

CRYSTAL INDEX

Agate



STRENGTH & COURAGE

Agate is a stone of strength and courage; it tones and strengthens the mind & body, grounding and stabilising emotions and physical energy. Agate helps with the acceptance of oneself and to see the truth. Its healing and cleansing qualities eliminate negative energy, soothing and calming the mind, body & spirit. Agate occurs naturally in many colours but is also often dyed brilliant bright colours.

Healing: Tones and strengthens the body, heals emotional tension related diseases, stimulates the digestive system and heals skin disorders

Chakras: Third Eye & Crown

Amethyst



CALMING & INTUITION

Amethyst is the stone of spirituality and contentment, it bestows stability, strength, inner peace. It is a great stone for meditation and enhancing your intuition and psychic abilities

with its calming and peaceful energy. Amethyst provides clarity and enhances conscious perception and understanding.

Healing: Assists in calming the mind, reduces insomnia and allows restful sleep, reduces stress, eases headaches, helps with hormone production, strengthens the immune system, cleansing organs and respiratory system, reduces bruising and swelling. Assists in the function of the pineal and pituitary glands.

Chakras: Third Eye & Crown

Aventurine



EMOTIONAL TRANQUILITY

Aventurine promotes positive, easy going attitude towards life, balances male and female energies, brings joy, happiness and emotional tranquillity. It aligns one's centres, purifies the physical, mental and emotional bodies, promoting health and well being. Aventurine promotes compassion and empathy, calming our anger. It stimulates our mind, creativity, motivation and independence. It protects us against electromagnetic energy and environmental pollution. It is also a stone of prosperity.

Healing: Stimulates healing of the muscles and bones, relieves headaches and migraines, helps blood pressure and cholesterol, aids in releasing fear, anxiety and stress, aids in sleep disorders, helps protect against heart conditions and inflammation.

Chakras: Heart

Aquamarine



CLARITY & PURIFICATION

Aquamarine purifies the body and enhances clarity of mind with its gentle and compassionate energy. It helps bring closure to unresolved situations. It is especially good for sensitive people promoting self courage, elevating fears and phobias. Aquamarine is an excellent stone for meditation, calming and balancing the physical, emotional and mental aspects.

Healing: Calms the nerves and reduces fluid retention, is good for sore throats. It strengthens the kidneys, liver, spleen and the pituitary & thyroid glands.

Chakras: All (aligning), especially the Throat

Carnelian



WARM & JOYOUS

Carnelian enhances and vitalises the physical, emotional and mental bodies. It's warm and joyous energy attunes with the inner self helping to open the heart. It is excellent for restoring vitality and motivation and for stimulating creativity. Carnelian is full of life force and gives us courage and vigor to make the right life choices. It helps anchor you in the present reality, aiding concentration and willpower, allowing you to trust yourself and your perceptions.

Healing: Improves quality of the blood, stimulates the metabolism, circulation and blood flow. Aids tissue regeneration, helping the kidneys, lungs, liver, gall bladder and pancreas. Helps to overcome abuse.

Chakras: Sacral, Solar Plexus & Heart

Clear Calcite



AMPLIFIES & CLEANSSES

Calcite is a powerful amplifier and cleanser of energy, grounding you and bring joy and light heartedness into your life. It helps to balance the emotions, boosts the memory, calms the mind, alleviates stress, enhances trust in oneself and strengthens the ability to overcome setbacks connecting the emotions with the intellect. Calcite helps over come laziness increasing and stimulating your energy. It is a spiritual stone that is linked to the higher consciousness, aiding spiritual development.

Healing: Strengthens the teeth, bones and joints, helps the organs to eliminate toxins, aids skin conditions, blood clotting, heals tissue, opens and clears the eyes, fortifies the immune system, elevates fear and reduces stress.

Chakra: All Chakras

Citrine**REVITALISING & CLEANSING**

Citrine is an energising stone that provides happiness, courage, hope and warmth. It is said to hold the energy of the sun, enhancing our self esteem, self expression and creativity.

Citrine is a powerful cleansing and revitalising stone, invigorating and awakening the mind, body and soul. It attracts abundance and prosperity into our lives.

Healing: Helps the digestive organs and the heart, reduces infection, aids tissue regeneration, circulation and detoxifies the physical, emotional & mental bodies. It is also helpful for menstrual and menopausal symptoms, balancing hormones and alleviating fatigue.

