

# *A-Z Stone Metaphysical Property Guide*

## **A**

### **Actinolite**

A shielding stone that facilitates incredible expansion in the energy bodies. It allows one to see more clearly into the expanded energy field to recognize blocks.

### **Alexandrite**

From Brazil, Alexandrite has regenerative power to enhance rebirth of both the inner and outer self. Helps expedite the changing of one's world while producing the qualities of expansiveness, creativity, and awareness. Helps to improve diseases of the nervous system.

### **Amazonite**

Eliminates irritating and negative energy. A communication stone, that aids in gathering thoughts and helps to vocalize feelings. Brings forth clarity and spirit. Reveals the energy of Universal Love.

### **Amber**

Allows the body to heal itself by absorbing and transmuting negative into positive energy. Cleansing and purifying, calms nerves and brightens disposition.

### **Amblygonite**

A calming stone. It assists in stabilizing energy. This stone is considered the "food" of the gods.

### **Amethyst**

Purifies and amplifies the healing and spiritual energies. Balances emotional highs and lows. Strengthens the blood, circulatory and immune systems. Transforms blocked energies. Helps protect from overindulgences.

### **Ametrine**

The marriage stone, the natural occurrence of amethyst and citrine. Blending of earthly and spiritual energies. Activates creativity, intuition and clarity. Assists in attracting the riches of earth. Energizing like the sun, warming, comforting and life giving.

### **Ammolite**

Opalized fossil (ammonite). Stimulates the fire of creativity. Provides structure and stability for growth. Protective. Helps to treat the lungs and limbs.

### **Andalusite**

Helps one to remain grounded by connecting the facets of one's life and bringing them together. Aids in memory stimulation.

### **Andaras Crystal Glass**

Deep green "heart" variety of Andaras found in El Dorado County, CA. A very happy stone, easily lifting the heart. Often described as a "Fountain of Youth" stone.

### **Andesine**

Helps us to "step back" from judgments, providing an objective view in order to re-order and stabilize.

### **Andradite Garnet**

Assists in matters of the heart. Teaches compassion and empathy for others. Encourages emotional stability in times of transition. Gently extracts negative energy from the chakras.

### **Angel Aura**

Angel Aura energizes. Heals stressful relationships. Assists in resolution and objectivity.

### **Angelite**

Discovered during the Harmonic Convergence and is a symbol of Love and Light to the world. A stone for raising conscious awareness and for promoting clear communication. Dispels anger and provides a protective field.

### **Apatite**

Balances and connects the physical, emotional, mental and spiritual bodies. A great manifestation stone, enhancing creativity. Helps to awaken psychic abilities. Assists in healing the endocrine system. Can suppress hunger.

### **Aqua Aura**

Good for relaxing stress, increases ability to communicate. Joins love with wisdom to create compassion. Aids in getting rid of headaches and calming fever.

## Aquamarine

The stone of courage, encourages the innate ability to always be prepared and to curb fears. Sharpens intuition. Emits compassionate energy and provides emotional stability. Aids in verbal expression. Excellent for meditation and connecting with nature. Helps with eyes, teeth and bones.

## Aragonite

Relieves stress. Helps in times when patience is needed. It allows one to maintain discipline during activities. It is used to treat chills, to bring warmth to any area.

## Astrophyllite

Exhibits properties of facilitating astral travel. Provides a method to view one self from the outside. Produces recognition of self esteem. Helps us to perceive that “we are, in fact, all stars.”

## Axinite

Useful in helping to submit to change. Helps to see what to change and what to change to. Grounds and aligns physical energy with earth. Excellent problem solving stone.

## Azurite

Dissolves fear and transforms it into understanding. Increases communication abilities. Renews and motivates. Integrates the physical with the spiritual. Amplifies healing and meditation. Relaxing, eases stress.

## Azurite-Malachite

Dissolves fear and transforms it into understanding. Increases communication abilities. Renews and motivates. Integrates the physical with the spiritual. Aids meditation. Relaxing. Strongly in tune with nature and healing. Connects the heart and throat chakras. Aids in communicating emotionally to another.

## B

### Banded Agate

Assists in the ability to go within, allowing one to perceive the “big picture”. Helps to open the crown chakra and connect with Source.

### Bahia Blue Obsidian

Natural Blue Obsidian from Bahia, Brazil. Very helpful in clearing the mind. An excellent aid in meditation, and helps to open the third eye. A benevolent guide for developing intuition and insight.

### Benitoite

Helps to provide clear communication. Brings joy and wellbeing to oneself.

### Bi-Color Tourmaline

Aids in communication while remaining connected to the heart. Helpful in long distance communication as well as contact to other worlds. Also used to amplify other stones. A very powerful stone.

### Black or Brown Obsidian

Used to produce honesty in ones actions, and insight into the future. Induces creativity and independent thought and action. A grounding stone, that helps connect with the Earth.

### Black Diamond

Instills the aspect of trust in oneself and others. Brings confidence and fidelity. Enhances strength.

### Black Jade

Improves one’s ability to remember dreams and assists in “dream solving”. Is said to bring the user a long and fruitful life, with a gentle transition from this body to the spiritual world. Helps attune one to the needs of others.

### Black Star Diopside

An intellectual stone that enhances learning through analysis and logic. Helps one get in touch with their feminine nature, which aids in healing the strong-willed. Treats weakness in the physical body and psychological disorders. A very creative stone.

### Black Tourmaline

Repels and protects from negativity. Activates grounding between the first chakra and the earth. Protects against those who aren’t in the Light and those in the spirit world.

### Bloodstone

Encourages caution with courage. Helps one to accept change and overcome anxiety. Assists to improve ones talents and stimulates flow of energy. Renewal of love and relationships. Aids in purification and circulation of blood, kidneys, bladder and liver.

### Blue Apatite

Calming and centering, clears mental confusion. Can be used to develop all psychic abilities. Enhances creativity, awakens the finer inner self. Can be used to focus healing energy to the physical body.

### Blue Aventurine

Aids in communication and visualization, opening and clearing intuition for instinctive action.

### Blue Chalcedony

A helpful stone in accessing spiritual guidance. Soothes and balances energy of body, mind, emotion, and spirit. Encourages a sense of belonging. An excellent stone for enhancing one's ability to communicate with clarity. Increases mental stability.

### Blue Flash Moonstone

Assists in the understanding of and facilitates change in one's personal growth. Helps to open the ability to see auras and energy fields and to discern their differences.

