Metaphysical Properties of Gems, Minerals & Crystals

By: Certified Crystal Healer Ashley Leavy

AGATE, BLUE LACE: Use at the 5th Chakra (Throat Chakra) for encouraging peace and calming, to promote speaking one’s truth, to enhance crop production and for general plant health in the garden, to encourage joy, to become grounded, to stay centered and balanced in mind, body, and spirit, to relieve symptoms of acid reflux or heartburn, to stimulate will power, to heal problems associated with the nervous system or circulation, to facilitate communication with one’s totem animals, spirit guides, and angels, for emotional healing, and to block out negative energies associated with geopathic stress. Blue Lace Agate is a banded form of Blue Chalcedony, so these properties also apply.

AGATE, BOTSWANA APRICOT: (Also known as Apricot Limpopo River Agate) Use at the 2nd Chakra (Sacral Chakra/Spleenic Chakra) for emotional balance, to heal disorders of the reproductive organs (especially in women), to ease the symptoms of menstruation, to help minimize problems associated with pregnancy and child birth, to help relieve constipation, to treat discomfort caused by stomach ulcers, to help one to connect to the knowledge of the ancient cultures of the Middle East, to aid in reducing the size of tumorous growths, to instill lust for one’s partner, to help relieve symptoms stemming from cancer treatment, to aid in treat symptoms of dehydration, and to help treat disorders of the heart.

AGATE, BOTSWANA PINK: (Also known as Pink Limpopo River Agate) Use at the 4th Chakra (Heart Chakra) to help soften a “rough around the edges” personality, to increase optimism, to aid friendships during difficult times, to banish one’s fears, to overcome self-limiting beliefs, and to enhance gentleness. Since Pink Botswana Agate is a banded form of Pink Chalcedony, these properties also apply.

For more information, please visit http://www.crystalhealer1.webs.com
AGATE, BOTSWANA PURPLE: (Also known as Lavender Botswana Agate, Lavender Limpopo River Agate, Gray Botswana Agate, Gray Limpopo River Agate, or as Purple Limpopo River Agate) Use at the 4th Chakra (Heart Chakra), 6th Chakra (Third Eye Chakra/Brow Chakra) or 7th Chakra (Crown Chakra) to experience things from another point of view, to protect children, to enhance communication and to make one’s words come from the heart, to protect against childhood illnesses or to speed up recovery from them, to aid one in feeling comfortable in his or her physical body, to realize one’s inner gifts, and to reduce anxiety and aid one in living a worry-free life.

AGATE, DENDRITIC: (Also known as Landscape Agate, Scenic Agate, Dendritic Manganese Agate, or as Manganese Oxide-Included Agate) Use at the 1st Chakra (Root Chakra/Base Chakra) or 4th Chakra (Heart Chakra) to encourage a connection with nature, to facilitate communication with tree spirits, for grounding, to stimulate intuitive wisdom, for personal growth, to aid one in branching out into new pursuits, and to connect one with nature spirits.

AGATE, FIRE: (Also known as Limonite-Included Agate, Iridescent Agate, Rainbow Agate, or as Goethite-Included Agate) Use at the 1st Chakra (Root Chakra/Base Chakra), the 2nd Chakra (Sacral Chakra/Spleenic Chakra), or at the 3rd Chakra (Solar Plexus Chakra) to enhance strength and vitality, to provide an opportunity to learn from the fire element, and to reduce fevers. Element: Fire Flower: Rattlesnake Master Essential Oil: Cinnamon Companion Stone: Blue Pietersite

AGATE, HOLLEY BLUE: (Also known as Holly Blue Agate, Holly Agate, Holley Agate, Holly Blue Chalcedony, Holley Chalcedony, Holly Chalcedony, or as Holley Blue Chalcedony) Use at the 5th Chakra (Throat Chakra), 6th Chakra (Third Eye Chakra/Brow Chakra) or 7th Chakra (Crown Chakra) to facilitate communication with one’s ancestors or those who have crossed over, to promote cooperation among family groups, to enhance psychic awareness, to facilitate communication with beings from the animal, mineral, and plant realms, to access one’s higher consciousness, to banish feelings of shame, to promote ascension of the light body, for protection during astral travel, to promote lucid dreaming, and to enhance shamanic journeying or vision quests. Element: Air Flower: Blue Bellflower Essential Oil: Blue Tansy Companion Stone: Pink Calcite  As Holley Blue Agate is a form of banded Blue Chalcedony, these properties also apply.

AGATE, LEOPARD SKIN: Use at the 1st Chakra (Root Chakra/Base Chakra), the 2nd Chakra (Sacral Chakra/Spleenic Chakra), or at the 3rd Chakra (Solar Plexus Chakra) to facilitate communication with animals, to aid in determining one’s totem animal, to help one to connect with his or her roots, and to instill courage.

For more information, please visit http://www.cystalhealer1.webs.com
AGATE, MOSS: (Also known as Chlorite-Included Chalcedony, Chlorite-Included Agate, Horneblende-Included Chalcedony, Horneblende-included Agate, Macha Stone, or as Mocha Stone) Use at the 1st Chakra (Root Chakra/Base Chakra) or 4th Chakra (Heart Chakra) to facilitate a connection with nature (especially the plant kingdom), to balance the chakras, to promote spiritual growth, for healing of the physical body, to instill confidence, to promote joy, to relieve worries and stress, for shamanic journeying, and to promote intuitive knowledge (especially relating to herbalism).

AGATE, SHIVA’S EYE: Use at the 6th Chakra (Third Eye Chakra/Brow Chakra) to connect one with the energies of Lord Shiva, to aid in enhancing the power of prayer, to deepen meditation, for spiritual ascension, for karmic upliftment (by removing karmic obstacles and clearing karmic debts), and for balance and harmony.

AGATE, TREE: Use at the 1st Chakra (Root Chakra/Base Chakra) or at the 4th Chakra (Heart Chakra) to root oneself to the earth and to aid one in feeling more grounded, to instill a deep appreciation for nature and for all living things, to allow one to channel from the tree spirits, to aid in all types of growth (physical, mental, and spiritual), to encourage exploration (especially for children), and to help clear blockages occurring in the heart chakra.

ALEXANDRITE: (Also known as Chameleon Stone or as Diaphanite) Use at the 6th Chakra (Third Eye Chakra/Brow Chakra) to enhance luck, to bring peace and calming when anxious or nervous, to banish jealousy, to balance the body, mind, and spirit, to stabilize the nervous system, and to regulate the glandular system.

AMAZONITE: (Also known as Amazon Stone, Amazonstone, Mother of Emerald, Colorado Jade, Amazon Jade, or as Blue-Green Microcline) Use at the 4th Chakra (Heart Chakra) or at the 5th Chakra (Throat Chakra) for blocking electromagnetic energy, to encourage truthfulness, for balancing the mind, body, and spirit, for soothing and comfort after trauma, to manifest the love of the universe, to facilitate a connection with nature, for balancing the chakras, to overcome fears, to stimulate positive communication, to benefit bone health, and to relax muscles.

AMBER: (Also known as Allingite, Glessum, Glesum, Lyncurium, Lynx Stone, Chryselephantum, Gum Stone, Gumstone, Scoopstone, Pit Amber, Succin, or as Succinite) Use at the 3rd Chakra (Solar Plexus Chakra) to increase radiance, to create joy in one's life, to enhance the immune system, for cleansing and purification, to heal the mind, body, and spirit, and to promote peace and calming.

AMBER, HONEY: (Also known as Amber, Butterscotch) Use at the 3rd Chakra (Solar Plexus Chakra) to promote feelings of divine love, to relieve symptoms associated with diabetes, to help one recognize and appreciate all of the sweet

For more information, please visit http://www.crystalhealer1.webs.com
things in life, to enhance one’s motivation and drive toward success, to reduce
coughing and relieve the pain of a sore throat, and to encourage a
compassionate attitude toward all beings. Since this is a type of Amber, the
general properties of Amber also apply.

**AMETHYST:** (Also known as Bishops’ Stone or as Lavandine) Use at the 6th
Chakra (Third Eye Chakra/Brow Chakra) or at the 7th Chakra (Crown Chakra) for
protection against negative energies, blocking geopathic stresses, to enhance
motivation, to relieve insomnia, to enhance memory, to increase motivation, to
promote dreams and their interpretation, for emotional balance, to aid in
receiving and interpreting Divine guidance, to become open to one’s intuition and
psychic abilities, to strengthen the metabolism and immune system, for
protection from negative energy, to enhance meditation, to ease headaches, to
facilitate a connection with the spirit, To aid in food-addiction and portion-control
problems, and to heal and cleanse the mind, body, and spirit. Since Amethyst is
a variety of Quartz, these properties also apply.

**AMETHYST, BRANDBERG:** Use at the 6th Chakra (Third Eye Chakra/Brow
Chakra) or at the 7th Chakra (Crown Chakra) for finding harmony and balance,
amplifying energy, Easeing stress and as an aid to creating and manifesting. The
Brandberg is the highest mountain range in Namibia and produces perhaps the
finest energy Amethyst on earth. Healers and "sensitives" have long prized
these beautiful and famous crystals, using them for energy work and psychic
development of all types. These are transformational, shamanic, metaphysical
healing crystals of the highest order. They are considered powerful healing and
meditation stones. Since this is a variety of Amethyst, these properties also apply.

**AMETHYST, CHEVRON:** (Also known as Banded Amethyst or as Amethystine
Agate) Use at the 7th Chakra (Crown Chakra) for spiritual ascension, to raise
one’s spiritual energetic vibration, to gain clarity of thought and insight into any
situation, to aid in the decision-making process, to heal past-life trauma by
moving one’s spirit above and beyond it, and to reveal hidden layers of a
situation in order to better understand everything that is involved. Since this is a
variety of Amethyst, these properties also apply.

**AMETHYST, CITRINE-HEADED:** Use at the 3rd Chakra (Solar Plexus Chakra) or
at the 7th Chakra (Crown Chakra) to promote healing and balance of the body,
mind, and spirit, to relieve symptoms associated with multiple digestive disorders,
to enhance meditation, to encourage feelings of forgiveness, and to direct energy
from one’s place of power (the solar plexus chakra) toward the crown chakra (the
body’s spiritual center). Since this is a combination of Amethyst and Citrine, the
properties of Ametrine also apply.

**AMETHYST, INDIAN:** Use at the 6th Chakra (Third Eye Chakra/Brow Chakra) or
at the 7th Chakra (Crown Chakra) to facilitate a connection with the Divine; to

For more information, please visit http://www.crystalhealer1.webs.com
connect one with his or her Spirit Guides, Totem Animals, or Guardian Angels; to stimulate intuition (especially of information pertaining to the energy body); to connect one to the ancient wisdom of great, spiritual Masters; and to enhance meditation. Since this is a variety of Amethyst, these properties also apply.

**AMETHYST, OAXACAMER:** Use at the 7th Chakra (Crown Chakra) to connect one’s conscious self with his or her higher self, to raise the energetic vibration of one’s cells in order to help heal disease and imbalance in the physical body, and to promote clarity of thought inspired by the divine (especially when dealing with the mysteries of the universe), to encourage one to learn and gain wisdom or knowledge that may lead to egolessness and ultimate compassion. Since this is a variety of Amethyst, these properties also apply.

**AMETHYST, URUGUAYAN:** (Also known as Grape Jelly Amethyst) Use at the 7th Chakra (Crown Chakra) to aid one while on their Spiritual path; to facilitate the spiritual ascension process; to cleanse the energy body; to balance and align the chakras (by invoking the Violet Flame of the Ascended Masters); and to bring the healing light of the Violet color ray into the physical body to bring the neurological system into balance. Since this is a variety of Amethyst, these properties also apply.

**AMETHYST, VERA CRUZ:** Use at the 4th Chakra (Heart Chakra) or at the 7th Chakra (Crown Chakra) for promoting spiritual ascension, to connect one with his or her higher self, to instill an attitude of compassion and of Lovingkindness, to dissolve the ego consciousness, and to enhance the nurturing aspects of one’s personality. As this is a type of Amethyst, the properties of Amethyst also apply.

**AMETRINE:** (Also known as Bolivianite, Trystine, Amethyst-Citrine, or as Citrine-Amethyst) Use at the 3rd Chakra (Solar Plexus Chakra), the 6th Chakra (Third Eye Chakra/Brow Chakra), or at the 7th Chakra (Crown Chakra) for enhancing lucidity, to aid in decision-making, for personal strength, to increase knowledge, and to create a connection between oneself and the Universe. This stone is a combination of Amethyst and Citrine found in the same stone. This combination is due to uneven heating during the crystal's formation. Therefore, it also embodies the properties of both of these stones.

**ANGELITE:** (Also known as Blue Anhydrite) Use at the 5th Chakra (Throat Chakra) for manifesting peace and good will toward all beings, for connection and communication with the Angelic realm, to stimulate telepathy, for grounding during meditation, to induce astral travel, and shamanic journeying, to increase awareness, for protection from negative energies, to aid in voicing one’s inner truth, to promote tranquility, to bring compassion to one’s life both toward and from other beings, to improve one’s understanding and comprehension of astrology, for acceptance of one’s life on the earth plane, to become inspired in spiritual matters, to initiate the channeling state, to balance the thyroid gland, to control body weight, and to remove the heat from sunburned skin.

For more information, please visit http://www.crystalhealer1.webs.com
APACHE TEAR: (Also known as Brown Obsidian or as Apache Tear Drop) Use at the 1st Chakra (Root Chakra/Base Chakra) or 2nd Chakra (Sacroiliac Chakra/Sacral Chakra/Spleenic Chakra) for instilling joy and banishing sadness, to encourage strong bonds between family and friends, for protection of the physical body as well as the spirit, to instill inner strength during difficult experiences, and to enhance courage.

APATITE, BLUE: (Also known as Moroxite, Blue Pyroguanite, Blue Fluocollophanite, Blue Kietyoqite, Blue Estramadurite, or as Blue Agustite) Use at the 5th Chakra (Throat Chakra) to heal problems associated with the thyroid gland, to aid in healthy weight loss and dieting, to promote feelings of peace and tranquility, to open the throat chakra in order to promote more meaningful communication, and to stimulate the power of foresight through precognitive dreams.

APATITE, GOLDEN CAT'S EYE: (Also known as Golden Cat's Eye Pyroguanite, Golden Cat’s Eye Kietyoqite, Golden Cat’s Eye Fluocollophanite, Golden Cat’s Eye Estramadurite, or as Golden Cat’s Eye Agustite) Use at the 3rd Chakra (Solar Plexus Chakra) or at the 4th Chakra (Heart Chakra) to bring the light of the divine into the heart, to enhance inner strength and will power, to aid in the absorption of nutrients form one’s food, to facilitate a connection with the earth and with the sun, to aid one in recognizing the importance of the planetary and other astrological influences, and to remove the ego from delicate situations.

APATITE, GREEN: (Also known as Asparagus Stone, Green Pyroguanite, Green Kietyoqite, Green Fluocollophanite, Green Estramadurite, Green Agustite, or as Asparagolite) Use at the 4th Chakra (Heart Chakra) for disintegrating negative energy, for physical healing, to open the heart chakra or to keep it open after a traumatic situation or experience, to energize the physical body, to nourish the spirit, for increasing energy and vitality, to aid in the assimilation of vitamins and nutrients (especially calcium and iron), and to balance the body, mind, and spirit.

APOPHYLLITE, COLORLESS: (Also known as Fish-Eye Stone) Use at the 6th Chakra (Third Eye Chakra/Brow Chakra) or 7th Chakra (Crown Chakra) to promote clarity, to facilitate astral travel and lucid dreaming, to assist in dream healing, to enhance Reiki healing practices, for purifying or cleansing one’s aura or energy environment, to bring spiritual progress, to aid one in changing karmic patterns and to release him or her from karmic cycles, to open the crown chakra to universal energy and divine wisdom, to help one to realize his or her perfect nature, and to aid in the ascension process.

APOPHYLLITE, GREEN: (Also known as Florapophyllite or as Green Fish-Eye Stone) Use at the 4th Chakra (Heart Chakra) or at the 7th Chakra (Crown Chakra) to facilitate astral travel and lucid dreaming, to assist in dream healing, to enhance Reiki or other energy healing practices, to open one’s heart and allow

For more information, please visit http://www.crystalhealer1.webs.com
him or her to receive angelic love and protection, for purifying or cleansing one’s aura or energy environment, to connect one with nature and to the fairy realm (including all of its creatures), to open the crown chakra to universal energy and divine wisdom, to help one to realize his or her perfect nature, and to aid in the ascension process.

**AQUAMARINE:** (Also known as Blue Beryl) Use at the 5th Chakra (Throat Chakra) for promoting acceptance, to encourage calm energy and tranquility, to stimulate creativity, to relieve stress and anxiety, and to enhance group cooperation and communication.

**ARAGONITE, BLUE:** (Also known as Blue Iron Bloom) Use at the 5th Chakra (Throat Chakra) to connect with one’s spirit guides and angels, to connect one with the air element, to cool fiery or angry energies, to bring joy to the user, to instill courage and to act as a shield against negativity, and to reduce stress.

**ARAGONITE, BROWN:** (Also known as Brown Iron Bloom) Use at the 1st Chakra (Root Chakra/Base Chakra) or at the 2nd Chakra (Sacral Chakra/Spleenic Chakra) to help one solve problems by multi-tasking and by considering many different options at once, to help one to release the fear of water or of drowning, to aid in transformation (physical, emotional, and spiritual), and to help someone to become well-rounded.

**ARAGONITE, COLORLESS:** (Also known as Colorless Iron Bloom) Use at the 1st Chakra (Root Chakra/Base Chakra) or at the 7th Chakra (Crown Chakra) to promote spiritual clarity, to aid in channeling, to promote deep meditation, to instill a feeling of tranquility and calmness, and to aid in transformation (physical, emotional, spiritual).

**ARAGONITE, GOLDEN RAY:** (Also known as Golden Ray Iron Bloom) Use at the 3rd Chakra (Solar Plexus Chakra) or at the 7th Chakra (Crown Chakra) to relieve symptoms of Seasonal Affective Disorder (S.A.D.) by bringing the light and warmth of the sun into the body, to bring inner joy that shines forth and affects those around you, to facilitate a connection with the divine, to help one achieve a feeling of oneness with all beings, to promote feelings of gratitude and love, and to help one overcome life’s most difficult obstacles.

**ASTROPHYLLITE:** Use at the 7th Chakra (Crown Chakra) to open the crown chakra to allow universal healing energy to flow in and cleanse the body, mind, and spirit, to heal past life trauma, to encourage one to reach for his or her goals, as a reminder to be in the present and to live in the moment, and to instill feelings of gratitude for what one has in life.

**ATLANTISITE:** (Also known as Atlantis Stone, as Stitchitite-Serpentine or as Serpentine-Stitchitite) Use at the 6th Chakra (Third Eye Chakra/Brow Chakra) or at the 7th Chakra (Crown Chakra) to aid in connecting one with the ancient

For more information, please visit http://www.crystalhealer1.webs.com
civilizations of Atlantis and Lemuria and to help heal past life trauma stemming from incarnations there, to aid in relieving digestive upset, to enhance one’s connection with nature and the plant kingdom, to enhance one’s knowledge and wisdom of how to use herbs and healing plants, and to open the third eye chakra and stimulate one’s clairvoyant gifts (psychic sight).

**AVALONITE:** (Also known as Blue Druzy Chalcedony) Use at the 5th Chakra (Throat Chakra) to facilitate a connection with one’s spirit guides, guardian angels, and totem animals, to help one to resist temptation, for protection, to enhance meditation, to promote general health, to stimulate vitality, to balance the male and female energies in one’s energy body, to heal wounds of the flesh, to create a portal for connecting with those on the other side, and to give one strength.

**AVENTURINE, GREEN:** (Also known as Green Quartz, Love Stone, Indian Jade, Green Avanturine, or Green Adventurine) Use at the 4th Chakra (Heart Chakra) for healing the physical body, to increase wealth and prosperity, to protect gardens and homes from electromagnetic pollution, to turn negative energy into positive energy, to encourage compassion, to stimulate will power and confidence, for use during past life regressions and ascensions, for balance of the mind, body, and soul, to stimulate creativity in artistic endeavors, to promote peace and calming, for protection, to aid in problems related to the nervous system, to help prevent heart-related conditions such as heart attack, for spiritual ascension, to enhance inner-strength, to relieve symptoms of allergies, to remove headache and migraine pain, and to diminish acne and other skin problems.

**AVENTURINE, WHITE:** (Also known as White Quartz, White Avanturine, or White Adventurine) Use at the 7th Chakra (Crown Chakra) for purification of mind, body, and spirit, to instill a high standard of values, morals, and ethics, to cleanse any negativity from the aura and to repair any voids within the energy body, and for spiritual ascension.

