

GEM STONES Meaning and Healing Properties of the Spirit's Wisdom

Remember that your Stones are a tool; a way of communicating with higher sources of the Spirit's wisdom. It is there to facilitate acquiring insight and clarity. What you do with the information you gain is entirely up to you. Bear in mind that your Stones and the information you glean should not be a replacement for common sense, or for medical advice from a qualified health care professional. If you are concerned that you may have a health condition, please see your doctor or health care practitioner for diagnosis and treatment options.

Science behind Gem, Minerals and Rock

Until recently, gems have been an utter mystery to humans. We didn't know where they come from, how they are made, and why they are so stunningly beautiful. For centuries, gemstones have served as tiny vessels allowing mystery and beauty to condense into various restorative and magical powers ready to bestow on us a passageway to magic simply by looking at them. Rich folklore developed around many gemstones and I urge you to browse some of the fascinating stories.

Gems, Minerals and Rocks

Gems, minerals, rock - this is the science of geology. Gems and minerals are actually the same thing. But only some minerals earn the name "gemstone." Minerals are naturally occurring substances that are stable solids with specific chemical formulas and ordered atomic structures, and there are a lot of them, about 4300 here on Earth. Mineralogists (geologists who focus their study on minerals) utilize a variety of properties such as color, luster, crystal hardness and transparency in order to identify and characterize them all. What makes a mineral a gemstone is part common sense (hardness, scratch resistance) and part subjective quality- it must have clarity, color and "fire" - the ability to split light into the colors of the rainbow. The technical word for fire is dispersion, but fire is so much more evocative of the effect. Brilliance, luster and scintillation are other words gemologists use. We will explore these qualities soon. Ultimately what makes a mineral a gem is its beauty.

A mineral is not a rock. Minerals have specific chemical formulas. Rock, however, is a less specific term for all the crust material on Earth. A rock can be an aggregate of different minerals or it may not be made of minerals at all.

To make things even trickier, gems are often minerals but not always. Lapis lazuli is a rock gem that has been mined in Afghanistan since 3000 BC, while amber and jet are organic materials.

The Science of Crystals

Crystals are millions of years old, forged during the earliest parts of earth's formation. They are the most orderly structure that exists in nature, meaning they have the lowest amount of *entropy* (a measurement for disorder). Crystals are structured in such a way that they respond to the inputs of all different energies around them, leading them to oscillate and emit specific vibratory frequencies. Because the crystal lattice is so balanced and orderly, the energy it emits is consistent, and when dissonant energy is inputted, it is balanced and transformed into a harmonic energy.

Crystals are essential to the functioning of our modern technologies, because of the way their balanced, ordered structure emits consistent frequencies and allows them to store a tremendous amount of information. **Silicon** is used in every single computer and cell phone processor, and **liquid crystals** comprise the display screens of these devices. **Quartz** (a type of silicate mineral) is used in watches and clocks to help them tell time, because it helps stabilize and regulate the flow of energy. Earlier this year,

The Mind Unleashed reported how a clear piece of **Quartz** crystal can be used to store data for up to 300 million years! **Galena** and **Pyrite** can be used to make radio receivers that do not rely on batteries. **Ruby** crystals were an important part of the first ever laser developed by Bell Laboratories in the 1960's, and it is still used today for its abilities to focus and concentrate energy. Recently, it was revealed that a **synthesized crystalline material** can be used to help human beings breathe underwater.

Why do crystals seem to have an impact on spiritual growth? The answer comes in the form of **energy**, **frequency** and **vibration** (which, according to **Nikola Tesla**, are the key to understanding the universe!) Remember, crystals have been shown to oscillate at their own frequencies, and even respond to the input of vibrations. The cells in the human body also vibrate at certain frequencies, as do the chakras (the centers of the human energy body). So when we come into contact with a crystal, its vibration interacts with the vibration of the cells in our body.

Popular Uses for Healing Crystals in Early Civilizations

Minerals, gems, and crystals have been used for millennia to enhance emotional, physical and spiritual balance. How the ancients knew, we may never know for sure, but these cultures certainly considered stones a major aspect of their existence.

Roman Culture: Talismans and amulets of crystal were typical amongst Romans. Most often, they were considered useful in enhancing health, attracting desirable things, and for providing protection in battle.

