

CRYSTALS AND PROPERTIES

INDEX

ABALONE SHELL.....	5
ACTINOLITE.....	5
AGATE – BOTSWANA:	5
AGATE.....	5
ALEXANDRITE	5
AMAZONITE	5
AMBER.....	5
AMETHYST	5
AMETRINE	5
AMMONITE FOSSIL.....	5
AMPHIBOLIO.....	6
ANDALUSITE	6
ANDEAN OPAL	6
ANGEL – POCKET ANGEL.....	6
ANGELITE	6
ANHYDRITE	6
APACHE GOLD.....	6
APACHE TEAR.....	6
APATITE.....	6
APOPHYLLITE	7
AQUA AURA QUARTZ	7
AQUAMARINE.....	7
ARAGONITE.....	7
ARKANSAS ICE	7
AVENTURINE.....	7
AZURITE	7
BARITE ROSE.....	7
BLOODSTONE.....	7
BLUE LACE (AGATE).....	7
BOJI STONE.....	7
CALCITE (GREEN , PINK, RED OR YELLOW)	8
CARNELIAN	8
CAVANSITE	8
CELESTITE	8
CERRUSITE	8
CHALCEDONY.....	8
CHAKRA WAND.....	8
CHALCOPYRITE	8
CHAROLITE	9
CHLORITE.....	9
CHRYSANTHEMUM STONE.....	9
CHRYSOCOLLA.....	9
CITRINE	9
COVELLITE	9
DANBURITE	9



DIAMANTINA - QUARTZ.....	9
DIOPTASE.....	9
DIOPSIDE.....	9
ELESTIAL (QUARTZ).....	10
EMERALD.....	10
ENHYDRO (BRANBERG CRYSTAL).....	10
ENSTATITE.....	10
FADEN QUARTZ.....	10
FLINT.....	10
FLUORITE.....	10
GALENA.....	10
GARNET.....	10
GENERATOR CRYSTAL.....	10
GIRASOL.....	11
GOETHITE.....	11
GOLDEN HEALER.....	11
GOLDSTONE.....	11
GONIATITE.....	11
GYPSUM.....	11
HARMONIZER CRYSTAL.....	11
HEMATITE.....	11
HERKIMER.....	11
HEULANDITE.....	11
HIDDENITE.....	12
HOWLITE.....	12
IDOCRASE.....	12
INFINITE.....	12
IOLITE.....	12
JADE.....	12
JASPER/FANCY.....	12
JASPER/PICTURE.....	12
JASPER/RED.....	12
JET.....	12
KUNZITE.....	12
KYANITE.....	13
LABRADORITE.....	13
LAPIS LAZULI.....	13
LEMURIAN SEED CRYSTALS.....	13
LEOPARD SKIN AGATE.....	13
LEPIDOLITE.....	13
LIMONITE.....	13
LODESTONES.....	13
MALACHITE.....	13
METEORITE.....	14
MOLDAVITE.....	14
MONDOLITE.....	14
MOONSTONE.....	14
MORGANITE.....	14
MOSS AGATE.....	14
OBSIDIAN.....	14



OKENITE	14
ONYX	14
OPAL (Andean).....	14
ORTHOCERUS (FOSSIL).....	15
PEACOCK ORE (BORNITE).....	15
PENDULUMS	15
PERIDOT	15
PHENACITE	15
PICASSO STONE.....	15
PIETERSITE	15
PREHNITE.....	15
PYRITE.....	15
QUARTZ.....	15
QUARTZ - CITRINE.....	16
QUARTZ – IPUARIA GODDESS OF WATERS	16
QUARTZ – LEMURIAN SEED CRYSTAL.....	16
QUARTZ MANIFESTATION CRYSTAL	16
QUARTZ – RED PHANTOM (HEMATITE PHANTOM)	16
QUARTZ: ROSE	16
QUARTZ: RUTILATED	16
QUARTZ- SAHARA	16
QUARTZ – SKELETAL PHANTOM.....	16
QUARTZ: SMOKEY	16
QUARTZ – SPIRIT QUARTZ OR CACTUS QUARTZ.....	16
QUARTZ - STALACTITE	16
QUARTZ - STRAWBERRY.....	17
QUARTZ – TANGERINE	17
QUARTZ – TOURMALATED	17
QUARTZ – WINDOW.....	17
RHODOCHROSITE	17
RHODONITE	17
RHYOLITE	17
RUBY.....	17
RUDRAKSHA SEEDS	17
SAPPHIRE.....	17
SARDONYX.....	17
SEER STONE QUARTZ	18
SELENITE	18
SHAMAN STONE	18
SHIVALINGAM	18
SIDERITE	18
SILVEREYE.....	18
SNOWFLAKE OBSIDIAN.....	18
SODALITE	18
SPHERES.....	18
STAUROLITE	18
STONE EGGS	18
SUGILITE	19
TEKTITE.....	19
TIGER EYE.....	19



TIGER IRON.....	19
TOPAZ.....	19
TOURMALINE	19
TRILOBITE	19
TURQUOISE.....	19
TURRITELLA AGATE	19
UNAKITE	19
VANADINITE	20
VESUVIANITE (also known as IDOCRASE).....	20
WANDS	20
WORRY STONES	20
ZINCITE.....	20
ZOISITE.....	20
CLEANSING CRYSTALS	20



ABALONE SHELL

Helps to enhance clarity in the mental processes and insight. Used to enhance smudging bringing the energy of continuity to the environment and instilling a stable atmosphere. Stimulates fertility of both the mind and body and protect against un-cooperative attitudes and actions.