### Blue Jade

Improves one's remembering of dreams and assists in "dream solving". Is said to bring to the user a long and fruitful life with a gentle transition from this body to the spiritual world. Helps attune one to the needs of others.

### Blue Lace Agate

Helps one to enter higher states of awareness. Releases excess stress and calms the emotions after difficult times. Increases one's ability to express Truth. Encourages a peaceful flow of energy. Stabilizing and strengthening.

### Blue Lepidolite

The stone of transition. Assists in the restructuring and reorganizing of old patterns. Gently induces change and allows for a smooth transition. Aids in digestion and relieves stress.

### Blue Opal

Can be used to stimulate communication skills and to assist one in having the courage to speak. Also stimulates creativity in speaking, singing or other communicating. Used to balance the metabolism.

### Blue Quartz

This stone is the natural occurrence of blue tourmaline in clear quartz. Activates the throat chakra, and promotes speaking of one's mind. Releases introversion and fear, while promoting experiences which are fresh and new.

### Blue Spinel

Spinel has been renowned through the ages in prolonging life so much so that it is known as the "stone of immortality". It has the unusual characteristic of bringing out the inner beauty of those who wear it. It brings to light one's best attributes. Blue spinel works primarily with the throat and third eye chakras, enhancing communication, enhancing inner vision, aiding in channeling and clairaudience.

### Blue Topaz

Aids in the search for truth. Helps in times of stress. A manifestation stone. Allows one to be able to communicate their desires effectively.

### Blue Tourmaline

Activates the throat and third eye chakras and connects with the heart. Assists in communication and intuition combining with compassion.

### Blue Zircon

Promotes mental and spiritual union. Brings one into a virtuous state of being. Good for travel and exploration.

### Boulder Fire Opal

Grounds and promotes clarity. Excellent for cleansing the aura. Helps to relieve mental stress while promoting clarity. Facilitates connection with one's guides.

### Brown Zircon

Promotes mental and spiritual union. Good for treatment of sciatica. Good for travel and exploration.

### Bustamite

Useful for the removal of energy blockages and in re-aligning the energy channels. Activates the heart chakra, very calming in stressful situations. A wonderful meditation stone, and stimulates awareness during dream time. Expanding.

## C

### Cacoxenite

Is said to be a "stone of ascension." Increases spiritual awareness at all levels. Allows one to see the positive in all events. Assists in past life recall. Helps alleviate stressful conditions.

### Calcite

Golden calcite is an excellent energy source for the crown chakra. An energy amplifier, helps the mind and body to remember. Brings forth polarizing energy to clear and activate all the chakras. A world teacher of awareness and appreciation of nature. Useful to promote decalcification of bone growths, and balancing of calcium.

### Carnelian

Helps stimulate thought that leads to challenging and enriching experience. Strongly influences the reproductive organs. Purifier for blood and liver. Excellent for lower back trouble. Strengthens creativity. Helps ground and focus thought.

### Cat's Eye Quartz

An unusual, chatoyant variety of quartz which is helpful in soothing and quieting the mind and easing the nervous system. Helpful in cleansing the aura, transforming and eliminating negative energies. A helpful stone in treating eye disorder. May also relieve headaches.

### Cat's Eye Jade

Improves one's memory of dreams and assists in "dream solving". Is said to bring the user a long and fruitful life.

### Cavansite

Soothes the emotional body. Psychic protector. Provides a safe environment around the wearer, a helpful stone to wear when engaging in energy work. Assists in the development of intuition. Delivers insight as we move into new territories. Allows us to move with ease into the unknown.

### Celestial Moonstone

Can assist in times of change, on the physical, emotional, mental and spiritual levels. A stone which allows the flow of intuition for understanding rather than intellectual thought. Assists in embodying the goddess.

### Celestite

A stone for balance, in clearing and perfecting the chakras. Provides access to the angelic realms. Assists in manifestation, astral travel and dream recall. An excellent healing stone.

### Charoite

Assists in opening up to our life's purpose. A protective transmuter of negative energies. Helps to discover our deepest fears and allowing us to heal and release them. Gives us the courage to take our highest path.

### Chlorite Phantom Quartz

Activates a connection with the Earth. Facilitates memories of past lives. One of the most favorable healing stones. It is a purifier and is useful in cleansing the aura and chakras. Contains history of times from the crystals growth. Black phantoms assist with further grounding.

### Chrome Chalcedony

Relieves inner tension, especially those issues that weigh heavily on the heart. Promotes soft cleansing of the liver, dissolves anger and resentment. Helps to relieve scattered thought and anxiety.

### Chrome Diopside

Healer of hearts. Opens and activates the heart chakra in such a way as to restore the "heart" of your life. Assists in mending relationships with others and within ourselves. Cleanses traumas (especially those that have broken our heart) and restores our pure essence.

### Chrysacolla

Relieves nervous tension due to fear or guilt. Helps to get in touch with ones feelings (female energies). Promotes maturity and emotional balance. Used for menstrual disorders, pregnancy and birth. The mother (Earth) stone.

### Chrysacolla in Quartz

Relieves nervous tension due to fear or guilt. Helps to get in touch with ones feelings (female energies). Promotes maturity and emotional balance. Used for menstrual disorders, pregnancy and birth. The mother (Earth) stone.

### Chrysoprase

Instills a state of grace, energizing the heart chakra, great for meditation. Provides for non-judgmental attitudes, being less egotistical creating compassion. Encourages fidelity in business and personal affairs.

### Citrine

Assists in acquiring and maintaining prosperity. Delivers both comfort and optimism. It does not hold negative energy, but dissipates it. Smooths family and business relationships. Aids in digestion and to activate the thymus.

### Clear Quartz

Helps to heal the mental, physical and spiritual ailments. Contains all colors to help balance, energize and expand all elements to make us whole and fulfilled. Helps each of us to find our own inner light.

### Color Change Garnet

Tunes one to the higher self. A stone of awakening and purification. Stabilizing. A fabulous stone for inner exploration and realization.

### Cobaltite

Emotionally uplifting. Aids in creative endeavors. Helps to find and remember the "god within". Can be used to treat infections.

## Covellite

A stimulant for psychic powers. It assists with producing a positive outlook for the wearer. Allows for better communication skills.

## Crazy Lace Agate

Helps with physical bio-rhythmic lows. It allows one to laugh heartily. It can be used to treat the heart and other vital organs.

