

An Introduction to Crystals and Healing Stones



Ron & Sue Windred

www.mycrystallaura.com.au

An Introduction to Crystals and Healing Stones.

Crystals, Minerals and Gemstones.

Today the common usage of the word "crystal" is used to cover the many forms of crystals, gemstones and minerals that are used in healing and will be used in this manner in this little guide.

Where do crystals come from?

Throughout history man has used the power of crystals. Most ancient cultures have held crystals as sacred objects and have used them in ceremony, for meditation, to clarify thoughts and to help with healing. Today crystals are integrated into our modern technologies, they are used in communications, computers, medical and laser technologies, yet they retain their appeal as magical talismans.

They are naturally formed by geological processes and are located all over the world in a diverse range of environments. The crystals you see today grew from minerals subjected to intense heat and pressure millions of years ago or as a result of sedimentary action over millennia.

Most of the crystals you know about today came from the earth; however some have arrived here from the heavens or space. These are known as tektites and meteorites.

Types of Crystals.

Crystals come in every size, shape and colour. Many are multi-coloured.

Their matrixes follow the patterning of Sacred Geometry.

All crystals and gemstones are believed to be living organisms, and they have life energy of their own. They are a valuable part of the Mineral Kingdom, and most are the result of nature, but some are synthetically produced.

All crystals 'vibrate' on their own individual frequency. Many crystals are as old as our planet and record the history of the planet.

Many have a crystalline structure such as clear quartz, while others are in massive form like rose quartz.

Crystals are found as points, clusters, masses and stones. They are also tumbled, cut and polished, and formed into shapes such as spheres, eggs, pyramids, wands, obelisks, touchstones etc.

How does my crystal work?

This may be explained in part through the principle of entrainment and sympathetic resonance: All crystals vibrate on their own individual frequency and we use this to restore balance to our bodies and our environments, similar to using a tuning fork to match and restore the frequency of a musical note.

Another part of the answer is in their creation. Superheated steam escaping from magma carries minerals which crystallize on the walls of fissures as they cool. All crystals form into an organized pattern and this structure is the reason crystals have electrical properties, a fact well known to electronics and computer engineers. In fact the piezoelectric property of a small quartz crystal is what gives your quartz watch its accuracy.

When a crystal is squeezed it emits an electromagnetic energy field, mostly through the point or helix. When the pressure is released it simply recharges itself by absorbing free electrons from the atmosphere.

It is this electromagnetic power, or piezoelectric property, which can intensify the aura, or electromagnetic field, giving crystals the power to help clarify thoughts, channel energy and heal.

Plus crystals contain minerals with specific healing properties which are reputed to treat or heal specific ailments. You can “tune in” to your crystal and concentrate its power to help achieve your purpose.

Choosing your crystal.

Choosing a crystal is a very personal and satisfying experience. When faced with an array of stones, often one stands out from the others; it has a special appeal and seems just right. This is the crystal for you to choose!

Don't be afraid to handle crystals as you are making your choice. By just concentrating on the crystal in your hand you will become aware of its power. Your best choice will be the one that gives the strongest and most positive vibes.

Your best choice is usually the one that first caught your attention and that feels just right, regardless of its physical appearance. *Follow your intuition; if it feels right for you, then it will be.*

Choosing a crystal for another or as a gift.

When you are choosing a crystal as a gift for someone, or on another's behalf, just imagine them in your mind, or feel them in your heart, and then concentrate on the crystals. Soon you will find one that fits in with the person you are imagining. It really is the same as a choice for yourself; if it feels and looks right, then it will be!

Should I cleanse my crystal?

It's a good idea to cleanse your crystal as soon as possible after purchase. You need to imbue it with your own unique vibrations to replace those it may have gathered over time, so that it can start to work with you in a specific way.

There are several methods for cleansing crystal. The idea is to remove unnecessary vibrations and energy patterns so that it can harmonize with your own energy field. Whatever method you use, remember your intentions are the most important thing.

A few ways to cleanse your crystals are:

Wash them in running water. Only use this method if you are sure the crystal will not be affected. Some crystals dissolve with water.

Use your prana or life force energy. To do this, take your crystal between your hands, held in prayer position and simply blow across the crystal as it is held between your hands.

Alternatively, take a deep breath, imagine yourself filled with brilliant clear white light, and then blow sharply through, or across the crystal.

Put it in a safe place exposed to the morning sun, moonlight, the ocean or the elements for 1 to 7 days.

Place it on a crystal cluster or in a geode – amethyst is best as it is a purifying stone.