Chakras: Solar Plexus & Crown

Clear Quartz



ENERGISING

Clear Quartz works on all areas of the mind and body, awakening, amplifying and transmitting energy and clarifying thought processes. It is an excellent stone for meditation, directing energies with more intensity. It connects to the higher self, removes negativity and allows access to your spirit guides. Clear Quartz provides clarity in thinking and awareness. Improving your memory and providing clarity of mind.

Healing:

Clear Quartz is the Master Healer, a powerful healing stone for any condition. It stimulates the immune system and is excellent for soothing and healing burns, balancing the emotions, activating the pineal and pituitary glands.

Chakras: All Chakras

Fluorite



FOCUS & PROTECTION

Fluorite promotes focus, intuition and understanding. It helps to bring chaos into order, promoting stability, free thinking and clear unbiased reasoning. Fluorite is excellent for the advancement of the mind, aiding in meditation and interdimensional communication. It is a

highly protective stone, especially on a psychic level and from outside influences. Fluorite draws away negative energy and stress, cleansing and purifying the body.

Healing: Strengthens teeth and bones, aiding the spine and arthritic conditions, protects against common illnesses such as colds and flu's, treats highly infectious diseases, helps with emotional trauma.

Chakras: Third Eye.

Green Jade



EMOTIONAL BALANCER

Jade is a powerful emotional balancer, nurturing and bringing peace and purity into your life, removing negative thoughts and energy. It radiates the divine, promoting unconditional love, serenity, clarity of mind, courage and wisdom. Jade is believed to be stone of luck, prosperity and friendship. It can enhance your dreams, allowing you to awaken hidden knowledge and become who you really are. It is a protective stone that keeps you from harm.

Healing: Strengthens the heart, kidneys and immune system, it cleanses and filters toxins from the organs and blood, heals stitches, assists fertility and childbirth, helps relieve menstrual and menopausal symptoms, promotes longevity.

Chakras: Heart

Labradorite



SPIRITUAL CONNECTION

Labradorite is a highly mystical and protective stone, it works on all areas of the mind and body increasing energy and clarifying thought processes. It is known as the bringer of light and is excellent for meditation, directing energies with more intensity allowing you to connect to your high self and seek out our spiritual purpose. Helps clear and protect your aura. Labradorite stimulates intuition, raising the consciousness and connecting to the universal energy. It is a stone of transformation, reflection and showing true intentions.

Healing: Balances hormones, lowers blood pressure and helps with disorders of the eyes and brain. Helps treat colds.

Chakras: Heart, Third Eye & Crown

Lapis Lazuli



TRUTH & ENLIGHTENMENT

When you connect with the high frequencies of the Lapis Lazuli crystal, it helps support spiritual enlightenment by allowing you to go deeper within the self. Awaken your true destiny and divine purpose when you harness the energy of the Lapis Lazuli crystal stone, also known as "The Wisdom Keeper." That's a big job for a crystal, but the subtle yet powerful energy of the Lapis Lazuli crystal is surprisingly effective at shining a light on the soul and its intuitive abilities and inner knowing. The energy of these blue crystals may intensify the growth of intuition, channeling and psychic abilities, and may aid you to contact

your guardian angels. The capacity of this crystal's energy to stimulate the development of psychic gifts, makes it a stone that is in demand. Lapis Lazuli stones make beautiful jewelry, and this lovely blue stone is one of the more powerful healing crystals for you to wear.

Healing: Wearing this blue crystal will both balance your inner self with your external self, and help to harmonize the male-female facets of your personality, as well as helping to relax you.

Chakras: Throat Chakra

Leumarian Seeded Crystal



WISDOM

Leumarian Seeded crystals are said to have been used in the ancient culture of Leumaria, holding ancient knowledge and wisdom from the past bringing it into the present to awaken our spirit. Leumarians hold a blessing of unconditional love as the earth enters into a new vibration, they show us how to move beyond boundaries and learn about ourselves from the past, reawakening the spirit and giving us self belief so that we can reach our full potential. They are excellent healers, used for balancing and clearing the chakras.

Healing: Assist in removing the diseased or worn out, opening new energy channels in the subtle and physical bodies.

