace them with more positive attributes and goals. Reduces depression and grief as well as any frustration. Balances all emotions making it easier to express yourself.

Chakras: Sapphire is connected with the Throat chakra and the Third Eye chakra because of its deep blue hue.

Astrological signs: Sagittarius, Libra and Virgo, are all have Sapphire as their stone.

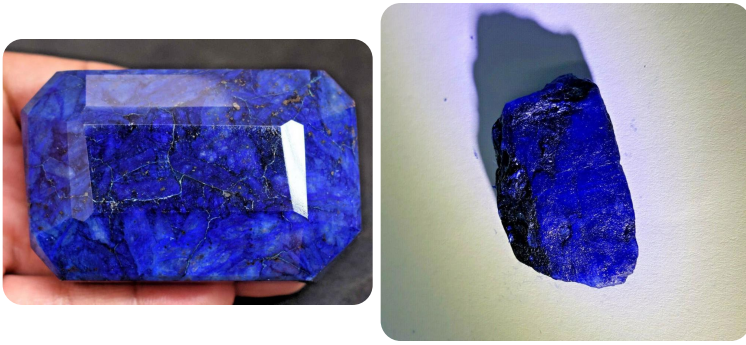
History: Sapphire got its name from the Latin word saphirus and the Greek word sapheiros which both mean blue. There are also beliefs that it is associated with Saturn because Sapphire can indicate "dear to the planet Saturn" in different languages. People have treasured these precious gemstones since around 800BC. In Persia, people thought that the sky was blue because of the reflection of Sapphires. They also became a holy stone to the Catholic church because their blue hue signified heaven. People even thought they could ward off evil spells. Prince Charles also gave Princess Diana a sapphire engagement ring which made them popular in modern times.

Where it's found: Sapphires are found in Sri Lanka, Thailand and Madagascar.

Variations, Rarity and Value: Sapphires are a corundum, and they are in the same family as the ruby. The inclusions in this gemstone will reflect light that is called silk. The most transparent, colourless sapphires are called Leucosapphire. The most valuable sapphires are found mainly under two carats, but there are also fine gemstones that are five to ten carats. Its deep blue colour is because of the iron and titanium in the stone. The rarest type of Sapphire is the star sapphire with a six-rayed star inside.

How to use it: Wear on your body as a pendant near the throat to release frustration and express yourself. Or wear in rings or earrings for many other balancing benefits.





Scapolite Meaning and Spiritual Properties



Scapolite is a group of aluminosilicate minerals including marialite, meionite, and silvialite. They often have chatoyancy giving them the appearance of a cat's eye. It can be found in colours ranging from white, colourless, pink, yellow, violet, green, blue, red and grey. This stone is helpful for change and reaching goals.

Physical Energy Properties: Scapolite stones are helpful after surgery in recovery. Good for the bones and veins. Aids in easing eye diseases and issues including glaucoma. Also helpful for those who experience dyslexia.

Emotional Energy Properties: Instills a sense of relief when feeling burdened. Brings in positive change and helps to recover from past trauma. Helpful for practical thinking and problem-solving. Brings in a sense of practicality and grounds you in reality.

Chakras: Connected with the Third Eye chakra.

Astrological signs: Related to Taurus.

History: Scapolite was first found in Myanmar in 1913 and its name comes from the Greek word scapos meaning rod and lithos meaning stone. This is appropriate because these crystals are usually found as prisms that are like sticks. Earlier on it was also called wernerite after the German geologist A. G. Werner in the 1700s.

Where it's found: Found in Myanmar, Canada, the United States and Europe.

Variations, Rarity and Value: Scapolite is a minor gemstone that is quite beautiful and interesting. Pink and yellow stones can be cut into gems and used in jewelry. It has a hardness of between 5 and 6 making it too soft to be included in rings so it's usually used in earrings and pendants. The most valuable scapolite stones are yellow or orange and pink or violet and they are rarely found in sizes over 15 carats but only a few gems of this size have been found.

How to use it: Have Scapolite with you if you are making conscious change. Use these stones when setting goals and making plans for the future. The stone will also boost your motivation and self-discipline. Also have these stones around if you're starting a new business.

Selenite Meaning and Spiritual Properties



An angelic stone with purifying energy. Selenite is a type of crystallized gypsum which is a soft sulphate mineral made of calcium sulphate dihydrate. It's a cloudy, white crystal with striations that often create towers.

Physical Energy Properties: Selenite is good for any skin issues including acne, eczema, sun spots, ageing and wrinkles. Helps to prevent hair loss and keeps the spine healthy as we age. It's also been said to help prevent the toxic effects of mercury from amalgam fillings.

Emotional Energy Properties: Provides a calming and angelic energy stabilizing emotions. Assists in connecting with your light body or soul, as well as connecting with the angelic and spiritual realms. Helps heal any trauma from abuse and heals on all levels. Selenite connects you with the moon cycle as well as your emotions and your Guardian Angels.

Chakras: Connected with the Crown chakra and receiving divine guidance.

Astrological signs: Associated with Taurus.

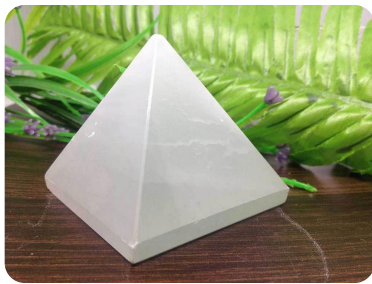
History: Selenite was first appreciated in Ancient Greece and was named selenite which is the Greek word for moon. Much like moonstone, selenite has a luminescent glow to it so people likened it to the moon. They even crafted windows out of selenite.

Where it's found: Found in Mexico, Morocco, Canada, United States, France, Greece, England and Austria.

Variations, Rarity and Value: Selenite is extremely soft with a rating of 2 on the Mohs scale. Selenite can even be slightly bent into a shape which makes it easy to work with and make wands and other items with. There is white selenite, green selenite, blue selenite, fishtail selenite and desert rose selenite.

How to use it: You can find selenite sculptures, wands and towers. The towers are beautiful to place in your home especially with a lightbox underneath to make it look even more ethereal.





Septarian Meaning and Spiritual Properties



Septarian is good for endurance, patience and tolerance. It assists in public speaking, neuro-linguistic programming (NLP) and sound therapy. It helps to build awareness of the environment.

Physical Energy Properties: Septarian is good for the bones, teeth and muscles. It is good for physical flexibility. It helps melanoma. It helps in calcium absorption. It can warm your extremities and bring energy to the whole body. It relieves pain and boosts the immune system. It's good with seasonal affective disorder, and it can help remove growths that can turn into something serious and life-threatening.

Emotional Energy Properties: Septarian is good for emotional flexibility. It harmonizes your emotions and intellect with your higher mind. It makes you understand things about life that you didn't understand before, and this knowledge will help contribute to an enlightened existence.

Spiritual Energy Properties: Septarian is a grounding stone that centers and connects you to your body, mind, and spirit.

Chakras: Base

Astrological signs: Taurus

History: The name Septarian comes from the Latin word septum, which means seven, or saeptum which means a wall or enclosure. The stone seems to form in a pattern of seven. It is also known as Septaria, Septyre, and Dragon Stone.

Source: Australia, Canada, Madagascar, New Zealand, United Kingdom, United States

Variations, Rarity and Value: Nodules of clay ironstone with deposits of other minerals to include calcite, dolomite, aragonite and Jasper. The minerals deposit through the small cracks in the stone.

How to use it: Use Septarian as a talisman for spiritual or mental problems. Carry a piece of the stone to help calm nerves, useful when you are about to speak in front of audiences or crowds. Use for meditation. Place the stone in your affected chakras to help them open and allow the energy to flow.

Serpentine Meaning and Spiritual Properties



Serpentine is actually a group of minerals including 20 different stones that are related with two groups called antigorite and chrysotile. Antigorite is the variety of serpentine that has a plated appearance and Chrysotile is the fibrous group of serpentine minerals. Although the very fine chrysotile is a type of asbestos which is toxic, so only antigorite is used as a serpentine gemstone.

Physical Energy Properties: Helpful in the treatment of parasites and aids in the elimination of parasites from the body. Beneficial for those with diabetes and hypoglycemia as well as assisting with the

absorption of calcium and magnesium. Relieves pain in the kidneys and stomach.

Emotional Energy Properties: Serpentine is an excellent stone for creativity. It's also great for helping you find your own path in life and taking control of your life. Brings balance to mental and emotional aspects and assists in allowing emotions to flow. Also great for spiritual growth and meditation.

Chakras: Since it is green, serpentine is wonderful for the Heart chakra, but it also clears all of the chakras and opens the crown chakra to receive higher wisdom.

Astrological signs: Serpentine is related to Gemini.

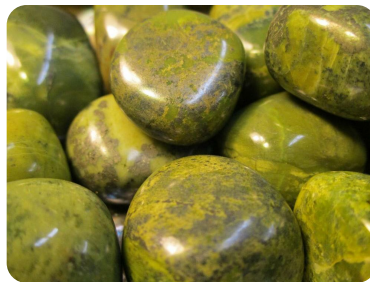
History: Its name is said to be inspired by the stone's serpent-like green colours. It has been used for centuries as a spiritual and balancing stone. It was also considered to be a protector against evil and disease and was used as an offering to gods and goddesses. It's also been said to protect against snake venom or venom from other insects and animals.

Where it's found: Mainly found in the United Kingdom and China. It can also be found in parts of the United States, Russia, Norway, Zimbabwe and Italy.

Variations, Rarity and Value: The other types of Serpentine include Asbestos, Bastite, Bowenite, Connemara, Dweylite, Garnierite, Retinalite, Ricolite, Satalite, Serpentinite, Verde-Antique and Williamsite. Serpentine is usually translucent to opaque with a hardness of 2.5 to 5.5 on the Mohs hardness scale. It can sometimes be mistaken for nephrite jade, but the jade is much harder than serpentine.

How to use it: Wear in jewelry or place on the area of the body that needs assistance in balancing.





Shpene Meaning and Spiritual Properties



Also referred to as Titanite because Shpene is an ore of titanium. It's also a very rare calcium titanium silicate. This gemstone is usually yellow, orange, brown, green or red and it's a calming and protective stone.

Physical Energy Properties: Shpene helps to relieve the symptoms of a fever or a sunburn. It also helps with sprains and strains. Beneficial to the immune system, the teeth and red blood cells.

Emotional Energy Properties: This stone helps to clear your thinking and allow for creative thoughts to come through. It also protects you from negative

energy and helps to bring in more positivity. Shpene is also said to be connected with the Third Eye chakra which means it's very beneficial to developing the intuition.

Chakras: Connected with the Third Eye chakra mainly, but also connected with all of the other chakras too depending on the colour of the individual stone.

Astrological signs: Related to Sagittarius.

History: Shpene was known since 1787 when it was named for its titanium content. But in 1801, it was renamed sphene by French mineralogist, Rene Just Hauy. The name changed again, but now it's okay to call it either Shpene or Titanite. Shpene comes from the Greek word meaning wedge and that describes the sharp edges of the stone. It's been highly regarded for many years, but since it is so rare it hasn't become very popular. The Smithsonian Institution has a necklace with yellow sphene from Switzerland.

Where it's found: Found in Canada, Austria, Switzerland, Russia, Mexico, Brazil, Madagascar, the United States and Pakistan.

Variations, Rarity and Value: Shpene is usually quite small and gemstones over two carats are extremely difficult to find. Its fire is actually greater than the fire of diamonds, but since it only rates a 5.5 on the hardness scale it's too soft to make into rings. It's mainly used to make pendants, brooches, and earrings.

How to use it: Use this stone in times of confusion or decision making to clear your mind and focus on the facts. Wear or hold Shpene to activate your intuition.

Shungite Meaning and Spiritual Properties



Shungite is a beautiful stone, its metaphysical properties that make it useful for balance and protection. It is helping to use for focusing on goals as it acts as a conductor of energy and moves it towards your desired outcome.

Physical Energy Properties: Shungite is good for detox. It is good for recovery from disease, illness and surgery. It promotes growth and tissue repair.

Emotional Energy Properties: Shungite helps stress related allergies. It cleanses and purifies the body, mind and spirit. It protects against EMF and geopathic stress. It cleanses emotions and helps you

to let go of anything that holds you back. It can be used to help remove negative people or bad luck from your life, and help ease anxiety and insomnia.

Spiritual Energy Properties: Shungite is good for balance, emotional and spiritual recovery from illness or stress. It has electricity-conducting properties that make it suitable as an amplifier in magic and meditation.

Chakras: All

Astrological signs: Cancer

History: Other alternate names for Shungite include Buckminsterfullerene, Fullerite, Fullerene and Black Ocher. Shungite was discovered in the village of Shunga, Russia, where it gets its name. In Russia, it has a long history, with Czar Peter, who ruled Russia and was said to drink water infused with Shungite minerals, leading to his frequent travels to the Karelia region where Shunga is located.

Source: High quality Shungite is only found near Lake Onega in northwest Russia in the Zazhoginskoye deposit. Low quality Shungite is found in Austria, Democratic Republic of Congo, Kazakhstan and India.

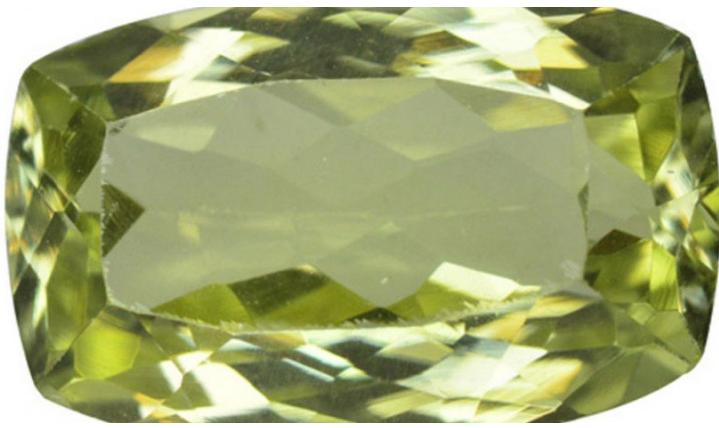
Variations, Rarity and Value: An opaque, lustrous black, charcoal or brown non-crystalline mineral. It is up to 98 percent carbon.

How to use it: Use Shungite elixir for detox and recovery from illness and disease. Place in a water bottle or jug to purify water.



Sillimanite (Fibrolite) Meaning and Spiritual Properties

Sillimanite is also known as a type of Fibrolite, and it's a stone that makes you feel blissful and happy to



be alive. It comes in beautiful colours of green but can also be yellow, blue, white, or brown. Makes beautiful jewelry but it can be very rare.

Physical Energy Properties: Sillimanite is good for the stomach and digestive issues. It's also good for helping the body assimilate after plates, screws or other objects are added. Also helpful for sinus issues and lung problems. It can be beneficial in treating allergies and asthma. Helps slow the ageing process.

Emotional Energy Properties: This stone is very uplifting and can be helpful for lifting sadness and depression. Great for finishing tasks that seem impossible to complete. Sillimanite will bring back the excitement that tends to get lost when we work on something for too long. It will help you continue with the project and to feel the joy that comes with finishing it.

Chakras: It energizes all of the chakras but particularly connects with the Heart chakra.

Astrological signs: Connects with all astrological signs.

History: Sillimanite was named after the geologist and professor, Benjamin Silliman from Yale University. The first time it was found was in 1824 in Chester, Middlesex County, Connecticut.