Ancient Egyptians: One of the biggest historical proponents of healing crystals, the Egyptians buried their dead with quartz upon the forehead. This was believed to help guide the departed safely into the afterlife. Pharaohs toted cylinders filled with quartz to balance the Ba and Ka energies of the body. Strongly associated with the Sky Goddess Isis, crushed Lapis Lazuli stones were most notably worn by ladies of royalty – like Cleopatra – upon the eyes to promote enlightenment and awareness. Dancers donned rubies in their navels to foster their sex appeal. Many wore crystals over the heart to attract love, and placed crystal-laden crowns upon their head to stimulate enlightenment and awaken the Third Eye.

Chinese Culture: Chinese medicine commonly incorporates the use of healing crystals – including crystal-tipped needles used in acupuncture and Pranic healing sessions. These traditions hail from nearly 5000 years of practice.

Ancient Greeks: Crushed hematite was often rubbed upon soldier's bodies prior to entering battle with the idea that it made them invincible. Interestingly, the word 'crystal' is thought to derive from the Greek word 'krustullos,' – meaning 'ice' – and until the 1500's many ancients believed stones like clear quartz crystals were eternal ice sent from the Heavens. The mythological story of Amethyst plays a vital role in the story of the God Dionysus and Goddess Diana, and the word is said to be the Greek translation of 'sober' or 'not drunken' – something Dionysus could have spent more time being.

Traditions in India:

Aryuvedic medicine in India considers crystals valuable for healing emotional and metaphysical imbalances. The use of various healing crystals is documented within the pages of the Hindu Vedas, which also references each stone's specific healing abilities. Sapphires are thought to bring astuteness, clarity and mental balance, and jasper is thought to bring harmony, sexual vitality, and balance base chakras.

Ancient Japanese Beliefs:

Scrying was a common practice in early Japanese culture, and it is very similar to looking into a crystal ball as we see some psychics do today. Crystal quartz spheres were considered representative of the heart of a dragon and signified their power and wisdom.

Gem Stones Meanings and Healing Power

Learn the Meanings of Healing Gemstones

Energy designed to balance the body using the healing properties of gemstones and crystals. For thousands of years, ancient civilizations have utilized the power of crystals to release mental, physical and spiritual blockages, thus facilitating the free flow of throughout the body. On a cellular level, our bodies and quartz crystal are both made up of mineral silicon-dioxide. Because of this, we are naturally receptive to the vibrations of crystals as they transmit, reflect, store light and receive energy. When crystals are placed directly on your body, they have a powerful vibratory effect that surges from the crystal to you. According to the law of physics, thoughts direct energy and energy follows thought. Each of our crystal energy pieces serve as a tool to help the thoughts of our consciousness connect with our body.



Abalone is a beautiful shell of the sea. It is believed to hold great healing and soothing energy, encouraging a calmer demeanor. The multidimensional, pastel rainbow colors enhance feelings of peace, beauty, compassion and love. The Native Americans believe this shell to be a sacred shell and use it, along with sage, to carry messages to Heaven. Abalone is excellent to wear when you are in need of guidance in a relationship.



Agate is one of the oldest of healing stones. As a stone of strength, it was used in ancient civilizations, on the breastplates of armor, to bring warriors strength and make them victorious in battle. Agates are very protective stones, making them the perfect stones for amulets and medicine bags. They also bring us courage, emotional strength and self-confidence.



Amethyst is a natural stress reliever that encourages inner strength and brings wealth and a strong business sense to its wearer. It is a crystal of spiritual growth and protection. It brings clarity of the mind to their owner and helps you to become more in tune with your feelings so that you get to know yourself on a much deeper level. Amethyst crystals repel negative energy and attract positive energy, making them a wonderful protection stone for the home. They have one of the strongest powers to rid your home of any negative influence.



Aquamarine clears the mind, balances emotions and strengthens personal power. In ancient times, seamen carried this stone to protect them against the dangers of the sea. It also provided them with courage. Aquamarine connects with the Heart Chakra, helping you to realize your innermost truth and promoting self-expression.



Aventurine is one of the premier stones to attract luck, abundance and success. It comforts, harmonizes and protects the heart, helping also to attract luck in love. Aventurine is a manifestation stone that can help you bring your dreams into reality.



