

'HOLISTIC HARMONY' - DIRECTORY OF CRYSTALS – IN STOCK

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AGATE - Agates are very powerful healers. They raise your consciousness and help obtain an emotional and physical balance. All agates tone and strengthen the body and mind. They build more confidence and allow us to accept ourselves more fully. Placed on the heart will help with emotional trauma. They are grounding but also build up energy. Balances Yin & Yang energy & balances & cleanses any negativity from the aura. All agates enhance mental function as they improve concentration & perception. **CRAZY LACE AGATE** is useful for grounding and energising the base/root chakra. Helps raise physical energy. **BOTSWANA AGATE** Only found in Botswana, this agate looks to solutions rather than dwelling on problems. Helps you to explore unknown territory & your own creativity. Helps you to see the bigger picture. Helps the body to assimilate oxygen, benefiting the circulatory system & the skin. Aids depression & stimulates the crown chakra, bringing energy into the auric field. Helps clear body of toxins and aids recovery of addictions. Good for depression, circulatory system and skin Beneficial for smokers & those who want to quit smoking. **BLUE LACE AGATE** enhances creativity and confident expression. Calms the mind and soothes the emotions. Aids wisdom, patience and communication. Encourages kindness and honesty. Excellent stress reliever. **MOSS AGATE** – Is a stone of wealth; it attracts abundance. It is a stone of new beginnings & releases blockages, fear & deep-seated stress. Improves self-esteem & strengthens positive personality traits. Promotes self-expression & communication & balances emotions. It encourages trust & hope & is helpful for depression sufferers. It is an anti-inflammatory; reduces swelling, treats cold & flu, boosts immune system & cleanses the circulatory & elimination systems. As an elixir applied to the skin, it treats skin infections.

AMAZONITE - A Soothing Stone. Soothes the brain & nervous system. Balances male & female energies. Builds self confidence & self esteem. Enhances creative expression. It has a powerful filtering action and should be placed between you & the source of any pollution or taped to a cell phone or place near computers to absorb electromagnetic smog. It can also filter information passing through the brain & combines it with intuition. Strengthens heart & physical body. Soothes all chakras but particularly the heart & throat. Ideal to help muscle & tissue spasms & calcium deficiencies. Used to treat Osteoporosis. As an elixir rectifies calcium problems.

AMBER - Very uplifting properties. Powerful healer and chakra cleanser drawing out negative energies & diseases from the body. Helps find joy and humour in life. It is also a natural antibiotic and strong protector. Place over solar plexus for extra protection from negative energies. Helps maintain physical, mental and spiritual well-being. Absorbs negative energies & transmutes them into positive forces that stimulate the body to heal itself. Treats throat problems, stomach, spleen, kidneys, bladder, liver & gallbladder, alleviates joint problems & heals wounds as an elixir.

AMETHYST - Known as the 'spiritual stone' . Extremely powerful & protective stone with a high spiritual vibration with strong healing & cleansing powers. It absorbs negative energies in the environment, transmuting the energy into love. Enhances spiritual awareness. Boosts the immune system, eases headaches & releases tension. Heals dis-eases of the lungs, respiratory tract skin conditions, cellular disorders & digestion. Aids insomnia & balances mind body & spirit. **Amethyst Points** can be placed around body for healing layouts, by placing the point in towards you to draw in energy & give protection on all levels.

Amethyst Clusters can be used to cleanse other crystals by placing them on the top of the cluster overnight. Ideal for cleansing bracelets or other stones which are unable to be cleansed by the water method or other methods due to discolouration etc.

AMETRINE - Known as the ‘connecting stone’. A combination of Amethyst and Citrine. This stone provides a clear connection between the physical form and the ultimate state of perfection. It disperses negativity from the aura thus relieving stress, tension and anxiety. Allows the user to reach higher states in meditation more quickly. An excellent stone for spiritual growth.

ANGELITE - Known as the ‘stone of awareness’. Facilitates conscious contact with the Angelic realm. Enhances telepathy & enables out-of-body journeys. Especially good for healers as it helps heighten perception & provides protection for the environment or the body. Helps you to speak your truth & helps one to accept those things that cannot be changed. Helps throat inflammation & balances thyroid helping weight control. Can be used to enhance astrological understanding & to bring deeper understanding of mathematics.

APATITE - This stone suppresses hunger & raises the metabolic rate, encouraging healthy eating. Aids calcium absorption & helps cartilage, bones, teeth, arthritis & all joint problems. It develops psychic gifts & spiritual attunement, helping one to connect to a very high level of spiritual guidance. Deepens meditation & raises kundalini energy. Increases motivation & builds up energy. Stimulates creativity & the intellect & helps overcome emotional exhaustion by healing the heart of dis-ease.

APOPHYLLITE - Stone for Connection. Clear: Enhances clarity of mind & letting go of old patterns. Stimulates intuition & raises levels for conscious connection with your guides & teachers. Allows information to be sent back to the conscious self during astral travel. Allows one to see into the future. Extremely effective for healers/psychics as it protects the aura against other peoples negative energies during close contact energy and psychic work.

AQUAMARINE - Helps banish fears and phobias. A stone of courage, its calming energies reduce stress & quiet the mind. It has an affinity with sensitive people. Invokes tolerance of others by helping to overcome judgmentalism. It clears blocked communication & promotes self-expression. Sharpens intuition & opens clairvoyance. Excellent for meditation as it invokes high states of consciousness & spiritual awareness & encourages service to humanity. Inspires and calms the emotions. Gives clear vision of one’s path. Reduces fluid retention. Good for thyroid gland, liver, kidneys and spleen. Excellent for sore throats & swollen glands. Regulates hormones and autoimmune diseases such as hay fever.

