

<p>Amethyst - <i>calming, strong, protective qualities, healing, divine love and inspiration.</i> Enhances one's psychic and creative abilities.</p>	<p>Amber - A fossilized tree resin. <i>It stimulates the intellect.</i> It aligns the ethereal energies to the physical, mental, and emotional bodies, providing for an even flow of perfect order to the requirements of the Earth plane while balancing the electro-magnetics of the physical body.</p>
<p>Aventurine (green) - It reinforces ones decisiveness, amplifies ones leadership qualities, and is a willing participant in instinctive action. <i>Emotional tranquility, positive attitudes towards life,</i> brings one into alignment with their center. Independence, health and well being.</p>	<p>Blue Lace Agate - It helps one to <i>enter in to high frequency states of awareness.</i> It can be used in the treatment of arthritic conditions and in cases of "hereditary bone deformity: it can also be used to strengthen the skeletal structure." It is useful to enhance the mending of breaks and fractures.</p>
<p>Carnelian - It protects against fear, envy, and rage, and helps to banish sorrow from the emotional structure. The message of carnelian is that since one "is" love, there is nothing to do but to offer the love - each offering of love bringing an exponential increase in the quantity of love returned. Carnelian <i>stimulates inquisitiveness</i> and subsequent initiative. It can assist one in drama and pursuits related to theatrical presentations.</p>	<p>Citrine - It is one of the few minerals on the planet which does not hold and accumulate negative energy, but dissipates and transmutes it, working out problems on both physical and subtle levels. Citrine is one of the stones to be called "merchants stone" - placing citrine in ones cash box has produced more income for the merchant. Diminishes self destructive tendencies. <i>Raises self esteem</i> lightheartedness cheerfulness hope. Warming, energizing and attracts abundance, affects naval and crown chakras.</p>
<p>Fluorite - Excellent for <i>advancement of mind</i>, greater concentration, meditation. Helps one to grasp higher, more abstract concepts. Facilitates inter dimensional communication.</p>	<p>Garnet - modern birthstone of January - known as the "<i>stone of health</i>" - ridding the body of negative energies and transmuting them to a beneficial state.</p>

<p>Green Jade – Jade <u>facilitates peace within the physical, emotional, and intellectual structures</u>, as well as within the materialistic world. It was said to bring accord the environment, to transmute negativity and to instill resourcefulness. "Very Lucky Stone".</p>	<p>IOLITE – Also known as Cordierite and "water sapphire" is usually a blue to violet colored gemstone - is a pleochroic gem meaning that when viewed from different orientations, it displays different colors. Metaphysical properties include: stimulation of the third eye, enhancement of your inner knowing; <u>helps one to eliminate debt by accepting responsibility</u> which leads to successful management of money.</p>
<p>Jasper (Leopard skin variety) – "Known as the 'supreme nurturer'. It is often worn by shaman to provide protection. <u>It balances the yin yang energy and balances the physical, emotional, and intellectual bodies with the etheric energies</u>. It stabilizes the aura, providing for a cleansing effect to smooth dysfunctional energies and <u>eliminate negativity</u>".</p>	<p>Labradorite - (aka spectrolite) It is said to represent the "temple of the stars" , assisting one in sustaining and maintaining, while providing for the understanding of the destiny one has chosen. It assists during traverse changes, attracting strength and perseverance. It symbolizes the moon and the sun. Promotes refinement of action and discernment in direction. It allows for recognition that humanity represents "being of light", transcending the limitations of the past and thoughts of the future, and embracing the infinite possibilities of the moment. <u>It can assist in digestion, regulation and metabolism. Also used to clarify eyes</u></p>
<p>Lapis Lazuli – Energizes the throat chakra. <u>Augments strength, vitality, virility, mental clarity, illumination</u>. Enhances psychic abilities and communication with higher self and spirit guides. Creative expression. It has also been used as a protective stone, sheltering the wearer/carrier from physical danger and psychic attacks. Lapis Lazuli is a "<u>stone of total awareness</u>", helping to expand awareness and intellectual capacity, and allowing for conscious attunement to the intuitive and psychic aspects of ones nature. "The stone of Royalty".</p>	<p>Malachite – Sometimes called "<u>the stone of transformation</u>" assisting one in changing situations, and providing for the transfer of sacred information to spiritual evolution; clears and activates all chakras balancing and equalizing it can create an unobstructed path leading to a desired goal. Facilitates the rise of spirituality and the enhancement of psychic abilities. <u>Protects against radiation and can be used in the treatment of asthma, swollen joints, tumors, growths, broken bones and torn muscles</u>.</p>
<p>Moonstone – The energy of moonstone is balancing, introspective, reflective, and lunar. It is capable of helping one with the changing structures of ones life on the physical, emotional, mental, and spiritual levels. Once called the "travelers stone" it is used for protection against the perils of travel. Moonstone is also a talisman of <u>GOOD FORTUNE</u>. It is also said to both arouse tenderness within the self and to bring happiness to the environment in which it resides.</p>	<p>Mother of Pearl & Pearl – <u>It signifies faith, charity, and innocence, enhances personal integrity, and helps to provide focus to ones attention</u>. The pearl has been known as a "<u>stone of sincerity</u>", bring truth to situations and loyalty to a "cause". It has been used to inhibit boisterous behavior, and to provide a reflection of the self such that one may see the manner in which one appears to others.</p>