**AZEZTULITE:** Use at the 7th Chakra (Crown Chakra) for spiritual ascension, to enhance meditation and prayer (especially for world peace), to stimulate the merkaba energy body, to aid in the interpretation on sacred geometrical patterns in everyday life, to aid in the creation of energetic vortices, and to bring a feeling of peace and calming to the user.

**AZURITE:** (Also known as Chessylite, Chessy Copper, Lasur, Blue Malachite, or as Kuanos) Use at the 6th Chakra (Third Eye Chakra/Brow Chakra) to enhance a connection with the Earth, to facilitate the growth of one’s nurturing qualities, to enhance psychic vision and mystical experience, for protection during astral travel, and to aid in acceptance of one’s natural intuitive gifts.

For more information, please visit http://www.crystalhealer1.webs.com
**BAMBOO STONE:** (Also known as Bamboo Stone Jasper or as Bamboo Jasper) Use at the 1st Chakra (Root Chakra/Base Chakra) or at the 4th Chakra (Heart Chakra) to promote personal growth, to connect one with nature, to encourage physical regeneration (to heal flesh wounds, to mend broken bones, or to reverse bone loss from osteoporosis), to instill a zen-like state of mind, and to enhance one’s meditation practices.

**BARITE, BROWN ROSE:** (Also known as Brown Barite Desert Rose) Use at the 1st Chakra (Root Chakra/Base Chakra), 2nd Chakra (Sacrual Chakra/Spleenic Chakra), or at the 4th Chakra (Heart Chakra) to promote healing of the heart (physical or emotional), to help one’s heart blossom into the rose of love, to enhance feelings of sharing and communication (especially between lovers), and for instilling a sense of independence (especially when co-dependence has been a problem).

**BARITE, COLORLESS:** Use at the 1st Chakra (Root Chakra/Base Chakra) or at the 6th Chakra (Third Eye Chakra/Brow Chakra) to allow one to see things more clearly, to provide one with new opportunities, to aid one in keeping his or her composure during difficult times, and to give one strength (metal or physical).

**BASALT:** Use at the 1st Chakra (Root Chakra/Base Chakra) for grounding, to enhance vitality, for motivation (especially when beginning new projects or journeys), and to facilitate journey-work in order to heal trauma in one’s ancestral line that is continuing to cause present-life conflicts.

**BISMUTH:** Use at any chakra. Bismuth is a semi-metal. In nature, it is silver-gray and is not found in its crystallized form. Bismuth does not crystallize naturally, because there is usually not enough space for its crystals to form properly. With a little help from humans, it is melted and re-crystallized into a beautiful iridescent rainbow form. Bismuth is excellent for improving concentration and visualization, especially for use during Shamanic journeying. It aids in the shape-shifting practices of the brujo/bruja. It has also been known for its ability to lift one’s awareness to the celestial realm while maintaining grounding. Bismuth is a stone of transformation, moving things from chaos to order. In addition, Bismuth has been known to promote cooperation in group situations and also in relationships.

**BLOODSTONE:** (Also known as Heliotrope or as Bloodstone Jasper) (Also known as Heliotrope or Bloodstone Jasper) Use at the 1st Chakra (Root Chakra/Base Chakra) or at the 4th Chakra (Heart Chakra) for cleansing the blood, for general healing of the physical body, to transform negative energy into positive energy, to aid in receiving guidance from the inner self, for grounding, for protection, to encourage dreaming, to increase vitality and vigor, to promote feelings of courage and confidence, to facilitate brave actions, to aid in trusting one's intuition and acting upon it, to stimulate the immune system, to ease

---

For more information, please visit http://www.crystalhealer1.webs.com
matters of the heart, to detoxify the physical body, and to aid in the proper blood circulation.

**BOJI STONES:** Use at the 1st Chakra (Root Chakra/Base Chakra) to connect one with a feeling of Universal Oneness, for grounding, for protection, to remove the ego, to facilitate a connection with nature, to instill courage, to reduce stress, to remove pain, and to help treat disorders of the blood.

**BORNITE:** (Also know as Peacock Ore, as Peacock Rock, or as Chalcopyrite) Use at any chakra for stimulating creativity, to relieve arthritis pain, to balance nutrients in the body, to instill inner-strength, to balance and strengthen the chakras, to encourage happiness and joy, to remove negativity, and to increase vitality.

**BRAZILIANITE:** Use at the 4th Chakra (Heart Chakra) to bring healing energy into the heart, to aid in facilitating successful shamanic healings, to help one absorb nutrients from one’s food into the body, to heal afflictions of the skin, and to heal problems caused by fungal or bacterial infections.

**BRONZITE:** Use at the 1st Chakra (Root Chakra/Base Chakra) or 2nd Chakra (Sacral Chakra/Spleenic Chakra) to balance masculine and feminine energies, for grounding the astral body during astral travel, for physical healing (especially of the major organ systems), to enhance self-confidence, for inner-reflection, and to promote radiance.

**BUDDSTONE:** (Also known as African Jade, as Plasma, or as Budstone) Use at the 4th Chakra (Heart Chakra) to balance and align all chakras, to treat disorders of the blood and to regulate circulation or blood pressure, to help in the speedy recovery of unhealthy plants, and to enhance one’s connection with nature.

**CALCITE, APPLE:** Use at the 1st Chakra (Root Chakra/Base Chakra) or at the 2nd Chakra (Sacral Chakra/Spleenic Chakra) to help one to resist temptation, to promote general health, to stimulate vitality, to balance the male and female energies in one’s energy body, to allow one to become a clear and perfect channel for divine universal healing energy, and to heal problems of the reproductive organs.

**CALCITE, AQUA:** (Also known as Lemurian Aquatine Calcite) Use at the 5th Chakra (Throat Chakra) to aid in communicating with higher beings, to facilitate a connection with ancient cultures (especially Atlantis and Lemuria), to connect one with his or her spirit guides, guardian angels, and spirit guides, to help heal past life trauma, to promote spiritual ascension, and for karmic upliftment.

**CALCITE, BLUE:** Use at the 5th Chakra (Throat Chakra) to cool the flames of anger, to strengthen the bones, to relieve inflammation and joint pain, as a remedy for cold and flu symptoms, to promote peace and tranquility, to balance

For more information, please visit http://www.crystalhealer1.webs.com
the emotions, to encourage truth in communication, and to promote happiness and joy.

**CALCITE, COLORLESS:** (Also known as Optical Calcite, White Calcite, and Iceland Spar) Use at the 7th Chakra (Crown Chakra) for intensifying visual imagery during meditation, astral travel, dreaming, and shamanic journeying, to heal the eyes, to reveal the veiled meaning in a situation, to relieve headache tension, to cleanse the aura, to cleanse oneself and one's environment of negative energies, to increase vitality, to quicken one's spiritual development, to increase awareness, to facilitate intuitive visions and psychic powers, to aid in channeling, to encourage motivation and dispel laziness, to stimulate the memory, to heal damaged tissues in the body, to boost the immune system, and to remove warts and other skin blemishes such as acne. **PLEASE NOTE:** This stone is only known as Optical Calcite or Iceland Spar when it is held up to images or words and creates a double-refracted image.

**CALCITE, COBALTOAN:** (Also known as Cobalto Calcite) Use at the 4th Chakra (Heart Chakra) to lift one's spirits, for healing the emotional body, to create feelings of safety (especially in places where one feels uneasy), and to promote compassion and empathy.

**CALCITE, EMERALD:** (Also known as Emerald Green Calcite) Use at the 3rd Chakra (Solar Plexus Chakra) or at the 4th Chakra (Heart Chakra) for instilling a sense of self-love, to heal a broken heart, for grounding, for protection, to shield the aura from outside energies, and to balance the heart chakra.

**CALCITE, GOLDEN:** (Also known Gold Calcite) Use at the 2nd Chakra (Sacroiliac Chakra/Spleenic Chakra) or at the 3rd Chakra (Solar Plexus Chakra) to enhance self-confidence, to let one’s inner light shine through and be seen by others, to aid in disorders of the digestive system, to increase joy and happiness, to increase prosperity and abundance, to stabilize the emotional body, and to enhance one’s “attitude of gratitude”.

**CALCITE, GREEN:** Use at the 4th Chakra (Heart Chakra) to enhance vitality, to remove illness or infection, to diminish jealous behaviors, to remove joint pain, to stimulate plant growth, to enhance one’s connection with nature, and to remove negative thought allowing one to have a more positive outlook.

**CALCITE, HONEY:** Use at the 2nd Chakra (Sacroiliac Chakra/Spleenic Chakra) or at the 3rd Chakra (Solar Plexus Chakra) to bring the energy of the sun into the body, to enhance feelings of warmth and healing while one is ill (especially with flu-like symptoms), to instill joy and happiness, to balance one’s male and female energies, to aid in shamanic journeying, to enhance meditation and conscious awareness, for increasing the effectiveness of breath-work, to relieve digestive complaints, and to eliminate nausea (especially when associated with pregnancy).

For more information, please visit http://www.crystalhealer1.webs.com
CALCITE, PINK: (Also known as Mangano Calcite or as Manganese Calcite) Use at the 2nd Chakra (Sacral Chakra) or at the 4th Chakra (Heart Chakra) to help soften harsh or rough personalities, to remove feelings of bitterness (and to transmute them into feelings of compassion, forgiveness, or understanding), to instill a sense of gratitude (even for the little things that life has to offer us), to help heal afflictions of the skin (including blemishes and rashes), to promote cooperation (especially within large groups), and to help heal childhood trauma (especially when it stems from abuse or neglect).

CALCITE, ORANGE: Use at the 2nd Chakra (Sacral Chakra/Spleenic Chakra) to cleanse and detoxify the physical body, to banish depression, to heal the reproductive system, to cleanse oneself and one’s environment of negative energies, to increase vitality, to quicken one’s spiritual development, to increase awareness, to facilitate intuitive visions and psychic powers, to aid in channeling, to encourage motivation and dispel laziness, to stimulate the memory, to heal damaged tissues in the body, to boost the immune system, and to remove warts & other skin blemishes such as acne.

CALCITE, RED: Use at the 1st Chakra (Root Chakra/Base Chakra) to purify the blood, to detoxify the internal organs, to help heal injured muscle tissues, to connect one with the fire element, and to aid the birthing and delivery process.

CALCITE, RED CORAL: Use at the 2nd Chakra (Sacral Chakra/Spleenic Chakra) for emotional balance, to heal problems associated with the reproductive organs, to connect one with the water element, and to heal disorders of the blood.

CALCITE, ROOTBEER: Use at the 2nd Chakra (Sacral Chakra/Spleenic Chakra) to allow one to communicate with his or her inner self, to facilitate a playful relationship with one’s inner child, to balance the emotions, to bring inner joy and happiness, to help relieve intestinal upset, and to remove feelings that may keep one from treating oneself with the love he or she deserves.

CALSILICA, RAINBOW: Use at any Chakra for aligning the spiritual, emotional, physical, and astral bodies and for balancing chakra energy.

CARNELIAN: (Also known as Carnelian Agate or as Sard) Use at the 1st Chakra (Root Chakra/Base Chakra), 2nd Chakra (Sacral Chakra/Spleenic Chakra), or 4th Chakra (Heart Chakra) for grounding, to increase motivation, to increase vitality, to cleanse other stones, for protection of those who are crossing over, to stimulate success in business endeavors, to aid in overcoming negative thought patterns, to increase sexual energy, to help improve concentration, for peace and calming, to banish negativity, to help heal lower back problems and remove pain, to quicken the healing of bones, to treat sluggish digestion and to increase one’s digestive fire, for emotional balance, to heal the reproductive organs, and to increase blood circulation.
CAVANSITE: Use at the 4th Chakra (Heart Chakra) or at the 5th Chakra (Throat Chakra) to facilitate deep emotional healing, to connect one with the energies of the sea and the water element, to enhance one’s ability to express love by means of creative endeavors, to stimulate compassion and create a gentle and nurturing attitude, and to clear and balance one’s chakra system.

CELADONITE: Use at the 4th Chakra (Heart Chakra) to facilitate a connection with the fairy realm, to connect oneself with his or her inner child, to enhance one’s connection with the earth and with the plant kingdom, and to provide clarity of thought and approach a situation from the heart.

CELESTITE, BLUE: (Also known as Blue Celestine) Use at the 5th Chakra (Throat Chakra) to enhance telepathy, to facilitate communication with one’s spirit guides and totem animals, to stimulate the intuition, to enhance feelings of peace and compassion, to stimulate hope, to over come loss and conquer grief, to enhance group communication and aid in working toward a common goal, and to open the throat chakra to allow one to speak his or her inner-truth.

CERUSSITE: Use at the 1st Chakra (Root Chakra/Base Chakra) or at the 7th Chakra (Crown Chakra) to help one to maintain a connection to the physical body and to the earth during spirit work or shamanic journeying, to open the crown chakra, to enhance meditation, and to promote spiritual ascension.

CHALCEDONY, BLACK MYSTIC: Use at the 6th Chakra (Third Eye/Brow Chakra) or at the 7th Chakra (Crown Chakra) to stimulate intuition and psychic development, for psychic self-defense and protection, to “lock” the aura for protection against outside energies or planetary influences, to help one see the bright side even in the darkest of times, to bring balance to body, mind, and spirit, and to allow one to acknowledge and then transform one’s shadow side and negative aspects for the good of all beings.

CHALCEDONY, BLUE: Use at the 5th Chakra (Throat Chakra) for enhancing group cooperation and communication, to aid in telepathy, to transform negative energy into positive energy, to bring balance to the mind, body, and spirit, to enhance generosity by yourself or by others, to bring joy to any situation, to increase self confidence, to enhance enthusiasm, to stifle bad dreams, to cleanse wounds, to dispel dementia, and to regulate one’s circulation.

CHALCEDONY, PINK: Use at the 2nd Chakra (Sacral Chakra/Spleenic Chakra) or at the 4th Chakra (Heart Chakra) to aid one in recovering positive childhood memories, to aid in healing afflictions of the skin, to help one to value all life (even the tiniest creature), to instill compassion toward all living things, to connect with the energies of the Goddess Kuan Yin, and to balance the emotions.

For more information, please visit http://www.crystalhealer1.webs.com
CHAROITE: Use at the 6th Chakra (Third Eye Chakra/Brow Chakra) or at the 7th Chakra (Crown Chakra) to aid on the path of spiritual service, to stimulate creative energies, for inner reflection, to promote a positive attitude, for protection, to promote compassion and empathy, to stimulate mystical experiences, to aid in spiritual healing, for shamanic journeying, to facilitate communication with members of the fairy realm, to increase the power of H.A.D.O or water-crystal healing, to cleanse one’s emotional and psychic bodies, to encourage deeper states of meditation, and to induce a feeling of peace and tranquility.

CHIASTOLITE: (Also known as Cross Stone) Use at the 1st Chakra (Root Chakra/Base Chakra), 2nd Chakra (Sacral Chakra/Spleenic Chakra), or 4th Chakra (Heart Chakra) to align and balance the chakras, to balance the body, mind, and spirit, to help one manage his or her responsibilities, to open one’s heart after trauma or hurt, to instill values and ethics and help to make them a priority in one’s life, to lift one’s spirit, and to promote group cooperation. Since Chiastolite is a variety of Andalusite, these properties also apply.

CHRYSANTHEMUM STONE: (Also known as Flowering Gabbro) Use at any chakra to balance the flow of yin and yang energies, to allow one to see his or her positive and negative aspects (to aid in overcoming dependence on the ego), and to aid one in growing into his or her spiritual self.

CHRYSOCOLLA: (Also known as Chrysacolla, Gaia Stone, and as Venus Stone) Use at the 4th Chakra (Heart Chakra) or 5th Chakra (Throat Chakra) to connect with Goddess energy, to link the energy of the 4th Chakra (Heart Chakra) with that of the 5th Chakra (Throat Chakra) to allow one to speak from the heart, to support a deep connection with nature, to instill compassion, and to provide inner strength during difficult times.

CHRYSOCOLLA, DRUZY: (Also known as Gemmy Chrysocolla or Gem Silica) Use at the 4th Chakra (Heart Chakra) or 5th Chakra (Throat Chakra) to enhance or fine-tune these metaphysical properties of Chrysocolla. Druzy Chrysocolla can also enhance the relationship between a mother and her children or it can increase fertility in a woman trying to conceive. Since this is a variety of Chrysocolla, these properties also apply.

CHRYSOPRASE: Use at the 4th Chakra (Heart Chakra) for encouraging hopeful attitudes, to assist in receiving truthfulness, to fuel creativity in artistic endeavors, to energize the physical body, to encourage one to become more outgoing and to take risks, to bring virtue into practice in daily life, to dispel judgmental attitudes from the self and from others, to aid in forgiveness, compassion, and empathy, to help one to communicate in a positive and encouraging matter and to enable one to give constructive criticism, to prevent bad dreams and to encourage restful sleep, to encourage spiritual ascension, to maintain a state of good physical health, to encourage self reliance, to relieve symptoms of gout, to heal the eyes,
to manifest prosperity and abundance, to absorb and assimilate Vitamin C, and to relieve stress-related stomach discomfort.

**CINNABAR:** Use at the 1st Chakra (Root Chakra/Base Chakra) to stimulate vitality, to aid in manifesting prosperity and abundance, to enhance the feng shui energy in one’s environment, to open and protect the root chakra, to treat disorders of the blood and internal organs, and to help spice up one’s love life.

**CITRINE:** Use at the 3rd Chakra (Solar Plexus Chakra) or at the 7th Chakra (Crown Chakra) for increasing creativity, for protection from negative energies, to activate the intuition, to manifest abundance, wealth, and prosperity, to encourage sharing, to promote joy, to increase self-esteem and confidence, to encourage a positive attitude, to enhance concentration, to overcome one’s fears, to increase ease of communication, to balance the emotions, to instill inner-strength to diminish symptoms from Chronic Fatigue Syndrome, to help eye problems, to help with blood circulation, to relieve menstrual or digestive problems, and to balance the thyroid. Since Citrine is a variety of Quartz, these properties also apply.

**CONCRETION, FAIRY STONE:** (Also known as Fairy Stone) Use at the 6th Chakra (Third Eye Chakra/Brow Chakra) as a portal between worlds, to call on the fairies to help one’s wishes come true, to facilitate communication with beings from the fairy realm (i.e. fairies, sprites, nymths, ents, etc.), for grounding, to bring magic back into one’s love life, and to encourage a sense of peace and calming in the user.

**COPPER:** Use at the 1st Chakra (Root Chakra/Base Chakra) and 2nd Chakra (Sacral Chakra/Spleenic Chakra) for aiding in motivation, to increase self-love, to encourage an optimistic attitude, for an increase in confidence, to overcome negative thought patterns and conditioning, to create balance between the physical and ethereal bodies, to stimulate telepathy, for good luck, for grounding, to amplify energy and intention, to maintain proper circulation, to relieve infection, and to treat arthritis pain.

**CORAL, RED:** Use at the 1st Chakra (Root Chakra) to increase vitality, for grounding, to enhance spiritual devotion, to heal the physical body, for protection from negative energy, and to facilitate communication with one's ancestors.

**CREEDITE:** Use at the 2nd Chakra (Sacral Chakra/Spleenic Chakra) to allow one to work through his or her emotions safely and naturally, to connect one with the element of water to wash away feelings and thoughts that need to be released, for energetic cleansing and purification of the emotional body, to shield and protect a delicate or sensitive Sacral Chakra, to aid one in recovering (physically, mentally, spiritually, emotionally) after someone has invaded one’s space or depleted his or her energy (consciously or subconsciously), and to aid one in learning how to deflect a psychic attack.

For more information, please visit http://www.crystalhealer1.webs.com
**CUPRITE**: Use at the 1st Chakra (Root Chakra/Base Chakra) or at the 4th Chakra (Heart Chakra) to increase fertility, for healing problems associated with the female reproductive organs, to promote feelings of safety, to aid girls in the process of becoming women (and in other rites of passage), and to heal emotional wounds (especially those that are lingering from past lives).

**DANBURITE, COLORLESS**: Use at the 4th Chakra (Heart Chakra), the 6th Chakra (Third Eye Chakra/Brow Chakra), or at the 7th Chakra (Crown Chakra) to open the heart to divine love, to stimulate intuitive insight, to facilitate and enhance meditation, and to open the crown chakra.

**DIAMOND, BLUE**: Use at the 5th Chakra (Throat Chakra) to enhance spiritual communication, to aid in the ascension process, for purification, to motivate one in creative endeavors, for inspiration, increases good health and well-being, and to stimulate will power and inner-strength.

