
Metaphysics Diploma • Course G3



Upon completion of this course, you will know:

- How crystals are formed and their shapes and forms
 - What crystals to use on each chakra •
Crystal healing techniques
 - Animal healing with crystals
 - The properties of various crystals
- How to conduct a full crystal healing session

CRYSTAL HEALING

Introduction	3
History	4
How Crystals Are Formed	6
Degrees of Hardness	8
Selecting, Cleansing and Programming your Crystal	9
Crystal Meditation	12
Crystal Shapes and Forms	13
Quartz Crystal Forms	18
Working with the Chakras	23
Identifying and Healing Chakra Imbalances	26
Association of Crystals with the Chakras	28
Healing with Colour	29
Crystal Colour Breathing	31
Divining with Crystals	33
Crystal Healing Applications and Techniques	38
Crystal Gridding	40
Protection, Pendulums & Dowsing	40
Animal Healing with Crystals	43

Crystal Healing Session	45
Crystal Grids for the Chakras	47
Specific Disorders and which Crystals to Use	61
Glossary	64
Crystal Properties (from Agate to Zincite)	67
Shamanic Crystals and their Properties	96

INTRODUCTION

Crystals have been used and revered since the dawn of civilisation. Most people are familiar with the crystals that have been around for thousands of years, such as Amethyst, Malachite and Obsidian, but new crystals are being discovered regularly. Crystals such as Larimar, Petalite and Phenacite are known as *stones for the New Age* – they have made themselves known to facilitate the evolution of the earth and all those upon it. These crystals have an extremely high vibration that raises consciousness and opens the higher chakras to communicate with other dimensions.

Crystals can be used to augment energy healing. Each crystal or stone has specialized gifts for us, drawing in and radiating a healing energy specific to each stone or amplifying spiritual energies.

Crystals exhibit both piezoelectric and pyroelectric properties. Piezoelectricity is the quality whereby electricity, and sometimes light, is produced via compression. Many of the early civilisations (Mayan, Aztec, American Indian, Celtic) often used Quartz crystals in ceremonies and struck the crystals in order to produce a flash of visible light. This property is harnessed in modern day medicine in ultrasound machines, which use a piezoelectric crystal to produce sound waves. Ultrasound is also being used in surgery (laser surgery), to cauterize wounds deep within the body and to blast tumours apart. Quartz crystals in particular are used in watches, radios, transmitters and many other common products. Shamans were familiar with this ability of crystals to focus sound and light vibrations into a concentrated ray, which was then applied for healing. Rotating a crystal wand on the skin causes compression, which releases a focused beam to the organ beneath.

Pyroelectricity is the quality of an electrified state, or polarity, which is produced by and changes with variation in temperature. This state activates expansion of the inherent energy when the crystal is heated. When cooled, the energy contracts and remains within the structure. Tourmaline, when heated in the embers of a fire, first attracts ashes, then repels them. Other crystals will attract or repel bits of paper, thread or ashes. This phenomenon is due to electrical charges which accumulate on the surface of the crystal. Topaz in particular can hold the electrical excitation for hours.

Some people work with crystals as tools to draw in and direct energy. Some speak with and invoke the stones as spirit entities. Others hold that the effect of the stone to facilitate healing or meditation is a side effect of the chemical composition of the

particular stone. I find that any and all ways of defining how or why it works are true and will indeed work.

When we forget who we are and begin to focus on the negative or that which is unwanted, we create imbalances in our energy fields that can lead to dis-ease. The key to rebalancing the energy field is to focus not at all on what is not wanted (the ailment), but to visualize only what is wanted (perfect health) with positive expectancy. There are no hard rules for crystal healing. It's an intuitive and inspired process. Trust that if you set a high intention, all you have to do is allow magic to happen!

We don't become owners of crystals, we become guardians, in much the same way that we are guardians of our children and pets. When we live, sleep, heal and work with these stones, we become aware of their lively and communicative energy. It is an honour to be a caretaker for crystals. Treat them as you would family- in other words, nurture and respect them. Their support strengthens your ability to realise the essence of universal wisdom. Most importantly, never underestimate the power of crystals and NEVER attempt to use crystals for negative purposes.

HISTORY

The therapeutic use of crystals is not a new or alternative healing method. The art of healing with gems is thousands of years old. Evidence that gemstones were used to heal disease can be found from the most ancient civilisations. They were also considered to have protective and talismanic properties, and to keep evil spirits away.

Crystal amulets, talismans and charms have often been found in prehistoric burial grounds. Such items were considered essential for the wellbeing of the dead. The legendary land of Atlantis (50 000 BC) also features prominently in crystal history. Crystals in Atlantis were used for communication, to store energy and to provide light and heat. The Atlanteans also kept secret records on or in quartz crystals. This, they believed, would ensure that such records would remain intact forever, with no risk of destruction through age or local catastrophe.

Use of crystals for healing can be found in Sumerian writings and Indian vedic texts (4 000 BC). Vedic naturopathic medicine is known as Ayurveda. Ayurveda also makes use of crystal healing in the form of elixirs, pastes and powders made from gemstones. In the first Chinese medical book, written 5 000 years ago by Shen Nung, the Red Emperor, detailed descriptions of gemstones and their influence on the human body can be found.

In the Bible, crystals are mentioned at least 200 times. There are strict instructions about the crystals to be used in the breastplate that God had instructed Moses to produce for Aaron, the priest.

In Egypt, the tomb of Tutankhamun shows the reverence with which the ancient Egyptians regarded jewels. They believed that, in addition to indicating the wealth and majesty of the pharaoh, the stones possessed mystical charms to protect him in the after-life. Tutankhamun's sarcophagus was made of quartzite. Within the linen bandages that swathed his body were 143 bejewelled amulets.

In the 12th Century, Hildegard van Blingen (1098 – 1179) composed the *Physika*, which dealt with gemstones in a comprehensive fashion. This lady developed entirely new ways of healing with gems. Paracelsus (1493 – 1541) published a book called *On Minerals* in which he distinguished between chemical formulae and the elemental powers that reside within stones. Famous Greek, Roman and Arabic doctors and scholars wrote of the power of gems, which played an important role in their methods of healing. In the middle ages a book was published, called *Liber Lapidu seu de Gemmis*, which provided an overview of sixty gems and their therapeutic properties. This book was a bestseller and was translated into four languages. It went through fourteen editions and was published from 1511 to 1799.

In America, both the Mayans and Indians used crystals as a means to diagnose illness as well as to cure it. Indians of the Cherokee tribe also used crystals for divination. Medicine men in American Indian tribes claimed to be able to foresee the future by gazing into the depths of large faceted crystals, just as today's fortune tellers gaze into crystal balls. The Mayans also used obsidian slabs to foretell the future.



HOW CRYSTALS ARE FORMED

Crystals were created as the earth formed and they have continued to metamorphose as the planet changes. Crystals are the earth's DNA, a chemical imprint for evolution. They are miniature storehouses, containing the records of the development of the earth over millions of years, and bearing the memory of the powerful forces that shaped it. Some have been subjected to enormous pressure, others grew in chambers deep underground, some were laid down in layers, some dripped into being, whilst others come from an unknown origin in outer space (e.g. Tektite). The way a crystal was formed affects its properties. Whatever form they take, their crystalline structure can absorb, conserve, focus and emit energy, especially on the electromagnetic waveband.

Because of chemical impurities, radiation, earth and solar emissions, and the exact means of their formation, each type of crystal has its own specific internal structure, formed out of an array of minerals. A crystal is defined by its internal structure – an orderly, repeating atomic lattice that is unique to its species. A large or small specimen of the same type of crystal will have exactly the same internal structure, which can be recognized under a microscope. This unique geometric crystal lattice is how crystals are identified and means that some crystals, such as Aragonite, have several very different external forms and colours, which at first glance could not possibly be the same crystal. However, because the internal structure is identical, they are classified as the same crystal. It is this structure, rather than the minerals out of which they are formed, that is crucial to crystal classification. In some cases mineral content differs slightly, creating the various colours in which a particular crystal can be found. Obsidian has no internal crystalline structure, as it is cooled very quickly.

Whilst a number of crystals may be formed out of the same mineral or combination of minerals, each type will crystallize differently. At the heart of a crystal is the atom and its component parts. An atom is dynamic, consisting of particles rotating around a centre in constant motion. So, although a crystal may outwardly look serene, it is actually a seething molecular mass vibrating at a certain frequency. This is what gives the crystal its energy.

The earth began as a whirling cloud of gas, out of which was created a dense dust bowl. This contracted into a white-hot molten ball. Gradually, over eons, a thin layer of this molten material, magma, cooled into a crust – the earth's mantle. This crust is approximately 5km thick. Inside the crust the hot, mineral rich, molten magma continues to boil and bubble and new crystals form.

Some crystals, such as Quartz, arise from the fiery gases and molten minerals in the earth's centre. Superheated, they rise towards the surface, propelled by stresses caused by movement of the huge plates on the earth's surface (tectonic plates). As gases penetrate the crust and meet solid rock, they cool and solidify. This is a process that may take eons or may be fast and furious. If the process has been relatively slow or if the crystal grows in a gas bubble, then large crystals can grow. If the process is fast, then the crystals are small. If the process stops and starts, effects such as phantom or self-healed crystals are possible. If the process is exceptionally fast, a glass-like substance, such as Obsidian, is formed rather than crystals. Crystals such as Peridot and Aventurine are created at high temperatures from liquid magma. Others, such as Topaz and Tourmaline, are formed when gases penetrate adjoining rocks. Yet other forms arise when magma cools sufficiently for water vapour to condense into a liquid. The resulting mineral-rich solution lays down crystals such as Aragonite and Kunzite. When it penetrates fissures in surrounding rock, the solution is able to cool very slowly and lay down large crystals and geodes such as Chalcedony and Amethyst.

Crystals such as Garnet are formed deep in the earth when minerals melt and recrystallize under intense pressure and enormous heat. These crystals are known as metamorphic because they have undergone a chemical change that has reorganised the original lattice. Calcite and other sedimentary crystals form from an erosion process. Rocks at the surface break down and mineralised water dripping through rock or travelling as a river lays down weathered material as new crystals, or the minerals become cemented together. Such crystals are often laid down in layers on a bedrock and tend to be softer in texture. Crystals are often found still attached to the bedrock on which they formed or cemented together as a conglomerate. This bedrock is known as the matrix.



Black Tourmaline on Matrix

DEGREES OF HARDNESS

One essential difference between various stones is their degree of hardness, which has been measured over two centuries by a scale devised by an Austrian professor of mineralogy, Friedrich Mohs. The Mohs scale classifies stones from the softest (1) to the hardest (10). Any stone with a hardness of 3 or less should not be put in water or handled too roughly.

THE MOHS SCALE

HARDNESS	CHARACTERISTICS	STONE
1	Can be scratched with fingernail	Gypsum, Soapstone
2	Can also be scratched with fingernail	Rock Salt
3	Can be scratched with a knife or coin	Calcite, Selenite
4	Can be carved with a knife or glass	Fluorite
5	Can be carved with a knife	Apatite
6	Can be carved with glass or a steel pen	Orthoclase
7	Can scratch glass	Quartz
8	Can scratch glass and Quartz	Topaz
9	Can scratch Topaz and glass, and can itself only be scratched by a diamond	Corundum (Sapphire and Ruby)

10	Cannot itself be scratched, but can scratch all other gemstones	Diamond
----	---	---------

SELECTING, CLEANSING, AND PROGRAMMING

The best source for **obtaining crystals** is a local store where you can browse at your leisure. With so many crystals to choose from, it can be difficult to know which is the right one for you. If you want a crystal for a specific purpose, look under CRYSTAL PROPERTIES to see which one will be best suited for your needs. You can also pick out a crystal at random. Trust your intuition. Handle several crystals and allow yourself to be drawn to one. If the crystal makes your hands tingle, it is the right one for you. Outward beauty has nothing to do with the powerfulness of a crystal. Small, rough crystals can also be extremely effective. Those labelled *Austrian, Lead Crystal* or *Swarovski* are nice to use for ornamentation or jewellery, but they lack the natural channeling abilities required for crystal therapy.

Another method of choosing a crystal is to stand in front of a group of crystals, close your eyes, open them again and pick up the first crystal that you see or that your eyes are drawn to. Sometimes you may be drawn to a particular crystal without knowing the reason. This crystal has found you and wants to be with you. Meditation can provide an answer with respect to its purpose in your life.

You may discover that some crystals are man-made. These stones are usually less expensive, but keep in mind the difference in man-made vs natural energies. Naturally produced stones are the outpouring of the Earth's history, love and knowledge and stones such as Moldavite are a gift from the cosmic treasure chest, whereas man-made crystals are usually created purely with the intention of making money out of them.

Don't be surprised or disappointed if the crystal you select isn't the clearest, largest or most colourful – its beauty may not be immediately apparent to the naked eye. Trust your intuition to guide you to the perfect choice, because waiting within the crystal is a loving, powerful ally and a wise friend. As, in any relationship, you will know when you find the one that is right for you.

Cleansing your crystals is extremely important to release stagnant, toxic energies that may have built up. If your crystals are not regularly cleansed their energies become blocked and less effective. Some stones, such as Obsidian, Onyx and Smoky

Quartz, actually start pushing out negative energy when they are “full”.

Cleansing involves more than removing any surface dust or grease. Several methods can be used to prepare your crystal and restore its energies. Use the one that suits you best. Keep in mind that all crystals have a different level of hardness and some are even water soluble (will disintegrate in water). Sea or salt water may scratch soft stones and layered stones can separate if handled too roughly.

- Place your crystal in a bowl under a tap of cold running water and leave it there for at least 30 minutes, so that any negative energies are washed away. Then take it out and allow it to dry naturally, preferably in sunlight. If you have access to a running stream then place your crystal in the watercourse and leave it there for as long as possible. When you take it out you can gently wipe it dry with soft cloth.
- Leave your crystal in the garden in the rain, or even better, during a thunderstorm. Be sure to place the stone where it is in direct contact with the earth. This will provide a grounding effect. Allow the stone to dry naturally. It can also be left in the light of a full moon.
- Beam white, gold or violet light from your third eye and surround the crystal, sweeping away the negativity, to be transformed into positivity. Intention is important here and must be stated.
- Reiki your crystals with the intention that they be fully cleansed and charged.
- Leave your crystal in rice overnight.
- Smudge your crystals with incense or a smudge stick, stating your intentions.
- Blow onto your crystals, stating your intentions (breathwork). You can also blow colour onto your crystals.
- Sound can be used in the form of a crystal singing bowl or a bell, tuning fork or tingshas (small Tibetan cymbals).
- Place Carnelian in a circle around the crystals which need to be cleansed and programme them to cleanse the crystals in the centre. This forms a cleansing sphere.

Your crystal will need to be cleansed from time to time, but not too often. Frequent

cleansing will dissipate its energies, rather than allowing them to build up. It will need cleansing if it has been used a lot or if it has been neglected for some time or if other people have handled it.

Storing your crystal in a pouch or a drawer will stifle it. Don't leave it in a box with other jewellery and trinkets. Place it on a clean surface where it can radiate its energy into the room, but ensure that it is not close to a heater or other heat sources as this could crack them. Especially, do not leave crystals in the sunlight unattended – Amethyst, Citrine and other coloured stones can fade in the sun, whereas Quartz acts as a magnifier and may cause a fire.

Prior to programming your crystals, it is necessary to charge them. This can be done by placing them on a Quartz crystal cluster or in the centre of a circle, which circle is comprised of other crystals whose terminations are pointing towards the centre. Some crystals can also be placed in the sun or moonlight, or amongst tumbled Hematite. See cleansing and charging tips under the separate stones in the CRYSTAL PROPERTIES section.

Programming your crystal energises the stone to suit you and the use to which it is going to be put. Choose a time when you know you will be undisturbed for a while. Sit quietly holding your crystal in both hands. Close your eyes and relax. Think about the crystal you are holding and what you want it to do. Imagine it fulfilling that purpose. Raise your hands, open them and breathe those thoughts over and into your crystal. Repeat the process until you feel your crystal is fully energized and can absorb no more thought from you. You can also hold the crystal to your third eye when doing this exercise or state your intention out loud.

Your crystal is now programmed for your use. Take good care of it and, if you want, talk to it occasionally. Send positive thoughts to your crystal and it will respond in an equally positive manner. Don't encourage other people to handle your crystal, although no permanent harm will result if they do. It simply means you have to cleanse and re-programme your crystal.

The Cherokee Indians, who use crystals a great deal, consider them so important that they have a ceremony for bonding with each new stone that comes into their possession. First, they wash it in a running stream for about half an hour. After taking it out and carefully drying it, they give thanks for it by placing a few strands of tobacco or a few grains of seed, a token offering of wealth, on the crystal. Next, they purify it by passing through the smoke of burning cedarwood. It is then kept closely wrapped in a cloth from the next new moon until the full moon. Every night during these two

weeks, the wrapped crystal is held close to the heart while the members of the tribe talk and sing to it. This could be likened to a mother bonding with her newborn.

Merging with and attuning to your Crystal

This is not a ritual or ceremony that needs to be exactly right. Simply relax and select any crystal to which you feel naturally drawn. Wait until after dusk and then surround yourself with a horseshoe of purple candles. Burn sandalwood, frankincense or myrrh incense to enhance your psychic awareness.

- Gaze into the crystal and very slowly breathe in the coloured light through your nose and gently exhale any darkness or greyness through your mouth.
- Continuing to breathe in the crystalline light, draw it around and visualise yourself within a huge crystal, through which the purple candlelight filters.
- Imagine your boundaries dissolving so that the crystalline radiance can flow freely within as well as around you.
- Hear the crystal breathing and feel the gentle vibration it makes as though it was your own heartbeat.
- Allow images to form of the deep volcanic fires, the rushing waters, the cool breezes and the rich soil that caused its formation and of the land from which the crystal came.
- Now let the images fade and, continuing to breathe gently and regularly, be filled with the light and the sound of your images. Sense the way that the crystal is rooted in the Earth, the sky, fire and water.
- Feel its energies melting any rigidity remaining within you and filling you with a clear, liquid energy that gently swirls and spirals.
- When you are ready, gently draw your boundaries around you again so that the crystalline light forms a halo around you and then separates so that you are holding the crystal and can still feel its energies.

If, when you are healing, you can recall the sensation of becoming the crystal, then you can instinctively make connection through it with your patient and know where the source of the disease or discomfort resides. This may be different from the site of pain

or distress. You can then allow the spiraling liquid energy to flow through you via the crystal and your fingertips and into the person you are healing or, for your personal healing, circuiting back through you. This liquid crystal will flow into any dark places, clearing stagnation, restoring, regenerating, and you will not feel depleted, but healed and energised. If you can make time weekly, even a few minutes, to merge with a crystal, then when you do heal, the process will become quite spontaneous.

Crystal Meditation

Meditating with a crystal is one of the easiest ways to attune to its energy. Cleanse your crystal beforehand so that its energy will be pure. In the stillness of meditation your crystal may talk to you. Meditation is like opening a door to another world, especially if you choose a crystal with many occlusions and fault lines within it – you lose yourself within the crystal. In the peace that follows, you may receive solutions and insights. Before you do the following exercise, make sure that you will not be disturbed, switch your phone off, etc.

- Make yourself comfortable. Hold your crystal in both hands or place it on a low table in front of you.
- Breathe gently, letting each out breath be a little longer than the in breath. As you breathe out, let go of any stress and tension you may be holding. As you breathe in, let peace flow in, passing through your whole body. Allow your breathing to settle into an easy rhythm.
- With softly focused eyes, look at your crystal. Notice its colour, shape, and weight (if you are holding it). Feel its vibrations passing into your hands. Allow yourself to wander within the crystal, exploring its inner planes.
- When you are ready, close your eyes. Quietly contemplate the energies of the crystal and let it teach you about itself.
- When you have completed the meditation, thank your crystal for sharing with you. Open your eyes and put the crystal aside. Place both feet firmly on the floor. Ground yourself by holding a black crystal (Onyx, Tourmaline, Smoky Quartz, etc.) with the intention of being fully grounded.

Many crystals contain beings or guardian spirits who actively want to work with you to use your crystal to its fullest potential. Meditating with your crystal puts you in touch. You may find that the being is in another dimension with which the crystal

forms a bridge. Some crystals have their own angels or connect with higher beings.
SEE ALSO *MEDITATION* SECTION UNDER CRYSTAL APPLICATIONS AND TECHNIQUES

CRYSTAL SHAPES AND FORMS

Crystals come in all shapes and sizes, be they by natural occurrence or by human enhancement. Both unpolished and natural forms of any crystal provide the same energies. Some crystals have natural facets, others are rounded and smooth, some stand alone, some form clusters, some are formed in layers.

Each shape has its own attributes and applications. Additional information on configurations is found in the Quartz section of this manual, those configurations being present mainly in Quartz crystals.

Abundance:



Consists of one long Quartz crystal with many small crystals clustered around its base. Its function is to attract wealth and abundance into your life. It is best positioned in the wealth corner of a house or business – the point at the farthest rear left of the front door.

Amorphous: These crystals, such as Obsidian, have no particular shape, as they were formed so quickly that no crystal structure had a chance to form. Energy flows rapidly through an amorphous crystal as it has no rigid internal organisation. They are strong-acting and instant in their effect.

Ancestral time line: This has a very clear flat ledge going up from the base of the crystal towards the apex. It often has a fault line, showing where the family pain is located and how far back into the ancestral line it goes. Attuning to the crystal brings the source of the family dis-ease to the surface so that it can be healed.

Ankh: The Ankh is a symbol that has been found in many ancient civilisations, Egypt being one of them. It represents the key of life and the approach to the infinite realm of wisdom. It has been used for dowsing, to enhance creativity, to enhance fertility in mind and body and to bring long life.

Asterated/star: Exhibits the rays of a star within the structure, when held in direct light, which usually occurs as a four or six ray star. The energy brings forth the light of the universe, integrating it with the light of the inner self, such that one may speak, act and perform the will of the divine.

Ball/sphere: These send energy in all directions and facilitate communication during group gatherings. Often used as windows to the past and future, as well as for gazing and scrying. They move energy through time. Crystal balls have been used to purify and fill the gaps in the entire auric field, when worn or held. Small spheres have been used as charms or worn or carried to prevent or treat degenerative diseases. Balls are usually shaped from a larger crystal and may have planes or flaws within them.

Barnacle: This is recognised as a crystal which is covered or partially covered with smaller crystals. It is useful for meditating on family or community problems. It enhances common purpose in groups and promotes working together. It is a comforting crystal after the loss of a loved one.

Bowl: Usually man-made, have been used for gazing and for energizing and awakening other crystals. The energy of the crystal of which the bowl is made supplements the energy of the crystals placed within it. Quartz bowls have been used in rain-making ceremonies; they have also been used to activate the resonance of the Om vibration, enhancing the meditative and centering states.

Bridge: Contains a small crystal which is growing out of a larger crystal. This crystal bridges gaps and brings things together. It can be used to join the inner and outer world, the higher self with the ego and yourself to another. It is also helpful with public speaking, especially when trying to communicate new ideas.

Channeling: This crystal has a 7 sided facet at the front and a triangular face on the opposite side. It channels healing energy or information from higher sources and then assists in expressing what has been learned. These crystals can facilitate trance channeling but should only be used by those experienced in such matters.

Clusters: A cluster has many points bedded into a base. Radiates energy to the surrounding environment and can also absorb detrimental energy. They enhance

harmony and peace in groups, in the family and in other social and/or business environments. They are especially useful for cleansing a room or other crystals, in which case the crystal should be left overnight on the cluster.

Cross: A cruciform shape, and occasionally a celtic cross. It is a tool of the light worker, it promotes connection to ethereal perfection. It stabilises you within yourself and facilitates spiritual study. This formation removes energy implants and clears and activates any chakra.

Double-terminated: These exhibit terminations on both ends of the crystal. They radiate or absorb energy at both ends simultaneously, channeling it in two directions at once. A double-terminated crystal integrates spirit and matter. Very useful in healing, they absorb negative energy and break old patterns, which assist in overcoming addictions. They can also be used to integrate previously blocked parts of the self. Placed on the third eye, they can enhance telepathy.

Egg shape: Usually fabricated, this is a versatile shape. Held sideways between your thumb and fingers, it can be easily used to scan the auric field of the body. Pointing the small end forward, it can be used for reflexology, acupuncture and shiatsu. The curve of the egg allows it to fit perfectly in the curve of the hand, allowing ease of use during meditation.

Elestial: Has many natural terminations and folds over a multi-layered crystal. It has a gently flowing energy that removes blockages and fear, balancing the polarities and opening the way to necessary change. Sustaining and comforting, it is helpful in overcoming emotional burden and in connecting to the eternal self. This crystal can take you into other lives to understand your karma or deep into yourself to give an insight into the spiritual processes at work.

Etched: This crystal looks as though hieroglyphs or cuneiform writing has been inscribed on its faces. Used when meditating, this crystal takes you back to the ancient civilisations to access wisdom and knowledge of past lives. It can be extremely useful in attuning to spiritual training and initiations, reawakening inherent skills and healing abilities. It is said that an etched crystal is a personal crystal and should be used by one person only. It can be used to skilfully guide another soul consciously to access their own past knowledge. It is especially helpful in past-life therapy, when going to a time before disease or destructive emotional patterns set in, so that the regressee can feel what it was like to be without these heavy burdens, facilitating recovery of the state of inner perfection.