ACTINOLITE

A shielding device that expands energy bodies providing for a connection to “all that is” and facilitates the “brother hood of all.

AEIRINE

Assists on in following personal convictions and morality and it actually provides the strength or one to be true to oneself. It acts to concentrate positive energy in an area with all who are present, providing revitalization, mental stimulation, concentration of healing energy for other mineral and unifying the group effort

AGATE – BOTSWANA:

Enhances creativity and helps release emotional nuances which have been repressed, stimulates crown chakra, treatment of nervous system and helps rid body of toxins. Can ameliorate depression and stress

AGATE

Translucent browns or gray microcrystalline quartz sometimes banded or mottled. Believed to improve self-esteem by making one more present.

ALEXANDRITE

Enhances rebirth of inner and outer self. Expedites changing while producing expansiveness, creativity and awareness in manifestation. Assists in centering, reinforces self-esteem, augments ability to experience joy and appreciate interconnectedness of all of nature.

AMAZONITE

Soothes all chakras, particularly heart and throat. Balances male/female energies, bringing forth clarity, clear spirit and balancing facets of personality. Turquoise colour.

AMBER

Allows the body to heal itself by absorbing and transmuting negative energy into positive energy. Helps to calm nerves and to enliven the disposition. Transmutes energy of physical vitality toward activation of unconditional love. Used as incense to clear environment of negativity. Used in diseases of the throat, kidneys and bladder.

AMETHYST

Purifies and dispels negativity. Used extensively in meditation. Stone of Spirituality and contentment. It balances the energies of the intellectual, emotional, and physical bodies and provides a clear connection between the Earth plane and other worlds.

AMETRINE

Amethyst and Citrine occurring together naturally – imparting the yellow citrine colour to part of the Amethyst. Citrine is one of the two stones that never needs cleansing. Stimulates the intellect, dispersing negativity from the aura and filling the void with energizing pure light energy.

AMMONITE FOSSIL

Stimulates to architects and those in fields of construction. Protective stone, gives stability and structure to one’s life. Used in treatment of disorder of lungs and limbs.



AMPHIBOLIO

A quartz structure covered by a druse. Relates to second chakra, awakens feminine power. Good for intestinal healing.

ANDALUSITE

A stimulate to memory and recollection. It awakens the inner knowledge allowing one to connect to the ancestral awareness and to access knowledge from the spiritual plane via channeling.

ANDEAN OPAL

Activates the heart chakra while providing for centering and grounding. Used in the treatment of disorders associated with the heart, the lungs, and the thymus. Also water retention, muscular swelling and spinal misalignment.

ANGEL – POCKET ANGEL

Angels are messengers of divine providence who are always with us, available to help, create, protect and give guidance when we ask. Angels are beings of light and energy who give us unconditional love and compassion. Have you experienced a soft breeze across your cheek when there wasn't a wind blowing? Or the smell of flowers where there weren't any? Heard tinkling of bells, or heard your name softly spoken when no one was there? This may have been your special Angel. Angels in some form, with or without wings, are written about in all major religions. In the history of western cultures, angels are mentioned as far back as 3000 BC. Angels are still with us to help give guidance and protect.

ANGELITE

It is an excellent balancing agent, polarizing and aligning the physical body with the ethereal network. A sender and receiver. Helps one in spiritual journeys and astral travel. Dispels anger. Used in the treatment of infectious diseases.

ANHYDRITE

Facilitates strength and physical plane, allows one to understand the physical body is transient. Provides energy for 'gland acceptance' of changes and situations. Has been used in treatment of disorder of the throat and ameliorate water retention and swelling.

APACHE GOLD

The Mexican Indians use in ceremonial magic and during shamanic journeying. Provides one with awareness on emotional and physical levels. Provides electrical stimulus, assists in alignment of subtle bodies and strengthens and arranges the meridians of the physical body. Can assist in disorders of the teeth, integrity of bones and in the treatment of hearing.

APACHE TEAR

Used to comfort in times of grief, it metaphorically sheds the tears for one in times of sorrow, allowing true understanding, insight and acceptance. It stimulates analytical capabilities and precision

APATITE

Attuned to healing; storing information, communicating, balancing energy and teaching. Helps integrate, coordinate and balance emotional, intellectual, physical and etheric bodies. Colour varies from green to teal blue. Larger crystals are often glued to preserve shape - very crumbly stone.



APOPHYLLITE

Used to facilitate astral travel and to provide a clear and definite connection to the physical body during the travel. Used to maintain the energy to assist in preservation and rejuvenation.

AQUA AURA QUARTZ

Has properties of gold and quartz. It has been used extensively to cleanse and to smooth the aura, to activate all chakras, and to release negativity from ones emotional, physical, intellectual, and spiritual bodies. Created by infusing gaseous gold into quartz crystal under extreme heat.

AQUAMARINE

Also known as Beryl - works to assist the throat chakra. Ancient lore used aquamarine to protect wearer while traveling by water and against storms, drowning and seasickness.

ARAGONITE

It provides for ease of centering oneself and is especially helpful during periods of stress and anger. It can be useful to combat chills and to bring warmth to extremities.

