

My **CRYSTALS &/or GEMSTONES w/Resin** projects are made with love and rather sturdy and delicate at the same time. Please treat as if glass: nothing too hot or cold and no cutting, please. Wash by hand/no dishwashers. All contains particular healing Crystals &/or Gemstones. Look for yours on the list and set your INTENT for you to receive that healing or power.

Cutting Board instructions:

Display your decorative Crystal &/or Gemstone Resined cutting board side by laying against countertop backsplash or hang on the wall. An attachment for hanging is included.

To avoid future cracks in your butcher block, make sure that it is completely dry after each use, kept a good distance away from heat sources (like stoves or toaster ovens), and never allow to sit in any puddle of water, large or small.

Oiling the block regularly will help prevent cracking. Using board cream or mineral oil, oil it once daily for the first week, once weekly for the first month, and once monthly after that, or whenever it looks dry.

These are just some of the healing descriptions for these fantastic Crystals and Gemstones:

Amethyst-pleasant dreams, headache, focus energy, overcome fears, eases stress, brings peace

Apophyllite-brings high vibrations of light that are known to soothe feelings of anxiety, fear, and worry.

Carved Bone - grounding, wisdom, devotion, and balance **Elephants (trunk up)** Good Luck

Citrine-increases self esteem, open mind to new thoughts, self confidence, helps overcome depression, helps digestion, Good Luck

Clear Quartz-amplifies other crystals, clarity of mind, supplies strength & energy, improves perception & understanding, balances chakras

Coral-gives wisdom and modesty, reduces stress & fears, combats depression, attracts success

Goldstone-uplifting stone, It builds energy, courage and a positive attitude, increases drive and confidence

Hematite-improves intellect, protection, transforms negative energy to the positive, attracts love

Gold leaf-possess spiritual powers that bring happiness, peace, stability, luck and attract positive energy

Green Aventurine-stone of chance or luck, increase perception & creative insight, increases enthusiasm

Jade - increases love and nurturing. A protective stone, Jade keeps the wearer from harm and brings harmony. Jade attracts good luck and friendship. It stabilizes the **personality** and promotes self-sufficiency.

Old Jade - **Old Jade** is a jadeite variety that has both fine grain and imperial color. It is the top-grade jadeite **jade**. Of course, it is so rare that seldom of people have come across one. Nowadays, some glassy variety jadeite **jade** is also called **Old Jade**. These antiques are directly from China as Old Jade.

Lapis Lazuli-a stone of wisdom, intellect, communication and nobility. It aids the dissemination of wisdom and knowledge, making it a good mineral for those who are involved in public speaking

Lepidolite-help with PTSD, ADHD, hyperactivity, insomnia, alzheimer's, epilepsy because of it's soothing energy from trace amounts of lithium.

Moonstone (feldspar)-White Moonstone embodies the moon at its most powerful point, boosting perception and foresight. Feminine power, fights degenerative issues

Mother of Pearl - Protection, stress relieving stone; relaxing, soothing and calming to the emotions. Stimulates our intuition, imagination, sensitivity and adaptability. It helps our emotions become more harmonious and balanced.

Onyx-help sleep, helps eliminate stress & neurological disorders, sharpens wits, holds emotions under control, helps to change habits

Pearl - Eliminates emotional imbalances; helps one master the heart chakra; aids stomach, spleen, intestinal tract & ulcer problems. Faith, charity, innocence integrity, spiritual guidance, digestive disorders, increases fertility

Peridot - emotional healer, protects against nervousness, incurs strength & physical vitality, attracts friends, cleanses heart, happiness, relieves ulcers

PTSD-lepidolite, tiger eye, amethyst working together.

Red Aventurine-creativity, see the possibilities in new opportunities, enthusiasm, Good Luck

Rhodonite-stone of compassion, an emotional balancer, and aids in achieving one's highest potential

Rosegold leaf-can benefit the nervous system

Rose Quartz-love stone, self worth, inner peace, skin rejuvenator, universal love

Shells-stimulates intuition, sensitivity, imagination and adaptability. It helps mental clarity, decision-making, hearing disorders, calcium deficiencies, broken bones, vitamins A and D.

Silver-believed to be **a mirror to the soul, helping us to see ourselves as others see us**. It's a color of strength, of clarity, and focus.

Smokey Quartz-lifts depression, overcomes fear, pride & joy in living, business creativity, opens path for perception & learning, facilitates getting things done.

Tiger eye-mind focuser; helps purify the blood system of pollution & toxins; psychic vision; grounding.

Tourmaline-helps in grounding, calms and shields negativity, stress, & nerves, realigns chakras, cancer preventative.

Turquoise-master healer; protects against environmental pollutants; strengthens anatomy & guards against all disease; improved absorption of nutrients; tissue regeneration; subtle body alignment & strengthening; eye disorders. Improves communication, intuition, creativity, protection, wisdom, master healer.

Unakite-resonates with the frequency of love, compassion and kindness, and is a stone dedicated to balancing the emotional body.

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The ABOUT page (HealingYou.Info/about) explains what is available for working on healing yourself at home.
The SHOP (HealingYou.Info/shop) page is where the healing Crystal &/or Gemstone w/Resin projects are located as I add on more and more.

Also, if you live near Tucson and would like to save the ridiculous shipping charge,
call me directly. 702-496-1614