Gateway: This crystal has a cup-shaped depression within it that is large enough to hold liquid. Gazing into the liquid centre provides a gateway to other worlds and enables you to travel through past, present and future. It is an excellent stone to aid spiritual vision and psychic faculties.

Generator: A single generator crystal has 6 facets meeting equally in a sharp point. Large or small, this powerful crystal is the optimum shape for generating energy and optimizes healing energy. It aids focus and clarity of intention. A generator cluster is large with many long points, each of which can be programmed for a specific purpose. A generator cluster brings a group together in peaceful harmony – each person can have a point programmed specifically for them. Usually placed in the centre of a healing group.

Geode: A geode is contained within an outer form. When opened, it is hollow, with many crystals pointing inward. Geodes hold and amplify energy within themselves. Due to their rounded, cave-like shape and numerous terminations, they diffuse the amplified energy, softening the energy, but not neutralizing it, allowing it to flow out slowly. They are useful for protection and spiritual growth. Geodes assist in breaking addictions and are beneficial for an overindulgent or addictive personality.

Key: Has an indentation in one or more of its sides, usually a triangle or 6 sided figure. It provides a doorway to unlock parts of the self that are normally kept hidden. Meditating with one of these crystals reveals what is being hidden from you, especially by your subconscious mind, sweeping away illusion. It is an excellent tool for letting go of anything that holds the soul back and for cutting ties.

Layered: Layered or plate-like (e.g. Lepidolite) are helpful for working on several levels at once, as they spread energy out in layers. Their energy can assist in getting to the bottom of things.

Manifestation: This is a rare and precious crystal, with one or more small crystals totally enclosed by a larger crystal. When you are clear as to what you want to manifest, this crystal will aid you, especially if it is carefully programmed. If you have any confusion or are unsure as to what you want, or are asking for purely selfish reasons, the crystal cannot work. It can also be used to stimulate creativity and original thought, promote visualisation, and invoke planetary healing.

Occlusion: Usually formed from a deposit of another mineral within a Quartz crystal, it is a cloudy spot or patch, depending on the mineral. Minerals may also be deposited on

the external face and show through when viewed from the other side. An occlusion radiates the energy of the mineral, focused and amplified by the Quartz surrounding it.

Phantom: This appears as a ghostlike structure within the body of a larger crystal. Due to the method of its formation, a phantom has absorbed learning over eons of time. It puts the past into perspective and points the way toward growth and evolution and is helpful in overcoming stagnation. See also QUARTZ.

Pyramids: These focus and amplify energy. The pyramid focuses energy in a tight ball through the apex and has been used to both charge and preserve objects. Suitable for manifestation. Pyramids can also be used to draw off negative energies and blockages from the chakras, replenishing them with vibrant energy.

Rainbow: Fractures within the crystal produce a rainbow effect. Can be used to alleviate depression.

Scarab: An ancient symbol of protection, originally used as a protective amulet in Egyptian times. It represents the qualities of endurance and stamina. It is said to bring abundance to the holder. The shape is usually fabricated from Malachite, Onyx, Quartz and Amethyst.

Self-healed: This is recognised by small crystals at the location where the crystal was removed from its matrix or home. Another type of self-healed crystal is one that has been broken horizontally, with the break being healed and the crystal structure again being complete. A wound healer, this crystal has an impressive knowledge of self-healing, which it is happy to share. It teaches how to heal and become whole again, no matter damaged and wounded one may have been.

Sheet or Lens: This occurs in the formation of a flat layer, often between two crystals. It provides a window into other dimensions and accesses the Akashic Records. This crystal encourages the fullest use of psychic potential.

Soulmate / Tantric Twin: This is a pair of crystals, approximately the same size, growing from a common base, joined together along one side, but with distinct and separate terminations. This crystal draws a soulmate to your side, although this soulmate may not be a sexual partner. Tantric means *union of energies*. This crystal is beneficial for any type of relationship. The closer they are in size, the more harmonious the relationship. This crystal teaches us how to be unique and separate, while united in equal partnership. To be in a successful union, you need to be comfortable with yourself. If not, you will project your unresolved issues onto your

partner. Tantric twins help you to truly know and accept yourself. As a result, deep intimacy with another person is made possible.

This crystal can also be used to integrate the different levels of the self.

Square: Consolidates energy within its form. It is useful for anchoring intention and for grounding. Naturally occurring square crystals can also draw off negative energy and transform it into positive energy.

Tabular: Has two wide sides, resulting in a flat crystal which may be double terminated. Many have notches in them, which can be rubbed to activate the information contained therein. Energy flows freely through a tabular crystal, which offers little resistance. It removes confusion, misinterpretation, and misunderstanding and is an excellent aid to communication at all levels, both inner and outer, as well as with other realms. In healing, it brings about perfect balance. Also used to enhance telepathy. This crystal activates other crystals.

Tumbled: This has been tumble-polished to a smooth stone. It has been used in massage, to stimulate the meridians of the body, to promote invention with ingenuity and skill and to promote a free state of mind.

Twin/companion: A growing together of two or more individual crystals. These crystals are nurturing and provide enormous support, particularly during difficult times. They can help you to understand a relationship better and to recognise how one partner can best support the other.

Wands: Wands are traditional healing tools of shamans, healers and metaphysicians. Wands have the ability to focus energy tightly through their tip. Most are artificially shaped. When using a wand it is important to consciously allow universal healing energy to flow in through your crown chakra, down your arm to the hand holding the wand and then into the wand, where it is amplified and passed into the patient. Do not use your own energy for this purpose as you will become weak and depleted.

QUARTZ CRYSTAL FORMATIONS

Cathedral Quartz: This is a cosmic computer that contains the wisdom of the ages. It is a light library, holding a record of all that has occurred on earth. Many of the cathedral quartzes are extremely large. Even a small piece will give you the information you need. The light library can be accessed by meditating with a cathedral

Quartz. It aids attunement to the universal mind and acts as a receptor and transmitter for group thought, which is raised to a higher vibration through contact with the pure energies of the crystal. It also provides access to the Akashic Records.

Curved: The curvature is produced during the developmental stages of growth and is a rather rare occurrence. The structure of the curved crystal, when in your energy field, provides for a continuous alignment of the physical meridians and the nervous system, and the alignment of the various auric bodies. It emanates a gentle, yet powerful, energy and be used to cleanse the aura, to promote flexibility in your attitudes and to provide strength to your decisions. It allows you to see the inner workings of any situation and to understand the superficial and deeper meanings of it. It also allows you to access the interior of the physical body in order to understand existing disorders, providing information with respect to the solution. It has been used in the treatment of spinal alignment.

Laser: This is a naturally formed long, slender Quartz crystal that tapers towards the termination and has very small faces – a natural wand. This is an extremely powerful instrument that should only be used with clarity of intention. It focuses, concentrates and accelerates the energy passing through it. Suitable for psychic surgery, it can perform precision work on the physical and subtle bodies. This wand can detach entities or cut ties to other people and cuts away negativity of all kinds. It provides powerful protection for the aura and physical body. At a mental or emotional level, it removes inappropriate attitudes, outmoded thought patterns and energy blockages.

Phantom: Unpolished specimens are excellent energy sources. Phantom Quartz is a great tool for meditation and to assist you in connecting with the higher realms and accessing records of your progression through past lives. When used to access past lives, it enables healing of the emotional and physical situations that may come to light. *[To access past lives: sit quietly, breathe deeply, relax, and attune to the crystal. Gaze within the phantom portion of the crystal. Close your eyes and allow the after-image to travel to the inner mind or to the third eye chakra. Allow your mind to travel through your personal memories and to track the history of the soul back to its creation.]*

It is also useful in assisting you to meeting your spiritual guide *[after surrounding yourself in the protection of the purity of the white light, you may enter the crystal via gazing, meditation or holding the crystal to the third eye chakra. Walk through the area of the phantom or the garden (inclusions). Find a place to rest quietly and wait for your guide to walk down the path to visit. The wise, compassionate being knows the past, present and future. You may approach, face to face, and meld with the being. Talk about personal issues or ask questions. Await the answers, which may be in the form of words,*

pictures, writing – recognition will be by understanding. Thank your guide and arrange to meet again. It is important to evaluate the information upon your return and to take appropriate action on the information received.]

Record keeper: This crystal has clearly etched pyramid shapes on its side/s or on its window/s. The record keeper is a crystal within which wisdom is stored. When you properly attune to this crystal, the ancient knowledge and profound secrets of the universe can be psychically retrieved. These crystals have been consciously and purposefully programmed (by the Atlanteans and Lemurians). The record keeper provides you with information concerning the origin of the human race and soul and all that exists or has existed in your reality. It also facilitates the actualisation of each person as a healing agent and allows you to incorporate higher knowledge, wisdom, peace and love into this and other planets.

The information stored within the record keeper could be relevant or non-relevant to physical life on Earth. You must be open and willing to accept all information (even those concepts which you would judge as being inconceivable) and you must be capable of processing the information and applying it to this physical life. Discrimination and integrity are needed when working with a record keeper.

The record keeper is usually a personal meditation crystal. Meditation with the crystal is easily accomplished by placing a triangle on the third eye chakra, closing your eyes, still and open the mind, breathe deeply, relax, and be prepared to receive the information. Another method of accessing the information is to rub the thumb across the triangle, from top to bottom.

These crystals symbolise the perfect harmony of mind, body, emotions and spirit of the all-seeing eye. They can act as a catalyst for growth and aid in removing obstacles to progress. Re-energizing your whole being, they can prevent burn-out.

Sceptre Quartz: This is a large central rod around one end of which another crystal is formed. This is also available in a smaller form in which the Quartz rod has a distinctive ridge and a wider top, and as a reversed sceptre, in which a small crystal or point emerges from a larger base stone. This crystal channels high vibrations. They can be used to treat fertility problems. They free the mind from false illusions and bring it to a point of stillness. Sceptres can also be found in Selenite.

Sheet Quartz: Is a flat, clear layer, between two crystals. It provides a window into other dimensions, facilitating communication, and it accesses the Akashic Records. It can be used to contact relevant past lives and to go deep within the self. This crystal

encourages the fullest use of psychic potential, stimulating the third eye and enhancing visualisation and spiritual vision. Used in meditation, it takes you to a place where answers can be found.

Singing Quartz: Similar to the laser wand, only smaller. They have a clear sweet resonance when gently allowed to touch each other. They are said to have been developed by thought projection during visitation from other planetary beings who were close to the Earth in space craft. They share a common sound and contain a solution to the obstacles of communication with respect to the sending and receiving of messages between the Earth plane and extra-terrestrial beings.

Using these crystals in the gridding process produces a superb force field, due to the interaction of the singing energy. The gridding of areas of the Earth with these crystals can assist in stimulating communication and visitation by beings from other physical worlds.

These crystals are used to bring joy to your life and to encourage you to be an individual. They are used to open and release energy blockages, to align your energies, to smooth the aura and to stimulate clairaudience.

Singing crystals combine the healing vibrations of the Earth with the energy of the stars. They are quite useful in promoting rearrangement of the cellular structure. Also used in the treatment of disorders of the ears and to stimulate the correction of hearing deficiencies.

Spiral Quartz: This crystal can be recognised by the twisted configuration through the body of the formation. It has been used to bring the universal spiral energy to the physical body and to assist you to maintain connection with the physical body during meditation. It has been used to activate the movement of Kundalini through the chakras. Spiral Quartz promotes balance on a physical level, as well as balancing male/female energies. Also used in the treatment of vertigo and to promote stability during recovery from disease or accidental injury.

Transmitter: These crystals are recognised by two 7 sided faces with a perfect triangular face between them. The 7 of the two crystal faces represents the ability to activate precise control of the physical senses and desires in order to attain wisdom via strengthening the connection of the higher self. The 3 represents creativity and the attainment of unity.

Through the use of these crystals, you can connect to the highest wisdom and can receive specific information or receive the universal truth necessary to further your growth to enlightenment. Thoughts or questions need to be clearly and precisely defined and then projected into the transmitter with the assurance that you are ready and willing to receive the information. *[After your question is clearly defined in your mind, place the triangular face of the crystal on your third eye chakra and mentally project the question into the crystal. Place the crystal in an upright position in a special place, where it can absorb the sun and moon's rays for 24 hours. Do not disturb the crystal during this period and do not prop the crystal up with other crystals. After 24 hours have passed, sit quietly and still the mind. Be open and receptive. Place the triangular face on the third eye chakra once again and be ready to receive the information. Note the thoughts which enter your mind, for this may be the mechanism by which you receive information.]*

Transmitters can be used to connect and align your mind with your higher self in order to further your spiritual development, to consciously arrange for communication with your spirit guides, and to send distant healing.

Wands: Wands are the traditional healing tools of shamans, healers and metaphysicians. They are believed to have been used by the highly evolved crystal healers of Atlantis. Wands have the ability to focus energy tightly through their tip. Long pointed crystals such as the powerful laser Quartz are excellent healing tools. The healing ability of wands is vastly expanded when programmed with intent. A long, clear Quartz wand, whether natural or shaped, strongly amplifies energy and focuses it where it is needed, or draws off and dissipates it, as appropriate. It can be used to reach the underlying cause of disease and to transform it.

Crystal wands can be used to drain excessive energy from the body. Hand-scan the client's body for any areas where the energy feels different. It could feel like a change in temperature, a blockage, a vacancy, or a change in the movement of energy from one area to another. If at first you have trouble detecting the differences in the energy, don't get discouraged. It takes practice to become used to the subtle differences in the human energy field. When you find an area that seems out of rhythm with the rest of the body, place one hand directly on that part of the body. In the other hand hold the crystal wand with the termination facing towards the floor. This will drain the energy from the body.

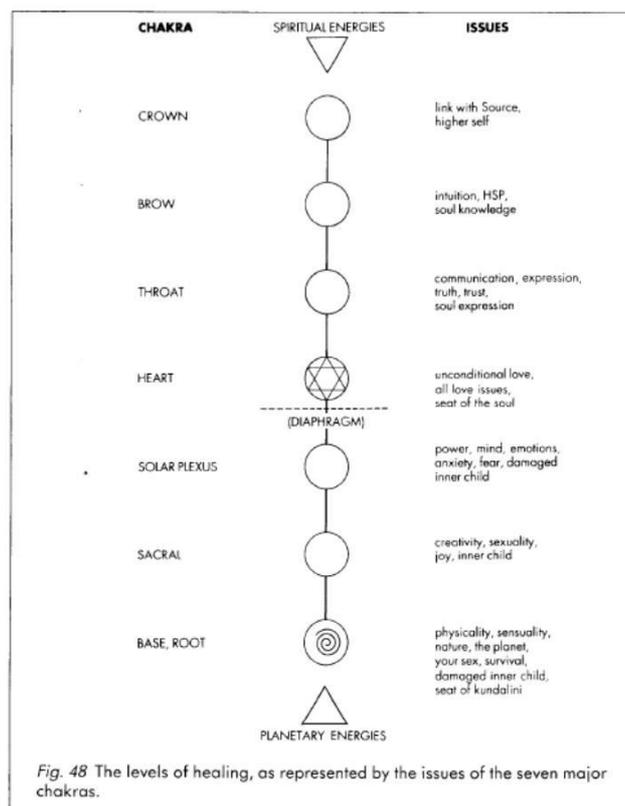
After clearing the excess energy from the body place another piece of quartz on the area. This quartz should be programmed to promote healing to the area. The entire body can be worked using this technique.

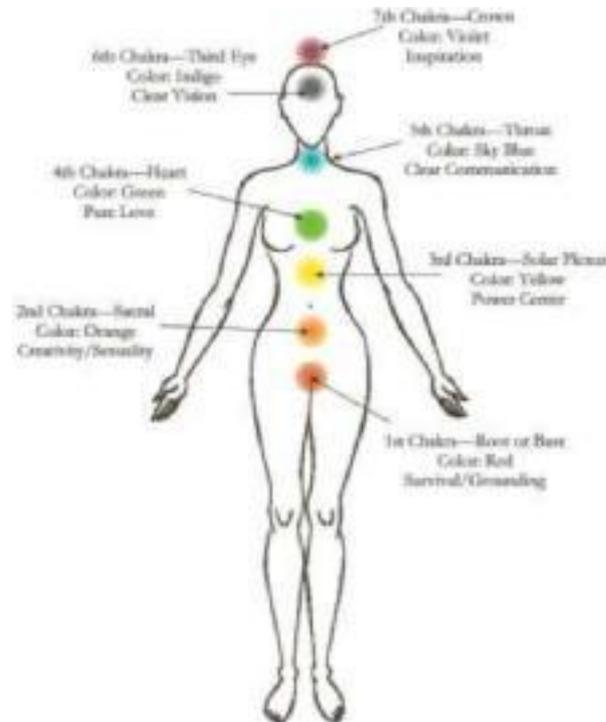
If the energy in an area feels particularly stuck or stubborn, a puncturing method can be used to break up the energy before dispersing it through the wand. Hold the crystal directly over the body part to be treated, with the termination facing the body. Using a swift back and forth movement, puncture the energy field above the body part. Be sure to never touch the body while performing this technique. After puncturing for 30 seconds - 1 minute clear the area by placing one hand on the body and draining the energy through the quartz, as before.

It should be noted that puncturing should not be used for more than a minute for it is a very deep method. Also, puncturing should never be done over any organs so as not to do any damage to that organ.

Laser Quartz: This is a naturally formed, long and slender Quartz that tapers towards the termination. This is an extremely powerful instrument which should be used with caution. It must only be used with clarity of intention. A laser Quartz focuses, concentrates and accelerates the energy passing through it into a tight beam that acts like a laser. Suitable for psychic surgery and to stimulate acupuncture points.

CHAKRAS





WORKING WITH CHAKRAS

As was mentioned in your Subtle Energies manual, there are seven major chakras. These seven chakras govern individual sections of the body. Each chakra in each area of the body governs organs, joints, emotions and spiritual information. When one section of the body is ill, it is because the chakra that governs that section is not flowing positive energy through the body. Open and healthy chakras help us to maintain health and a sense of harmony. They are the main energy sources and are very important for growth, health, love and happiness.

As a human being matures and the chakras develop, each chakra represents the psychological patterns evolving in the individual's life. Most of us react to unpleasant experiences by blocking our feelings and stopping a great deal of our natural energy flow. This affects the development and maturation of the chakras, resulting in inhibition of a fully balanced psychological function. For example, if a child is rejected many times when he tries to give love to another, he will probably stop trying to give love. In order to do this, he will probably try to stop the inner feelings of love that he is responding to with action. In order to do this, he will have to stop the energy flow through the heart chakra. When the energy flow through the heart chakra is stopped or slowed down, the development of the heart chakra is affected. Eventually a physical problem will result.

The practice of acupuncture and reflexology has confirmed that the smallest regions of the body can have a significant influence on an entire organ. This same principle applies to healing with crystals, which are particularly powerful when used in conjunction with the chakras.

Illness is always linked to a disturbance in the flow of energy within the body. The free flow of this energy provides cells and organs with what they need to sustain their healthy functioning. Health can therefore be defined as a state in which energy is flowing unimpeded through the chakras. When the flow of energy is blocked, a part of the body will not function properly.

There are 7 primary chakras in the human body, vibrating at seven different frequencies, each sharing information with the others. The chakras correspond to the 7 auric bodies as well as the 7 colours of the rainbow. In addition, there are secondary chakras in the hands and feet. If you want to use crystals to influence the chakras, pick one whose colour matches the chakra you want to affect.

First Chakra: Base / Root

Colour: Red or Black

The base chakra lies at the base of the spine, around the perineum. It absorbs energy from the earth. It is the energy centre for all of the body's hard tissue: bone, spinal column, teeth and nails. This chakra governs the kidneys and suprarenal glands. It influences the intestines and prostate, as well as blood and cell formation. It is the centre of vitality, physical energy and self-preservation. It activates and strengthens the will, assists you in living on the physical plane and stimulates life-sustaining energies. It is the location of the resting Kundalini (coiled energy).

Energy: A disturbance in this chakra leads to addiction, uncontrolled or diminished sexuality, digestive disorders and obesity. If energy flows smoothly through this chakra, one will feel a deep connection to nature.

Stones to use: Garnet, Hematite, Red Jasper, Coral, Onyx, Rhodonite, Ruby, Black Tourmaline.

Second Chakra: Sacral

Colour: Orange

The sacral chakra lies above the pubic bone and opens frontward. This centre governs the flow of all the body's liquid elements: blood, lymph, sweat, digestive juices, sperm and urine, as well as tears. It is the centre of desire, emotion, creativity, sexuality and intuition. It vitalizes the lower digestive system and reproductive organs.

Energy: A disturbance in this chakra causes sexual problems. Life may seem to lose its meaning. When the balance of energy is restored, one becomes more open and is able to enjoy life.

Stones to use: Citrine, Carnelian, Orange Jasper.

Third Chakra: Solar Plexus / Navel

Colour: Yellow

The solar plexus chakra lies above the navel. This chakra governs the stomach, liver, spleen, pancreas, gall bladder, adrenal glands, the digestive system and the nervous system. It is the centre of personal power, ambition, intellect, astral force, desire and emotions based on intellect and touch. This chakra contains a protective energy, protecting against any negativity that is contained within any of the other chakras.

Energy: When energy flows uninterruptedly through this chakra, one feels a deep sense of inner peace. Blockages create discontent, restlessness and discouragement.

Stones to use: Tiger's Eye, Topaz, Yellow Tourmaline, Citrine, Yellow Calcite.

Fourth Chakra: Heart

Colour: Green or Pink

The heart chakra lies in the middle of the chest and opens frontward. It governs the heart and circulatory system. It also influences the functioning of the thymus gland and immune system. It is the centre of compassion and love.

Energy: If open, you will radiate joy and friendliness, be considerate of others and have a highly developed sense of empathy. If closed, however, you may be withdrawn, suspicious, insecure and depressed.

Stones to use: Aventurine, Rose Quartz, Jade, Moss Agate, Emerald, Tourmaline, Rhodonite.

Fifth Chakra: Throat

Colour: Blue

This chakra lies at the base of the throat. It provides energy to the thyroid gland, governs hunger and thirst, ears, eyes, nose and throat, the bronchial passages, the lungs, esophagus, vocal cords and speech. It is the centre of communication, sound and expression of creativity via thought, speech and writing.

Energy: When energy flows freely, one will be open to new experiences. Such individuals will be able to express themselves and stand up for their beliefs.

Stones to use: Aquamarine, Celestite, Moonstone, Opal, Turquoise.

Sixth Chakra: Third Eye / Forehead

Colour: Indigo

This chakra lies at the top of the nose, between the eyes. It is linked to the eyes, nose, face and senses. It is the centre of psychic power and higher intuition. It assists in the purification of negative tendencies and the elimination of selfish attitudes.

Energy: When energy flows freely, one's understanding becomes broad and deep. Such an individual sees themselves and the world clearly and can rely on their own intuitive sense.

Stones to use: Sodalite, Lapis Lazuli, Amethyst, Sapphire, Fluorite.

Seventh Chakra: Crown Chakra

Colour: Violet, White or Gold

(Violet is the colour with the highest vibratory frequency, white is the colour of pure intelligence, and gold is the light of the life force)

Celestial energy enters the body via the crown chakra. It is located at the crown (top, slightly back) of the head. It governs one's size and inner development. It is the centre of spirituality, enlightenment, dynamic thought and energy. It allows for the inward flow of wisdom and brings the gift of cosmic consciousness. This centre vitalizes the cerebrum and the pineal gland.

Energy: The opening of this chakra leads to enlightenment. When stimulated and clear it enables you to see the truth concerning illusory ideals, materialistic pursuits, self-limiting concepts, pride and vanity.

Stones to use: Quartz, Selenite, Violet Fluorite, Topaz (gold, silver or white).

IDENTIFYING AND HEALING CHAKRA IMBALANCES

Crystals can, simply by being held close to a chakra point, release blockages and cleanse and empower the entire system. The more you use your crystals for personal chakra healing, the more they become attuned to your own bodily and spiritual rhythms, positively influencing your mood and energy flow. Each chakra is linked with particular crystals or colours that can balance deficiencies or clear blockages in the physical or psychic body and each chakra is linked to a particular area of the body and mind. Chakras act as an early warning system - crystal healing of chakras that are blocked can stop problems before they have started to develop fully. With crystals and a pendulum you can identify and heal all kinds of imbalances in the chakras.

Chakra healing and balancing

As well as using crystals to heal and remove blockages in the chakras, you can also use them to maintain overall chakra balance and wellbeing. There are a few methods for healing and balancing the chakras. Use whichever appeals to you.

Method 1:

Have your client lie down on their back. Place two quartz crystals on the third eye chakra, points facing downwards, two quartz crystals on the palms, points upwards; two quartz crystals on the breast area, points upwards; and two quartz crystals placed on the top of the thighs, point upwards. If the patient lies quietly on his or her back for about 15 minutes, the chakras will quickly re-align themselves.

Method 2:

Once again, have your client lie on their back. Place one gemstone on each of the seven chakras, using corresponding colours. Place a dark brown or red crystal on the front of each ankle, alternatively one stone between the feet. This is to maintain grounding. Allow the colours to swirl up and down, merging and forming rainbow light beams. Some imbalances take several treatments to be put right.