ARKANSAS ICE

Form of sheet quartz (elestial type of quartz) that can be used to stimulate visualization and visionary experiences to actuate higher psychic abilities. Used in treatment of disorder of and for pain in the area of the heart.

AVENTURINE

Green quartz with sparkling chrome mica inclusions. It is said to promote health, tranquility and positive attitudes. Reinforces ones decisiveness, amplifies ones leadership qualities.

AZURITE

Awakens the development of the psychic self. It enhances creative ability and helps to eliminate indecision and worries which are quietly agitating in the back of one's mind. Ask to have troublesome thoughts evaporate.

BARITE ROSE

Also called "Desert Rose" - Native religion says Indian warriors who were now in spiritual world returned at night to carve roses. Used to enhance love, facilitate clandestine meetings, stimulate teamwork, stimulate and cleans throat chakra, assist strong delicate connection to spiritual world. Produces incentive to "go for" your dreams without restraint. Heals grief and confusion. Facilitates gaining freedom from demands of others or from self. . can help with inflammation of throat alleviate stomach aches.

BLOODSTONE

Centering and grounding energy of the heart, conducive to balancing the total body. Used to awaken and introduce uniformity for base, navel, sacral and heart chakras.

BLUE LACE (AGATE)

Helps one to reach extremely high spiritual spaces. Equates to a peaceful countenance and is used to support expression.

BOJI STONE

Balancing Stone - has the capacity to balance the energy fields of the body. With the proper intent these stones will help benefit the body through a rejuvenation and healing process.



CALCITE (GREEN , PINK, RED OR YELLOW)

It is said to help the mind and body to remember the state of perfection during disease in order to return to the natural state of flawless-ness. Can be used in disease of the kidneys, pancreas and spleen. Aids in transforming ideas into action. Amplifies energy, activates and clears all chakras.

CARNELIAN

It is used to produce inspiration from, and connectedness with the spiritual worlds. Protects against envy, fear and rage and helps to banish sorrow from the emotional structure.

CAVANSITE

Ink blue crystal stimulates intuition: excellent stone for psychic healing. Can be used in treatment of disorders of the eye, teeth and blood.

CELESTITE

For balancing and stabilizing yin-yang values within ones energy field. Promotes in clearing chakras. For astral travel and dream recall. Used to increase the range of hearing and to balance mental dysfunctions, digestive disorders and treatment of intestinal systems. One can use this stone for help in analysis of complex ideas or physical realities by synchronizing ones conscious with the mineralogical structure. It is also the stone for astral travel; is excellent for dream recall. Excellent for the pursuit of music and art. Wonderful stone to give – in the spirit of love and with the blessing of respect.

CERRUSITE

Encourages growth in all areas of life, provides strength of wisdom to relationships. Stimulates and enhances communication, conducive to all aspects of correspondence, assists in complete listening. Balances left brain and right brain.

CHALCEDONY

Sacred stone. Symbolizes benevolence and good will. Alleviates hostilities, irritability and melancholy. It enhances generosity, responsiveness and receptivity.

CHAKRA WAND

A wand with 7 gemstones and a natural crystal quartz point on the end. The gemstone wand can be used in energy work. To use for clearing, turn the wand counterclockwise and remove the negative energy with a positive intention of thought and asking guidance from your angels/guides. Once the negative energy or blockages are removed, begin to turn the wand clockwise and imagine clear clean sparkling energy flowing in the area of the chakra. To use for yourself begin by visualizing those areas in your chakras or other part of the body that need healing. Each gemstone and colour represents a chakra or energy flow. Take the wand and hold your hand over the gemstone then let your intuition guide you. Clear your mind and emotions and ask your Higher self, your Guides and Angels to help you release any negative energy from the area and see clear clean energy flowing into your body helping to lift your energy field to a higher level. Then, with gratitude for your life, bless yourself and thank Source (God) and the Earth for giving you this great gift called life.

CHALCOPYRITE

Assists in finding lost objects. May disappear to accumulate information beneficial to the user. Enhances abilities of perception and strengthens contact with ancient cultures of the universe. Can be used to assist in stimulating movement of energy. Useful in treatment of brain disorders and tumors, relieve bronchitis, lung disorders, reduce fevers, healthy formation/regeneration of cells.



CHAROLITE

New age stone providing synthesis between heart and crown chakras. Fills chakras with loving spiritual emotion of purity, allowing one to see with love.

CHLORITE

A purifier useful for cleansing auras, charkas and the energy meridians. It attacks anger, hostility and exasperation, and dissipates the dissenting energy. Can be used to increase assimilation of Vitamins and eliminate toxins from the body. Assists one in seeing and understanding the stages of life and acts to provide insight to changes required to promote peace and happiness in ones life.

CHRYSANTHEMUM STONE

Allows on to drift through the blossoms of life instead of trampling flowers of experience. Stone of harmony and change. Brings message to enjoy each moment, allowing one to recognize and understand that time does not become precious and cherished until it is past. Inspires, enlightens and enkindles. Dispels ignorance, bigotry, and self-righteous attitudes.

CHRYSOCOLLA

Revitalizes and calms lower chakras. Produces great inner strength, helping to sustain one during stressful situations. Enhances physical vitality. Assists in balancing blood sugar and strengthening muscular structures.

CITRINE

Dissipates and transmutes negative energy, working out problems on both the physical and subtle levels. It can aid in digestion, and can promote the circulation of the blood, balance thyroid and activate the thymus.