<p>Obsidian – Called the "Mirror Stone" it reflects ones personal shortcomings such that they can come to the conscious to be dealt with, then let go of. The most well know of the different colors is Apache Tears a black obsidian. <u>Obsidian can help protect against the negativity of others and has a grounding influence helping one to stay focused in the moment.</u> It can also help to stimulate analytical capabilities and precision, and can help promote a forgiving attitude and release of grievances.</p>	<p>Onyx – "for initiating the modes of centering and alignment of the total person with the higher powers." "Can be used to <u>banish grief, to enhance self-control, to stimulate the power of wise decision making,</u> and to <u>encourage happiness and good fortune</u>". It is grounding and can be used to deflect or absorb the negativity of others.</p>
<p>Peridot (aka gem Olivine and Chrysolite) – <u>is the traditional birthstone of August - This gemstone emits a warm friendly energy; works on both the heart and solar plexus chakras;</u> acts to provide a shield of protection around the body ; to help prevent outside influences from affecting alignment and balance. <u>Helps one to find</u> happiness within ones self, over coming anger and jealousy.</p>	<p>Quartz (clear) – "Can bring the energy of the stars into the soul". Traditionally, the natural quartz crystal was said to both <u>harmonize and align human energies, thoughts, consciousness, emotions</u> - with the energies of the universe and to make these greater energies available to humanity. The natural tendency of quartz is for harmony, and is recognized as a "<u>Stone of Power</u>". Stimulates brain function & power, aids clarity of mind. Disperses negativity in ones energy field and environment, aligns all chakras, a very powerful healer.</p>
<p>Rhodochrosite – This mineral has been called a "<u>Stone of Love and Balance</u>", providing balancing and love on all levels for all bodies. It contains pulsating electrical energy which emits the strongest power in the universe, the power of love. Rhodochrosite is also an Earth stone for healing of the Earth and for showing love to the Mother of us all. It removes tendencies toward avoidance or denial and helps one to be willing to both accept and to integrate "new" information while maintaining a clarity of intellect and a moderate ideal of practicality.</p>	<p>Rose Quartz – It emits a calming, cooling energy which can work on all chakras to gently remove negativity and to reinstate the loving, gentle forces of self love. <u>Good to wear in a chaotic or crisis situation.</u> It is "<u>the stone of gentle love</u>" <u>bringing peace and calm to relationships.</u> It can be used for spiritual attunement to the energy of love. It is a rejuvenating agent for both physical body and the emotions. It is an excellent energy for healing emotional "wounds". <u>An excellent stone to give to express friendship.</u></p>
<p>Smoky Quartz – It can be used to gently dissolve negative energies and emotional blockages. It can be used to initiate a powerful force field which will absorb many forms of negativity, both from within ones self and from other forces. It <u>promotes personal pride and joy in living.</u> Smoky quartz has been used to regulate creativity in business, and to encourage astute-ness in purchasing. It works to diffuse communication deficiencies and to dissolve mental and emotional blockages which limit perception and learning.</p>	<p>Snowflake Obsidian – It allows one to recognize the unnecessary pattern which remain in ones life and to re-design ones thought patters to provide relief from undesired conditions. It is "<u>the stone of purity</u>" and balance to the body, mind , and spirit.</p>

<p>Tigereye – It is helpful for individuals seeking clarity and for those who must deal intelligently with the scattered details which must be brought together in some pattern. It can be used to enhance the psychic abilities and can assist in the gentle attunement of third eye activity. This stone is best suited to earthy people. It has been used to <u>stimulate wealth and to enhance the stability required to maintain wealth</u>. Produces soothing vibrations, generating a calmness to unsettled turmoil, and allowing one to enjoy the actions of being unfenced and uninhibited. Can be used to enhance self empowerment.</p>	<p>Turquoise – Tones, strengthens entire body , aids tissue regeneration, circulation, lungs, respiratory system. Creative expression, <u>peace of mind, emotional balance, communication, friendship, and loyalty.</u></p>
<p>Unakite – It acts to balance the emotional body, bringing it into alignment with the higher forces of spirituality. It can be used to help one go beneath the physical symptoms of dis-ease and to allow for the determination of the root cause underlying the condition; the cause becoming apparent in the cases of the physical, mental, emotional & spiritual planes of existence. It can be used in the treatment of the reproductive system, and to stimulate healthy pregnancies while facilitating the health of the unborn.</p>	<p>Sodalite – This blue mineral helps one to stimulate communications and psychic abilities. Also balances male - female polarities - alleviates fear, calms and clears the mind, brings clarity and truth. Aids pancreas, balances endocrine system, strengthens metabolism and lymphatic system.</p>
<p>Rhodonite – Has been called "the stone of love" and helps one to achieve to his/her greatest potential. It activates and energizes the heart chakra, and conveys the resonance of unconditional love to the physical plane. It dispels anxiety and promotes coherence, bringing the user and observant nature and facilitating attention to details and interrelationships.</p>	<p>Howlite – This mineral can be used to calm communication, to facilitate awareness, and to encourage emotional expression. It builds an innate decency within ones character, encouraging those attributes which are the building blocks to spirituality.</p>
<p>Hematite – Slightly grounding, reduces stress, enhances personal magnetism, optimism, will, courage. "Stone for the mind" it helps one to realize that the only limitations which exist are self-limiting concepts within the mind. Stimulates attainment of peace, self-control, and inner happiness. Balances yin-yang energies. Assists in the focusing of energy and emotions for balance between the body, mind, and spirit. Helps transform negativity to the purity of the universal light of love.</p>	<p>Bloodstone – Strengthens and oxygenates blood stream. Enhances physical/mental vitality. Strengthens heart, spleen, bone marrow. Aids in balancing vitamin deficiencies. Reduces emotional and mental stress. "The Stone of Courage" - also for renewal of the physical mental and emotional bodies. Another powerful healer. It helps one toward the direct union with the divine through contemplation, prayer or mediation and love. It has been used to stabilize, as necessary, the flow of blood. Also a very good gem for those in business - self employed.</p>