Keep a carnelian with your crystals to maintain them with a clean and positive energy condition.

Whatever method you use, your crystal will need cleansing more or less often, depending on how you use it and the environment it is kept in.

Getting to know your crystal.

One of the quickest and easiest ways to get to know your crystal is **meditate with it**. Try this out.

Find a quiet comfortable spot somewhere where you won't be disturbed and sit down and relax with your crystal. Take a few deep breaths.

On the in-breath, visualize white light entering your body, refreshing and recharging you. Hold each breath for a moment and experience the fullness of your being. On the out breath, release any tensions or negative feelings you may be carrying.

Take your crystal in your receptive hand (for most people it's the left one) and hold it close to your heart. Now allow yourself to feel light, aware and loving. Direct those feelings into your crystal and ask it to release its healing energy, love, light and insight to you.

When you are ready to end the meditation; become aware of your physical body and surroundings.

You have now tuned into and become friends with your crystal so you can use it to increase your own natural energy. You may find your relationship with it will strengthen or deepen over time.

Making the most of your crystal.

Here are a number of different ways you can receive and enjoy the benefits of your crystals.

Touchstones;

Carry your favourite crystals in your pockets or handbag. You can hold them whenever you feel the need for a boost in energy or you want to focus your energy and attention on something in particular. It's amazing how good it feels to carry your favourite crystals with you.

Wearing crystals;

You might like to wear your crystals every day for support and to balance energy.

A simple way to achieve this is to place a crystal into a small bag or pouch suspended around your neck. Small wire cages may also be employed and worn as pendants.

By wearing a crystal as jewellery you ensure that its energy merges with your aura, subtly balancing you physically and emotionally throughout the day.

You choose your jewellery as you would any other crystal, by using your intuition.

Pendants; This normally allows the crystal to be worn over the heart or thymus gland which controls the immune system and strengthens the energy field.

Earrings; The crystals balance the yin and yang energy of the mind.

Bracelets and rings; When worn on the left side, they balance the energy we receive. Worn on the right side, they balance the energy we give or send.

Necklaces; These are worn to enhance your ability to communicate, and particularly to verbalise your emotions and feelings.

Programming.

An effective way to use a crystal is to programme its energy towards your chosen goal. This actually requires you to concentrate your own thoughts into the crystal so that its energy is directed along with your own to help you achieve your goals.

To achieve this, you first need to cleanse your crystal. Next you need to completely empty your mind of everything and then visualize your goal as clearly as possible.

Now hold it in your right hand and place the right hand in your left hand. Concentrate on visualising your goal and imagine it projected into the crystal by a spiral of intense white light. This is a crucial step, and success depends on your level of commitment and the level of energy you transmit to the crystal. You can also speak your goal aloud, directly into your crystal.

You may need to repeat the process for several days for large scale goals. On the other hand, if you carry or wear your crystal you can programme it several times a day to help you focus on specific daily goals and tasks.

Remember, Crystals, like you are unlimited in their potential!

Crystal gazing and/or scrying.

Using a natural light source such as sunlight, moonlight or candlelight you can look deeply into your crystal. The longer and deeper you look, the more it will reveal its beauty and knowledge to you. This can also help to relieve tension and revitalise your personal wellbeing, as well as to be a focus for your intuition.

Crystal massage.

Most crystals can be used for massage, either directly on an affected or tender area, or for a full body massage. Many have been specifically shaped and polished for this purpose. The power of the crystal helps to relieve tension and soreness.

Crystal healing.

The basis for crystal healing is the interaction between the inherent properties and power of the crystals with that of the human body. Its success relies upon an easy flow from one to the other. Each crystal has its own special properties which make it suitable for use with particular ailments. All round healing may be achieved using clear quartz crystals.

These properties may be determined by asking your retailer, or by visiting www.mycrystalaura.com.au and of course by referencing the many expert books available these days.

Crystal shapes and structures.

To assist you with your selection, below are some of the different formations and shapes of crystals along with their main uses.

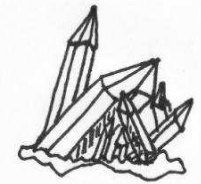
Single Point or Generator; six sides terminate in a point at one end, this acts as a focus for the crystals energy. These natural shapes come in a wide variety of sizes.



Double Terminators; have a point at each end. The second point is formed when the crystal breaks away from its base early in its life, or when it is formed in soft earth. They are much rarer than single point crystals, and project energy from both ends creating a unified energy field.