Azurite is often referred to as the “Stone of the Heavens,” as it aids in the pursuit of the heavenly self. It is believed to awaken psychic abilities, helping you to recognize intuition and spiritual guidance. It calms and relieves mental stress, helping you to clear your mind and dissolve any blocked energy. Native Americans valued it as a sacred stone for communication with Indian Spirit Guides. The Mayans are also said to have used it for sacred and mystical communication.



Black Tourmalinated Quartz is Clear Quartz with pieces of Black Tourmaline included in it. It is believed to be a stone of great luck and wealth. It encourages a large amount of light to encircle the body, helping you to heal on many levels. When worn, this crystal helps to unlock energy blockages within the body and create overall balance within it.



Bloodstone is a powerful healing stone that has been valued for thousands of years for its healing energy. It purifies and detoxifies the body, grounding negative energy and cleansing your body’s energy. Bloodstone also increases energy and strength, promoting a constant flow of energy throughout the body. It is a very beneficial stone for athletes and people whose jobs include a lot of physical activity.



Blue Lace Agate is a wonderful stone for activating and healing the Throat Chakra. It enhances verbal communication and expression, while promoting the acceptance of your emotions. It is a very supportive stone that calms your nerves, bringing a sense of peacefulness. Blue Lace Agate is an especially helpful stone for those who may be feeling depressed or worried. It can also be used to relieve insomnia and ease tension headaches.



Carnelian is a powerful Sacral Chakra Stone. It increases personal power and physical energy, bringing you courage, compassion and a boost in creativity. Wearing or carrying Carnelian enhances vitality and will, providing you with the confidence needed to approach new projects and dreams. It is a wonderful stone to wear on a job interview, as it brings good luck and opportunity, awakening your hidden talents within. In ancient times, Egyptians buried their loved ones with

Carnelian as it was thought to protect their loved ones in their journey to the afterlife and calm their fears about rebirth.



Chrysocolla is a very peaceful stone that soothes and calms us in times of stress. It connects with the Throat Chakra, helping you to create a conscious flow of words to express yourself. It gently draws off negative energies of all kinds, especially in times of transition, such as breakups or job loss. It is a wonderful stone to wear on a daily basis as a support stone or to help calm your emotions. Chrysocolla helps to face challenges and changes with ease, inspiring inner balance and self-awareness. It also increases your capacity to love.



Chrysoprase opens and activates the Heart Chakra, allowing for a strong flow of energy to the heart. By sending divine energies into this chakra, it infuses you with universal love and helps you love from the heart. Chrysoprase is a stone of grace and compassion that promotes optimism, joy and contentment. It encourages acceptance of yourself by banishing feelings of superiority or inferiority from within.



Citrine is a stone of light and happiness. It does not hold any negative energy and therefore never needs to be cleansed. It brings clarity to those who wear it and helps to manifest anything you want to bring into your life. It activates your imagination, bringing more creative visions to a clearer mind and a more positive outlook in life. Powered by the Sun, Citrine warms, cleanses and energizes the body, energizing and strengthening the solar plexus.



Clear Quartz is known for its powerful manifestation properties that stimulate and revitalize the chakras within the body. Clear quartz jewelry allows the wearer to think more clearly, which helps them focus and identify their true dreams and desires. Clear quartz is also useful for spiritual development because it assists in clearing blockages in the body, which allows energy to flow freely.



Coral has been called the 'garden of the sea'. It was believed to prevent ill fortune and offer protection from skin disease. Dreams about Coral are believed to foretell recovery from a long time illness. Ancient civilizations believed that Mars was composed of Red Coral. Coral is a good aid for meditation or visualization, as it symbolizes life and blood-force energy.



Fresh Water Pearls are cultured in inland waters and not in the sea. The oldest Pearl was worn in 4300 BC by a Persian Queen. They are considered the bringers of light, beauty and love. They also help you to become aware and conscious of the problems that we carry around with us. Pearls are linked with innocence and helps us to see life through the eyes of compassion.



Garnet is a stone of health and energy that enhances energy, passion and pleasure. It is said that the only light on Noah's Ark was provided by a Garnet stone. It helps to move the chi and energy flow within the body, stimulating physical activity. Garnet is a good stone to help with depression, as it brings joy and hope to the wearer and helps lessen the anger directed at oneself. It also cleanses the chakras of negative energy, re-energizing them in the process.