Where it's found: Found in the United States, India, Brazil, Myanmar, Sri Lanka, Italy, Czechoslovakia and Germany.

Variations, Rarity and Value: Sillimanite is exceptionally rare and found in two forms; clear and glassy, or silky and fibrous. In the fibrous state, the crystals are long slender prisms that look like fibres which is why it's also called Fibrolite. The glassy stones are the ones that are used as gemstones in jewelry because of their beautiful appearance. It's a stone that is more popular with collectors and jewelry makers. It is most commonly green, but it can also be yellow, white, blue or brown. Some of the crystals also have a cat's eye effect. It rates a 6 - 7 on the hardness scale making it a difficult stone to cut.

How to use it: Keep this stone with you when you need a mood boost, or you are wanting help in feeling your emotions and dealing with them. Bring this stone into your life if you need some new inspiration for old projects to keep the momentum going or to initiate it again so you can finish it up.



Silver Meaning and Spiritual Properties

Silver is good for eloquence and grace. It allows you



to look into your heart to help see who you truly are. It helps manifest abundance, wealth, and prosperity in your life.

Physical Energy Properties: Silver is good for speech. It helps speech impediments, hepatitis, vitamin A and E deficiencies. It aids detox. It is believed to be an effective anti-bacterial. It's a powerful disinfectant for the body, and it can help boost your immune system. In ancient cultures, Silver was useful for purifying water and aid in the prevention of wound infection.

Emotional Energy Properties: Silver helps negativity. It is good for emotional balance. It protects you from negativity and hostility, and it will support efforts to mend what's broken. The energies of Silver will also help to keep your focus on the things that matter.

Spiritual Energy Properties: Silver is good for meditation and astral travel. It holds the energies of the moon, especially during full moons and new moons. As Silver is reflective, the moon reflects the light coming from the sun, and it does the same for whoever wears it. It reflects negativity away from you, to give protection and security.

Chakras: Brow, Crown, Heart, Throat

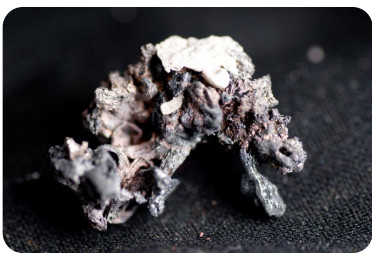
Astrological signs: Aquarius, Cancer

History: Silver is one of the most popular precious metals, and has been used for a variety of purposes since ancient times.

Source: Australia, Canada, Mexico, Russia, United States

Variations, Rarity and Value: Silver occurs as silver dendrites, nuggets, plates, scales, and rarely as needle-like crystals. Oxidation causes the color of silver to change to grey/black.

How to use it: Place Silver near other crystals during a full or new moon to help energize. Use for meditation. It is used for attracting abundance and gemstones become more powerful when they are wrapped or set in Silver.



Smithsonite Meaning and Spiritual Properties

Smithsonite is a stone for leadership and disputes. It helps with new beginnings. It is a stone of charm, kindness, tranquillity and favorable outcomes. It has a gentle presence and acts as a buffer to life's problems.



Physical Energy Properties: Smithsonite is good for digestion, veins, immune system and sinuses. It helps alcoholism, spots and osteoporosis. It is an excellent stone for birth and rebirth and can help to treat infertility.

Emotional Energy Properties: Smithsonite is an excellent stone for releasing stress and alleviating

mental breakdown. It is helpful for people who have had a difficult childhood, who felt unloved and unwanted. It soothes the inner child and alleviates the effects of emotional abuse and misuse.

Spiritual Energy Properties: Smithsonite will allow you to listen to what your heart, mind, and spirit are telling you, and you will be powerless to resist. It will strengthen your psychic abilities and help to align your chakras. It will help you connect and learn more about your intuitive abilities.

Chakras: Heart **Astrological signs:** Virgo

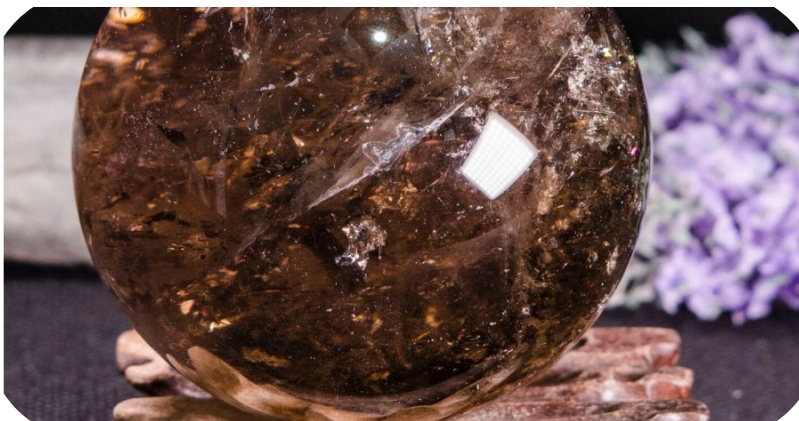
History: Smithsonite is a stone named after English scientist James Smithson. Smithson was the first person to identify the stone in 1802. During that time, it was known as calamine.

Source: Australia, Greece, Italy, Mexico, Namibia, United States

Variations, Rarity and Value: Pink, lavender, purple, blue-green, brown, yellow, and white gray. Pearly, lustrous, like layers of silky bubbles in all sizes. Druses, botryoidal structures, and druses, scalenohedral and rhombohedral crystals. Easily obtained.

How to use it: Place the crystal as appropriate or carry always. Place at the crown to align the chakras. Depending on the color of Smithsonite it will have additional properties. Place pink Smithsonite over the heart or the thymus. Grid Smithsonite around the bed or body. Hold Smithsonite during psychic communication to make yourself intuitively aware of its validity. Place on the crown chakra to connect to the angelic realm.

Smoky Quartz Meaning and Spiritual Properties



Smoky Quartz brownish, yellowish or grey coloured type of quartz that is given its colour because of natural radiation in the Earth. Smoky quartz gets its name because of the colours in it that resemble smoke. Also known as Morion from the Latin word mormorium meaning dark precious stone or Cairngorm because they were first found in the Cairngorm Mountains of Scotland.

Physical Energy Properties: Especially useful for treating the lower body including the feet, ankles, legs, hips and lower abdomen. Also excellent for maintaining balance in the sexual organs. Assists in

the absorption of minerals in the body and regenerate nerve tissue.

Emotional Energy Properties: One of the best grounding stones, smoky quartz is an excellent crystal to have in your home or to carry with you. Relieves fear, dissipates nervousness and anxiety as well as depression. Very good for emotional stress and fear of failure. Brings in more positive energy.

Chakras: Correlates with the Root chakra making it the perfect grounding stone. Also connects with the Sacral chakra and the reproductive organs.

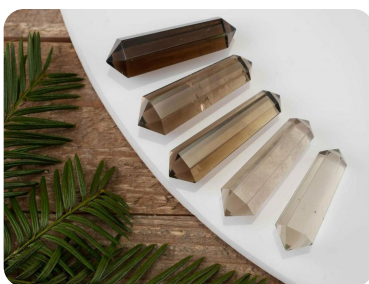
Astrological signs: Capricorn and Sagittarius are most connected with smoky quartz.

History: Smoky quartz was a highly valued stone by the Celts of Scotland who used the crystal to decorate their weapons and jewelry for centuries. For this reason, it has been named the National Gem of Scotland and has always been a sacred stone dating back to the Druids.

Where it's found: Smoky quartz can be found in China, Germany, the United States, Brazil and Madagascar. It was originally mined in the Scottish Highlands.

Variations, Rarity and Value: Found in metamorphic and intrusive igneous rocks caused by radioactive elements. To get the vibrant colours, the quartz needs to be at temperatures of 50 below zero for a long time which is why it's usually found at higher altitudes in the mountains. Other quartz that is darker in colour but wasn't formed in this way but from volcanoes is not true Smoky Quartz.

How to use it: Place a small piece under your pillow or by any electronics to reduce the effects of EMFs. In meditation use quartz to ground or relax the body, emotions and the mind. Hold in front of your body with the point facing away to pull negative or painful energy out of the body.



Snow Quartz Meaning and Spiritual Properties

Snow Quartz is a stone that supports you while you are learning lessons and helps you to let go of



overwhelming responsibilities and limitations. Helpful for study and revision for exams.

Physical Energy Properties: The energy of Snow Quartz can be good for the bones, teeth and bone marrow.

Emotional Energy Properties: Snow Quartz enhances cooperation and tact. It helps you think before you speak. It clears the mind and brings clarity of thought. It also helps with negativity.

Spiritual Energy Properties: Snow Quartz is an excellent crystal for spiritual purposes. It helps to heighten your intuition and gives clarity and sharpness of mind to interpret the messages conveyed to you. Snow Quartz will help you to learn new things easily and retain what you've learned longer. It reminds you to look at the world with your heart and through the eyes of a child, but with the wisdom, experience and knowledge of an adult.

Chakras: Crown

Astrological signs: Capricorn

History: Snow Quartz is also known as quartzite and milky quartz.

Source: India, United States, Worldwide

Variations, Rarity and Value: A white form of quartz that occurs in white masses. Firmly compacted, milky, and often water-worn pebble or larger boulder.

How to use it: Use Snow Quartz as appropriate as needed. Helps with balancing energy wherever its placed. It has a slower, gentler effect, but works nevertheless. Use in meditation, to link to deep inner wisdom. Place Snow Quartz crystal near laptops and computers while working to protect you against radiation.

Snowflake Obsidian (Black Spotted Obsidian) Meaning and Spiritual Properties



Also known as Spot Black Obsidian, this stone is Obsidian with spots of phenocryst which look like little snowflakes on a black background.

Physical Energy Properties: Snowflake Obsidian is helpful for the stomach, sinuses, bones, skin and the eyes. Also helpful for the veins and circulation as well as detoxification. You can even make an elixir using Snowflake Obsidian that will help improve skin tone.

Emotional Energy Properties: Helps us to see deeply ingrained behavioural patterns and mistakes we've made so that we can learn from them and move

forward in life. It teaches us that mistakes are just as valuable as successes as long as you're learning something. It can

also ease feelings of loneliness and resentment. A great stone for introverts.

Chakras: Associated with the Root chakra.

Astrological signs: Connected with Virgo.

History: Obsidian was first found in Ethiopia by Obsidius, a Roman explorer. It dates back to the Acheulian age or 700,000 BC and has been used for many items throughout history including blades for knives and arrowheads for weapons. It was even polished to be used to make mirrors at one point.

Where it's found: Deposits of Snowflake Obsidian can be found in Iceland, Mexico and the United States.

Variations, Rarity and Value: Snowflake Obsidian is formed from felsic lava cooling rapidly creating a volcanic glass with crystal spots on it. Stones are quite small and they are quite affordable and common.

How to use it: Use in meditation to soothe and relax the mind and in times of transformation. Wear or hold a piece of Snowflake Obsidian continuously throughout the day for protection and benefits. Or make an elixir by placing a Snowflake Obsidian stone in water for several hours, remove the stone and then using the water on your skin or drink the infused water.



Sodalite Meaning and Spiritual Properties

Sodalite has a high salt, calcium and manganese content, which makes this stone have a harmonizing and soothing effect on the body. It helps to strengthen communication, confidence, communication, creative expression, inspiration, and intuition.



Physical Energy Properties: Sodalite helps healing in the body, it purifies the organs and makes them work to their fullest capacity. It helps boost your immunity and protect you from common sicknesses. It is good for balancing the lymphatic system and metabolism. It helps with aging, autism, calcium deficiency,

diabetes, high blood pressure, and insomnia. It assists in the development of babies.

Emotional Energy Properties: Sodalite is an excellent stone for the mind, eliminating mental confusion. It is good for calming, self-esteem, and mental balance. It helps with inadequacy, fear, and oversensitivity. It brings about emotional balance, inner peace and helps to calm panic attacks. It is an effective stone to help end arguments or disagreements.

Spiritual Energy Properties: Sodalite helps improve divination and psychic abilities. It unites logic with intuition and opens spiritual perception, which brings information from the higher mind to the physical level. It stimulates the pineal gland and third eye and helps to deepen meditation. Its balancing energies cleanse your aura and help to remove bad feelings in your heart.

Chakras: Brow

Astrological signs: Sagittarius

History: Sodalite is considered to be the Poet's Stone because it can help you express all the things that you want to say in the best way possible.

Source: Brazil, France, Greenland, Myanmar, North America, Romania and Russia.

Variations, Rarity and Value: A beautiful royal blue or blue crystal with white masses, nodules. An opaque stone rarely as dodecahedral and hexagonal prismatic crystals. May also be colorless, grey, green red, white or yellow.

How to use it: Sodalite is a useful stone in groups as it brings harmony and solidarity of purpose. It helps to clear electromagnetic pollution and when placed beside a computer blocks emanations. Place Sodalite as appropriate for balance. Wear for long periods of time.





Spinel Meaning and Spiritual Properties



A beautiful stone connected with new beginnings and rejuvenation. Spinel can be white, red, blue, violet, yellow, orange, green or brown. It's most popularly found in Red or Blue and throughout history, Red Spinel stones were often mistaken for Rubies.

Physical Energy Properties: Helps to keep a youthful appearance and longevity. It's beneficial for inflammation, neuritis and swelling. Helps to speed up the recovery of diseases and helps to help and strengthen joints, bones and muscles.

Emotional Energy Properties: Assists you in achieving your goals and feeling proud of your accomplishments. Brings out your true personality and teaches you how to be more of yourself without fear of what others may think. Gives you strength in new beginnings and protects you from outside influences that may not be in your best interest. While there are slight variances in different colours, the base energies are consistent.

Chakras: Red Spinel is associated with the Root Chakra, Blue Spinel connects with the Throat chakra, Brown Spinel relates to the Earth chakra which helps to ground you. Green is for the Heart chakra, Violet is for the Third Eye chakra, Orange is for the Sacral chakra and Yellow is for the Solar Plexus chakra. White connects with all of the chakras especially the crown chakra.

Astrological signs: Related to Aries and Sagittarius.

History: Red Spinel had been confused with rubies throughout history, it was even called the Balas Ruby in medieval times. During 1000 to 1900 AD it was mined in Tanzania and Burma in The Badakhshan mines which also show up in the diary of Marco Polo. Mariners used a form of spinel called lodestone as early as the 11th century in their compasses to guide their ships. The stone was officially recognized as a gemstone in the 19th century.

Where it's found: Found in Canada, the United States, Japan, China, India, Myanmar, Russia, Brazil and Europe.

Variations, Rarity and Value: Spinel has a Mohs Hardness of 8 with a cubic crystal structure, and it's found in a variety of colours as mentioned above. Spinel is found in granites and metamorphic rocks and is usually found with corundum. The best way to identify Red Spinel from Rubies and Garnet is that it has a very high melting point of 2,135 degrees Celsius. Red and blue Spinel are the most valuable and sought after because they look most like rubies and sapphires.

How to use it: Place each colour of Spinel on the corresponding chakra to balance and clear the chakras. Wear in

jewelry such as necklaces, earrings and bracelets.



Spirit Quartz Meaning and Spiritual Properties



Spirit Quartz is a stone that brings abundance, patience and a sense of belonging. It brings protection and is useful in groups, sports and work environments. It is good for team building.

Physical Energy Properties: Spirit Quartz aids in detox and helps skin allergies. It is good for fertility.