**DIAMOND, CLEAR**: Use at the 7th Chakra (Crown Chakra) for purification, to aid in the ascension process, to aid in keeping one’s commitments, as a reminder of one’s responsibilities to oneself as well as to others, for clarity of mind, to accelerate one’s karmic release, and to aid in achieving karmic liberation.

**DIOPSIDE, BLACK STAR**: Use at the 1st Chakra (Root Chakra/Base Chakra), at the 6th Chakra (Third Eye Chakra/Brow Chakra), or at the 7th Chakra (Crown Chakra) to promote mystical experiences, to encourage inner-reflection, to stimulate psychic activity, to awaken the dream consciousness while in the waking state, and to aid in connecting one with the Universe and all that is.

**DIOPTASE**: Use at the 4th Chakra (Heart Chakra) to balance the male and female energies of the body, to open the heart chakra to new relationships or experiences while keeping it fully protected, to aid in the grieving process, to aid one in manifesting for his or her highest good, to heal disorders of the heart, for emotional balance, to heal past life trauma, and to promote self-love and self-forgiveness.

**DOLOMITE**: Use at the 3rd Chakra (Solar Plexus Chakra) or at the 4th Chakra (Heart Chakra) to provide inner strength and will power, to help one to remain firm in his or her boundaries even when it is very difficult (as in a parent showing “tough love” to a child), to aid those who are oversensitive in not taking things personally, and to help to strengthen and heal a broken heart.

**DRAGON STONE**: Use at the 1st Chakra (Root Chakra/Base Chakra) or 4th Chakra (Heart Chakra) for cleansing and purifying the blood, to instill courage and bravery, to physically and emotionally heal the heart, to increase vitality and strength, for power, to bring luck, to increase knowledge and wisdom, and for protection. **PLEASE NOTE**: Dragon Stone is a newly discovered form of
Bloodstone from South Africa. Therefore, the properties of Bloodstone also apply to this crystal.

**DUMORTIERITE**: (Also known as Blue Quartz or as Dumortierite Quartz) Use at the 5th Chakra (Throat Chakra) or at the 6th Chakra (Third Eye Chakra/Brow Chakra) for promoting peace and tranquility, to enhance one’s creativity, to enhance one’s organizational skills, to instill mental clarity, to increase intuitive wisdom, to promote happiness and joy, to cool anger, to facilitate a connection with one’s Spirit Guides or Totem Animals, to connect one with the water element and help one to “go with the flow,” to reduce fever, and to cleanse the blood.

**ELESTRA**: (This stone is Elestial Quartz with Lepidocrocite inclusions) Use at the 6th Chakra (Third Eye Chakra/Brow Chakra) or 7th Chakra (Crown Chakra) for enhancing love, for instilling integrity, to enhance clarity of mind, and to increase joy.

**EMERALD**: (Also known as Green Beryl) Use at the 4th Chakra (Heart Chakra) for bringing peace and calming, for inspiration, to bring loyalty to a relationship or to attract a loyal partner, to encourage friendship, to balance the mind, body, and spirit, to enhance love, to balance the mind, body, and spirit, to transform negative energy into positive energy, to enhance psychic powers, to stimulate empathy, for protection, to enhance memory, to aid in positive expression of the self, to stimulate group cooperation, to treat infection, to heal the eyes, to enhance a connection with the earth, to lessen to symptoms of diabetes, and to aid in joint pain caused by arthritis.

**EPIDOTE**: Use at the 4th Chakra (Heart Chakra) for disintegrating negative energy and replacing it with positive energy, to aid in relieving symptoms associated with neurological disorders, to reduce headache pain, to aid in facilitating a connection with nature (especially with trees and flowers), and to help calm the nervous system (especially when one is experiencing anxiety, panic attack, or a great deal of stress).

**EUCLASE**: Use at the 4th Chakra (Heart Chakra) and at the 5th Chakra (Throat Chakra) to instill joy and happiness, to promote intuitive awareness, to cleanse and purify all of the meridians and energy channels in the body, to stimulate creativity, to enhance one’s passion for life, to aid in manifesting all things physical, mental, and spiritual, and to aid in meditation.

**EUDIALYTE**: Use at the 4th Chakra (Heart Chakra) for inner-strength, to promote respect for the inner-self, to encourage new love to grow, to attract angelic beings, to nurture the inner-self, to enhance one’s feminine qualities, and for emotional healing and balance.

**FLUORITE, BLUE**: (Also known as Blue Fluor Spar) Use at the 5th Chakra (Throat Chakra) to connect one with beings from the angelic realm, to heal
problems associated with the throat chakra (especially of the thyroid gland), to
open one to receiving healing energy from angelic beings, to reduce geopathic
stress, and to connect one with the element of water (for cleansing, emotional
healing, etc.).

**FLUORITE, COLORLESS:** (Also known as Colorless Fluor Spar) Use at the 7th
Chakra (Crown Chakra) for ultimate clarity of thought, to facilitate necessary
changes in body temperature (i.e. to reduce fever or to warm the body after a
cold spell), to enhance communication with one’s spirit guides (especially with
Norse deities), and to bring the light of the divine into the heart.

**FLUORITE, GREEN:** (Also known as Green Fluor Spar) Use at the 4th Chakra
(Heart Chakra), 6th Chakra (Third Eye Chakra/Brow Chakra), or at the 7th Chakra
(Crown Chakra) to enhance focus and concentration (especially while studying or
while learning new skills), for healing the physical body, to reduce geopathic
stress, and to open one’s heart chakra to allow one to love oneself as well as to
allow him or her to love and to trust others.

**FLUORITE, LAVENDER:** (Also known as Fluor Spar, Lavender) Use at the 7th
Chakra (Crown Chakra) to disintegrate negative energy and to replace it with
positive energy, for purification and protection, to reduce geopathic stress, to aid
in opening the crown chakra, to aid one in seeing his or her own divine nature, to
enhance meditation, to access the energies of the Violet Flame, and to aid one in
connecting with his or her spirit guides, angels, or totem animals.

**FLUORITE, PURPLE:** (Also known as Purple Fluor Spar) Use at the 7th Chakra
(Crown Chakra) for clarity of mind, to help one focus (especially for students who
are studying), to relax stiff muscles, to relieve lower back pain, to reduce
inflammation caused by sprained muscles, to relieve the pain of tension headaches,
and to relieve symptoms associated with chemotherapy treatments.

**FLUORITE, RAINBOW:** (Also known as Rainbow Fluor Spar) Use at the 6th
Chakra (Third Eye Chakra/Brow Chakra) or at the 7th Chakra (Crown Chakra)
Use at the 6th Chakra (Third Eye Chakra/Brow Chakra) or at the 7th Chakra
(Crown Chakra) for protection, to block electromagnetic pollution, to reduce
stress, to transform negative energy into positive energy, for maintaining balance
in the physical body, to strengthen the intuition, to improve concentration, to
promote confidence in oneself, to improve coordination, to dispel mental illness,
to show the truth in any situation, to aid in objectivity and fair judgment, to
balance the emotional body, to relieve symptoms of infection, to protect against
viruses, to stimulate the intellect, to enhance clarity of mind and lucidity, to
stimulate stiff joints, to relieve arthritis pain, to cleanse the mind, body, and spirit,
to help heal injuries of the spine, to reduce geopathic stress, to diminish pain
related to the nervous system, to heal blemishes and other skin problems, to
encourage accurate psychic readings, and to treat unhealthy bone marrow.
**FLUORITE, YELLOW:** (Also known as Yellow Fluor Spar) Use at the 3rd Chakra (Solar Plexus Chakra) to fight illness or infection, for purification of the internal organs, to protect the aura and subtle bodies, to enhance self confidence, to instill joy and happiness, to bring financial abundance, to bring the warmth of the sun into the body, to reduce geopathic stress, to ease the symptoms of S.A.D. (Seasonal Affective Disorder), to relieve depression and anxiety, and to promote healthy digestion.

**FOSSIL:** Use at the 1st Chakra (Root Chakra/Base Chakra), 2nd Chakra (Sacral Chakra/Spleenic Chakra), 3rd Chakra (Solar Plexus Chakra), or at the 4th Chakra (Heart Chakra) to enhance one’s connection with nature and its flora and fauna, to facilitate shamanic journeying, to give one access to past life memories and the Akashic records, to facilitate communication with one’s Spirit Guides and Totem Animals, for protection, for grounding, and to connect one with Earth energies.

**FOSSIL, AMMONITE:** (Also known as Ammonite) Use at the 1st Chakra (Root Chakra/Base Chakra), 2nd Chakra (Sacral Chakra/Spleenic Chakra), 3rd Chakra (Solar Plexus Chakra), or 6th Chakra (Third Eye Chakra/Brow Chakra) to enhance fertility, to connect with the energies of the mother goddess, to aid in past life recall, to enhance shamanic journeying, to aid one in connecting with his or her ancestors to receive guidance, to expand one’s conscious awareness, to facilitate a connection with the animal kingdom, to aid in animal communication, and to allow one to reap the full benefit of meditation. As Ammonites are fossils, the properties associated with fossils will also apply.

**FOSSIL, BRYOZOAN:** Use at the 1st Chakra (Root Chakra/Base Chakra) or at the 5th Chakra (Throat Chakra) to relieve symptoms associated with allergies, to aid one in getting from one place to another (physically, emotionally, and spiritually), to encourage personal growth, and to provide support in difficult times. As this is a type of fossil, these properties also apply.

**FOSSIL, CORAL:** (Also known as Fossil Coral, Coral Fossil, or as Petoskey Stone) Use at the 1st Chakra (Root Chakra/Base Chakra) or at the 2nd Chakra (Sacral Chakra/Spleenic Chakra) for enhancing one’s connection with nature, to promote relaxation, to tap into ancient wisdom, to enhance one’s physical health, and to increase mental and physical strength. **PLEASE NOTE:** This is only known as Petoskey Stone if its origin is Michigan. As this is a type of fossil, these properties also apply.

**FOSSIL, CORAL AGATIZED HORN RED:** Use at the 1st Chakra (Root Chakra/Base Chakra) or at the 4th Chakra (Heart Chakra) to instill a sense of bravery in the user, to summon the courage to do new and unfamiliar things, and to help heal disorders of the blood. As this is a Fossil, the properties of Fossil Coral also apply.

For more information, please visit http://www.crystalhealer1.webs.com
FOSSIL, DINOSAUR EGGSHELL: Use at the 1st Chakra (Root Chakra/Base Chakra) or at the 6th Chakra (Third Eye Chakra/Brow Chakra) to access the Akashic Records, to facilitate communication with one’s ancestors in order to receive guidance or information, to enhance fertility, to encourage growth (physical, mental, or spiritual), to assist one in making new breakthroughs in life, and for enhancing one’s sense of independence. As this is a fossil, the properties of Fossils also apply.

FOSSIL, PETRIFIED WOOD: Use at the 1st Chakra (Root Chakra/Base Chakra) for grounding, to enhance one’s connection with nature (especially with ents, tree spirits, and members of the fairy realm), to aid in accessing ancient wisdom, for protection, and to aid in past life ascension. As this is a fossil, the properties of Fossils also apply.

FOSSIL, SAGE BRUSH: Use at the 1st Chakra (Root Chakra/Base Chakra), 2nd Chakra (Sacral Chakra/Spleenic Chakra), 3rd Chakra (Solar Plexus Chakra), 6th Chakra (Third Eye Chakra/Brow Chakra), or 7th Chakra (Crown Chakra) for purification, to remove negative energies and replace them with positivity, for protection of one’s space, and to connect one with the spirit of the plant realm. As this is a fossil, the properties of Fossils also apply.

FOSSIL, SEA URCHIN: Use at the 1st Chakra (Root Chakra/Base Chakra), 2nd Chakra (Sacral Chakra/Spleenic Chakra), 4th Chakra (Heart Chakra), or at the 5th Chakra (Throat Chakra) to promote feelings of peace and calming, to connect one with the water element, to promote a feeling of lightness when surrounded by heavy or negative energies, for healing the musculoskeletal system, and to aid one in accessing the Akashic Records. As this is a fossil, the properties of Fossils also apply.

FOSSIL, SHARK TOOTH: Use at the 5th Chakra (Throat Chakra) to relieve pain associated with the teeth and gums, to connect one with ancestors, to remember one’s past lives, and to promote strong bone growth. As this is a fossil, the properties of Fossils also apply.

FOSSIL, STROMATOLITE BUTTON: Use at the 1st Chakra (Root Chakra/Base Chakra), 2nd Chakra (Sacral Chakra/Spleenic Chakra), or at the 3rd Chakra (Solar Plexus Chakra) to help fight bacterial and fungal infections, to aid in personal growth, to help one to get past another’s harsh exterior to understand the person at his or her core, to encourage new love to grow, to help women to see and appreciate their divine feminine power, to connect one with the energy of the Virgin of Guadalupe, and to aid in healing past life trauma. As this is a fossil, the properties of Fossils also apply.

FOSSIL, TRILOBITE: Use at the 1st Chakra (Root Chakra/Base Chakra) or at the 5th Chakra (Throat Chakra) to promote change and adaptability (especially in those with stubborn personalities), for helping one to stay afloat in troubled

For more information, please visit http://www.crystalhealer1.webs.com
waters, to enhance one’s knowledge and wisdom, and to help one to return to his or her roots. As this is a fossil, the properties of Fossils also apply.

**FUCHSITE:** (Also known as Green Mica) Use at the 4th Chakra (Heart Chakra) to aid one in appreciating the beauty in all things, to open the heart to feelings of goodwill toward all beings, to add a sense of magic and wonder to one’s time with his or her children, and to attract fairies and sprites.

**GAIA STONE:** (Also known as Green Obsidian) Use at the 4th Chakra (Heart Chakra) to enhance one’s connection with nature and with Mother Earth herself, to encourage love and compassion for all beings, to enhance all earth healing practices, to facilitate communication with beings of the animal and plant realms, to open none’s heart and mind to the importance of environmental activism, to encourage one to “think globally and act locally”, and to promote harmony and balance for the good of all beings in the universe.

**GARNET, ANDRADITE BLACK:** (Also known as Melanite) Use at the 1st Chakra (Root Chakra/Base Chakra) or at the 6th Chakra (Third Eye Chakra/Brow Chakra) for grounding, for protection of the energy body from psychic attack, to stimulate one’s clairvoyant abilities (psychic sight), to heal disorders of the liver, to facilitate trance states (especially for channeling), and to provide a window into the Akashic Records to learn about past, present, and future.

**GARNET, DEMANTOID GREEN:** Use at the 3rd Chakra(Solar Plexus Chakra) or at the 4th Chakra (Heart Chakra) to connect one with beings form the fairy realm, to aid one in seeing the beauty and magic of trees, to aid one in developing a great appreciation of nature, to enhance one’s knowledge and understanding of the plant kingdom (especially herbalism), to shield and protect the heart chakra from outside energies, to heal the emotional body, and for protection from envy or jealousy (either from having these feelings toward others or vice versa).

**GARNET, GROSSULAR GREEN:** (Also known as Green Grossularite) Use at the 3rd Chakra (Solar Plexus Chakra) or at the 4th Chakra (Heart Chakra) to open chakras that have been shut down while keeping them protected; to shield the aura from negativity; to enhance prosperity; to aid in relieving stomach discomfort; to overcome major life obstacles; to reduce arthritis pain; and to bring wealth and prosperity to the user.

**GARNET, GROSSULAR PINK:** (Also known as Pink Grossularite) Use at the 2nd Chakra (Sacral Chakra) or at the 4th Chakra (Heart Chakra) to open chakras that have been shut down while keeping them protected; to shield the aura from negativity by transmuting negative energy into loving energy; to balance the emotions; to reduce pain and inflammation; and to enhance feelings of compassion and empathy.

For more information, please visit http://www.crystalhealer1.webs.com
**GARNET, HESSONITE:** (Also known as Cinnamon Stone or as Peach Garnet) Use at the 1st Chakra (Root Chakra/Base Chakra) or at the 2nd Chakra (Sacral Chakra/Spleenic Chakra) to balance the emotional body, to increase the positive and to balance the negative aspects of one’s astrological sign, to bring out one’s masculine energies, and to aid one in connecting with his or her inner self.

**GARNET, PYROPE RED:** Use at the 1st Chakra (Root Chakra/Base Chakra) or at the 4th Chakra (Heart Chakra) to stimulate vitality, to treat sluggish digestion and to increase one’s digestive fire, to increase motivation, to instill self-confidence, to promote spiritual ascension, and to manifest prosperity and abundance.

**GARNET, RHODOLITE RED VIOLET:** Use at the 1st Chakra (Root Chakra/Base Chakra) or at the 7th Chakra (Crown Chakra) to cleanse and purify the blood, to enhance prosperity and abundance, to stimulate vitality and enhance one’s life force energy, to bring clarity of mind, to encourage spiritual exploration, to enhance meditation, and to bring one’s spiritual consciousness into the physical realm.

**GARNET, SPESSARTINE:** (Also known as Spessartite or as Garnet, Orange) Use at the 1st Chakra (Root Chakra/Base Chakra) or at the 2nd Chakra (Sacral Chakra/Spleenic Chakra) to stimulate vitality, to enhance sexual energy and desire, to help stimulate proper circulation, to aid in animal communication, and to connect one with his or her totem animals.

**GARNET, UVAROVITE:** (Also known as Garnet, Green) Use at the 1st Chakra (Root Chakra/Base Chakra) or at the 4th Chakra (Heart Chakra) to connect one with nature (the elements, nature spirits, and Mother Earth herself), to instill a sense of compassion for all beings, for earth healing, to re-open the heart chakra after hurt or heartbreak, and to shield one’s aura from negativity.

**GASPEITE:** Use at the 3rd Chakra (Solar Plexus Chakra) or at the 4th Chakra (Heart Chakra) to ease digestive complaints, to facilitate a connection with the inner child and to project love to him or her, for enhancing communication with plants and animals as well as nature spirits and fairies, to rid one of toxic energies and negative traits.

**GOLD:** Use at the 3rd Chakra (Solar Plexus Chakra) or at the 7th Chakra (Crown Chakra) to balance masculine and feminine energies, to bring the energy of the sun into the body, to warm the body, to open the crown chakra, to promote a willingness to change (to be malleable), to balance the hormones, and to aid one in overcoming addictions.

**GOLDSTONE:** (Also known as Monk’s Gold, Monkstone, Stelleria, Avventurina, and Aventurine Glass) Goldstone is a type of synthetic, or man-made, glass which is made with copper. The copper forms tiny crystalline clusters within the

For more information, please visit [http://www.crystalhealer1.webs.com](http://www.crystalhealer1.webs.com)
glass. The most common form of Goldstone is reddish-brown, although, in fact, the color is produced by the copper crystals and the glass itself is actually colorless. Some goldstone varieties use colored glass, usually blue or violet, and more rarely green. Goldstone’s alternate name, "Stelleria", is based on Goldstone’s starry, night-sky-like appearance. The original Italian name for goldstone is "aventurina" indicating its accidental discovery. Hence, another alternate name for Goldstone is "aventurine glass.” Because of its copper content, Goldstone can be used for healing, although its energy is not nearly as strong as that of natural Copper. Please see Copper for additional properties. **PLEASE NOTE:** This is a man-made stone.

**GYPSUM DESERT ROSE:** (Also known as Selenite Desert Rose) Use at the 3rd Chakra (Solar Plexus Chakra) or at the 7th Chakra (Crown Chakra) to facilitate a connection with the earth element, to open one’s conscious awareness into a state of divine bliss and Christ-like consciousness, to treat wounds and sores of the skin, and to facilitate the blossoming of one’s lotus mind into enlightenment.

**HALITE, BLUE:** Use at the 6th Chakra (Third Eye Chakra/Brow Chakra) or at the 7th Chakra (Crown Chakra) for purification of the subtle bodies, to enhance psychic awareness, to cut one’s energetic cords and connections, to enhance one’s channeling abilities, to connect one to the energies of the archangels (especially with Archangel Metatron), and to stimulate conscious awareness.

**HALITE, PINK:** Use at the 4th Chakra (Heart Chakra) to disintegrate negative energy and replace it with positive energy, to create a barrier of protection around the heart chakra and to shield a sensitive heart from outside influences, to heal the emotional body, to remove past hurts and to heal old wounds, to encourage attitudes of forgiveness and understanding, to heal damaged friendships or relationships, and to create a positive environment for children.