Goldstone is made from quartz sand glass, infused with copper particles to give it its shimmery appearance. The sparkles of Goldstone are symbolic of light that can always be found in the darkness. It deflects unwanted energies and is highly regarded in the spirit realm as a protective mineral.



Hematite is a very protective stone that helps you to stay grounded in any situation. It absorbs negative energy and calms you in times of stress or worry. When you wear Hematite, it helps you feel balanced, calm and centered. This stone helps you to find your own, unique talents, releasing self-imposed limitations.



Jade is deeply rooted in Asian history and has been considered a powerful lucky charm for centuries. Jade is a stone that allows you to see past fears and negative thought patterns and instead, encourages the manifestation of dreams and transforms them into realistic goals in the physical world. This gemstone also boosts positive emotions such as courage, generosity, compassion, and longevity, all which promote a richer and more fulfilling life.



Jasper is highly valued as a healing stone that is full of grounding energy. They can connect you deeply to the vibrations of the Earth, bringing a greater understanding of the power of nature. Jasper helps us to be less judgmental and know on a soul level that we are all connected. In some Native American culture, Jasper symbolizes the blood of the Earth, making it particularly sacred.



Labradorite cleans and opens the crown chakra by stimulating the wearer's intuition. It is a power stone that allows you to see through illusions and determine the actual form of your dreams and goals. Use Labradorite to stimulate the imagination, develop enthusiasm and to see more clearly in meditation.



Lapis Lazuli is a gemstone of complete inner awareness of the self, which connects the wearer to a higher consciousness. It has been in existence since the beginning of time. This powerful stone works by clearing and harmonizing the throat chakra, which enhances creative expression and communication. Lapis Lazuli helps you connect with your spirit guides, which provide wisdom and shield you from negativity by deflecting harmful vibes and returning them to their source.



Malachite is a stone of transformation. It assists in clearing and cleansing all the chakras. It is an overall healing stone that stimulates and balances the heart and throat chakras. Malachite facilitates the release of negative experiences so once can heal and regain hope. It is very inspiring, purifying and compassionate and attracts love by opening the heart.



Moonstone is believed to be a stone of destiny. It is strongly connected to the moon and the divine feminine, making it a wonderfully helpful stone for women. It is worn to increase fertility and harmonize the mind, providing health and protection. Moonstone helps to align the hormone production, metabolism and reproduction. It allows deep-rooted feelings to energize and come to the forefront.



Mother of Pearl is the iridescent lining that forms in mollusks. Associated with the element of water and the ocean, it is valued for its powerful healing energy. Mother of Pearl is considered to hold the energy of purity and is believed to keep evil away. It is known to alleviate fear, promote prosperity and good luck, allowing you to see that beauty in everyday things.



Obsidian is made from natural volcanic glass that forms from molten lava, which has cooled very quickly. Working on the root chakra, this grounding stone instantly connects you deep

within the core of the Earth. Obsidian assists the body in clearing and removing all negative energies from the aural field, including harmful emotions such as fear, jealousy, anger, and greed.



Onyx is a powerful protective stone that can shield the mind and body from electromagnetic energy. It absorbs and transforms negative energy, helping to prevent that drain of personal energy. Onyx assists with melancholy, the release of negativity and depression. It helps to calm your fears, leaving you feeling stable and secure.



Peridot has been valued for thousands of years as a semi-precious healing stone. It is a high-vibrational Heart Chakra crystal that carries a positive energy, especially helpful for those undergoing traumatic emotional situations. It is the stone for Archangel Raphael and rules the realm of Angelic Virtues. Peridot has the ability to bring out unconditional love, happiness and light.



Pyrite is known to remedy financial hardship and attract abundance. The resemblance of Pyrite to gold has made it a traditional symbol for money and good luck. Its sunny golden color associates it with the sun and with the fortification and strengthening of the mind. Pyrite makes a wonderful energy shield, blocking out negativity from various sources.



Rhodonite helps to balance the emotions and calm impatience. It is a very supportive stone that works with the Heart Chakra to attract love, ground negative energies and see areas in your life that can be improved upon. Rhodonite helps you to rediscover your inner gifts, bringing out much-needed love into the world. It also assists you in discovering your true passion and learning brand new skills to enhance that passion.