COVELLITE

Stimulates the third eye, enhances communication. Can be used to relieve despondency. The message of covellite is to release the past and see the present without anxiety and disapproval. Used in the treatment of cancer and to purge toxins from the body.

DANBURITE

Pink, white, yellow, brown. Encourages one to "let his light shine" Good for recalcitrant attitudes, allows one to maintain personal identity while flowing with the structure of the world. Helpful for ailments of the gall bladder and liver.

DIAMANTINA - QUARTZ

Named for the area in Brazil from which they are mined, they are one of the most powerful of crystals. A laser seed crystal, they work very closely with Lemurian crystals to form a grid of energy covering the earth. Use a Lemurian crystal to clear a Diamantina.

DIOPTASE

Helps bring one into present day, balances yin/yang. Assists in enriching ones life, promotes inner cellular awareness.

DIOPSIDE

Stimulates the intellect. It allows one to recognize that the strength of the opposition is less than that of which is within. An excellent stone for runners, helping to eliminate the muscular spasms and stitches during the run.



ELESTIAL (QUARTZ)

Used to stimulate the chakras and to bring forth information which has been blocked. Provides an unobstructed pathway leading toward the retrieval of indispensable information relevant to the state of being. (past present and future)

EMERALD

Represent health and prosperity with a sense of stability. Detoxifies negativity, trans negativity into positive physical and emotional balance and energy. Works on heart and diaphragm chakras. Helps in understanding one's life purpose, aids transitions and major life changes.

ENHYDRO (BRANBERG CRYSTAL)

Contains fluid which is quite pure. Provides for coupling of imagination and practicality, inducing sensibility in employment, relationships, and acceptance of responsibilities. Contains life-sustaining energy.

ENSTATITE

Stone of chivalry, promoting loving fairness and unbiased judgment within the user. Provides stimulus for decisiveness. Also assist one in achieving the state of determination without willfulness, such that one may continue to be flexible with respect to the methodology of attainment.

FADEN QUARTZ

Producing and maintaining, stimulating and attunement of the ethereal connection which one has with another. A stone for astral travel. It provides for alignment of the physical and the nervous system and physical, emotional, mental, etheric, astral bodies, singularly and with one another. Also used in disorders relating to inflexibility it serves to stimulate ones adroitness and dexterity.

FLINT

Excellent for thought transference of information, ideas and loving emotional messages to send and receive. Helps to relieve shyness and promote intimate and personal experiences. Used to produce positive energy and dispel negativity from localities.

FLUORITE

Helps to impart impartiality and unbiased, detached reasoning in situations where it would be beneficial to both view and to act upon information objectively. It increases the ability to concentrate, balancing the positive and negative relationships of the mind and body.

GALENA

Provides grounding enhances centering of energies. Opens pathway between physical and ethereal bodies. Reduces inflammations, heals skin eruptions, increases assimilation of selenium and zinc, stimulates circulation and treat disorders of the veins. Can stimulate hair growth.

GARNET

Stone of health and commitment to purpose, others and oneself. Provides for a stable connection between the physical and ethereal nervous systems, energizing the total system to vitality.

GENERATOR CRYSTAL

Useful for energy magnification for stimulating physical, intellectual, emotional, spiritual and subtle bodies.



GIRASOL

(Blue Opal) Used to stimulate communication skills and to assist one in voicing thoughts. Freedom and courage to speak freely. Stimulates creativity and ingenuity in connecting with another. Enhances visioning and activates the third eye.

GOETHITE

Teaches one to enjoy the journey of life. Helps to attune to ethereal realms, enhances communication with the angels and facilitates clairaudience. Enhances communication on the physical plane and strengthens connection with other worlds and beings.

GOLDEN HEALER

Quartz crystal partially covered with a transparent yellow mineral. Has been used to assist one in attaining and maintaining contact with the spiritual worlds to incite healing on all levels. An excellent stone in all healing situations. Promotes recognition of methods and techniques which will further recovery from all disorders.

GOLDSTONE

Either brown or blue with gold flecks. Known as sadareseus from the time of Pliny. Useful in raising one's energy frequency. Raises energy levels. Man-made crystal first made when alchemists were trying to make gold from base metals. Made in Italy, some say it is glass with flecks of copper, others say it is made from sunstone. Properties - openness, honesty, relaxation, and sharing, transmitter stone, calming and refreshing.

GONIATITE

Fossil - Similar to Ammonite the chambers have an s curve to them as opposed to ammonite which has an arc shape to each chamber. It is from these two fossils that Jules Verne's concept of the submarine was made into reality.

GYP SUM

Forms in granular masses fibrous shapes, prismatic, tabular crystals (in form of crystals is selenium) In masses, called alabaster. A Lucky stone. Used in rain-making ceremonies by aboriginal tribes.

HARMONIZER CRYSTAL

Clear quartz crystal cluster with inclusions of the mineral Goethite. Excelling for balancing yin and yang and harmonizing the aura. Can be used in treatment of anemia, disorders of ears, nose, throat, intestines and veins. Both receiver and transmitter.

HEMATITE

Meditative grounding stone, brings tranquility and emotional clarity. Assists in dissolution of negativity, transforming it into universal light of love. Can stimulate desire for peace, self-control, and inner happiness. Assists in treatment of leg cramps, blood disorders, nervous disorders and insomnia.