Emotional Energy Properties: Spirit Quartz is good for self-esteem, releasing and revitalizing emotions. It helps with grief, loneliness, fear of success and obsessiveness.

Spiritual Energy Properties: Spirit Quartz carries the vibration of universal love. It is good for extrasensory perception (ESP), meditations, astral travel, dreams and rebirthing. It helps to access your inner/higher self, past lives, past experiences and dark side. It may help you to let go of issues you have been holding onto, and to forgive both yourself and the other person. It radiates a very high vibration and may align and purify the entire chakra system. It may open the third eye, the higher crown chakra, the crown chakra and or soul star chakra. It can align the lower self with the higher spiritual self and manifest into your life those spiritual attributes. It is a powerful stone to heighten metaphysical abilities.

Chakras: Crown

Astrological signs: Capricorn, Aquarius, Pisces, Virgo

History: It is found only in South Africa, where a particular tribe mines the stone. The women of the tribe find and carefully clean the stone. It is named for the specific purple spirit used for cleansing in South Africa.

Source: South Africa

Variations, Rarity and Value: Spirit Quartz is a variety of amethyst (purple) or quartz (white), that sometimes has orange or brown iron inclusions or surface staining.

How to use it: Use Spirit Quartz to make contact with your higher self and to resolve old issues you have not been able to release.



Spodumene Meaning and Spiritual Properties



Spodumene helps to remove energy blocks that cause physical disease. It is considered the stone of love, pure unconditional sensual love. It is highly purifying, releasing emotional blocks and love on all levels.

Physical Energy Properties: Spodumene is good for blood pressure, the heart, hormones, lungs, period pains, effects of pollutions, and skin. It can stimulate the endocrine system. It helps stress-related conditions and promotes a youthful appearance.

Emotional Energy Properties: Spodumene is good for emotional control, intellect, and intelligence. It

alleviates addictions, compulsive behaviour, depression, OCD and PMS. It helps to temper or to satisfy cravings. It boosts confidence, love, expression, self-worth and female sexuality. It removes obstacles from your path and any negativity in your environment. It helps with clarification on matters, by opening the mind for a clearer perspective of any situation. It reduces stress and stress or anxiety related illness and stabilizes mood swings.

Spiritual Energy Properties: Spodumene provides centring in meditation and spiritual understanding. It is a protective stone and can ward off psychic attack. It stimulates creativity and aligns all of the Chakras at the same time.

Chakras: Brow, Crown, Heart

Astrological signs: Scorpio

Source: Afghanistan, Pakistan

Variations, Rarity and Value: Spodumene forms flattened prismatic crystals, vertically striated. It may be clear or yellow tint. Other colors of the crystals include pink or lilac kunzite, blue, green hiddenite, bi or tri-colored crystals. Spodumene crystals that form as purple or pink are called Kunzite. These crystals have minor to trace amounts of Manganese included.

How to use it: Use in meditation for centring. It is excellent for achieving deep, meditative states, allowing for a deep sense of peace and connection with the Divine. Holding it helps to clear away negativity by raising the vibrational levels of the various subtle bodies.

Staurolite Meaning and Spiritual Properties

Staurolite is a very interesting stone because it almost always naturally forms a cross shape. It's



been called by a lot of other names including Fairy Stone, Fairy Cross, Fairy tears, Cross stone, and Baseler Taufstein which means baptismal stone since it was used in baptisms.

Physical Energy Properties: Combats addictions including stopping smoking. It has been used to treat fevers throughout history and malaria as well. It also promotes relaxation and relieves stress.

Emotional Energy Properties: Helps to relieve depression and stress. Assists you in finding the best

use for your energy and prevents you from overworking yourself. Good for finding the root cause of any addiction and acts as a grounding stone to help you stabilize your emotions and energy.

Chakras: Associated with the Root chakra and grounding to the Earth.

Astrological signs: Connected with Pisces.

History: Staurolite has a rich history and was used for many different purposes and needs. It was used in baptisms in Basel, Switzerland which is why it is sometimes referred to as the baptismal stone. The name Staurolite comes from the Greek words stauros and lithos meaning cross stone because it is usually in a natural cross shape. It has always been seen as good luck and has been used in religious jewelry. In Brittany, people thought that this stone fell out of the sky and in North America, the Indigenous people believed the stones to be the tears of the Cherokee tribe who followed a trail of tears in the 1800's after they were forced to leave their land to go to reservations. They are also called Fairies Tears because they were thought to be the tears that were shed by fairies when they heard that Jesus Christ died. It's also said that some of the presidents of the United States including Wilson, Roosevelt and Harding even carried Staurolite as good luck charms.

Where it's found: Mainly found in Russia, France, the United States, and the Middle East.

Variations, Rarity and Value: Staurolite crystals can be reddish brown to brown, yellow brown, and black with a sheen. Staurolite rates a 7 to 7.5 on the Mohs hardness scale and has a vitreous to resinous luster. It is found in medium-grade schists and gneisses with garnet, kyanite and mica.

How to use it: Carry with you or wear for good luck. Use in ceremony or meditation and hold to use as a grounding tool.



Stibnite Meaning and Spiritual Properties

One of the most visually interesting crystals, Stibnite is formed by columns and layers of slender metallic crystals. It was mined in the 1940s and a critical part of the United States war effort in the 1940s.



Physical Energy Properties: Stilbite is beneficial for the stomach and the digestive system. It's also good for the esophagus and the throat.

Emotional Energy Properties: An excellent stone for meditation and protection from negative energy. Opens and activates the Crown chakra which helps you get more in tune with universal wisdom. It's also a good relationship crystal, and it brings in

abundance as well.

Chakras: Connected with the Crown chakra.

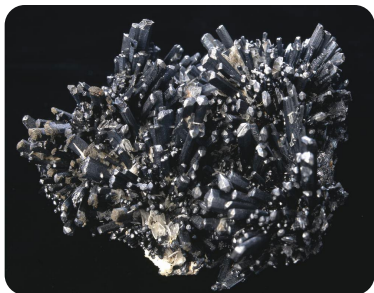
Astrological signs: Related to Scorpio and Capricorn.

History: Stilbite is sometimes called Antimonite because it's the most popular source for Antimony. The name Stilbite comes from the Greek word stibi which is from the Latin word stibium and was the old name for Antimony. In Ancient Egypt, they used a Stilbite powder as a medication and in cosmetics. It was known as Khol back then and was used as eye makeup to line the eyes. An alchemist in the 17th century named Eirenaeus Philalethes who was also known as George Starkey, used Stilbite before philosophical mercury, which was a precursor to the Philosopher's Stone. Even though gold and silver were the minerals that brought miners to Idaho, Stilbite was also a heavily mined mineral in the 1940s. The mineral was used in the production of bullets for World War II.

Where it's found: Found in China, Canada, Brazil, Mexico, Peru and Uzbekistan.

Variations, Rarity and Value: Stilbite is usually grey and silver, a dark metallic gray. It's a common crystal with a hardness of 2 on the Mohs scale of hardness making it very delicate. The A Grade Stilbite is a silvery black colour with some lustre with a needle formation. The B Grade is a similar colour but will have a lower lustre and will be duller. You can buy pieces of Stilbite to add to your crystal collection, but it's rarely found in jewelry. Larger pieces are rare, so they are higher in price.

How to use it: Caution: Use Stilbite very carefully because it is very toxic. Always wash your hands after any contact with it. Also be sure not to inhale any of the dust or particles that come off of it. Keep away from pets and children and DO NOT use in elixirs. Best to keep in a case or container. You can keep it in your home as a decorative piece, and the energy will still emanate throughout your home.



Stilbite Meaning and Spiritual Properties

Also spelled Stillbite, this crystal is a very delicate



and soft material that holds the energy of Universal Love. It's usually white in colour and can have either plates or pyramids. This is a beautiful stone to get if you're on a journey of self-exploration and expansion.

Physical Energy Properties: Treats loss of taste and the taste buds as well as laryngitis and sore throat. It's also beneficial to the brain, and it is a powerful detoxifier. It has been used to counteract poison, and it also increases pigmentation of the skin making the skin look darker.

Emotional Energy Properties: Stilbite opens the heart and helps you overcome fear and loss. It has a very calming influence that helps you sink deeply into a meditative or relaxed state. It grounds spiritual energy and helps to expand your consciousness to be able to perceive other realms and dimensions. With Stilbite, you'll also feel less overwhelmed as it clears the mind and helps you remain focused on your goals.

Chakras: Connected with the Throat chakra, the Third Eye chakra and the Crown chakra.

Astrological signs: Related to the sign of Aries.

History: The name Stilbite comes from the Greek word stilbein which means to shine since it has a gleaming and pearly appearance. In Germany, it's called Desmine which means a bundle and that was the original name it was given in 1818. That was when it was found that stilbite was different from Heulandite.

Where it's found: Stilbite can be found in India and the United States. It can also be found in Iceland, and the Faeroe Islands and Scotland.

Variations, Rarity and Value: It is usually colourless or white, but it can also be yellow, pink, salmon, brown, orange, red, green, blue and black. It's one of the zeolite minerals a sodium calcium hydrous aluminum silicate. It has a hardness of 3.5 to 4, and it is formed in cavities in lava. It's often found along with Heulandite and Apophyllite.

How to use it: Can be used as a scrying tool or placed on the Third Eye to enhance intuition and insight.

Strawberry Quartz Meaning and Spiritual Properties



Strawberry Quartz is a rare type of Quartz crystal with red inclusions. Also known as Red Fire Quartz but not to be mistaken for Rose Quartz, Strawberry Quartz. It gets its strawberry colour from the red inclusions which are strands of iron oxide. It's a calming and soothing crystal that brings love and understanding, but it also can energize and revitalize.

Physical Energy Properties: Stimulates energy throughout the body and mind. It helps the heart and circulation. Good for pregnancy and birth, as well as helping the newborn baby grow strong.

Emotional Energy Properties: Brings calm to the subtle energy body. It's an excellent stone to have when you're getting back on your path in life. It can help you gain

insights about yourself and the things you may wish to work on. It can also help you gain wisdom. It helps to create a loving space.

Chakras: Connected with the Heart Chakra

Astrological signs: Related to Libra

History: It's said that the stone was first found in Mexico, and it started to become available in gem shows in the 1970s. People say that the location it was found in is kept a secret, but that didn't stop people from nearly depleting the mines where it was found.

Where it's found: Found in Russia. Kazakhstan, and in Brazil.

Variations, Rarity and Value: Some of the iron oxide inclusions are microscopic which doesn't make the Quartz very red or pink. Other crystals will have distinct red flakes and needles. There are four different types of iron oxides found in Quartz crystals. These include Lepidocrocite, Limonite, Goethite and Hematite. A lot of Strawberry Quartz can be glass that is manufactured to look like the crystal. Strawberry Quartz is one of the types of Fruit quartz which is a general trade term for crystals that go by names like Blueberry quartz, Cherry quartz or even Pineapple quartz and other fruits. These stones are usually made into stones, beads or pendants. Or made into decorative objects.

How to use it: Strawberry Quartz can help you gain energy in your body and mind. Perfect for if you feel fatigued. It will uplift you and bring you newfound energy. Wear the stone near your heart chakra or hold when you need a boost of energy. A wonderful stone to use in meditation and intention setting.



Sugilite Meaning and Spiritual Properties

Sugilite is considered one of the major love stones, bringing its purple ray energy to earth. It is good for confidence, creativity, courage and mental balance.



It allows eccentricities to express themselves.

Physical Energy Properties: Sugilite is good for whole body balance and the mind and body link in disease. It is a good stone for the adrenal, pineal and the pituitary glands. It is helpful in treating most illnesses, especially epilepsy. It can help to relieve headaches and physical discomfort. It also helps children with learning difficulties such as dyslexia. It benefits people living with cancer, as it helps to

release emotional turmoil and alleviate despair.

Emotional Energy Properties: Sugilite helps with anger, despair, forgiveness, hostility, jealousy and prejudice. It teaches you how to live from your truth and reminds the soul of its reasons for incarnating. It accompanies moving into past lives or the between-lives state to help retrieve the cause of disease. It encourages positive thoughts. It can bring love and light into the darkest of situations.

Spiritual Energy Properties: Sugilite represents spiritual love and wisdom and helps to open all the chakras to the flow of love and brings them into alignment. It inspires spiritual awareness and also promotes channeling ability. It is good for spirit contact and finding your life path.

Chakras: Crown

Astrological signs: Virgo

History: Sugilite is also known as lavulite, royal azel and royal lavulite.

Source: South Africa and Japan

Variations, Rarity and Value: Found in violet-pink and purple masses and tiny crystals (rare). Sugilite is available from specialty stores.

How to use it: For headaches hold Sugilite to the forehead and for physical discomfort hold the stone in your hand. Place as appropriate, especially over the heart and the lymph glands. Place on the third eye to help alleviate despair.



Sulphur Meaning and Spiritual Properties



Sulphur belongs to the Chalcogen family, and it comes in both crystalline and massive form. It comes in colours ranging from light yellow to deep yellow. It has a negative energy charge which makes it great for absorbing negative energies.

Physical Energy Properties: Wonderful for reinvigorating the system after illness, also great for infections and fevers as well as minor insect bites. Treats swelling and joint pain. Can also be used as an insect fumigant but not to be ingested by humans.

Emotional Energy Properties: Helps to ease stubbornness or rebellion allowing you to do what

needs to be done for your own good. It's also good for getting rid of distracting thoughts and for inspiring your imagination. This is a great stone for transformation of any kind and will also bring stability.

Chakras: Associated with the Solar Plexus chakra.

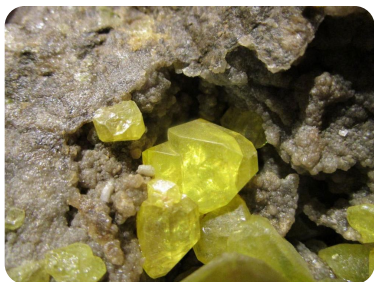
Astrological signs: Correlates with the sign of Leo.

History: Sulfur was used in ancient times in India, Greece, China, and Egypt. It's also mentioned in the Bible as brimstone and hell is mentioned to smell like sulphur, most likely because of volcanic activity, which is where the term "fire-and-brimstone" comes from. In ancient Egypt, sulphur ointment was used to treat granular eyelids. In Greece, it was used for fumigation and medicine. In China a type of sulphur known as shiliuhuang for it's ability to light fire and other alchemical properties. Indian alchemists also used sulphur and called it gandhaka which means the smelly. European alchemists gave sulphur the alchemical symbol of a triangle at the top of a cross. It was used in creams to treat ringworm, scabies, psoriasis, eczema, and acne because of its antibacterial qualities.

Where it's found: Mainly found in Sicily, Italy as well as Greece and South America.

Variations, Rarity and Value: Sulfur happens to be the tenth most common element by mass in the entire universe. It's also the fifth most common element on Earth. Sulphur on Earth usually forms as sulphide and sulphate minerals. Most sulphur these days is created by removing sulphur from natural gas and petroleum. It's mainly used as the sulfuric acid for sulphate and phosphate fertilizers, as well as matches, fungicides and pesticides.

How to use it: Use the crystal version of sulphate to put over wounds and then either bury them or cleanse them after. You can also use the crystals in meditation and to balance the Solar Plexus chakra.