Chakras: All Chakras

Moonstone



NEW BEGINNINGS

Moonstone is the stone of new beginnings and is strongly connected to the moon and helps connect you to your intuition and female energy. Moonstone is uplifting and calming, it enhances psychic ability and calms reactions, aiding in self analysis..

Healing: Moonstone is a powerful calmer of emotions, helping to balance the emotions and to relieve anxiety and stress. It is also particularly helpful with female problems, digestion and reproductive organs..

Chakras: Sacral & Heart

Nuummite



SORCERERS STONE

Nuummite is known as the Sorcerer's Stone drawing upon the fiery energies of the Earth's core offering us the gift of inner power, facilitating our journey deep into the psyche and enhancing clairvoyance. It is a stone of personal magic enhancing ones good luck, and can be used as a powerful mediation stone. Nuummite is also a very strong protective stone, warding off negative energies. It reinforces the courage needed to be healed and whole. It aids in releasing energies trapped in the subconscious connected to fear, trauma and guilt..

Healing: channels healing energy for oneself and for others.

Chakras: All Chakra

Peridot



COMPASSION:

Peridot is a stone of compassion. It has a friendly energy and is excellent for healing. It assists in rebirth and renewal of all kinds. Peridot also bring abundance and prosperity. It enhances the healing and harmony of relationships of all kinds, but particularly marriage.

Healing: Peridot can lessen stress, especially in relationships, anger and jealousy, heal ulcers and digestive problems. It has been said to make a shield of protection around the body of the wearer.

Chakras: Heart

Pyrite Cube

**PROTECTION:**

Pyrite is known as a stone of protection, it wards off negativity energy and physical danger as well as stimulating the intellect. Pyrite helps to nourish the mind and body, promoting good health. It enhances the emotional body strengthening the will and helps create a positive outlook on life.

Healing: Relieves anxiety and frustration. Aids digestion and improves circulation and oxygenation of the blood, enhances brain function.

Chakras: Base, Solar Plexus & Heart

Red Aventurine



POSSIBILITIES

Red Aventurine enhances creativity and the ability to see possibilities, bringing prosperity and lessening negativity. It also enhances the perceptive abilities of the senses.

Healing: Red Aventurine enhances blood flow and circulation helping to heal nerves and the reproductive system and can help fight disease.

Chakras: Sacral & Base

Red Jasper



GROUNDING & STIMULATING

Red Jasper represents the earth and is a grounding stone that promotes stability and balance in life. It warms and enlivens the will and enhances courageous and dynamic energy that sustains and supports in times of stress. Red Jasper brings tranquillity and wholeness into your life, gently stimulating your energy, helping you to face your problems, taking away your worries and calming the emotions.

Healing: Stimulates blood flow, the circulatory and digestive systems as well as the sexual organs.

Chakras: Base

Red Phantom Quartz



EARTH HEALERS

Red Phantom Quartz is a powerful Earth healer like all other phantom crystals. They stimulate the earth to repair itself by recalling what it was like before the damage was done, allowing for healing to be total and complete. It is also good for enhancing creativity and providing inspiration, stimulating intuition and intellect.

Healing: Red Phantom Quartz is a powerful earth healer providing a strong grounding connection to the earth through the lower chakras.

Chakras: Heart

Rhodonite



EMOTIONAL BALANCER

Rhodonite is an emotional balancer that nurtures love and encourages the brotherhood of humanity. It stimulates, clears and activates the heart, grounding energy to help one to achieve their potential. Also helps heal emotional shock and pain.

Healing: Rhodonite stimulates, clears and activates the heart.

Chakras: Heart

Rose Quartz



LOVE AND PEACE

Rose Quartz promotes unconditional love, forgiveness, infinite peace and compassion. It creates harmony in relationships and teaches us about the true essence of love. It purifies and opens up the heart allowing us to express our emotions. It reduces stress and tension, allowing us to express love, sensitivity and compassion towards ourselves and others. Rose Quartz brings a deep inner healing, enhancing self love, self trust, self worth and self confidence. It can be used to attract love into your life and maintain happy loving relationships.

Healing: Strengthens the heart and circulatory system, releases impurities, aids in healing chest and respiratory problems, increases fertility.

Chakras: Heart

Selenite



CLARITY OF MIND

It Enhances clarity of the mind and concentration, expanding ones awareness of the self and of ones surroundings and having a positive effect on the brain. It soothes the nerves and enhances willpower.