HERKIMER

Provides an energy of delicate harmony, enhancing distinct awareness and spontaneity. Helps one to 'be', providing an alliance of surrender and strength for the further recognition of the essential being with the self. Also assist one in clearing the body-mind system fears and repressions.

HEULANDITE

Takes one back to ancient civilizations of Atlantis/Lemuria, assists one in exploring and discover of old and new bringing synthesis of times together for the "best". Helps diminish ideas/conditions which are distressing, allowing one to release bonds of custom, privilege, condescension, conceit



and jealousy. Can be used to disperse growths and enhance weight loss, treat disorders of feet, shortness of breath and recover gracefully after a loss.

HIDDENITE

Form of Kunzite (heart chakra) colour range from emerald green to yellow. Stimulates intellect and loving side of nature to bring forth the unknown. Provides insight when diagnosing disorders of the physical body.

HOWLITE

This mineral can be used to calm communication, to facilitate awareness, and to encourage emotional express. Used to eliminate pain, stress and rage.

IDOCRASE

Promotes patriotism and loyalty to mankind. Also provides assistance to those who invent and discover, assisting in the control of the creative and intuitive aspects of the inner realm. Unlocks and stabilizes mental, emotional and physical bodies.

INFINITE

Found only in S. Africa, is a strong, gentle, universal healing stone. It instills sincerity and imparts strength through gentleness and tenderness.

IOLITE

Colors include brown, yellow, violet, grey, green or yellow. Iolite is used during healing and guided mediations and astral travel. Strengthens and aligns the auric field.

JADE

Assists in remembering and solving dreams. Sovereign of Harmony, facilitating peace within the physical, emotional and intellectual structures. Helps attune one to the needs of others and inspires wisdom during problem solving.

JASPER/FANCY

Green red and brown mixture. Helps align energies and is used for positive thinking.

JASPER/PICTURE

The structure exhibits a hidden message and/or picture from the past. A stone of proportion and harmony. Stimulates creative visualization and enables one to understand the basic of unknown civilizations.

JASPER/RED

Used to assist one in rectifying unjust circumstances: meditation with this mineral can provide insight to the method of amelioration. Communicates that choice is singularly ones responsibility. Energy of procreation.

JET

Black fossilized wood. Dispels fearful thoughts, protects wearer against illness and violence. Calming agent, diminishes depression.

KUNZITE

Activates heart chakra, aligning heart with throat and third eye chakras. Can be used to remove obstacles from one's path. Dissolves negativity, assists in attaining deep meditative states. Can be used to strengthen and reinforce physical heart muscles.



KYANITE

Aligns all chakras. Use black AND blue to open chakras. Balances yin-yang energies. Dispels energy blockages, moving energy from ethereal through physical body. Never needs cleaning or clearing. Facilitates meditation, brings tranquility and calming to whole being.

LABRADORITE

Protects one's aura and helps to keep the aura clear, balanced and protected, free from energy leaks. It unites the personal self with the understanding required to both realize and achieve the destiny of this life. Considered magical because the blue-gray colour reflects rainbow colors from deep within the stone when under light. Used by Shamans to travel to the void where all knowledge and all possibilities are held.

LAPIS LAZULI

Dark blue with streaks of pyrite. The stone of wisdom - used for telepathic communications. Activates and energizes throat and brow chakras. Helps diminishment of internal smoldering fire which leads to disease.

LEMURIAN SEED CRYSTALS

Assists in creating a holographic connection between the inner earth, the surface of the earth and the stellar regions. One of the main purposes of the seed crystal is to create complete holographic unity. One Lemurian seed crystal can holographically connect to all seed crystals. This connection forms an energy grid around the earth, which links us to inner and outer worlds. These laser seed crystals were found in sand on a mountaintop in Brazil – these crystals are naturally formed generators and not attached to clusters. During the last days of Lemuria, these record keeper crystals were planted within the Earth to be discovered when mankind was ready for their stored knowledge. Lemurians can be used to clear other crystals.

LEOPARD SKIN AGATE

Form of Jasper with colored swirls. It can be used for protection, regulation and balancing the body.

LEPIDOLITE

Pink to purple silicate. Contains lithium once used to calm the mind. Balances heart with mind.

LIMONITE

Assists in alteration of life toward stability and comfort. Provides for strength and virility of youth, provides an iron hat for protection against detrimental thoughts. Treats disorders of skeletal system ameliorates dehydration, assist in assimilation of iron and calcium. Dispels fever treats liver and conditions produced by liver disorders.

LODESTONES

It assists in relieving burden and in bringing to fruition that which is "wanted". It encourages "holding fast" to one's purpose, eliminating confusion of purpose and balancing unexpected occurrences. It helps on to understand the signs which point toward the easiest lessons and the most advantageous circumstances and removes obstacles along the way.

MALACHITE

A stone of transformation, assisting one in changing situations, and providing for the transfer of sacred information leading to spiritual evolution. Helpful in stimulating the heart and throat chakras.



METEORITE

Chondrite – made of stone believed to predate formation of earth, gift from other worlds. Used for balancing and aligning body, improves communication, enhances strength required for endurance/trust. Helps with anemia and melancholia.

MOLDAVITE

Known gem quality stone of extra-terrestrial origin. Serves inhabitants of this planet. Stimulates cooperation between those experiencing life on Earth and those of extra-terrestrial origin.

MONDOLITE

Excellent grounding stone and helps to connect to the strength of the earth. Works gently to bring forward issues of hidden anger.