## D

### Danburite

Powerful intellectual activator. Useful to help let your Light shine. Carries a very high vibration, to help stimulate the 6th and 7th chakras. Used in treatment of gall bladder and liver and assists in the removal of toxins.

### Dementoid Garnet

Extracts negative energy from the chakras while opening the heart and enhancing the healing process.

### Deschutes Jasper

Assists with the “mind–body” connection, clarifying information both ways. Helps with kidney problems.

### Dioptase

Helps us “to live in this moment”. Assists not only to empower and heal oneself but our planet. To relieve oppressive feelings and situations, and to realize our own richness and to utilize them. Amplifies the heart center through love energy. Helps to release pain and stress, used to lower high blood pressure.

### Drusy Amethyst

Purifies and amplifies the healing and spiritual energies. Balances emotional highs and lows. Strengthens the blood, circulatory and immune systems. Transforms blocked energies. Helps protect from overindulgences.

### Drusy Andradite Garnet

Assists in matters of the heart. Teaches compassion and empathy for others. Encourages emotional stability in times of transition. Gently extracts negative energy from the chakras.

### Drusy Angel Aura

Angel Aura energizes. Heals stressful relationships. Assists in resolution and objectivity.

### Drusy Azurite

Dissolves fear and transforms it into understanding. Increases communication abilities. Renews and motivates. Integrates the physical with the spiritual. Amplifies healing and meditation. Relaxing, eases stress.

### Drusy Blue Chalcedony

A helpful stone in accessing spiritual guidance. Soothes and balances energy of body, mind, emotion, and spirit. Encourages a sense of belonging. An excellent stone for enhancing one’s ability to communicate with clarity. Increases mental stability.

### Drusy Blue Lace Agate

Helps one to enter higher states of awareness. Releases excess stress and calms the emotions after difficult times. Increases one’s ability to express Truth. Encourages a peaceful flow of energy. Stabilizing and strengthening.

### Drusy Chrysacolla

Relieves nervous tension due to fear or guilt. Helps to get in touch with one’s feelings (female energies). Promotes maturity and emotional balance. Used for menstrual disorders, pregnancy and birth. The mother (Earth) stone.

### Drusy Clear Quartz

Helps to heal the mental, physical and spiritual ailments. Contains all colors to help balance, energize and expand all elements to make us whole and fulfilled. Helps each of us to find our own inner light.

### Drusy Cobalt Quartz

Drusy Cobalt Quartz connects with one’s third eye, assisting in all intuitive pursuits. Energizes the physical, emotional and spiritual bodies. Protects against the negative emotions of others. Produces a clean, safe environment for growth and understanding. Very grounding.

### Drusy Cobaltite

Emotionally uplifting. Aids in creative endeavors. Helps to find and remember the “god within”. Can be used to treat infections.

### Drusy Dioptase

Helps us “to live in this moment”. Assists not only to empower and heal oneself but our planet. To relieve oppressive feelings and situations, and to realize our own richness and to utilize them. Amplifies the heart center through love energy. Helps to release pain and stress, used to lower high blood pressure.

### Drusy Fluorite

Diminishes stress. Cleanses and focuses the body. Gives relief from arthritis and is an ancient cure for cancer. Grounds excess energies and aids in spiritual awakening. Arouses sexual energy.

### Drusy Garnet

Extracts negative energy from the chakras. A good stone to work with while developing movement of the Kundalini. Balances the physical and ethereal bodies.

### Drusy Green Garnet

Extracts negative energy from the chakras while opening the heart and enhancing the healing process. A good stone to work with while developing movement of the Kundalini. Balances the physical and ethereal bodies.

### Drusy Malachite

A strong stone. Wear to magnify and enhance positive energy flows. Useful for relaxation. Strongly in tune with nature and healing. Increases the ability to love. Heightens one's capacity to express feelings in a positive way.

### Drusy Merlinite (Psilomelane)

A great meditation stone. Also used for intuitive visualization. Helps to correct old patterns of behavior in the emotional and mental bodies. Aids in healing the upper respiratory system.

### Drusy Montana Agate

A grounding stone which also can stimulate the crown chakra. Can be used to cleanse and energize all of the chakras as well as other minerals.

### Drusy Pyrite

A protective stone that shields one from negative energy - especially from pollutants. Also works to avert physical danger. Useful in treating infections, lung disorders and bronchitis. Encourages excellent health.

### Drusy Rose Quartz

Gently energizes and creates warmth. Helps to discover love in ourselves and others. Lifts depression, creates confidence and peace. Helps the heart and circulatory system. Heightens personal expression.

### Drusy Titanium Quartz

Natural clear quartz which has been molecularly bonded with titanium. One of the most powerful and intense crystals found. Very energizing to the mental and physical bodies.

## E

### Emerald

The stone of successful love, can provide for domestic bliss. Combines intelligence with discernment allowing for "right action". Opens, activates and stimulates the heart chakra, while quieting the emotions.

### Epidote (in Quartz)

Helps to amplify any aspect of ones self for examination and healing. Dispels self criticism to see more clearly.

### Eudialyte

Opens and activates the heart chakra, assisting in the manifestation of unconditional spiritual love on this plane. Brings insight and confidence into being. Used in the treatment of the eyes.

## F

### Fancy Sapphire

A stone of joy and peace of mind. Allows one to find inner beauty.

### Fluorite

Diminishes stress. Cleanses and focuses the body. Gives relief from arthritis and is an ancient cure for cancer. Grounds excess energies and aids in spiritual awakening. Arouses sexual energy.

### Fluorite with Pyrite

A powerful healing stone. Calms and protects. Encourages order within the mental, physical, emotional and spiritual systems. Grounds Light through the body. Used to heal as well as protect from RNA/DNA damage.

### Fuchsite

Diminishes stress. It assists in "bouncing back" from difficult situations. Enhances knowledge. It assists in balancing the red and white blood cell count.

### Fuchsite with Kyanite

Diminishes stress. It assists in "bouncing back" from difficult situations. Enhances knowledge. It assists in balancing the red and white blood cell count.

## G

### Garnet

Extracts negative energy from the chakras. A good stone to work with while developing movement of the Kundalini. Balances the physical and ethereal bodies.

### Gem Silica Chrysacolla

Relieves nervous tension due to fear or guilt. Helps to get in touch with one's feelings (female energies). Promotes maturity and emotional balance. Used for menstrual disorders, pregnancy and birth. The mother (Earth) stone.