Sunstone Meaning and Spiritual Properties



A joy-inspiring gemstone that instills positivity and happiness in your life. Much like the sun, this stone is often yellow to orange in colour sometimes with gold flecks in it that really make it sparkle. It's also always been regarded as a stone of good luck and abundance.

Physical Energy Properties: Fuels you with energy and strength when you need it most. It's a very useful stone for self balancing and immune function. It's great for all of the organs and general pain in the body. It's also effective for throat infections and ulcers.

Emotional Energy Properties: Helps lift depression, fear and stress. Sunstone aids when recovering from abandonment and taken advantage of. Relieves feelings of failure, allowing you to accept that mistakes are part of learning. Instills self-confidence and self-worth as well as optimism.

Chakras: Related to the Crown chakra, the Sacral chakra and the Solar Plexus chakra.

Astrological signs: Associated with Leo and Libra.

History: Sunstone has been mined and used for centuries. It was even found in Viking burial mounds. This sparkling golden stone has always been thought to have magical properties and the ability to bring in the sun's energy. In Greece, they used it to represent the sun god who would bring good fortune to anyone who owned this gemstone. In the United States, Indigenous people would use it as a currency. It became even more popular in the 1900s when it was found in more places including Norway and Siberia. When it comes to the red sunstone, Indigenous legends say that these stones are the blood of a great warrior who was wounded.

Where it's found: This beautiful stone is found in Canada and the United States as well as in India, Greece and Norway.

Variations, Rarity and Value: Pale yellow sunstone can cost only a few dollars per carat up to \$20 per carat if they are custom cut. The pink and tan coloured stones can cost up to \$50 per carat. Opaque stones are pricier. Green, deep pink, and red sunstones, or stones with multiple colours will range from \$50 to \$300 per carat. The rarest sunstones are green and can cost even more than the largest red sunstones which go for up to \$1,700 per carat. The inclusions of hematite or goethite are what gives this stone it's bright glimmer.

How to use it: Charge sunstone in the sun and use it outside in the sun for the best effects. Hold the stone in mediation or wear it to bring joy into your life and to ease depression or anxiety.



Super Seven Meaning and Spiritual Properties



Super Seven, is a combination of seven beautiful stones making for a powerful crystal. So not only does it have the power and energy of one crystal, it combines the energy of all seven crystals. It's said to have a vibration that links up all of humanity and can help to raise the vibration of the planet. This stone never needs to be cleansed or charged.

Physical Energy Properties: This super stone can help any physical symptoms and illness. It will also harness all of the energy and spiritual qualities of each of the seven stones. So look up each stone individually to discover each one more in depth.

Emotional Energy Properties: Helps you in developing your psychic abilities and harnessing your inner power — assists in bringing out your innate talents and gifts. It will connect you to higher guidance and your angels and spirit guides. Offering support and assistance on your journey.

Chakras: Connects with all chakras and helps to activate and balance them.

Astrological signs: Relates to all astrological signs.

History: This is a fairly new stone and has just been starting to become popular in the last couple of decades.

Where it's found: Found in Brazil.

Variations, Rarity and Value: The Super Seven stones include Amethyst, Clear Quartz, Smoky Quartz, Cacoxenite, Rutile, Geothite and Lepidocrocite all wrapped up in one beautiful stone. There is little known about this stone so far, but it's mainly Amethyst with inclusions of all of the other crystals. So as the crystals are formed, they amalgamate forming the Super Seven crystal.

How to use it: Bring this stone into your home to balance the energy and discord in a home bringing in an energy of harmony. This super crystal will balance and energize all of the chakras and subtle energy bodies to the highest vibration possible. Put it near your other crystals to boost their vibration too. Hold this crystal to ground yourself and create a sense of support and security.



Tangerine Quartz Meaning and Spiritual Properties



Tangerine Quartz is a crystal connected to the sacral chakra. This crystal fosters creativity, sensuality and emotional balance. This crystal reminds you to keep a balance between the giving and receiving side of relationships with family, friends, and partners.

Physical Energy Properties: Tangerine Quartz is an excellent stone to use after shock or trauma, especially at the soul level.

Emotional Energy Properties: A crystal that demonstrates that like attracts like. Use Tangerine Quartz to gain more acceptance, growth or understanding. It helps you to evaluate and tackle

your inner issues without any criticism or judgment. It encourages forgiveness and gives you the courage to release past issues and traumas that no longer serve a purpose. It is a stone that gets rid of anything that prevents you from going forward.

Spiritual Energy Properties: Tangerine Quartz can be used for integration and soul retrieval. It is useful for or after a

psychic attack. It can be used in past life regression and is a beneficial crystal when the soul feels that it has made a mistake for which it has to pay. It activates and harmonizes the sacral chakra, by stimulating the flow of creative energy.

Chakras: Sacral

Astrological signs: Leo, Libra Source: Brazil, Madagascar

Variations, Rarity and Value: Transparent orange. Ranges in color from red to orange. It is a silicon dioxide mineral of the Quartz family. Its color comes from the encrustations or inclusions of iron oxide. Tangerine Quartz is formed when the mineral Hematite combines with water.

How to use it: Use Tangerine Quartz for meditation as it will help you focus your thoughts. Wear a Tangerine Quartz pendant when you feel pulled into or trapped in chaotic, confusing, or dramatic situations. After a tiring day, place a Tangerine Quartz point at the outer corners of your bathtub, with the crystal points facing toward the center. This mini grid will help you to release the stress and tensions accumulated during the day. Carry Tangerine Quartz with you, especially in situations of chaos or drama.



Tanzanite Meaning and Spiritual Properties

Tanzanite is good stone for communication. The energies of this crystal will allow you to release tensions and focus wholly on what you should do.

Physical Energy Properties: It is good for the eyes and the skin. It helps with exhaustion. It works on the chest, head and throat. Tanzanite can help detoxify the systems and purify the blood. It can



increase fertility in women and help treat fertility-related conditions.

Emotional Energy Properties: Tanzanite can help in relieving anxiety and stress. It is effective against chronic alcoholism.

Spiritual Energy Properties: Tanzanite is a heat amended stone that has a high vibration, facilitating deep meditative and altered states. A beautiful stone that changes color when viewed from different directions. This shifting of color helps to facilitate raising consciousness. It is a stone that links to angelic realms, Ascended Masters and spirit guides. It downloads information from the Akashic Records and helps with inner and outer journeying. Tanzanite activates a chakra link that starts at the base to the higher crown chakras and brings the higher mind into contact with the physical realm. It dissolves the old patterns of karmic disease creating space for new patterns to be integrated.

Chakras: Brow, Crown, Throat

Astrological signs: Gemini, Libra, Sagittarius

History: Tanzanite was first discovered in the foothills of Mount Kilimanjaro in Tanzania in 1967.

Source: Tanzania

Variations, Rarity and Value: Blue, lavender, gray/blue or purple. Tanzanite is a variety of zoisite formed in masses and prismatic striated crystals. When looked at it in candlelight or underneath an ordinary lightbulb, Tanzanite will look a lovely burgundy color with earthy brownish tones. Rare availability.

How to use it: Excellent gem essence. Tanzanite can be placed anywhere you want to enjoy calmness, peace, and silence. Place it in your meditation or prayer room or bedroom. Place Tanzanite in your office or work area as it will help to enhance your productivity levels and reduce work pressures.



Tectonic Quartz Meaning and Spiritual Properties

Tectonic Quartz is clear quartz crystals that are millions of years old. The striations and grooves on these crystals were created from movement in the tectonic plates deep within the Earth.

Physical Energy Properties: Tectonic Quartz is the



most powerful and energy amplifier. It helps to absorb, store, release and regulate energy and also unblock it. It stimulates the immune system and helps to bring the body to balance. It cleanses and enhances the organs.

Emotional Energy Properties: It connects you with inner reflection, which helps you to take ownership

and to make a shift. It helps aid concentration and unlocks memory.

Spiritual Energy Properties: Tectonic Quartz helps to raise energy to the highest level. It works on all levels of being. It helps to enhance psychic abilities and attunes you to your spiritual purpose.

Chakras: It harmonizes all the chakras.

Astrological signs: All

History: This crystal is nicknamed the shifter.

Source: Worldwide

Variations, Rarity and Value: Tectonic Quartz is the result of the massive shift of energy from the Earth's movement. This movement is what causes the crystal to shift into a new form. That is how the grooves and striation of Tectonic Quartz were created, from the movement of the tectonic plates that are deep with the Earth.

How to use it: Place as appropriate on the body or wear on the body. Use to soothe burns.





Tektite Meaning and Spiritual Properties



The first Tektites were found by the Moldau River in Czechoslovakia in 1787 which gave them the name of Moldavite. Moldavite is a type of Tektite with a beautiful green hue, but there are other colours of Tektite from all around the world.

Physical Energy Properties: Tektites have been thought good luck and fertility. They also balance masculine and feminine energies. Aids in circulation and reducing fevers.

Emotional Energy Properties: This stone is thought to help with extraterrestrial communication and spiritual growth. It also helps release negative

experiences while learning lessons. It's also a great stone for meditation. Helps with energy flow in the body releasing any blockages or stagnation.

Chakras: Tektite is associated with the Crown chakra and universal wisdom.

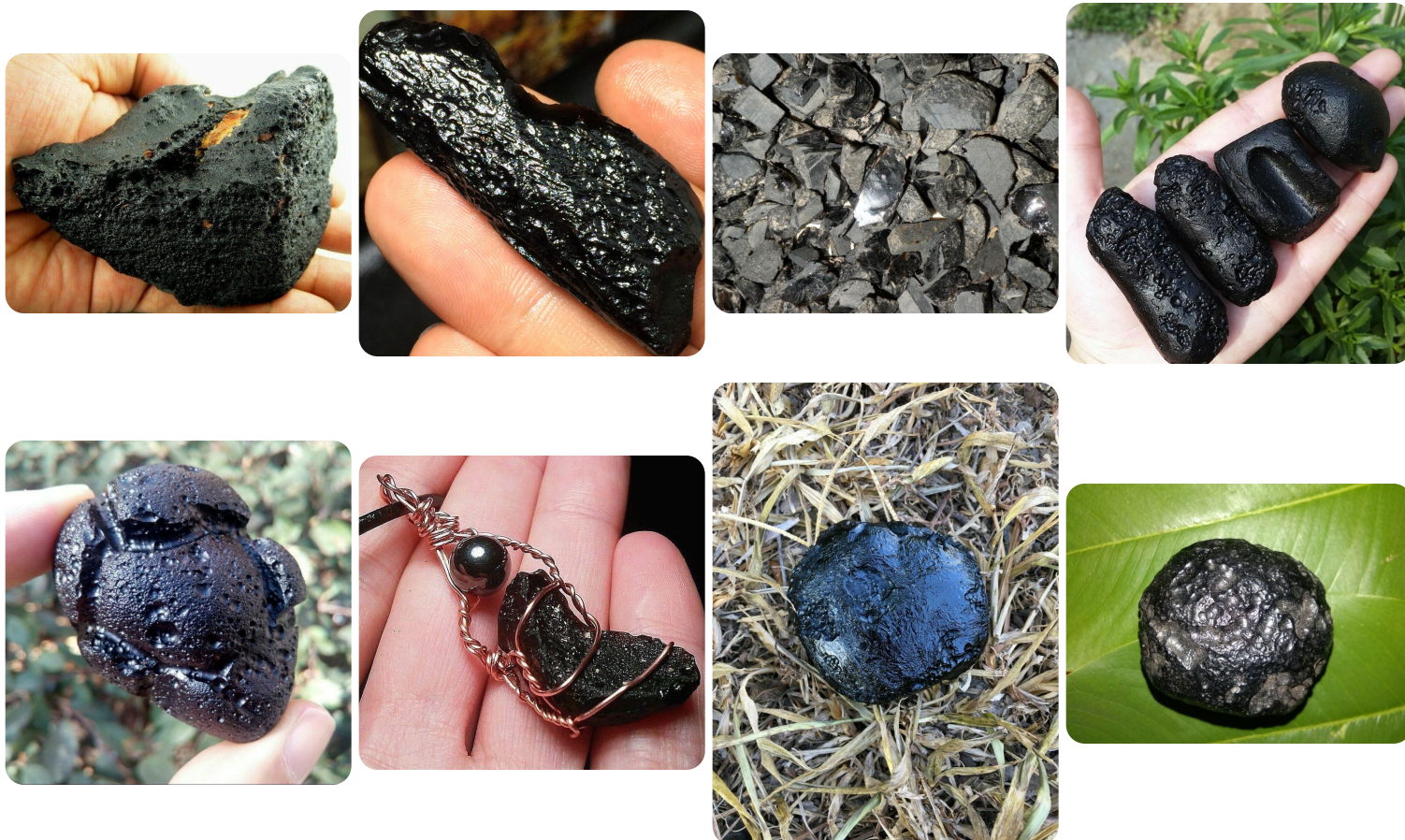
Astrological signs: Connected with Cancer and Aries.

History: One of the theories to explain Tektite formation is that they came from outer space melting when they came into the atmosphere. The other theory is that they came to Earth through the impact of a large meteorite which created the glass like pieces as it made impact with the Earth's surface.

Where it's found: Most Moldavite is found by the Moldau River in Czechoslovakia. But other colours of Tektite can be found in Australia, the Middle East, the Philippines, China and Thailand.

Variations, Rarity and Value: Tektites are quite rare amorphous glass made of mainly silicon dioxide. Even though they look very similar to Obsidian, they don't have the Crystallites found in Obsidian. Tektites are a 5 on the Mohs hardness scale and they have a vitreous luster. Moldavite is the most popular and well-known type of tektite and it's usually a dark green colour.

How to use it: Use in meditation to tap into higher realms and use to gain insight and hone intuition.



Thulite Meaning and Spiritual Properties



Also known as Pink Thulite because of its pinkish hue and since it's a pink variety of zoisite. Thulite is an excellent stone for actors and extroverts. A stone of expression and passion.

Physical Energy Properties: Boosts fertility and treats any disease of the reproductive organs. Helps with bloating and gas as well as calcium deficiency. Stimulates regeneration and balancing of the body.

Emotional Energy Properties: Balances an extrovert's energy and helps to bring out extroverted behaviours in those who are shy when they need to have strength. Brings curiosity and creativity with

imagination. Also aids in solving problems and seeing things with both emotion and logic. Also a stone of passion and sexual expression.

Chakras: Associated with the heart chakra and unconditional love as well as the Root and the Sacral chakra which are connected with passion and sexuality.

Astrological signs: Related to the signs of Taurus and Gemini.

History: Thulite was first found in Sauland in Telemark, in Norway in 1820. It was named after the Island of Thule that was believed to be in Scandinavia.

Where it's found: Thulite is found in Norway where it was first discovered as well as Tyrol in Austria and in Mitchell County in North Carolina. Plus, just recently Thulite has been found in Riverside which is in Okanogan County, Washington.

Variations, Rarity and Value: Thulite is often used as a gemstone and also as a carving material. It's a Silicate mineral which is the largest family of minerals which are a major part of the Earth's crust. They contain Silicon and Oxygen making them Silicates. Thulite is a form of Zoisite and is related to another gemstone called Tanzanite. Thulite is pink and manganese-rich and is mainly found as a secondary stone. It's pink because of the manganese and calcium in it, but there are also black Thulite stones. It's low-grade in quality, but there are rare gem-quality crystals are found.

How to use it: Place or hold a thulite stone over the corresponding chakras to bring balance.