MOONSTONE

The energy of moonstone is balancing, introspective, reflective and lunar. Capable of healing one with the changing structures of life on the physical, emotional, mental and spiritual levels.

MORGANITE

Activator, cleanser and stimulator for heart chakra. Used in treatment of emphysema, tuberculosis, asthma and to enhance rejuvenation of disordered cells. Stabilizes heart, clears lungs. Helps bring love into ones life and assists in maintaining love as it continues to grow.

MOSS AGATE

Dark green with clear agate. Binds the energies of nature and assists in the balancing of the heart.

OBSIDIAN

Black, mahogany, rainbow, OR snowflake (spotted). Grounding stone with aspects of spirit (white) and body (reddish mahogany.) Stone of pleasure bringing appreciation and enjoyment of one's life. Used to bring light and love to the spirit. Brings a connected-ness to the brotherhood of humanity, eliminating the need to perceive oneself as an individual or unique unit of consciousness.

OKENITE

Looks like a fuzzy snowball. Produces a "halt" to obstacles in one's path, clearing the way, promotes stamina and an open mind in all endeavors. Provides inner approval, allows one to view and understand the length of ones stay in the physical form, helps one understand current circumstances. Can be used to decrease debilities associated with aging, provide assistance in rectifying former ideas and ways. Can stimulate flow of blood, stimulate circulation in arms. Has been used to treat fevers and to alleviate nervous stomach disorders.

ONYX

Excellent for initiating the modes of centering and alignment of the total person with the higher power. Protects against negativity and intensifies energy. Helps balance the yin-yang energy. Used to banish grief, to enhance self-control, stimulate the power of decision making, encourage happiness and good fortune. Helps absorb from the universe, those energies needed.

OPAL (Andean)

Used for spiritual journeying to protect, assist one in selection and to bring availability to the locations one wishes to visit. Also used to induce the hypnotic state and facilitate divination.



ORTHOCERUS (FOSSIL)

Black with fossilized form showing in grey. Used to heighten and supplement accomplishments in the business realm and install quality and excellence within one's environment. Helps dispense with old "programming" and to be open/receptive and perceptive of fresh innovative forces available.

PEACOCK ORE (BORNITE)

Stone of happiness, useful in the activation of the chakras. Helps one release that which is no longer useful. Provides protection from negativity. Useful in treating fevers and swelling.

PENDULUMS

Pendulums have been used as far back as 2000BC by the Egyptians, Hebrews and Chinese among other cultures. hang from a string or chain and move according to the mental energy of the holder's subconscious. Select a pendulum that feels right to you, and then practice a while. Ask your pendulum to show you a "yes" or a "no". then use your pendulum to make decisions, to find things, to make choices.

PERIDOT

Emits a warm and friendly energy. Used to magnify the inner aspects of any situation. Helps to regulate cycles in life and heal bruised ego by assisting one in the lessening of anger or jealousy.

PHENACITE

A clear lightweight expansive stone, highly stimulating to the third eye. Facilitates deep meditation promoting an inner knowing with respect to the aspects associated with each chakra. Stimulates healing of the physical and gathers energy of other stones used in healing facilitating effectiveness of the healing so the sum is greater than the individual parts.

PICASSO STONE

Assists one in the development of creative talents, and in the fulfillment of artistic enterprises. Acts to stimulate the circulatory system, to reduce anxiety and stress and to aid digestions, regulation and metabolism.

PIETERSITE

Used to stimulate the pineal gland and assist during meditative states to experience visions and precognitive thoughts. Aligns the energy centers of the body.

PREHNITE

For dreaming and remembering. Allows the inner knowing to prepare for situations. Use of the stone for prediction should not be taken lightly. The most accurate predictions are for ones personal spiritual growth.

PYRITE

Shields oneself from negative energy. Can work to allay physical danger. Encourages and sustains the flawless ideal of health, intellect, and emotional well-being.

QUARTZ

Clear/smoky crystalline or white/green. Considered solidified light. Amplifies, stores, transmits, conducts energy. Used in meditation. Balancer and channeler of universal energy and unconditional love.



QUARTZ - CITRINE

Used to enhance the psychic abilities and can assist in the gentle attunement of third-eye activity, while providing for grounding conditions and removal of obstacles. Citrine never needs cleansing!

QUARTZ – IPUARIA GODDESS OF WATERS

From Brazil, this crystal is very clear – similar in energy to the Lemurian Seed crystals.

QUARTZ – LEMURIAN SEED CRYSTAL

See Lemurian Seed Crystal

QUARTZ MANIFESTATION CRYSTAL

A crystal formed within a crystal. Can be used in meditation for artistic creativity, creative thinking, agricultural pursuits and to increase or decrease any aspect of one's life (dependent upon the direction of energy). Used to bring forward or manifest your desires.

QUARTZ – RED PHANTOM (HEMATITE PHANTOM)

Provides stimulation of intelligence of cellular structure so cells may recognize reason for malfunction, provides the vitality and creativity for correction of the malfunction.

QUARTZ: ROSE

Emits a calming, cooling energy which can work on all the chakras to gently remove negativity and to reinstate the loving gentle forces of self-love.

QUARTZ: RUTILATED

Affects both the etheric and the astral bodies. Aids in the healing of pain of either the mind or physical body. Assists in getting to the root of the problem and hence provides access to the reason for a disease or discomfort, so one can remedy the situation.

