

Amethyst:



Amethyst as a healing stone contains sobering and calming qualities which allow this stone to be commonly associated with peace. Amethyst is known to calm and protect the mind. It soothes those who have engaged in constant rigorous mental activity. It has been deemed "nature's tranquilliser" by many healers because of its effectiveness in relaxing not only the mind but also the nervous system.

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

AMBER



Amber is said to draw out negative energies, promoting physical, emotional, and spiritual health. It is especially beneficial to the endocrine system, spleen, heart, brain, thyroid, inner ear, and neurological tissue. Amber's subtle energies promote good health

Healers often use amber to shield them and prevent them from taking on the pain of those they heal. It is also said to be an effective block against psychic attacks and energy draining from others.

Calcite:



Calcite is said to help the body remember the natural state of flawless perfection so that a diseased body might return to that state of health. Calcite amplifies energies! Calcite teaches humanity, and appreciation for the creative forces of nature. Calcite is an excellent stone to use when studying the arts and sciences. Placement of this stone on ANY chakra will clear

ALL chakras.

Carnelian:



Among the New Age community, they say it teaches one to focus on the present for the moments in life when all one's mental powers are necessary for success at a single, important task and is a source of confidence, eloquence and inspiration.. Overall, many hold Carnelian dear as a stone with the ability to protect the individual, bolster confidence and generally enhance and expand the experiences of life.

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

Citrine:



Healers consider Citrine a self-esteem stone with powers to heal the mind's feelings of inadequacy and deem it essential for handling negative criticism. It is also an energising stone against power issues of willpower, optimism, confidence and self-discipline. Healing traits include its ability to awaken the mind, create clarity emotional healing and protections against overwhelming fear, depression, money worries and security.

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

Fluorite



Fluorite brings order and organisation to situations; Fluorite increases ability to concentrate; Fluorite works to boost the immune system and promote health; Fluorite helps stabilise relationships.
Green Fluorite helps rid wearer's surroundings of negativity

Labradorite:



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

when we need it, but at all times of our lives. It is a solar plexus stone. Labradorite builds and strengthens the immune system

Malachite:



Malachite has a steady pulsing electromagnetic energy. Stimulates physical and psychic vision and concentration.

It works well on the Stomach, liver, kidney stones, lungs, immune system, radiation, MS, circulation. It Releases and draws out pain, inflammation, depression, anger and heals blocks. Protects well by powerfully cleaning the auric field, rapidly absorbing undesirable

energies, including: computer, TV, and other radiation, etc. Place in the 4 corners of a room to cleanse carpet toxins and gases.

Moonstone



In India, moonstone is considered sacred. It is said to bring good fortune, but, more importantly, it is seen as a tool to promote spiritual enlightenment.

Moonstone can help you become more intuitive. It can also boost psychic ability.

Moonstone has a powerful effect on women's menstrual cycles. Women are cautioned about wearing or carrying moonstone at times of the full moon or when they are menstruating.

OBSIDIAN: Volcanic glass.



Obsidian is a nurturing stone, and can help you to accept the changes that are a part of everyone's lives. Its energies are a grounding and stabilising influence.

Obsidian is said to benefit the eyes, intestines, and digestive tract.

Obsidian protects sensitive people, wards off negativity, reduces tensions, good for letting go of old love, travel, strengthens prophesy

Prehnite:



Prehnite can be used to predict activities pertaining to one's spiritual growth. Prehnite brings calmness and unity to surrounding environments (e.g., for gridding). Prehnite lets the wearer "know" ahead of time in order to be prepared for events before they happen. Prehnite is said to create a shield of protection for the healer and heal the healer. Stone for dreaming and remembering. Facilitates contact with entities and extraterrestrial