Tibetan Quartz Meaning and Spiritual Properties



Tibetan Quartz is a feel-good stone that helps you get to the point. It helps defend you from any kind of psychic attack and keeps you away from harm on a physical and psychic level. The energies of the Tibetan Quartz crystal will cleanse and purify you.

Physical Energy Properties: Tibetan Quartz energizes and purifies all meridians. It is a master crystal that can be effective in balancing or repairing the nervous and the immune systems. It's a crystal that can soothe burns and other skin conditions. It can be used as a pain reliever and is beneficial to people who suffer from vertigo.

Emotional Energy Properties: Tibetan Quartz has strong, centered energy that passes into the body and self to bring about deep energizing and energy balancing. It is among one of the most powerful protection crystals on earth.

Spiritual Energy Properties: It brings spiritual connections and accesses the Akashic Record. It helps you achieve spiritual awareness, stimulating your clairaudience and radiating the sacred sound of the universe when placed right over the third eye.

Chakras: All

Astrological signs: All

History: Tibetan Quartz holds the resonance of Tibet and the esoteric knowledge that has existed there for so long. Tibet is considered one of the most sacred locations in the world. Any crystal that comes from such a holy or spiritual place such as Tibet will have very high vibrations. It is said that because of the high altitudes in the Himalayan Mountains, only the Tibetan monks can mine for these crystals using their hands because they are not easily accessed by machinery.

Source: Tibet in the Himalayan Mountains. Also found in India, Pakistan and Russia.

Variations, Rarity and Value: Clear, colorless or smokey crystals that often have black hematite inclusions. It occurs in single and double terminators.

How to use it: It helps to purify and energize all the meridians. Meditate with Tibetan Quartz to attune with the esoteric knowledge of Tibet. This knowledge can be used instinctively in spiritual practices. It is an excellent crystal to use in both meditation and spiritual work because it raises your consciousness while also grounding you in reality.

Tiffany Stone (Bertrandite) Meaning and Spiritual Properties



Tiffany stone is a beautiful mix of stones including fluorite, calcite, chalcedony, opal, dolomite, quartz, and bertrandite. It's also called opalized fluorite, ice cream stone, and bertrandite. There is only one source for this stone in Western Utah. Most of the stones are crushed to produce Beryllium.

Physical Energy Properties: Tiffany Stone will stimulate the endocrine system and immune system. It also helps to release sexual blockages and balances the sexual organs.

Emotional Energy Properties: Tiffany Stone helps you get back on your own personal journey if you've

veered away from your truth. This stone is also very helpful in assisting you to tap into your psychic abilities and opening you up to receiving wisdom from the world around you. This is also a wonderful stone for organization. You will be able to sort through your emotions and release them.

Chakras: Connects with the Heart, Throat and Third Eye chakras.

Astrological signs: Associated with Gemini.

History: In the early 1960s Brush Wellman bought 12,500 acres in Utah for 3

Million dollars to mine for stones. Within a few years, the mine was found to be a very successful source of Tiffany Stone to make Beryllium, and it continues to produce stones today. It's said that the stone is named after the owner of

the Brush Wellman mine's daughter, but there are no official records of this.

Where it's found: Tiffany Stone is only found at the Brush Wellman beryllium mine that's at Spor Mountain in Western Utah.

Variations, Rarity and Value: Pretty much all of the Tiffany stone mined is used to produce Beryllium which is used to make items like aircraft, missiles and cell phones. A very small percentage of the stones mined have been collected by gemstone collectors or the workers. So these are the only pieces of Tiffany Stone that exist because the mine is more interested in making Beryllium. It's a beautiful purple colour with white, gold and brown mixed in.

How to use it: Bring this stone into your life if you feel like you need to get back on your own track again. It will help you sift through your life to bring only what is necessary into the future. Make sure you only wear polished Tiffany Stones as some of the ingredients in the stone can be toxic.



Tiger Iron (Mugglestone) Meaning and Spiritual Properties

Tiger Iron is a metamorphic rock and a combination of Red Jasper, Tiger's Eye and Hematite. It's also known as Mugglestone which is fun for Harry Potter fans. It's a great stone for those who are highly sensitive and who tend to take on other people's emotions.

Physical Energy Properties: Tiger Iron is helpful for those who are sensitive to noise and chemicals. It's also a great stress reliever, and it's very grounding as well. Helps those with fractures, muscle aches and



cramps. It also promotes vitality and energy.

Emotional Energy Properties: Tiger Iron is beneficial for burnout or emotional exhaustion. It's a very grounding stone which helps bring you to the present moment. It can also help you in finding your strength and courage in times of crisis. Will help you find creative solutions to problems you're experiencing and in resolving traumas of the past — a wonderful stone for artists, writers, actors and musicians.

Chakras: Connected to the Root Chakra.

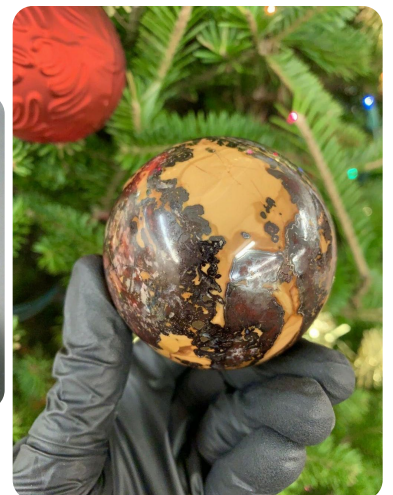
Astrological signs: Associated with Leo.

History: The name Mugglestone which is another name Tiger Iron goes by comes from Mucklestone because the stone was first found in Mucklestone in Great Britain.

Where it's found: Found in Great Britain and Africa as well as in Brazil, Australia, Mexico, in the Lake Superior area of the United States.

Variations, Rarity and Value: Tiger iron quartz-lignite aggregate with layers of golden Tigers Eye, Metallic Grey Hematite and deep Red Jasper. It's not yet known exactly how Tiger Iron is formed, but many geologists say the stone is a stromatolite which includes algae fossils from sedimentary deposits. It's also said that it's a banded iron formation (BIF) that was formed when the Earth was more oxygen-rich than it is now. It's a fairly common stone and rates a 5 to 7 on the Mohs scale of hardness.

How to use it: Hold this stone when you need a good boost of energy and also when you need to feel grounded. Great for those busy days when you feel like you need to keep going, and then also great for when you need to wind down and relax. Keep this stone with you or place it in your home for continuous grounding yet energizing energy.





Tiger's Eye Meaning and Spiritual Properties



A type of quartz in the group of chalcedonies. Special because of chatoyancy which gives it the band of light through the centre which is what makes it resemble a Tiger's Eye or a cat's eye. This stone is a combination of both solar energy and earth energy making it a very grounding stone.

Physical Energy Properties: Helpful with eye diseases and issues as well as night vision. It can help with digestion and the digestive system. Broken bones can also benefit from Tiger's Eye energy.

Emotional Energy Properties: Excellent for grounding, protection and security. Inspires courage

and motivation to go after your dreams. It can also help relieve depression and anxiety helping you see clearly. Tiger's Eye is also effective in releasing worry and inner turmoil.

Chakras: Connected with the solar plexus chakra and the crown chakra.

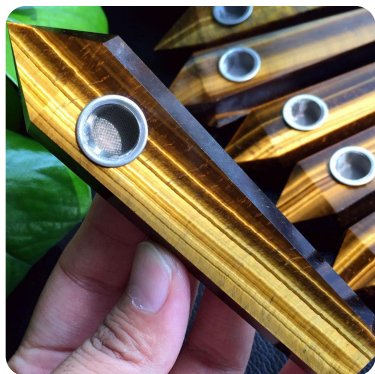
Astrological signs: Associated with Leo, Pisces and Sagittarius.

History: Throughout history, Tiger's Eye has been regarded as a stone of wealth and prosperity. Ancient Egyptians used Tiger's Eye as the eyes in their statues of deities like Ra, the sun god. Roman soldiers carried it while going into battle for strength. It's also been used as a spiritual protector much like the evil eye that wards off evil influences.

Where it's found: India, Brazil, United States, South Africa, Mexico and Australia

Variations, Rarity and Value: Tiger's eye is usually golden brown to brownish-gold in colour. Each layer of the stone can have a different thickness and colour. The AAA Grade Tiger's Eye will be a pure bright golden yellow with a fine, dense structure.

How to use it: For grounding, place a piece of Tiger's Eye on your naval area over your solar plexus chakra. You can also place a piece in your home or in your wallet or purse to attract more wealth and prosperity into your life.



Tourmalinated Quartz Meaning and Spiritual Properties



Tourmalinated Quartz deflects negative energy while also helping to unlock any energy blockages that are within the body. It helps childhood behaviour patterns and experiences. It brings together the properties of Quartz and Tourmaline.

Physical Energy Properties: Tourmalinated Quartz helps the nervous system and nervous exhaustion. It harmonizes the meridians, the chakras and the subtle bodies.

Emotional Energy Properties: Tourmalinated Quartz is an effective grounding stone that helps depression and fear. A good stone for problem-solving. It

dissolves crystallized patterns and releases tensions at every level.

Spiritual Energy Properties: It helps to strengthen the body's energy field against external invasion. It harmonizes the disparate and opposite elements and polarities, turning negative thoughts and energies into positive ones.

Chakras: All

Astrological signs: All

Source: Brazil, Worldwide

Variations, Rarity and Value: Tourmalinated Quartz is a combination of clear quartz with inclusions of black tourmaline rods through it. Easily obtained.

How to use it: Place Tourmalinated Quartz on the body as appropriate for energy balancing.



Tourmaline Meaning and Spiritual Properties



Tourmaline is one of the more popular and sought after stones. It helps to protect you from negative and erratic energies. It is a protective and grounding stone that helps to diffuse. It attracts and absorbs erratic (negative) energy. This stone helps to cleanse, purify and transform dense energy into a lighter vibration. It absorbs disharmonious energies, diffuses and dissipates them. It is a good stone for inspiration, awareness, creativity, new challenges and negotiation skills. It is good for laughter therapy and in groups.

Physical Energy Properties: Tourmaline is good for balancing and mental health. It rebalances the meridians. Natural Tourmaline wands are a useful balancing tool that helps to clear the aura, disperse negative energy, remove blockages and help point to solutions for problems. It is good for digestion and the lymphatic system. It helps aid detoxing, and low blood pressure. It helps release tension, which makes it a good stone to use for spinal adjustments.

Emotional Energy Properties: Tourmaline can be used for balance, calming, removing blockages and for self-confidence. It is good for energy and mental health. It balances the right and left sides of the brain and transmutes

negative thoughts into positive ones. It is good for the aura, inner self, yin/yang balance and psychic abilities. It helps with fear, breakdown, negativity, and obstructiveness. Tourmaline is helpful in treating dyslexia, paranoia and improving hand to eye coordination.

This stone aids in the understanding of oneself and of others, by taking you deeper into yourself, diminishing fear and promoting self-confidence. Brown, Red and Yellow Tourmaline help with sexuality and emotional dysfunction caused by a loss of libido. It helps balance the male and the female energy within the body.

Spiritual Energy Properties: Tourmaline helps to ground spiritual energy, it balances and clears all the chakras and forms a protective shield around the body. It is a shamanic stone that brings protection when used for rituals. Tourmaline is good for scrying. It clears the aura, removes blockages, and disperses negative energy.

It is excellent for balancing and connecting the chakras. It enhances the balancing ability and offers protection on all levels from psychic attacks to simple accidents. Tourmaline wand crystals are good to help focus energy to the areas where most needed, aura balancing and good for affirmations. It has a strong affinity with the devic energies and can be beneficial in the garden and to help plants.

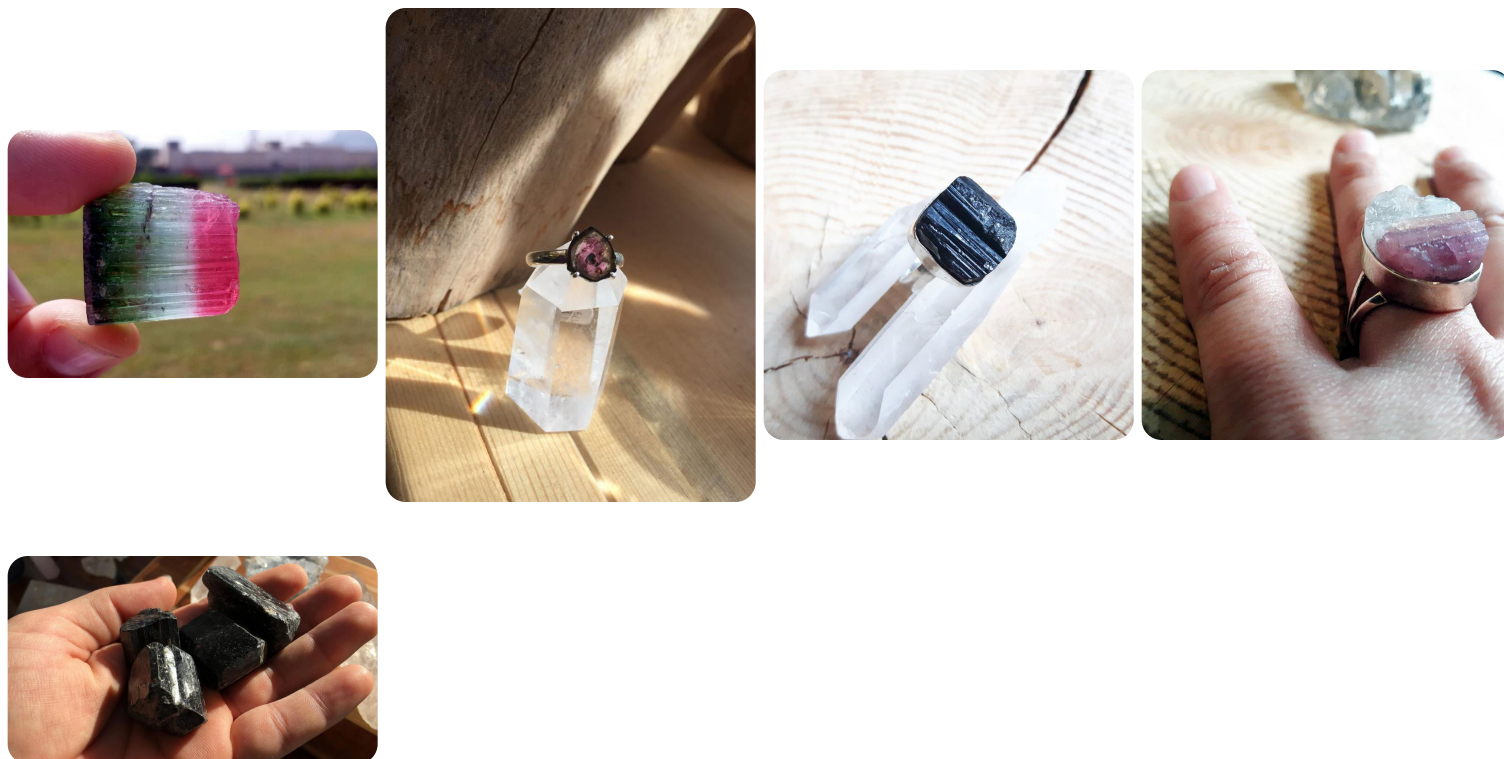
Chakras: All Astrological signs: Libra

Source: Tourmaline can be found in Afghanistan, Africa, Western Australia, Brazil, Italy, Pakistan, Sri Lanka and the United States.