ATLANTISITE – Also known as Serpentine with Stichtite. Clears the chakras & detoxifies the body. Stimulates the crown chakra aiding meditation & spiritual exploration, opening psychic abilities. It assists the retrieval of wisdom & regains memory of past lives. **Stichtite** helps one recover from illness, trauma, disappointment, anger & depression. Protects one from negativity, putting the wearer inside an ‘egg of light’ which shields the emotional body. Heals the heart; bringing in love.

AVENTURINE - An all round healer. Brings well-being and emotional calm. Comforts the heart and general harmoniser, protecting the heart. Good in times of emotional stress and turmoil. Releases anxiety and fear & calms anger. A good emotional healer. Wearing aventurine protects against electromagnetic smog & can be taped to a cell phone. Promotes leadership qualities & decisiveness. Promotes compassion & empathy & encourages perseverance. Treats the thymus gland & nervous system. Balances blood pressure & stimulates the metabolism, lowering cholesterol, preventing arteriosclerosis & heart attacks. As an elixir, it relieves skin problems & allergies. Relieves migraines, and heals adrenals, lungs & heart.

AZURITE - Azurite brings serenity, emotional tranquillity and peace. Helpful in meditation to achieve an empty mind. Ideal for releasing the past and gracefully accepting the future. Enhances ones ability to listen & communicate with others. Helps eliminate indecision & troublesome thoughts in the back of ones mind. Azurite awakens the psychic self, thus giving guidance & insight to all areas of ones life. Helps dissolve barriers in ones path.

BLOODSTONE - Gives strength and stamina during periods of stress. Helps with decisions and feelings of weakness. Powerful cleanser and heals physical body and bloodstream and cleanses the chakras. Stimulates dreaming & is a powerful revitaliser & can revitalise the mind if you are mentally exhausted. Calms the mind, dispels confusion & enhances the decision making process. Good for heart, liver and circulatory system. Helps to purify the blood & detoxifies the liver, intestines, kidneys, spleen & bladder. Bloodstone can be used to heal the ancestral line. It cleanses the lower chakras and realigns their energies. Placed in a bowl of water beside the bed to ensure peaceful sleep. As an immune stimulator, tape over thymus.

CALCITE - All calcite's are calming and emotional balancers. In general calcite has a calming effect on the mind that is very beneficial for boosting your memory. Helps with intense periods of change. Alleviates tiredness – calming yet energising. Good for bones and teeth. Powerful amplifier & cleanser of energy. By placing calcite in a room, it cleans rooms of negative energies from the environment & heightens your energy. Highly spiritual, linking you to a higher consciousness & opening you to a higher awareness & psychic abilities. Instils motivation, boosts memory & is useful for study. Calms the mind & alleviates emotional stress. Using calcite as a healing layout of the appropriate colours, calcite cleanses, balances & re-energises all the chakras. **MANGANO CALCITE** - Pink calcite is a heart crystal in contact with the angelic realm. A stone of forgiveness, it releases fear & grief that keep the heart trapped in the past, bringing in unconditional love. It aids self-worth & self-acceptance, heals nervous conditions, & lifts tension & anxiety. This stone prevents nightmares. Pink calcite's loving energy gently dissolves resistance. It is helpful for anyone who has suffered trauma or assault. Highly spiritual, opening psychic awareness. **YELLOW OR GOLDEN CALCITE** - In addition to the generic attributes of calcite, the yellow & gold have additional properties and are a great eliminator & stimulates the will. Its energy, especially as a elixir, is uplifting. It enhances meditation, inducing a deep state of relaxation and spirituality & linking to the highest source of spiritual guidance. It stimulates the higher mind. Use at the crown & solar plexus chakras. Golden calcite has an extremely expansive energy. **GREEN CALCITE** - In addition to the generic attributes of calcite, green is a mental healer, dissolving rigid beliefs & old programs & restoring balance to the mind. It helps in letting go of what is familiar & comforting but which no longer serves, & aids communication & the transition from a stagnant to a positive situation. Strengthens immune system & when used in grids, this stone rids the body of bacterial infections & absorbs negativity. Placed regularly on the body absorbs dis-ease. **BLUE CALCITE** is a gentle stone for recuperation & relaxation. It lowers blood pressure & dissolves pain on all levels. Gently soothing the nerves & lifting anxieties, it releases negative emotions. Used on the throat chakra it aids clear communication.

CARNELIAN - Enhances the 'life force' and vitality. Excellent stone for restoring vitality & motivation & for stimulating creativity. Carnelian has the ability to cleanse other stones. Sharpens concentration & dispels mental lethargy. It gives courage, promotes positive life choices, dispels apathy & motivates for success in business & other matters. Helps to keep you focused on what you want and gives you motivation to do it. Influences the female reproductive system and increases fertility. Excellent healer for lower back, arthritis, rheumatism, neuralgia and depression. Helps absorption of vitamins & minerals & ensures a good supply of blood to organs & tissues.

CELESTITE - Celestite has a high vibration & is a teacher for the new age. Mostly found in its natural form; hard to find in tumbled form & can be delicate to handle so care should be taken when cleansing in water. Promotes purity of the heart & attracts good fortune. It is imbued with divine energies; taking you into infinite peace of the spiritual & contacts the angelic realms. It jump-starts spiritual development & urges you toward enlightenment. Good for dream recall, relieving stress, enhancing mental clarity & bringing inner peace. Celestite is an excellent healer of the throat chakra & heals any imbalances in the auric field.

CHAROITE - Stone of Insight and Transformation. Stimulates inner vision & spiritual insight & aids coping with enormous change at a spiritual level by opening & balancing the heart & crown chakra & cleansing the aura. Can bring visions of past lives & ways to redress karma. Transmutes negative energies into healing & converts disease into well-ness. Releases deep fears & reduces stress & worry. Re-energises the body when exhausted & bestows drive & vigor. Good for insomnia & gives children calm sleep. Heals autism & bipolar disorders.