Healing: Selenite can also be used to strengthen the memory. Physically, Selenite removes energy blockages from physical and Etheric bodies. It can reverse the effects of “free radicals” to heal and repair on the cellular level. Selenite is associated with the spine and the skeletal system. Selenite can be used to mitigate problems with Mercury fillings in dental work. Selenite is also good for breast feeding.

Chakras: Crown & Higher Chakras

Shungite



WONDER STONE

Shungite is a hard black, amorphous, coal-like material composed of more than 98% carbon. Regarded as a “wonder stone” It transforms and absorbs negative energies and aids in psychic protection.

Healing: Clears negative energies and dysfunctional patterns

Chakras: All

Smokey Quartz



CLEARs BLOCKED ENERGY

Smokey Quartz dissipates blocked energy & negativity, providing a mildly sedative affect, helping you to relax. It is an excellent stone for mediation as it assists in grounding, centering and enhancing awareness, dream recollection and channelling abilities

Healing: Smokey Quartz can be used to help alleviate depression and clear blocked negative energy on all levels.

Chakras: Base

Sodalite



SELF TRUTH

Sodalite unites logic and intuition together, bringing information from the higher mind to the physical level. This stone help in the seeking of truth making it possible to remain true to yourself and stand up for your beliefs. It can help clear electromagnetic energies from computers and other electronic equipment. Sodalite can also bring emotional balance and can

be helpful in times of stress or panic. It helps to release our fears that hold us back from being who we truly are, promoting self esteem, self acceptance and self trust.

Healing: Sodalite helps balance the metabolism and cleanses the lymphatic system boosting immunity.

Chakras: Throat & Third Eye

Spirit Quartz



UPLIFTING

Spirit Quartz is also known as Fairy Quartz or Cactus Quartz, it is an exceptionally spiritual stone. Its uplifting, high vibration energy makes it excellent for meditation and psychic awareness, enhancing harmony and peace. Carrying the gifts of the spirit this stone carries the vibration of universal love and rebirth, opening, aligning and purifying the entire chakra system, perfectly balancing the male and female energies.

Healing: Facilitates multi dimensional spiritual and cellular healing, it is a good stone for overcoming grief or death.

Chakras: All Chakras, through opening the Crown.

Tibetan Quartz



SPIRITUAL PROTECTION

Tibetan Quartz are found in the Himalayas of Tibet, one of the most sacred places on earth, they are regarded as being amongst the most powerful stones of spiritual protection ever found. Carrying or wearing one of these crystals creates a bubble of light around the body allowing only positive energy to penetrate your aura. Tibetan Quartz purifies and cleanses negative influences its energy can activate and balance the chakras and meridian system.

Healing: Helps to heal the nervous system and the brain, it remove negative energy patterns and bathes the body in light for spiritual growth and repair, it also protects against negative electromagnetic energies.

Chakras: All Chakras

Tiger Eye



PERSONAL POWER

Tiger Eye brings confidence, strength, courage, protection and good luck. It sharpens the senses, promotes intuition and helps one to be practical, centred and grounded. It enhances personal power, allows clarity, good judgement, clear perception and insight, aiding in good decision making. Tiger Eye can be used to stimulate wealth and maintain it.

Healing: Balances emotions, reduces headaches, aids the digestive organs, spleen, pancreas, and colon. Helps the reproductive system, relieves asthma attacks and enhances night vision.

Chakra: Sacral & Solar Plexus

Tourmaline Black



SUPPORTIVE

Black Tourmaline (Schrol) is a very supportive stone that protects us from external influences, dispersing stress, tension and negative energy. It grounds and anchors light energy within the physical body, promoting inner wisdom, mastery, individuality, stability, courage and patience

being peace to the heart and mind. Black Tourmaline also protects against the negative effects of electromagnetic radiation and inharmonious energies.

Healing: Aids sleep, strengthens the immune system and provides pain relief. It helps with the adrenal glands, kidneys, spinal column, colon & legs.

Chakras: Base

Zebra Marble



TRANSFORMATION

Zebra Marble aids transformation and self liberation helping you to overcome inner discontentment and unhappiness in life by opening up new perspectives and bring creative solutions to your problems.

Healing: Eases allergies and fortifies the kidneys, spleen, intestines, muscle tissue and the skin.

Chakra: Solar Plexus

Please visit again soon and check out more Crystal Meanings as this list continues to grow!!