Clusters; these are strikingly beautiful assembly of varied size points that share a common base. Especially effective in group locations, like boardrooms, or family rooms; here they help to create balance and harmony. Clusters often exhibit a stunning display of shapes and colours. Clusters are ideal for cleansing and recharging other crystals.



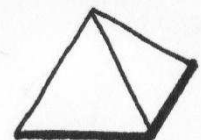
Polished Generators; are enhanced by skilful polishing and shaping of the point to better focus the energy flow. These crystals respond well to programming.



Crystal Wands; offer a smooth end which can be used for massaging and a point end which can be used to focus the crystals energy into a particular area. These are now available in many types of stones.



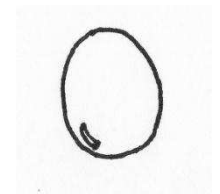
Pyramids; make excellent room and meditation pieces, because they focus energy at the apex. They work particularly well when one side exactly faces magnetic north.



Balls; Traditionally clear quartz balls have been used by mediums and other sensitive people for gazing or scrying, they can assist in seeing the past and sometimes the future. They are also available in nearly all other crystal or stone varieties.



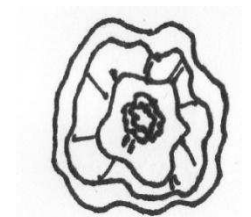
Eggs; The traditional Chinese shape, representing our essence and/or where we come from. Can be used as a mirror to reflect and focus on our own inner self.



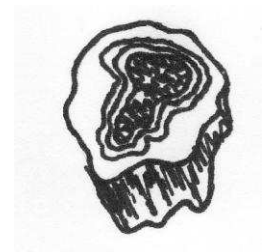
Hearts; polished crystal hearts make a perfect gift as they symbolise personal and universal love. They can also be used for meditation and programming and to help strengthen your own heart.



Slices; larger stones are often cut into slices to reveal their inner beauty and form; these make amazing display pieces. Agate is commonly used and is perfect for visual meditation and healing through the eyes.



Caves and Geodes; give a sense of protection and warmth. They are also very good for cleansing and charging other crystals.



Cabochons; these smooth oval shaped stones are usually set into jewellery. They are also ideal as healing stones when used in a full crystal layout.



Some Crystals and healing stones available from www.MyCrystalAura.com.au



Agate : Agates are grounding stones, supplying physical, emotional and intellectual balance. Agate works slowly but with great power. It also has the power to harmonize yin and yang. Agate gently builds self acceptance and self confidence, along with spiritual growth and inner stability.

Agate: Northern Territory Agate brings cheerfulness & colour to the user and is useful for creativity.

Agate Australian: Australian Agates are a very earthy and grounding stones; they will quickly centre and stabilize physical energy, and will balance out emotional and intellectual energy.

Amazonite: Aligns and balances the physical body with the etheric body. Amazonite calms nerves, aids creative expression and soothes the emotions. Amazonite also brings joy, clarity and an understanding of universal love.

Amethyst:	Amethyst is known as the peace stone and is a promoter of spiritual wisdom. It has a great calming and comforting influence making it ideal for meditation and enhancing psychic abilities. Amethyst is very protective and inspirational. Radiates divine love and promotes emotional centering.
Amethyst Banded:	Banded Amethyst is excellent for all types of introspective work and to assist during meditation. Use it to help do away with resistance to change, and to dissipate and repel negativity. Banded Amethyst creates a strong healing field around the user.
Ametrine:	Ametrine powerfully combines amethyst and citrine. It connects the physical realm with higher consciousness. Facilitates and protects during astral travel and relieves psychic attack. Ametrine unites masculine and feminine energies.
Amazonite:	Aligns and balances the physical body with the etheric body. Amazonite calms nerves, aids creative expression and soothes the emotions. Amazonite also brings joy, clarity and an understanding of universal love.
Angelite:	Angelite is a stone of awareness and it represents peace and brotherhood. Angelite facilitates contact with Angels. Helps you to speak the truth, be more compassionate and accepting.
Apache Tear:	Apache Tears absorb negative energy. Apache Tear comforts grief, provides insight into the source of distress and relieves long held grievances. It promotes forgiveness.
Aragonite:	Aragonite is a reliable earth healer and grounding stone. It is useful in times of stress and is good for people who push themselves too hard as it teaches patience and acceptance. Aragonite encourages discipline and reliability and combats anger and emotional stress.
Aquamarine:	Aquamarine provides emotional and intellectual stability, clarity of mind and inspiration. Aids self expression, calms nerves. Helps banish fears, doubts and phobias.