**HEMATITE:** (Also known as Kidney Ore or as Bloodstone) Use at the 1st Chakra (Root Chakra/Base Chakra) for grounding, to balance the mind, body, and spirit, for astral travel and shamanic journeying, to transform negative energy into positive energy, to bring peace and calming, to encourage confidence, to aid in removing addictions, to aid in acceptance of one's life, to increase concentration, to stimulate memory, to encourage creativity, for inner-reflection, for protection, for pain relief, to aid in curbing materialism, to aid in studying, to maintain proper blood circulation, to help the body assimilate iron, to relieve insomnia, and to reduce fever. **PLEASE NOTE:** Hematite is only known as Kidney Ore when it appears in its botryoidal form.

**HEMATITE, GOLDEN RUTILATED:** Use at the 1st Chakra (Root Chakra/Base Chakra) or at the 7th Chakra (Crown Chakra) to balance the yin and yang energies in the body, to bring the universal healing light to any situation, and to connect one with celestial and planetary energies. As this is a combination stone, the properties of Hematite and Golden Rutile also apply.

For more information, please visit http://www.crystalhealer1.webs.com
HEMATITE, SPECULAR: Use at the 1st Chakra (Root Chakra/Base Chakra), 6th Chakra (Third Eye Chakra/Brow Chakra), or at the 7th Chakra (Crown Chakra) to aid one in contemplating the mysteries of the universe, to encourage positive or discourage negative planetary influences, to enhance the positive attributes of one’s zodiac sign, and to facilitate astral travel while maintaining a grounded connection with the earth. As this is a variety of Hematite, these properties also apply.

HEMIMORPHITE, BLUE: Use at the 5th Chakra (Throat Chakra) to bring the energies of the oceans and the sea into the physical body, to aid in releasing emotional blockages, to wash away habits and patterns that are no longer serving one’s highest good, to instill a sense of child-like wonder that may be unfamiliar to one or forgotten as an adult, and to aid one in releasing fears resulting fro negative or traumatizing past-life experiences.

HEULANDITE, GREEN: Use at the 1st Chakra (Root Chakra/Base Chakra) or at the 4th Chakra (Heart Chakra) to allow excess heart energy to flow out to the universe for the good of all beings, to heal physical problems associated with bacterial and fungal infections, to open the heart in a protected manner, to slow the growth of cancerous cells, to aid one in ridding the body of toxins and excess fats, and to promote general healing of the physical body.

HEULANDITE, PINK: Use at the 2nd Chakra (Sacral Chakra/Spleenic Chakra) or at the 4th Chakra (Heart Chakra) to aid one in becoming more gentle (in his or her actions as well as words), to heal problems associated with the stomach or with the digestive tract (especially those associated with acid or bile production), to allow one to realize his or full potential (without the presence of the ego), to bring balance and harmony during stressful times, and to provide support while making difficult decisions.

HIDDENITE: (Also known as Green Spodumene) Use at the 3rd Chakra (Solar Plexus Chakra) or at the 4th Chakra (Heart Chakra) to instill a sense of compassion for all beings, to encourage the user to act with Lovingkindness (even in difficult or frustrating situations), to promote joy and a sense of child-like wonder, to remind one to be grateful for the small things in life to remove stress, to promote flexibility of mind and body (especially for yoga), and to aid one in developing a new outlook on a situation or to understand the opposing viewpoint of a conflict or argument.

HOLY STONE: (Also known as Mongolian Magic Stone or as Holey Stone) Use this stone at any chakra as just having this stone within one’s aura dissolves energetic blockages and open all chakras and meridians within the subtle bodies. It may also be used for cleansing and purification, to remove toxins from the body (especially from sensitive internal organs), to remove physical and emotional pain, and to connect one with his or her ancestors.

For more information, please visit http://www.crystalhealer1.webs.com
HOWLITE: Use at the 6th Chakra (Third Eye Chakra/Brow Chakra) or at the 7th Chakra (Crown Chakra) for enhancing lucid dreaming practices, to banish nightmares and encourage “sweet dreams,” to aid one in feeling rested after sleep, to enhance one’s ability to recall his or her dreams, to open the 6th Chakra (Third Eye Chakra/Brow Chakra) to stimulate intuition and psychic awareness, and to promote feelings of oneness with all beings.

INFINITE: (Also known as Infinite Serpentine) Use at the 3rd Chakra (Solar Plexus Chakra) and at the 4th Chakra (Heart Chakra) to facilitate communication with beings of the fairy realm, to establish a deep-rooted connection with nature, to protect one against illness (especially from the flu), to relieve symptoms of the common cold, for renewal (physical, mental, and spiritual), for general healing, and to aid one in getting a fresh start. As Infinite is a type of Serpentine, the properties of Serpentine also apply.

IOLITE: (Also known as Water Sapphire, Cordierite, and Viking’s Compass) Use at the 5th Chakra (Throat Chakra) or 6th Chakra (Third Eye Chakra/Brow Chakra) to aid in direction and guidance (physical and spiritual), to instill hope, to promote feelings of peace, calming, and tranquility, to aid in communication with one's inner-self, as a companion stone for journeying activities, and to heal the body, mind, and spirit.

IRONSTONE: Use at the 1st Chakra (Root Chakra/Base Chakra) or at the 2nd Chakra (Sacral Chakra/Spleenic Chakra) for grounding, to connect one with his or her ancestors, for earth healing, to aid in cloud busting or shifting weather, to enhance creativity, to help one realize the beauty in all things.

JADE, BLUE: Use at the 4th Chakra (Heart Chakra) or 5th Chakra (Throat Chakra) to enhance group communication and cooperation, to connect the heart chakra with the throat chakra allowing one to speak his or her inner truth, to bring good fortune, to enhance creativity, to stimulate success in business endeavors, and to bring peace and calming during chaotic situations.

JADE, GREEN: Use at the 4th Chakra (Heart Chakra) for gaining wisdom and insight through meditation, to bring love and compassion, for protection, to bring mind, body, and spirit into balance, to bring luck, to stimulate new friendships, to encourage independence, to stimulate creativity, to bring intuitive dreams, to bring peace and calming, to cleanse the physical body, to increase fertility, to aid in successful child birth, for healing the physical body, to manifest wealth and prosperity, for personal growth, and to bring balance to the systems of the physical body.

JADEITE, GREEN: (Also known as Green Jadeite Jade) Use at the 4th Chakra (Heart Chakra) to disintegrate negative energy, to heal the physical body, to aid

For more information, please visit http://www.cystalhealer1.webs.com
in manifesting abundance (physical and spiritual), for protection (especially of women an children), and to remove obstacles on one’s path to enlightenment. As Jadeite is a type of Jade, the properties of Jade also apply.

**JASPER, DALMATIAN:** (Also known as Dalmatian Dacite) Use at the 1st Chakra (Root Chakra/Base Chakra) to promote a connection with nature, to enhance one’s ability to communicate with animals and to aid in communication with one's spirit guides and totem animals.

**JASPER, FANCY:** (Also known as Rainbow Jasper) Use at the lower chakras; 1st Chakra (Root Chakra/Base Chakra), 2nd Chakra (Sacrual Chakra/Spleenic Chakra), 3rd Chakra (Solar Plexus Chakra); 4th Chakra (Heart Chakra) for encouraging peace and calming, promoting group cooperation, to aid in grounding, to assist with shamanic journeying and dreaming exercises, for balance in the mind, body, and spirit, to promote emotional strength, to activate creativity, to aid in circulation of the blood, and to increase positive thinking. This is a low quality form of Ocean Jasper/Orbicular Jasper/Atlantis Stone so the properties of this stone also apply.

**JASPER, GARY GREEN:** (Also known as Green Bogwood, Green Larsonite, McDermitt Green Jasper, Gary Green Larsonite Jasper, McDermitt Green Larsonite Jasper, Green Larsenite, or as Green Larsonite Jasper) Use at the 1st Chakra (Root Chakra/Base Chakra) or at the 4th Chakra (Heart Chakra) for absorbing positive vibrations from the universe, to aid one in feeling safe and protected by mother nature, to protect one from illness, to facilitate a connection with nature (especially with tree spirits and other members of the plant kingdom), to help one to stay afloat while in troubled waters (physical, emotional, or spiritual), and to heal and balance the energy of the heart chakra.

**JASPER, KAMBABA:** Use at the 1st Chakra (Root Chakra/Base Chakra) or at the 4th Chakra (Heart Chakra) to enhance one’s connection with nature, to facilitate a connection to beings of the Fairy Realm, to enhance meditation, to instill Lovingkindness and compassion, and to promote peace and calming.

**JASPER, LEOPARD SKIN:** (Also known as Leopard Stone, Leopard Skin Rhyolite or as Leopard Skin Rhyolite Jasper) Use at the 1st Chakra (Root Chakra/Base Chakra) or 2nd Chakra (Sacral Chakra/Spleenic Chakra) for manifesting healing energies, to increase energy in the etheric body, to maintain proper health in the systems of the body, to increase one's personal strengths, to bring balance to mind, body, and spirit, to banish negative energies, to aid in the assimilation of nutrients, to bring peace and calming, to encourage a helping hand both to and from others, to stimulate shamanic journeying and astral travel, for protection, to cleanse the etheric body, to banish electromagnetic pollution, to facilitate accurate pendulum dowsing sessions, to bring will power, to stimulate courage, to increase organization of one's environment, to bring support during times of illness, and to stimulate cognition.

For more information, please visit http://www.crystalhealer1.webs.com
JASPER, ORBICULAR: (Also known as Ocean Jasper, as Orbicular Rhyolite, as Ocean Rhyolite, or as Atlantis Stone) Use at the 1st Chakra (Root Chakra/Base Chakra), 4th Chakra (Heart Chakra) or 6th Chakra (Third Eye Chakra/Brow Chakra) Use at the 1st Chakra (Root Chakra/Base Chakra), 4th Chakra (Heart Chakra) or 6th Chakra (Third Eye Chakra/Brow Chakra) for establishing a connection with the earth and with the sea, for accessing the Akashic records, to connect one with ancient civilizations, to access ancient wisdom and knowledge, to instill joy, to promote a positive attitude, and for healing and balancing of the mind, body, and spirit.

JASPER, PICASSO: (Also known as Picasso Stone or as Picasso Marble) Use at the 2nd Chakra (Sacral Chakra/Spleenic Chakra) or at the 5th Chakra (Throat Chakra) to stimulate one's creative energies, for inspiration, to aid in overcoming one's current life challenges, to facilitate communication (especially when expressing oneself about difficult situations or feelings), for inner harmony, and to aid one in the ability to receive divine insight.

JASPER, PICTURE: (Also known as Kalahari Jasper, Kalahari Desert Jasper or as Kalahari Picture Jasper) Use at the 1st Chakra (Root Chakra/Base Chakra) and 2nd Chakra (Sacral Chakra/Spleenic Chakra) to aid one in seeing the beauty in all things, to stimulate one's creative energy, to enhance visualization exercises, to connect one with a specific place or time, to promote clarity of mind, to enhance meditation, and to bring inner peace and harmony.

JASPER, POLYCHROME: Use at any chakra to balance and align the energy body, to stimulate creative energy (especially for painters), to encourage the user to change and shift with one's circumstances in order to produce a favorable outcome for him or her, to enhance meditation, to instill a sense of tranquility, and to induce zen-like states in which the user achieves an “empty” state of mind.

JASPER, RAINFOREST: (Also known as Rainforest Rhyolite or as Rainforest Rhyolite Jasper) Use at the 1st Chakra (Root Chakra/Base Chakra) and the 4th Chakra (Heart Chakra) to promote a connection with nature, to enhance a “green thumb” and to expand one’s knowledge of the plant kingdom (especially of herbalism), to instill respect for all living things, to connect one with Gaia (the Earth Mother), to stimulate creativity, and to enhance love and trust in a relationship.

JASPER, RED: Use at the 1st Chakra (Root Chakra/Base Chakra) for grounding, to encourage justice, to stimulate intuitive insight to one's problems and life challenges, to aid in remembering one's dreams, to aid in the process of reincarnation-providing a more favorable rebirth, to aid in asserting one's personal boundaries, to detoxify the blood, to regulate circulation, to bring peace and calming, to encourage a helping hand both to and from others, to stimulate shamanic journeying and astral travel, for protection, to cleanse the etheric body.

For more information, please visit http://www.crystalhealer1.webs.com
to banish electromagnetic pollution, to facilitate accurate pendulum dowsing sessions, to treat sluggish digestion and to increase one’s digestive fire, to bring will power, to stimulate courage, to increase organization of one's environment, to bring support during times of illness, & to stimulate cognition.

JASPER, SCENIC: Use at the 2nd Chakra (Sacral Chakra/Spleenic Chakra) or at the 5th Chakra (Throat Chakra) to enhance creativity, to banish behaviors of procrastination, to aid in manifesting abundance, and to bring hopes or ideas into fruition.

JASPER, YELLOW: Use at the 3rd Chakra (Solar Plexus Chakra) to instill confidence, to promote inner strength, to increase vitality, to manifest abundance, to counter act the symptoms of Seasonal Affective Disorder (SAD), to aid in developing one's talents and personal gifts, to bring happiness to children, for personal protection, to protect the aura and energetic bodies, to aid in digestion, to enhance creativity when beginning new projects, and to help one to see the bright side of any situation.

JET: Use at the 1st Chakra (Root Chakra/Base Chakra) or at the 2nd Chakra (Sacral Chakra/Spleenic Chakra) to balance the male and female energies within one’s body, to connect one with his or her ancestors, to aid one in learning to appreciate nature and the plant kingdom, to instill respect for all things ancient (as well as for the elderly), and to boost one’s energy and overall vitality. Element: Earth Flower: Black Elderberry Essential Oil: Oregano Companion Stone: Amber

KUNZITE: (Also known as Pink Spodumene) Use at the 2nd Chakra (Sacral Chakra/Spleenic Chakra) or at the 4th Chakra (Heart Chakra) to promote a feeling of safety, to encourage Lovingkindness, for emotional healing, to provide emotional protection, and to enhance a spiritual connection with Universal energies.

KYANITE, BLACK: (Also known as Black Disthene and as Black Cyanite) Use at the 1st Chakra (Root Chakra/Base Chakra) or 6th Chakra (Third Eye Chakra/Brow Chakra) for protection from negativity, to block psychic attack, for grounding, to stimulate intuitive guidance, to reduce electromagnetic pollution from electronic devices, to stimulate vivid dreams, to enhance one's creativity when branching out into new endeavors, for shamanic journeying, and to promote feelings of safety and security.

KYANITE, BLUE: (Also known as Blue Disthene and as Blue Cyanite) Use at the 5th Chakra (Throat Chakra) or 6th Chakra (Third Eye Chakra/Brow Chakra) for spiritual guidance, to enhance one's intuition, to promote peace and compassion, to stimulate creative energy, to aid in communication with one's spirit guides, totem animals, and guardian angels, and to enhance one's personal exploration of his or her spiritual nature.

For more information, please visit http://www.crystalhealer1.webs.com
KYANITE, BLUE STAR: (Also known as Blue Star Disthene or as Blue Star Cyanite) Use at the 5th Chakra (Throat Chakra), 6th Chakra (Third Eye Chakra/Brow Chakra), or at the 7th Chakra (Crown Chakra) for bringing celestial and planetary energies into the body, to promote safe and significant astral travel, to open one to the power of divine love, and to aid one in developing his or her psychic awareness. Since this is a form of Blue Kyanite, these properties also apply.

KYANITE, GREEN: (Also known as Green Disthene or as Green Cyanite) Use at the 4th Chakra (Heart Chakra) or at the 5th Chakra (Throat Chakra) to balance and align the heart and throat chakras, to repair the aura, for Earth healing, to expel negative energy form the body, to help one absorb nutrients (especially iron), and to heal problems associated with the back or spine.

LABRADORITE: (Also known as Spectrolite) Use at the 6th Chakra (Third Eye Chakra/Brow Chakra) or at the 7th Chakra (Crown Chakra) for protection, to dispel negative energies, to form personal boundaries, to facilitate past life ascension or regression, to facilitate astral travel, to aid in accessing the Akashic records and other esoteric knowledge, for balancing the physical body with the etheric body, to increase conscious awareness, to facilitate intuition and psychic powers, to dispel fears, to increase faith, to strengthen trust, to facilitate mystical experiences, to stimulate the imagination and creativity, to remove illusion, to aid in acts of magic, to reveal the truth in any situation, to connect one with the Divine energy of the universe, to bring companionship, to remove stress, to treat symptoms of the common cold, to relieve arthritis pain, to regulate hormones, and to lower blood pressure.

LAPIS LAZULI: Use at the 5th Chakra (Throat Chakra) or at the 6th Chakra (3rd Eye Chakra/Brow Chakra) for facilitating spiritual enlightenment, aiding in dreaming practices, encouraging psychic power and intuition, to stimulate spiritual and shamanic journeying and astral travel, to remove stress, to bring peace and calming, for protection, to access one's spirit guides such as totem animals and guardian angels, to connect one with his or her ancestors or for connection with ancient cultures, to banish negative energy, to aid in speaking one's truth, to bring balance to the mind, body, and spirit, to dispel depression, to facilitate communication, to encourages virtuous behavior, to stimulate compassion, to increase creativity, to remove headache pain, to regulate and balance the thyroid gland, to relieve insomnia, and to boost the immune system.

LAPIS LAZULI, DENIM: Use at the 5th Chakra (Throat Chakra) or at the 6th Chakra (Third Eye Chakra/Brow Chakra) to allow one to clearly and openly communicate with beings form the angelic realm, to help one to find his or her own unique voice, to enhance clairvoyance, to encourage psychic insight and intuition to aid in one's decision-making process, and to prepare one for learning from the spirit/ether element.

For more information, please visit http://www.crystalhealer1.webs.com
**LARIMAR:** (Also known as Dolphin Stone, Blue Pectolite, or Atlantis Stone) (Also known as Blue Pectolite and Dolphin Stone) Use at the 5th Chakra (Throat Chakra) for promoting peace and calming, to stimulate emotional healing, to connect one with Goddess energy, and to promote communication with one’s spirit guides and totem animals.

**LEPIDOLITE:** (Also known as Lepidolite Mica) Use at the 4th Chakra (Heart Chakra) for balance, to promote feelings of compassion, to enhance peace, calming, and tranquility during stressful times, to aid in forgiveness, to encourage harmonious relationships, to reduce geopathic stress, to encourage feelings of comfort and safety, and to encourage new friendships to blossom.

**LIBYAN DESERT GLASS:** (Also known as Golden Tektite) Use at the 3rd Chakra (Solar Plexus Chakra) or at the 7th Chakra (Crown Chakra) to aid one in clearing obstacles on the path to enlightenment, to facilitate communication with one’s higher self, to aid in spiritual ascension, to open one to the divine, for spiritual healing, for enhancing past-life recall and remembrance of one’s karmic obligations or soul contracts, and to stimulate self-awareness. As Libyan Desert Glass is a Tektite Meteorite, the properties of Tektite also apply.

**LODESTONE:** Use at the 1st Chakra (Root Chakra/Base Chakra) for grounding and protection, to heal physical trauma, to attract a suitable partner, to aid in manifesting for the good of all beings (including the self), to attract positive people into one’s life, to help keep one from being drawn into negative situations, and to protect one from adverse planetary energetic influences.

**MAGNETITE:** Use at the 1st Chakra (Root Chakra/Base Chakra) to attract wealth and abundance into one’s life, to banish negative attitudes, to promote feelings of gratitude and thankfulness for what one already has, to draw one’s ideal partner to him or her, to facilitate a connection with nature spirits, to aid one in better understanding connection with sacred geometry, and to enhance the energy body in order to raise it to a higher vibrational state.

**MALACHITE:** Use at the 4th Chakra (Heart Chakra) for amplifying energy and intention, for grounding, for protection, to block electromagnetic pollution, for earth healing, to connect one with nature, for spiritual guidance, to aid in visualization practices, to activate psychic powers, to encourage unconditional love, for scrying divination practices, for facilitating astral travel, to access intuitive messages from the subconscious mind, to encourage positive changes in one’s life, to reveal obstacles on one’s spiritual path, to remove negative thought patterns and conditioning, to facilitate the tactful expression of one’s emotions, for protection in love, to increase confidence, to encourage compassion, to enhance concentration, to heal the emotional body, to aid in exploring the inner self, to help ensure successful child birth, to treat asthma, to relieve arthritis pain, to lower blood pressure, to relieve vertigo, to strengthen the

For more information, please visit http://www.crystalhealer1.webs.com
immune system, to enhance one’s creative energy, and to remove toxins from the body.

**MERLINITE:** Use at the 6th Chakra (Third Eye Chakra/Brow Chakra) for stimulating mystical experiences, for protection in magic, to stimulate the intuition, and to enhance psychic abilities.