If there are any areas of discomfort or pain you know need special attention, you can place three or four of the relevant chakra colours on the skin above the body part (the colour of the stone being the colour of the chakra which governs that particular body part). For a mental or spiritual difficulty, you can circle the relevant chakra with crystals.

Method 3:

- Pass your pendulum over the body, close to but not touching the skin. Move upwards, beginning from the left foot to your crown and then down again, from the crown of your head to your right foot.
- When the pendulum moves over the chakras it will begin to pull in a clockwise or anti-clockwise direction, depending on whether the chakra is blocked or not. If the pendulum pulls clockwise over a chakra, it indicates that the energies are flowing freely. Let your pendulum re-energize the chakra (in a clockwise direction) and then move on to the next one.
- If the pendulum seems sluggish or will only move anti-clockwise over a chakra, it may indicate a blockage. To clear this, move the pendulum in anti-clockwise circles while visualising the coloured light in the chakra becoming brighter as the darkness flows away.
- Once this is cleared, you can energize the chakra by moving the pendulum in clockwise circles and projecting light into the spot. You will find that there is usually rapid relief in the area of the body controlled by the newly unblocked chakra.

Method 4:

- If, after using the pendulum, you still encounter resistance or find that other chakras are similarly blocked, you can supplement your healing with specific chakra crystals before finally adding light through the pendulum. Begin with the lowest chakra where you find problems.
- Hold a chakra crystal in your right hand just above the affected chakra. Keep it entirely motionless at first, to establish the connection. You may experience a tingling sensation in your fingers.
- Move the crystal clockwise in ever-increasing circles. As you do so, you can identify

the lessening of the connection at the outer limits of the chakra. Just beyond these limits you may make connection with the energy field of one of the minor chakras or another major one, but you will feel a definite division, almost like a thin membrane. With experience you will be able to identify the separate energies by their slightly different energy patterns, which are manifest in subtly varying sensations.

- Starting from the centre of the chakra again, begin to move outwards in anti-clockwise circles and then inwards clockwise, very slowly and gently, stopping and holding the crystal still if there is a tangle of resistance. This will feel like a wheel in which string has been caught and, as it untangles, so the wheel will turn more easily.
- You can now energize the area with clockwise movements of your pendulum, to infuse it with the life force.

ASSOCIATIONS OF CRYSTALS WITH THE CHAKRAS

Crown	Blue-lace Agate, Tree Agate, Alabaster, Alexandrite, Amethyst, Ametrine, Anyolite, Apatite, Bornite, Calcite, Chalcedony, Chalcopryrite, Diamond, Dioptase, Garnet, Gold, Herkimer Diamond, Jade, Jasper, Lepidolite, Onyx, Peacock-ore, Clear Quartz, Rutilated Quartz, Selenite, Sugilite, Zircon
Third-Eye / Brow	Blue-lace Agate, Alabaster, Ametrine, Apatite, Azurite, Bornite, Calcite, Celestite, Chalcedony, Diamond, Dioptase, Fluorite, Gold, Herkimer diamond, Jasper, Lapis lazuli, Onyx, Opal, Peacock-ore, Clear Quartz, Rutilated Quartz, Sapphire, Selenite, Silver, Sodalite, Topaz, Zircon
Throat	Blue-lace Agate, Ametrine, Apatite, Aquamarine, Barite, Calcite, Chalcedony, Chrysocolla, Diamond, Dioptase, Hematite, Herkimer Diamond, Howlite, Jasper, Kyanite, Lapis Lazuli, Onyx, Peacock-ore, Clear Quartz, Rutilated Quartz, Turquoise, Zircon
Heart	Blue-lace Agate, Moss Agate, Tree Agate, Amazonite, Ametrine, Apatite, Aquamarine, Aventurine, Barite, Bismuth, Bloodstone, Bornite, Calcite, Chalcedony, Chrysocolla, Chrysoprase, Diamond, Dioptase, Emerald, Epidote, Herkimer Diamond, Jasper, Kunzite, Moonstone, Nephrite, Onyx, Peacock-ore, Peridot, Clear Quartz, Rose Quartz, Rutilated Quartz, Strawberry Quartz, Rhodochrosite, Rhodonite, Rubellite, Ruby, Sardonyx, Serpentine, Turquoise, Unakite, Zircon

Solar Plexus / Navel	Agate, Black-banded Agate, Crazy-lace Agate, Amber, Ametrine, Apatite, Barite, Bismuth, Bornite, Calcite, Chalcedony, Chrysocolla, Citrine, Diamond, Dioptase, Epidote, Herkimer Diamond, Idocrase, Jasper, Malachite, Mochi Balls, Muscovite, Onyx, Peacock-ore, Clear Quartz, Rutilated Quartz, Smokey Quartz, Rhodonite, Sardonyx, Staurolite, Sulphur, Sunstone, Tigers-eye, Zebra-stone, Zircon
Sacral	Crazy-lace Agate, Ametrine, Apatite, Barite, Bismuth, Bornite, Calcite, Carnelian, Chalcedony, Chrysocolla, Citrine, Copper, Diamond, Dioptase, Dolomite, Herkimer Diamond, Jasper, Labradorite, Mochi Balls, Onyx, Fire Opal, Peacock-ore, Clear Quartz, Rutilated Quartz, Sardonyx, Spectrolite, Staurolite, Sunstone, Wulfenite, Zebra-stone, Zircon
Base / Root	Actinolite, Crazy-lace Agate, Andalusite, Apatite, Bismuth, Bloodstone, Boji Stones, Calcite, Carnelian, Chalcedony, Chrysocolla, Copper, Diamond, Dioptase, Dolomite, Galena, Garnet, Halite, Hematite, Herkimer Diamond, Jasper, Jet, Lodestone, Magnetite, Mochi Balls, Obsidian, Apache Tear Obsidian, Mahogany Obsidian, Snowflake Obsidian, Onyx, Opal, Fire Opal, Pink Opal, Peacock-ore, Pyrite, Pyromorphite, Clear Quartz, Rutilated Quartz, Smokey Quartz, Tourmalated Quartz, Rubellite, Sardonyx, Sunstone, Zircon

HEALING WITH COLOUR

As was briefly touched on in your Subtle Energies manual, colour plays an important role in holistic healing. All of the colours of the spectrum that we see around us find a perfect correspondence in the microcosm within each of us. Colour has a healing effect not only on the soul but upon the totality of the human organism. Certain colours appeal to people in certain situations.

Almost anyone can appreciate the colour of healing stones, but to experience the power of their vibrations, you have to actually make use of them. We can consider all physical, intellectual and psychic processes, all sensations, thought and feeling, as chemical reactions within the body. These consume and create energy. Sometimes there can be too much energy in the body and at other times too little. Many colours emit positive energy; others have an equalising effect. By properly using colour, you can regulate the body's energy levels, making up for deficits or siphoning off excesses. The frequencies of light that stones emit are particularly important. They have a direct influence on the body's biochemical processes.

Colour is essential to our health and we are attracted to the colours we require. All disease includes the dysfunction of certain chakras and each chakra receives nourishment from a specific colour.

RED is the colour of physical energy and energizes us. To over-energize will cause restlessness. When used in healing, red signifies physical strength and vibrancy. Good for sluggish livers. Red increases our connection to the earth and gives strength to basic life force urges such as the will to live in the physical world. It charges, protects and shields. Good for all organs in the first chakra area (base). **Crystals:** Agate, Aventurine, Garnet, Jade, Jasper, Ruby.

ORANGE is the colour of emotional happiness. Cloudy orange is seen in an aura when there is some kind of physical irritation. It is a good colour to use for healing on bladder and hips. Charges sexual energy, enhances the immune system, and increases ambition. Good for all organs in the second chakra region (sacral). **Crystals:** Amber, Calcite, Carnelian, Jade, Jasper.

YELLOW brings mental clarity, a sense of appropriateness, and clears the mind. Good for all organs in the third chakra region (solar plexus). It is the colour of intellect and usually large amounts of yellow can be found in the head area. Those who are intellectual or make their living using their minds will have a great deal of yellow in their auras. This colour is a good colour for general toning and can be used to bring healing to the kidneys. **Crystals:** Ametrine (yellow and violet), Calcite, Citrine, Jasper, Kyanite, Topaz, Tourmaline, Zircon.

PINK brings soft, yielding love for others and is very healing for heart and lung problems. Pink is the colour of unconditional love, with the physical energy of red and the spiritual qualities of white. This colour would nourish someone who has trouble giving and receiving love. Pink as a predominant colour the aura represents a modest or quiet and loving, light soul. Good for organs in the fourth chakra region (heart). **Crystals:** Agate, Calcite, Kunzite, Rhodocrosite, Rhodonite, Rose Quartz, Tourmaline.

GREEN brings balance and a feeling of fullness. The I'm OK, you're OK and the world is OK feeling. Good for all organs connected to the fourth chakra (heart). Is the colour of physical healing. It is the most predominant colour in the aura because light souls are going through a continuous healing process. In using this colour you are promoting growth, health, security and regeneration. **Crystals:** Alexandrite, Amazonite, Aventurine, Bloodstone, Calcite, Diopside, Emerald, Fluorite, Howlite, Jade, Malachite, Moldavite, Quartz, Tourmaline, Unakite.

BLUE brings peace, truth and quiet order. For expressing the truth, increasing sensitivity and strengthening the inner teacher. Good for all organs in the fifth chakra region (throat). Also used to cauterize wounds in spiritual surgery. Is the colour of peace and can be used for most situations as a general healing colour. If most of the aura is blue it indicates that the light soul and inclined to be spiritual and peace loving. Channeling the colour blue, followed by white, will help calm a client. **Crystals:** Agate (Blue Lace Agate), Aqua Aura Quartz, Aquamarine, Celestite, Howlite, Iolite, Kyanite, Lapis Lazuli, Quartz, Sapphire, Sodalite, Tanzanite, Topaz, Turquoise.

INDIGO opens spiritual perception brings the feeling of ecstasy and assists in the connection to the deeper mystery of spiritual life. Good for any organ near the sixth chakra (third eye). It is a mixture of more blue than red. In a light soul represents spirituality and passion. It can also indicate wisdom, which is spiritual (blue) and knowledge, gained through experiences and lessons (red). It is used to quiet anger and remove any emotional negativity. It can also be used on light souls who have had a lot of lessons or experiences that have not developed into wisdom.

VIOLET represents spiritual meditation and is also a stimulant for psychic awareness. This colour is used for general spiritual or emotional healing. For the integration of and movement into spirituality, bringing a sense of royalty. Increases a sense of leadership and respect. Usually significant amounts are found in the aura. This is perceived as advancement in spiritual growth. Used for the seventh chakra region (crown). **Crystals:** Amethyst, Ametrine, Fluorite, Sugilite.

WHITE (or clear) contains all the colours and can be used for any type of healing. It represents purity, protection and unconditional love. If you are feeling threatened or someone is bombarding you with darkness and negativity, using and enveloping white light through and around you will protect you. White represents a very high degree of spirituality. Predominantly white auras are rare. For connection to inner purity and expansion of the energy field. Brings spiritual expansion and connection to others on the spiritual level, and for outward flow of energy. Reduces pain and is good for the brain. Used for the seventh chakra region (crown). **Crystals:** Agate, Calcite, Diamond, Moonstone, Quartz, Selenite, Topaz, Zircon.

GOLD enhances the higher mind, brings understanding of the perfect pattern, and brings a sense of great power. For connection to God and to spiritual strength, also strengthening all parts of the body. It has a quality to create a structure for healing within a light soul. Using this colour and surrounding the area with green healing energy will aid the physical healing. Gold is used for restructuring but is also considered very spiritual. As with white, gold represents unconditional love. **Crystals:**

Gold Sheen and Golden Obsidian, Pyrite, Rutilated Quartz, Sunstone, Tiger's Eye, Topaz.

SILVER is for very strong purging of micro-organisms, use directly after lavender for cleaning out debris. For accelerating movement and improved communication. Used also to cauterize wounds in psychic surgery. **Crystals:** Hematite, Topaz, Silver (metal).

BROWN enhances a rich connection to the earth for grounding. Can be used for balancing the earth chakra. **Crystals:** Agate, Desert Rose (Selenite), Jasper, Petrified Wood, Smoky Quartz, Sunstone, Tiger's Eye, Picture Stone.

BLACK is for drawing within, centredness and peace. Used effectively, it assists in the process of entering into deep internal creative forces. To enter the void, the source of teeming, unmanifest life waiting to be born into manifestation. Brings grace and assists in dealing with the process of death. Also brings healing to bones. Can be used for balancing the base chakra. **Crystals:** Agate, Flint, Hematite, Jasper, Kyanite, Labradorite, Obsidian, Onyx, Quartz, Smoky Quartz, Tourmaline, Jet.

CRYSTAL COLOUR BREATHING

This method brings together breathing techniques and visualisation to help relaxation and ease stress. It is one of the gentlest forms of healing. It can be used very effectively to banish night fears from children. When you need a boost of the healing energies associated with certain colours, you can visualise inhaling a colour from a crystal just by holding a coloured crystal and gazing into it. You do not need to take huge breaths. This method can also be used to direct colour to a painful or disharmonious part of the body as well as for psychic protection and for cleansing the aura and chakras. If you find it difficult at first, add a coloured candle and place your crystal so that you can see the light shining through it.

Breathe in slowly through your nose. Hold this breath for a slow count of three. Exhale slowly through your mouth with a sigh. Do this five or six times.

Visualise that the air you are inhaling is the colour of the crystal, radiating through your body. Exhale slowly, visualizing gray or black mist being expelled, leaving your body lighter and more harmonious.

Slow your breathing a little more, picturing the coloured light entering your lungs and spreading throughout your body. Once again, hold for the count of three. Exhale as before.

Once you are filled with light, make the colour you inhale the same as the colour you exhale. It can now be used for healing – spread the colour around your aura for power or protection or breathe the coloured light towards a specific part of your body or your client.

Try to spend a few minutes gazing into the crystal, as after healing is often a time when profound clairvoyant insights are revealed, not only to the healer, but also to your client. It is at this time that you or your client receives answers to your questions.

COLOUR	MEANING	THERAPEUTIC USE
Red	Activity, sexuality, energy, stamina, love, joy in living	Supports circulatory and metabolic systems. Strengthens will power and keeps one active
Orange	Vitality, ambition, fertility, erotic feelings	Adds balance and calmness, promotes the flow of energy
Yellow	Optimism, cheerfulness, success, generosity, satisfaction	Stimulates all organs, increases energy levels, strengthens the immune system, removes inhibitions and fear of relationships
Green	Warm-heartedness, friendship, peace, empathy, openness, freedom, harmony, self-renewal	Harmonises, detoxifies and regenerates, enhances emotion, leads one to inner peace and strengthens the will to live
Blue	Faithfulness, loyalty, openness, freedom, responsibility and respect for others	Calms, activates the digestive system and circulation of fluids in the body, relaxes and combats anxiety and discouragement
Violet	Insight, spirituality, transformation,	Regulates respiration and strengthens

	determination, peace and devotion to others	digestion, inspires, helps with grief and promotes serenity
Black	Detachment, seclusion, pride, elegance, security	ignorance, Dissolves energy blockages and tension, relieves pain, offers protection for the self
White	Purity, sincerity, clarity, truth, perfection, immortality	innocence, Helps with all deficiencies and weaknesses, provides energy and leads to self-realisation

DIVINING WITH CRYSTALS

For a quick answer to a question, place a selection of crystals in a bag. Concentrate on your question. Pick out a crystal at random. Look at the meanings associated with that crystal to find your answer. If two or three crystals fall into your hand, read all the meanings.

CRYSTAL HEALING APPLICATIONS AND TECHNIQUES

A simple crystal healing is to place crystals of the appropriate colour and energy at corresponding chakra points. This will cleanse and energize the chakras. It is a good idea to stroke and cleanse the aura before applying the energies of the stones to the chakras. Begin with the root chakra, and imagine energy rising from the base of the spine up through the crown of the head as you move upward. Visualize each chakra being energized and expanding in turn.

Clear quartz can be used to magnify all healing efforts. Try holding a point in your hand as you scan the aura (point facing out), and then face the point in as you send healing and harmonizing energy. Another powerful healing technique involves the use of two clear quartz points. Sit at the feet of the patient with the point of the crystal in your right hand facing in at the bottom of the patient's left foot, and the point of the crystal in your left hand pointing out at the bottom of the patient's right foot. Send energy up through your right hand (patient's left foot) and visualize it channeling all through the body, all up the left side, and through and down the right side and out the right foot. Imagine a continuous circle of energy going in and flowing out. The key is to visualize ease of flow and balance. Visualize all stagnant energies breaking up and melting down, and new clarity and flow being established. All unwanted energies will be washed through, with new vitality and well-being will fill the energy field.

ABSENT HEALING

In absent healing, you can concentrate on a sick or unhappy person, animal, polluted place or land where there is war and famine. You can send healing relief through the focus of a crystal.

Quartz crystals are often used very successfully in all forms of absent / distant healing. Regardless of how far away you are from the person you wish to heal, crystal healing proves very effective.

For best results it is recommended that the quartz crystals which you use for absent healing purposes are used solely for absent healing and for no other purpose. This is to preserve the programming.

It is only really necessary to have the name of the person who wishes to receive absent healing. In the beginning, however, it may be easier for you to have a photo as well, to help with your visualisation.

All you have to do is to visualise the crystalline energy pulsating within your absent

healing quartz crystal being projected towards your client, wherever they may be. Your quartz crystal will then do the rest. If you do have a photograph of your client or you already know what they look like, just hold the crystal in your hands and visualise the crystalline energy totally surrounding them.

It is also useful to place the crystal on the photograph of your client after you have finished with the healing session - this assists the amplification of the crystalline energy which is being projected by the crystal towards your client.

CRYSTAL BATHS

Salt and mineral baths help keep the auric field clean by removing the residue of old or unwanted energy. You can put your crystals into the bath to soak with you, to boost the healing properties of the bath water. Check the solubility of your crystal first, as I'm sure you don't want your crystal disintegrating. Stones can also be placed on a dry spot near the bath. Their beneficial effects and energy exchange will still occur.

CRYSTAL DRINKING WATER

Adding clean and polished crystals to your drinking water will help elevate the liquid's vibration, while intensifying its healing aspects. Quartz is especially good for this.

ELIXIRS AND ESSENCES

An elixir is a preparation of mineral water which contains the subtle energy imprint of the particular crystal/s with which it was made. In order to prepare the energies of a crystal for the assimilation into an elixir, conscious programming is recommended to facilitate enhanced transfer of the special energies desired. Without conscious programming, all of the energies are transmitted, and no specific direction for these energies is delineated. This method is fine for spring tonics and general daily use.

To make an elixir, you need a glass or Quartz crystal bowl, mineral water and the gem/s of your choice. Place the gem into the water, which is placed into the glass bowl. No metal should make contact with the liquid. The container is then placed in the sun/moon for 24 hours, after which the resultant elixir may be consumed or used as necessary. Store in the refrigerator and use within thirty days.

Not all crystals are able to be placed in water. Selenite, for example, melts in water and Malachite is toxic for consumption. To make an elixir out of toxic or soft or water-soluble stones, you will need a smaller glass bowl to place inside the larger bowl,

which holds the water. The subtle energies will be transmitted into the water through the glass. This method alleviates the potential of contamination of the elixir by toxic chemicals contained within or upon the crystal and also prevents the dissolving of certain crystals.

FENG SHUI BAGUA

Home harmony is a cornerstone of personal peace. Feng Shui, the ancient Chinese art of placement, focuses on balance and energy in the home. You can create a tranquil environment in which to relax and recharge, using these principles in conjunction with crystals. Placing the stones according to the relevant life areas will bring additional healing and manifestation energy to those particular parts of your life.

LIFE AREA	LOCATION	STONE
Helpful People/ Travel	Front right	Moonstone
Career	Centre front	Black Tourmaline
Skills & Knowledge	Front left	Lapis Lazuli
Abundance	Left rear	Amethyst
Fame/Reputation	Central rear	Garnet
Relationships/Love	Right rear	Rose Quartz
Creativity/Children	Right centre	Clear Quartz
Family	Left centre	Green Jade
Health/Harmony	Centre	Citrine

GRIDDING

Just as a large building's steel framework forms a supporting grid for the structure, an energetic grid can be constructed to support whatever intention or healing goal you desire. Instead of using steel beams, you will place crystals in specific locations so that the energy from each stone will form a support system that's palpable and clairvoyantly visible to those that are sensitive and attuned. This is a dynamic method of crystal therapy with noticeable results. Laying crystals on or around your body quickly brings relief from disease. You can also grid crystals around your bed or to protect your house. You can use crystals to stimulate the immune system or to alleviate stress. You can protect yourself from geopathic stress or electromagnetic smog or sharpen your memory.

Crystal grids are geometric forms that facilitate an energetic flow using crystals and patterns. Any form of stone may be used (tumbled, raw, polished, terminated, etc.) The pattern may be as simple as placing four Rose Quartz in your bedroom corners to

enhance love. A crystal grid merely requires your clear intention, trust and commitment for you to receive the full benefit.

When building a grid, the first thing is to determine its intention. It is crucial that you have a clear focus on this as fears, doubts, guilt or other potentially negative emotions could disrupt the desired outcome. Next, decide on the size. A grid that's small enough to be set on a tray can be just as powerful as one that's large enough for somebody to sit in. Find a location for your grid, where it won't be disturbed. Crystal grids can also be built outside in the garden. An optional enhancement is to place the grid according to the Feng Shui Bagua (nine defined areas), depending on what it is you want to achieve. Once you have decided on a location, you will need to purify, cleanse and lift the energy in that spot. It is also nice to create an ambience with music, candles or incense, to add a sense of tranquility to your new sacred space. Now it is time to place the crystals, following your own guidance or a particular "recipe". Next, do the following meditation: sit quietly, either next to or in the centre of the crystals and visualise lines of energy connecting each stone above and around you. You may see various lines, shapes and colours or hear celestial music or whirring sounds. These are all displays of the converging power. State your intention once again to empower the grid. Focus on your breath to quiet your mind and pay attention to any ideas, visions, thoughts or feelings that come to you. Visualise your desire as already being complete and feel gratitude that this is so. Thank the Universe for its ever-flowing abundance, asking the angels to help you to be open and receive and then complete the meditation by using positive affirmations. See separate file labeled "grids" for more info.

GRIDDING THE HOUSE

The following grids are suggested by Doreen Virtue for various uses. More grids for use on a human body are given later on in the manual. There is also a folder in your course entitled "crystal grid templates" for you to use.

ABUNDANCE GRID – 8 clear Quartz points, 3 pieces Jade or Citrine

Lay out a circle of Quartz points with the Jade or Citrine outlining a triangle shape in the centre. This pattern functions best when placed in the Feng Shui *wealth* area of a home or business. Affirmation : *Abundance in all forms now flows to me with Divine grace.*

ANGELIC COMMUNICATION – 9 clear Quartz points, 2 pieces Angelite or Celestite

Form a triangle using the 9 pieces of Quartz (3 pieces on each side of the triangle). Place the Angelite or Celestite in the middle, touching each other. This works well in

the partnership with helpful people area of the home. Affirmation: *I now fully accept the wisdom, insight and protection of my angels.*

CREATIVITY – 7 Quartz points, 11 pieces of Carnelian

Alternate the stones to create a spiral. This grid is an excellent addition to the *creativity* area of your home, studio or office, since it helps the movement of thought into form. Affirmation: *I feel and express the creative spirit within me now.*

FORGIVENESS – 8 pieces of Rose Quartz, 4 pieces Aventurine, 2 pieces Moonstone, 2 pieces Hematite

Make a double circle with an outside ring of Rose Quartz and an inner ring with a mix of Aventurine and Moonstone, putting the Hematite in the centre. It is often most helpful to place these stones in the *self knowledge* area of a home. Affirmation: *The unconditional love of Heaven now fills me with love, compassion and understanding.*

HARMONY – 6 pieces of Rose Quartz, 12 Amethyst points

Alternate the stones to form a heart shape that can go in any of the sectors of your home to increase feelings of peace, serenity and unconditional love. Affirmation: *My life is in divine order and I now move in harmony with the Universe.*

HEALTH & HEALING – 11 pieces of Rose Quartz or Moonstone, 11 pieces of Malachite, 11 pieces of Turquoise

Arrange the stones in 3 interconnecting circles, representing the body, mind and spirit. This design is perfect for the *health* area, since it will activate positive flow in the body's systems. Affirmation: *I enjoy perfect, robust and joyful health now.*

LIFE PURPOSE/CAREER – 1 Quartz cluster, 12 pieces of black Tourmaline, 12 pieces of Citrine

Alternate the Tourmaline and Citrine to create a double diamond. Place the Quartz point in the centre. Keep the grid at your office or in the *career* sector of your home in order to facilitate awareness and acceptance of your life mission, while asking for support from the community. Affirmation: *I now know, accept and act in accordance with my divine purpose.*

LOVE/ROMANCE – 12 Quartz points or long, thin tumbled stones, 10 pieces of Rose Quartz, 1 heart-shaped Rose Quartz

Make a sideways figure of 8 (the infinity symbol) and alternate the stones and points to signify the union of male and female energies. Place the Rose Quartz in the centre point of the 8 to symbolise the one love joining two souls. This layout works perfectly

in the *relationship* area of our home or in your bedroom. Affirmation: *I am now in perfect alignment with love on all levels.*

PROTECTION – 5 Quartz points, 12 pieces of black or rainbow Obsidian

Create a square using the Obsidian, placing the Quartz points in a star formation in the centre of the square. This grid can be placed in any sector of your home, related to your main concern, i.e. financial protection in the *wealth* area, etc. Affirmation: *I release fear, knowing that I am fully loved and protected by Heaven, now and forever.*

SLEEP – 4 pieces of Rose Quartz, 1 piece of rainbow Obsidian or Hematite

Put one piece of Rose Quartz in each corner of the bedroom with the Obsidian or Hematite under the bed to create an atmosphere of love and security that will improve your sleep. Affirmation: *I am loved and protected. It is now safe to relax and sleep.*

WORLD PEACE – 24 Quartz points, 1 Malachite and Azurite sphere

Make a circle of 12 Quartz points with the Malachite and Azurite in the centre. Add 4 lines of 3 Quartz points each, which symbolise the four directions (N, E, S, W). Place the grid in the *self knowledge* area to bring faith and inner peace. Affirmation: *The world is in perfect and Divine harmony right now.*

REIKI CRYSTAL GRID

This technique was developed to set up a continuous flow of Reiki energy for healing or protection by using crystals and Reiki energy. To make the Reiki Grid you need eight crystals. There are many books on crystal selection with rather lengthy guidelines about how to select the perfect crystal for you. For our purposes, the easiest method of crystal selection is to pick the crystals up and just see how they feel to you. Try not to so much “think” about this as “feel” it. Send some Reiki into the crystal and see how that feels as well, allowing your intuition to guide you. Regular quartz (rose or white) tumbled smooth stones are sufficient for the purpose of making this grid and are inexpensive. You will also need a picture of the person that the grid will send to or protect.