QUARTZ- SAHARA

Specifically from the Sahara Desert, this quartz has characteristically small crystals of quartz often inside of small to mid-size geodes.

QUARTZ – SKELETAL PHANTOM

Contains a phantom crystal within the crystal. May be white or coloured mineral in partial or complete form. Shows the transformations encountered in the evolution of the crystal. Has experienced numerous lifetimes learning AND being continuing in the same physical configuration. The phantom formations emanate energy to save, renew and facilitate spiritual health of the earth.

QUARTZ: SMOKEY

An excellent grounding stone. Used to enhance the psychic abilities and can assist in the gentle attunement of third-eye activity, while providing for grounding conditions and removal of obstacles.

QUARTZ – SPIRIT QUARTZ OR CACTUS QUARTZ

Brings peacefulness and protection to your immediate surroundings. It helps to bring harmony to the environment and creates a vibration of mindfulness and tranquility.

QUARTZ - STALACTITE

Stalactite quartz structure growing from top of geode. (Morocco)



QUARTZ - STRAWBERRY

Stimulates the energy center of the heart, filling ones total person with the feeling of love. Balances connections between the physical and subtle bodies. Provides for travel to the center of the universe of life and fills one with euphoria of the true loving environment.

QUARTZ – TANGERINE

It promotes inner self-evaluation and evolution, brings the strength and loving essence to continue win any and all pursuits. It allows one to repel any negative energies with which attempt to penetrate one's protective shield, it dispels isolation, abates unwanted fears and helps deal with change.

QUARTZ – TOURMALATED

For wisdom. Helps one to be judicious, to gain insight into life experiences and achieve self-confidence. Used for inspiration, to diminish fear and promote understanding.

QUARTZ – WINDOW

The diamond shape represents the balance between the physical and spiritual realms. It aids us in achieving clarity of the mind, offering us a window to learn from our past, and look wisely into the future. A wonderful meditating tool. Also called an Isis crystal, it has at least one five sided face on its termination point.

RHODOCHROSITE

Stone of love and balance, assists in creating new world for the user, worlds filled with love and dreams. Will gently and quickly balance the emotions, providing a stability of order and structure to the mind. Strengthens the walls of the intestines, promotes digestion.

RHODONITE

Balance yin-yang energy. Encourage brotherhood of humanity. Encourages generosity of spirit and dispels anxiety and promotes coherence, bringing to the user an observant nature.

RHYOLITE

Represents change, variety and progress promoting insight. Strengthens body and mind. Used in treatment of disorders of the veins, eliminate skin disorders and rashes. Improves assimilations of the B-complex vitamins.

RUBY

Stone of nobility. Stimulate the heart chakra and the loving emotional side toward nurturing, bringing spiritual wisdom, health, knowledge and wealth. Aligns ones ultimate values.

RUDRAKSHA SEEDS

Seeds from sacred tree to make mala for prayer. Five facets are most common; smaller size with eight facets are more rare and revered. Tibetan Mala has 104 beads for prayer.

SAPPHIRE

Used to rid one of unwanted thoughts and bring joy and peace of mind opening the mind to beauty and intuition. A stone of prosperity, eliminating frustration and fulfilling the dreams and desires of the consciousness.

SARDONYX

Assists in bringing happiness to life in relationships and marriages, realize the delightfulness of living, attract friends and good fortune and encourages self-control.



SEER STONE QUARTZ

Is a river tumbled quartz which is polished on one end to permit 'gazing' to the inner realms of the stone, to access secret texts of the ancient ones. Stimulates the remembering of that which occurred prior to birth.

SELENITE

Provides for clarity of the mind, expanding ones awareness of the self and of ones surroundings. Can provide both flexibility to ones nature and strength to ones decisions. Can help access past lives. Can remove energy blockages in spine and align vertebrae

SHAMAN STONE

Can be used to absorb negative energies while transforming this into positive and beneficial energies. Useful in healing environments and for their essential purification qualities.

SHIVALINGAM

Sacred balancing stone gathered from the junction of 3 rivers in India. Represents the harmony or balance of the soul that is maintained within the hearts of all of us, the Light that shines from within, markings relate to the yin/yang.

SIDERITE

Grey/brown. Facilitates the alignment of the meridians and the chakras of all bodies. Emotional, intellectual, ethereal, and astral. It emits an energy to strengthen the commitment to ones life work and to enhance stability in employment. A stone to use in the care of those confined, either to bed or to home or other wise confining environment.

SILVEREYE

This is a local name for the stone thought to be a member of the serpentine family –used to treat diabetes and hypoglycemia - also used to call up Kundalini. Can be grounding.

SNOWFLAKE OBSIDIAN

Assists in actualizing the serenity of the isolated state, stimulating the surrender to the totality of the meditative state, promoting sensitivity to the most vital powers in the universe - love and beauty.

SODALITE

Dark blue with white lines. Sodium silicate. Assists in calming of the mind enabling one to see. Relates to throat chakra. Can help throat and assist in speaking the truth.

SPHERES

Symbol of spiritual wisdom. Valuable tools for healing and mediation as well as developing intuitive abilities. Used in mediation, spheres bring to the user spiritual clarity, centering and focusing energies which lead to great insight.

STAUROLITE

A talisman of good luck, also called the 'Fairy Stone', this mineral can be used to provide a connection between physical, astral and extra-terrestrial planes, assisting in alignment, balancing and communication between the three.