### Gold in Quartz

Helps create balance. Energizing and healing. Helps each of us to find our own inner light. Symbolizes the spiritual aspect of "all that is".

### Gold Sheen Obsidian

Helps to balance energies in one's aura. Assists in deflecting negativity and releasing negativity. Adds insight as to the path for positive change. A grounding stone, that helps connect with the Earth.

### Golden Beryl

Opens the Crown and Solar Plexus chakras, helping to balance the intellect with spirituality. Assists one to have the confidence and conviction to solve any problem. Represents purity in all aspects of being.

### Golden Danburite

Promotes a sunny disposition and positive thinking. Helps one to embody angelic wisdom and all the gifts that flow from alignment.

### Golden Feldspar

Promotes strength of character. Sheds a light on old issues. A valuable aid in releasing patterns, problems and traumas.

### Golden Labradorite

Historically associated with the power of the sun, brings rejuvenation and strength. It is also said to connect one with beneficent spirits and ward off ills. Brings good luck.

### Golden Topaz

A manifestation stone. Helps connect with cosmic flow and highest good. Stores energy.

### Goshenite

Goshenite encourages truth in one's word. Helps one to maintain composure and self control. Facilitates creativity and originality. Excellent for stabilizing relationships. Used to open and activate the crown chakra.

### Grape Garnet

Very similar in properties to Red Garnet. Introduces the Violet Flame to transmute issues of the root chakra. Especially helpful in clearing fears. Provides grounding of negative energies. A very balancing stone.

### Green Aventurine

Enhances creativity, individuality and independence. Excellent protector (shield) for the heart. Helps in alignment of the intellectual, emotional, physical and auric body. Helps in times of stress.

### Green Garnet

Extracts negative energy from the chakras while opening the heart and enhancing the healing process. A good stone to work with while developing movement of the Kundalini. Balances the physical and ethereal bodies.

### Green Obsidian

Protects and shields against negativity. Cleanses and stimulates the heart area, creating euphoria. Helps to remove "hook-up" cords to others. Aids in looking at one's own flaws.

### Green Tourmaline

Connects the third eye and heart, to teach "seeing with the heart". Has a masculine energy with compassion, transforms negative energy to positive. Gives us a connection to the plant kingdom. Inspires creativity, attracts success, prosperity and abundance. Good for weight loss.

## H

### Hawks Eye

Focuses the mind. Helps one to see and understand different perspectives. Gets us in touch with our connection to the Earth. The peacefulness and warmth calms emotions.

### Heliodor

Activates personal power and intellect. Aids in developing compassion and understanding. Facilitates protection and purification of negative energies. Brings balance to the conscious and unconscious aspects of one's self.

### Hematite

Iron based, very grounding. Helps to avoid spaciness. Good for kidneys. Aids intuition. Also used as a protective shield.

### Hemimorphite

Enhances self esteem. Relieves feelings of hostility and anger. Said to bring one "luck" and a charming manner. Encourages one to live in a joyous and creative way. Assists one in self-transformation and personal evolution.

## **Herkimer Diamond**

This quartz has the energy of delicate harmony, the awareness of one's self and the appreciation of that in all of us. Helps in the process to begin again. In this lifetime, to help clear unconscious fears, in order to expand. To attune oneself with others, places, and experiences. Stimulates psychic abilities. Useful for dispersal of toxins and rebuilding of cells.

## **Hessonite Garnet (Gomed)**

Revered for its ability to strengthen the connection between the 7th chakra and the Divine Flow. Encourages the embodiment of our own Divinity, restoring both innocence and grace. A very protective stone which shields us from interference and negative thoughts. Teaches a child-like approach to life.

## **Hiddenite (Green Kunzite)**

Stimulates the heart chakra while providing a powerful peace. Can be used to remove obstacles from ones path and dissolves negativity. Acts as a shield. Good for heart and lungs.

## **Holly Blue Agate**

Improves communication. Excellent for enhancing and focusing the connection with your spiritual guides and teachers. Can be used to assist in channeling information. Soothes the emotions and calms the mind.

## **Hypersthene**

Relieves the effects of harsh criticism, and promotes the clearing of judgments. Provides a healthy, empowering outlook.

## **I**

### **Imperial Topaz**

A manifestation stone. Helps to connect with universal energies to see what is needed for the higher good of all (receiving) and also transmits the visualization out to be manifest (sending). Acts as a personal battery, send high energy to the stone for use later.

### **Iolite**

One of the best stones for use of the third eye and crown chakras. Aids in gaining accuracy in intuitive pursuits.

## **J**

### **Jade**

Improves ones remembering of dreams and assists in "dream solving". Is said to bring to the user a long and fruitful life with a gentle transition from this body to the spiritual world. Helps attune one to the needs of others.

### **Jet**

Gently protective and can be used to dispel fearful thoughts. Stimulates the Kundalini at the base Chakra and facilitates the movement to the crown. Also a calming stone. Good for migraine headaches.

## **K**

### **Kunzite**

Stimulates the heart chakra while providing a powerful peace. Can be used to remove obstacles from ones path and dissolves negativity. Acts as a shield. Good for heart and lungs.

### **Kyanite**

Activates and aligns all major Chakras with little conscious direction. Promotes relaxed awareness, a great meditation stone. Does not retain negative energies.

## **L**

### **Labradorite**

Connects the intuition with the intellectual. Protects and helps to keep ones aura clear. Attracts strength, providing vitality. Helps with originality. Provides clarity to the inner self and enhances patience.

### **Lapis**

A stone of royalty. Assists one to develop the power of mind, intuitive, wisdom and memory. Releases and heals emotional wounds. Focusing. Cleanses the system and makes it free of impurities. Opens the heart to love and beauty.

### **Larimar**

Stone for Earth healing. It represents peace and clarity, emitting healing and love energy. Awakens inner wisdom and manifestation. Helps one to be inspired and encourages improvement on spiritual and physical planes. Assists in dimensional and cellular work.

### **Leopard Skin Jasper**

An protective stone, energizes and balances the bodies. Helps one to accept responsibility and increase patience. Assists in stabilizing nutrition and meditative breathing.



### Lepidocrocite in Quartz

An empowerment stone for manifesting. Encourages visions and takes you into a world beyond space and time where your dreams can manifest. Aligns your visions with the Highest Good. Encourages peace and a sense that “everything is in order”. Purifier. Eases disorders based in false self-image.

### Lepidolite

The stone of transition. Assists in restructuring and reorganizing of old patterns. Gently induces change and allows for a smooth transition. Aids in digestion and relieves stress.