Choose a place for the Reiki Grid. The best location is one where others do not go so that the grid is not disturbed. Take the eight crystals that you have cleansed, and choose the one that seems the strongest. This will be the Master Charging Crystal. For your central, (Master) crystal, you may want to choose a double terminated crystal, a cluster, a pyramid or a crystal ball.

Next, place six of the crystals at equal points around a circle about 10 to 12 inches in diameter. This creates a hexagon or six-sided figure. Place the last crystal in the centre. This makes seven stones in the design in total. The eighth will be used as the Master crystal. Play with the arrangement until it feels right. The master crystal is used to keep the crystal grid charged.

This arrangement uses a six-sided figure. It is possible to construct hem in any geometric shape. State your intention, e.g. "I empower this grid with love, light, healing and wisdom".

Take a picture of yourself or the person that you want to send Reiki to. Draw the four Reiki Symbols on the back, the person's name, and an affirmation to help empower and set the intent of the process. Be creative. You can use a piece of paper with a goal, intent or need on it instead of a picture. Draw out the four Reiki Symbols on the paper and then Reiki it between your hands and place it within the crystal Grid. The Grid will continuously send Reiki to heal the person or bring about the goal.

At this point you have the purified crystals and your prepared picture. The next step is to charge the crystals with the Reiki energy. This is very simple to do. Take each crystal into your hands and send Reiki into it for about 10 minutes or so. Do this with each crystal, one at a time until all of them are done. You can also say prayers, or ask your Reiki or spiritual guides to assist you while you are charging them. Another way to charge them is to do a Reiki Attunement on each crystal or do an attunement on the grid once it is completed.

Once the crystals are charged put each back in its place on the grid. Put the Master Crystal in last. It is suggested that you not move the crystals after they are in place as it will weaken the energy connections.

The Master Crystal is used to keep your Reiki Grid charged. This stone can be recharged when needed by holding it in your hand during a Reiki meditation, beaming Reiki into it, or reattuning it. To finish the grid, hold the Master crystal in your right hand. Starting at the top, begin to connect the dots that are formed by the crystals on the grid. You will be starting at the top and making six triangles as you connect the imaginary lines between the stones on the outside and the centre stone. Move around the grid in a counter clockwise direction. You can also say an affirmation or mantra as you do this. Some masters meditate with the Master Crystal frequently to keep their Reiki grid charged.

JEWELLERY

Wearing stones is very helpful, especially in the throat and heart areas. Belts can also be worn to transmit energy near the solar plexus chakra, as can earrings, bracelets and ankle-chains, depending on what it is you want to achieve with the crystals.

MANIFESTATION

In manifestation there is a thin line between helping the universe provide that which is necessary and attempting to force the universe to provide that which is desired. You must remember that unfulfilled want is one of the main sources of unhappiness. Need will always be fulfilled, so long as it is not blocked by want. Those things that are truly needed are those that fulfil the plan for your present incarnation.

MEDITATION AND VISUALISATION

Crystals can help you to reach the higher spiritual levels during meditation. They magnify your personal energy by focusing and connecting it with the universal powers. All that is necessary is for you to hold a crystal or gemstone/s in your hand/s, place it on the floor or a table nearby, or hold it to your third eye chakra, focussing on it as you enter into the meditative state. Holding a crystal during meditation with music will often allow the user to see the music in terms of colour and shape. Using a double-terminated Quartz can help increase the flow of Divine energy moving in and out of your being on all levels. During group meditations, sit in a circle with a crystal in the centre.

Life purpose meditation

Hold a clear Quartz and Black Tourmaline, alternatively place them near you. Maintain the intention of receiving clear directions about your life purpose and ask the stones to amplify your receptivity to this guidance.

PROTECTION

Crystals have been worn as amulets and talismen and have been programmed for protection in the light and love of the universal forces. One method which has been used during programming for protection against psychic attack entails visualisation of a protective shield or a bubble of white light emanating from the crystal. The protection of your possessions or home can also be facilitated with this method.

Another technique involves gridding the home or your possessions or using the laser wand to enclose them. Crystals can also be used to increase your personal energy shield, so that you won't be bombarded by the world's intense and sometimes harsh energies. Obsidian, Black Tourmaline and Hematite are good for this – carry them with you as touchstones that will keep you grounded and protected. SEE ALSO *GRIDDING THE HOME* UNDER THE GRIDDING SECTION

PENDULUMS AND DOWSING

The pendulum is a simple device, consisting of a weight attached to a chain or thread. It can reveal information that cannot be learned in any other manner. The pendulum reads energy patterns. It is able to extract information from deep inside our subconscious minds. Dowsing with a pendulum is a valuable way to fine-tune your crystal healing and can be used to establish not only the site of the problem but also which crystal colour to use to treat it.

Pendulums can be made of different materials. The best length for the pendulum is six inches. As long as the weight on the end is not too light nor too heavy. The best shape for the weight is something that comes to a point.

You can either make your pendulum or buy one. The most common types of pendulums are:

- a crystal tied with wire then suspended on a chain or cord
- a chain necklace with some kind of charm suspended at the bottom
- a chain with metal pointer at the bottom
- the human body, which is a pendulum that can move back and forth or side to side

HOW TO USE A PENDULUM

Once you have selected your pendulum you are ready to begin. Sit down and get comfortable. Your mind and body should feel relaxed, with no stress. You can rest your elbow on a table in front of you to allow the pendulum to swing free or you can hold your arm in a horizontal position, again allowing your pendulum to swing freely.

The first step is to get the feel of the pendulum and how it will move for you. The pendulum moves either in a straight line (side to side or front and back) or in circles (clockwise or counterclockwise).

Most questions asked when using a pendulum have Yes or No answers. You must determine the direction your pendulum will take for Yes and for No.

Hold the pendulum in your hand. With the other hand – touch the point to steady its motion. Keep your eyes on the point. Now address the pendulum and say “show me ‘yes’.” It will soon swing in one direction, which could be side to side, back and forth, or in circles.

Now say “show me ‘no’.” It should swing in a different manner

Be certain the pendulum is not being guided by the movement of your hand or fingers. Once you have determined the pattern for Yes and No you are ready to begin.

If the pendulum does not move at all then you should stop and try again at another time. There are generally no rituals involve with pendulum use – though some people hold their pendulum in their hand before they begin to charge it. You can use it anywhere.

When you ask your questions you may want to record the answers. Now you are ready to begin to ask your questions. Start with something simple such as, “Is it sunny today?” “Is it Monday?” “Are you here to answer my questions?” Once you get the ‘swing’ of it – you can move on to personal questions.

Remember to only ask a question ONCE. If you want more information you might want to use a chart. At this time the pendulum should be about two inches above the chart or as is comfortable. If the motion of your pendulum increases or the circles get large the energy is increasing and you can expect change linked to the question you were asking. Pursue further questions to get additional information.

The pendulum can be used to help you make decisions, whether it be about buying a car or what you should have for lunch, it helps you find lost objects, people and animals (use with a map and a photograph of the lost person/animal), you or your animal’s health, testing food for health benefits, clearing the aura, and of course, for healing (drawing out negative energy and pain, sending in positive energy) and for diagnosing/locating illnesses or problems within the body, as well as for divination.

TOUCHSTONES

Carrying stones in your hand allows the crystal vibration to flow consistently through your energy field, using touch to access this soothing presence. Touchstones can help

you stay focused on the present moment, while eliminating fear and accentuating the positive.

HEALING TECHNIQUES FOR SPECIFIC AILMENTS AND PURPOSES

Headaches: Most pain needs energy to repair, but a headache is thought, in some cases, to be due to too much energy in the head. Energy flows in and out of the head via the crown and third eye chakras. When a blockage (usually emotional) occurs, the energy cannot be released and the excess pressure initiates pain. In this case, the energy needs to be removed.

One method of removing the excess energy is to place a Quartz in one hand, pointing skyward for a short period. Then place this hand on the solar plexus chakra. The other hand is placed on the area of pain on the head. This process can take approximately 30 minutes to complete. To speed the process, visualisation can be used, picturing the headache as a dark cloud of excess energy, visualising the removal hand as a vacuum cleaner, and seeing the dark cloud dissipating.

Another method is to hold a single terminated Quartz crystal over the area of pain, with the point of the crystal pointing away from the body.

General Pain: Use either a smokey Quartz or clear Quartz (double terminated) – hold the crystal about 15 cm from the painful area and move the crystal in an anti-clockwise direction. This will draw the pain out, through the crystal, which transforms it into light and out through the termination at the top.

TREATING PLANTS

Plants can be treated with elixirs as well as ground crystals. A small portion of sand, high in Quartz crystal content, can be mixed with the potting soil to increase the plant's health. Grids can be placed around plants or trees, inside or outside the house. Various crystals can be placed in the pot or in the garden, programmed to balance and strengthen the plants.

TREATING YOUR CAR

Mileage has reportedly been enhanced by placing a Quartz crystal on the carburetor and/or the fuel line. Increases of up to 50% have apparently been reported.

Mechanical parts of the car have also been treated by placing a crystal on, or pointing a crystal toward, the equipment.

Crystals can also be placed in the car (in the cubbyhole or ashtray or hanging from the mirror is fine) to encourage protection of the vehicle and its occupants and to enhance or maintain the abilities of the components.

ANIMAL HEALING WITH CRYSTALS

Animals often seem to have a conscious affinity with crystals. Some animals will happily accept the healing, whilst others may take a few days to get used to the crystal energy. Be sure that at no time are you forcing the energy onto the animal against its will. Always “ask permission” before conducting a healing. With humans, it is easy to place crystals on the body, however, animals do not keep still for very long most of the time. Placing crystals around your pet’s bed (crystal gridding) is therefore a good idea. About 15 minutes should be sufficient for your pet to be in the crystal grid. Remove the crystals after this time and then re-place them again the following day and so on, until you see a visible improvement.

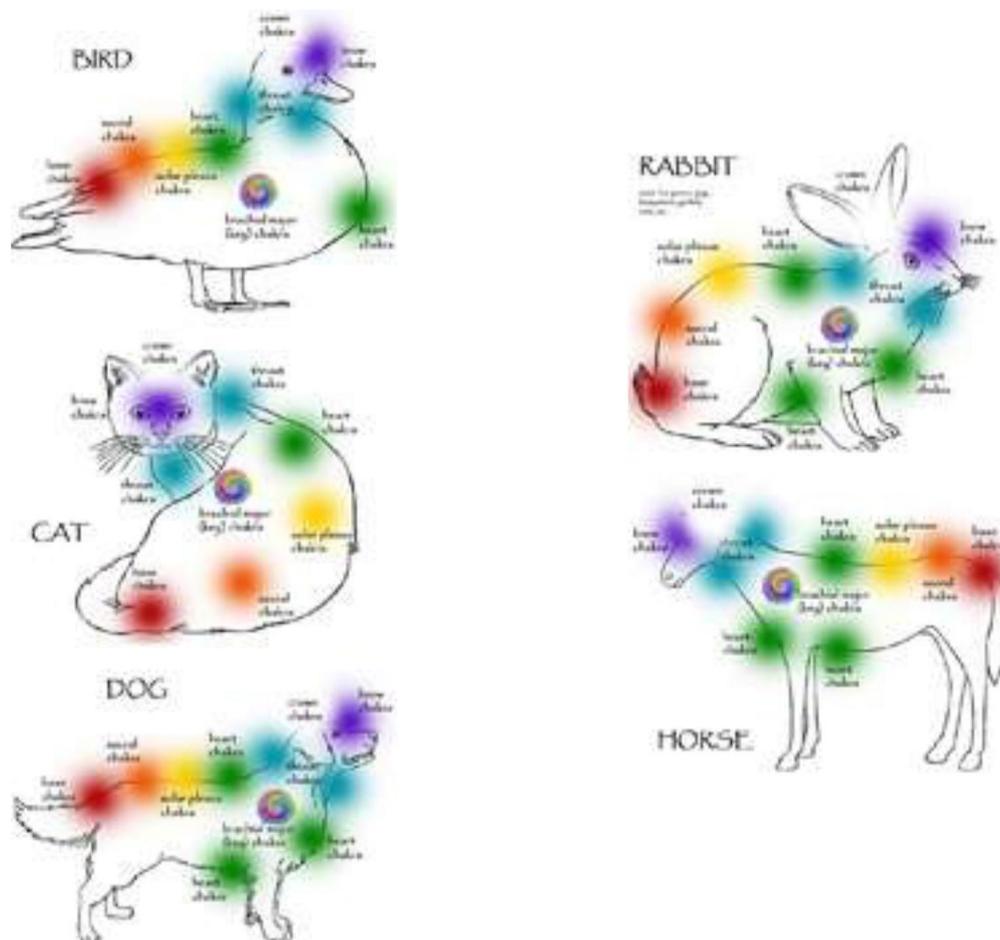
Another form of animal healing is with crystal massage. This method helps speed up the healing of wounds, sprains, etc. It can also help to ease pain and reduce discomfort. Make sure you are grounded properly before using this method, otherwise you will be left feeling tired and disorientated. Using a massage wand (clear Quartz is always a good choice), holding the rounded end pointed at the animals and the terminated end away from him. This ensures that negative energies are drawn out from the animal’s aura and discharged into the ether. Hold the end of the wand about 10 to 15 cm from the animal’s body. Starting at the tail, move the wand up his body in small anti-clockwise circles, towards the head. Once at the head, turn the wand around so that the termination is facing the animal. Now work your way down the animal’s body, from head to tail, making small clockwise movements. This motion re-energises the animal’s body, after having the negative energy removed. Of course, the easiest way to treat an animal is with gem essences. Add 8 drops to the animal’s water bowl, twice daily.

Treating very sick or old animals

Sometimes asking for recovery from an illness may not be in the animal’s best interests and what may really be needed is a gentle passing over. Crystals such as Smoky Quartz, Obsidian and Fossilised Wood are recommended for this. Make a soft, dark private place for your pet to lie, or he may find one for himself. Place a ring of crystals around your pet. Using a dark, deep purple Amethyst, breathe in light through

your nose and cast a violet shield around your pet as you exhale. Do not try to merge with your pet. Visualise a crystal guardian within the sphere, holding and comforting your pet. Work for no more than 3 or 4 minutes at a time. Speak soft, soothing words to your pet, expressing your love and gratitude for your time together. Repeat this two or three times a day. Once the animal dies, bury the crystal with him.

Chakra points on animals



CRYSTAL HEALING SESSION

1. Preparation: Make sure that the room is clean, comfortable and cleared (smudging, Reiki or crystal clearing). Adjust the light and temperature if necessary. Prepare the music or meditation CD. Ensure that your nails, hands and breath are pleasant smelling and clean.
2. Prepare the record card for your client. Explain the procedure of crystal healing to your client, and answer any questions your client may have. Tell them about the detox symptoms and that they need to drink more water after the treatment to flush out the toxins.
3. Centre yourself. Say a silent prayer, call in your spirit guides, angels, etc. and state your intention.
4. Unruffle the aura. Scan the body with a pendulum, about 10 – 15 cm from the body. Begin with your client's midline. Start the pendulum swinging in a back and forth motion. When it starts turning, remain at that point until it returns to the back and forth motion. Go around your client's entire body outline with the pendulum. Once complete, move the pendulum to 45 cm from the body and repeat.
5. Place the chakra stones over the 7 main chakras. Breathe in through your crown chakra any colour you wish to use for healing (gold, white, silver, rainbow, etc.), breathe out and into your client the colour. Visualise it swirling through their body **OR** use pendulum 10 – 15 cm above each chakra, with standard back and forth motion. If chakra is out of balance, the pendulum will swing in either a clockwise or anti-clockwise direction. Once balanced, the pendulum will return to the back and forth motion.
6. If client has complained about a specific ailment, treat it specifically – e.g. pain in abdomen: use a double terminated smoky quartz over the area of pain; move it in an anti-clockwise direction to remove the pain (for about 5 min). You can also use your pendulum for this. Visualise your client's pain being pulled up into the crystal and pure white light exiting at the other termination. You may also grid your client's body and around with crystals.
7. Ending: Sweep the aura from the head down 3 times. Visualise your client in a golden sphere of protection. Say a closing prayer of thanks. Thank your guides and everyone else you asked for assistance.

-
8. Ground your client and offer them a glass of water. Talk to them about the treatment, if they feel any different, etc.
 9. Wash your hands after the client leaves to disconnect your energies.
 10. After your client has gone you can sit down and write the information that you received from your client as well as reviewing your session.
 11. Clear yourself and the room using whichever method you prefer. Visualise silver light clearing the chair/couch/therapy bed.

Extras during the session:

To energize: You can energize yourself by holding a major face of the point of the crystal on any pulse point for 11 minutes. This technique can also be used to relieve hot flashes, to regulate the pulse, and to bring warmth to the body.

To balance: (3 different methods)

1. Twirl a crystal between the thumb and each finger to balance the meridians; this should be done with all fingers on each hand. This technique can also be done by rolling the crystal under the toes of each foot for a more complete meridian balance.
2. Place a crystal on the left forearm, inside the wrist, with the point facing toward the elbow. Then place the right inner wrist on top of the crystal and hold this position at the Solar Plexus Chakra. This is a very calming exercise. It enhances focus and protection and relieves nausea. It may also relieve muscle tension in the neck, back and shoulders. It also stimulates nurturing chi to help balance the emotions.
3. Place one crystal in the left hand with the point facing in toward the wrist. Place another crystal in the right hand and hold a face of the crystal point of this stone on each individual chakra. While holding this position, visualize balance.

To relieve congested energy: Hold a crystal in the right hand with the point straight out from the body and the base of the crystal touching the area of congestion.

To relieve pain: (4 different methods)

1. Hold the crystal in the left hand with the point facing in toward the wrist and place the right hand over the painful area of the body.

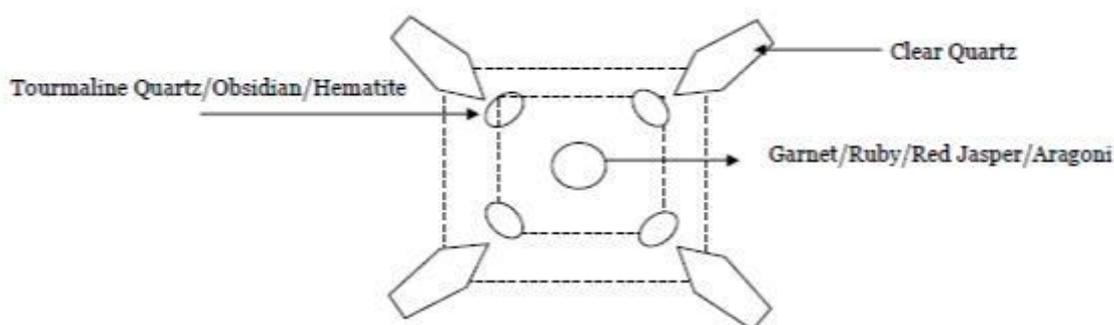
2. Hold the crystal in the right hand at the Solar Plexus Chakra with the point facing straight out away from the body and place the left hand on the painful area of the body.
3. Hold a crystal in each hand and place the left-hand crystal on the pain (with the point directed toward the painful area) and the right-hand crystal on the opposite side of the body (with the point facing straight out away from the body). While holding this position, repeat your intent to heal and remove pain three times.
4. Take a double-terminated Smoky Quartz. Turning it anti-clockwise over the area of pain, visualise the pain as a grey cloud being pulled into the crystal and flowing out as white cloud at the other end. Once all the grey matter has been removed, blow the crystal to clear any energy residue, then place it above the painful area once again and this time turn it clockwise and visualise white light entering out the end of the crystal and filling the space where the grey matter was on the body.

CRYSTAL GRIDS FOR THE CHAKRAS

The Root/Base Chakra

Bloodstone, Boji Stones, Brass, Carnelian, Cerrusite, Coral (Red), Cuprite, Diamonds (all Chakras), Epidote, Garnet (Red/Green), Hematite, Jasper (Red), Lodestone, Obsidian (black), Onyx (Black), Pyrite, Quartz (Clear, Smoky Tourmalinated and Rutilated), Rhodochrosite, Rhodonite, Ruby, Rubellite, Sapphire, Schorl, Spinel, Sunstone, Tiger's eye (Red), Tourmaline (Black and watermelon), Zoisite, Zircon (all chakras).

Suggested layout on self/others – To help release stress, ground and stabilise the individual, and encourage healing, place four clear quartz crystals in a square around the base chakra with the points facing inwards. At the centre of the points and facing inwards, also in the shape of a square, place four tourmaline quartz/Black Obsidian/Hematite crystals. In the centre place a, Garnet, Ruby, Red Jasper or Aragonite Crystal.

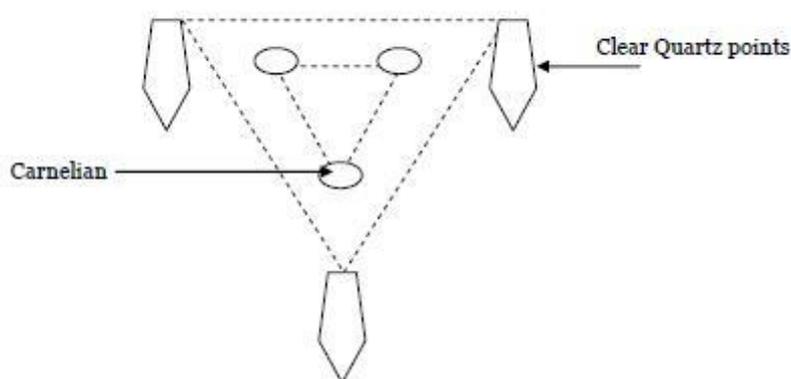


The Sacral Chakra

Amethyst, Amber, Aquamarine, Bloodstone, Carnelian, Citrine, Coral (Orange), Copper, Calcite, (orange), Charoite, Danburite (all chakras), Diamond (all chakras), Garnet (orange and red), Jasper (blue, red), Moonstone, Gold, Opal, Pearl, Peridot, Quartz clear (all chakras), Quartz (smoky, rose and rutilated), Ruby, Selenite, Tiger's Eye (Yellow), Wulfenite, Zircon (all chakras).

Suggested layout on self/others – This layout can be used on the Sacral Chakra to help release stress, dissolve dysfunction in the sexual and reproductive system, increase creativity and improve the assimilation of new ideas.

Place three clear Quartz points facing downwards in the shape of a downward triangle over the Sacral chakra. Inside the triangle thus formed place three carnelian crystals, also in the shape of a downward triangle, as shown in the diagram below.