Clear Quartz



Quartz is a healing stone, and operates in all frequencies of vibration. Quartz is said to attune itself to the person using it, returning the body to a pure, unaltered state. In this way, it acts as a purifier for your energy self. It unblocks energy flow within, restoring harmony. Amplifies thought forms. Releases all colours of the rainbow making it an excellent balance on all levels. Excellent for meditation. Aids connection to Spirit Guides and Higher

Red coral



Coral is a stone of organic origin. Coral can be used to reconnect with nature and its variety of wonders. Coral also attracts love and prosperity, particularly red coral, which is a stone of passion. Creativity and optimism are also qualities that coral brings out. Emotionally, coral brings inner peace, strength, and understanding of purpose. Physically coral is used for general healing, blood and circulatory system issues, kidney, bladder, epilepsy, bone and bone marrow, eye problems, and the respiratory system.

Rose Quartz



On the physical side, rose quartz is said to benefit the heart and the circulatory system. It is also said to help the cleansing organs. It may also help the reproductive organs become more in tune with the positive energies we need to express tenderness and love on a physical level. Rose quartz thus can help us express physical love and may even increase fertility. The stone of 'unconditional love' helps alleviate negative thought form energies. Increases fertility. Assists one to appreciate all things great and small.

Rutilated quartz



Rutilated quartz is known to intensify the power of the quartz crystal. Excellent for astral travel. Affects both etheric and astral bodies. Insight, awareness, communication with that beyond our physical realm. Can assist in identifying the root of a problem. Rutile is known to bring strength and tranquillity with love, and ease transition and growth with reason and order. Used for healing and balancing the aura. Stabilising energy.

Snow Quartz



Snow quartz is a stone that brings good fortune. It is also a calming and soothing stone. Snow quartz is helpful for meditation, and looking within. It also has all the properties of clear quartz to a lesser degree. Snow quartz is often used for purification. Powerful transmitter, amplifies/directs thought forms, healing energy balancer, promote clarity, attunes one to higher self. Physically, it is beneficial for the immune system.

Snowflake Obsidian



brings you back to the realisation of what you like doing the best in life, especially if you're off track; shows quickly how to face your fear of having fault so that you can overcome and let go; it lets you realise the lesson without judgement of yourself; also tells you "it is time now" and the door can open for you now. Enhances the wearer's energy field. Redesign thought patterns, which can provide relief from unwanted conditions.

Helpful during healing sessions for both the healer and the one seeking healing.

Sodalite:



Sodalite clears the mind for deeper and wiser thinking. It aids logic aiding the shift from emotional to rational thinking.. Sodalite is the colour Indigo which symbolises wisdom and psychic activities. A few characteristics of this colour include; access to the source of all knowledge, and master of yourself.

Aids pancreas, balances endocrine system, strengthens metabolism and lymphatic system.

Balances male/female polarities. Alleviates fear. Calms and clears the mind. Slightly sedative, grounding. Cuts through density and illusion, bringing clarity and truth.

Tiger Eye



Helps soften and release stubbornness, bringing clear insight and perception.

Aids one in recognising their own faults and balances these energies.

Eyes. Reproductive system. Night vision. Broken bones, heals wounds, bruises, Colon, digestion and stomach problems; alleviates pain

Turquoise Howlite



Howlite calms communications. facilitates awareness. encourages emotional expression.

Howlite increases ambition to reach a goal, and assists in eliminating hesitation when acting to reach that goal. it can lend you strength and tact during confrontations. Turquoise is a master healer it provides protection to the wearer. Used to help strengthen the body - absorb nutrients, regenerate tissue, increase circulation to muscle tissue.

Unakite:



Unakite helps you live in the "present". Instead of living in the past or living for the future, it helps you to appreciate every waking moment - the "NOW". Unakite aligns the emotional body with spirituality. Unakite aids in the release of blockages created from past events that inhibit ones growth. Unakite can help uncover the underlying cause of physical disease ... find the root cause of the physical manifestation.

And this stone has been used to stimulate healthy pregnancy and the health of the unborn child. .