## M

### Mabe Pearl

A cross between Pearl and Mother of Pearl. Provides emotional stability and calm strength. Brings faith, charity, and innocence. Enhances personal integrity. Helps to improve one's attention and provides a clear, clean connection for receipt of spiritual guidance. Teaches us how to create beauty amidst adversity.

### Malachite

A strong stone. Wear to magnify and enhance positive energy flows. Useful for relaxation. Strongly in tune with nature and healing. Increases the ability to love. Heightens one's capacity to express feelings in a positive way.

### Manifestation Quartz

Helps us to visualize the “complete picture” of what we are creating. Aids us in “holding the vision” so that it will become manifested.

### Maw Sit Sit Jade

A rare and highly prized form of Jade. Brings fruitful living, excellent health and abundance. Helps to heal traumas and issues of the past. Stimulates positive attitude and intention.

### Melon Tourmaline

Enhances creativity and intuition. Brings a sense of newness and vitality to experiences. Enhances joy. A stone of laughter.

### Merlin Mist

Merlin Mist is for gazing through the mist to see the truth. Clears obstructions, brings visions and insight.

### Merlinite (Psilomelane)

A great meditation stone. Also used for intuitive visualization. Helps to correct old patterns of behavior in the emotional and mental bodies. Aids in healing the upper respiratory system.

### Meteorite

A grounding stone which also vibrates to extra-terrestrial realms. Aiding in grounding those realms. Helps one to connect with and balance the bodies.

### Mexican Fire Agate

Dispels fear. Offers protection and brings introspection and inspiration. Restores eyesight and improves circulation.

### Mexican Fire Opal

Revitalizer. Awakens our vital energy. Helps in releasing blocks that impair creativity and positive expression of our Life Force Energy. Assists one in finding the path of their most rewarding expression. Opens the doors of understanding so life's lessons come with ease. Teaches “embracing” and positive action.

### Moldavite

Moldavite is among the most powerful stones, with an extremely high vibration. Helps open and clear blocks in any of the chakras. An excellent meditation stone, used at the heart, third eye, and crown chakras.

### Montana Agate

A grounding stone which also can stimulate the crown chakra. Can be used to cleanse and energize all of the chakras as well as other minerals.

### Mookite

A variety of Jasper found in Australia. Tuned to the heartbeat of Mother Earth. Mookite lifts one gently into contact with stellar and galactic consciousness.

### Moonstone

Can assist in times of change, on the physical, emotional, mental and spiritual levels. A stone which allows the flow of intuition for understanding rather than intellectual thought. Assists in embodying the goddess.

### Morganite

A powerful Heart stone. Opens, activates, and stimulates the Heart to bring Love into Life. Promotes equality in relationships. Helps to connect with Universal Unconditional Love. Assists in concerns with the upper respiratory system.

## **Moss Agate**

Helps to improve self esteem and emotional balancing. Aids in communication with the plant and mineral kingdoms. A good prosperity stone.

## **Mottramite**

A strengthening stone - helpful for those who suffer fatigue or have experienced prolonged illness. Also helpful for those who may need an energy supplement in physical endeavors. Strengthens and empowers the immune system - excellent for repelling negative influences that can manifest as physical ailments. Assists in easing one in times of change.

## **Mystic Topaz**

A manifestation stone. Helps to connect with universal energies to see what is needed for the higher good of all (receiving) and also transmits the visualization out to be manifest (sending). Acts as a personal battery, send high energy to the stone for use later.

## **N**

### **Native Copper**

Stimulates initiative, optimism, diplomacy and independence. Assists in policy making. It is a bestower of good, which brings benefit to the user.

### **Native Silver**

Brings "the advantage" into life. Assists in patience, helps diminish fear and increases perception. Assists in eliminating toxins.

### **Natrolite**

A high vibration mineral that assists in purification on all levels. Helps us to achieve our best and be our best.

### **Nebula Stone**

A window to the cosmos. Connects us with the nebulae - where light is born. Enhances ones awareness of being an essential part of the universe. Reminds us that each of us is a bearer of light.

### **Neon Quartz**

Conveys a sense of gladness and joy to the wearer. Encourages freedom. Excellent for reducing stress. Opens the heart chakra and helps us say YES to life. Improves vision so that we may and see the magic and mystery around us. Teaches zesty living.

### **Neon Tourmaline**

Aids in communication while remaining connected to the heart. Helpful in long distance communication as well as contact to other worlds. Also used to amplify other stones. A very powerful stone.

## **O**

### **Ocean Jasper**

Sometimes called orbicular jasper. Promotes strength through good humor and positive thinking. Clears the aura of negativity. Brings out that which is best within us, reveals the path of our soul.

### **Onyx**

A strength giving stone. Helps control passion, emotions and negative thinking. It's low vibration stabilizes and strengthens. Quells fear of the unknown. Good for teeth and bones. Creates balance with earth, making you more comfortable in your surroundings.

### **Opal**

Amplifies ones traits and awakens psychic abilities. Helps to bring hope in the future and faith in ones self. Assists improvement in eyesight.

### **Opalized Chrysacolla**

Relieves nervous tension due to fear or guilt. Helps to get in touch with ones feelings (female energies). Promotes maturity and emotional balance. Used for menstrual disorders, pregnancy and birth. The mother (Earth) stone.

## **P**

### **Paraiba Quartz**

Quartz with copper inclusions that opens the heart center. Helpful with arthritis.

### **Paraiba Tourmaline**

Aids in communication while remaining connected to the heart. Helpful in long distance communication as well as contact to other worlds. Also used to amplify other stones. A very powerful stone.

Pearl  
Signifies faith, charity, and innocence. Enhances personal integrity. Helps to improve one's attention and provides a clear, clean connection for receipt of spiritual guidance.

Peridot  
Helps the understanding of changes in one's life. It provides for a protective shield around the body. Can be used to cleanse and stimulate the Heart and Solar Plexus Chakras. A warm and friendly stone.

Phantom Quartz  
Activates a connection with the Earth. Facilitates memories of past lives. Contains history of times from the crystal's growth. Black phantoms assist with further grounding.

Phenacite  
A Master Teacher. Opens and cleanses the core which connects the chakras, bringing in the Divine Light. Strengthens our unending union with the Source. Facilitates understanding of our True Nature. Sheds light upon and transforms the "illusions" that hold us in disease, dysfunction, and disharmony.