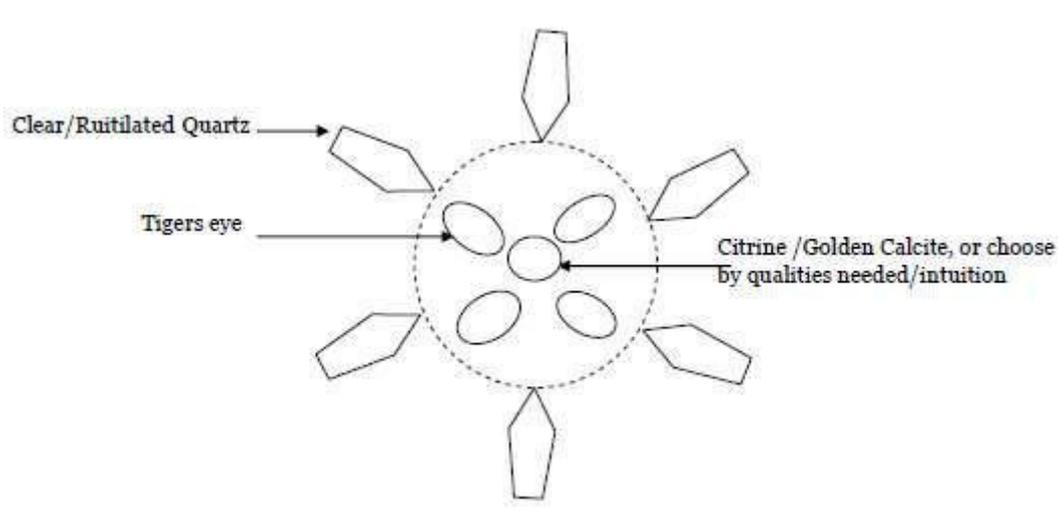


The Solar Plexus Chakra

Agate, Amber, Apatite, Aquamarine, Aragonite. Calcite (yellow/golden), Carnelian, Chrysoberyl, Citrine, Copper, Desert Rose, Diamond (all chakras), Danburite (all chakras), Elia stone, Emerald, Fluorite (golden), Gold, Golden Beryl, Goldstone, Hawk's Eye (Falcon's eye), Hematite, Heliodor, Labradorite, Lepidolite, Malachite, Quartz-clear (all chakras), Quartz (lemon, smoky and rutilated), Topaz, Yellow onyx, Pearl (gold), Peridot (olivine), Pyrite (fool's gold), Rhodochrosite, Sulphur, Tiger's eye (Yellow), Topaz (golden), Variscite, Zircon (all chakras).

Suggested layout on self/others – This layout will help to increase motivation, optimism, self-confidence, and increase positive mental energy. It is also beneficial to the digestive system and the skin. Place six clear/rutilated quartz crystals in a circle

around the sacral area. Inside the circle place four tiger's eye crystals, and in the centre of that place a Citrine, or use intuitive guidance to select another suitable stone relevant to the qualities needed.

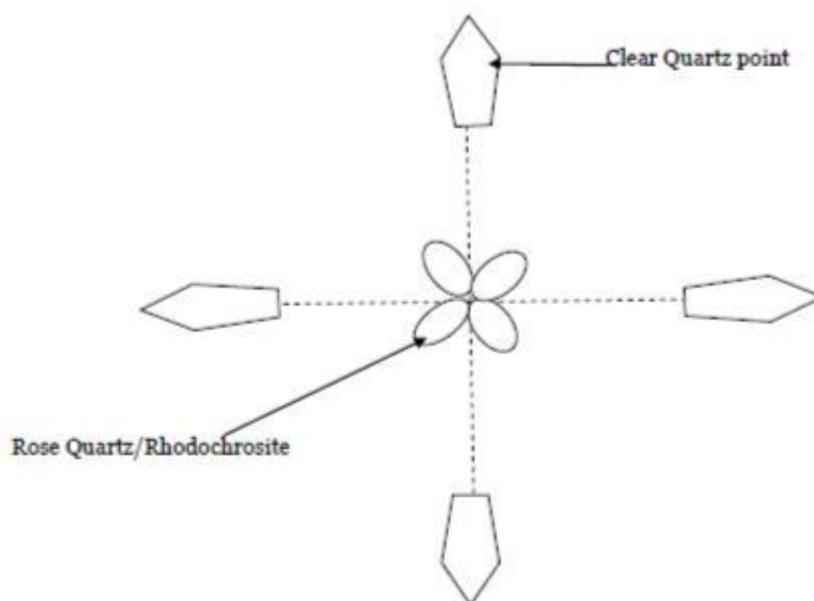


The Heart Chakra

Adamite, Apophyllite, Aventurine, Beryl (pink), Bloodstone (green), Calcite (lime green), Carnelian, Celestite, Charoite, Chrysocolla, Chrysophase, Cobalt-calcite, Coral (pink), Danburite (all chakras), Diamond (all chakras), Diopside, Emerald, Garnet (green), Gold, Jade, Kunzite (pink), Lepidolite, Malachite, Moldavite, Moonstone, Opal, Peridot (olivine), Pyrite, Quartz-clear (all chakras), Quartz (rose, rutilated), Topaz (blue), Tourmaline (watermelon, green and Rubellite), Rhodonite, Variscite, Zircopn (all chakras)

Note - do not use Red stones such as Ruby or Garnet on this chakra as they are too stimulating

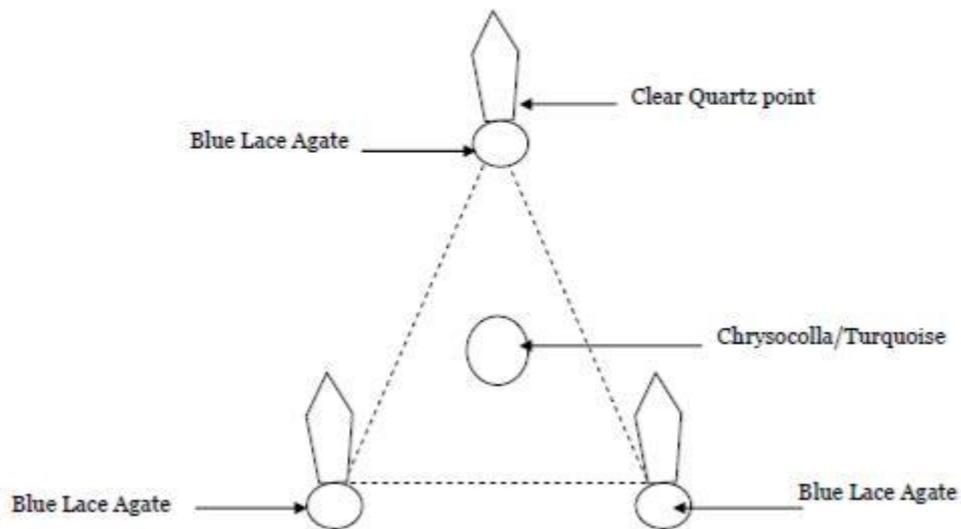
Suggested layout on self/others – This layout is useful to calm and stabilize mental activity and demotions, help us to accept love and forgiveness from others, as well as from ourselves, and help to restore balance and harmony. Place four Clear Quartz crystals facing outwards in the shape of an equal arm cross around the Heart Chakra. At the centre of the cross place four Rose Quartz / Rhodochrosite crystals, as shown in the diagram on the next page.



The Throat Chakra

Adamite, Amazonite, Apatite, Aquamarine, Aqua Aura, Azurite, Blue Lace Agate, Celestite, Calcite (blue), Cerussite, Chrysocholla, Danburite (all chakras), Diamond (all chakras), Diopside, Eilat stone, Kyanite, labradorite, lapis Lazuli, Larimar, Mother of Pearl, Onyx (blue), Quartz (blue), Quartz – clear (all chakras), Quartz (rutiled), Sapphire, Silica (gem), Smithstone, Sodalite, Spinel, Stilbite, Tanzanite, Topaz (blue), Tourmaline (blue – Indicolite), Turquoise, Zircon (all chakras).

Suggested layout on self/others – This layout is helpful in releasing blockages which prevent us from speaking the truth or “having a voice”. It works on the higher mental level and aids us in communication and expression. Sore throats are often a sign of suppressed emotions and this layout will help us to speak our minds with clarity and conviction. Place three clear quartz points in the shape of a triangle around the throat chakra. Position three blue Lace Agate crystals directly under each point; in the centre place a Turquoise/Chrysocholla crystal as shown in the diagram below.

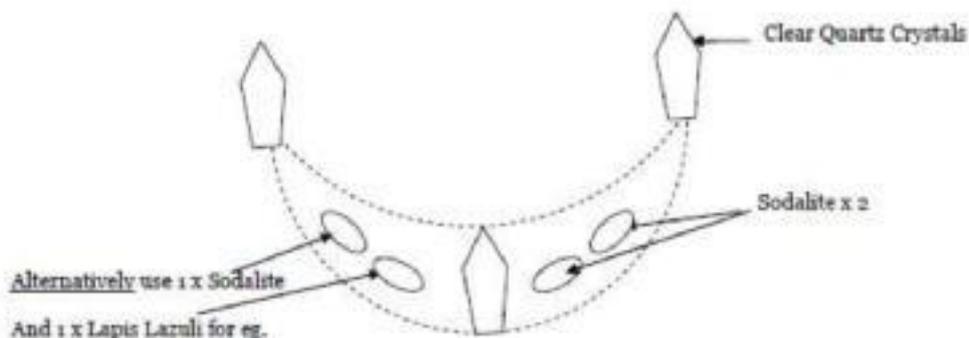


The Brow Chakra

Alexandrite, Amethyst, Angelite, Apache Tears, Apophyllite, Aragonite, Azurite, Charoite, Diamonds (all chakras), Danburite (all chakras), Emerald, Flourite (clear, purple, pink), Hawk's Eye (blue Falcon's eye), Iolite, Kunzite, Kyanite, Labradorite, Lapis lazuli, Lepidolite, Meteorite, Moldavite, moonstone, Opal, Phenacite, Quartz-clear (all chakras), Quartz (blue, rutilated and smoky), Sapphire, Selenite, Silver, Smithsonian, Sodalite, Stourolite (Fairy Cross), Sugilite (Royal Azul), Tanzanite, Topaz, Turquoise, Tourmaline (blue – Indicolite), Variscite, Zircon (all chakras)

Suggested layout on self/others – This layout will help to open up our intuition and focus into the present and to take our heads out of the clouds. It increases our perception and helps us to focus on reality, giving us greater insight and inspiration.

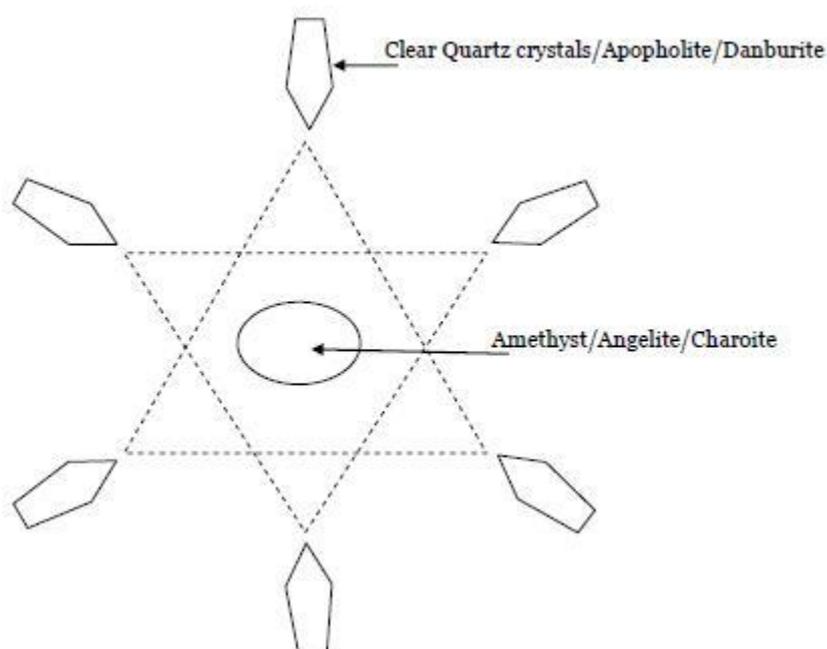
Use three pieces of Clear Quartz crystals and place them in the shape of a Crescent moon. In between the quartz crystals place two Sodalite/Azurite/Danburite/ Lapis Lazuli/Labradorite crystals as shown in the diagram – alternatively you could use two of each, one on each side as shown in the diagram below.



The Crown Chakra

Alexandrite, Amber, Amethyst, Angelite, Apatite, Apophyllite, Beryl clear, Cerussite, Charoite, Chrysoberyl, Citrine, Diamond (all chakras), Danburite (all chakras), Elestial, Flourite (purple), Gold, Iolite, Kunzite, Moldavite, Moonstone, Morganite, Opal, Quartz-clear (all chakras), Quartz (milky, rutilated, smoky, tourmmialinated), Selenite, Silver, Sugilite, Sunstone, Tanzanite, Zircon (all chakras).

Suggested layout on self/others = Use this layout to aid spiritual connection and to heighten awareness of the spiritual realms. It helps to increase our self-awareness and to raise conscious thought patterns. Place six Clear Quartz Crystals/Apopholite/Danburite around the crown chakra in the shape of the Star of David, and in the centre place an Amethyst/Angelite/Charoite crystal. As shown in the diagram below.



Star of David

The next techniques use quartz grids to promote healing. The first grid is called the Star of David grid. Six quartz points will be laid alongside of, or directly on, the body in the following locations:

- The Right knee
- Left knee
- Crown
- Right shoulder
- Left shoulder

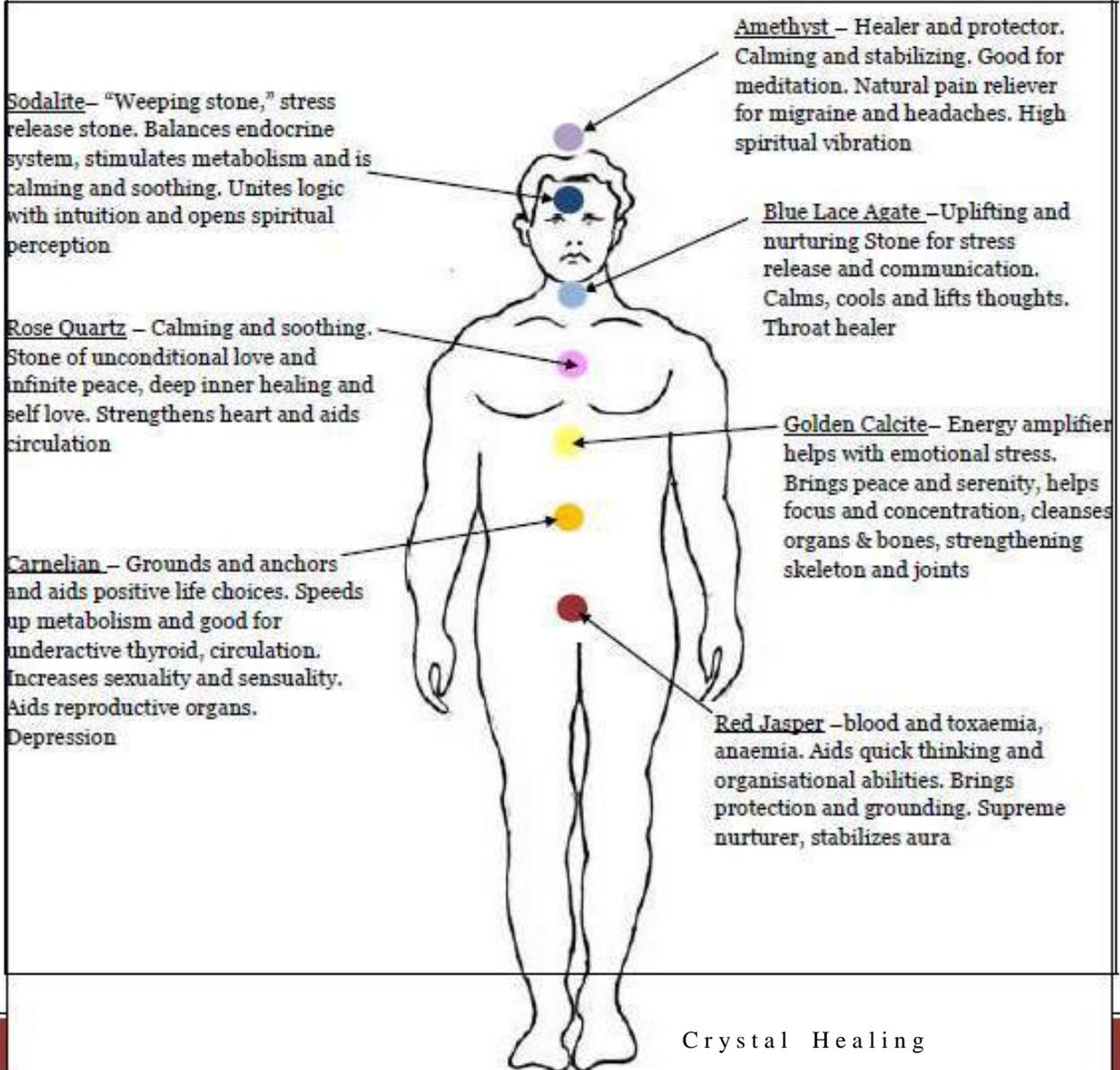
- Feet

All the terminations should be facing the body. The Star of David grid promotes peace, harmony, and balance. This grid can be placed on the body before or after laying other stones on the body, or, it can be placed under the table.

Y-Grids can be used to clear the energy of the upper and lower chakras. Just below the heart chakra place three quartz crystals in the shape of a “Y”, with the terminations facing towards the head of the table. This will clear the upper four chakras.

Then make an inverted “Y” right above the solar plexus chakra with the terminations facing towards the foot of the table. This will clear the lower three chakras. After placing this grid on the body the other chakras stones can be used. This grid can also be placed under the table as an alternative.

Layout to help bring balance to all the chakras
LAYOUT TO BRING BALANCE TO THE CHAKRAS



Crystal Exercises

These exercises are designed to help get you familiar with the energy of crystals. At first, you may not notice the subtle energy. It could be that the crystal is not the one that you should be working with, that you need more time sitting with the crystals to be able to feel their energy, or you just need more time, and trust that the more you try, the easier it will be to detect.

- Sit with the crystal in your hand. Does it feel hot or cold? Notice what emotions are coursing through your body as the crystal is in your energy field. Now place the crystal on the floor beside you. Feel if there is any difference between holding the crystal and having it out of your energy field.
- Meditate with the crystal. You can do this by sitting with the crystal in your hands and asking the crystal what its power is, or how it should be used. Another option is to not ask a question, but to sit there with the crystal in your hands and with an open mind and heart, see if you pick up any signal or energy.
- Hold the crystal in your right hand with the termination facing your left hand. Draw slow circles around the palm of your left hand. Now switch hands. Do you feel any energy while drawing the circles?

Quartz Healing

The following techniques use Quartz only to heal. Each technique should be performed until you feel the body's energy has been moved sufficiently. The first two exercises are great to start a massage, use during a Reiki / energy healing session or as a basic layout at the beginning of a crystal healing session.

With each of these techniques, have the client lie on the table on his or her back in the supine position.

The Energizer

With the client lying on the table, place a quartz crystal at each shoulder and one at his or her head, with the terminations facing away from the body. Start at the root chakra and imagine any stale energy rising from the base of the spine moving up and out through the crown of the head as you sweep in this direction. After 3 sweeps, take three more terminations, and place one at each foot and one at the knees with the terminations facing the client's body (if you have only three crystals, remove the 3 from the head and place them at the new points). Perform the sweeping again, with the intent that it energize the client.

The Energy Loop

Have the client lie on the table, and starting at the right leg, place crystals on his/her body in a clockwise loop. The terminations on the right side of the body will be facing toward their head and the terminations on the left side of the body will be facing towards the feet. When you are finished outlining the client's body with the quartz, sit at their feet and holding a crystal in each hand, create an energy loop by connecting your hands to their feet. Utilize breath work with this technique, and with each exhalation, visualize the energy moving from the client's feet through the body in a clockwise rotation. The intent is to get the energy moving, as stagnant energy can lead to illness. You are not intending your energy to cleanse their body as you are not channeling your energy into the client. You are relying on the power of the quartz to facilitate the movement of the energy in this circumstance, imagining yourself as part of this continuous loop. This technique is also great for energizing yourself as your energy is also moved in a clockwise fashion. This is a very intense technique and the movement of the energy can make people laugh, dizzy, or leave them feeling very awake.

This technique can be performed with any number of crystals. If you only have two crystals, do not place any on the body. Simply sit at the feet with the terminations in your hands. If you have only a few terminations, put more space between each point on the body, or place the terminations directly on the major joints of the body.

Headaches

Quartz is very effective in removing headaches. Here are two techniques that utilize quartz to do this. Try both of them, as you may like one better than the other, or you may find that one technique works better than another, as each client is different.

In the first technique, place a quartz point on the client's solar plexus (the point right above his or her belly button) and one right on, or just above the crown chakra – see the chakra chart for the crown placement. You can use any shape quartz for this, but if you are using terminations, the quartz point at the solar plexus should be placed horizontally on the body and the quartz point placed at the head should face down the body, pointing towards the solar plexus. Now connect the two points with your hands and intend for the energy to become balanced. Energy taken into the solar plexus will disperse harmlessly throughout the body, so there is no danger in simply moving the energy from the head to the solar plexus.

It is very important to not think that you are taking the energy into your own body, as you do not want to absorb it. Only intend balance. This technique should be performed for five minutes, or until you feel the energy has become balanced.

For the second technique, use a terminated quartz point and sit at the head of the table. Start making slow counter-clockwise rotations over the client's head, as this will clear the negative energy that is creating the headache. After several rotations, flick the crystal toward a wall to remove excess energy from it and then continue with the technique. After you feel the energy has cleared, perform 3-5 clockwise rotations over the crown chakra. It is imperative that you do not do too many clockwise rotations here, as clockwise rotations energize. You want to replace the removed headache energy with new energy and not leave it depleted, but too many rotations could bring a headache right back. If your client reports a particularly strong headache, use a zigzag motion while performing the counter clockwise rotations. Zigzag three to five times over the affected area, perform a counter clockwise rotation, flick the energy, and repeat the entire process until you feel the energy has been removed. Then, use 3-5 clockwise rotations as discussed before.

Full Body Layout with Quartz

This next technique discusses a full body layout using clear quartz crystals along the body. The points on the body that the crystals are laid on correspond with positions used in a Reiki body treatment, and also with Chakra Balancing exercises.

These exercises are designed to clear and energize all parts of the body. As with all energy work, ground and shield yourself before beginning.

Start by standing at, and placing your hands on, the client's feet. You will want to infuse them with energy, which involves visualizing a flow of positive energy and white light moving through your hands into the client. This energy and light should contain elements of love, goodness, positivity, support, health, etc. As you channel this energy into your client, it will reach a peak of intensity, and then start to taper off naturally. After this rise and fall, go to the head of the table, place your hands on the person's crown, and infuse it with energy using the same process as described before. Now stand on the right side of the table and perform 10 slow counter-clockwise rotations over the root chakra and then place a stone on it – please refer to the chakra chart for this location.

Move to the stomach, perform 10 slow counter-clockwise rotations over the solar plexus chakra, and then place a stone on the stomach where this chakra is located.

Next, go to the third eye chakra, perform the ten counter clockwise rotations, and then place a stone on the third eye.

This technique of 10 rotations followed by placing the stone will be done on every major joint of the body. The placement will go as follows:

-
- Right ankle
 - Right knee
 - Right hip
 - Right wrist
 - Right elbow
 - Right shoulder
 - Crown

Moving to the left side of the client, you will continue with the placement as follows:

- Left ankle
- Left knee
- Left hip
- Left wrist
- Left elbow
- Left shoulder
- Crown

If the client has a specific complaint, such as a knee that is bothering him, you can program the crystal to remove heat or alleviate pain before placing it on the body.

After all the stones have been laid, go back to the first crystal you placed and position both hands over it. Infuse the area with new energy. Walk around in the order you put the stones on the body and continue to infuse each point with the same energy.

Wait until you feel the natural rise and fall of energy, or until you are in tune with these techniques, spend 3-5 minutes at each stone.

After you have walked around the body the 2nd time, remove the stones, have the person turn over, and perform the whole routine again. If you have time constraints, you can work on either the anterior or posterior side of the body; you can do only one side of the body, or focus solely on the upper or lower part of the body. No matter what layout you choose to do, always include the stones on the root, solar plexus, third eye, and crown chakras.

Projective and Receptive Stones

Stones can be classified into two categories: projective and receptive. Projective stones are those that are bright, outward, aggressive, and electric. They possess strong, forceful energies that deflect evil, overcome inertia, and create movement.

They also help to destroy disease, strengthen the conscious mind, and give their wearer a sense of courage and determination. Too much projective energy causes irritability, aggressiveness, and anger. Health wise, this may lead to ulcers, headaches, and high blood pressure.

Projective stones are usually heavy or dense, sometimes opaque, and are red, yellow, clear, or gold. Rubies, diamonds, topaz, amber, aventurine, and calcite are all examples of projective stones.

Receptive stones are the natural complement to projective stones. They are soothing, calming, inward, and magnetic. These stones promote communication between the conscious and subconscious mind, contribute to spirituality and wisdom, and create peace. They attract love, money, and friendship. Too much receptive energy causes moodiness, lethargy, and depression. People with too much receptive energy may experience nightmares, clinging love, lack of employment, and a depressed immune system.

Receptive stones can be blue, blue-green, gray, silver, pink or black. Some examples of receptive stones are amethyst, coral, opal, pearl, peridot, and sapphire.

Chakra Energizing Technique

Have the client lie either supine or prone on the table. Start by hand scanning the chakras to get a feel of the energy at each location. Then, starting at the first, or root chakra, place the red jasper stone on the body. As you do this, focus your mind on the intention to activate the chakra, as a lot of energy work is about intention. Imagine a ray of red light pouring energy into the chakra. When you feel your work is done on this chakra move to the second, or sacral chakra.