**MERLINITE, MYSTIC:** Use at the 6th Chakra (Third Eye Chakra/Brow Chakra), to enhance one’s magical abilities, to connect one with the wisdom of the ancient mystics and sages, for balance, to stimulate intuition and enhance one’s innate psychic abilities, to help heal past life trauma, to promote personal peace and to encourage self-forgiveness, and to communicate with one’s spirit guides, totem animals, and guardian angels.

**METEORITE, CAMPO DEL CIELO:** Use at the 1st Chakra (Root Chakra/Base Chakra), the 6th Chakra (Third Eye Chakra/Brow Chakra), or at the 7th Chakra (Crown Chakra), to connect one with his or her ancestors, to regain past-life memories, to facilitate shamanic journeying, to enhance astral travel and dream healing while maintaining a grounded connection to the earth, and to communicate with one’s spirit guides and totem animals.

**METEORITE, CHONDRITE:** Use at the 7th Chakra (Crown Chakra) to facilitate astral travel, to promote dream healing, to ground universal healing energy into the earth, and to enhance peaceful attitudes and behaviors.

**METEORITE, SIKHOTE–ALIN:** Use at the 6th Chakra (Third Eye Chakra) or at the 7th Chakra (Crown Chakra) to facilitate astral travel, to aid in lucid dreaming, to aid one in preparing for difficult situations or experiences, and to overcome feelings of anger (belonging to oneself or to others).

**METEORITE, TEKTITE BLACK:** Use at the 1st Chakra (Root Chakra/Base Chakra) or at the 6th Chakra (Third Eye Chakra/Brow Chakra) for protection, to shield the aura from negativity, to promote lucid dreaming, to enhance dream recall, and to promote psychic vision.

**METEORITE, TEKTITE TIBETAN:** Use at the 1st Chakra (Root Chakra/Base Chakra) or at the 7th Chakra (Crown Chakra) to facilitate communication with higher spiritual beings, to increase the benefits of astral travel, to manifest the opportunity to learn from the air element, for spiritual awakening, to allow for nonjudgmental self-reflection, and to help one to see a situation from another point of view. As Tibetan Tektite is a tektite meteorite, the properties associated with tektites also apply.

**MICA, BIOTITE BLACK:** (Also known as Biotite, Black) Use at the 1st Chakra (Root Chakra/Base Chakra) for grounding, for protection, to act as a mirror to allow one to see his or her strengths and weaknesses, to bring out the best of
one’s astrological sign, and to connect one with his or her spirit guides (especially those from Egyptian mythology).

**MIMETITE:** Use at the 4th Chakra (Heart Chakra) to connect one with nature and nature spirits (i.e. fairies, elves, sprites, etc.), to open the heart to new experiences, and to help one emulate his or her rolemodels in order to become a better person for the good of all beings.

**MOLDAVITE:** (Also known as Green Tektite) Use at the 4th Chakra (Heart Chakra), 6th Chakra (Third Eye Chakra/Brow Chakra), or 7th Chakra (Crown Chakra) for facilitating astral travel, for shamanic journeying and soul journeying, to aid one in connecting with higher beings, for facilitating spiritual ascension, to facilitate dream journeying, for enhancing intuitive powers and psychic phenomena, and for healing the mind, body, and spirit.

**MOONSTONE, BLACK:** Use at the 6th Chakra (Third Eye Chakra/Brow Chakra) to stimulate one’s intuition, to bring a feeling of tranquility when feeling overwhelmed or stressed, to aid one in reflecting on one self or one’s relationships with others, to connect one with one’s feminine power or to bring balance to an overly masculine energy, and to help problems associated with cancer in the reproductive organs.

**MOONSTONE, PEACH:** (Also known as Apricot Moonstone) Use at the 3rd Chakra (Solar Plexus Chakra) or at the 7th Chakra (Crown Chakra) for increasing insight and intuition, to bring chaos in to order, for peace and calming, to encourage compassion, to facilitate lucid dreaming, for ceremonies and rituals pertaining to the full moon, to promote psychic powers, to increase feminine energy, to encourage one’s nurturing qualities, to connect one with Goddess energy, to reduce stress, to balance the emotional body and aid in emotional healing, to facilitate healing of the emotional body, to heal the female reproductive organs, to stimulate the pineal gland, to calm restless children, to aid in the assimilation of nutrients, for detoxification of the physical body, to aid in conception, to relieve insomnia, and to prevent walking in one's sleep.

**MOONSTONE, RAINBOW:** (Also known as White Labradorite) Use at the 2nd Chakra (Sacral Chakra/Spleenic Chakra), the 6th Chakra (Third Eye Chakra/Brow Chakra), or at the 7th Chakra (Crown Chakra) to enhance mystical experiences, to enhance Goddess energy, to stimulate intuitive insight, to aid in dream healing, to increase fertility, to promote a regular menstrual cycle, to facilitate lucid dreaming, and to relieve menstrual cramps and pain associated with periods (including headaches).

**MOONSTONE, WHITE:** Use at the 2nd Chakra (Sacral Chakra/Spleenic Chakra), the 4th Chakra (Heart Chakra), or at the 6th Chakra (Third Eye Chakra/Brow Chakra) to help balance the emotions, to reduce discomfort associated with the symptoms of PMS, to ensure a pregnancy will come to term, to aid in reducing

For more information, please visit http://www.crystalhealer1.webs.com
complications during childbirth, to heal the female reproductive organs, to facilitate a connection with the energies of the moon, to open one to the influences of the water element, to remove fears associated with water, for healing the earth’s oceans, seas, and other bodies of water, to shield one from negativity, for protection (especially of women and children), and to heal emotional trauma (especially those experiences dealing with physical or verbal abuse).

MOQUI MARBLES: (Also known as Mochi Marbles or Maqui Marbles) Use at the 1st Chakra (Root Chakra/Base Chakra) or at the 6th Chakra (Third Eye Chakra/Brow Chakra) for Shamanic journeying, to facilitate a connection with nature, for grounding, for protection, or balance of male and female energies, to balance the yin and yang aspects of one’s personality, to enhance esoteric knowledge of occult topics, and to enhance mystical experiences.

MORGANITE: (Also known as Pink Beryl) Use at the 2nd Chakra (Sacral Chakra/Spleenic Chakra) or at the 4th Chakra (Heart Chakra) to facilitate emotional stability, to enhance feelings of love and protection, to increase self-love, to re-open one’s heart chakra after heartbreak or great loss, and to aid one’s feeling of comfort with himself or herself without the influence of the ego-self.

NEPHRITE, GREEN: (Also known as Green Nephrite Jade) Use at the 4th Chakra (Heart Chakra) to bring wealth and prosperity, to facilitate a connection with nature, for healing, to enhance one’s knowledge of plants and the plant kingdom (especially in skills such as herbalism), to encourage good health, and to promote good luck. As Nephrite is a type of Jade, the properties of Jade also apply.

NUUMMITE: Use at the 7th Chakra (Crown Chakra) for astral projection, to shield one’s energy body from psychic attack, to open one up to new ideas, to aid in removing old patterns and behaviors, to aid one in overcoming his or her self-limiting beliefs, to stimulate intuition & psychic awareness, to balance and align body, mind, and spirit, to connect one with beings from the fairy realm, to aid one in seeing his or her inner beauty, and to enhance divination practices.

OBSIDIAN, BLACK: Use at the 1st Chakra (Root Chakra/Base Chakra) for protection, to reveal the truth in any situation, to expose areas of oneself that need growth and development, to facilitate past life ascension and regression, to block negative energies from entering one’s aural field, for grounding, to shield one from electromagnetic pollution, to banish negative energy, to bring peace and calming, to encourage living in a virtuous manner, to encourage personal growth, to increase courage, to facilitate compassion, to reduce arthritis pain, to detoxify the physical body, to maintain proper circulation, for use in scrying divination, to balance the mind, body, and spirit, to aid in acceptance of one’s weaknesses and to begin to heal and correct them, to address issues of control.
and power struggles, for use in shamanic ceremonies and rituals, and to remove negative thought patterns and conditioning.

**OBSIDIAN, GOLD SHEEN:** Use at the 6th Chakra (Third Eye Chakra/Brow Chakra) or at the 7th Chakra (Crown Chakra) to stimulate one’s clairvoyant abilities (psychic sight), to connect one with his or her ancestors for guidance, to heal problems associated with the brain or nervous system (including stroke and aneurysm), for scrying divination, and to use during shamanic journeying.

**OBSIDIAN, MAHOGANY:** Use at the 1st Chakra (Root Chakra/Base Chakra) to enhance one’s vitality and zest for life, to instill level-headedness in times of chaos and turmoil, to help one find balance between the spiritual and physical realms, for protection, to connect one with the energies of the Goddess Pele, and to establish a lasting connection with mother earth.

**OBSIDIAN, PEACOCK:** (Also known as Velvet Obsidian) Use at the 1st Chakra (Root Chakra/Base Chakra), 6th Chakra (Third Eye Chakra/Brow Chakra), or 7th Chakra (Crown Chakra) to stimulate intuition and psychic awareness, to facilitate communication with higher beings, for shamanic journeying or soul journeying, to facilitate astral travel of any kind, and to access the dream consciousness while in the waking state.

**OBSIDIAN, RAINBOW SHEEN:** Use at the 1st Chakra (Root Chakra/Base Chakra), 6th Chakra (Third Eye Chakra/Brow Chakra), or at the 7th Chakra (Crown Chakra) for emotional healing, to guide soul journeying or shamanic journeying, and to promote self-realization. Use at any chakra for cleansing, balancing, and alignment.

**OBSIDIAN, SNOWFLAKE:** (Also known as Phenocryst-Included Black Obsidian or as Flowering Obsidian) Obsidian or as Flowering Obsidian) Use at the 1st Chakra (Root Chakra/Base Chakra) for protection, to reveal the truth in any situation, to expose areas of oneself that need growth and development, to facilitate past life ascension and regression, to block negative energies from entering one’s auric field, for grounding, to shield one from electromagnetic pollution, to banish negative energy, to bring peace and calming, to encourage living in a virtuous manner, to encourage personal growth, to instill determination, to facilitate communication with one’s guides and angels, to increase courage, to stimulate intuition, to facilitate compassion, to reduce arthritis pain, to detoxify the physical body, to maintain proper circulation, to balance mind, body, and spirit, to encourage independence, and to improve circulation. Since this stone contains Black Obsidian, its properties also apply.

**OKENITE:** Use at the 7th Chakra (Crown Chakra) for purification, to uplift one spiritually, to enhance a connection with one’s higher self, to promote divine guidance, to bring the light into even the darkest situations, to aid one in seeing the good in all things, and to remove the ego and let the spirit shine.

For more information, please visit http://www.crystalhealer1.webs.com
ONYX, BLACK: (Also known as Black Chalcedony) Use at the 1st Chakra (Root Chakra/Base Chakra) to enhance clear focus, to amplify one's intention, to promote Divine order, to encourage sensibility, for protection and shielding from negative energies, and for grounding.

OPAL, ANDEAN PINK: (Also known as Andes’ Pink Opal or as Peruvian Pink Opal) Use at the 4th Chakra (Heart Chakra) to instill love and compassion in the user, to enhance prayers and intentions for the good of all beings, to help heal afflictions of the heart, to cool fiery tensions caused by family disagreements (especially those stemming from sibling rivalry), to encourage forgiveness, to instill a feeling of nurturing and tenderness toward all beings, for healing heart trauma (physical or emotional), to protect the heart chakra, to add a new spark to old relationships, to provide comfort for those who are terminally ill, to guide one down one’s life path, and to promote emotional stability and security.

OPAL, ANDEAN PINK DENDRITIC: (Also known as Pink Dendritic Peruvian Opal) Use at the 1st Chakra (Root Chakra/Base Chakra) or at the 4th Chakra (Heart Chakra) to expand the energies of the heart chakra throughout one’s entire physical and energetic bodies, to anchor the energies of the heart chakra in one’s everyday life so that he or she may remember to treat all beings with love, kindness, and compassion, to extinguish feelings of anger and replace them with peace and understanding, and to aid one in recognizing the oneness of all beings. As this is a variety of Andean Pink Opal, these properties also apply.

OPAL, BOULDER: Use at the 5th Chakra (Throat Chakra) or at the 6th Chakra (Third Eye Chakra/Brow Chakra) to balance and align all chakras, to restore one to optimum health after times of stress or negativity, to allow one to remain positive and optimistic until his or her hopes, dreams, and wishes have been fulfilled, to promote harmony in friendships and partnerships, and to allow one to see auras.

OPAL, FIRE: (Also known as Cherry Opal) Use at the 1st Chakra (Root Chakra/Base Chakra), 2nd Chakra (Sacral Chakra/Spleenic Chakra), 6th Chakra (Third Eye Chakra/Brow Chakra), or at the 7th Chakra (Crown Chakra) to stimulate vitality and passion for life, to enhance connection to the fire element, to instill creative inspiration, for treating depression or apathy, to enhance telepathic communication, to stimulate one’s psychic abilities, and to promote spiritual ascension.

OPAL, HYALINE: (Also known as Hyalite) Use at the 6th Chakra (Third Eye Chakra/Brow Chakra) or at the 7th Chakra (Crown Chakra) to raise one’s energetic vibrations, for spiritual ascension, to remove feelings of jealousy or anger, to connect one with his or her inner child, and to combine and balance the energies of the air and water elements within the body.

For more information, please visit http://www.crystalhealer1.webs.com
OPALITE: Use at any chakra to clear and balance the energy center, to connect one with the air and water elements, to transmute negativity into positive energy, for emotional balance, to instill a sense of child-like wonder, and to promote a feeling of comfort and safety (as if in the womb). PLEASE NOTE: This is a man-made stone.

ORPIMENT: Use at the 2nd Chakra (Sacral Chakra/Spleenic Chakra) to use treatment of cancer or tumorous growths. PLEASE NOTE: Orpiment contains Arsenic, so please wash your hands thoroughly after handling.

PAPAGOITE: Use at the 5th Chakra (Throat Chakra) to heal other energy healers, to aid one in manifesting abundance, to instill an “attitude of gratitude,” to remove any energetic blockages from the etheric body, to liberate one spiritually, to aid one in seeing the truth, to work through feelings of grief, to aid in understanding and respecting the sacredness of all things and the oneness that connects them, to enhance the power of crystal healing, to aid one in understanding crystal energies more fully, and to facilitate the remembering of one’s past life memories.

PEARL, WHITE: Use at the 6th Chakra (Third Eye Chakra/Brow Chakra) or at the 7th Chakra (Crown Chakra) to promote cooperation, to provide a connection with Goddess energy, to stimulate a nurturing attitude, and to promote peace.

PERIDOT: (Also known as Olivine) Use at the 4th Chakra (Heart Chakra) for protection, to disintegrate negative energy, for healing the body, mind, and spirit, to manifest physical and spiritual abundance, and to increase luck.

PETALITE: Use at the 5th Chakra (Throat Chakra) or at the 7th Chakra (Crown Chakra) to establish a connection with one’s spirit guides, guardian angels, or totem animals, for purification, to shield the user with white light when in negative energy environments, for protection (especially of children or animals), to help heal the spirit, to remind one of his or her divine nature, for use with babies and children (or after a near-death experience) to ease the transition from the other side into the physical world, and to be a constant reminder of the light and of one’s spirit when one is distracted by his or her ego-self.

PIETERSITE, BLUE: Use at the 5th Chakra (Throat Chakra) or 6th Chakra (Third Eye Chakra/Brow Chakra) for stimulating intuition and psychic ability, to facilitate astral travel, for spiritual ascension, to enhance guidance and visions received during meditation, and to aid in developing lucid dreaming skills.

PIETERSITE, RED: Use at the 1st Chakra (Root Chakra/Base Chakra), 2nd Chakra (Sacral Chakra/Solar Plexus Chakra), or at the 6th Chakra (Third Eye Chakra/Brow Chakra) to increase vitality, to promote healthy functioning of the organs, to stimulate creativity and artistic vision, to aid in increasing strength and

For more information, please visit http://www.crystalhealer1.webs.com
flexibility of the physical body, to instill will-power and determination, and to protect one from complications during childbirth.

**PRASIOLITE:** (Also known as Green Amethyst, Praseolite, or as Amegreen) Use at the 4th Chakra (Heart Chakra), 6th Chakra (Third Eye Chakra/Brow Chakra), or 7th Chakra (Crown Chakra) to facilitate a connection to the inner self, to establish a connection with nature and with nature spirits, to heal the mind, body, and spirit, to instill compassion and empathy, and for balancing the chakras. As this is a type of Amethyst, the properties of Amethyst also apply.

**PREHNITE:** Use at the 4th Chakra (Heart Chakra) to establish a connection with Earth energies and with nature, to promote feelings of peace, to aid in spiritual guidance, to increase happiness, to aid in dematerialization and the letting go of worldly goods, to promote a feeling of spiritual fulfillment, to aid in communication with nature spirits such as faeries, sprites, gnomes, and elves, for earth healing, to stimulate compassion and empathy, to guide one down his or her life path, and for spiritual ascension.

**PYRITE:** (Also known as Fool’s Gold, as Inca’s Gold, or as Inca’s Mirror) Use at the 3rd (Solar Plexus Chakra) for an increase in vitality, to conquer vices, to build confidence, for protection, to block electromagnetic pollution, to ward off infection, to aid in business endeavors, to promote group cooperation, to remove worries, to balance the conscious and unconscious minds, to banish depression, to increase vitality, to balance the ethereal body, for grounding, to encourage creativity, to aid in focus and concentration, to help manifest abundance and prosperity, and to treat infertility.

**PYRITE, ISIS & OSIRIS:** Use at the 3rd Chakra (Solar Plexus Chakra) to balance male and female energies and to correct other types of energetic imbalances, to strengthen one’s personal power without using the ego, to connect one with his or her spirit guides (especially those stemming from the Egyptian pantheon), to bring the healing energies of the sun and moon into the body, to enhance relationships between partners, and for facilitating astral travel and dream healing.

**PYRITE SUN:** (Also known as a Pyrite Sand-Dollar) Use at the 3rd Chakra to bring the warmth and light of the sun into the etheric bodies, to radiate confidence and will-power to all aspects of the self, to promote joy and happiness, and to aid one in manifesting abundance. Since this stone is composed of Pyrite, the properties of this stone also apply. **PYRITE:** (Also known as Fool’s Gold) Use at the 3rd (Solar Plexus Chakra) for an increase in vitality, to conquer vices, to build confidence, for protection, to block electromagnetic pollution, to ward off infection, to aid in business endeavors, to promote group cooperation, to remove worries, to balance the conscious and unconscious minds, to banish depression, to increase vitality, to balance the

For more information, please visit http://www.crystalhealer1.webs.com
ethereal body, for grounding, to encourage creativity, to aid in focus and concentration, to help manifest abundance and prosperity, and to treat infertility.

**PYROMORPHITE:** Use at the 1st Chakra (Root Chakra/Base Chakra), 3rd Chakra (Solar Plexus Chakra), or at the 4th Chakra (Heart Chakra) to instill a sense of child-like wonder in adults, to allow one to see beings from the fairy realm, to aid in creating a relationship with and appreciation for nature (down to the tiniest of beings), to aid one in walking a simple path in life, and for helping one to find balance in life between the natural world and the modern world (and to aid him or her in eventually realizing the oneness of these “separate” things).

**QUARTZ, AJOITE-INCLUDED:** Use between the 4th Chakra (Heart Chakra) and the 5th Chakra (Throat Chakra), to enhance communication (allowing the user to speak form the heart), to facilitate a connection with one’s spirit guides or guardian angels, to enhance meditation, for spiritual ascension, to aid one in working through karmic obstacles, to enhance knowledge gained form shamanic journeying, and for emotional balance and stability. Since this is a variety of Quartz, these properties also apply.

**QUARTZ, AMETHYST AURA:** (Also known as Lavender Aura Quartz) Use at the 6th Chakra (Third Eye Chakra/Brow Chakra) or at the 7th Chakra (Crown Chakra) to bring about feelings of spiritual wholeness, to instill happiness and joy, to enhance Zen states and meditation practices, to give one a sense of child-like wonder, and to connect one with nature spirits and beings of the Faery Realm. Since this is a variety of Quartz, these properties also apply.

**QUARTZ, ANGEL AURA:** (Also known as Opal Aura Quartz or as Pearl Aura Quartz) Use at the 4th Chakra (Heart Chakra) or 7th Chakra (Crown Chakra) to open oneself to divine knowledge, to stimulate deep spiritual experiences, to promote successful meditation, to aid in establishing a connection to one’s angels or guides, to bring love and light into any situation, to promote feelings of safety and security, to enhance Lovingkindness, to facilitate peace and calming, to mend broken relationships, to enhance forgiveness on oneself or of others, and to enhance compassionate attitudes. Since this is a variety of Quartz, these properties also apply.