CHIASTOLITE – Extremely powerful protective stone. Was used in ancient times to ward off ill wishing & curses. Dispels negative thoughts & feelings & can transmute conflict into harmony. Aids problem solving & change. It is a gateway into mysteries & can provide answers to mysterious events. Helpful for those making the transition beyond death. Stabilizes emotions & clears feelings of guilt. It assists in attuning to the soul's purpose. Helps rheumatism & balances immune & nervous system.

CHRYSANTHEMUM STONE - Facilitates time travel, gently drifting you through time. It exudes confidence & radiates harmony into any environment. It inspires & energizes & brings any endeavours to fruition helping you to remain focused. Strengthens character & helps bring stability & trust into ones life. Treats the skin, skeleton & eyes & is useful for dispersing toxins & dissolving growths. Helps you to enjoy being centered in the present moment.

CHRYSOCOLLA - Calming & Harmonising. Helps ease emotional heartache, thus increases ones capacity to re-love. Calms, cleanses and reenergises all the chakras & aligns them with the divine. Placed on the sola plexus, it draws out negative emotions such as guilt & reverses destructive emotional programming. Creates compassion & communication. Purifies & stabilizes the home & environment. Works on eliminating negativity from within. Realigns ones self to perfect health. Helpful with lung disorders, arthritis, bone disease, digestive tract, ulcers. Detoxifies the liver, kidneys & intestines. Helps balance blood sugar levels. Heals infections, especially in the throat & tonsils. Treats menstrual cramps & PMS.

CHRYSOPRASE - Australia's Jade – Green Gold. Brings harmony, balance & healing on all levels. Balances energies, positive & negative, male & female. Enhances communication & self esteem. Strengthens the heart & enhances fertility for both sexes. Energises the heart & sacral chakras & brings universal energy into the physical body. Induces deep meditative state. Has strong detoxifying action & stimulates liver function. Excellent for relaxation & peaceful sleep. Treats skin diseases, heart problems & balances hormones & soothes the digestive system. Relieves the pain of rheumatism, aids gout, mental illness & eye problems. Heals the inner child, releasing emotions locked in since childhood. It is useful for forgiveness & compassion.

CITRINE - This is the 'stone of abundance'. Attracts wealth and prosperity, success and all good things. Aids digestion, toxins, thymus, thyroid and constipation. Citrine cleanses the chakras, especially the solar plexus & navel & activates the crown chakra & opens the intuition. Place in the wealth corner of your home or business (farthest back left point from your front door into an individual room) or in your cash box. Raises self-esteem, confidence & improves motivation & enhances concentration & revitalizes the mind. Helps develop positive attitude & promotes enjoyment of life. Helps with depression, fears & phobias.

CLEAR QUARTZ - The most powerful and widely used crystal. Allows all the colours of the spectrum to combine and pass through as clear white light. Brings focused clarity, also amplifies and stores the bodies energies. Can be used in conjunction with any other stone for specific physical problems, as it will amplify the effects on individual stones and attune the treatment to the energy of the individual person. It absorbs, stores, releases & regulates energy, raising it to the highest possible level. It cleanses & enhances the organs & subtle bodies & acts as a deep soul cleanser. Excellent meditation tool. Stimulates immune system & brings the body into balance; harmonising all the chakras. **Clear Quartz Points** can be placed around the body for healing layouts, by placing the point in towards you to draw in energy & away from you to draw off energy. **Clear Quartz Clusters** emit energy into the atmosphere & intensifies the energies of other crystals, charging & energising them. This makes them ideal for placing other crystals on top of the cluster overnight to re-energise them ready for use & before a healing layout.

COPPER - This mineral can combat lethargy, restlessness & non-acceptance of oneself. It can stimulate initiative, optimism, diplomacy & independence. It allows one to recognise the barriers which are in the path of ones development. It can activate & open the base & sacral chakras promoting energies of intuition, sexuality, desire & vitality. It can be used to cleanse wounds & fight bacterial infection. Useful in the treatment of arthritis & rheumatism, & stimulates the metabolism. It is said to bring good luck.

CORAL – Facilitates intuition, imagination & visualization. Coral helps one to understand & to use the qualities of the mystic & brings one into communication with the past spiritual masters of this world & can expedite & accelerate the transfer of knowledge. It can be used to strengthen both the circulatory system & the bones of the body. Quietens the emotions & brings peace within the self. In addition to the above the additional properties are: **Red Coral** – Opens & activates the base chakra, stimulating the energetic pursuit of predetermined goals. Protects against depression & despondency.

DANBURITE - Highly spiritual stone carrying a very pure vibration & working with the heart energy thus encouraging to love oneself. Used in meditation, it takes you to a high state of consciousness & accesses inner guidance, linking into the angelic realms. Excellent for implement deep change & leaving the past behind. Can be used as a karmic cleanser. Placed by the bedside, it can accompany the dying on their journey beyond death, enabling a conscious spiritual transition.

DUMORTIERTIE – Opens the doors of insight, activating the third eye chakra.

Enhances all mental abilities – linguistic, mathematical, abstract & emotional intelligence. Stimulates psychic abilities and can instil the gift of prophetic vision especially when used with Lapis Lazuli. Excellent for students who are required to take in large amounts of information aiding in memory retention. Helps you to focus & concentrate; clears mental confusion aiding one to find solutions to current problems. Helps clear blockages in the meridians & chakra systems. Can be used effectively during past life regressions to gain a deeper understanding of the development of one's soul or to reconnect with skills or information one may have had in another lifetime.