Picasso Marble  
Used to provide clarity in meditation and total recall of dreams. Aids in self-control and mastery of thoughts. A good common sense stone. Provides protection both physical and mental. Used in treatment of bone marrow, lower back pain and infections.

Pietersite (Blue Tempest Stone)  
Stimulates the pineal gland and third eye for clairvoyance and pre-cognitive thoughts. Aligns the energy centers and provides grounding to the etheric body. Stimulates and properly regulates the endocrine system.

Pink Opal  
Renews the sacred relationship between the self and the "All That Is". A stone of spiritual awakening, activating one's energy on all levels. Calming and soothing, an excellent meditation stone.

Pink Sapphire  
Pink Sapphire connects us with the Divine Heart. Brings fullness of experience and richness of life. Teaches compassion. Helps manifest loving relationships.

Pink Spinel  
Brings out inner beauty and encourages our gifts. "Stone of Immortality".

Pink Topaz  
A manifestation stone. Acts as a personal battery, sends high energy to the stone for use later.

Pink Tourmaline  
Stimulates the Crown and Heart Chakras to bring together love and spirituality. Helps in times of growth, to maintain joy and harmony in change. Assists one in channeling Unconditional Love.

Pollucite  
A great stone for Reiki. It embodies affection for humankind. Protects one from environmental hazards.

Prasiolite  
A heart soothing stone. Teaches the power of prayer and forgiveness. Reveals unconditional love.

Prehnite  
Can be used to enhance protective fields. Helps in dreaming and remembering. Brings the aid of the divine to inspire. Can be used in the treatments of the kidneys and the bladder.

Psilomelane (Merlinite)  
A great meditation stone. Also used for intuitive visualization. Helps to correct old patterns of behavior in the emotional and mental bodies. Aids in healing the upper respiratory system.

Purple Jade  
Improves one's memory of dreams and assists in "dream solving". Is said to bring the user a long and fruitful life with a gentle transition from this body to the spiritual world.

Purple Sage Chalcedony  
Is useful for balancing one's energies. Assists in clear thinking and develops one's cognitive abilities. Helps to ease bad dreams. Useful in all precognitive ventures. Promotes enthusiasm.

Purple Scapolite  
A visioning stone. Improves eyesight and inner sight. Brings to mind the simple steps to creating our best destiny.

Purple Tourmaline  
This type of tourmaline relates to the Crown chakra which teaches inspiration. Helps to attain understanding while dispelling fears. Balancing to the chakras relating to the physical plane.

## Pyrite

A protective stone that shields one from negative energy - especially from pollutants. Also works to avert physical danger. Useful in treating infections, lung disorders and bronchitis. Encourages excellent health.

## Pyrite in Quartz

Provides for stability and creating new advances. Excellent for good organization. A great manifesting stone.

## Q

### Quan Yin

Highly revered Goddess of Infinite Compassion and Mercy who has been known for thousands of years throughout Asia. She brings assistance and blessings of health and long life. Known also as protector of children and women.

### Quantum ® - Quattro Silica

A very soothing stone, excellent for meditation. This combination of Shattuckite, Chrysacolla, Diopside, in Smoky Quartz with Malachite, is said to be an immune system builder.

## R

### Rainbow Hematite

Iron based, very grounding. Helps to avoid spaciness. Good for kidneys. Aids intuition. Also used as a protective shield. Aids in grounding the Rainbow Light.

### Rainbow Obsidian

A stone of pleasure, brings gratification and enjoyment to ones life. Brings Love and Light, allowing for a perception of ones spiritual side. Helps in looking into love and relationships.

### Rainforest Jasper

Facilitates opening and balancing of all the chakras. Helps to eliminate toxins, thus increasing the flow of energy throughout the body. Aids in astral travel.

### Red Beryl

Brings out inner beauty and encourages our gifts. "Stone of Immortality".

### Red Brecciated Jasper

A very helpful stone in times of stress when healing tough issues. Shows us how to access our hidden inner resources.

### Red Coral

Brings harmony to the forces of nature within ones own being. Protects from depression. Opens the base chakra. Assists with the treatment of disorders of the kidneys, bladder, and parathyroid.

### Red Quartz

Energizes and revitalizes the physical body. Helps with lower back pains. Can stimulate the Kundalini.

### Red Spinel

Spinel has been renowned through the ages in prolonging life so much so that it is known as the "stone of immortality". It has the unusual characteristic of bringing out the inner beauty of those who wear it. It brings to light one's best attributes. Red Spinel can help gain strength. It also assists with the stimulation of vitality. It may provide clarity.

### Red Tigereye

Focuses the mind, and helps one to see and understand different perspectives. Gets us in touch with our connection to the Earth.

### Red Tourmaline (rubellite)

Stimulates the heart and base chakras. Strengthens the will to understand love. Provides physical energy and vitality to the physical body. Can be used in the treatment of the digestive system.

### Rhodocrosite

Lifts depression, creates peaceful feelings. Unites the conscious and subconscious. Unblocks suppressed feelings and pain so you can move to the future. Good for digestive disorders, ulcers, asthma and lung problems. Expresses gentleness, peace, compassion and love.

### Rhodolite Garnet

A stabilizing stone. Projects clarity and calm into all areas of one's being. Assists one during times of contemplation. Known as the "stone of inspiration". Brings physical passion and emotional love into balance.

### Rhodonite

The stone of love. Activates and energizes the heart chakra for the resonance of unconditional love. Brings an understanding to all relationships. Used to treat emphysema and arthritis.

**Rhodusite**  
Found in the Lake Bikal area of Russia, this stone has also been called blue charoite. Helpful on many different levels, one works with the process of Rhodusite in their own processes of growth.

**Rhyolite**  
Aids in opening perception therefore promoting self-realization. In meditation it brings confidence and truth to the inner self. Completes things unresolved, helps move to the future without fear from the past.

**Richterite**  
Helps to facilitate out-of-body experiences and astral travel. Can stimulate further development of relationships both personal and otherwise. Has a calming energy and has been used for bone development.

**Rose Quartz**  
Gently energizes and creates warmth. Helps to discover love in ourselves and others. Lifts depression, creates confidence and peace. Helps the heart and circulatory system. Heightens personal expression.

**Ruby**  
The stone of nobility. Stimulates the heart chakra, encourages one to follow bliss. Promotes creativity and expansiveness in awareness and manifestation.