STONE EGGS

Egg shapes have been long associated with new life. Eggs placed around your environment will guide you to the new life you are desirous of. Eggs used in mediation for a spiritual path, will bring you enlightenment for your rebirth.



SUGILITE

Brings the realization of connection between well being of the body and mind. A love stone for this age, it represents perfection of spiritual love of "all that is" facilitates manifestation on the earth plane. Energy flows from crown to base chakra, opens the chakras, providing a pathway for Kundalini. Used to eliminate hostility, anger, jealousy, and abrasiveness. Gives a feeling of being free.

TEKTITE

Provides encouragement to gather knowledge throughout life's travels. Acts to balance feminine and masculine properties of one's character to stimulate the natural order of growth, development and completion. Carrying it acts to strengthen the energy field and provide increased contact during daily activities. Can also draw one to another, or another to one. Can be used in the treatment of fevers, to reduce transmission of disorders and to dispel transmitted dis-eases, especially those that have no immediately known origin. It can be helpful in the amelioration of chronic dilation of capillaries and small blood vessels, can stimulate a balance in circulation. Truly a stone of light. When using it in meditation, it facilitates a cleaner entry and assists one in attaining the state of "no mind".

TIGER EYE

The colour range includes red, brown, gold, cream, black and blue. Power stone. It resonates to the frequencies of the Earth, encouraging stability with dynamic beauty. At the base chakra it can help to discipline sexual and emotional life, bringing together light where one must be practical.

TIGER IRON

Assists in creative endeavors, prompting the artistic abilities towards wondrous beauty and works. Assimilation of the B-complex vitamins and increase white/red blood cells.

TOPAZ

It is known as a 'stone of true love and success in all endeavors. It can promote individuality and creativity, while providing for confidence in trusting ones decisions. It acts to replace negativity with love and joyfulness. Instills a trust in the universe. The energy of the topaz acts through the laws of attraction and manifestation.

TOURMALINE

Relates to each of the chakras. Used to attract inspiration, to diminish fear by promoting understanding and to encourage self-confidence.

TRIOLOBITE

Fossil from Ordovician age 400-500 million years old – from Morocco. Promotes leadership and management skills, allowing one to rule lovingly with patience and fortitude. Used in treatment of disorders of the eyes and correct deficiencies in Vitamins A, D, calcium and iodine. Said to ameliorate fading eyesight, brittle bones, skin eruptions, goiter.

TURQUOISE

Strengthens and aligns all chakras, meridians and subtle bodies. It can bring all energies to a higher level. Excellent spiritual attunement, for healing and cleansing and for providing protection.

TURRITELLA AGATE

Used to dispel pomposity within an individual, diminishing action emanating due to a superiority complex. It gives one the insight to know that regardless of the outcome, one will be the winner.

UNAKITE

Green and pink spotted granite. Colours are associated with healing the heart. Acts to balance the emotional body, bringing it into alignment with the higher forces of spirituality.



VANADINITE

Color from red orange yellow to brown. Facilitates mental processes. Filling vacancy between thought and intelligence. Provides a deep state of meditation. Can promote thrift in spending. Promotes order in life. Used for exhaustion, breathing disorders, asthma, lung congestion and dysfunctions of the bladder. Can aid circular breathing.

VESUVIANITE (also known as IDOCRASE)

Yellow, red, blue, brown, green, pink, or white. Promotes patriotism and loyalty to mankind. Unlocks and stabilizes the mental faculties, helps clear negative thought patterns from mental, emotional and physical bodies. Used to dispel anger, banish depression, and allay fear.

WANDS

Used for emotional, spiritual and physical healing, also in meditations for deeper, more relaxed focus. Wands are a desirable tool for cleansing of the auras and banishing negativity from a room. Waving your wand in front of someone will ensure health and happiness.

WORRY STONES

These “pocket tranquilizers” use a form of reflexology or nerve pressure. Rubbing the smooth surface of the stones puts pressure on nerves within the thumb that many release endorphins, the brain’s natural relaxants. Chose a stone whose powers work with your energy.

ZINCITE

Provides for the synthesis of personal power, physical energy and creativity. Producing a stimulation of the electric currents within the body and facilitating the removal or gradual dissipation of energy blockages. It can help to bring together those of like-mind. Beneficial to furthering relationships on the physical plane.

ZOISITE

Decomposition of negativity, for transmutation of the negative energies to positive force fields. Can be used to dispel laziness. Treatment of heart, spleen, pancreas and lungs.

CLEANSING CRYSTALS

Crystals are both transmitters and receivers of information and energy; therefore they take on energy around them and need to be cleansed. How often will depend on how much energy they are exposed. There are a multitude of methods: the following provides several examples of techniques for cleansing crystals

- Wash with water – either tap water or river water. Important to have an “intention” the crystal is being cleaned. Soap may be used.
- Immerse the crystal in rice kernels (uncooked) overnight. Rice can be used for cooking later.
- Smudge the crystal (e.g. with sweet grass, cedar, sage, incense, etc.)
- Expose the crystals to full moonlight and full daylight



- Cleanse in seawater, allowing the water to wash over it, and energize in the sun. Note: not all crystals can tolerate salt – it will erode or damage some crystals! Salt water made with table salt is also acceptable.
- Immerse crystal in crystalline salt for several hours. (either sea salt or table salt)
- Soak the crystal in sea salt crystals for 7 – 24 hours, then rinse with pure water and energize in the sun.