- Astrophyllite:** Astrophyllite is an excellent stone for promoting out of body experiences. It promotes self-esteem and a feeling of well-being. Astrophyllite enables us to connect to an expanded understanding of who we are and assists us to see the big picture of our individual and global transformation.
- Aztec Stone:** Aztec Stone assists to communicate with your spirit guides.
- Aztec Royal Purple:** Aztec Royal Purple is also known as Purple Chalcedony. It absorbs negative energy and removes it from the body to prevent it being passed on to others. Royal Aztec has also been used to help those who have bad dreams.
- Azurite:** Azurite guides psychic and intuitive development. It urges the soul toward enlightenment. Azurite is a powerful healing stone connecting psychosomatic understanding to the effect of the mind and emotions on the body.
- Azurite-Malachite:** Azurite-Malachite produces willingness towards flexibility and a flow to action. It will freshen and lighten your outlook. Azurite-Malachite assists in dissolving egocentric characteristics, while dispelling conceit, arrogance and vanity.
- Banded Agate:** Banded Agate provides protection and security, with steadfastness and unity. It assists you to explore unknown territory and your own creativity, while paying attention to detail.
- Black Tourmaline:** Black Tourmaline is the most powerful stone for protection against negativity, particularly from people, e.g. envy. It is also a strong grounding stone.
- Bloodstone:** A powerful healing stone of renewal, Bloodstone revitalizes and enhances both body and mind. Bloodstone instills wisdom and sensitivity for inner guidance. Used to neutralize toxins and purify blood.
- Blue Aventurine:** Blue Aventurine is a powerful mental healer. It helps you to speak your mind from the heart.

Blue Lace Agate: Blue Lace Agate assists with verbal communication. Cooling and calming, Blue Lace Agate brings peace of mind. Brings in deep peace and helps to reach extremely high spiritual places.

Blue Kyanite: Blue Kyanite activates the higher chakras and the mind linking you to your life path and true vocation.

Botswana Agate: Botswana Agate is useful for artistic expression. It is an excellent healer for reprogramming cellular memory. Botswana Agate assists you to look for a solution rather than dwell on the problem.

Bronzite: Bronzite encourages achievement, courtesy and an equal attitude to all. It strengthens decisiveness.

Calcite: Calcite cleans negative energies from the environment and heightens your energy. Calcite calms the mind, combats laziness.

Blue Calcite: Blue Calcite strengthens memory, intellect and concentration. Lowers blood pressure, dissolves pain on all levels.

Golden Calcite: Golden Calcite is excellent for meditation, and for attuning to the higher mental planes. It grounds into the physical realm while instilling mental alertness.

Mangano Calcite: Mangano Calcite is a stone of forgiveness. Releases fear and grief. It helps you to accept unconditional love. Promotes sound sleep and prevents nightmares.

Orange Calcite: Orange Calcite is a powerful and protective stone. It is an energy amplifier and will increase physical vitality and provide a strong sense of purpose. Orange Calcite has strong energizing and cleansing properties and will remove negative and stagnant energy, bringing brightness and joy into your life.

- Carnelian:** Carnelian is a stone of happiness and hope; it provides courage and strength to proceed onwards. Carnelian creates an emotional balance and eliminates confusion.
- Cat's Eye:** Cat's Eye represents happiness, affluence and luck. It stimulates your intuition. Cat's Eye increases spiritual awareness and provides protection from negative energies.
- Celestite:** Celestite is imbued with divine energies; this stone is a teacher for the new age. It urges you towards enlightenment promotes purity of heart and attracts good fortune.
- Chalcopyrite:** Chalcopyrite assists with assimilating spiritual knowledge. It is a powerful energy conduit. Supports accurate perception and logical thought while listening to your inner voice, it helps with self esteem and self knowledge.
- Blue Chalcedony:** Blue Chalcedony is a creative stone which opens the mind to accept new ideas and new situations. It promotes a feeling of light heartedness, with the ability to look forward optimistically.
- Pink Chalcedony:** Pink Chalcedony is a spiritual stone that encourages empathy and inner peace and creates a deep sense of trust. Pink Chalcedony encourages kindness and brings out a sense of childlike wonder and willingness to learn new things.
- White Chalcedony:** White Chalcedony instils feelings of benevolence and generosity. Removes hostility and transforms melancholy into joy.
- Charoite:** Charoite is a soul stone, a transformational stone that overcomes fear. It provides for deep physical and emotional healing. Charoite bestows drive vigour and spontaneity and will reduce stress and worry.
- Chiastolite:** The "Cross Stone" in ancient times, Chiastolite was used to ward off ill will and curses. A powerfully protective stone, it transmutes conflict into harmony. Provides answers to mysterious events.
- Chrysanthemum Stone:** This stone teaches how to remain childlike, innocent and fun loving, while on the spiritual path. Chrysanthemum Stone strengthens character and overcomes bigotry, ignorance, self-righteousness jealousy and narrow mindedness.