**Ruby Lavender Quartz**  
A laboratory created quartz (rich in Neodymium, a rare Earth element), assists in activating the “High Heart”. It is helpful in filtering and cleansing empathetic negativity. Opens the domain of the high heart in which the wisdom of love is revealed.

**Ruby Zoisite**  
Transforms negative energy into positive. Dispels idleness. Used in treatment of the heart, spleen and lungs. Can stimulate psychic abilities and amplifies ones entire energies. Encourages one to follow bliss. Promotes creativity and expansiveness in awareness and manifestation.

**Rutilated Amethyst**  
Intense stone which purifies and amplifies the healing and spiritual energies. Balances emotional highs and lows. Strengthens the blood, circulatory and immune systems. Transforms blocked energies. Helps protect from over indulgences.

**Rutilated Quartz**  
Intensifies the power of quartz crystal. It illuminates, energizes and helps to balance. Assists one in getting to the root of a problem, provides access to the reason for a disease or discomfort.

## **S**

**Sapphire**  
Activates the Throat Chakra and assists in the connection with the “greater mind”. Helps to open the mind to peace and beauty. Facilitates Truth and prosperity to the user.

**Seraphinite (clinocllore)**  
Said to be one of the most important stones for healing and connecting with higher energies. Enhances cohesiveness in relationships of all kinds. Powerful purifier and detoxifier of the physical, emotional and mental bodies. Activates, strengthens and balances all the chakras.

**Serpentine**  
A power stone. Stimulates an opening in the pathway for the Kundalini may travel. Clears clouded areas of the chakras. Used to increase the absorption of calcium and magnesium.

**Shattuckite**  
Facilitates growth in areas of choice, reshaping one’s reality. Combines energies of throat and third eye Chakras for concise verbalization of contacts with the spirit world.

**Shell**  
Provides growth in all endeavors. Assists with clarity of decision making. Helps with intuition, and sensitivity. Can protect the muscular system.

**Siberian Blue Quartz**  
Laboratory grown specifically for the linkage of the third eye and the mental body. Allows a clear interpretation from psychic insight. Aids in development of psychic abilities.

**Siberian Blue Quartz with Siberian Gold Quartz**  
Laboratory grown specifically for the linkage of the third eye and the mental body. Allows a clear interpretation from psychic insight. Aids in development of psychic abilities. Connects with the gold ray, Christ consciousness energy. Very expansive, promotes growth.

### Siberian Blue Quartz with Siberian Green Quartz

Laboratory grown specifically for the linkage of the third eye and the mental body. Allows a clear interpretation from psychic insight. Aids in development of psychic insight. Surrounds one with a wonderful healing energy. Expands the heart.

### Siberian Gold Quartz

Laboratory grown in Russia. Powerful balancer. Balances the male and female aspects as well as right and left brain. Helps to create synapses between right and left brain. Aids in connecting to higher self, accelerates the development of psychic abilities.

### Siberian Green Quartz

Laboratory grown in Russia. Activates the heart chakra and expands throughout all the bodies. When consciously directed, is very calming and bathes one in a healing energy.

### Siberian Green Quartz with Siberian Gold Quartz

Laboratory grown in Russia. Activates the heart chakra and expands throughout all the bodies. When consciously directed, is very calming and bathes one in a healing energy. Connects with the Gold Ray. Adds a Higher Self connection to the healing qualities. Powerfully expanding and balancing.

### Siberian Purple Quartz

Laboratory grown to amplify spiritual energy.

It resonates with the crown chakra and helps to transform blocked energies. Balances the emotional body.

### Siberian Purple Quartz with Siberian Blue Quartz

Laboratory grown in Russia. Amplifies spiritual energy combined with the linkage of the third eye and mental body. Resonates with the crown chakra and helps to transform blocked energies.

### Siberian Purple Quartz with Siberian Gold Quartz

Laboratory grown in Russia. Amplifies spiritual energy. Resonates with the crown chakra and helps to transform blocked energies. Connects with the Gold Ray for the higher self and emotional body.

### Siberian Purple Quartz with Siberian Green Quartz

Laboratory grown in Russia. Amplifies spiritual energy. Activates the heart chakra and expands throughout all the bodies. Resonates with the crown chakra and helps to transform blocked energies. With intent, bathes one in a healing energy.

### Siberian Yellow Quartz

Laboratory grown in Russia. Mild, gentle energy for aligning the chakras. Aids in relieving stress, balancing the chakras. A great, gentle meditation stone.

### Sillimanite

Promotes restoration of the bodies. Helps us to joyously see the “rightness” of all things.

### Silver/Platinum Quartz

Very energizing to the base chakra. Can be used as a Kundalini stone. Can assist in grounding if used with intent.

### Smithsonite

Healer of heart and mind. Use for opening and shielding chakras from negative energy use of others. Teaches the strength softness which can overcome any obstacle. Helpful in disorders of the immune system, eliminates psychic debris, and enfolds the wearer in a cushion of “goodness”.

### Smokey Citrine

Assists in acquiring and maintaining prosperity. Delivers both comfort and optimism. It does not hold negative energy, but dissipates it by drawing and grounding it. Smooths family and business relationships. Aids in digestion and to activate the thymus.

### Smokey Quartz

Good for fatigue, depression and calms emotions. Neutralizes negative influences. In tune with Earth and helps ground Light. Reproductive organs, muscles, heart and nervous systems benefit. Improves creativity and enhances joy.

### Smokey Rutilated Quartz

Intensifies the power of quartz crystal. It illuminates, energizes and helps to balance. Good for depression, fatigue, and calms emotions. Neutralizes negative influences.

### Snowflake Obsidian

Wards off negativity and over-sensitivity. Helps to let go of old loves and old ways. Stabilizes erratic energies. Stimulates the desire to travel and see new horizons.

### Sodalite

Strongly affects changes in your attitude about yourself. Helps to eliminate confusion and stimulate ones intellect. Enables one to set aside the emotions, for clear thought.

## Spectrolite

Connects the intuition with the intellectual. Protects and helps to keep ones aura clear. Attracts strength, providing vitality. Helps with originality. Provides clarity to the inner self and enhances patience.

## Spessartine Garnet

A lively color change garnet. Helps to cleanse and balance the chakras. Removes negative energy. Enhances creativity and provides stamina.

## Sphalerite

Can be used to balance personality of both female and male. Helps enhance intuition, allowing for distinction of fraudulent and genuine information. Used to treat the eyes.

## Sphene

An excellent stone for the garden. It helps in establishing new pathways for overall enrichment in life.