EMERALD – Stone of inspiration and infinite patience. Known as the 'stone of successful love', it brings domestic bliss & loyalty. It enhances unity, unconditional love, & partnership and promotes friendship. Opens the heart chakra & has a calming effect on the emotions. It eliminates negativity & focuses intention & raising consciousness, it brings about positive action. It enhances psychic abilities, opens clairvoyance & stimulates gathering wisdom from the mental planes. Gives strength of character to overcome the misfortunes of life & enhances the ability to enjoy life to the fullest. Imparts mental clarity, strengthens memory, inspires a deep inner knowing, & broadens vision. Treats sinuses, lungs, heart, spine & muscles & soothes the eyes. Has a detoxifying effect of the liver. Helps alleviate rheumatism & diabetes. Its green ray can assist healing of malignant conditions.

FLUORITE - Aids deep meditation. Balances positive and negative energies of the mind giving greater mental clarity. Assists greatly with study and as a companion at exams. Aids in spiritual and psychic abilities awakening. Promotes intuition and understanding. Stimulates Yin-Yang energies. Cleanses & stabilises the aura & cleanses, purifies, dispels & reorganises anything within the body that is not in perfect order. It is extremely effective against computer & electromagnetic stress when appropriately positioned. It benefits teeth, cells & bones & repairs DNA damage. Powerful against viruses when taken as an elixir. Helps with arthritis, rheumatism and spinal injury, colds and flu & sinusitis . Aids in discomfort of shingles & other nerve related pain & heals the skin, removing blemishes & wrinkles. Rekindles sexual libido.

FOSSIL – The fossil is a preserved remnant of the past. Most fossils are organic matter which has transformed to stone; in many cases a mineral. In ancient times fossils are believed to have been stony casts of that which was once alive & which were grown in the Earth from seeds descendant from the realms of the stars and have been used to enhance telepathic communication between this present reality & the prior worlds as well as the current other worlds. It can be used to both heighten & supplement ones accomplishments in the business realm & to instil quality & excellence within ones environment. Helps one to dispense the old 'programming' & schedules & to be open & receptive to fresh innovative forces which are available. Stimulates the thymus gland (immune system), the skeletal system and the hands & feet.

GARNET - Stone of health, commitment & passion. Garnet helps us develop love, compassion & patience. **Red** Garnets represent love, & can rekindle feeling & renew love. **Green** Garnets are powerful healing stones. All Garnets balance & stimulate the Kundalini energies, from the base chakra to the crown. Ideal for extracting negative energies from the chakras & transmuting the energy to the beneficial state. Helps calm ones anger; particularly towards the self. Promotes imagination, guards against nightmares & improves self esteem.

HEMATITE - Australian Iron Ore is very good for using during meditation as it has deep grounding energies and balances total body. Good for decision-making and helps you finish things you start without losing direction. Balances yin-yang energies. Helps you to live 'in the present moment' and helps you to stay focused. Dissolves negativity & prevents negative energies from entering the aura, restoring peace & harmony to the body. Helps boosts self-esteem & supports timid women, enhances willpower & reliability & imparts confidence. It treats overeating, smoking & any other form of overindulgence & placed at base & top of spine helps to facilitate spinal alignment & fractures. Good for insomnia & anxiety.

HEMIMORPHITE –Brings balance to the auric field, dissolving & dispelling negativity or weakness. Helps you to connect with your spirit guides and the angelic realm. It is a stone of compassion & as such it will enhance the talents of healers & spiritual counsellors.; by placing on throat during stone layouts can help client to clearly express core issues in need of healing attention. Helps one to draw healing energies into the crown & third eye chakras clearing blockages & energises the heart chakra aiding in resolving emotional issues within relationships. Aids PMS & any other hormone-related problems

HOWLITE - “Communication and Expression” stone. Excellent for insomnia. Helps to reach a state of deep sleep and assists in remembering dreams. Assists in having a better memory. Aids the relief of pain, stress and anger. Promotes tactfulness. Helps to make one less critical, selfish and fussy, thus improving confrontational situations. Good for bone disorders, teeth and calcium deficiency.

IOLITE – Activates the Third Eye chakra and facilitates visualisation & intuition when all chakras are in alignment (use with Kyanite to achieve this). Helps with addictions & clears negative thought forms. Good for migraine headaches and de-toxing the body. Helps with addictions & clears negative thought forms. It reduces fatty deposits in the body, mitigates the effect of alcohol & supports detoxification & regeneration of the liver. Alleviates migraine headaches & treats the respiratory system. It also kills bacteria. It encourages taking responsibility for yourself & helps overcome co-dependency within your partnership.

JADE - Excellent for past lives and dream work. Balances over sensitive and emotional people. Disperses negativity. Its protective qualities keeps the wearer from harm. Attracts good luck. Calms the nervous system & channels passion in constructive ways. Green Jade can be used to harmonise dysfunctional relationships. Jade assists in recognising yourself as a spiritual being on a human journey & awakens hidden knowledge. Treats kidneys, removes toxins & assists in fertility & childbirth. Treats hips & spleen & rebinds cellular & skeletal systems.

JASPER – This is known as the ‘stone of health’. Strengthens, detoxifies the circulatory system, blood and liver. Gently stimulating, yet calms the emotions. Strengthens and stabilises the aura. Enhances energy and vitality. For men, helps keep Prostate Gland healthy. **Yellow Jasper** – helps with digestive & liver disorders and aids mental concentration. Jaspers are known as the ‘supreme nurturer’. They support you in times of stress; bringing tranquillity & wholeness. Jaspers provide protection & grounds energies into the body.

It absorbs negative energy & cleanses & aligns the chakras & the aura. Jaspers aid quick thinking, determination, courage & stimulates imagination & transforms ideas into action; seeing projects through to the end. **Rainforest Jasper** encourages us to connect with nature & to participate in the role we must play to save our environment and mother earth. This brings an awareness that everything is connected and we all one in the universe and part of the same, including plants, trees, animals and all living creatures. **Picture Jasper** – Is said to be the Earth Mother speaking to her children. It contains a message from the past within its pictures for those who can read it. It stimulates the earth chakra, immune system, clears pollutants and toxins from the body and stimulates the cleansing organs. It also heals the skin. It facilitates deep meditation, centering, and regression to past lives, revealing karmic causes. Position on forehead or as appropriate

JET - Formed from fossilised wood & was used in the Stone Age to protect against 'entities of darkness'. Jet draws out negative energy & when worn round the neck it is a stone of protection. It guards against violence and illness & provides protection during spiritual journeying. Opens to psychic experiences & to assist the quest for spiritual enlightenment. Balances mood swings & alleviates depression, migraines, colds & cramps. Placed on the chest, it directs the Kundalini Force toward the crown chakra.