Chrysocolla:	Chrysocolla is a tranquil and sustaining stone. It purifies the home and the environment. Chrysocolla promotes personal inner harmony and imparts a beneficial energy to relationships. It is conducive to stabilizing the home environment.
Chrysoprase:	Chrysoprase increases flexibility. It sharpens mental clarity. Chrysoprase provides tranquillity, along with emotional, mental and physical health. Lessens a critical attitude and teaches forgiveness.
Citrine:	Citrine is known as an Abundance and Wealth Stone. It is a powerful cleanser and regenerator. Citrine is joyous, warm and energizing. Raises self esteem, stimulates mental focus. Absorbs, transmutes, dissipates and grounds negative energy, i.e. extremely protective for the environment.
Dalmatian Stone:	Dalmatian Stone helps you get out of your head and into your body. A fortifying stone that stimulates your sense of fun. Helps avoid over analysis and move reflectively forward into your life.
Dumortierite:	Dumortierite helps you remain young at heart and is excellent for developing a positive attitude to life. It assists you in standing up for yourself and adapting to present reality. Calms over-excitability.
Emerald:	Emerald is a stone of inspiration and infinite patience. It enhances domestic bliss, unconditional love and loyalty, along with unity, partnership and promotes friendship.
Epidote:	Epidote offers the courage to enjoy life to the full and the ability to manifest your dreams and it also strengthens your sense of identity.
Fluorite:	Fluorite balances and advances the mind and increases concentration. It has a stabilizing influence on all levels and is a calming stone. Fluorite strengthens memory and ability to concentrate.
Garnet:	Garnet is a stone of passion courage and commitment. It will stimulate the senses and increase your vitality and stamina and is also a powerful energizing and regenerative stone. Garnet is a stone of purity and truth as well as inspiring love and compassion. Balances the sex drive and alleviates emotional disharmony.
Green Aventurine:	Green Aventurine clears, activates, harmonizes and protects the heart chakra. It is an all round healer bringing in well-being and emotional calm. Green Aventurine balances male/female energies.
Hematite:	Hematite is grounding and protective. Enhances mental capabilities and is excellent for reducing stress. Hematite dispels negativity and encourages optimism.

Hemimorphite:	Hemimorphite assists communication with the highest spiritual levels. A stone of personal responsibility, it encourages acceptance and responsibility for your own circumstance. Hemimorphite teaches that you create your own reality.
Hessonite:	Hessonite, also known as Green Garnet helps open intuition and psychic abilities. Imparts self respect, eliminates feelings of guilt and inferiority.
Howlite:	Howlite is an extremely calming stone. It is an exceptional antidote to insomnia. Howlite will link to spiritual dimensions preparing the mind to take in wisdom and insight. Howlite teaches patience and helps eliminate rage and uncontrollable anger.
Hypersthene:	Answers to problems arrive quickly when Hypersthene is used in meditation. Helps you stand up for what is right in your moral make-up. Good for maintaining healthy business relationships.
Iolite:	Iolite is known as a vision stone. It is a third eye activator and stimulates connection to inner knowing. Iolite is used in Shamanic ceremonies assisting out of body journeys.
Jade:	Jade is a symbol of purity and serenity and increases love and nurturing. It is a protective stone keeping the wearer from harm. Jade is believed to attract good luck and friendship.
Nephrite Jade:	Nephrite Jade is used as a talisman by the Maoris to provide a barrier against attack and illness. It is said to bless that which it touches.
White Jade:	White Jade aids decision making, emphasizing the best possible result.
Jasper:	Grounds and protects and can deepen the fertility of your life by cleansing internal organs.
Brecciated Jasper:	Brecciated Jasper is excellent for keeping your feet on the ground and attaining emotional stability.
Leopard Skin Jasper:	Leopard Skin Jasper reduces insecurities, heals the emotional body and strengthens the sense of individuality. Engenders respect for native people and their innate wisdom and healing ways.
Ocean Jasper:	Ocean Jasper increases creativity and originality, it helps new ideas to flourish.