Variations, Rarity and Value: Tourmaline comes in a variety of colors to include black, brown, green, blue, blue-green, lavender, pink, red, yellow and watermelon. It can be opaque, shiny, or transparent, in all sizes as both hexagonal structures and long striated. This stone is easily obtained from specialist stores and online.

How to use it: Tourmaline can be carried with you in your pocket, or worn in jewelry such as a pendant or a ring. You can also sleep with a piece of Tourmaline underneath your pillow to help you relax and may enhance your dreams. To stimulate the meridians place the tip of a piece of Tourmaline pointing in the same direction as the flow.

Use in gardening and with plants to help absorb and attract frequencies, so the plant is freer to grow to its best potential. Tourmaline wands are useful balancing tools. Excellent when used for gem essences working quickly and efficiently.





Tree Agate Meaning and Spiritual Properties



Tree Agate is a stone that connects you on a deeper level with the earth and nature. It helps to clear blockages within your body's energy field to open the flow of both abundance and prosperity. A good stone for cultivating plants, and is useful for gardeners.

Physical Energy Properties: Tree Agate helps with trauma, and shock. It helps to align the vertebra in certain skeletal disorders and treat conditions that affect the nervous system. It can be beneficial to the blood vessels and the heart. It can stimulate the capillaries and the veins of the circulatory system.

Emotional Energy Properties: Tree Agate helps you to see the beauty in everything. It is a calming stone that helps with matters related to the ego. It carries the quiet energy that will help you work diligently and ignore all the things that are causing you confusion or pain. It will also help to improve your mental functions and give you mental clarity.

Chakras: Heart

Astrological signs: Taurus

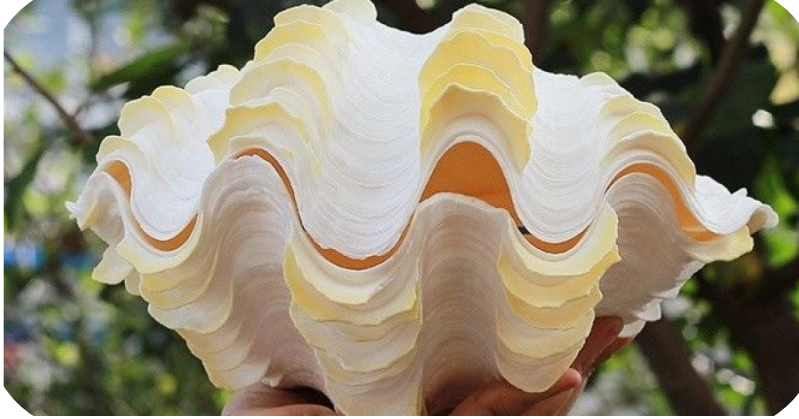
Source: Brazil, India, and Uruguay

Variations, Rarity and Value: Opaque colorless masses of agate with green and white patterns that resemble foliage or fern-like manganese and iron inclusions.

How to use it: Tree Agate is a great stone to use as a personal talisman. It will help your body gain emotional, physical, mental, and spiritual strength. The stone will give you the stamina to handle everything that you are supposed to do and everything that is expected of you. It is an excellent meditation stone. Carry a piece of Tree-Agate in your pocket or purse. Place on your nightstand to benefit from its healing and protective energies.



Tridacna Meaning and Spiritual Properties



Tridacna is the whitest stone in the world and a very rare gemstone that has been used in Buddhist relics. Tridacna is a genus of saltwater clams that have heavy shells with folds in them. The stone is made from the clam that produces pearl-like stones, and the shell is also used too.

Physical Energy Properties: Tridacna stone helps to soothe frazzled nerves to calm the entire body and it also helps ease insomnia. It's also said to reduce blood pressure, promote good metabolism, and provides anti-aging benefits. It can also help prevent and ease the effects of osteoporosis.

Emotional Energy Properties: This pure white stone helps to stabilize your mood while clearing worry out of your mind. This will help to balance your mind and emotions which will help to prevent or soothe stress.

Chakras: Connected with the Crown chakra and oneness.

Astrological signs: Related to all of the astrological signs.

History: Tridacna is known as one of the Seven Treasures of Buddhism, so it's always been highly regarded by Buddhist monks and those who practice Buddhism. They believe it will protect you from evil spirits which is why it is highly valued. They make beads and bracelets out of the stone to wear for protection and spiritual strength. There are hundreds of carved Tridacna shells all over the world from Italy to the Middle East.

Where it's found: Found in the Indo-Pacific in coral reef in places like the Philippines. They are also sustainably farmed for the seafood and the stone.

Variations, Rarity and Value: This is a clamshell that has a glossy pearl lustre with a pure white colour. Tridacna clams produce large white pearls which are highly valuable because of their rarity. The largest pearl is known as the Pearl of Lao Tzu or the Pearl of Allah and it weighed 6.4 kilogrammes and was found by a diver from the Philippines in 1934.

How to use it: Wear Tridacna stones or beads on a necklace or bracelet to feel the soothing effects of this stone.





Triphane (Spodumene) Meaning and Spiritual Properties



Triphane is the yellow, white or colourless type of Spodumene. The other two types of Spodumene are Kunzite and Hiddenite. Triphane stones are not usually gem grade but some rare and clear stones are able to be used as gemstones in jewelry. Triphane is wonderful for cleansing and restoring energy in a home or a person.

Physical Energy Properties: Triphane helps with RNA/DNA re-building. It restores calcium-magnesium balance. Good for those with epilepsy, vision and hearing issues. It can also be helpful for calming and balancing the nervous system. Assists

with bones, joints, and the spine. Assists in balancing the sexual organs and any diseases that can affect them.

Emotional Energy Properties: Triphane restores optimism to gain a sense of purpose. Brings in fresh energy and newness to life. It can help to clear sad memories and any anxiety pertaining to the past. This stone helps you see your mistakes so you can learn from them and do better in the future. A good stone for overcoming addictions.

Chakras: Yellow Triphane is linked to the Solar Plexus chakra and Clear Triphane is linked to the Crown chakra.

Astrological signs: Associated with Cancer.

History: The word Triphane comes from the Greek word triphanēs, which means appearing threefold because it has cleavages in three directions. The first Spodumene stones were found in Utö, Södermanland, Sweden by Brazilian naturalist Jose Bonifacio de Andrada e Silva.

Where it's found: Madagascar, Afghanistan, Australia, Brazil, Pakistan, North Carolina, California, and Quebec.

Variations, Rarity and Value: Spodumene, in general, is a source of lithium which is used in cell phones, car batteries, medicine, and ceramics. Triphane can be used in jewelry but only the clear pieces. It has a hardness of 6.5 - 7.5 on the Mohs hardness scale but it tends to be quite brittle. Most pieces of Triphane are either clear or yellow in colour.

How to use it: Triphane stones are great for cleansing so put a piece of this stone in any room that could use some fresh energy. You can also use this stone to clear the energy of your own auric field and in your body.



Turquoise Meaning and Spiritual Properties



A true balancing stone, Turquoise has been worn and used for years for its energy balancing benefits. It also looks beautiful which is why it's a popular choice for jewelry and even as additional flair to clothing and accessories.

Physical Energy Properties: Balances many areas of the body and is known as a multipurpose stone. Not only is it effective in boosting the immune system, but it's also beneficial to the muscular, skeletal, circulatory, digestive and respiratory system and will help relieve any disease or illness that affects these systems. It also strengthens the subtle energy body

and the meridians which are energy channels throughout the body. Reduces the severity of panic attacks.

Emotional Energy Properties: An excellent stone for those who are very empathic and sensitive, it will prevent you from taking on other people's emotions. For those who are less empathic, it can help to stimulate a higher sense of empathy to connect to another person's experience. Provides a balance of the masculine and feminine energies. A stone of strength and courage, stability and inner calm.

Chakras: Related to the Throat chakra and self-expression.

Astrological signs: Sagittarius, Scorpio and Pisces are all connected to turquoise.

History: Turquoise was a very popular gemstone throughout history. Ancient Egyptians wore turquoise jewelry, and Chinese artists were using it in carvings over 3,000 years ago. Tibet's national gemstone is turquoise because they believe it brings good fortune, positive energy and protection. The name Turquoise comes from the French word *Pierre Tourques*, which means Turkish stone because that was their first source of turquoise. In the United States, the Indigenous people used turquoise in sacred ceremony, jewelry and as a trading item. It has also been revered by the Mayans and Aztecs in Mexico and Central America and continues to be mined and sold in these places.

Where it's found: Turquoise can be found in a number of places including Mexico, the United States, Peru, China, Russia, France, Tibet, Egypt and Arabia.

Variations, Rarity and Value: Turquoise, like many other gemstones, is weighed in carats so the heavier the stone, the more valuable it will be. There is The Turquoise Quality Index (TQI) which is a scale between 8 and 100 that tells you the quality of the turquoise. Higher numbers are quite rare though, and less than 1% has a rating of 90 or better.

How to use it: Wear in jewelry, especially in a pendant on the throat area to balance the Throat chakra. You can also make an elixir out of turquoise to drink or use as a room spray.



Turritella Agate Meaning and Spiritual Properties



Turritella Agate is a type of Agate that is usually black and brown with interesting fossil inclusions.

Physical Energy Properties: Very beneficial for digestion and the absorption of nutrients from food. It can also aid upset stomach, nausea, bloating, and gas. Helps with fatigue by energizing the body.

Emotional Energy Properties: A great stone for grounding and connecting with the Earth. Also a good stone for soothing traumas of the past and moving forward. It can also assist you in connecting to your family lineage and your ancestral roots.

Chakras: Related to the Root chakra.

Astrological signs: Connected with Aquarius and Cancer.

History: Turritella Agate is a type of Chalcedony, which belongs to the Quartz family of minerals. Agate is named after the Achates River in Sicily, which is where Agate stones were first discovered. It's also been found with various artifacts from the Neolithic people who used it for energy balancing and ornaments. Agates were used in Greek and Egyptian cultures as well as in Africa, Russia and the Middle East. When the stone was first discovered, they thought that the fossils were of the marine Turritella genus, but instead, the fossils are from the freshwater snail, *Elimia tenera*, which is from the Pleuroceridae family. Since it was already called Turritella in publications it's continued to be named this even though it's not totally accurate.

Where it's found: Mainly found in the United States in the Rocky Mountain region.

Variations, Rarity and Value: Turritella Agate is brown or black in colour with interesting fossils embedded within the stones. It was formed about 50 million years ago, in the Eocene epoch, while the Rocky Mountains were almost finished forming in Utah, Wyoming and Colorado. As sediments collected in lakes and rivers to form rock and many different fossils were filled with silica and captured within the rock creating Turritella Agate. The Green River Formation is one of the most well-known rocks to find these incredible stones. These stones can be used to create bookends and clock faces, as well as personal items like jewellery and belt buckles. The stones are fairly affordable but prices increase with fossil size and detail.

How to use it: Wear or hold this stone or have it around you to feel more grounded and rooted. Keep it with you as you're doing any research and balancing in regards to your family or ancestry.



Ulexite Meaning and Spiritual Properties



A very interesting gemstone with unusual characteristics. It's also called TV Rock because it can transmit light as a television does through internal reflection. It's a natural fibre optic so when you place it over something it can transmit the image on the stone's surface.

Physical Energy Properties: A great stone for balancing the eyes and vision. It can also be used in detoxification and could also be used as an elixir for skin issues, but it will dissolve in water so don't leave it in for too long.

Emotional Energy Properties: Assists you in revealing the truth surrounding issues and seeing things with clarity. Helps with creativity and imagination. Also great for dreams and visions and getting familiar with your inner-self.

Chakras: Related to the Crown chakra and the Third Eye chakra.

Astrological signs: Connected with Gemini.

History: Ulexite has been considered a mineral since 1840, and it was named after George Ludwig Ulex who made the first chemical analysis of the mineral. Then in 1963 the fibre optics qualities in Ulexite were discovered and explained by Weichel-Moore and Potter.

Where it's found: This stone is found in the United States.

Variations, Rarity and Value: Ulexite is too soft and fragile to wear in jewelry. These stones are transparent to translucent and white with a silky lustre when polished. Ulexite it has a Mohs hardness rating of just 2 to 2.5, and it belongs to the rare group of borate minerals. These minerals are so rare because they can only form in geologically active intermontane basins.

How to use it: Meditate by gazing into the stone or by holding it in your hands. Place a Ulexite on your Third Eye chakra for help with intuition and seeing things clearly. Or, place on your eyes to relieve any pain or dryness.



Unakite Meaning and Spiritual Properties



Unikite is a stone of vision. It balances the heart chakra and the male and female energies that lie within everyone. It is a powerful stone for emotional balance, allowing you to address the negative emotions you are holding onto and transform yourself from a place of love.

Physical Energy Properties: Unakite is a good stone for helping to overcome self-imposed blocks. It is supportive in convalescence and recovery from a major illness. It helps stimulate weight gain when required, treats the reproductive system and pregnancy and the growth of hair and skin tissue.

Emotional Energy Properties: Unakite is good for the emotions. It helps yin/yang balance and grief, especially the loss of a dream, goal or idea. Use it for being in the present, accepting the past and accessing past lives.

Spiritual Energy Properties: Place Unakite on the third eye to open and promote visualization and psychic vision. It helps to provide grounding and is useful after mediation or psychic work.

Chakras: Heart **Astrological signs:** Scorpio

History: Unakite was discovered in the Unakas Mountains, which is a part of the Appalachian Mountains in the United States where the stone gets its name.

Source: South Africa, United States

Variations, Rarity and Value: A green and pink stone, that is a mixture of epidote, feldspar and quartz. It has a

distinctive, mottled green and pink appearance. Purchase Unakite at jewelry and crystal stores at affordable prices.

How to use it: Use Unakite as appropriate for balance, or apply as an elixir. Use Unakite with ten or twelve other suitable stones kept together in a bag. Select one of the stones from the bag to help answer your question. Place some Unakite stones in your garden next to your favourite plants so its energy will filter into whatever it is you are growing.



Uvarovite Meaning and Spiritual Properties



Uvarovite is considered the stone of abundance. It promotes clear thinking and individuality without egocentricity. It is a calm and peaceful stone that helps in experiencing solitude without the feeling of loneliness.

Physical Energy Properties: Uvarovite is good for detoxing. It helps balance of the heart and the lungs. It helps acidosis, leukemia, kidney and bladder infections. It reduces inflammation and lowers fever.

Emotional Energy Properties: Uvarovite is good for calming. It helps the soul. It enhances the rational mind and enhances analytical processes.

Spiritual Energy Properties: Uvarovite aids in finding twin souls and soul mates. It links the soul to its universal nature.

Chakras: Heart

Astrological signs: Aquarius

Source: Russia

Variations, Rarity and Value: An emerald green variety of garnet.

How to use it: Keep a piece of Uvarovite in your home to help bring issues out in the open so that you can effectively deal with them. The stone will also help protect your home from negative energies. Use as a talisman to help you stay safe while traveling. Keep a piece of Uvarovite with you when you want to achieve growth and progress. Place the stone in your space when you are working on new ventures, endeavors and business ideas. Place Uvarovite in the east and the southeast areas of your home to invite more abundance and prosperity in your life.



Vanadinite Meaning and Spiritual Properties



Vanadinite is associated with the element of fire and the sacral chakra. It is a creativity and energy booster. This crystal helps you to become more focused on your tasks, clearing any blocks, especially those blocks that impede creativity.