KYANITE - Stimulates psychic abilities & intuition. Connects to spirit guides. Placing Kyanite on the body between the heart & solar plexus chakras instantly aligns the chakras & subtle bodies & restores 'Chi' to the physical body & organs. As Kyanite does not hold negativity, it never requires cleansing. Kyanite slices through confusion & dispels blockages, illusion, anger, stress & frustration. Opens the throat chakra & encourages self-expression & communication. A natural pain reliever, it lowers blood pressure & heals infections & balances yin-yang energy.

LABRADORITE – “ Aura Protection – Clarity – Direction. Labradorite helps keep the aura clear, balanced, protected and prevents loss of energy. Assists in relieving insecurities by giving the user a clearer insight to one's destiny and journey. Helps one listen to and act on their own intuition, thus giving strength, confidence and perseverance. Stimulates intuition & psychic gifts bringing messages from the unconscious mind. Banishes fears & insecurities. Instils faith & trust in the universe. Calms an over-active mind & relieves stress, anxiety, brain disorders and eye clarity problems. Balances hormones, treats colds & rheumatism. Imparts strength & perseverance in times of change.

LAPIS LAZULI - The Power Stone – Used throughout the ages of attaining enlightenment. Facilitates the opening of all chakras. The opener of many doors to self awareness, spiritual growth & psychic abilities. Brings creative expression, clarity and depth of thought. It is both a mental & spiritual cleanser. Balances the male & female energies. Activates the thyroid gland and eases tension & anxiety. Beneficial to the lungs, throat, cleansing organs & nervous system.

LEPIDOLITE - “The stone of transition”. Alleviates stress and tension in the physical environment relieving anger, internal self hatred, depression and despondency & addictive behaviour, creating calmness. Promotes smooth transition with change and recognising the energies of universal light, hope and acceptance. Used to locate energy blocks, thus aligning energies for creative communication, bringing forward self love, acceptance, openness and honesty.

LODESTONE (also known as MAGNETITE) - This stone is magnetic & can be used as magnetic therapy working with the body's own biomagnetic field & meridians & also aligning the chakras. Energises the physical body. Aids telepathy, meditation & visualisation. Attracts love, commitment and loyalty. Alleviates fear, anger, grief and overattachment & brings in positive qualities. Beneficial for asthma, circulatory system, skin & hair. Stimulates sluggish organs & sedates overactive ones. It is anti-inflammatory, healing muscle strains & cramps.

MALACHITE - This is the 'stone of transformation'. Helps one to change and release old patterns. Increases courage and dissolves fear and anxiety. Enhances immune system and draws out pain. Care should be taken as it is toxic and should only be used in its polished form. Do not use as an elixir in water unless used in the indirect method by placing in a separate bowl ensuring the crystal does not enter the water. A stone of intense protection & excellent for absorbing negative energies from the atmosphere and the body. Placed on the third eye it enhances psychic vision. Clears away electromagnetic pollution when placed in the environment or near radiation of any kind. **MALACHITE WITH CHRYSOCOLLA -** This combination stone has a very high healing vibration & symbolises wholeness & peace. Placed on an area of imbalance, it gently restores equilibrium. If one stone is placed on the third eye & another on the solar plexus, mind, body, & emotions are totally balanced. Activates visualisation & psychic vision & can assist in receiving insights from the subconscious or messages from the future. Treats lungs, liver, arthritis, asthma, vertigo, diabetes, PMS, & epilepsy.

MOLDAVITE – Said to have extraterrestrial origin, formed when a giant meteorite struck the earth. It is a form of Tektite and is now becoming extremely rare as source is used up & will soon become extinct. Enhances other crystals, taking them to their highest vibration. Brings you into communication with higher self & with extraterrestrials, Ascended Masters & cosmic messengers. This stone takes you into highest spiritual dimensions when placed on the crown chakra. & facilitates the ascension process. It needs to be grounded or else it can leave you 'spaced out'. Has extremely high vibration, which opens, clears blockages from, & aligns the chakras. Place on third eye can enable you to go into the future or back into the past journeying to other lives if this is appropriate to your growth.

MOOKERITE - Moving forward, Acceptance. Helps us to deal with change. Unlocking of fear and allowing us to move forward with ease and joy. Helps us to respond, not to react. Assists in our creative forces, allowing us to flow freely with self expression. Ideal for sexual organs, digestive system, bones, blood and lower back.

MOONSTONE - The stone of New Beginnings. Emotional balancer. Promotes intuition & empathy. Said to enhance psychic abilities & to develop clairvoyance. Balances male-female energies. Provides deep emotional healing & heals disorders of the upper digestive tract that are related to emotional stress. Good for mood swings and the reproductive system. Good hormonal balancer and helps with fertility and PMS. Eliminates toxins & fluid retention. Good for skin, hair, eyes, liver & pancreas.

NEBULA STONE - A new rare crystal discovered, composing of four minerals. Nebula Stone is said to have unique metaphysical properties. It is known to blend the vibration of light carried in its Quartz component into the physical body, enlightening the cells and activating their consciousness. This raises overall conscious awareness, bringing remembrance of the soul's spiritual roots; brings profound healing at the cellular level of being. Hold in the hands or place on the third eye.