Place the orange carnelian on the client's body. Again, intend the area to be energized or activated. Use the same visualizations of light, or picture buckets of orange paint being poured into the chakra. Move up the chakra system using the visualizations and intentions on each chakra. Leave the stones on while massaging the head, feet, hands, or applying Reiki or other energetic work to the person on the table.

If you do not have colored stones, program clear quartz with the color of each chakra and place it on the body. Or, to amplify the effects of the stones, you can start at the

root chakra, and place a piece of quartz next to each stone. Charge each piece of quartz, as described previously, before placing it on the body. Remove the stones by starting at either the crown or the root chakra. Finish by hand scanning the chakras again. If you feel a certain chakra needs more work, lay that particular stone on the chakra until you feel it is sufficiently activated.

AURA COMBING & CLEANSING

Upon scanning the aura, you may detect areas of energetic imbalance. The imbalances can be corrected in a variety of ways.

In the first technique, you should smooth or comb through the aura with a crystal point similar to way you learned in the procedure for scanning. A gentle sweeping of the wand around the body of the client will provide a soothing and comforting treatment experience. If you do find any areas needing attention, hold the crystal as in the Aura Scan and pass the crystal over the body in a horizontal zigzag motion from head to toe. While performing this action, hold the intent to cleanse and balance.

You may also want to use the termination of the crystal and circle it in a counter-clockwise motion in large circles from head to toe, again with the intent to cleanse. This method should be used at the same distance away from the body (within the same auric layer) in which the problems were detected.

Another method of cleansing the aura involves using a clear Quartz crystal along with a stone of your choice (this may be an intuitive choice of yours or a preference that your client has). Typically the crystal chosen will relate to some desired healing effect, or simply to the intent to balance the energy in the problem area. Begin by holding the clear Quartz point in your dominant hand to use over the imbalanced body areas and the other crystal in the receptive hand. Then, sweep or comb the clear Quartz crystal through the energy field from the client's head toward his or her toes. You may also choose to proceed as described in the method above by passing the crystal over the body in zig-zag or counter-clockwise motions (again from the top down).

Instead of a Quartz crystal, Hiddenite (Green Spodumene) may be substituted for your auric comb as it aids in detecting imbalance when passed through the aura.

CLEARING CORDS & CONNECTIONS

These cords are associated with the subconscious and are like invisible silky spider webs (bioplasma) that connect us (via thought or contact) to other beings (positive and negative energy consuming). Cords transfer energy between beings and, since thoughts are things, these must be cleared. Clearing Cords & Connections: Begin and

maintain circular breathing. Using the etheric body, pull away cords (never sever or cut them) from each individual chakra, beginning at the root chakra and ending at the crown chakra. After removing the cords from one chakra but before moving on to the next, fill any holes in the chakra with universal healing white light and discard the cords into a receptacle of your choice.

*Ones front side represents the present and one's back represents the

past. **Forgiveness Exercise in Cord Clearing**

Initiate circular breathing. At each chakra (beginning with the root/base chakra and ending with the crown chakra) visualize the cords extending from your ethereal body. Surround yourself and the cords with healing white light and follow them to who- or what-ever they have attached to. Apologize for infringing on another's energy. Gently pull the cords out of the other being and fill any voids with healing white light. Push the cords back into yourself. Imagine a receptacle of your choice filled with white light that absorbs any negativity and changes it into positive energy.

*Black Tourmaline absorbs negative energy and sends back love; Black Obsidian dissolves connective cords that may drain us of energy. Labradorite is the ultimate cord removing stone; it is both gentle and effective. Banded Agate, Blue Halite, Leopard Skin Agate, Novaculite, and Super Seven are also extremely effective when used with this process. To utilize crystals, hold the stones in our physical hands while completing the visualization exercise.

REPAIRING ENERGY LEAKS

Laser wands can be used to repair energy leaks in the aura. Hold the wand about 12" from the physical body with the termination pointing toward the area of the leak. Make slow, clockwise circles while pushing the wand toward the body. Intend to repair any leaks while you are doing this work.

This action should be repeated approximately three times, but the area should be scanned before and after each movement to detect changes in the energy in order to find the correct number needed.

Labradorite is particularly good for preventing energy leaks in the aura. Simply wearing or carrying a piece programmed for this purpose will prevent energy from being drained from the aura. It does this by deflecting any negative or unwanted energies so that they cannot be absorbed by you where they would otherwise damage your energy field.

CLEARING ENERGY BLOCKAGES

Crystals have the ability (when combined with a clear intent) to clear etheric blockages by opening and balancing one's energy system.

Laser wands can be used to remove energy blockages in the body. Hold the wand about 1" from the physical body with the termination pointing toward the area of the blockage. Make slow, counter-clockwise circles while pulling the wand away from the body. Intend to remove any blockages while you are doing this work. This action should be repeated approximately three times, but the area should be scanned before and after each movement to detect changes in the energy in order to find the correct number needed.

Relieving Congested Energy Technique #1: Hold a crystal in the right hand with the point straight out from the body and the base of the crystal touching the area of congestion.

Relieving Congested Energy Technique #2: Place a quartz crystal at each shoulder and one at the subject's head with the terminations facing away from the body. Begin at the root chakra and imagine any stale energy rising from the base of the subject's spine out through the crown of the subject's head while sweeping in this direction. Utilize breath work with this technique. With each exhalation visualize the energy moving from the subject's feet through your body in a clockwise rotation. The intent is to get the energy moving, as stagnant energy can lead to illness. Do not intend your personal energy to cleanse the subject's body. You are relying on the power of the quartz to facilitate the movement of the energy. Imagine yourself as a part of this continuous loop.

PAST LIFE HEALING TECHNIQUES & LAYOUTS

Past lives are previous incarnations in which one's soul lived in another time and/or place in another physical body. Crystals can be used during meditation to heal past lives can be done by holding them in the hands or against the 6th chakra (Third Eye/3rd Eye/ Brow Chakra).

Past Life Ascension Technique

After grounding, centering, and attuning t the client, the practitioner should begin the ascension process by placing a Faden Quartz crystal at the Solar Plexus Chakra (with the Faden line parallel to the spine). Next, the practitioner should place a Super 7 crystal (or an Electric-Blue Sheen Obsidian) at the Third Eye/Brow Chakra. If the client has a question that he or she would like answered about a past life, make this your

intention, if not, instruct the client to just experience things as they are. The subject should not sleep while undergoing this deep level of treatment. The practitioner should guide the subject's conscious self into the body through the portal of the Faden line and then into the third eye chakra and up to the crown chakra. The practitioner should then guide the subject's conscious self to go up a staircase, through a door, and then down a garden path to the home of the higher self. He or she should relax in the home of the Higher self and become comfortable with the surroundings (maybe put on some PJs and curl up on the couch). The practitioner should then guide to subject to visualize a movie screen. When ready, the subject should begin the movie and watch it in order to gain information about any past lives.

SPECIFIC DISORDERS AND WHICH CRYSTALS TO USE

Abundance: Jade

Abuse: Smoky Quartz

Addictions: Aventurine

Allergies: Aquamarine, Carnelian, Red Jasper, Iolite

Anorexia: Moss Agate, Rhodocrosite

Anxiety: Citrine, Lapis Lazuli, Smoky Quartz

Appendicitis: Carnelian, Citrine

Appetite, decreasing: Moonstone

Arms: Malachite, Jade

Arthritis: Copper, Smoky Quartz

Asthma: Green Tourmaline, Rhodonite

Astral Travel: Angelite, Green Calcite

Back: Blue Calcite, Golden Topaz, Malachite, Sapphire, Lapis Lazuli

Back (lower): Carnelian

Bladder: Carnelian, Topaz, Jasper, Amber, Orange Calcite

Blood: Carnelian, Hematite

Blood Pressure: Dioptase, Turquoise

Bones: Calcite, Tiger's Eye

Bone Marrow: Purple Fluorite

Brain: Amber, Green Tourmaline, Blue Lace Agate

Breast: Amethyst, Peridot

Breathing: Amber

Broken Bones: Calcite, Hematite, Dioptase

Broken Heart: Malachite, Rose Quartz, Pink Topaz

Bronchitis: Pyrite, Red Jasper, Rutilated Quartz

Burns: Iris Agate, Sodalite

Business: Citrine
Calming: Blue Lace Agate, Clear Quartz, Rose Quartz
Cancer: Rhodocrosite, Sugilite
Change: Garnet, Pink Tourmaline, Smoky Quartz
Childbirth: Jasper, Ruby, Moonstone
Circulation: Citrine, Pyrite, Ruby, Amethyst, Bloodstone, Hematite, Red Jasper
Clairvoyance: Amethyst, Azurite, clear Quartz
Colds: Fluorite
Colic: Jade, Malachite
Colon: Amber, Malachite
Coma: Moldavite
Confidence: Aventurine
Depression: Azurite, Topaz
Diabetes: Amethyst, Jasper, Malachite
Digestive Tract: Red Jade, Green Jasper
Dog Bite: Amethyst, Carnelian, Dioptase
Dreams: Diamond, Rutilated Quartz
Ears: Amber, Celestite, Blue Fluorite, Rhodonite, Sapphire, Snowflake Obsidian
Endocrine System: Amber, Amethyst, Yellow Jasper, Pink Tourmaline, Fire Agate
Energy, Increasing: Amber, Jasper, Peridot
Entity Removal: Obsidian, Onyx
Epilepsy: Moldavite, Jet
Eyes: Aquamarine, Celestite, Orange Calcite, Rhodocrosite
Eyesight: Emerald, Fluorite, Rhodocrosite
Feet: Aquamarine, Onyx, Smoky Quartz
Gallbladder: Carnelian, Calcite, Citrine, Garnet, Jasper, Malachite, Tiger's Eye, Topaz
Genitals: Garnet, Obsidian, Smoky Quartz
Grief: Lapis Lazuli, Obsidian, Rose Quartz
Hair: Malachite, Opal, Quartz
Hands: Quartz, Moldavite, Aquamarine, Moonstone
Headaches: Amethyst, Blue Lace Agate, Sugilite
Hearing: Lapis Lazuli, Sodalite, Sapphire
Heart: Dioptase, Garnet, Peridot, Rose Quartz, Rhodonite
Immune System: Blue Quartz, Malachite, Amethyst, Black Tourmaline, Lapis Lazuli, Turquoise
Impotency: Garnet
Infection: Ruby, Turquoise
Insomnia: Fluorite, Lapis Lazuli, Sodalite
Itching: Azurite, Malachite
Intestines: Celestite, Green Fluorite

Jaw: Aquamarine
Joints: Diopside, Hematite, Calcite, Rhodonite
Kidneys: Amber, Aquamarine, Bloodstone, Carnelian, Yellow and Orange Calcite, Citrine, Hematite, Jade, Rose Quartz, Smoky Quartz
Knees and Legs: Jade
Life Purpose: Clear Quartz, Emerald
Liver: Azurite and Malachite, Aquamarine, Bloodstone, Carnelian, Red Jasper, Peridot, Rhodocrosite
Lungs: Amber, Diopside, Emerald, Pink Tourmaline, Rhodocrosite, Rhodonite, Lapis Lazuli, Tiger's Eye, Turquoise
Memory: Amber, Pyrite
Menopause: Garnet, Moonstone, Lapis Lazuli
Menstruation: Moonstone, Smoky Quartz
Metabolism: Amethyst, Sodalite
Migraines: Diopside, Tourmaline
Money Issues: Citrine, Jade
Mouth: Sodalite
Muscle Tissue: Aventurine, Lodestone (Magnetite), Danburite
Nails: Calcite, Opal, Pearl
Nervous System: Amber, Green Jade, Lapis Lazuli, Green Tourmaline, Moss Agate
Nightmares: Amethyst, Rhodonite
Ovaries: Tiger's Eye, Moonstone
Pain: Malachite, Sugilite
Pancreas: Moss Agate, Blue Lace Agate, Red Tourmaline
Past Lives: Amethyst, Obsidian
Performance Anxiety: Aquamarine, Moonstone, Red Tiger's Eye
Pineal Gland: Clear Quartz, Fluorite
Pituitary Gland: Amethyst, Fluorite, Lapis Lazuli
Pregnancy: Diopside, Rose Quartz
Prostate Gland: Obsidian, Zincite
Reproductive System (female): Carnelian, Moonstone, Amber, Topaz, Unakite
Shoulders: Selenite
Sinuses: Fluorite
Skeletal System: Amazonite, Calcite, Fluorite, Pyrite
Skin: Azurite and Malachite, Brown or Green Jasper
Smoking: Amethyst, Aventurine
Spine: Jasper, Labradorite, Garnet, Tourmaline
Spleen: Amber, Aquamarine, Bloodstone, Red Obsidian
Stomach: Green Fluorite, Fire Agate
Stress: Azurite and Malachite, Turquoise

Teeth: Aquamarine, Calcite, Fluorite, Rutilated Quartz
Throat: Amber, Aquamarine, Lapis Lazuli, Jasper, Tourmaline, Turquoise
Thymus: Aquamarine, Aventurine, Rhodocrosite, Blue Tourmaline
Thyroid: Amber, Aquamarine, Citrine, Lapis Lazuli, Peridot
Ulcers: Tiger's Eye, Pyrite
Urinary Tract: Amber, Citrine, Jade
Veins: Aquamarine, Opal
Weight, decreasing: Labradorite
Worrying, decreasing: Orange Calcite, Tangerine Quartz

GLOSSARY

Akashic Records

In esoteric thought, a storehouse that exists beyond time and space that contains information on all that has and will occur in the universe.

Ancestral Line

The means by which family patterns and beliefs are inherited from previous generations.

Angelic Realm

The energetic level where angels are said to live.

Ascended Masters

Highly evolved spiritual beings who may or may not previously have been incarnated, who guide the spiritual evolution of the earth. People on earth who seek to raise their spiritual and physical vibrations are embarking on the ascension process.

Aura

See the AURA section of your Subtle Energies manual.

Between-Lives State

In esoteric thought, the state into which the soul moves out of a physical incarnation (i.e. has died on earth). The soul exists in this state in a subtle energy body, which carries the imprint of what happened to it in former lives. Here the soul formulates its plan for the next life. The between-lives state can also be accessed by the soul during a physical incarnation. While in this state it is possible to heal the past and to access the purpose and plan for the present life.

Chakras

See the CHAKRAS section of this manual.

Clairaudience

Clear psychic hearing – the ability to hear things that are inaudible to the physical sense of hearing.

Clairsentience

Clear psychic feeling – the ability to feel things that are physically intangible.

Clairvoyance

Clear psychic vision – the ability to see things that are not visible in the physical world.

Dis-ease

The state that results from physical imbalances, blocked feelings, suppressed emotions and negative thinking.

Electromagnetic Smog

A subtle but detectable electromagnetic field that can have an adverse effect on sensitive people. The smog given off by electrical power lines and items such as computers, cellphones, microwaves and televisions.

Geopathic Stress

Stress that is created by subtle emanations and energy disturbances from underground water, power lines and negative earth energy lines (ley lines). Geopathic stress runs through the earth and can affect or pollute people and buildings. It contributes to disease of all kinds.

Gridding

The placing of crystals around a building, person or room for protection or enhancement of energies.

Grounding

Creating a sound connection between yourself and the earth to allow excess and out of balance energies to flow from the body.

Karma

Karma is the doctrine of inevitable consequence. It is defined to be the cosmic operation of retribution which acts to determine the status and experiences of a person based upon the actions of that person during a previous incarnation. Karma may affect future lives. Put plainly, Karma is “you receive that which you give”.

Kundalini

An inner spiritual and sexual energy that resides at the base of the spine and can be stimulated to rise to the crown chakra.

Ley Lines

Subtle energy lines, straight or spiral, that connect ancient sites or prominent points in the landscape.

Light Library

An energetic repository of healing and knowledge.

Negative Emotional Programming

“Oughts” and “shoulds”, along with guilt, that are instilled in childhood or in past lives and remain in the subconscious mind to influence present behaviour. They sabotage efforts to evolve unless released or reprogrammed.

Occlusion

A mineral deposit within a crystal, which usually shows up as cloudy patches, spots or a ghost-like image, depending on the colour of the material.

Psychic Attack

The direction of malevolent thoughts or feelings towards another person, whether consciously or unconsciously, that can create illness or disruption in that person’s life.

Psychic Vampirism

A person’s ability to draw or feed off the energy of others, whether consciously or unconsciously.

Scrying

Discerning images in a crystal that reveals the future or the secrets of the past and present.

Smudging

A method of purification initially used by the Native Americans for the preparation of self and sacred places for spiritual practice. The process involves wafting the smoke of slow burning herbs.

Soul Retrieval

Trauma, shock or abuse can cause a part of the soul energy to leave and remain stuck. A soul retrieval practitioner or shaman retrieves the soul, bringing it back to the physical body or temporarily to a crystal.

Spirit Guides

Discarnate souls who work from the between-lives state to provide assistance to those on earth.

CRYSTAL PROPERTIES

I have listed 50 useful minerals below. There are over 300 categorised crystals in existence, some of which can only be found in specialist stores.

AGATE

Where Found: USA, Mexico, India, Morocco, Africa, Brazil, Germany, Czech Republic

Hardness: 6.5 to 7

Colours: Opaque, red, orange, yellow, brown, blue, black, banded, single colour or spotted

Corresponding Chakra: Depends on colour



Properties: Agate balances the physical, emotional and mental bodies with the etheric energies. It stabilises the aura, providing for a cleansing effect, which acts to smooth dysfunctional energies and to both transform and eliminate negativity.

It has been reported to strengthen the sight, diminish thirst and promote marital fidelity. Agate brings stability, security and acceptance of yourself and others as they are. Used during pregnancy for both mother and child, alleviating discomfort.

Agate enables the wearer to choose between true friends and false ones. It is said to avert storms and lightning, protect children from danger, bring prosperity and prevent miscarriages.

Application and use: Agate should be worn directly on the skin. Once a month it should be cleansed under running water. The sun increases its energy.

The various colours possess the following qualities:

Blue Lace Agate

Chakra : Throat

This stone can help you to reach extremely high spiritual spaces. This mineral is most useful at the locations of the throat chakra, heart chakra, third eye and crown chakra. Activating these chakras helps you to enter into high-frequency states of awareness.



It can be used in the treatment of arthritic conditions and in cases of hereditary bone deformities, as well as to strengthen the skeletal structure. It is helpful when used to enhance the healing of breaks and fractures. It helps to remove blockages from the nervous system and from the capillaries of the body. It can be used in treatment of disorders of the pancreas and of those glands inherently associated with digestion, as well as eliminating outwardly manifested growths.

This mineral can be used for fluid balance around the brain. It calms strong emotions, creating a sense of peace and encouraging patience, especially with children in situations that cannot be changed. It cools fevers, reduces temperatures and relieves headaches. It also slows down hyperactivity in children.

Black Agate

Chakra: Base



This mineral can be used to enhance communication on the physical plane and to strengthen the connection with other worlds and with beings in those worlds, as well as enhancing concentration and neutralising distractions. It also enables you to predict future events as well as facilitating clairaudient experiences. It protects against external negative forces.

This is a stone of peace and healing, which provides grounding and centering, as well as promoting a meditative state. It removes blockages within the emotional and physical bodies. Also used to treat disorders of the intestines, alimentary canal, veins, ears, nose and throat. It has been used to dissipate pain on all levels.

Botswana Agate

Chakra: Crown



Botswana Agate is a purplish grey colour which contains white circles. This mineral can be used to stimulate the exploration of the unknown and to further your quest to enlightenment. It enhances creativity and helps you to release repressed emotions. It also helps you find the solution to a problem, rather than dwelling on the problem.

It stimulates the crown chakra and energises the auric body, as well as encouraging conscientiousness in tasks. It helps you to maintain integrity and to see the whole picture.

This stone can be used in the treatment of disorders of the nervous system. It is also useful for ridding the body of toxins. It is said to counteract poisoning on the physical, emotional and mental planes. It can also be used to lessen depression and stress.

Brazilian Agate

Chakra: Crown



This mineral is a translucent to transparent agate, with patterns of circles in various colours. Many Brazilian Agates have been dyed. This stone can be used to activate success in divining or dowsing. It can be used to provide a protective structure over the field of astral travel, helping the “traveller” to relax. It has been used by South American shamans as a pathway between other worlds.

This mineral can bring relief to bruises, strains and sprains, as well as bringing relief to painful conditions. It strengthens the walls of the intestines and promotes production and balance of gastric fluids to aid digestion. It is also used to stabilise the heart and pulse rate and to increase circulation.

Moss Agate

Chakra: Heart



This Agate is white with green inclusions resembling moss or algae. This mineral instils characteristics of strength in all endeavours and success in all pursuits and encourages optimism. It helps to improve ego and self esteem, providing emotional balance and strengthening of positive personality traits. It allows you to see the beauty in everything.

It can be used for communicating with the plant and mineral kingdoms and has been successful in promoting growth of crops. It can be used in the treatment of dehydration, eye disorders, fungal infections, to stimulate digestion, eliminate toxins from the body, to relieve the symptoms of a colds, viral infections and flu. When used as an elixir it is effective in the topical treatment of skin disorders and infections. Also used to raise blood sugar and relieve anorexia.

ALEXANDRITE

Where Found: Small areas of Brazil and Sri-Lanka, Russia

Hardness: 8.5

Colours: Green in natural sunlight and reddish-violet in artificial light

Corresponding Chakra: Heart



Properties: This is a rare gemstone which has regenerative powers and is particularly useful when used in conjunction with manifestation techniques. This mineral assists with centering, reinforcing self esteem, enhancing your ability to experience joy and to acknowledge and appreciate the interconnectedness of everything by promoting inner harmony and cheerfulness. It also has a harmonising effect on relationships.

It has been used in the treatment of disorders of the stomach, spleen, testicles and pancreas as well as in the regeneration of neurological tissue on the cellular level. It has helped to improve diseases of the nervous system. It is also used to treat disorders which are associated with leukaemia and enhances the assimilation of protein.

Cleansing and recharging: Alexandrite should be cleansed under running water and re-energised in the sun.

AMAZONITE

Where Found: USA, Madagascar, Russia, Brazil, India, Mozambique, Namibia, Austria

Hardness: 6 to 6.5

Colours: Green, blue-green, with white stripes

Corresponding Chakra: Heart and throat



Properties: This mineral eliminates aggravation, pacifies and soothes the emotional processes, easing anxiety, worries and fears, as well as diminishing mood swings. It is soothing to the nerves and dispels irritating and negative energies. It soothes all chakras and enhances communication concerning love. It is useful, when carried or worn, for general health maintenance.

It can be used in the treatment of heart trouble, disorders of the nervous system and to dissipate energy blockages which could propagate the improper flow of neural impulses. It has been used to facilitate balancing of the metabolic processes relating to calcium assimilation – an elixir of Amazonite taken three times a day can be used to

rectify a calcium deficiency. It is also useful for resisting tooth decay and osteoporosis as well as diminishing calcium deposits in the body. It is a good remedy against muscle spasm. Worn directly on the skin it will alleviate headaches and migraines.

It helps the wearer come to terms with grief. It promotes confidence, vitality and joy of life. Placed under the pillow, it provides restorative sleep. It stimulates the powers of clairvoyance. Worn as an amulet, it protects against snake bites and shark attack.

Cleansing and recharging: Amazonite may be held or worn. Cleanse the stone once a week under running water then leave in the sun for an hour to recharge.

AMBER

Where Found: Lithuania, Poland, Germany, Italy, Britain, Russia, Myanmar, Dominican Republic

Hardness: 2 to 2.5

Category of stone: Fossilized tree resin which can be up to 50 million years old

Colours: Golden to yellow-brown, orange; with inclusions of insects, etc.

Corresponding Chakra: Solar Plexus



Properties: Also known as the honey stone, it is said to contain the power of many suns and so aids the body to heal itself by absorbing and transmuting negative energy into positive energy and protecting the user from harm. It emits a sunny, bright and soothing energy which helps to calm the nerves. It melts away any emotional or physical rigidity.

It is a stone dedicated to the connection of the conscious self to the universal life force. It aids in manifestation techniques to bring that which is desired into a state of reality. It stimulates the intellect and opens the crown chakra. It has been used as a symbol for renewal of marriage vows and to assure promises. It has been said to bring good luck to warriors. It is a sacred stone to both the Native American and eastern Indians and has been used in the fire ceremonies of ancient tribal healers.

It cleanses the environment in which it rests and purifies the body, mind and spirit when worn or carried. It has been used in the treatment of goitre and other diseases of the throat, as well as diseases of the kidneys and bladder. It also improves short term memory. It has been used to stimulate the metabolism and treat skin ailments caused

by a metabolic imbalance. Because of its warmth it has also been used to treat asthma. Amber is also good for treating rheumatism and strengthening the heart muscles. It even helps with epilepsy.

Cleansing and recharging: cleanse under lukewarm running water. Do not leave Amber in the sun as it will make it brittle. Negative energy can make Amber cloudy.

AMETHYST

Where Found: Brazil, Mexico, Australia, Morocco, Uruguay, USA, Canada, East Africa, India, Siberia, Russia

Hardness: 7

Colours: From pale lilac and lavender to deep purple and violet

Corresponding Chakra: Third Eye and Crown



Properties: Amethyst occurs throughout the world. This is a stone of spirituality and contentment that facilitates transmutation of lower energies into the higher frequencies. It is representative of the principles of complete metamorphosis. It balances the energies of the mental, emotional and physical bodies and provides a clear connection between the earth plane and other worlds. Amethyst is good for clearing the aura.