Physical Energy Properties: Useful for breathing difficulties such as asthma and congested lungs. It treats chronic exhaustion and bladder problems. Vanadinite can be used in the treatment of respiratory disease and help promote circular breathing.

Emotional Energy Properties: Vanadinite is connected to your earth chakra. It possesses strong vibrations that will help you accept your physicality. The crystal will surround you with loving and encouraging energies that will help to keep you motivated throughout your journey to abundance, success, and happiness.

Spiritual Energy Properties: Vanadinite has a strong connection with the earth chakra in the earth body that is beneath the feet. It grounds the soul into the physical body and helps with being comfortable in the earth environment. It can help facilitate a state of no mind and be used to direct awareness consciously for journeying and psychic vision.

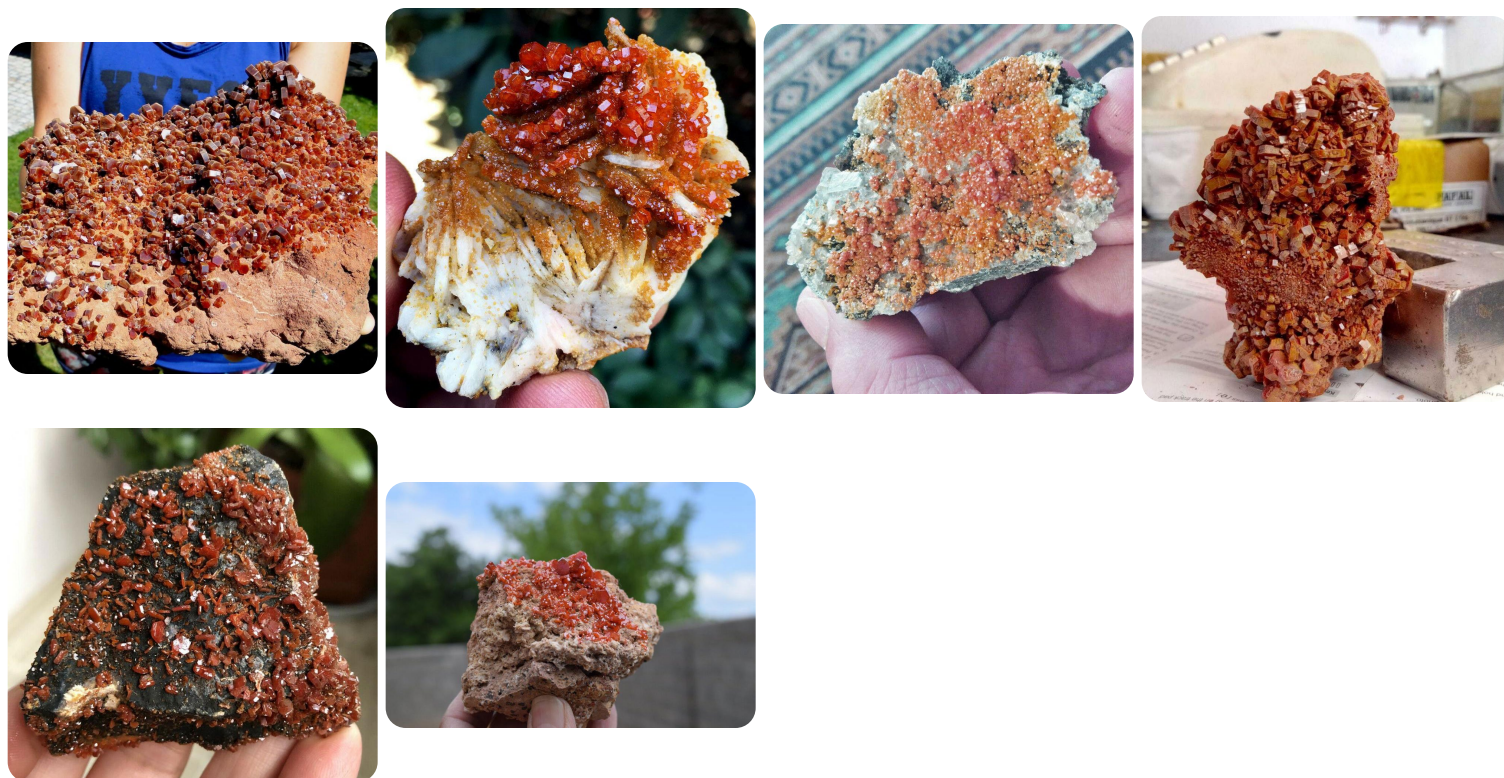
Chakras: Sacral Astrological signs: Virgo

History: Vanadinite is a mixture of different minerals, including Vanadium, for which the crystal was named. It also usually contains chlorine, lead and oxygen.

Source: Morocco, United States

Variations, Rarity and Value: Orange, brown, orange-yellow, red-brown, yellow-brown, and red. Barrel-shaped and hollow prismatic crystals and masses. Very small, bright transparent crystals on a matrix. Its deep and striking red color, along with its high luster and hexagonal prism crystals, make it a sought after and highly collectable crystal.

How to use it: Place Vanadinite as appropriate for or rub the elixir externally over the chest area. Use for meditation. Vanadinite is poisonous, and any elixirs should be prepared by the indirect method. Always wash hands afterwards.



Variscite Meaning and Spiritual Properties

Variscite is a stone of calming and encouragement. It's often confused for turquoise because they look very similar in colour and shape but it's rarer than turquoise which is why it's not well-known making it easy to assume that it's turquoise.

Physical Energy Properties: Variscite is excellent for the male reproductive system as well as fetuses. Treats acidity in the body and illnesses caused by too much acid including gout and gastritis. Also



balances the energy of the nervous system and balances it. Assists circulation and abdominal distension.

Emotional Energy Properties: Brings in hope when things feel hopeless or when you're feeling depleted and exhausted. Reduces or clears nervousness and anxiety. Supports sobriety yet helps maintain a fun and enjoyable lifestyle. Enables you to think clearly and communicate efficiently. Instills balance and brings in more energy and vitality.

Chakras: Related to the Throat chakra and the Heart chakra.

Astrological signs: Associated with Gemini, Taurus and Scorpio.

History: Variscite was named after an old district in Saxony, Germany called Variscia, and it was first discovered in 1837. It has always been quite a rare stone and has been used in jewelry such as rings and pendants.

Where it's found: The best pieces of Variscite come from Utah, USA and sometimes it's even called utahlite for that reason. It can also be found in a couple of other states including Arkansas and Nevada. Other places in the world Variscite can be found include Australia, Germany, Poland, France, Russia, Spain, Brazil and Sweden.

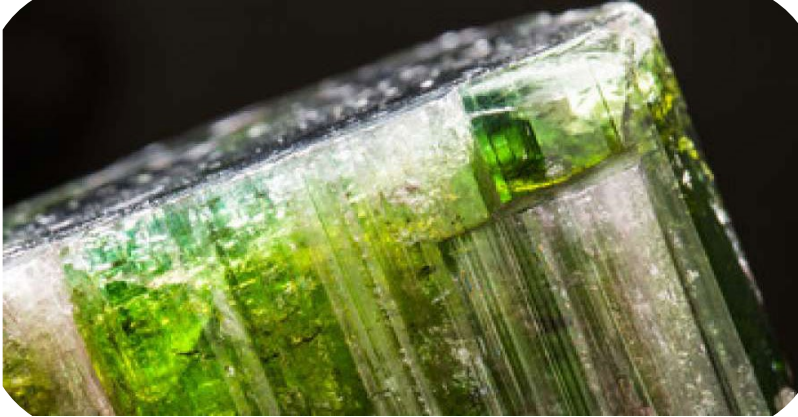
Variations, Rarity and Value: One of the rarer and lesser-known gemstones, it's often mistaken for turquoise. The main difference is that variscite tends to be greener than blue like turquoise. The different shades of green are caused by chromium, and there are even rare red pieces of variscite.

How to use it: Place it on the Throat chakra for better communication and on the Third Eye for insight into past lives. Put or wear over your heart to ease and calm emotions and feel grounded and balanced.





Verdelite Meaning and Spiritual Properties



Verdelite brings abundance, creativity and success. It has a connection with the Earth that makes it an excellent aid for anyone who works with nature.

Physical Energy Properties: Verdelite is an excellent stone for balance. It aids sleep and helps to quiet the mind. It fortifies the nervous system and prepares it for a vibrational shift. It treats the brain, eyes, heart, immune system and thymus. It helps with weight loss. It helps to realign the spine and aids strained muscles.

Emotional Energy Properties: Verdelite transforms negative energy into positive and helps to dispel

fears. It promotes openness and patience. It helps hyperactive children.

Spiritual Energy Properties: Verdelite is good for visualization. It opens the heart chakra and promotes compassion, patience and tenderness. It helps to connect with the nature spirits.

Chakras: Brow, Heart

Astrological signs: Capricorn

Source: Brazil and Pakistan

Variations, Rarity and Value: Verdelite is a green variety of tourmaline.

How to use it: Wear Verdelite to attract abundance and prosperity. It is a helpful stone for herbalists because it helps plants and enhance the application of herbal remedies. Place in gardens to help encourage plant growth.

Wavellite Meaning and Spiritual Properties

Wavellite is a crystal that helps choices, decision making and intuition. It is good for energy flow. It is a stone for emanating compassion, kindness, love and peace, to the world and to the people most important to you.

Physical Energy Properties: Wavellite preserves your energy when you are balanced. It helps dermatitis and bodily fluids. It helps in the treatment of



dermatitis, colds, flu, hay fever and common skin complaints.

Emotional Energy Properties: Wavellite helps you manage difficult situations so you can gain a better

understanding of the reasons behind these struggles and challenges. It reminds you that wisdom gained from your observations will help you overcome new challenges and struggles. It helps you to understand that everything happens for a reason and that everything exists for a purpose. It promotes balance on a soul level. It gives you the courage, humility and strength, to accept the things you can no longer change.

Spiritual Energy Properties: Wavellite is a powerful stone that heightens your intuition and improves your decision-making. It has a straightforward vibration, that grows more powerful with each new moon. It will sharpen your intuition and develop your psychic abilities. It will give you vivid dreams that inspire you to make them a reality.

Chakras: Heart

Astrological signs: Aquarius

History: Wavellite is named after William Wavell, the English physician who first discovered the stone.

Source: United States, England, Ireland, Australia, Germany, France, Czech Republic and Bolivia.

Variations, Rarity and Value: Wavellite is found as globe-like shapes, druses, masses and needle-like crystals. It may be white, colorless, black, brown, blue or yellow. Wavellite is a translucent stone with a vitreous to resinous or pearly lustre. It exhibits different shades of green, ranging from dark emerald green, bright green, apple green, to pale green.

How to use it: Use Wavellite in meditation as it will increase your intuitive abilities and activate your inner knowledge. Use in crystal body layouts or energy grids as it will improve the flow of energy from your ethereal body to your physical body.



White Topaz Meaning and Spiritual Properties



White Topaz is a crystal of true love. It helps you to clarify your thoughts and your intentions.

Physical Energy Properties: White Topaz is good for acne, boils, bruising, skin and wounds.

Emotional Energy Properties: White Topaz is a good stone for relationships. It replaces sadness with joy, distrust and hate with love. It promotes confidence, self-respect and sexuality. It helps with decision making and focusing on the details. It allows things to happen around you and for you.

Spiritual Energy Properties: White Topaz aids in spiritual development as it encourages you to accept direction and guidance from the Spirit and to find your true purpose. The stone has strong magnification energy. It aids manifestation and makes the passage of achieving your desires much easier and faster.

Chakras: Crown

Astrological signs: Sagittarius

History: Topaz comes from the Greek word *tapazos* which means to seek, and is said to have been one of the stones that were in the breastplate of the high priest in the Bible.

Source: Kenya, United States

Variations, Rarity and Value: White Topaz is white prismatic crystals and alluvial pebbles.

How to use it: Use White Topaz for skin conditions by either applying the crystal directly to the area or as a topical elixir. When close to the body, it can help calm strong emotions and get rid of bad omens. It will amplify whatever energy is focused through the stone, so you want to be conscious and responsible when using. It is powerfully transforming because it elevates you and strengthens your ability to give and accept love.

Wulfenite Meaning and Spiritual Properties



Wulfenite is a very popular mineral with gemstone collectors because of its unique colour that is rare to find in other minerals and gemstones. This stone is part of the Molybdate family and can be yellow, orange and brown as well as green, grey and white.

Physical Energy Properties: Wulfenite restores the uterus after childbirth or a miscarriage. It also assists with menstruation and can help to balance other female reproductive issues. Improves metabolic function and digestive problems.

Emotional Energy Properties: Wulfenite is an excellent stone for dealing with your shadow side

which is the aspect of ourselves we tend to push away sometimes. This stone will assist you in accepting all aspects of life even the things that are not positive or happy. Helps you embrace and integrate all aspects of yourself and others so that you may see the truth instead of masking it with positivity. Allows you to be your authentic self and to accept

yourself wholly.

Chakras: Connected with the Heart chakra and your true, authentic self.

Astrological signs: Related to Sagittarius.

History: Wulfenite was first found in 1845 in Bad Bleiberg, Carinthia, Austria and was named after for Franz Xavier von Wulfen who was an Austrian mineralogist.

Where it's found: One of the most popular mines for Wulfenite is the Red Cloud Mine in Arizona which has deep red Wulfenite that is really well-formed. The Los Lamentos in Mexico also produces it, but the stones there are very thick orange tabular crystals. Another source is Mount Peca in Slovenia which produces yellow stones. In 1997, the Post of Slovenia even put a Wulfenite stone on their stamps.

Variations, Rarity and Value: This question occurs as a secondary mineral in oxidized hydrothermal lead deposits. The other stones it's formed with are anglesite, cerussite, smithsonite, hemimorphite, vanadinite, and pyromorphite to name several.

How to use it: Wear Wulfenite in jewelry or hold in your hand to receive its energy benefits.



Yellow Aventurine Meaning and Spiritual Properties

Aventurine is a translucent type of quartz that's well known for its shimmery appearance which is called aventurescence. It's most often Green, but it can also be yellow, white, grey, and blue. This is a great stone for those who are hypersensitive and highly empathic.

Physical Energy Properties: Yellow Aventurine



works as a great anti-inflammatory, and it can help to ease migraine headaches, sinus issues and minor allergies.

Emotional Energy Properties: Wonderful for activating and balancing the energy of the Solar

Plexus Chakra. It can help you access your power and stand in your power if you've given it away, and it can help to balance power struggles bringing you a sense of ease and flow. It is a great stone for compassion and for grieving.

Chakras: Connected with the Solar Plexus chakra which is related to self-esteem and your inner power.

Astrological signs: Related to Aries.

History: Aventurine was first found in the 18th Century, and its name comes from the Italian word a ventura, or all'avventura which means by chance.

Where it's found: Most of the green and blue aventurine can be found in India. Yellow, orange, white and grey Aventurine is found in Spain, Russia, and Chile.

Variations, Rarity and Value: The aventurescence in Aventurine is the sheen that comes from the chrome-bearing fuchsite. It can be found in colours ranging from orange, yellow, blue, gray, white and brown, but it is most often found to be green. Yellow Aventurine is a bit more rare than Green, but it is still very affordable. It also has a hardness of 7 on the Mohs scale which means it's easy to cut into shapes and make into jewelry.