Poppy Jasper:	Poppy Jasper inspires a positive, joyful attitude and gives you the motivation and energy to take creative action. A protective stone, it enhances physical endurance and helps to ground and bring balance.
Red Jasper:	Red Jasper helps with dream recall. Cleans and stabilizes the aura. Makes an excellent “worry bead” calming the emotions when played with. Red Jasper may assist men’s sexual functioning.
Rainbow Jasper:	Rainbow Jasper is a strong protection stone and has a calming effect, allowing stability and security. It will help balance the emotional energy in the body.
Starry Jasper:	Starry Jasper is an excellent protection and grounding stone. Starry Jasper instills a feeling of wholeness, serenity and being cared for. It also aids mental clarity and functioning.
Snakeskin Jasper:	Snakeskin Jasper protects you from succumbing to temptations that may be detrimental to you. It imparts a uniform and stabilizing energy to the environment.
Zebra Jasper:	Zebra Jasper is a grounding stone. It keeps one centered with the earth during higher spiritual works while providing protection, awareness and insight. Zebra Jasper will help you get out of your head.
Jet:	Jet draws out negative energy and alleviates unreasonable fears. Jet is a stone of protection. It guards against violence and illness.
Labradorite:	Labradorite is a mystical stone and a bringer of light. It raises consciousness, increases telepathy and stimulates magic. It amplifies happiness and joy and provides a sensation of security. Eases tension and pressure.
Lapis Lazuli:	Lapis Lazuli expands awareness and intellect and enhances psychic abilities. Protective, helps overcome depression and encourages creative expression.
Lapis-Malachite:	Lapis-Malachite quickly reduces stress bringing deep peace. It absorbs negative energies and pollutants easily. Lapis-Malachite stimulates enlightenment and psychic abilities. It is particularly useful for stimulating the throat chakra.

Lepidolite:	Lepidolite is uplifting and balancing, wards off depression. It reduces stress and dissipates negativity. Relieves allergies and strengthens the immune system.
Malachite:	Malachite amplifies both positive and negative energies. It will ground spiritual energies onto the planet. Malachite absorbs negative energies and guards against radiation. A stone of transformation, it encourages change and calculated risk taking.
Mookaite:	Mookaite (Australian Jasper) imparts both a desire for new experiences and a deep calm to face them with. It encourages versatility.
Moonstone:	Moonstone is a stone of new beginnings. It calms the emotions. It encourages intuitiveness and perception. Moonstone enhances the feminine nature; it also soothes instability and stress.
Rainbow Moonstone:	Rainbow Moonstone links you into your overall life plan. Helps you to intuitively read symbols and synchronicities, and opens to spiritual gifts.
Moss Agate:	Moss Agate is stabilizing and strongly connected with nature. Enables you to see the beauty in all you behold. Beneficial to anyone employed in agriculture or botany. A wealth stone; it attracts abundance.
Pink Moss Agate:	Moss Agate brings general abundance, success, and prosperity and it can also help you gain peace with extreme or excessive duties in life. It is a stone of compatibility and friendship. Moss agate is said to bring self-confidence and higher self-esteem and it is also a protective stone.
Muscovite:	Muscovite is a mystical stone with a strong Angelic contact stimulating awareness of the higher self. Muscovite stimulates unconditional love and acceptance and at the same time allows recognition of the flaws in humanity.
Aqua Obsidian:	Aqua Obsidian stimulates the heart and throat chakras allowing you to speak with, and to understand communication from the heart. Aqua Obsidian can be used to increase spiritual awareness and assist in energy transfer.

Black Obsidian: Obsidian is volcanic glass. Black Obsidian is an excellent grounding stone. It shields against negative energy and disperses unloving thoughts. Black Obsidian focuses your inner vision, is useful in a shamanic capacity, and is good for creative endeavors.

Blue Obsidian: Blue Obsidian is a protective stone for both physical and astral travel, also assists with directional skills. It has influence over the throat chakra and enhances communication skill, especially in the acquisition of new languages.

Green Obsidian: Green Obsidian balances the heart chakra and helps disconnect any bond others have put upon you, and protects you from future unwanted attachments. This beautiful stone allows for a connection with nature and the self-realizations of love, tenderness and the significance of nurturing.

Mahogany Obsidian : Mahogany Obsidian promotes growth in all areas and provides strength when it is needed. Use it to revitalize your life's work, fulfill aspirations, and eliminate energy blockages.

Rainbow Obsidian: Rainbow Obsidian is a stone of pleasure and enjoyment while being protective and grounding. It expands your consciousness, sharpens the senses and can help you delve deep into mysterious phenomena and experiences. Rainbow Obsidian brings light and love to your life.