It bestows stability, strength, invigoration and peace. It is useful during meditation as it opens the crown chakra. It can be used to protect against psychic attacks. It enhances the ability to manage responsibilities. It controls temperament by soothing, calming and tranquillising, while clearing away unproductive, unkind, negative energies.

It can be used in the treatment of hearing disorders, to both strengthen the skeletal system and reinforce good posture. It stimulates the nervous system and endocrine glands and is useful in the treatment of disorders of the nervous system, digestive tract, heart, stomach, skin and teeth. It can help cellular disorders to readjust and realign. It has also been used in the treatment of insomnia and headaches, as well as mental disorders. As an elixir, it has been used in the treatment of arthritis. Amethyst improves concentration. It is said to attract justice and protect against burglars and thieves. It also wards off danger and violent death.

Amethyst is one the best healing stones and is effective against addictions of all kinds, including those related to drugs, alcohol and food.

Cleansing and recharging: Cleanse once a month under running water and leave overnight amongst dry hematite stones to recharge. Do not expose to the sun as the colour will fade!

AMETRINE

Where Found: Brazil and Bolivia

Hardness: 7

Colours: Violet, golden, translucent

Corresponding Chakra: Crown and Root



Properties: Ametrine is a mixture of Amethyst and Citrine. In addition to the properties listed under *Amethyst* and *Citrine*, this stone is used to enhance equilibrium and balances the yin and yang qualities. In meditation and attunement, Ametrine can be used to help you reach higher states more quickly.

It disperses negative energy from the aura and fills the voids with energising and stabilising qualities of pure light energy. It penetrates and facilitates the release of blockages in the physical, mental, emotional and auric bodies, allowing for the release of the associated tension and for the initiation of proper functioning of that which was affected.

Negative emotional programming can be released with Ametrine, transforming those emotions to a beneficial and constructive state. It is also used to stabilise and balance the RNA/DNA structuring within the body. It stimulates oxygenation of the body, enhancing the healing process after serious illness. It combats hardening of the arteries and senile dementia, reduces deafness and helps cure eye complaints.

Cleansing and recharging: Ametrine should be cleansed once a week under running water and recharged amongst a mass of Amethyst crystals or geodes.

AQUAMARINE

Where Found: USA, Nigeria, Brazil, Madagascar, Russia, Mexico, India, Ireland, Zimbabwe, Pakistan

Hardness: 7.5 to 8

Colours: Light blue to sea green

Corresponding Chakra: Throat



Properties: Aquamarine is a stone of courage. It also provides a shielding property for the aura and the subtle bodies. It has been used to guard against injury during battle. It enhances the connection with the higher self. It emits a gentle and compassionate energy and helps judgmental people to be more tolerant. It helps you to take responsibility for your actions. Aquamarine stimulates, activates and cleanses the throat chakra, facilitating communication of a higher quality.

It has been used in the treatment of swollen glands and can be used to balance and fortify the glands. It is excellent for improving vision as well as assisting in the maintenance of teeth. It also prevents sea-sickness. Also good for treating tonsillitis. Helpful in treatment of the vocal cords and speech. Aquamarine comforts those who are experiencing intense grief.

Cleansing and recharging: It should be cleansed every day by holding briefly under running water. Place in the sun to recharge after frequent use. A necklace can be cleansed overnight by placing it in a dry bowl with hematite and tumbled aquamarine stones.

AVENTURINE

Where Found: Italy, Brazil, China, India, South Africa, Siberia, Tibet, Nepal

Hardness: 7

Colours: Green, blue, yellow, red, sometimes with shimmering inclusions of chrome mica

Corresponding Chakra: Heart



Properties: Aventurine is a variety of mineral which contains inclusions of mica (hence the glittery effect). It is excellent for clearing and activating the heart chakra. It is also useful as a shield to block entry for those who wish to sap another's energy. It enhances creativity, motivation and decision making. This stone symbolises tranquility and patience. It gives the wearer inner equilibrium and stimulates dreaming.

It has been used in the treatment of disorders of the lungs, heart, adrenal glands and the muscular and genito-urinary systems. The stone can be taped on to the affected part of the body, in the case of acute illnesses.

Cleansing and recharging: Cleanse once a month under running water and recharge in the sun.

BLOODSTONE (Heliotrope)

Where Found: India, China, Austria, Russia, Brazil, Australia, Czech Republic

Hardness: 7

Colours: Dark green to black with red spots, stripes or fields

Corresponding Chakra: Heart



Properties: Bloodstone is an intense healing stone. It can be used to awaken energy in the base, navel, sacral and heart chakras. It assists you to “be in the now”.

It helps you to demonstrate unselfishness and idealism, to improve your talents and abilities, to enhance creative efforts and to support the decision-making processes.

It has been used in the treatment of the spleen, and to purify the blood, kidneys, bladder, intestines and liver. It can neutralise toxins within the body and can provide for elimination of same. It has been used in the treatment of leukaemia and to stabilise and balance the flow of blood, as well as lung congestion and rashes. It is an excellent stone for the heart and regulates circulation. Useful in combatting bladder inflammation and cleansing the lungs.

Cleansing and recharging: Cleanse under running water after each use. Recharge amongst quartz crystals.

CALCITE

Where Found: USA, Britain, Belgium, Romania, Brazil, Peru, Iceland, Czech Republic

Hardness: 3

Colours: Yellow, orange, green, blue, white or clear, brown, pink, red

Corresponding Chakra: Depends on colour



Properties: This stone symbolises clarification, mental growth and inner enlightenment. It promotes development in children. Because of its high calcium

content it is an excellent stone for treating bone disorders and has a very beneficial effect on the formation of bone.

The various colours have the following additional properties:

Blue (throat): Eases pain, especially in the back.

Green (heart): Induces tranquility and encourages learning from experience. Helps replace fears and destructive habits with positivity. Clears toxins from the body.

Orange (sacral): An uplifting crystal, helpful for kidneys and bladder.

Yellow (solar plexus): Helps the spine and bones, assists detoxification of the kidneys, pancreas and spleen as well as decalcification of joints and bones.

White or clear (crown): Encourages clearer physical vision, promotes good health in the whole body. General cleanser.

Cleansing and recharging: It should be cleansed once a month under running water and charged overnight amongst quartz.

CARNELIAN

Where Found: India, Britain, Czech Republic, Peru, Iceland, South Africa, USA, Australia, Uruguay

Hardness: 6.5 to 7

Colours: Orange, yellow, red, brown

Corresponding Chakra: Sacral



Properties: Carnelian is a crystal of courage, confidence and self esteem. It enhances creativity, brings fertility and abundance to all aspects of life and keeps away envy in spite of others. It cleanses the blood and kidneys, stimulates appetite, sexuality and physical energy, helps the reproductive system. It relieves lower back pain, menstrual cramps, arthritis, problems with the kidneys, pancreas and gall bladder.

It is used to treat food-related problems, especially where identity and self esteem are concerned. It promotes good digestion and encourages the formation of new blood cells. Carnelian water stimulates the circulation. It increases vitality and zest for life while enhancing stability.

Cleansing and recharging: Cleanse once a month under running water and recharge in the sun.

CELESTITE

Where Found: Egypt, Madagascar, Morocco, Sicily, Mexico, Peru, Poland, Libya, Britain

Hardness: 3 to 3.5

Colours: Blue, yellow, red, white

Corresponding Chakra: Throat and Third Eye



Properties: Celestite has a high vibration and is a teacher for the New Age. It is imbued with Divine energies. It takes you into the infinite peace of the spiritual and contacts the angelic realms. It jump-starts spiritual development and urges you toward enlightenment. It is a useful stone for stimulating clairvoyant communication, dream recall and astral travelling.

It encourages the healing of wounds, alleviates pain caused by tension, relieves anxiety, combats insomnia and calms mental torment. It treats disorders of the eyes and ears, eliminates toxins and cools fiery emotions.

Mentally, Celestite calms and sharpens the mind, dispersing worries and promoting mental clarity and fluent communication. A large piece of Celestite placed in a room heightens the room's vibrations.

Cleansing and charging: To be cleansed with Hematite and recharged amongst Quartz. Do not place in the sun as it may fade!

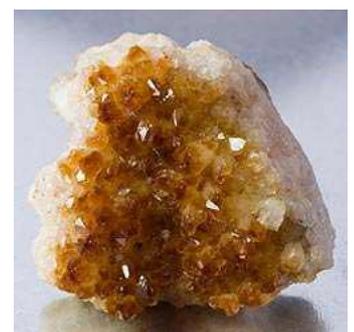
CITRINE

Where Found: Brazil, USA, Spain, France, Russia, Madagascar, Britain

Hardness: 7

Colours: Sparkling yellow, sometimes with white (quartz)

Corresponding Chakra: Solar Plexus



Properties: Citrine clears energy blockages in the body. It encourages mental and emotional clarity and improves long term and short term memory, bringing optimism and self confidence. Citrine does not accumulate or hold negative energy and does not require cleansing or charging.



Citrine reduces anxiety and depression, relieves digestive problems, stomach tension and disorders of the spleen, gall bladder, liver, bladder and bowel. It is helpful with food-related allergies and illnesses. It also strengthens the immune system.

DIAMOND

Where Found: South Africa, Brazil, Australia, Siberia, USA, India

Hardness: 10

Colours: White/transparent, yellow, brown, orange, pink, lavender, blue, green and occasionally black

Corresponding Chakra: Has a harmonising effect on all the chakras



Properties: Diamonds are used to clear the mind. By opening the crown chakra they can increase contact with other dimensions. It removes physical and emotional blockages and negativity and draws toxicity from the body. Can be used as an energiser when exhaustion or doubts set in.

Cleansing and charging: Diamonds do not need to be cleansed or charged.

DIOPTASE

Where Found: Namibia, Zaire, USA, Russia, Peru, Chile, Congo, Iran, North Africa

Hardness: 5

Colours: Green

Corresponding Chakra: Heart



Properties: Diopside calms and strengthens the heart. It is used in treating the liver and gall bladder. It has pain relieving and antispasmodic properties. Also used to alleviate headaches.

This is a relatively rare mineral. It can be used to clear and stimulate all chakras to a higher level of awareness and action, bringing an invigorating and refreshing energy to aura. It stimulates the memory of past lives and promotes inner cellular awareness.

Cleansing and charging: Diopase should not be cleansed in water but should be placed amongst dry, tumbled Hematite stones once a month. It can be recharged amongst quartz crystals.

EMERALD

Where Found: Columbia, Brazil, India, Pakistan, Australia, Zimbabwe, Tanzania, Egypt, Austria

Hardness: 7 to 8

Colours: Green

Corresponding Chakra: Heart



Properties: Emerald is a very effective healing stone. Worn around the neck it provides protection against evil negative energies. It relieves depression and stress-related conditions, helps insomnia and encourages peaceful dreams.

Emerald is good for the lungs, heart, lymph nodes, blood, thymus and pancreas, for balancing blood-sugar levels and for easing childbirth. Also used to relieve eye problems, to assist in relaxation and meditation and strengthens clairvoyant and psychic abilities.

Ruby and quartz amplify its energies.

Cleansing and charging: To be cleansed under running water after each use and charged monthly in the sun.

FLINT

Where Found: England, Scotland, Brazil, Mexico, Australia, Egypt, Africa, USA

Hardness: 7

Colours: Grey, smoky-brown, brown-black

Corresponding Chakra: Root / Base



Properties: This mineral is an excellent choice for use in activities related to thought transference. Helps to relieve shyness and to promote both intimate and personal experiences. Also assists you in severing emotional ties through which you are attached to problems and distressful situations.

It has been used as a talisman to bring intellectual, psychological, rational and physical strength during confrontations, arguments and disputes. Also used in the treatment of kidney stones, liver disorders, calcium deposits, lung disorders, skin lesions and to prevent nightmares.

Cleansing and charging: Cleanse once a month under warm running water and recharge for two to three hours amongst Quartz crystals or in the sun.

FLUORITE

Where Found: USA, Mexico, China, England, Spain, Germany, Brazil, Peru, Norway, Australia, Britain

Hardness: 4

Colours: Green, yellow, violet and rainbow coloured

Corresponding Chakra: Third eye and Solar Plexus (depending on colour)



Properties: A gentle yet powerful healer, it gradually removes pain when placed directly on the affected area. Direct application is also useful to treat energy blockages, respiratory problems, skin diseases, arthritis and joint stiffness. It can also be used to awaken suppressed feelings and combat narrow-mindedness. It is beneficial for colds, flu and sinusitis.

Fluorite is highly protective on a psychic level. This is the best crystal to use to overcome any form of disorganisation. It heightens intuitive powers and can quicken spiritual awakening. It dissolves fixed patterns of behaviour and gently opens the door to the subconscious.

Cleansing and charging: Cleanse in water or by smudging and charge in the sun or amongst Quartz crystals.

GARNET

Where Found: South Africa, Australia, USA, Canada, India, Madagascar



Hardness: 7 to 7.5

Colours: Red, pink, green, orange, yellow, brown, black

Corresponding Chakra: Depending on colour

Properties: This is a powerfully energising and regenerating stone. It is said to brighten dark souls and bring hope. Especially useful in traumatic situations. Used in the treatment of circulation and to strengthen the heart. Also strengthens the memory. Garnet inspires love and devotion, balances the sex drive and alleviates emotional disharmony. This is a stone of commitment.

Garnet activates other crystals, amplifying their effect. Emotionally, it removes inhibitions and bestows self-confidence. It regenerates the body, stimulates metabolism, treats spinal and cellular disorders and regenerates DNA. It works best when worn on the body, with direct skin contact.

Cleansing and charging: Cleansed under running water once a month and recharged in the sun.

HEMATITE

Where Found: USA, Canada, Italy, Brazil, Switzerland, Sweden, Britain

Hardness: 5.5 to 6.5

Colours: Silver, red

Corresponding Chakra: Base / Root



Properties: Hematite promotes the formation of blood cells and stimulates the absorption of iron. It is particularly effective for grounding and protection, especially whilst astral travelling.

It is said to be beneficial for legal situations. Psychologically, it supports timid women, boosts self-esteem, enhances willpower and reliability and imparts confidence. It removes self-limitations and aids expansion. It treats overindulgence and addictions of any kind. It also helps you to come to terms with mistakes and to accept them as learning experiences rather than disasters. Stimulates concentration and focus as well as enhancing memory. It treats leg cramps, anxiety, insomnia and fractures. Effective in overcoming jet lag and easing childbirth.

Place at the top of the spine to facilitate spinal manipulation. Hematite should not be placed or worn near sites of inflammation as it can exacerbate it.

Cleansing and charging: Do not cleanse in water, rather place amongst Quartz crystals, where it releases negative energy and is recharged with positive energy.

HOWLITE

Where Found: USA

Hardness: 5.5 to 6.5

Colours: Green, white, blue – often artificially coloured

Corresponding Chakra: Depending on colour



Properties: This is an extremely calming stone. Placed under the pillow, it is an excellent antidote to insomnia. Howlite links you to the spiritual dimensions, opening attunement and preparing the mind to receive wisdom and insights. It also assists in accessing past lives and astral travelling. It formulates ambitions, both spiritual and material, and helps you to achieve them.

Psychologically, it teaches patience and helps eliminate rage and uncontrolled anger. Placed in your pocket, it absorbs your anger as well as anger or negativity directed towards you. It helps to overcome a tendency to criticalness and selfishness, strengthening positive character traits.

Cleansing and charging: Cleanse under running water and recharge amongst Quartz crystals.

IOLITE

Where Found: China, India, Madagascar, Sri Lanka, Brazil, USA

Hardness: 7

Colours: Grey, blue, yellow, violet

Corresponding Chakra: Depending on colour



Properties: Iolite is a vision stone. It activates the third eye and facilitates visualisation and intuitive insight when all the chakras are in alignment. It stimulates to connection to inner knowing. It also re-energises the aura.

Used to treat problems of the digestive tract as well as bowel disorders. It also strengthens the circulation and reduces blood pressure. It can prevent water retention

and combat varicose veins, as well as reducing fatty deposits. It supports detoxification and regeneration of the liver, treats malaria and fevers, alleviates migraines and kills bacteria. Iolite helps you to express your true self and frees you from the expectations of those around you.

Cleansing and charging: Cleanse once a week under running water. Recharge in the sun for one hour or amongst Quartz crystals.

JADE (Jadeite / Nephrite)

Where Found: China, USA, Canada, Italy, Myanmar, Russia, Mexico, Egypt, New Zealand

Hardness: 6.5 to 7

Colours: Green, orange, blue, brown, lavender, red, white, cream, black (rare)

Corresponding Chakra: Depending on colour



Properties: Jade symbolises renewal. It is considered to be a lucky stone and is often worn as an amulet. Psychologically, Jade stabilises the personality and integrates the mind with the body. It promotes self-sufficiency. Mentally, it releases negative thoughts and soothes the mind. It aids emotional release, especially irritability.

Jade has a beneficial effect on all glandular functions, lowers fever and has a detoxifying effect on the body by stimulating the kidneys. It also assists fertility and childbirth.

Cleansing and charging: Cleanse under running water and recharge overnight in an Amethyst geode.

JASPER

Where Found: Mexico, India, France, Egypt, USA, Africa, Brazil, Australia

Hardness: 7

Colours: Yellow, red, green, black, multi-coloured, brown, sometimes with inclusions of Hematite

Corresponding Chakra: Depending on the colour



Properties: Jasper is known as the gentle nurturer. It combats stress and exhaustion, aids digestion, stimulates sexuality and fertility and promotes weight loss. The different colours exhibit the following additional properties:

Black: Protects against negative influences and the user's own repressed feelings. It is useful for absorbing anger.

Brown: Sharpens the senses and gives stability in times of upheaval.

Green: Opens the heart chakra, regenerates tissue, beneficial for the lungs, soothes bad dreams, strengthens the bones and eases childbirth.

Leopardskin: Helps a person make positive changes without regrets or guilt.

Red: A defence against hostility, helps fevers and blood disorders.

Yellow: Strengthens the immune system, good for digestion, stomach, intestines, liver and spleen; counteracts the effects of jealousy, spite and unfair criticism.

Cleansing and charging: To be cleansed under running water after each use. Recharge overnight amongst dry tumbled Hematite stones.

KYANITE

Where Found: USA, Brazil, Italy, Finland, West Africa, Austria, Switzerland

Hardness: 4 to 7

Colours: White, blue, pink, yellow, green, grey, black

Corresponding Chakra: Depending on the colour



Properties: Kyanite symbolises lightness and leads to new thoughts, lightening the soul and combating lack of feeling. It has beneficial effects on the throat and throat chakra (blue). It is an excellent stone for attunement and meditation. It is a powerful transmitter and amplifier of high frequency energies, stimulating psychic abilities and intuition. This crystal connects to spirit guides and instils compassion.

It is used to treat hearing disorders, eye problems, muscular disorders, fevers, it lowers the blood pressure and heals infections. This crystal produces positive energy, sharpens concentration and encourages calmness. It drives away sadness and makes

life seem worth living. Kyanite instantly aligns the chakras and subtle bodies as well as clearing the meridians of energy blockages. It slices through confusion and dispels blockages, illusion, anger, frustration and stress. It also releases excess weight.

Cleansing and charging: Kyanite does not hold negativity and does not require cleaning. Should you wish, it can be recharged amongst Quartz crystals.

LABRADORITE (Spectrolite)

Where Found: Finland, USA, Canada, Madagascar, Mexico, Russia, Australia, Italy, Greenland **Hardness:** 6 to 6.5

Colours: Grey-blue stone, iridescent with blue, green and yellow

Corresponding Chakra: Solar Plexus and Higher Heart/Thymus



Properties: Labradorite promotes restful sleep and helps the user to retain empathy with other people without sacrificing identity or personal priorities. It unblocks any chakra.

It is very effective in alleviating bone problems, disorders of the spinal column and wear and tear of the joints. Arthritis and rheumatism can also benefit from Labradorite. It is also used to treat disorders of the eyes and brain, regulates metabolism, treats colds, gout, balances hormones, relieves menstrual tension, and lowers blood pressure. Labradorite stimulates the thymus gland and stabilises the body's immune system.

Psychologically, it has a calming, harmonising effect, it banishes fears and insecurities and clears the psychic debris from previous disappointment, including those experienced in past lives. It improves intuition and clarifies the possessor's own views and objectives. It strengthens faith in the self and trust in the universe. It is a highly mystical and protective stone, a bringer of light. It raises consciousness, deflects unwanted energies from the aura and prevents energy leakage.

Cleansing and charging: Cleanse under running water and place in the sun to recharge.

LAPIS LAZULI

Where Found: Afghanistan, Chile, Myanmar, Lake Bakal, Russia, USA, Egypt, Italy

Hardness: 5 to 6

Colours: Blue, with speckled gold inclusions (iron pyrite)

Corresponding Chakra: Third Eye and Throat



Properties: Opens the third eye and balances the throat chakra. Stimulates enlightenment and psychic abilities, releases stress and brings deep peace. Lapis Lazuli encourages self awareness and releases repressed anger. Balances the thyroid gland, eases depression, alleviates migraines, cleanses organs and boosts the immune system.

Cleansing and charging: Place in a bowl once a month with tumbled hematite. Recharge amongst Quartz.

MALACHITE

Where Found: USA, Zambia, Romania, Congo, Russia, Middle East, Australia, Zaire

Hardness: 3.5 to 4

Colours: Green, usually banded

Corresponding Chakra: Heart



Properties: Malachite amplifies both positive and negative energies. It absorbs negative energies and pollutants easily, whether from the atmosphere or from the body. It should be cleansed before and after use. Guards against radiation, clears electromagnetic pollution, clears and activates the chakras. It opens the heart to unconditional love. It can also assist in receiving insights from the subconscious or messages from the future. Placed on the solar plexus, it facilitates deep emotional healing. Also useful for cramps, high blood pressure, asthma, arthritis, epilepsy, and travel sickness.

Cleansing and charging: Leave overnight amongst dry tumbled stones. To recharge, place amongst Quartz.

WARNING: DO NOT USE ON ANIMALS. If used as a gem elixir, make using the indirect method.

MOLDAVITE

Where Found: Moldova, Germany, Czech Republic

Hardness: 3.5 to 4

Colours: Green

Corresponding Chakra: Third Eye, Throat and Crown



Properties: This is a form of Tektite, said to have extraterrestrial origin, formed when a giant meteorite struck the earth. The heat of impact metamorphosed surrounding rocks, creating a “strew field” by flinging the resulting crystals over a vast area. Moldavite is therefore a fusion of extraterrestrial energies with mother Earth. It greatly enhances the effect of other crystals, taking them to their highest vibration. This stone takes you into the highest spiritual dimensions. Moldavite has an extremely high vibration, which opens, clears and aligns the chakras. Holding this stone may trigger a huge rush of energy through the body that has powerful metaphysical effects. It can be used as a tool for diagnosis.

Cleansing and charging: Set in the middle of a Carnelian ring to cleanse and amongst Quartz to charge (place the terminations facing in). This is a fragile stone. Do not cleanse with salt as it scratches the surface.

MOONSTONE

Where Found: India, Sri Lanka, Australia, USA, Brazil, Madagascar

Hardness: 6 to 6.5

Colours: Milky, translucent, eggshell coloured, yellowish, bluish

Corresponding Chakra: Sacral and Solar Plexus



Properties: Moonstone is connected to the moon and to intuition. Traditionally used to enhance psychic abilities and to develop clairvoyance. It soothes emotional instability and stress. Also heals disorders of the upper digestive tract which are related to emotional stress. Eliminates toxins and fluid retention, helps the digestive and reproductive systems, excellent for anything female-related.

Cleansing and charging: Cleanse amongst dry tumbled hematite, recharge in the full moon overnight.

OBSIDIAN

Where Found: Mexico and all regions that have had volcanic eruptions

Hardness: 5.5

Colours: Various, see below

Corresponding Chakra: Depends on colour



Properties: Obsidian is a stone without limitations or boundaries. As such, it works extremely fast and with great power. By placing Obsidian under the pillow it can draw out mental stress and tension. Obsidian needs to be cleansed after each use, otherwise it will start pushing out the negative energies.

Apache Tear: Much gentler than black Obsidian, brings negativity up slowly so that it can be transmuted. Protects the aura, grounds and cleanses the earth chakra, comforts grief, provides insight into the source of distress, promotes forgiveness, removes toxins from the body and calms muscle spasms.



Black: Grounds the soul and spiritual forces into the physical plane. Increases self-control. Brings imbalances and negativity to the surface for release, so that they can be fully experienced. This healing effect goes back into past lives and the ancestral/family line. This stone is protective, repels negativity and disperses unloving thoughts. Also holds the gift of prophecy.

Blue: Aids astral travel, enhances telepathy and facilitates divination. Activates the throat chakra and supports communication skills. Opens the aura to receive healing energy, treats alzheimers, schizophrenia and multiple personality disorders. Alleviates pain when placed on site.

Blue/Green: Opens the heart and throat chakras, aids Reiki healing, balances the mind, body and spirit.

Electric Blue: Facilitates divination, trace states, shamanic journeying, psychic communication and past life regression. Opens the third eye and assists with inner journeys.

Green: Opens and purifies the heart and throat chakras. Treats the gallbladder and heart. Removes ties from other people.