How to use it: Use Yellow Aventurine to activate and balance the energies of your Solar Plexus chakra. Just lay down and place it on your abdomen above your belly button where this energy centre is located and meditate or just relax. This stone can also be used to reduce, absorb and protect against electromagnetic pollution so put it close to your electronics. Holding Yellow Aventurine will also help to balance the Yin and Yang energies within you.

Yellow Jade Meaning and Spiritual Properties



Yellow Jade is a yellow coloured variety of Jade known as Nephrite and it's also the rarest and most valuable type of Jade. Like other types of Jade, Yellow Jade brings prosperity and positivity.

Physical Energy Properties: Yellow jade is said to aid poor digestion as well as issues with the bladder and liver. It also helps the heart, kidneys, and the spleen and can help with detoxification of the body and circulation. It can also aid in relieving tiredness and boost metabolism.

Emotional Energy Properties: On an emotional level, Yellow Jade helps to bring in self-awareness and

brings in new ideas and helps you see things from a new perspective. It brings joy, positivity, wisdom and good luck, along with a focus on your goals and dreams.

Chakras: Connected with the Solar Plexus chakra and self-confidence.

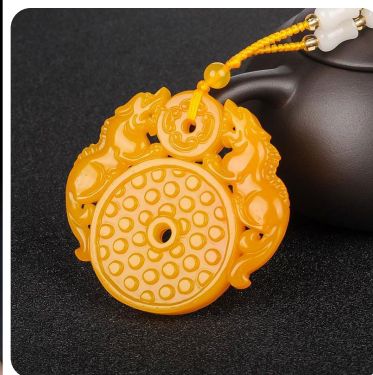
Astrological signs: Related to Libra.

History: For centuries Yellow Jade was thought to be a very unique stone not related to Jade at all, and then in 1863 it was discovered that there were two different types of Jade called Nephrite and Jadeite. Nephrite Jade, which is what Yellow Jade is, goes back to prehistoric times and was used to create tools, weapons and ornaments because of how strong and durable it is.

Where it's found: Yellow Jade is found in China, Guatemala, Japan, Myanmar, and in the United States.

Variations, Rarity and Value: Yellow Jade is the rarest colour of jade and it can range from a dark golden yellow to a light yellow or pale yellow. Yellow Jade can have these different colours and textures depending on where it's found. The yellow colour is due to tantalum ions inside the crystal lattice. It has a high value for its pure colour which can even be more valuable than White Jade which is another very valuable type of jade.

How to use it: Wear Yellow Jade in jewellery or carry it with you to feel joy, positivity and to help with physical issues. Use Yellow Jade to feel more self-confident and focused on your wellbeing, goals and aspirations. Place Yellow Jade in your home to bring in prosperity and abundance.



Zeolite Meaning and Spiritual Properties

Zeolite is formed by common minerals that grow together like apophyllite, okenite, stilbite, prehnite and pectolite which are all in the zeolite group. This is an excellent crystal to bring into your home to



improve the energy in your living environment.

Physical Energy Properties: Good for detoxing and alcoholism or other addictions. Can be a useful treatment for goitres and bloating. It will also absorb odours and toxins in your home. You can also find zeolite powder that is edible to add to water or smoothies to boost your immune system and remineralize your body.

Emotional Energy Properties: Zeolite attunes with Reiki, an energy working practice. It can also clear out negative energy and thought patterns bringing in more positivity. Perfect for meditation and spiritual work, calming the emotions and relieving anxiety.

Chakras: Depending on the type of Zeolite stone, each one corresponds with a different chakra.

Astrological signs: Connects with all astrological signs.

History: Zeolite was first found and used by the Ancient Romans. They used it to filter their water in aqueducts. It has also been used in traditional Chinese medicine for centuries. Zeolite was formally recognized as a mineral in 1756 by a Swedish mineralogist named Cronstedt. He called them zeolite which comes from the Greek words *zeo* meaning boil and *lithos* meaning stone. In the 1950's Zeolite was discovered in the United States and by the 1970's they were using it to clear wastewater ammonia and radioactive material. Because of its purifying abilities, it has also been used in pools since the 1980's.

Where it's found: Found naturally in India, Italy, Brazil, the United Kingdom, Australia and the United States.

Variations, Rarity and Value: Zeolites are hydrated aluminosilicates of alkaline and alkaline-earth metals. They are relatively common, and 40 natural zeolites have been found in the last 200 years. The most common types are analcime, clinoptilolite, chabazite, erionite, ferrierite, heulandite, laumontite, mordenite, and phillipsite. Some of them are synthesized, and they are used commercially because of their high adsorption and detoxifying abilities. It's used in cat litter, animal food, soil and wastewater treatment.

How to use it: Can be used as a meditation tool or in a Reiki session. Also good to place in your home to detoxify the air. You can also make an elixir out of it to remineralize the body, balance pH levels and support immune function. Be sure to buy only food grade zeolite products that are meant for human consumption.



Zircon Meaning and Spiritual Properties



Zircon is an important gemstone that comes in many different colours and with that a lot of energy benefits. It's a stone that has been used throughout history as a nice substitute for diamonds. The energy of this stone helps you to maintain momentum in your life to keep learning, growing and achieving your goals.

Physical Energy Properties: Zircon is said to be good for the liver and gallbladder. It's also good for asthma, bronchitis, and allergies as well as the lungs. Beneficial for respiratory problems in general.

Emotional Energy Properties: This stone helps you remove yourself from difficult or harmful situations to protect yourself. It will also help move the energy in your life to bring in more people and situations that serve you while releasing the rest. Helps you focus on your goals and to get more organized in your life so you can achieve them. Activates your sense of purpose.

Chakras: Zircon activates and balances all of the chakras because it comes in all different colours. Brown and red Zircon connects with the Root chakra, Orange with the Sacral chakra, Yellow with the Solar Plexus chakra, Green with the Heart chakra, Blue with the throat chakra, Purple with the Third Eye chakra and Clear with the Crown chakra.

Astrological signs: Associated with Virgo and Sagittarius.

History: It's a historical gemstone that has been used for thousands of years as a substitute for diamonds. It's the oldest known mineral on Earth and is 4 billion years old which is said to be older than the Moon. Zircon has been used since the 6th century in Greece and Italy. Also, even earlier on, it was mentioned in ancient Hindu texts that it one of the stones on the Kalpa Tree of their religion. It's said that green zircon made up the leaves on this magical tree. In the past, it was often called Hyacinth or Jacinth after a mythological character named Hyacinthus. Red Zircon was said to keep evil spirits away.

Where it's found: Sri Lanka is the best source for green zircon. It's also found in Burma (Myanmar), Cambodia, Australia, Brazil, Madagascar, Mozambique, Nigeria, Tanzania, Korea, Thailand and Vietnam.

Variations, Rarity and Value: Zircon is a well-known Diamond substitute, but it's also a valuable gem all on its own. The different colours of the stone are caused by certain impurities. There are even some stones that contain radioactive elements which are extracted from the stone in a very intensive process. Many Zircon gemstones are heat treated to enhance their colour and also to increase their transparency. It has a hardness of 7.5 on the Mohs hardness scale. Sometimes Zircon can be confused for being the same thing as Cubic Zirconia but they are completely different stones, and Cubic Zirconia is synthetic.

How to use it: Choose the colour that you feel will benefit you the most. Correspond your needs to the colour and energy balancing benefits of each colour of Zircon to help you.



Zoisite Meaning and Spiritual Properties



Zoisite is a mineral that has several gem varieties, the most popular one being Tanzanite, deep blue gemstone. Thulite is another variety of Zoisite and it's a pink gemstone, there is also Ruby Zoisite. This gemstone transforms negative energy into positive energy, and it's great for lifting lethargy.

Physical Energy Properties: Beneficial for the spleen, liver pancreas, lungs and the heart. It's a detoxifying gemstone that will alkalize the body and reduce inflammation. It can also improve the immune system and regenerates cells. Help with the reproductive organs and helps with fertility.

Emotional Energy Properties: Assists in finding your own authentic personality instead of conforming or comparing yourself to others. Helps with lethargy and encourages you to do anything you need or want to do. Brings repressed memories and emotions to the surface so they can be worked through. Aids you in keeping your focus, especially on creative projects.

Chakras: Associated with the Heart chakra.

Astrological signs: Related to Gemini.

History: Zoisite has only been known for two centuries, and it's mainly used as an ornamental stone. It was named after the Austrian scientist Sigmund Von Zois, who discovered the gemstone in the Saualpe Mountains of Carinth, Austria.

Where it's found: Common places Zoisite is found are Tanzania, Pakistan, Zimbabwe, Austria, India, Russia, Madagascar, Cambodia, Scotland and Kenya.

Variations, Rarity and Value: Zoisite comes in many different colours including pink, lavender, light green, grey or brown. The stones are sometimes heat treated to bring out their natural colours. Lavender-blue zoisite is known as tanzanite, and it is the highest valued variety. Pink zoisite is named thulite, which is made pink because of the manganese in it. The green zoisite can be called green zoisite, green tanzanite, or chrome tanzanite. There is also ruby zoisite which is pretty soft and rates at 5.5 to 6.5 on the Mohs hardness scale. The other types are a bit harder rating a six on the hardness scale. They can be transparent to sub translucent and are brittle and vitreous.

How to use it: The energy and powers of Zoisite are enhanced when it's used with Ruby. If you wear this stone, be sure to wear with care since it is very delicate. You can also use this stone as you're working on creative projects or when you need some inspiration.



Crystal Coupons

\$475 Value

Vist our crystal shop at www.SpiritMagicka.net

\$20 GIFT CODE

[Coupon Code: CC20100]

Get a \$20 gift card when your order totals \$100 or more.

\$50 GIFT CODE

[Coupon Code: CC50250]

Get a \$50 gift card when your order totals \$250 or more.

\$5 GIFT CODE

[Coupon Code: CC510]

Get a \$5 gift card when your order totals \$10 or more.

\$100 GIFT CODE

[Coupon Code: CC100300]

Get a \$100 gift card when your order totals \$300 or more.

\$250 GIFT CODE

[Coupon Code: CC250750]

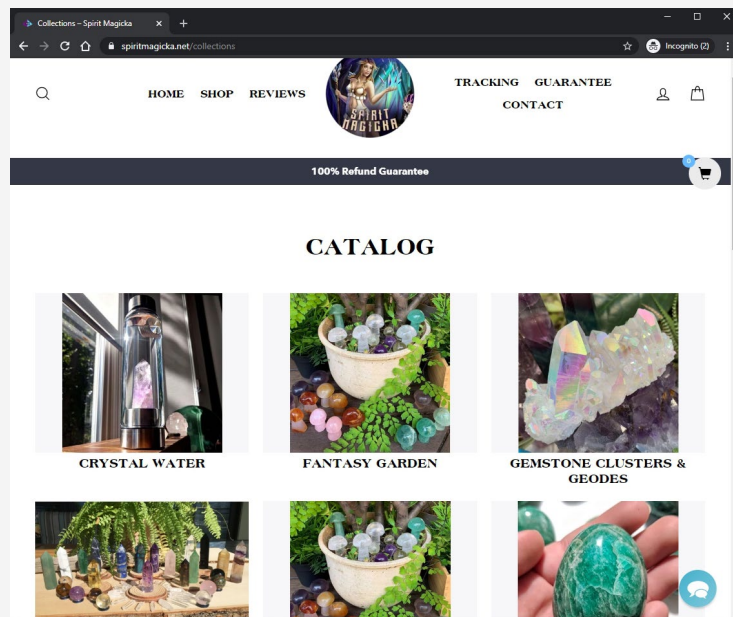
Get a \$250 gift card when your order totals \$750 or more.

FREE SHIPPING

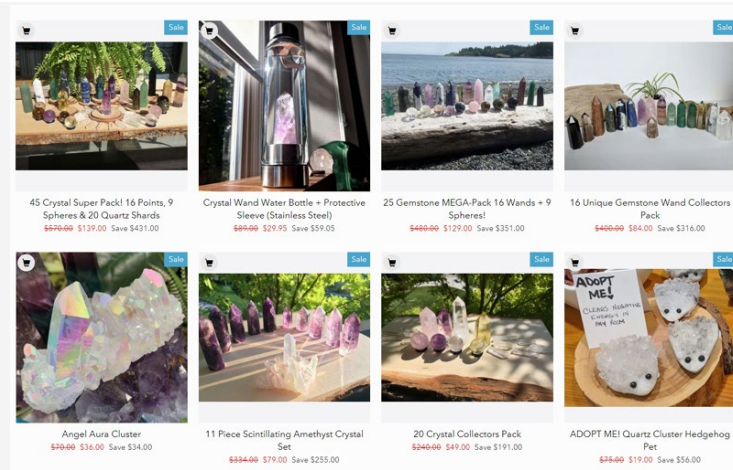
[Coupon Code: CCFREESHIP]

Use this coupon to get free shipping with your order (cannot be stacked with other coupons).

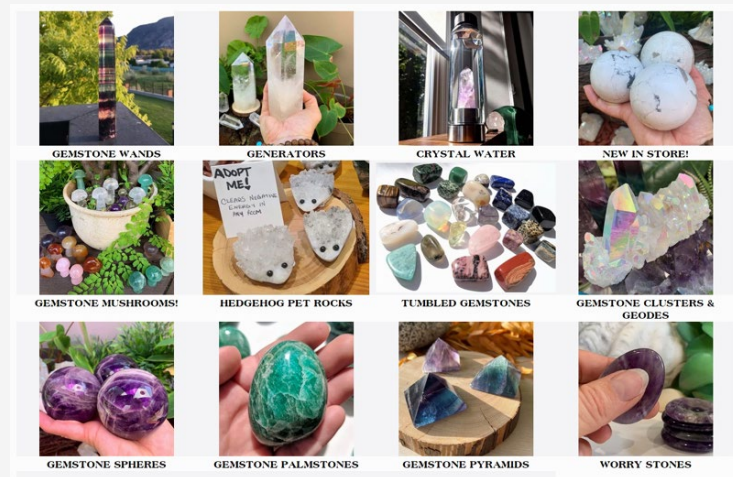
Vist our crystal shop at www.SpiritMagicka.net



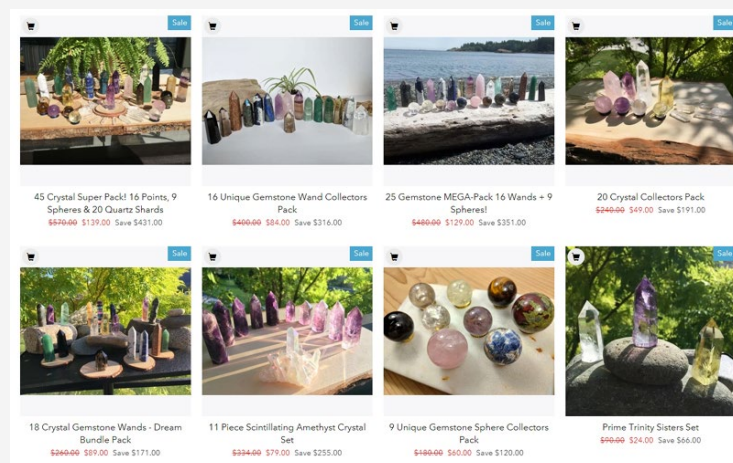
Vist our crystal shop at www.SpiritMagicka.net



Vist our crystal shop at www.SpiritMagicka.net



Vist our crystal shop at www.SpiritMagicka.net



Vist our crystal shop at www.SpiritMagicka.net