## Star Clear Quartz

Helps to find direction, to find our soul's path, or Dharma. Aids in evolving our healing abilities.

## Star Ruby

The stone of nobility. Stimulates the heart chakra, encourages one to follow bliss. Promotes creativity and expansiveness in awareness and manifestation.

## Stichtite in Serpentine

Assists in expansion of awareness in the emotional aspects of one's life. Allows for a calming peace to enter into the environment. Helps the lonely, and assists with bringing the gentle side out. Used in treatment of hernias, or ruptures.

## Stillbite

One of the most peaceful stones, heals grief. Helps to heal one's vibration in a tender and embracing way to restore joy.

Teaches softness and gentle strength.

## Strawberry Quartz

Stimulates the heart center while connecting the heart to the astral levels. Helps stimulate psychic awareness. Aids one in "living through the heart" with a connectedness to the Knowledge of Life.

## Sugilite

Opens the connection between the mind and body. Brings calmness and understanding. Helps in dealing with negative energies. Cleanses and purifies. Reawakens the innocent wisdom and magic of youth.

## Sunstone

Gently clears and energizes the chakras. Helps to remove blocks in the communication of the body. Assists in one becoming a sovereign being. Sunstone is said to provide "luck" in games.

## Super Seven

A famous mineral combination found only in the Espirito do Santo district of Brazil. Attunes ones to peace and brotherhood, and the innate gifts that come with the blossoming of cosmic consciousness.

## T

### Tanzanite

A "stone of magic", tanzanite, assists in manifestation and enhances communication with the gods and spirit world. Facilitates understanding with other-worldly beings while providing direction through self-imposed boundaries. Used to treat disorders of the skin and eyes.

### Tanzine Aura

Good for relaxing stress, increases ability to communicate. Joins love with wisdom to create compassion. Aids in getting rid of headaches and calming fever. (Similar to Aqua Aura, but carries more violet.)

### Tibetite

A tektite found only in Tibet. Carries the wisdom of the stars and helps us to access and develop that wisdom. Use to shed the light of a new perspective on issues.

### Tiffany Stone (Opalized Fluorite)

An unusual stone found in only one location. Balances the meridians by stimulating grounded flow and easy removal of blockages. An energetic stone that can boost the sex drive and enhance sexual experiences. Also useful in the treatment of fatigue.

### Tiger Iron

Stimulates the third eye chakra, grounding and promotes rebirth. Excellent stone to use in creative endeavors.

## Tigereye

Focuses the mind, helps one to see and understand different perspectives. Gets us in touch with our connection with the earth. The peacefulness and warmth calms emotion.

## Titanium Quartz

Natural clear quartz which has been molecularly bonded with titanium. One of the most powerful and intense crystals found. Very energizing to the mental and physical bodies.

## Topaz

A manifestation stone. Helps to connect with universal energies to see what is needed for the higher good of all (receiving) and also transmits the visualization out to be manifest (sending). Acts as a personal battery, send high energy to the stone for use later.

## Tourmalinated Quartz

A combination of black tourmaline in clear quartz. Brings the forces of Light and darkness into harmony. Can be used to transform or deflect negative energy.

## Tsavorite Garnet

Nourishes the soul. Helpful in transforming and releasing trauma held within the body. Restores vital essence so we can more fully embody our True Self. Opens the heart to embrace the richness that life offers. Teaches us that Love reigns supreme. Within this supreme connection we become sovereign.

## Turquoise

A very spiritual stone that enables us to see more clearly. Elevates goals and understanding, helps in communicating. Beneficial for the entire body, especially the respiratory and immune systems. Builds strength and provides protection.

## U

### Unakite

Helps to determine the root cause of issues that are apparent in the physical, emotional, mental and spiritual bodies. Balances the emotional body, aligning it with the spiritual.

## V

### Variscite

Stimulates the Heart Chakra to bring Love, with reasoning to all situations. Connects and aligns the ethereal nervous system to the physical nervous system.

### Vera Cruz Amethyst

Purifies and amplifies the healing and spiritual energies. Balances emotional highs and lows. Strengthens the blood, circulatory and immune systems. Transforms blocked energies. Helps protect from overindulgences.

### Violet Sapphire

Connects us with the divine. Brings out inner beauty and purity. Enriches our spirituality.

### Violet Spinel

Spinel has been renown through the ages in prolonging life so much so that it is known as the “stone of immortality”. It has the unusual characteristic of bringing out the inner beauty of those who wear it. It brings to light one’s best attributes. Violet Spinel works primarily with the crown chakras, aiding one on the path to enlightenment. Assist one in cultivating the skill of astral travel.

## W

### Watermelon Tourmaline

The “super activator” of the heart chakra; providing for stimulation, energizing, and connection with the heart chakra of the higher self. Used to treat disorders of the heart and lungs.

### Wavellite

Aids in decision making. Increases intuition and inner knowledge. Assists in times of transition and change. Helps one to find their center in difficult situations.

### White Aura Quartz

Stimulates the subtle energy field. Balances and soothes the emotions. Assists in developing mental clarity. Aids in cultivating an awareness of the subtle energy of others. Restores our ability to receive what is healthful. Helps to raise our vibration.

### White Topaz

Brings Universal Law to one’s awareness. Encourages wisdom, patience, forgiveness, and service. A stone of purity and grace. Provides for confidence and trust in one’s self. A manifestation stone.



## Wulfenite

Can be used to facilitate Kundalini flow. Through this process, all chakras are activated. Promotes awareness and communication with higher levels.

## X

## Y

### Yellow Sapphire

Brings out your own inner light and encourages it to shine. Calls forth the beauty (radiance) of our souls. Excellent for assisting with mental clarity, eyesight, and perceptual disorders. Rebuilds the perceptual matrix, assists in forming healthful beliefs. Teaches mastery in seeing the past with clarity and compassion.

### Yellow Tourmaline

Stimulates the solar plexus, enhancing personal power and intellectual pursuits. Relates to the cycles in one's life. It activates creativity and initiative in business and employment.

## Z

### Zincite

A fiery mineral, useful in times of fatigue. Stimulates and balances the bodies electrical system. Kindles the fire of creativity. Helpful with disorders of the kidneys, prostate and digestive disorders. Dissipates anger.

### Zoisite

Occasionally occurs with ruby. Transforms negative energy into positive. Dispels idleness. Used in treatment of the heart, spleen and lungs. Psychic abilities can be stimulated and amplifies ones entire energies.