



# History of Gemstone Uses in Healing and Empowerment



Spheres historically are thought to have a tendency of sending energy out in all directions. As such, this sacred geometry is commonly used as a protective charm. We add them to your pain rubs, to strengthen your confidence and well-being.



## Amethyst - A

Associated with Bravery, Sobriety & Calm. Known as Bishop's Stone, protects from evil influences.

*Chakra: Third Eye & Crown*



## Green Aventurine - 1

Known as the Stone of Opportunity, brings good luck, prosperity. Helps develop leadership qualities and new growth.

*Chakra: Heart*



## Fluorite, Rainbow - F

Bands of color can aid many chakras at the same time. Protective, stabilizing, & harmonizing. Calms the mind, to help release suppressed emotions and aids in free thinking & meditation.

*Chakra: All Upper Chakras*



## What We Know Now About Healing Crystals

Concepts of electromagnetism as proven by James Maxwell and the various breakthroughs in quantum theory have given us scientific evidence for what the ancients always knew; harmonic resonance's interdependent nature. Everything vibrates at specific frequencies and has the ability to shift and alter the frequencies of other bodies when they occupy the same space; creating a larger vibrational field that might affect the nervous system, transmitting the information to the brain. Connecting vibrations may stimulate biochemical shifts that affect physical health in a positive, manner.

### 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.



## Hematite - H

Protective Grounding, Calming. Absorbs negative energies. Used by Romans in battle for invincibility.

*Chakra: Base*



## Jasper, Red Leopard - J

Associated closely with nature and the animal kingdom, leopard jasper aids physical healing and balance within the body.

*Chakra: Base*



## Quartz, Crystal - Q

Known as the Master Healing Crystal; has a universal energy that cleanses & amplifies the energy of other stones. Helps balance energy between mind, body & spirit.

*Chakra: Crown*



**Carnelian - C**

Enhances passion, love & desire. Strengthens family relationships & friendships. Attracts prosperity, good luck, ambition, motivation, creativity & confidence.

*Chakra: Sacral*



**Brecciated Jasper - B**

Aids in strength, vitality, and focus. Grounding & Centering. Native Americans used this stone as a rain-bringer.

*Chakra: Base*



**Red Aventurine - 2**

Increases enthusiasm for life, reduces lethargy, gives stamina & strength. Slightly more rare than green aventurine, that is most well-known.

*Chakra: Base*

**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.



**Rose Quartz - R**

Gentle soothing energy that opens the heart to every kind of love and helps heal emotional wounds attracts romance and relationships promotes balance and self- esteem.

*Chakra: Heart*



**Sodalite - S**

Brings calm and clarity, aids self-understanding and self-expression. It can help with group work and clairvoyance.

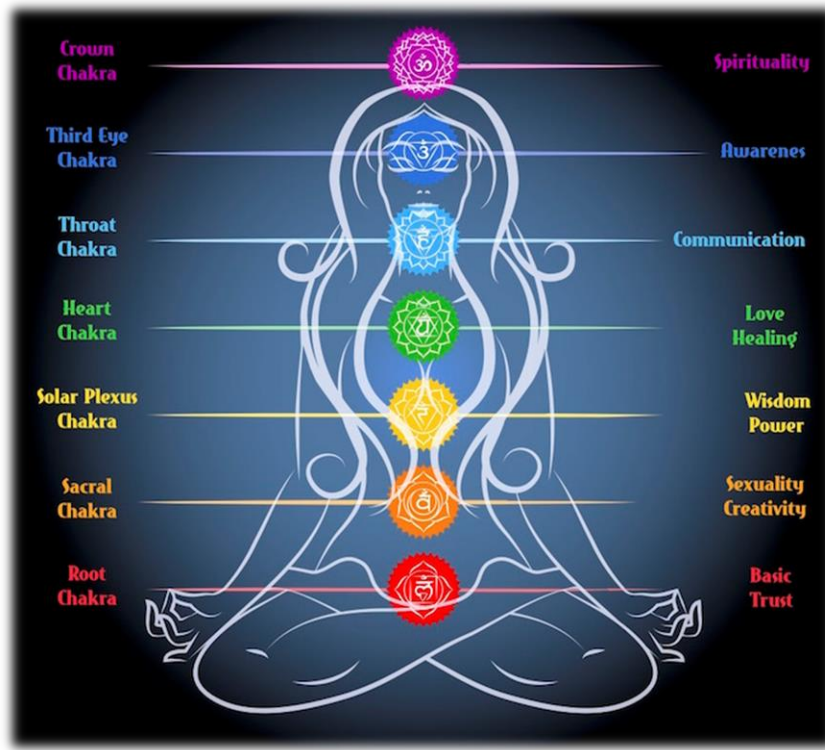
*Chakra: Throat & Third Eye*



**Tiger's Eye - T**

Strong Energy that promotes strength protection and grounding. Focuses the mind and dispels fear. Amplifies the energy of other crystals.

*Chakra: Solar Plexus*



Chakra Placement Image (Copyright Gayarti S. 2018).

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Disclaimer: Those seeking a crystal healer, should be careful not to forgo medical treatment for life-threatening disease.