**QUARTZ, ANGEL ROSE:** Use at the 4th Chakra (Heart Chakra) or at the 7th Chakra (Crown Chakra) to bring angelic energies into the heart, to allow one to see the divine nature in all other beings and to truly experience the oneness of all, and for protection of children and animals. As this is a form of Rose Quartz, these properties also apply.

**QUARTZ, APPLE AURA:** (Also known as Emerald Aura Quartz) Use at the 3rd Chakra (Solar Plexus Chakra) or at the 4th Chakra (Heart Chakra) to purify the energy body, to balance and align all chakras, to relieve digestive problems or upset stomach, to bring about necessary change and to break old patterns or

For more information, please visit http://www.crystalhealer1.webs.com
belief systems, to instill courage, and to help one to appreciate the beauty in life’s
everyday happenings. Since this is a variety of Quartz, these properties also apply.

**QUARTZ, AQUA AURA:** Use at the 5th Chakra (Throat Chakra) or 6th Chakra
(Third Eye Chakra/Brow Chakra) for opening one to psychic insight, to
strengthen the heart chakra energies, to connect the heart chakra with the throat
chakra (allowing one to speak his or her inner truth), to help one to grow and
evolve as a spiritual being, to connect one to his or her spirit guides, for astral
travel, and to facilitate shamanic journeying. Since this is a variety of Quartz,
these properties also apply.

**QUARTZ, BLUE TARA:** (Also known as Olenite-Included Quartz, as Indicolite-
Included Quartz, as Indigolite-Included Quartz, or as Blue Tourmaline-Included
Quartz) Use at the 5th Chakra (Throat Chakra) or at the 6th Chakra (Third Eye
Chakra/Brow Chakra) to help heal the eyes, to facilitate communication with
one’s spirit guides, to promote Buddha-like attitudes, to connect one with the
water element, to promote change, to facilitate a connection with the energy of
the spiritual centers of Tibet, to connect one with his or her totem animal
(especially with the wolf), for protection (especially of women and children), and
to banish anger and replace it with compassion. Blue Tara Quartz is a variety of
Tourmalinated Quartz, so these properties also apply.

**QUARTZ, CELADONITE PHANTOM:** Use at the 4th Chakra (Heart Chakra) Use
at the heart chakra or over sensitive organs when performing psychic surgery or
deply penetrating energy work. This stone has a very gentle energy and is one
of the few stones that may be used in these delicate areas of the body. As this
crystal contains Quartz and Celadonite, the properties of these minerals also
apply.

**QUARTZ, CHAMPAGNE AURA:** Use at the 3rd Chakra (Solar Plexus Chakra) or
at the 7th Chakra (Crown Chakra) to bring divine energy into the body for healing
the physical, emotional, or spiritual aspects of the self, to aid in spiritual
ascension, to connect one with the divine for channeling information, to open one
to new experiences (so that they may not need be repeated in a future lifetime),
and to stimulate one’s conscious awareness. Since this is a variety of Quartz,
these properties also apply.

**QUARTZ, CHERRY:** Use at the 4th Chakra (Heart Chakra) to enhance the divine
energy of a place, to reduce pain stemming from inflammation, to enhance one’s
efforts to lose weight, to promote general heart health, and to promote
transformation (physical, mental, and spiritual). **PLEASE NOTE:** This is a man-
made stone.

**QUARTZ, CHLORITE-INCLUDED:** Use at the 1st Chakra (Root Chakra/Base
Chakra) or at the 4th Chakra (Heart Chakra) for stimulating the metabolism and

For more information, please visit http://www.crystalhealer1.webs.com
helping one to lose weight, to aid in the absorption of nutrients and antioxidants, to promote general physical healing, to rehabilitate strained or injured muscles, and to connect one with nature and with mother earth herself. Since this is a variety of Quartz, these properties also apply.

**QUARTZ, COBALT AURA:** (Also known as Royal Aura Quartz, Steel Blue Aura Quartz, or as Azure Aura Quartz)) Use at the 6th Chakra (Third Eye Chakra/Brow Chakra) to dissipate feelings of anger, to aid in developing a state of non-attachment, to aid in enhancing meditative states, to facilitate a connection with the emotional body, and to provide the opportunity to learn from the water element. Since this is a variety of Quartz, these properties also apply.

**QUARTZ, COLORLESS:** (Also known as Rock Crystal) Clear Quartz crystals can be used at any chakra and are by far the most powerful and energizing crystals of all. Quartz is a powerful healer and purifying cleanser of the physical and ethereal body. Quartz crystals amplify one's own energies and intentions and thus are ideal for any kind of spiritual work.

**QUARTZ, COPPER AURA:** Use at the 1st Chakra (Root Chakra/Base Chakra) or at the 2nd Chakra (Sacral Chakra/Spleenic Chakra) for grounding, to relieve pain caused by inflammation, to allow one to see his or her shadow side in order aid in self-growth and self-evolution, to aid in healing past-life trauma, to balance the emotions, and to enhance vitality. Since this is a variety of Quartz, these properties also apply.

**QUARTZ, DIAMANTINA:** Use at any chakra to balance and align the energy body, to bring in healing energy form the universe to correct and parts of the body in which dis-ease has manifested, and to project universal healing light into the universe for the highest good of all beings. Since this is a variety of Quartz, these properties also apply.

**QUARTZ, DREAM:** (Also known as Epidote-Included Quartz) – Use at the 6th Chakra (Third Eye Chakra/Brow Chakra) to aid in dream healing, to facilitate astral travel, to enhance lucid dreaming practices, to help heal ailing house plants, and to help bring calming vibrations to distraught indigo children. Since this is a combination of Quartz and Epidote these properties also apply.

**QUARTZ, EDENITE-INCLUDED:** Use at the 4th Chakra (Heart Chakra) to balance the masculine and feminine energies of the user, to help couples with working out relationship problems, to aid in banishing temptation, to bring order out of chaos, to aid one in returning to his or her roots, and for channeling (especially when communicating with one’s ancestors). Since this is a variety of Quartz, these properties also apply.

**QUARTZ, ELECTRIC BLUE AURA:** Use at the 5th Chakra (Throat Chakra) to enhance communication with one’s guardian angels, spirit guides, totem animals,
ascended masters, or with one’s higher self; to promote spiritual ascension; to instill peace and calming; to relieve anxiety; to remove negativity from the energy body; and to reduce stress caused by putting pressure on oneself. Since this is a variety of Quartz, these properties also apply.

**QUARTZ, FADEN:** (Also known as Thread Quartz or as Tube Quartz) Use at the 2nd Chakra (Sacral Chakra/Spleenic Chakra), at the 6th Chakra (Third Eye Chakra/Brow Chakra) or at the 7th Chakra (Crown Chakra) to enhance psychic energy, to gain spiritual insight, to enhance meditation, and to aid in facilitating a connection to and communication with one’s inner self and with one’s higher self. One may also align the Faden line with the spine to heal and balance the energy of one’s chakras and aura. Align the Faden line between two people to enhance telepathy and the ability to sense each other’s energy. Since this is a variety of Quartz, these properties also apply.

**QUARTZ, FERTILITY:** Use at the 1st Chakra (Root Chakra/Base Chakra) or at the 2nd Chakra (Sacral Chakra/Spleenic Chakra) to promote male and female fertility, to aid one in carrying a pregnancy to term, to increase one’s prosperity and abundance, to stimulate creative energies, and to balance one’s masculine and feminine energies. Since this is a variety of Quartz, these properties also apply.

**QUARTZ, FIRE:** (Also known as Harlequin Quartz) Use at the 1st Chakra (Root Chakra/Base Chakra) or at the 2nd Chakra (Sacral Chakra/Spleenic Chakra) to enhance vitality, to promote healthy and balanced sexual energy, to connect one with the energy of the fire element, to burn away feelings of shame or guilt by promoting self-forgiveness, to help heal past life trauma by putting an end to repeating detrimental behavioral patterns, and to promote confidence and self-reliance (by banishing co-dependent habits and behaviors). Since this is a variety of Quartz, these properties also apply.

**QUARTZ, FLUORITE-INCLUDED PURPLE:** (Also known as Blue Joy Quartz or as Purple Fluor Spar Included Quartz) Use at the 7th Chakra (Crown Chakra) to connect one with the energies of the air element, to help one overcome mental obstacles by providing reassurance and allowing one to see that there are no impossibilities, to help one eliminate addictive behavioral patterns, to promote clarity of mind, and to aid in slowing memory loss. Since this is a combination of Quartz and Purple Fluorite, these properties also apply.

**QUARTZ, GIRASOL:** (Also known as Girasol or as Opalized Quartz) Use at the 6th Chakra (Third Eye Chakra/Brow Chakra) or at the 7th Chakra (Crown Chakra) as a way to stay connected with the inner self during times of turmoil and great change, to aid in the ascension process, to aid in discerning unclear or clouded intuitive messages, to facilitate a connection to the angelic realm, to aid one in seeing the hidden meaning behind a situation, to aid in karmic upliftment, to safely protect one with universal white light energy, to allow one to live his or her

For more information, please visit http://www.crystalhealer1.webs.com
life for oneself (but in an ego-less manner), for spiritual awakening, for healing the body, mind, and spirit, by way of divine energy, and to aid one in channeling. Since this is a variety of Quartz, these properties also apply.

QUARTZ, HEMATITE-INCLUDED: Use at the 1st Chakra (Root Chakra/Base Chakra) to cleanse and purify the blood and internal organs, to stimulate vitality, for protection, to relieve pain associated with strained muscles or damaged ligaments or tendons, to instill courage and bravery, and for guidance on one’s career path. Since this is a combination of Quartz and hematite, these properties also apply.

QUARTZ, HEMATITE-INCLUDED RED PHANTOM: Use at the 1st Chakra (Root Chakra/Base Chakra) for encouraging deeper states of meditation, for grounding, to remove negativity from one’s thinking or to remove negative energy from the aura, for vitality, and to enhance intuitive wisdom. As this is a variety of Hematite-Included Quartz, these properties also apply.

QUARTZ, HERKIMER DIAMOND: (Also known as Herkimer Diamond) Use at the 6th Chakra (Third Eye Chakra/Brow Chakra) or 7th Chakra (Crown Chakra) to facilitate astral travel, to promote lucid dreaming, to fully access the dream consciousness while in the waking state, and to enhance clarity of thought. Since this is a variety of Quartz, these properties also apply.

QUARTZ, HOLLANDITE: (Also known as Spider Quartz or as Star Quartz) Use at the 7th Chakra (Crown Chakra) to enhance one’s connection to the Divine, to open one’s crown chakra to new spiritual ideals, to awaken one’s higher self, to enhance meditation, and to balance one’s physical, mental, and spiritual aspects. Since this is a variety of Quartz, these properties also apply.

QUARTZ, KIWI AURA: Use at the 4th Chakra (Heart Chakra) or at the 5th Chakra (Throat Chakra) to instill a deep appreciation for nature, to connect one with nature spirits and beings of the Fairy Realm, to heal blockages caused by emotional trauma, to instill courage and bravery in the user, to promote feelings of comfort and safety (especially when in strange places), and to encourage self-love and forgiveness. Since this is a variety of Quartz, these properties also apply.

QUARTZ, LAVENDER ROSE: Use at the 4th Chakra (Heart Chakra) or at the 7th Chakra (Crown Chakra) for allowing one to realize that all is full of love. This stone harmonizes the energies of Rose Quartz and Amethyst. Therefore, the properties of both stones apply.

QUARTZ, LEMURIAN STAR SEED: (Also known as Lemurian Seed Quartz or as Lemurian Quartz) Use at the 6th Chakra (Third Eye Chakra/Brow Chakra) or 7th Chakra (Crown Chakra) for drawing in Universal energy and gridding it here on the Earth, to connect one to the ancient civilization of Lemuria (also known as
Mu) and the esoteric wisdom of this culture, to communicate the idea of oneness and love to all other crystals on the planet, and to transmit energy from the stars to the Earth. Lemurian Seed Crystals come from a specific mine in Brazil that is thought to be located on the site of the ancient Lemurian society. They are typically very clear and have 6 sides (which alternate between smooth and horizontally striated/grooved sides.

**QUARTZ, LEMURIAN STAR SEED PINK:** (Also known as Pink Lemurian Seed Quartz or as Pink Lemurian Quartz) Use at the 4th Chakra (Heart Chakra) or at the 7th Chakra (Crown Chakra) to bring Universal healing energy into the physical and energetic bodies, to open chakras that have closed due to emotional trauma and to bring peace and calming. Since this is a variety of Lemurian Star Seed Quartz, these properties also apply.

**QUARTZ, MELON AURA:** (Also known as Tangerine Aura Quartz, Imperial Gold Aura Quartz, Dreamcicle Aura Quartz, or as Orange Mist Aura Quartz) Use at the 2nd Chakra (Sacral Chakra/Spleenic Chakra), 3rd Chakra (Solar Plexus Chakra), or at the 4th Chakra (Heart Chakra) to stimulate compassion, to promote forgiveness (of oneself and of others), to heal the emotional body, to repair damaged relationships between parents and children, and to instill happiness and joy. Since this is a variety of Quartz, these properties also apply.

**QUARTZ, METAMORPHOSIS™:** Use at any chakra to bring about necessary change, to heal imbalances in the energy body, to connect with the emotions and with the water element, to increase one’s knowledge is the practical application of crystals for healing, and for transformation of oneself for the highest good of all beings. Since this is a variety of Quartz, these properties also apply.

**QUARTZ, MILKY:** (Also known as White Quartz, Snow Quartz, or as Quartzite) Use at the 5th Chakra (Throat Chakra) or at the 7th Chakra (Crown Chakra) to stimulate creativity, to overcome blocks in one’s intuition, to shield the psychic body, to bring inner peace and tranquility, to aid in deepening one’s meditation practice, for keeping one grounded during astral travel, and for use during prayer or worship. Since this is a variety of Quartz, these properties also apply.

**QUARTZ, NIRVANA PINK:** (Also known as Pink Ice Quartz) Use at the 4th Chakra (Heart Chakra), 6th Chakra (Third Eye Chakra/Brow Chakra), or at the 7th Chakra (Crown Chakra) to open the heart chakra, for protection (especially of mothers and children), to aid in healing disorders of the heart, to regulate circulation and blood pressure, to promote love and compassion for the earth and all her children, for aiding in earth healing work and to encourage proper care of the earth, to enhance Lovingkindness meditation, to instill a sense of the importance of eco-friendly practices, for promoting spiritual ascension, to enhance the love between partners, and to promote peace and harmony. Since this is a variety of Quartz, these properties also apply.

For more information, please visit [http://www.crystalhealer1.webs.com](http://www.crystalhealer1.webs.com)
QUARTZ, ORO VERDE: (Also known as Green-Gold Quartz or as Gold-Green Quartz) Use at the 1st Chakra (Root Chakra/Base Chakra), 3rd Chakra (Solar Plexus Chakra), or at the 7th Chakra (Crown Chakra) to bring spiritual illumination, to remove obstacles on one’s path to enlightenment, to enhance one’s inner knowing and self-confidence, to lay one’s path before him or her, to remind one of his or her soul contract or karmic debts while on the Earth plane, and to help facilitate astral travel for the purposes of healing or gathering information. Since this is a variety of Smoky-Citrine Quartz, these properties also apply.

QUARTZ, PAPAYA: Use at the 2nd Chakra (Sacral Chakra/Spleen Chakra) or at the 3rd Chakra (Solar Plexus Chakra) to aid in digestion, to relieve an upset stomach, to aid in the absorption on nutrients form one’s food, to aid one’s body in using natural antioxidants (especially for cancer prevention), to reduce fever, to aid one in stilling the mind during meditation, and to facilitate healthy weight loss. Since this is a variety of Quartz, these properties also apply.

QUARTZ, PECOS DIAMOND: (Also known as Pecos Valley Diamond, Pecos Valley Diamond Quartz, or as Pecos Quartz) Use at the 1st Chakra (Root Chakra/Base Chakra), 2nd Chakra (Sacral Chakra/Spleen Chakra), 6th Chakra (Third Eye Chakra/Brow Chakra), or at the 7th Chakra (Crown Chakra) for stimulating creativity, to enhance one’s intuitive guidance, to aid in the spiritual ascension process, to stimulate sexual energy, to balance the emotional bodies, and to promote feelings of happiness and joy. Since this is a variety of Quartz, these properties also apply.

QUARTZ, RAINBOW AURA: (Also known as Flame Aura Quartz) Use at the 1st Chakra (Root Chakra/Base Chakra), 6th Chakra (Third Eye Chakra/Brow Chakra), or 7th Chakra (Crown Chakra) to stimulate a connection with the divine, to enhance psychic insight, to facilitate a spiritual connection with nature, to aid in seeing and reading auras, to promote lucid dreaming and dream recall, and for promoting positive self-reflection. Since this is a variety of Quartz, these properties also apply.

QUARTZ, ROSE: (Also known as Anaconda Ruby) Use at the 4th Chakra (Heart Chakra) for promoting unconditional love, peace, and compassion, to inspire self-love, to promote an attitude of Lovingkindness, for calming after traumatic events, to instill tenderness, to add spark to a romance, to ease mid-life crisis, to soothe a broken heart, for emotional balance, to encourage friendship, to ease the grieving process, to promote forgiveness, trust, and understanding, to help with healing lungs, to increase fertility, and to treat a poor complexion. Element: Water Flower: Magnolia Essential Oil: Rose Companion Stone: Angelite Since this is a variety of Quartz, these properties also apply.

QUARTZ, ROSE AURA: (Also known as Raspberry Aura Quartz) Use at the 4th Chakra (Heart Chakra) to instill a sense of Lovingkindess; to help heal emotional
trauma; to aid in enhancing forgiveness; to aid in recovering from any type of abuse on a physical, mental, emotional, and spiritual level; and to help one find a tactful way to communicate in difficult situations. Since this is a variety of Quartz, these properties also apply.

**QUARTZ, ROSE ELESTIAL:** (Also known as Rose Skeletal Quartz or as Rose Jacare Quartz) Use at the 4th Chakra (Heart Chakra) to facilitate a connection between oneself and loved ones on the other side, for protection during astral travel, to connect one with beings from the angelic realms, to aid in emotional healing, to promote feelings of safety and security, to balance the body, mind, and spirit, to aid in the spiritual ascension process, to aid one in the realization that all is full of love, and to aid in healing meditations of all kinds. Since this stone is composed of Rose Quartz, the properties of this stone also apply.

**QUARTZ, RUBY AURA:** Use at the 1st Chakra (Root Chakra/Base Chakra) to instill vitality, to aid the body in detoxing, for motivation, to help warm the physical body (especially when one has symptoms of the flu such as chills), to aid in moving the Kundalini energy throughout the body (either rising or returning to the resting state), and to promote balanced circulation in the body. Since this is a variety of Quartz, these properties also apply.

**QUARTZ, RUTILATED ANGEL:** Use at the 5th Chakra (Throat Chakra), 6th Chakra (Third Eye Chakra/Brow Chakra), or 7th Chakra (Crown Chakra) to facilitate contact with the angelic realm and to enhance communication with angelic beings, to facilitate the transfer of vibrational healing energies, to remove barriers interfering with spiritual growth, to open one to the Divine energy of the Universe, to heal and repair the aura, to promote spiritual ascension, to bring the light of the divine into one’s physical body on earth, to enhance one’s connection with his or her guardian angels and to enhance the protection that they provide. Since this stone is a variety of Red Rutile Quartz, the properties of this stone also apply.

**QUARTZ, RUTILATED GOLDEN:** (Also known as Golden Angel Hair Quartz or as Golden Venus Hair Quartz) Use at the 3rd Chakra (Solar Plexus Chakra) or at the 7th Chakra (Crown Chakra) for increasing vitality, to facilitate the transfer of vibrational healing energies, to balance body, mind, and spirit, to cleanse the aura, to manifest spiritual abundance, to facilitate astral travel, scrying divination, and channeling sessions, to remove barriers interfering with spiritual growth, to open one to the Divine energy of the Universe, for protection from negative energy vibrations, to aid in past life ascension and regression, to aid in acceptance of the soul's current life purpose and lessons, to heal the spirit, to facilitate positive change, to encourage forgiveness and compassion, to remove depression, to heal and repair the aura, to promote spiritual ascension, to increase fertility, to restore energy to the physical body, to balance the thyroid, and to promote proper posture. As this is a combination stone, the properties of Golden Rutile and Clear Quartz also apply.