OBSDIAN - Letting Go. A protective stone & powerful healer. Ideal for those who need to let go of old ways & old loves. Helps to clear subconscious blocks, also to connect our mind & emotions. Helps to relieve anxiety, worry, negativity & fear. Stimulates the idea to see new horizons. In addition to these qualities, Green is beneficial for heart & gall bladders disorders.

ONYX – Strength – giving. Promotes vigor, steadfastness and stamina. It provides support in difficult or confusing circumstances & during time of enormous mental or physical stress. It can take you forward to view the future and, with its capacity to impart personal strength, facilitates being master of one's destiny. Useful for past life work and for healing old injuries & physical trauma that are affecting the present life. Useful for healing old grief & sorrows. Beneficial for teeth, bones, and the feet.

OPAL - Known as the 'stone of happy dreams & changes'. Awakens both psychic & the mystical qualities. Helps one to understand the higher powers of intuition to enhance personal understanding. Used by Shamans & Native peoples to invoke visions. **Dendritic Opal** promotes growth, both spiritually & physically. Treats the skeletal structure, veins & artery disorders. **Yellow Opal** treats intestinal & stomach disorders & promotes confidence. Strengthens concentration & memory.

Pink Opal enhances cosmic consciousness & induces psychic & mystical visions. Enhancing self-worth, it helps you to understand your full potential. Opal brings lightness & spontaneity & is said to bring loyalty & faithfulness. Opal strengthens the will to live. Treats Parkinsons disease, infections & fevers & strengthens memory. Stimulates creativity & aids in expressing one's true self. A stone of love & passion that intensifies emotional states & releases inhibitions. **Bolder Opal** provides a connection to the Stars, facilitating communication between the Earth plane and the 'star people' of this world and other worlds. It provides for a grounding action while enhancing the transfer of information. It can also clear 'muddy' areas from the aura, stimulating the healing of those areas & further enhancing the healing state on all levels. It assists in 'sweeping the cobwebs' of ones mind, enhancing mental clarity, emotional security, physical well-being & spiritual progression.

PEARL – Stone of Sincerity & Purity. Symbolises purity & can stimulate that condition in ones mind & body, providing a clear channel for spiritual guidance & wisdom. It signifies innocence & enhances personal integrity. Pearls are attuned with feminine qualities, especially pregnant women, thus making it very nurturing. Increases fertility & eases childbirth. Pearl can lessen stress, headaches, hypertension & exhaustion, helping to prevent heart attacks & strokes. Aids in reducing digestive disorders (ulcers etc.)

PERIDOT – Omits a warm friendly energy. Helps to bring an understanding to change & helps regulate the changing cycles in one's life. Helpful in bringing about acceptance & openness in matters of love & relationships. Peridot is an excellent stone for protecting oneself from outside influences & unwanted energies. An ideal stone for lessening of anger & jealousy, inspiring happiness. Peridot acts as a tonic for heart, lungs, spleen & intestinal tract. It can also assist in strengthening the eyes.

PETALITE - Known as 'The Angel Stone' as it enhances angelic connection. Petalite has a high, pure vibration which aids spiritual purification. A highly protective stone that enhances meditation & takes you to a very calm & clear spiritual dimension. It can be used to release negative karma and to clear entities from the aura or the mental body. Even a small piece of Petalite carried on the body constantly energizes & activates all the energy centres of the body at every level.

PIETERSITE - This stone is said to hold 'the keys to the kingdom of heaven'. It has the ability to ground you not to the earth but to the etheric body. This facilitates spiritual journeying, especially to read the Akashic Record & the insights on your incarnations that are to be found there. Helps you to achieve a high state of altered awareness during meditation, stimulating the third eye & enhancing intuition. Assists in processing suppressed feelings, & dissolves stubborn blockages & clears confusion.

PRASE - A caring and loving stone. Soothes emotions following illness and painful experiences. Helps to open our heart to new love and reconcile emotional anguish from earlier relationships. Enhances dream states and helps us to understand ourselves on a subtle and physical body. Prase also helps in times of trauma and easing the pain of loss. Beneficial for the reproductive system and any heart issues.

PREHNITE – Connects to the archangel Raphael & to other divine beings.

Placed on the third eye it enhances the visualisation process and induces deep meditation in which the higher self is contacted putting you in touch with the universe's energy grid. Enhances prophecy & shows you the way forward for your spiritual growth. Useful in gridding as it seals the auric field in a protective shield. A good Feng Shui stone. Alleviates nightmares, phobias & deep fears.

PYRITE - Balances the hemispheres of the brain. Has the ability to aid mental capacity and assists with concentration and memory. Used at the solar plexus will help to release blocks and negative energy in the emotional body and strengthen personal and psychic powers. Beneficial to the eyes, liver and nervous system.

RHODOCROSITE - The stone of 'Love & Balance'. Provides love on all levels for all bodies. Helps open up new horizons, new worlds. Ideal for healing emotional wounds & trauma. Removes tendencies of avoidance & denial. Useful for balancing the energies of the heart & stabilizing the pulse rate. Expands ones consciousness to understanding & initiating relaxation, acceptance, and balancing. Helpful for spleen disorders. Lifts depression and gives one a feeling of confidence and self esteem.

RHODONITE - A calming & soothing stone. Good for meditation when you feel the need for time out from a hectic life style. Improves reflexes. Good to use for mental & physical trauma. Builds self esteem & confidence. Builds energy levels, strengthens memory & immune system. Beneficial for nervous system, thyroid, pituitary, pancreas, growth of bones & hearing.

ROSE QUARTZ - Dynamic intensity and healing power. Increases fertility and works well with Moonstone. Helps clear stored anger. Promotes love for oneself and others. Excellent for use in trauma and crisis. Good stone for children. Strengthens the physical heart & circulatory system. Placed on the thymus, it aids chest & lung problems. Attracts love by placing the stone by your bed or in the relationship corner of your home. It will restore trust & harmony, & encourage unconditional love. It strengthens empathy & sensitivity & aids the acceptance of necessary change. Excellent stone for mid-life crisis. Holding Rose Quartz enhances positive affirmations. Comforts in times of grief and loss. Encourages self-forgiveness.