Silver Sheen Obsidian: Silver Sheen Obsidian is an ideal crystal for crystal gazing. It imparts patience and perseverance when required and brings advantages throughout life.

Snowflake Obsidian: Snowflake Obsidian is good for balancing during times of change. Helps remove blockages by absorbing the negative energies and activating self power.

Black Onyx: Black Onyx reduces stress and encourages self control. Black Onyx also encourages happiness, good fortune and higher inspiration.

White Onyx:	White Onyx helps you to experience guidance and work more with your instincts.
Pink Opal:	A stone for renewal that also helps to guide you in the journey of life. Pink Opal teaches love and non violence providing for nourishment in all aspects of development.
Dendritic Opal:	Dendritic Opal promotes growth; both spiritually and physically and can be used to promote your organizational abilities.
Peridot:	Peridot was once used to guard people from evil spirits, it is still a protective stone for the Aura. It is a powerful cleanser, releasing and neutralizing toxins on all levels. It helps you to understand your destiny and spiritual purpose. Peridot helps to bring about necessary change by motivating growth.
Petalite:	Petalite is known as the 'Angelic stone' because it enhances angelic communication, bringing calm and peacefulness. It aids in spiritual communication.
Petersite:	Petersite is said to contain the "keys to the kingdom of heaven", dispelling illusion assisting in the recognition of the beauty of the soul. Petersite stimulates dignified power and loving guidance.
Petrified Wood:	Petrified Wood provides physical energy and eases emotional pressure. It helps you keep balanced and grounded and increases your connection to nature.
Picasso Stone:	Picasso Stone assists in the development of creative talents.
Prasiolite:	Prasiolite brings appreciation, approval and acclaim to the user. Promotes recognition of accomplishments and furthers their completion.
Prehnite:	Prehnite is recognized as the stone of unconditional love. Prehnite alleviates nightmares, phobias and deep fears. Increases energies and provides protection.
Pyrite:	Pyrite is a highly protective stone, blocking or shielding you from negative energies from people, places and things.
Clear Quartz:	Clear Quartz is the most powerful all-round healing and energy amplifier on the planet. Strengthens the power of other stones and purifies them.
Blue Quartz:	Blue Quartz assists in reaching out to others and inspires hope. It calms the mind.

- Golden Quartz:** Golden Quartz (or yellow quartz) provides clarity for decision making, also bringing sharper memory and concentration skills. Golden Quartz assists with relief from nervous exhaustion and burnout.
- Green Quartz:** Green Quartz opens and stabilizes the heart chakra. It transmutes negative energy and inspires creativity.
- Snow Quartz:** Snow quartz will bring good fortune. It is also a calming and soothing stone. Snow quartz is helpful for meditation and looking within and is used for purification.
- Strawberry Quartz:** Strawberry quartz stimulates the heart and builds the emotion of love. It brings guidance with respect to enjoying each moment. Strawberry quartz also balances the connections between the physical and the subtle bodies.
- Crackle Quartz:** Crackle Quartz is pure Quartz crystal that has been super heated and then dyed to give it vibrant colours. Children especially love the bright colours of Crackle Quartz. Using all the colours of Crackle Quartz you can make an inexpensive Chakra Kit for children.
- Rhodochrosite:** Rhodochrosite eases emotional pain resulting from subconscious memories and helps heal emotional wounds and traumas. It strengthens memory and intellect.
- Rhodonite:** The pink strengthens love while the black provides emotional protection. Relieves pressure, builds up confidence and alleviates confusion.
- Rhyolite:** Rhyolite is an excellent stone for keeping you anchored in the present rather than looking back to the past. Good for bringing things to a resolution. Rhyolite will help people who are solitary and reclusive to allow others into their lives.
- Ribbon Stone:** Ribbon stone is a stone which connects you to mother earth. It can help reveal your true nature and see into past illusion.
- Rose Quartz:** Rose Quartz is known as The Love Stone. Balances, heals and rejuvenates emotions. Cools hot tempers, clears stored anger, guilt and jealousies. Rose Quartz encourages compassion and harmony.
- Selenite:** Selenite brings clarity of mind. Instils deep peace and is excellent for meditation or spiritual work.