For more information, please visit http://www.crystalhealer1.webs.com
QUARTZ, RUTILATED RED: (Also known as Red Venus Hair Quartz or as Red Angel Hair Quartz) Use at the 3rd Chakra (Solar Plexus Chakra) or at the 7th Chakra (Crown Chakra) for increasing vitality, to facilitate the transfer of vibrational healing energies, to balance body, mind, and spirit, to cleanse the aura, to manifest spiritual abundance, to facilitate astral travel, scrying divination, and channeling sessions, to remove barriers interfering with spiritual growth, to open one to the Divine energy of the Universe, for protection from negative energy vibrations, to aid in past life ascension and regression, to aid in acceptance of the soul's current life purpose and lessons, to heal the spirit, to facilitate positive change, to encourage forgiveness and compassion, to remove depression, to heal and repair the aura, to promote spiritual ascension, to increase fertility, to restore energy to the physical body, to balance the thyroid, and to promote proper posture. Since this is a combination stone, the properties of Red Rutile and of Clear Quartz also apply.

QUARTZ, RUTILATED SILVER: (Also known as Silver Angel Hair Quartz or as Silver Venus Hair Quartz) Use at the 3rd Chakra (Solar Plexus Chakra) or at the 7th Chakra (Crown Chakra) for increasing vitality, to facilitate the transfer of vibrational healing energies, to balance body, mind, and spirit, to cleanse the aura, to manifest spiritual abundance, to facilitate astral travel, scrying divination, and channeling sessions, to remove barriers interfering with spiritual growth, to open one to the Divine energy of the Universe, for protection from negative energy vibrations, to aid in past life ascension and regression, to aid in acceptance of the soul's current life purpose and lessons, to heal the spirit, to facilitate positive change, to encourage forgiveness and compassion, to remove depression, to heal and repair the aura, to promote spiritual ascension, to increase fertility, to restore energy to the physical body, to balance the thyroid, and to promote proper posture. As this is a combination stone, the properties of Silver Rutile and Clear Quartz also apply.

QUARTZ, SERIPHOS: (Also known as African Jade, Prase, Prasem, Hedenbergite-Included Quartz, Seraphos Quartz, Seraphos Green Quartz, Seraphos Green Quartz, Seraphos, or as Seriphos) Use at the 4th Chakra (Heart Chakra) for aiding in the realization that all is full of love, to aid one to feel comfortable in his or her physical body here on Earth, to enhance one's connection with nature and with the Earth, to promote a sense of ego-less pride, to enhance intuitive wisdom, to aid in manifesting prosperity and abundance, to heal disorders of the eyes, to heal physical and emotional ailments of the heart, and to promote peace and calming. Since this is a variety of Quartz, these properties also apply.

QUARTZ, SHAMANIC DREAM: (Also known as Lodolite-Included Quartz or as Shamanic Dream Stones) Use at the 1st Chakra (Root Chakra/Base Chakra) or at the 6th Chakra (Third Eye Chakra/Brow Chakra) to aid in spiritual shamanic journeying, to enhance one’s conscious awareness, to deepen states of meditation, to promote meaningful astral travel, to induce ecstatic states of

For more information, please visit http://www.crystalhealer1.webs.com
existence (as during spiritual experiences, vision quests, etc.), to heighten one’s intuition and psychic powers, and to protect the brujo/bruja during spiritual work. Shamanic Dream Quartz has the ability to stimulate amazing Shamanic journeys while, later, has the ability to pull the astral body back down to the earth plane. 

Element: Water Flower: Sage Essential Oil: Palo Santo Companion Stone: Red Jasper  PLEASE NOTE: This stone may also include Chlorite, in which case the properties of Chlorite-Included Quartz also apply. Since this is a variety of Quartz, these properties also apply.

**QUARTZ, SMOKY:** (Also known as Smokey Quartz) Use at the 1st Chakra (Root Chakra/Base Chakra) for grounding, protection from negative energy, to increase energy during meditation, to encourage environmental concern and ecological consciousness, to relieve stress and promote peace and calming, to block electromagnetic pollution and reduce geopathic stress, to aid in detoxifying the physical body, to remove fear, to enhance passion, to dispel bad dreams, to use in scrying divination to promote insight, to stimulate concentration, to promote communication, to aid in stilling the mind for successful meditation, for use with people undergoing chemotherapy, to aid in manifesting, to assist one in managing detailed projects, to relieve physical pain, to treat problems associated with the lower half of the physical body, to remove headache pain, and to aid in the assimilation of vitamins and minerals. Since this is a variety of Quartz, these properties also apply.

**QUARTZ, SMOKY-CITRINE:** Use at the 2nd Chakra (Sacral Chakra/Spleenic Chakra) to provide relief from symptoms of intestinal disorders, to aid one in putting down new roots after times of turmoil or change, to help one to step outside of the self to see problems caused by his or her ego consciousness, to unite the 1st Chakra energies with the 7th Chakra energies in order to bring universal spiritual energy into one’s day-to-day life, and to instill a sense of gratitude for what one already has in life (to banish desire for material things). As this stone is a natural combination of Citrine and Smoky Quartz, the properties of these stones also apply.

**QUARTZ, SPARKLE BLUE:** (Also known as Quartz, Crackle Blue) Use at the 5th Chakra (Throat Chakra) or at the 6th Chakra (Third Eye Chakra/Brow Chakra) to facilitate communication with one’s spirit guides or totem animals, to enhance one’s communication skills, to encourage creativity, to enhance one’s psychic awareness and inner sight, to help one appreciate the beauty within all things, to mend broken bones, and to help those of us who are feeling a little “cracked” to calm down, de-stress, and begin to feel like our wonderful selves once again.  PLEASE NOTE: This is a man-made stone.

**QUARTZ, SPARKLE COLORLESS:** (Also known as Quartz, Crackle Colorless) Use at any Chakra for balance and alignment of the body’s energy centers, to help one appreciate the beauty within all things, and to help those of us who are feeling a little “cracked” to calm down, de-stress, to mend broken bones, and

For more information, please visit http://www.crystalhealer1.webs.com
begin to feel like our wonderful selves once again. **PLEASE NOTE:** This is a man-made stone.

**QUARTZ, SPARKLE GREEN:** (Also known as Quartz, Crackle Green) Use at the 4th Chakra (Heart Chakra) to instill a sense of love and compassion for all beings, to enhance one’s connection with nature, to promote honest behaviors and actions, to help one appreciate the beauty within all things, and to help those of us who are feeling a little “cracked” to calm down, de-stress, to mend broken bones, and begin to feel like our wonderful selves once again. **PLEASE NOTE:** This is a man-made stone.

**QUARTZ, SPARKLE ORANGE:** (Also known as Quartz, Crackle Orange) Use at the 2nd Chakra (Sacral Chakra/Spleenic Chakra) to stimulate sexual energy, to enhance creativity, to provide emotional stability and balance, to help one appreciate the beauty within all things, and to help those of us who are feeling a little “cracked” to calm down, de-stress, to mend broken bones, and begin to feel like our wonderful selves once again. **PLEASE NOTE:** This is a man-made stone.

**QUARTZ, SPARKLE PINK:** (Also known as Quartz, Crackle Pink) Use at the 1st Chakra (Root Chakra/Base Chakra) or at the 4th Chakra (Heart Chakra) for grounding, to enhance vitality, ) to instill a sense of love and compassion for all beings, to provide a feeling of being safely nurtured and supported, to help one appreciate the beauty within all things, and to help those of us who are feeling a little “cracked” to calm down, de-stress, to mend broken bones, and begin to feel like our wonderful selves once again. **PLEASE NOTE:** This is a man-made stone.

**QUARTZ, SPARKLE PURPLE:** (Also known as Quartz, Crackle Purple) Use at the 7th Chakra (Crown Chakra) to connect one with divine energy, to facilitate communication with one’s guardian angels, to enhance meditation, to help one appreciate the beauty within all things, and to help those of us who are feeling a little “cracked” to calm down, de-stress, to mend broken bones, and begin to feel like our wonderful selves once again. **PLEASE NOTE:** This is a man-made stone.

**QUARTZ, SPARKLE YELLOW:** (Also known as Quartz, Crackle Yellow) Use at the 3rd Chakra (Solar Plexus Chakra) to instill a sense of joy and happiness, to provide support during difficult times, to enhance one’s sense of pride and inner strength, to help one appreciate the beauty within all things, and to help those of us who are feeling a little “cracked” to calm down, de-stress, to mend broken bones, and begin to feel like our wonderful selves once again. **PLEASE NOTE:** This is a man-made stone.

**QUARTZ, SPIRIT:** (Also known as Fairy Quartz, as Faery Quartz, as Pineapple Quartz, or as Cactus Quartz) Use at the 3rd Chakra (Solar Plexus Chakra), 6th
Chakra (Third Eye Chakra/Brow Chakra), or at the 7th Chakra (Crown Chakra) to facilitate a connection with ones Spirit Guides, Totem Animals, or with beings from the Fairy Realms, to promote feelings of safety and security (especially after physical or emotional abuse), to aid in recovery from addictions, to connect one with his or her inner child, to facilitate spiritual ascension, to aid in meditation, to promote psychic phenomena, and to open one to accepting the universal healing white light. This crystal may be composed of Amethyst, Citrine, Clear Quartz or all three, so the properties of these stones may also apply.

QUARTZ, STRAWBERRY: Use at the 4th Chakra (Heart Chakra) to aid one in seeing the good in all beings, to encourage one to take time for the sweet things in life and to appreciate them, to enhance generosity by yourself or from others, and to connect one to his or her inner child. Since this stone is a variety of Red Rutlated Quartz, the properties of this stone also apply.

QUARTZ, SUNSHINE AURA: Use at the 2nd Chakra (Sacral Chakra/Spleenic Chakra) or at the 3rd Chakra (Solar Plexus Chakra) to instill a sense of happiness and joy, to relieve the symptoms of Seasonal Affective Disorder, to enhance one’s self-esteem and personal power by providing a stable emotional platform from which to act, to aid in the absorption of nutrients, and for spiritual grounding. Since this is a variety of Quartz, these properties also apply.

QUARTZ, TANGERINE: Use at the 2nd Chakra (Sacral Chakra/Spleenic Chakra) to aid in recovery after a traumatic experience, to relieve the symptoms of P.T.S.D. (Post traumatic Stress Disorder), to facilitate past life healing, for karmic release, for emotional balance, to enhance one’s creativity, to work through self-limiting beliefs, to remove negative energy from the aura, to aid in manifesting prosperity and abundance, to aid in receiving accurate outcomes in divination practices, and to aid in channeling. Since this is a variety of Quartz, these properties also apply.

QUARTZ, TANZAN AURA: (Also known as Tanzine Aura Quartz, Tanzanite Aura Quartz, Celestial Aura Quartz, or as Indigo Aura Quartz) – Use at the 5th Chakra (Throat Chakra) or at the 6th Chakra (Third Eye Chakra/Brow Chakra) to connect with beings from the angelic realm, to facilitate astral travel, for dream healing work, to ease feelings of grief, to aid in connecting with those on the other side, and to enhance intuitive guidance and the gift of foresight. Since this is a variety of Quartz, these properties also apply.

QUARTZ, TIBETAN: Use at the 1st Chakra (Root Chakra/Base Chakra), 6th Chakra (Third Eye Chakra/Brow Chakra), or at the 7th Chakra (Crown Chakra) to enhance one’s connection to his or her ancestors, to increase esoteric knowledge and an understanding of the occult, to facilitate astral travel, for protection while traveling, to facilitate an understanding of Tibetan Buddhist spiritual beliefs and ritualistic practices, to aid in karmic release, to facilitate a divine connection, to connect one to the element of water for emotional healing,

For more information, please visit http://www.crystalhealer1.webs.com
to dissolve the ego consciousness and gain understanding of sunyata/shunyata, and to aid deeper states of meditation and of conscious awareness. Since this is a variety of Quartz, these properties also apply.

**QUARTZ, TOURMALINATED:** (Also known as Tourmaline-Included Quartz and Tourmalated Quartz) Use at the 1st Chakra (Root Chakra/Base Chakra) or at the 7th Chakra (Crown Chakra) for grounding, to protect one against negative energies (amplified protection), to release stress and promote peace and calming, to balance mind, body, and spirit, to aid in self-acceptance, for physical healing, to cleanse body, mind, and spirit, and to balance the energies of the subtle body. This stone will also take on the properties of the type of Tourmaline that it includes (i.e. Black, Green, Pink, etc.). Since this is a variety of Quartz, these properties also apply.

**QUARTZ, WITCH’S FINGER:** Use at the 3rd Chakra (Solar Plexus Chakra) or at the 6th Chakra (Third Eye Chakra/Brow Chakra) for enhancing the power of crystal layouts or grids, for protection, to balance the body, mind, and spirit, to enhance meditation, to aid in the channeling process, and to relieve the symptoms that accompany terminal illnesses. Since this is a variety of Quartz, these properties also apply.

**RHODOCHROSITE:** (Also known as Inca Rose) Use at the 4th Chakra (Heart Chakra) to stimulate the memory, to encourage empathy and a compassionate attitude, to instill confidence, and for emotional balance. Rhodochrosite is a good companion stone to Rhodonite. When used together, the two stones will enhance each other's energetic qualities.

**RHODONITE:** Use at the 4th Chakra (Heart Chakra) for encouraging love, to promote group cooperation, to reveal all aspects of a given situation, for grounding, to balance the mind, body, and spirit, to encourage successful meditation using mantras, to encourage new friendships, to stimulate generosity and the spirit of giving as well as gratitude, to heal the physical body as well as the emotions, to facilitate independence, to encourage compassion, empathy, and forgiveness, to aid in healing form past life experiences, to bring peace and calming, to enhance confidence, to heal wounds and insect bites, to reduce arthritis pain, & to ease the symptoms of shock. Rhodonite is a good companion stone to Rhodochrosite. When used together, the two stones will enhance each other’s energetic qualities.

**ROSELITE:** Use at the 2nd Chakra (Sacral Chakra/Spleenic Chakra) or at the 4th Chakra (Heart Chakra) for enhancing romance, to increase passion, to encourage love to grow, to facilitate emotional bonding with another, and to balance the physical, emotional, and spiritual aspects of the self.

**RUBY:** (Also known as Red Corundum) Use at the 1st Chakra (Root Chakra/Base Chakra) or at the 4th Chakra (Heart Chakra) to increase vitality, to
enhance motivation, to stimulate Tantric energy, and to encourage the exploration of new thoughts and ideas.

**RUBY-FUCHSITE:** (Also known as Red Corundum-Included Fuchsite) Use at the 4th Chakra (Heart Chakra) for healing the mind, body, and spirit, for energetic balance, to manifest abundance, and to encourage compassion. This crystal contains Ruby and Fuchsite so it also displays the properties of these stones.

**RUBY-KYANITE:** (Also known as Red Corundum-Included Blue Kyanite) Use at the 1st Chakra (Root Chakra/Base Chakra), 2nd Chakra (Sacral Chakra/Spleenic Chakra), or at the 4th Chakra (Heart Chakra) to cool anger and to balance the upper chakras with the lower chakras. As this stone is a combination of Ruby and Blue Kyanite the properties of these stones also apply.

**RUBY, STAR:** (Also known as Red Star Corundum) Use at the 1st Chakra (Root Chakra/Base Chakra), 4th Chakra (Heart Chakra), or at the 6th Chakra (Third Eye Chakra/Brow Chakra) to enhance one’s vitality, to provide intuitive insights into one’s relationship with his or her partner, to promote a feeling of love and compassion for all beings, for protection, and to stimulate Tantric energy. Since this is a variety of Ruby, these properties also apply.

**RUBY-ZOISITE:** (Also known as Anyolite or as Red Corundum-Included Green Zoisite) Use at the 4th Chakra (Heart Chakra) for increasing vitality, to stimulate passion, for increasing motivation, to protect one against negative energies, to stimulate positive dreaming, to encourage accurate visions created by the pineal gland, to help transform negative energy into positive energy, to encourage one's leadership qualities, to instill joy, to promote love, to instill courage, to increase physical and emotional strength, for detoxifying the body, to reduce fever, to maintain proper circulation, to stimulate altered states of consciousness, to balance body, mind, and spirit, for healing, to promote personal growth, to access the soul's past, to aid in past life ascension and regression, to encourage one's unique characteristics, to promote oneness, and to enhance one's auric field. This crystal contains Ruby and Green Zoisite so it also displays the properties of these stones.

**RUTILE, GOLDEN:** (Also known as Golden Angel Hair or as Golden Venus Hair) Use at the 7th Chakra (Crown Chakra) to help one to discover his or her divine nature, to bring the golden rays of the sun into the auric body, to disintegrate negative energy, and to enhance the power of prayer or meditation.

**RUTILE, RED:** (Also known as Red Angel Hair or as Red Venus Hair) Use at the 1st Chakra (Root Chakra/Base Chakra), 2nd Chakra (Sacral Chakra/Spleenic Chakra), or at the 3rd Chakra (Solar Plexus Chakra) to increase fertility, to connect one with the energies of the earth, for grounding, to help cool the flames of anger, and to instill a sense of childlike wonder and curiosity.
**RUTILE, SILVER:** (Also known as Silver Angel Hair or as Silver Venus Hair) Use at the 6\(^{th}\) Chakra (Third Eye Chakra/Brow Chakra) to enhance one’s psychic energy and powers of intuition, to bring the celestial energies of the stars and the moon into the body, for dream healing practices, to promote safe astral travel, and for helping to make one’s wishes come true (as if they were wished upon a shooting star).

**SALT, HIMALAYAN:** Use at any chakra for general cleansing and purification or to promote peace and calming.

**SAPPHIRE, BLUE:** (Also known as Blue Corundum) Use at the 5\(^{th}\) Chakra (Throat Chakra) or 6\(^{th}\) Chakra (Third Eye Chakra/Brow Chakra) to enhance communication with one’s spirit guides (especially Archangel Michael), to connect with one’s higher self, to facilitate psychic awareness and abilities, to promote a connection with the stars and to enhance one’s understanding of astrology, to increase one’s acceptance of universal happenings, and to reduce the undesired physical sensations that may accompany one’s spiritual awakening.

**SAPPHIRE, BLUE STAR:** (Also known as Blue Star Corundum) Use at the 6\(^{th}\) Chakra (Third Eye Chakra/Brow Chakra) or at the 7\(^{th}\) Chakra (Crown Chakra) to open one to his or her intuitive powers and psychic awareness, to open one to divine healing energies, for spiritual ascension, to clear one’s energy field of attachments or imbalances, and to connect one with the wisdom of the universe and the Akashic Records. Since this is a form of Blue Sapphire, these properties also apply.

**SAPPHIRE, YELLOW:** (Also known as Yellow Corundum) Use at the 3\(^{rd}\) Chakra (Solar Plexus Chakra) for facilitating communication with Spirit guides and Totem Animals (especially Archangel Jophiel), to enhance spiritual illumination, to instill one with feelings of oneness, to promote self-love, to aid in enhancing concentration and in memorization, to heal the inner child, for protection, and to allow one to speak his or her mind.

**SCHIST:** Use at the 2\(^{nd}\) Chakra (Sacral Chakra/Spleenic Chakra), the 4\(^{th}\) Chakra (Heart Chakra), or at the 6\(^{th}\) Chakra (Third Eye Chakra/Brow Chakra) to encourage a sense of child-like wonder, to aid one in appreciating the beauty in all things, to soften harsh personalities, to encourage one to connect with his or her emotional side, and to help one to shed old patterns and behaviors to change and grow for the good of all beings.

**SCOLECTE:** Use at the 7\(^{th}\) Chakra (Crown Chakra) to open one to divine energy, to aid in channeling (to help to make the channel clear and open and to aid others present in correctly interpreting the messages that are given), for purification of body, mind, and spirit, to facilitate astral travel, and to aid one in accessing and learning from the Akashic Records.

For more information, please visit [http://www.crystalhealer1.webs.com](http://www.crystalhealer1.webs.com)
SELENITE, COLORLESS: (Also known as Colorless Gypsum) Use at the 7th Chakra (Crown Chakra) for purification, to cleanse the chakras and the aura, to promote a connection with one's divine self, to aid in the ascension process, to clear the mind before meditation, to enhance one's ability to follow his or her spiritual virtues, to bring the light into one's being, and to promote peace and harmony.

SELENITE, GOLDEN: (Also known as Golden Gypsum) Use at the 7th Chakra (Crown Chakra) to bring the divine healing light of the universe into the body for powerful healing experiences, to cleanse and purify the body, mind, and spirit, to instill a sense of ultimate compassion in the user, to promote spiritual ascension and karmic evolution, to enhance meditation, and to facilitate astral travel.