RUBY - The stone of limitless love. Helps in all matters of love, including self love. Enhances beauty, love, physical protection & good fortune. Ruby stimulates motivation & visualisation. Is known to amplify Yin & Yang energies. Helps bring negative energies to the surface to be dealt with & dissolved. Ruby benefits the eyes & circulatory system, strengthens the heart & detoxifies the body. Good for the liver, lungs & kidneys.

RUBY IN FUSCHITE - Fuchsite amplifies the energy of other crystals and facilitates their transfer. It can channel information regarding herbal treatment & holistic remedies & gives guidance on health matters & well-being. Balances red & white blood cells & realigns the spine. It combines unconditional love with the tough love that says 'no more' & shows you what is appropriate & necessary for someone else's soul growth & assists you to stand by placidly while they learn their lessons.

RUBY IN ZOICITE – Activates the Crown chakra, creates an altered state of consciousness & facilitates access to soul memory & spiritual learning. Helpful in soul healing & in past life work. It powerfully amplifies the aura around the body and brings a positive state of mind. Zoisite is a detoxifier & strengthens the immune system & when combined with Ruby, stimulates fertility. Improves motivation & leadership & heightens awareness & concentration. Helps overcome lethargy.

RUTILATED QUARTZ - Eases depression and strengthens the immune system. A very powerful healer. Balances sexual energy and increases libido. Facilitates inspiration. Enhances vitality and brings a sense of joy to the 'self'. Cleanses & energises the aura. Aids astral travel, scrying & channelling & facilitates contact with the highest spiritual guidance. Draws off negative energy & breaks down the barriers to spiritual progress, letting go of the past. Excellent for past life healing as it draws off dis-ease from the past & promotes insights into the events in the past which are affecting the present life. Place on neck for thyroid, heart for thymus to encourage a healthy immune system and solar plexus to restore energy levels.

SELENITE - Translucent Selenite has a very high vibration & brings clarity of mind. Opens the crown & higher crown chakras and accesses angelic consciousness & higher guidance. Excellent for meditation and spiritual work & is one of the most powerful crystals for the new vibration on earth. Brings protection when placed in corners around the home. Excellent for past life work as it pinpoints lessons & issues that are still being worked on & how they can be resolved. Aligns the spine & promotes flexibility.

SERAPHINITE - Placed on the third eye or meditated with, this is a stone of spiritual enlightenment. It is excellent for self-healing. It is one of the crystals for making angelic connection and for opening the crown & higher crown chakras. This stone promotes living from the heart & has a cleansing effect on the heart chakra, opening to love. It assists with reviewing the progress of life & identifying the changes needed to put you on the path to peace and fulfilment. Releases muscle tension up into the neck & useful for promoting weight loss.

SERPENTINE - An earthing stone that aids meditation & spiritual exploration. Clearing the chakras & stimulating the crown chakra, it opens psychic abilities & new pathways for the kundalini energy to rise, helping you to understand the spiritual basis of life. It assists the retrieval of wisdom, & regains memory of past lives. Extremely cleansing & detoxifying for the body & blood and is said to ensure longevity.

INFINITE STONE (light-green serpentine) - is a gentle, tender- natured stone that bring you into contact with the angelic guidance. It accesses & integrates the past, present, & future & is excellent for past life exploration, as it promotes compassion & forgiveness for yourself & what you went through. Holding this stone takes you into the healing that was not undertaken after a former life ended; healing any imbalances & clears emotional baggage from previous relationships.

SMOKY QUARTZ - **Aids depression and is mildly sedative and relaxing.** It alleviates suicidal tendencies as it dissolves negative emotions & fears. Increases fertility and balances sexual energy. Effective in 'grounding' the body during meditation & at the same time raising vibrations. Highly protective with a strong link to the earth & base chakra. Absorbs electromagnetic smog & assists elimination & detoxification on all levels. Aids acceptance of the physical body & the sexual nature, enhancing virility & cleansing the base chakra so that passion can flow naturally. It relieves pain, including headaches & cramps, strengthens the back & fortifies nerves.

SNOWFLAKE OBSIDIAN - **Ideal for those who are growing spiritually** or mentally but are unable to put their ideas into form. Balances male and female energies. Good 'grounding' stone. Helps you to recognise and release 'wrong thinking' & stressful mental patterns. Placed on the sacral chakra, it calms & soothes, putting you in the right frame of mind to be receptive before bringing to your attention ingrained patterns of behaviour. It teaches you to value mistakes as well as successes. Balances body, mind & spirit. Treats veins & the skeleton, & improves circulation. The elixir is good for the skin & eyes.

SODALITE - **Enhances communication and creative expression.** Alleviates fear and calms the mind. Excellent stone for insomnia. Strengthens the metabolism and overcomes calcium deficiencies. Stimulates the pineal gland & the third eye & deepens meditation. Opens spiritual perception, bringing information from the higher mind down to the physical level. Clears electromagnetic pollution & can be placed on computers to block their emanations. Eliminates mental confusion & brings emotional balance & calms panic attacks. Transform a defensive or oversensitive personality, releasing the core fears, phobias, guilt & control mechanisms that hold you back from being who you truly are. Enhances self-esteem, self-acceptance & self-trust.

SUGILITE – **One of the major 'love stones'.** Brings the purple ray energy to earth. It represents spiritual love & wisdom & opens up all the chakras to the flow of that love, bringing them into alignment. Inspires spiritual awareness & promotes channelling ability. Alleviates sorrow, grief & fear & promotes self forgiveness. Good pain reliever & clears headaches. Can benefit cancer sufferers as it draws off negative energy & channels healing energy into the body, mind & spirit and gently releases emotional turmoil, alleviating despair.