Rhodochrosite raises your self-esteem and self-worth, while increasing feelings of self-love. It is a strong crystal for emotional healing that encourages you to love yourself and reach a state of joy and happiness. It is a powerful heart chakra stone that vibrates with the energy of love. Rhodochrosite also gives you the courage to look at things that you may have been afraid to face before.



Rose Quartz is a stone of unconditional love and is one of the most important stones for activating the heart chakra. It opens the heart to love of the self, family, friends, and romantic love. Rose quartz carries a soothing energy, which transmutes into feelings of empathy, forgiveness, and reconciliation. These feelings lower stress and tension in the heart. This gentle and powerful gemstone works to help release toxic emotions such as anger, jealousy, and resentment towards others, allowing the heart to heal and move towards a higher consciousness.



Rudraksha Seeds are miracle seeds that emit positive vibrations. These seeds have been worn by Sages and Yogis since Vedic times for their profound spiritual significance and powerful healing properties. Rudraksha seeds are believed to be endowed with cosmic powers to elevate the soul and assist on the path of ascension. According to the ancient Vedas, Shiva cried tears of compassion for humanity and his tears became Rudraksha seeds to assist humanity in our healing.



Rutilated Quartz is Clear Quartz riddled with needle-like pieces of Golden Rutile, often called "The Hairs of Venus." It can clear energy blockages of all the chakras and stimulates the alignment of the mind and body. Rutilated Quartz is said to attune you to their Divine Purpose, connecting them with the spiritual realm and their angels. It is a very uplifting stone that infuses joy into your life and surrounding environment. It is said to speed up the healing of injuries and slow the effects of aging.



Selenite is the ideal crystal for all types of energy clearing. It has the ability to clear, protect and shield your energy body as well as clearing the energy of your other crystals and home. It quickly unblocks any stagnant or negative energy to create a smooth flow of positive energy. Selenite crystals magnify the energy of any other gemstone that is placed upon it, making it perfect for reactivating and recharging your jewelry and other healing crystals. It has also been recently used in holistic medicine treatments for physical healing, including cancer treatment and tumor reduction.



Serpentine helps to bring hormones back into balance. It helps to clear out and release the dense areas of the chakras so that healing can occur. It helps you to take responsibility for your life and know your life is what you create it to be. Serpentine serves as a gentle reminder that you can

always reach for the stars and obtain your goals. It can also be used to attract and manifest anything you want in life—abundance on all levels, prosperity, love, healing...anything you want!



Smoky Quartz is known for its powerful grounding properties that help the wearer reconnect to Earth and remain balanced with their feet on the ground. It magnifies a powerful vibration that absorbs and transmutes negative energy. Smoky quartz heals the mind and body by clearing mental and emotional blockages, which relieves pain and releases negative energy from the body. When this gemstone is worn close to the skin, it provides emotional support and also removes feelings of anger and resentment.



Sodalite encourages being true to your self and standing up for your beliefs. It is a stone of self-expression and confidence, helping you to deal with issues of self-worth, self-acceptance and self-esteem. Sodalite promotes intuition and a trust in your own judgment. It is a stone of awakening that stimulates the Third Eye and deepens the meditation.



Sunstone is known for its powerful connection to the light and the power of the sun. It brings light to all situations and is said to give you the power to “shine,” promoting a sunny and positive attitude. Sunstone has a bright and joyful energy that increases vitality and lightens dark moods. It helps to empower those who feel abandoned by others, encouraging motivation and positive action.



Tiger's Eye helps to rebalance the body on all levels, encouraging optimism and trust in the future. It brings brightness and light into all situations and shines insight onto all problems. Tiger's Eye brings good luck, abundance and prosperity to its wearer. In many ancient civilizations, it was used as a talisman against bad luck and curses. Tiger's Eye is a must have in any home for healing.



Turquoise is known as the “master Healer,” and is said to be the bridge between Heaven, Sky and the Earth. Many Native American cultures believe that Turquoise helps to connect the mind to the infinite possibilities of the Universe and is considered very sacred in Chinese cultures as well. It is a throat Chakra stone, as it helps to foster honest and open communication from the heart. It works to protect and align the chakras, strengthening the overall body in the process.