SELENITE, ORANGE: (Also known as Orange Gypsum) Use at the 2nd Chakra (Sacral Chakra/Spleenic Chakra) or at the 4th Chakra (Heart Chakra) to balance the emotions, for protection (especially for highly sensitive people), for purification, to remove negative thinking, and to heal emotional wounds left from past lives.

SEPTARIAN NODULE: Use at the 1st Chakra (Root Chakra/Base Chakra) or at the 2nd Chakra (Sacral Chakra/Spleenic Chakra) to promote bravery and courage, to calm fiery attitudes (anger, frustration, etc.), for grounding, to connect one with the energies of the fire element, to aid one in learning the importance of self-control, to stabilize the emotional body, to aid in transformation (physical, emotional, and spiritual), and to help someone to become well-rounded. This stone contains Golden Calcite and Brown Aragonite, so these properties also apply.

SERAPHINITE, BROWN: Use at the 1st Chakra (Root Chakra/Base Chakra), 2nd Chakra (Sacral Chakra/Spleenic Chakra) or 4th Chakra (Heart Chakra) for removing thought patterns at a cellular and DNA level, to lift one up on Angel's wings during difficult times, for protection by one's guardian angels and spirits, to promote inner strength, to enhance psychic insight, to bring order to chaotic situations and times in one's life, to connect one with nature and the elements, and to bring harmony and balance to one's life. Brown Seraphinite is a recent find from Russia and is quite rare. If one is lucky enough to have this stone enter his or her life, it should be kept close and held dear.

SERAPHINITE, GREEN: Use at the 4th Chakra (Heart Chakra) to heal body, mind, and spirit, to promote a connection with the angelic realm, and to instill a feeling of completion.

SERPENTINE: (Also known as New Jade) Use at the 4th Chakra (Heart Chakra) for aiding in meditation, to enhance psychic powers, to clear a pathway for the kundalini, to aid in past life regression and ascension, to create balance between the mind, body, and spirit, to aid in intending to direct energy to heal the physical
body, to cleanse the physical body, to aid in the assimilation of nutrients, to aid in connection with the angelic realm, to promote compassion, and to relieve muscle pain.

**SHELL, ABALONE:** (Also known as Abalone, as Rainbow Mother of Pearl, as Paua Shell, or as Ear Shell) Use at any chakra to balance and harmonize the energies of the body, to repair the aura, and to instill a sense of childlike wonder in adults.

**SHELL, SHIVA'S EYE:** (Also known as Shell, Turban Snail or as Shell, Pacific Cat's Eye) to facilitate creativity, to promote self-expression (verbally or through the arts), to connect one with Lord Shiva, to enhance one's masculine energy, and to enhance the positive energy in one's environment and surroundings.

**SHIVA LINGAM STONES:** (Also known as Lingham Stones, as Lingam Stones, as Shiva Linghams, as Shiva Lingams, as Shiva Lingham Stones, as Lingams, or as Linghams) Use at the 1st Chakra (Root Chakra/Base Chakra) or at the 2nd Chakra (Sacral Chakra/Spleenic Chakra) to increase fertility, to bring balance between the male and female energies of the body, to enhance one’s feeling of personal power and control over one’s life situations, for worship and praise of Lord Shiva, to increase personal strength and will-power, and to stimulate sexual or creative energies.

**SHUNGITE:** Use at the 3rd Chakra (Solar Plexus Chakra), 6th Chakra (Third Eye Chakra/Brow Chakra), or at the 7th Chakra (Crown Chakra) to facilitate Astral Travel; to aid one in feeling a connection with all beings; to promote feelings of universal oneness; to create a protective shield around the energy body to defend one against EMFs or psychic attack; to help bring a light to dark times in one’s life; to help regulate the temperature of the body; to energize body, mind, and spirit; to transmute negative energy into positive energy; and to reduce pain and inflammation.

**SILICON CARBIDE:** (Also known as Carborundum, Moissanite, or Spectropyrite) Although this stone is man-made, it can be used for healing at any chakra. This material has been used to make break pads in automobiles, similarly, it will put the breaks on a situation in which one is dealing with accelerated karma. This stone can help to slow things down so that they are more manageable. PLEASE NOTE: This stone is only referred to as Moissanite when found in nature (not man-made/synthetic).

**SILVER:** Use at the 2nd Chakra (Sacral Chakra/Spleenic Chakra) or at the 6th Chakra (Third Eye Chakra/Brow Chakra) for enhancing intuition, to connect one with the water element, to aid in enhancing female energy, for emotional balance, allows one to looks at situations objectively, to aid one in the ability to return to the physical body after astral travel, to connect one with lunar energies, and to open and clear one’s energetic meridians.

For more information, please visit http://www.crystalhealer1.webs.com
SODALITE: Use at the 5th Chakra (Throat Chakra) or at the 6th Chakra (Third Eye Chakra/Brow Chakra) for increasing accurate intuitive thoughts, to encourage successful stilling of the mind during meditation, to bring out the truth in any situation, to help one to stand up for oneself, for protection from electromagnetic pollution, to enhance group cooperation, to aid in speaking one’s truth, to banish habits and negative thinking patterns, to aid in absorbing new information, to remove fear, to banish guilt, to encourage confidence, to encourage a healthy metabolism, to remove insomnia, and to reduce fevers.

SPINEL, PINK: Use at the 1st Chakra (Root Chakra/Base Chakra) or at the 4th Chakra (Heart Chakra) to enhance vitality, to enhance passion for one’s partner, to aid the body in using antioxidants to prevent cancer, to repair damaged cells in the body, and to help one to feel the oneness among all beings in the universe.

STAUROLITE: (Also known as Fairy Cross or as Fairy Tear) Use at the 4th Chakra (Heart Chakra) for balance (physical, emotional, and spiritual), to align the chakras, to encourage healthy grieving, to establish a connection with the divine, to promote emotional healing and stability, to heal childhood trauma, and to facilitate a connection with earth spirits (fairies, sprites, nymphs, etc.).

STIBNITE: (Also known as Stibinite) Use at the 1st Chakra (Root Chakra/Base Chakra) for protection, to relieve physical pain (especially in the joints), to draw up energy from the earth when one is feeling energetically depleted, to allow one to recognize one’s fears and to provide insight in how to overcome them, and to shield and protect the aura.

STILBITE, PEACH: Use at the 2nd Chakra (Sacral Chakra/Spleenic Chakra) or at the 4th Chakra (Heart Chakra) to help heal problems of the heart (physical or emotional), to aid one in working through the grieving process, to aid in removing symptoms of many common skin problems (i.e. acne, eczema, rosacea, etc.), and to instill a sense of self-worth and self-love.

SUGILITE: (Also known as Sugelite, Sugalite, Lavulite, Luvulite, and Royal Azel) Use at the 7th Chakra (Crown Chakra to aid in opening one to divine energy, to enhance meditation, to promote astral travel, to stimulate lucid dreaming and dream healing, to aid one in learning and understanding shamanic practices and rituals, to communicate with one’s ancestors or spirit guides, and to aid in working with the Violet Flame of St. Germaine.

SUNSTONE: Use at the 2nd Chakra (Sacral Chakra/Spleenic Chakra) or 3rd Chakra (Solar Plexus Chakra) to instill joy and happiness, to manifest abundance, to promote a positive self-image and self confidence, to encourage inner strength, to enhance feelings of gratitude and one’s willingness to share, to bring light to dark or negative thoughts, for psychological healing, to stimulate creativity, to aid in digestion and problems associated with the sexual organs, to

For more information, please visit http://www.crystalhealer1.webs.com
counter the effects of Seasonal Affective Disorder (S.A.D.), to warm the heart and soul, to balance the mind, body, and spirit, and to promote a positive attitude.

**SUPER SEVEN:** (Also known as Melody's Stone or as Super 7) Use at the 6th Chakra (Third Eye Chakra/Brow Chakra) or 7th Chakra (Crown Chakra) for facilitating spiritual ascension, to promote Lovingkindness, to enhance one's intuitive abilities, to aid in astral travel, for cleansing cords, to remove negativity, to aid in increasing one's psychic awareness, to promote the opening of the chakras, and to aid in channeling the universal knowledge of the healing properties of crystals and minerals.

**TANZANITE:** (Also known as Blue Zoisite) Use at the 5th Chakra (Throat Chakra) or 6th Chakra (Third Eye Chakra/Brow Chakra) to stimulate intuition, to enhance the powers of telepathy, to facilitate communication with one’s spirit guides, totem animals, or guardian angels, to create a connection to the universe and to the divine, to enhance psychic awareness, to bring peace, calming, and serenity, to promote deep states of meditation, to facilitate astral travel and out-of-body experiences, and to quicken the ascension process.

**THOMSONITE:** Use at the 2nd Chakra (Sacral Chakra/Spleenic Chakra) or at the 4th Chakra (Heart Chakra) to cleanse and purify the physical body, to heal disorders relating to the internal organs, to relieve gastric upset, to clear the body of intestinal parasites, to instill a compassionate attitude toward animals, and to reduce the size and spread of cancerous growths.

**TIGER IRON:** Use at the 1st Chakra (Root Chakra/Base Chakra) or 2nd Chakra (Sacral Chakra/Spleenic Chakra) for grounding, for protection, to instill creative energy in artists (especially for painters), for grounding, to bring one’s astral body back to earth after astral travel or dream work, to provide strength during difficult times, to boost one’s vitality and increase one’s life force energy, to enhance self-confidence and will power, to enhance inner-strength, to aid in focus and concentration, for healing the physical body, and to balance the influence of the elements on one’s body. This stone is a composition of Golden Tiger’s Eye, Red Jasper, and Hematite, so the properties of these stones also apply.

**TIGER’S EYE, BLUE:** (Also known as Hawk’s Eye or as Crocidolite) Use at the 3rd Chakra (Solar Plexus Chakra), the 5th Chakra (Throat Chakra), or at the 6th Chakra (Third Eye Chakra/Brow Chakra) for grounding, to increase psychic powers, to encourage the rising of the kundalini through the chakras, for protection, to instill inner-strength, to stimulate compassion, to aid one in sorting through details and to aid in completing tedious tasks, to aid in removing negative habits, to banish depression, to heal the eyes, to treat disorders of the reproductive system, for balancing the chakras, to aid in healing broken bones, to aid in communication, for peace and calming, and to banish fears of all kinds.

For more information, please visit http://www.crystalhealer1.webs.com
TIGER'S EYE, GOLDEN: Use at the 3rd Chakra (Solar Plexus Chakra) for grounding, to increase psychic powers, to encourage the rising of the kundalini through the chakras, for protection, to stimulate compassion, to aid one in sorting through details and to aid in completing tedious tasks, to pull together many details in order to make sense of a whole, to aid in removing negative habits, to instill self-confidence and inner-strength, to promote equality, to banish depression, to heal the eyes, to treat disorders of the reproductive system, to aid in healing broken bones, to help one succeed on tests and exams, & to encourage success in business meetings.

TIGER'S EYE, RED: (Also known as Falcon’s Eye, Dragon’s Eye, or as Ox Eye) Use at the 1st Chakra (Root Chakra/Base Chakra) or at the 3rd Chakra (Solar Plexus Chakra) for grounding, to increase psychic powers, to encourage the rising of the kundalini through the chakras, for protection, to stimulate compassion, to aid one in sorting through details and to aid in completing tedious tasks, to aid in removing negative habits, to banish depression, to heal the eyes, to encourage sensible actions, to treat disorders of the reproductive system, to aid in healing broken bones, to increase vitality, and to encourage motivation.

TOPAZ, BLUE: Use at the 5th Chakra (Throat Chakra) to facilitate communication with one’s Guardian Angel, to connect one with the water element, to stimulate one’s intuition and psychic powers, to help one go with the flow and be open to what the universe has to offer, to help one to channel his or her creative energies in a positive manner, and to heal problems associated with the throat and adrenals.

TOPAZ, LEMON: Use at the 3rd Chakra (Solar Plexus Chakra) to instill happiness and joy, to relieve the symptoms of Seasonal Affective Disorder (S.A.D.) by bringing the light of the sun into the physical body, to promote inner strength and courage, and to promote the absorption of vitamins and antioxidants.

TOPAZ, IMPERIAL GOLDEN: (Also known as Topaz, Imperial Golden and as Topaz, Golden Imperial) Use at the 3rd Chakra (Solar Plexus Chakra) and at the 7th Chakra (Crown Chakra) to bring the divine light of spirit into the body, to neutralize cancerous cells within the body, to open the crown chakra, to enhance meditation, to aid in forgiving oneself as well as others, and to relieve symptoms of upset stomach, digestive pain or discomfort, or gastric upset.

TOURMALINE, BLACK: (Also known as Schorl or as Aphrizite) Use at the 1st Chakra (Root Chakra/Base Chakra) for protection against electromagnetic pollution and negative energy, grounding, increased physical energy, to banish negative thoughts, to enhance positive thinking and creativity, to reduce geopathic stress, to strengthen the immune system, for cleansing the physical and ethereal bodies, and to aid in decreasing arthritis pain.

For more information, please visit http://www.crystalhealer1.webs.com
TOURMALINE, BLUE: (Also known as Indicolite or as Indigolite) Use at the 6th Chakra (Third Eye Chakra/Brow Chakra) to stimulate the intuition, to bring clarity to one’s intuitive insights, to aid one in staying in the present moment by promoting conscious awareness, to aid in the decision-making process, to facilitate communication (especially when communicating one’s psychic insights or “predictions” to another person), to aid one in being compassionate to all beings (by way of the third eye one is able to put oneself in another’s shoes in order to better understand that person’s actions or behaviors), and to keep the third eye focused on one thing at a time so as to keep one from feeling scattered or overwhelmed with information.

TOURMALINE, ELBAITE GREEN: (Also known as Verdite, Verdelite, Verdalite, Verdalite Tourmaline, Verdite Tourmaline, or as Verdelite Tourmaline) Use at the 4th Chakra (Heart Chakra) for balancing the chakras, for protection from negative energy, for healing the mind, body, and spirit, to instill virtuous behavior, for personal growth, for spiritual ascension, and to connect one with nature.

TOURMALINE, PINK: (Also known as Rubellite or as Rubellite Tourmaline) Use at the 4th Chakra (Heart Chakra) for encouraging love, for emotional healing, for balancing the mind, body, and spirit, for enhancing friendships, and for promoting feelings of safety and security.

TOURMALINE, UVITE GREEN: Use at the 1st Chakra (Root Chakra/Base Chakra) or at the 4th Chakra (Heart Chakra) to attract wealth, prosperity, and abundance, to help one to attract wealth, prosperity, and abundance, to help one in determining his or her appropriate career path, to banish envy, to deter greed, to instill a sense of gratitude in the user, to enhance the feng shui in a room by moving chi (life force energy), and to promote balance and harmony.

TOURMALINE, VIOLET: (Also known as Mozambique Tourmaline or as Cuprian Tourmaline) Use at the 4th Chakra (Heart Chakra) for aiding in the spiritual ascension process, to release karmic debts, to cool the heat of anger, and for balancing the body, mind, and spirit.

TOURMALINE, WATERMELON: Use at the 4th Chakra (Heart Chakra) for balancing the mind, body, and spirit, for balancing the chakras, to promote peace, calming, and tranquility, to instill joyfulness, to enhance gratitude, and to comfort one during difficult times. This stone is a combination of Green Tourmaline and Pink Tourmaline found in the same stone, therefore, it also embodies the properties of both of these stones.

TURQUOISE: Use at the 4th Chakra (Heart Chakra) or at the 5th Chakra (Throat Chakra) for enhancing communication with beings from other realms, to enhance self expression and communication, to help one to live in the moment, to remove negativity from oneself and one’s environment, to enhance self confidence, to relieve symptoms of acid reflux or heartburn, to aid in relaxation, for spiritual

For more information, please visit http://www.crystalhealer1.webs.com
ascension, to help one to remain on the path for his/her highest good, to boost
the immune system, to aid in healing ailments of the eyes, to reduce acidity in the
body and aid in detoxification, and to reduce inflammation.

**TURQUOISE, SLEEPING BEAUTY:** Use at the 4th Chakra (Heart Chakra), 5th
Chakra (Throat Chakra), or at the 6th Chakra (Third Eye Chakra/Brow Chakra), to
protect the energy body of the user, to facilitate communication between the user
and his or her ancestors, to promote astral travel, to encourage journeying and
healing while in the dream state, to enhance one’s clairvoyant abilities (psychic
sight), to help treat sleep disorders (especially insomnia), and to promote feelings
of peace and tranquility.

**ULEXITE:** (Also known as T.V. Stone, T.V. Rock, Television Stone, or as
Television Rock) Use at the 7th Chakra (Crown Chakra) to bring clarity and
lucidity to all activities (especially those requiring intense concentration), to raise
one’s energetic vibration, to help one to see the hidden meaning in a situation,
and to aid one during the ascension process.

**UNAKITE:** (Also known as Epidote with Feldspar) Use at the 4th Chakra (Heart
Chakra) for creating emotional balance, to stimulate compassion and empathy, to
courage gratitude, for spiritual ascension, to establish a connection with nature
(especially with the plant kingdom), to balance chakra energy, to instill
determination, and to facilitate feelings of love and friendship. This stone
contains Epidote, so these properties also apply.

**VANADINITE:** Use at the 1st Chakra (Root Chakra/Base Chakra) or 2nd Chakra
(Sacral Chakra/Spleenic Chakra) to increase vitality, to strengthen the immune
system, to aid in detoxifying the physical body, to aid in assimilation of vitamins
and nutrients, to manifest prosperity and abundance, to create lasting bonds
between family and friends, to enhance creativity in artistic endeavors, and to
instill joy.

**VESUVIANITE, PURPLE:** (Also known as Purple Idocrase) Use at the 1st Chakra
(Root Chakra/Base Chakra), 4th Chakra (Heart Chakra), or at the 7th Chakra
(Crown Chakra) to instill love and compassion for all beings, to help one
recognize the oneness of all things, to connect one with the Goddess Quan Yin,
and to transform fiery or aggressive energy into positive energy.

**WULFENITE:** Use at the 2nd Chakra (Sacral Chakra/Spleenic Chakra) or at the
3rd Chakra (Solar Plexus Chakra) to facilitate a connection with one’s totem
animal(s), to increase strength and vitality, to balance the emotions, to aid in
grounding, to banish negative thoughts from one’s mind, and to balance the fire
element in some astrological signs.

**ZEBRA STONE:** (Also known as Zebra Marble, Zebra Jasper, and as Zebra
Rock) Use at the 1st Chakra (Root Chakra/Base Chakra) or at the 7th Chakra

For more information, please visit http://www.crystalhealer1.webs.com
(Crown Chakra) to balance yin and yang energies, to balance male and female aspects of the self, for promoting harmony and tranquility, to instill ancient wisdom and values, to promote love for one’s shadow side and help it to grow toward the light, and to balance the body, mind, and spirit.

**ZINCITE, GREEN**: Use at the 4th Chakra (Heart Chakra) for enhancing inner strength, to enhance energetic healing, to stimulate intuition, and to promote harmony and cooperation within groups.

**ZOISITE, GREEN**: Use at the 4th Chakra (Heart Chakra) to refresh the body and mind, to heal the heart chakra, to enhance masculine energy in one who is lacking it, for balance, to help treat symptoms associated with digestive upset (nausea, heartburn, excess gas, Irritable Bowel Syndrome, etc.), to connect one with his or her totem animals (especially for receiving Bee medicine), and for general health and wellbeing.

*Crystal Healing is not meant to replace conventional medicine, but rather to complement and enhance it. The information within this guide is purely metaphysical in nature and is by no means medical. Crystal Healing should only be used with the understanding that it is not an independent therapy, but one that is a part of a holistic healing approach.*

Ashley has been drawn to work with crystals and stones since childhood. After years of self-study, she began earning a number of professional certifications in crystal healing. Ashley Leavy is a Master of Crystology and is Certified and accredited in Melody’s Level I & Level II Love is in the Earth Workshops. She has also studied with Master Crystal Teacher DaEl Walker of the Crystal Awareness Institute. Ashley has earned many other certifications over the years and considers continuing education on the subject to be a top priority. Ashley is also a member of the Global Spiritual & Holistic Association, which strives to support a professional approach and a high standard of practice for ethical and conscientious holistic therapists. In addition to offering healing sessions, Ashley loves to teach and presents a number of in-person workshops as well as correspondences courses on crystal healing. She is also an accomplished, published author and is currently writing a book on crystal healing.

For more information, please visit http://www.crystalhealer1.webs.com

This guide may be printed, distributed, or published with permission of the owner/author, Ashley Leavy. It must remain unchanged and in its entirety and credit must be given to the author.