SUNSTONE - **Alleviates stress and increases vitality.** Aids spiritual expansion and helps one to move forward when blocked on life's path. Joyful and inspiring stone and helps to restore sweetness in life. Sunstone is extremely useful for removing 'hooks' from other people, whether it be from possessive parents, children or lovers especially if they are draining your energy. Keep this stone with you at all times if you have difficulty saying 'no' & continually making sacrifices for others. It facilitates self- empowerment, independence

TEKTITE - Like Moldavite, because of its extraterrestrial origin, Tektite is believed to enhance communication with other worlds & dimensions when placed on the third eye. Helps to encourage spiritual growth through absorption & retention of higher knowledge, taking one deep into the heart of a matter, promoting insight into the true cause & necessary action to take. Placed on the chakras, it balances the energy flow & may reverse a chakra that is spinning the wrong way. Helps with telepathy & clairvoyance. Strengthens the auric field. Balances male-female energies.

TIGER EYE - **Enhances personal power and helps confidence.** This is the 'stone of courage'. Helps with decision making. Combining the earth energy with the energies of the sun to create a high vibrational state that is nevertheless grounded, drawing spiritual energies to earth. Placed on the third eye, it enhances psychic abilities in earthy people & balances the lower chakras, stimulating the rise of the kundalini energy. Heals issues of self-worth, self criticism & blocked creativity. Helps one to recognise one's talents & abilities. Alleviates depression & lifts moods. Good stone for stomach and digestion problems especially IBS. Treats eyes & aids night vision, heals the throat & reproductive organs. Place on navel for grounding energy. **Blue Tiger Eye** – is calming & releases stress. It aids the overanxious quick tempered, & phobic. **Red Tiger Eye** - is a stimulating stone that overcomes lethargy & provides motivation. Speeds up a slow metabolism & increases a low sex drive.

TIGER IRON - **A stone for "Esteem Building"**. Raises primal energy and supports motivation to finish tasks. Especially helps with artistic and creative ventures. Helps stimulate the physical body by building the blood quality and enhances muscle building.

TOPAZ – **Brings true love and success.** Calms and lessens tension, fostering a feeling of relaxation & comfort which allows the user to feel complete & satisfied. Enhances creativity and self expression, understanding and trust in one's decisions. Aids in dispelling uncertainty. Helps to absorb new knowledge. Allows us to appreciate the gift of life. Its positive energy helps those in tune to feel limitless. Beneficial to the liver, pancreas, skin and tissue regeneration.

TOURMALINE - **A powerful Healing Stone.** A powerful mental healer, balancing the right-left hemispheres of the brain & transmuting negative thought patterns into positive ones. It cleanses, purifies & transforms dense energy into a lighter vibration & forms a protective shield around the body. Realigns the spinal column & strengthens immune system. In addition, **Brown** is beneficial for sexuality concerning loss of libido, **Black** protects against cell phones, electromagnetic smog & all negative energies of all kinds. Grounds energy. **Green Tourmaline** is an excellent healer & is helpful for visualisation. It opens the heart chakra & promotes compassion, openness & patience. Transforms negative to positive & dispels fears. Magnetises the wearer to prosperity & abundance. Aids sleep, quietens the mind, & fortifies the nervous system. Treats eyes, heart, thymus, brain, immune system & facilitates weight loss. Assists in realigning the spine & aids strained muscles. A useful detoxifier. **Pink Tourmaline** is an aphrodisiac that attracts love in the material and spiritual world. It disperses emotional pain and old destructive feelings. Promotes peace and relaxation and connects you to wisdom and compassion and stimulates receptivity to healing energies. Balances dysfunctional endocrine system and treats heart, lungs, and skin. **Watermelon Tourmaline** is a combination of Pink Tourmaline and Green Tourmaline.

TOURMALINATED QUARTZ – **Harmonising.** Helps in the process of harmonising the seemingly opposite & conflicting elements that work within us. Shows us how to accept all of ourselves & co-ordinate balance. Ideal for problem solving, inspiration & diminishing fear. Stimulates the balance between the left & right sides of the brain. Helps change one's focus from gloom & doom. Instils confidence & inspiration. Repels negativity.

TURQUOISE - **Encourages self-expression and promotes emotional balance** & peace of mind. Aids communication and stabilises moods. Placed on third eye, it enhances intuition & meditation. On the throat chakra, it releases old vows, & allows the soul to express itself once more. It explores past lives & shows how the creation of your 'fate' is ongoing & depends on what you do at each moment. It balances & aligns the chakras with the subtle bodies & attunes the physical level to the spiritual. Excellent stone for exhaustion, depression or panic attacks. This stone is anti-inflammatory and detoxifies the body. A powerful healer. It makes an excellent elixir.

UNAKITE - **The Acceptance Stone.** Unakite helps you to accept caring and love from others as it balances the heart & is an excellent stone for those who are givers but not takers. Helps to promote a feeling of oneness with the natural environment. Transforms negative to positive, enhances your self confidence, self worth, self love, your feeling of self power and encourages you to be unreserved about your needs and desires. Very beneficial for the solar plexus chakra. Helps with fertility.

WOOD (Petrified Wood) – Stone of Transformation. Petrified Wood is an ancient wood which has been replaced & hardened by another mineral (millions of years old)
It assists one to advance to ones highest chosen level, to commence ascension to a higher aspect of the self, & to recognise that no action unnecessary – but that all actions bring one to ones ultimate purpose. It provides access to & explicit information concerning past lives; this action is furthered via mediation with the stone. It can be used to strengthen the back & to provide alignment to the skeletal structure of the body. Provides insight into cause of a disease by giving us the reasons “why” the suffering has occurred & into the lessons which can be learned & hence, never repeated. Use as an elixir to soothe the skin.