Sodalite:	Sodalite rationalizes and aids clear thinking, bringing clarity and truth. It brings about emotional balance. Calms panic attacks.
Sunstone:	Sunstone is a joyful stone. It allows the real self to shine through happily. Sunstone strengthens intellect, desire, self worth and optimism.
Tigers Eye:	Tiger Eye brings cheerfulness and optimism. Helps soften stubbornness. Encourages positive attitude to life and furthers self esteem. Helps release unwanted emotions. Tiger Eye increases appreciation of mother earth.
Blue Tigers Eye:	Blue Tiger Eye also known as Hawk Eye is calming. Releases stress. Blue Tiger Eye will aid communication.
Red Tigers Eye:	Red Tiger Eye overcomes lethargy and provides motivation.
Tigers Iron:	Tiger Iron combines Jasper, Tiger eye and Hematite. Tiger Iron is a creative and artistic stone that brings out inherent talents.
Turquoise:	Turquoise is a promoter of self realisation. It assists creative problem solving and calms the nerves when speaking in public. Stabilises mood swings and brings inner calm. Turquoise is an excellent stone for exhaustion, depression or panic attacks.
Unakite:	Unakite is a stone of vision. It balances emotions with spirituality. Unakite gently releases conditions that inhibit spiritual and psychological growth.

Star Sign Stones

Star sign stones will match up the ideal stone to your particular star sign. This does not mean that any other stone will not work for you; it just simply means that these are your ideal stones, relevant to your star sign and birth.

Aries 21 Mar - 20 Apr	Aquamarine. Aventurine. Bloodstone. Clear Quartz. Citrine. Hematite. Jade.
Taurus 21 Apr - 21 May 15	Carnelian. Clear Quartz. Moonstone. Opal.
Gemini 22 May - 21 Jun	Agate. Aquamarine. Citrine. Clear Quartz. Howlite. Jade. Rutile Quartz.
Cancer 22 Jun - 22 Jul	Calcite. Carnelian. Clear Quartz. Moonstone.
Leo 23 Jul - 23 Aug	Carnelian. Citrine. Clear Quartz. Garnet. Jasper. Onyx. Peridot. Pyrite.
Virgo 24 Aug - 23 Sep	Amazonite. Amethyst. Clear Quartz. Garnet. Peridot.
Libra 24 Sep – 23 – Oct	Bloodstone. Citrine. Chrysoprase. Jade. Moonstone. Opal. Clear & Rose Quartz. Tourmaline.
Scorpio 24 Oct - 22 Nov	Clear Quartz. Malachite. Moonstone. Opal. Turquoise. Unakite.
Sagittarius 23 Nov - 21 Dec Topaz.	Azurite. Clear Quartz. Lapis Lazuli. Obsidian. Peridot. Smokey Quartz. Sodalite. Turquoise.
Capricorn 22 Dec - 20 Jan	Amethyst. Clear Quartz. Fluorite. Garnet. Malachite. Smokey Quartz. Tiger Eye.
Aquarius 21 Jan - 19 Feb	Amethyst. Clear Quartz. Garnet. Hematite.

Pisces

20 Feb - 20 Mar

Amethyst. Aquamarine.
Bloodstone. Clear Quartz.
Fluorite. Opal. Turquoise.

Birthstones

Birthstones are purely symbolic of the expected nature of your inner self; they are very different to Star Sign stones. Birthstones are more for use in jewellery and accessories, but are still helpful in healing layouts.

<u>Month</u>	<u>Stone</u>
January	Garnet
February	Amethyst
March	Aquamarine
April	Diamond
May	Emerald
June	Pearl, Moonstone
July	Ruby
August	Peridot, Sardonyx
September	Sapphire
October	Opal, Tourmaline
November	Topaz
December	Turquoise, Zircon

Anniversary Stones.

Anniversaries are important and nations as well as individuals celebrate them. These stones can provide beneficial influence and add power and joy to our celebrations.

1 st	Sulphur	15 th	Rock Crystal
2 nd	Dessert Rose	20 th	Aragonite
3 rd	Chalcopyrite	25 th	Silver, Satinspar
4 th	Wulfenite	30 th	Pearl, Chrysocolla
5 th	Petrified Wood	35 th	Coral
6 th	Iron Pyrite	40 th	Ruby
7 th	Copper	50 th	Gold or Labradorite
8 th	Bronzite	60 th	Diamond, Star Sapphire
9 th	Jasper	70 th	Blue Diamond
10 th	Vanadinite	80 th	Tanzanite
11 th	Calcite	90 th	Pink Sapphire
12 th	Agate	100 th	Lapis Lazuli

Disclaimer

The information contained in this booklet is provided for general education and knowledge. The metaphysical and healing properties outlined are for inspiration and reference. These properties are dependent upon the attitude and beliefs of the individual. In no way are they meant to replace diagnosis or treatment by a qualified therapist or physician.