Gold sheen: Good for scrying. Takes you into the past and future and deep into the core of a problem. Eliminates sense of futility or ego conflict. Balances energy fields.



Golden: Excellent for scrying. Contains hologram-like inclusions. Breaks down barriers, releases anxiety, aids meditation.

Mahogany: Has a gentler effect than black. It grounds, protects, gives strength in times of need, vitalises purpose, eliminates energy blockages, stimulates growth on all levels. Strengthens a weak aura, restores the correct spin to the sacral and solar plexus chakras. Relieves pain and improves circulation.



Purple sheen: Also used for gazing; acts to provide information concerning the root of the problem or situation. It assists in bringing you toward an enlightened state and to assist you seeing beyond the immediate reality. It fills your mind with clarity and brings the mechanisms of psychic ability to initiation and actualization. It has been used in the treatment of alzheimers disease and to reduce the stress related to daily living.

Rainbow: Regulates glandular functions, has a powerful effect on the thyroid, ovaries, pancreas, adrenal and pituitary glands. Strengthens and controls the nervous system. Used in treatment of addictions. Has strong protective properties.



Teaches you about your spiritual nature. Draws off stress from the body.

Red/Strawberry: Stimulates physical energy and provides for a balancing of the male/female energies. It further enhances the stability in your physical attributes and brings validity to your being. It is used in the treatment of disorders of the blood and spleen.

Silver sheen: Enhances meditation. Perfect for crystal gazing. As with all Obsidians, it provides a mirror of inner being. Imparts patience and perseverance when required. Useful when astral projecting.

Snowflake: Stimulates the circulation, strengthens the body's defences, combats allergies and alleviates skin rashes. It can also raise blood pressure, promote intuition and protect against negative influences. Placed on the sacral chakra it calms and soothes. Teaches you to value mistakes as well as successes. Treats veins and the skeleton and improves circulation.



Cleansing and charging: Can be cleansed once a month under running water and then charged in the sun or amongst Quartz.

ONYX

Where Found: Brazil, India, Madagascar, USA, Mexico, Russia, South Africa, Italy

Hardness: 7

Colours: Black

Corresponding Chakra: Base/Root



Properties: Onyx is strength-giving, promoting vigor, steadfastness and stamina, as well as imparting self confidence. Alleviates fears and worries, good for blood disorders, teeth, bones and the feet. Onyx helps heal past-life traumas.

Cleansing and charging: The same as for Obsidian.

OPAL

Where Found: Mexico, Brazil, Australia, Peru, South America, Honduras, USA, Canada, Slovakia, Britain **Hardness:** 5.5 to 6.5

Colours: White, blue, green, red, yellow, black, clear or milky, orange

Corresponding Chakra: Depends on colour



Properties: Opal enhances cosmic consciousness and induces psychic visions. It also intensifies emotional states and releases inhibitions, as well as strengthening the will to live. It treats Parkinson's disease, infections, fevers, strengthens the memory, purifies the blood and kidneys. Also stimulates originality and creativity.

Cleansing and charging: Soak frequently in water for about half an hour and recharge amongst Quartz.

PYRITE

Where Found: USA, Sweden, Mexico, Peru, Chile, Australia, Britain, North America

Hardness: 6 to 6.5

Colours: Silver, brass yellow to golden

Corresponding Chakra: Solar Plexus, Navel, Throat



Properties: This is a powerful healing stone, used in the treatment of bronchial problems. Also used as a remedy for lung infections. Pyrite removes mental blocks and reduces anxiety. Good as a touchstone during exams.

Cleansing and charging: Cleanse and charge in sea salt, can also be recharged in the sun. Not to come into contact with water.

QUARTZ (clear or snowy/milky)

Where Found: Worldwide

Hardness: 7

Colours: Clear to white, blue, green, orange

Corresponding Chakra: All



Properties: Quartz crystals that are cloudy at the base and become clearer as they reach the tip represent the potential for spiritual growth. Totally clear Quartz crystals are symbols of alignment with cosmic harmony. Keeping one of these helps you align your energies to the spiritual realm.

Cleansing and charging: Store overnight amongst dry hematite. Cleanse once a month under running water. Recharge in the sun or amongst other Quartz.

Aqua Aura Quartz

Colour: Blue

Corresponding Chakra: All



Properties: Despite being artificially created, Aqua Aura has an intense energy reflecting the alchemical process that bonds gold onto pure Quartz.

Rose Quartz

Colour: Pink

Corresponding Chakra: Heart

Properties: This stone has a wide range of healing properties. It has a beneficial effect on the heart, blood and circulation. It is perceived as a fertility stone and love charm. Place next to your computer to absorb the radiation, prevent headaches and eye fatigue. Rose Quartz is useful in relationship grids as well as anything to do with love, anxiety and relationships.



Rutilated Quartz

Colour: Long thin gold threads in clear Quartz

Corresponding Chakra: Solar Plexus

Properties: Integrates energy at all levels, cleanses and energises the aura, aids astral traveling and channeling, draws off negative energy and helps let go of the past. Also protects against psychic attack, is an antidepressant, relieves fears, phobias and anxiety. At a physical level, it absorbs mercury poisoning from the system. Good for impotence and infertility, exhaustion, cell regeneration and tissue repair.



Smoky Quartz

Colour: Transparent, slightly gray-brown to solid black

Corresponding Chakra: Base/Root, Earth, Solar Plexus

Properties: Very good for grounding and protection. Releases stress, absorbs electromagnetic smog, detoxifies, lifts depression, particularly good for ailments of the abdomen, hips and legs. It relieves pain and headaches, is useful for muscle and nerve tissue and the heart. Place over a painful part to dissolve the pain. Place the point away from the body to draw off negative energies and towards the body to energise.



Tourmalated Quartz

Colour: Long, thin, black threads in clear Quartz



Corresponding Chakra: Third Eye, Palms

Properties: This is Quartz and Tourmaline. Very effective grounding stone. It harmonizes the meridians, the aura and the chakras. Strengthens the body's energy field against psychic invasion.

RHODOCHROSITE

Where Found: Peru, USA, South Africa, Russia, Argentina, Uruguay

Hardness: 4 to 4.5

Colours: Pink, pink with partial white stripes or bands

Corresponding Chakra: Heart



Properties: This stone represents selfless love and compassion and is an excellent stone for relationships and the heart. Brilliant for healing sexual abuse. Lifts depression and brings lightness into life. Also relieves asthma, purifies the circulatory system and kidneys, restores poor eyesight, normalizes blood pressure, invigorates the sexual organs, relieves migraines and infections and balances the thyroid.

Cleansing and charging: Cleanse under running water after each healing session. Recharge amongst Quartz. If the colour fades or becomes murky, wear close to your body until the colour returns.

RHODONITE

Where Found: South Africa, Australia, Mexico, China, USA, Brazil, Russia, Sweden, Germany

Hardness: 5.5 to 6.5

Colours: Pink or red, with dark inclusions

Corresponding Chakra: Heart



Properties: This stone stimulates, clears and activates the heart chakra. It grounds energy and aids in achieving your highest potential. It also heals emotional shock and panic, abuse, assists in forgiveness, builds up self confidence, and clears chakra energy flow. Reduces scarring, assists bone growth, stimulates fertility. Treats arthritis, stomach ulcers and the ears.

Cleansing and charging: Cleanse under running water every two weeks. Recharge in the sun or amongst Quartz.

RUBY

Where Found: Mexico, Russia, Siberia, Thailand, India, Brazil, Kenya, Madagascar, Sri Lanka, Myanmar

Hardness: 9

Colours: Red

Corresponding Chakra: Heart



Properties: Ruby promotes sexual energy when it is moved to and fro over the genital area and sacral chakra. It strengthens the body's immune system, fortifies the heart and circulation and combats low blood pressure. This stone may sometimes overstimulate sensitive or irritable people. It also improves motivation, shields against psychic attack, promotes visualisation and encourages removal of anything negative from your path, as well as overcoming exhaustion and lethargy, calms hyperactivity, detoxifies the body, blood and lymph and treats fever.

Ruby in Zoisite: This stone activates the crown chakra and facilitates access to soul memory and spiritual learning. It is useful in soul healing and past life work. It also powerfully amplifies the biomagnetic field around the body.

Cleansing and charging: Cleanse twice a month under running water and recharge in the sun for about two hours.

SELENITE

Where Found: USA, Mexico, Russia, Austria, Greece, Poland, Germany, France, England

Hardness: 3

Colours: Translucent with fine ribbing (Satin Spar) or petal-like (Desert Rose)

Corresponding Chakra: Crown



Properties: Brings clarity of mind, opens the crown and higher crown chakras. Accesses angelic consciousness and higher guidance. Selenite instills deep peace and is excellent for meditation or spiritual work. Enhances telepathy, assists judgment and insight, aids in seeing the deeper picture as well as stabilising emotions. Also aligns

the spinal column, guards against epileptic seizures and neutralizes mercury in the system.

Cleansing and charging: Do not bring into contact with water. Cleanse and charge in circle of Carnelian/Citrine and Quartz.

SODALITE

Where Found: Brazil, Namibia, China, France, North America, Russia, Romania, Myanmar, Greenland

Hardness: 5 to 6

Colours: Dark Blue

Corresponding Chakra: Throat



Properties: Sodalite brings information from the higher mind to the physical level. This stone stimulates the third eye and pineal gland and deepens meditation. Can be placed on computers to block the electromagnetic pollution. Brings harmony to work situations, encourages rational thought, calms panic attacks, enhances self esteem, self acceptance and self trust. Also balances the metabolism, cleanses the lymphatic system and organs, boosts the immune system and combats insomnia.

Cleansing and charging: Cleanse under running water once a week or whenever the stone becomes cloudy or changes colour. Recharge in a bowl of water, with Quartz placed in.

SUGILITE

Where Found: Japan, South Africa

Hardness: 6.5 to 7

Colours: Lilac, lightly banded, violet-pink, purple

Corresponding Chakra: All



Properties: This stone represents spiritual love and wisdom and protects the soul from shock, trauma and disappointment. It helps sensitive people and light workers to adapt to the earth vibration without becoming despondent. Sugilite can help to bring light and love into the darkest situations. Also aids forgiveness, eliminates hostility, beneficial for paranoia or schizophrenia. Alleviates sorrow, grief and fear and promotes self forgiveness. Benefits cancer sufferers as it gently releases emotional turmoil and despair. Very good for pain relief, clears headaches and discomfort, treats epilepsy and brings the nerves and brain into alignment.

Cleansing and charging: Cleanse once a month amongst tumbled hematite.

SUNSTONE

Where Found: Canada, USA, Norway, Greece, India, Madagascar

Hardness: 6 to 6.5

Colours: Reddish-brown, iridescent, yellow, orange

Corresponding Chakra: Sacral



Properties: This stone instills a joy of life and brings light and energy. Acts as an antidepressant, removes feelings of abandonment, removes inhibitions and hang ups, reverses feelings of failure and increases self esteem and confidence. Regulates the nervous system, harmonises the organs, relieves stomach ulcers, rheumatism and general aches and pains.

Cleansing and charging: Cleanse once a month under running water or amongst rice grains, recharge in the sun.

TANZANITE (lavender-blue Zoisite)

Where Found: Tanzania

Hardness: 6.5

Colours: Blue, blue-lilac

Corresponding Chakra: Throat, Third Eye



Properties: This stone facilitates deep meditative states. Tanzanite downloads information from the Akashic Records, and brings the higher mind into contact with the physical realm. It stimulates the throat chakra and facilitates communication. Also dissolves old patterns of karmic disease and creates space for new patterns to be integrated.

Cleansing and charging: Cleanse and charge in circle of Carnelian/Citrine and Quartz.

TIGER'S EYE

Where Found: South Africa, Australia, India, USA, Mexico



Hardness: 6.5 to 7

Colours: Shimmering golden-brown, with stripes, blue, red, yellow

Corresponding Chakra: Depends on colour

Properties: This stone combines earth energy with sun energy to create a high vibrational state that is well grounded. Placed on the third eye, it enhances psychic abilities and balances the lower chakras, stimulating the kundalini energy. This is a protective stone, used as a talisman against ill wishes and curses. It assists in accomplishing goals and promotes clarity of intention. Mentally, it integrates the hemispheres of your brain and collects scattered information to make a coherent whole. Heals issues of self worth, self criticism and blocked creativity. Useful for treating the eyes, indigestion, throat, reproductive organs and for repairing broken bones.

Cleansing and charging: Cleanse under running water after each healing session and recharge in the sun.

Tiger Iron: This is a combination of Jasper, Hematite and Tigers Eye. It promotes vitality and helps in passing through change, pointing to a place of refuge when danger threatens. It is extremely helpful for people who are deeply exhausted at any level, especially those suffering from emotional or mental burn-out or family stress. It works on the blood, balancing the red-white blood cell count, eliminates toxins, heals the hips, lower limbs and feet and strengthens the muscles. It is best worn on the skin.



Blue (Falcon's Eye): This stone is calming and releases stress, aiding the overanxious, quick-tempered and phobic. Slows the metabolism, cools and overactive sex drive and dissolves sexual frustrations.



Red: This is a stimulating stone that overcomes lethargy and promotes motivation. It speeds up slow metabolism and increases a low sex drive.

TOPAZ

Where Found: Sri Lanka, Namibia, USA, Brazil, Mexico, India, South Africa, Pakistan

Hardness: 8

Colours: Dark yellow to golden yellow, white, silver, blue, pink

Corresponding Chakra: depends on the colour



Properties: This is an empathetic stone which directs energy to where it is needed most. It soothes, heals, stimulates, recharges, remotivates and aligns the meridians of the body. Promotes truth and forgiveness, helps shed light on the path, brings joy, aids in the attainment of goals, speeds up spiritual development, cleanses the aura, induces relaxation, promotes confidence. Also used to manifest health, aids digestion, combats anorexia, fortifies the nerves, stimulates the metabolism and makes you receptive to love.

Cleansing and charging: Cleanse under running water after each use and recharge in the sun.

TOURMALINE

Where Found: Sri Lanka, Brazil, USA, Africa (Namibia, Mozambique, Angola), Australia, Italy, Madagascar

Hardness: 7 to 7.5

Colours: Black, green, pink, yellow, blue, brown, watermelon

Corresponding Chakra: Depends on colour



Properties: Tourmaline cleanses, purifies and transforms dense energy into a lighter vibration. It grounds spiritual energy and forms a protective shield around the body. This is a shamanic stone that brings protection during rituals. Diminishes fear, promotes self confidence, encourages growth and health of plants and crops, aids in

understanding yourself and others, attracts inspiration, compassion, tolerance and prosperity. Also enhances energy flow, removes blockages and stimulates meridians.

Cleansing and charging: Cleanse once a month under running water. Recharge in the sun. Pink Tourmaline should not be charged in the sun, but rather placed on an Amethyst geode.

TURQUOISE

Where Found: USA, Mexico, Egypt, China, Peru, Iran, Tibet, Myanmar, Israel, Poland, Russia, France

Hardness: 5 to 6

Colours: Blue, green, turquoise

Corresponding Chakra: Throat



Properties: This is a protective stone which has been used in talismans and amulets for centuries. Turquoise promotes spiritual attunement and enhances communication with the physical and spiritual worlds. It enhances intuition in meditation, dispels negative energy and clears electromagnetic pollution. Excellent for exhaustion, depression or panic attacks. Enhances the immune system, regenerates tissue, good for the eyes, gout and rheumatism. Detoxifying, alleviates cramps and pain.

Tibetan Turquoise: Useful for healing throat chakra blockages and suppressed self expression.

Cleansing and charging: Cleanse amongst tumbled hematite and recharge amongst Quartz. Do not place in the sunlight.

UNAKITE

Where Found: USA, South Africa

Hardness: 7

Colours: Green-pink

Corresponding Chakra: Heart



Properties: This is a stone of vision. It balances emotions with spirituality. Placed on the third eye it opens it and promotes visualization and psychic vision. Also very grounding after meditation or psychic work. Brings a calm gentle energy to its

environment. Useful for the reproductive system, skin tissue and hair. Is supportive in recovery from a major illness.

Cleansing and charging: Cleanse under running water and recharge amongst Quartz.

ZINCITE

Where Found: USA, Poland, Italy

Hardness: 3.5 to 4

Colours: Red, orange-yellow, green, colourless

Corresponding Chakra: Depends on colour



Properties: This stone aids the manifestation process and re-energises depleted energy systems. It removes energy blocks from the body and allows the life force to flow unhindered. This stone attracts abundance at a physical and spiritual level. Useful for phobias. Beneficial for the prostate gland, boosts the immune system, treats CFS, AIDS, candida, mucous conditions, and helps to prevent epilepsy.

Cleansing and charging: Do not place in water. To be cleansed and charged in a circle of Carnelian/Citrine and Quartz.

SHAMANIC CRYSTALS¹

Some of the crystals listed below appear in the pages above as well, however, are included below with extra information. Most shamanic crystals are high vibration stones that bring about multidimensional healing but these only work if your own vibrations are in harmony with the stone. If a crystal does not appear to work for you, hold it and gently concentrate on your palm. You may feel a tingle and your body will shift slightly as it attunes to the crystal. If so, persevere, sitting for ten minutes a day until the crystal begins to work. If not, choose another crystal. A high vibration crystal may bring about a strong reaction or healing challenge. If this occurs, remove the crystal immediately and hold a Green Phantom or Smoky Quartz point down towards your feet to facilitate the release of energy moving easily out of your body. Wait a day or two before using the high vibration crystal again.

¹ Extracted from *The Crystal Bible, New Crystals and Healing Stones* and *The Crystal Encyclopaedia* (150 stones not in the *Crystal Bible*) - Judy Hall

Brandenberg Quartz / Amethyst / Smokey Quartz



Chakra: all but especially the soma chakra – above the third eye at the hair line, and the past life chakras – behind the ears on the bony ridge.

All Brandenbergs whether clear, smoky or amethyst, carry the vibration of each colour. A useful aid to multi-dimensional spiritual work, "inner windows" or phantoms assist in looking within or traversing the spiritual planes and gently break old patterns and ties. This high-vibration crystal is an indispensable aid for healing and journeying, and for exploring the pure, eternal blueprint that lies behind existence. It returns a body to that purity of vibration and intention that came before any imprinting from earthly incarnations. Emanating infinite compassion to all of creation, Brandenberg brings about deep soul healing and forgiveness. This stone speeds recovery from illness or accident and is excellent for house clearing. A Smoky Brandenberg is the finest tool available for removing implants, attachments, spirit possession or mental influence and this is the stone *par excellence* for transformation or transition.

Other shamanic stones:

Actinolite

Chakra: heart, solar plexus, third eye

Actinolite is an excellent stone for psychic shielding. Expanding the aura and crystallising its edges, this stone connects you to higher awareness and brings body, mind, psyche and spirit into balance. An effective aid to visualisation and imagery. Actinolite assists the body to adjust to changes or traumas.



Aegerine

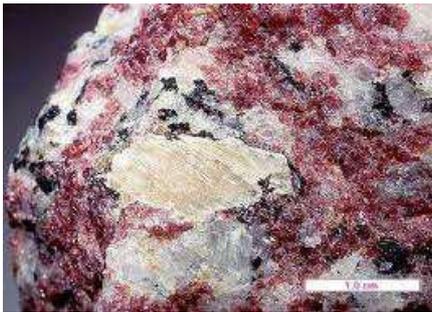


Chakra: higher heart (thymus)

An excellent crystal for generating and focussing energy beams for use in healing a person or environment. Aegerine removes emotional energy blockages and enhances positive vibrations. Extremely helpful in psychic attack or negative thinking, it repairs the aura after attachments have been removed and turns negative thoughts into positive. This stone helps you see

the bigger picture and Aegerine heals relationship problems and overcomes the grief of separation. Encouraging sincerity in all that you do, Aegerine empowers the quest for your true self and the ability to do what is needed from the heart. This stone encourages following your own truth without conforming to the ideas or ideals of others, or to group pressure, and focuses your goals wisely. Boosting the body's self-healing systems, it enhances the healing energy of other crystals.

Agrellite



Chakra: third eye and higher crown.

Agrellite surfaces things - fast. It shows where you have been attempting to control others and supports you in allowing them independence and self-respect. Bringing to your attention matters that you have repressed and buried deep within your psyche, and which are blocking your soul growth, it also helps you to face your own inner saboteur and to access untapped potential. This stone detects blockages within the physical or aura, to which it has a distinctive energetic response, although other crystals may be required to heal the condition.

Ajoite



Chakra: third eye, crown, links heart and throat

An extremely high vibration and rare stone, Ajoite wraps the soul in universal love. If your vibrations are in harmony with this stone it brings about a profound spiritual revelation and serenity. A purifier for the emotional body and instilling infinite peace, Ajoite creates emotional and environmental calm, gently drawing out and transmuting toxic emotions and old grief. Worn over the thymus, it dissipates stress from the physical body and, harmonising the etheric blueprint with the physical body, attunes to a state of perfect health. Ajoite draws karmic wounds or implants out of the body no matter at what level or from which timeframe they originate, and gently heals the resulting space with unconditional love, reframing cellular memory.

Ajoite with Shattuckite

Chakra: higher heart or third eye



An excellent energy conduit, this combination is one of the most powerful protections against electromagnetic smog and psychic attack. Creating a protective bubble around the aura that keeps you safe no matter where you may be, it enables you to remain open spiritually. In times of stress, wearing this stone allows you to experience profound peace and to remain centred in yourself.

Karmically, Ajoite with Shattuckite assists the process of atonement, reconciliation and reparation, releasing the need for such acts where these have become a blockage to spiritual progress especially if a subtle carryover of past life mortification practises. It teaches the difference between atonement and at-onement and opens the way for the karma of grace to operate.

Amblygonite



Chakra: solar plexus, higher crown, opens and aligns all

A useful stone for gently releasing emotional hooks from the solar plexus, Amblygonite assists in ending relationships without angry consequences. It can be used to grid areas of discordance or public disorder, bringing peace and tranquillity, especially where young people are involved. In healing, Amblygonite

activates the electrical systems of the body and can be taped over the thymus to protect against computer emanations in those who are sensitive.

Amethyst Elestial



Chakras: higher crown and upwards

A 'crystal of the angels', an Amethyst Elestial is a very powerful healing stone. It works on the higher chakras, stimulates the pineal gland, and opens a connection to interplanetary beings, guides and helpers. Amethyst Elestial shows you the relevance and effects of your past life experiences on your present situation and removes resultant blockages. Dispersing negative energy from an alien or other

source, it provides reassurance and calm. It is the perfect Elestial to support brain healing and to bring about multidimensional and cellular memory healing. Large

Amethyst Elestials can be gridded around healing room to powerfully enhance the energies and provide a safe space in which to work.

Amethyst Herkimer



Chakra: higher heart and higher crown, third eye

Herkimers are strongly energetic stones that facilitate conscious attunement to the highest spiritual dimensions. Fine-tuning the third eye, Amethyst Herkimer is a powerful metaphysical tool that facilitates soul retrieval from any lifetime, inducing deep core soul healing, and integrating all the disparate parts of the self. Freeing the incarnated soul of earthly burdens and aligning with other soul dimensions to cohere the soul as a vehicle for spirit, Amethyst Herkimers can bring about profound spiritual evolution. As with all Herkimers, this stone creates a powerful soul shield when journeying or meditating, and restores and purifies energy after undertaking any form of spiritual or healing work. It is perfect for programming to attract your twin flame and soul companions.

Amethyst Spirit Quartz



Chakra: Higher Crown

Compassionate Amethyst Spirit Quartz facilitates transition to other states of being and accessing higher consciousness. At the higher crown chakras it brings about transmutation of prior misuses of spiritual power, facilitating multidimensional healing including soul parts not in incarnation. It can be programmed to assist from afar a soul who is facing death – and offers immense support and comfort throughout a terminal illness. Amethyst Spirit Quartz makes an excellent carrier for flower essences to gently dissolve karma, attitudes and emotions that would be detrimental if taken into the next world. An effective tool for spirit releasement, it encourages a trapped soul to move towards the light, attracting guides for the journey. Holding the stone enables a practitioner to safely journey wherever may be necessary to release the soul and to ascertain whether there is anything that the soul needs completing before it moves on.

Amethyst Phantom Quartz

Chakra: past life, crown



Meditating with Amethyst Phantom facilitates entry into the pre-birth state, accessing the soul plan for the present lifetime, evaluating progress made with spiritual lessons for the current

incarnation, and renegotiates these if no longer appropriate. Facilitating travelling to a high vibration, Amethyst Phantom remove implants that operate multi- dimensionally, healing the etheric or spiritual blueprint and reprogramming cellular memory so that the physical body can raise its vibrations. It transports you back into lives where you were priest or priestess to access your spiritual wisdom.

Ametrine



Chakra: all

Ametrine is particularly useful in long standing illness as it brings insight into causes of dis-ease. Ametrine connects the physical realm with higher consciousness. This stone facilitates and protects during astral travel and relieves psychic attack.

Ammolite



Chakra: third eye and soma

A powerful earth healing “stone”, Ammolite contains the wisdom of the ancients and was worn on the forehead for consciousness activation, metaphysical powers and interdimensional exploration. It is particularly effective when placed on the soma chakra. Representing coming full circle, Ammolite takes you into your centre and into completion.

Activating your own personal empowerment, it converts negative energy into a gently flowing positive spiral. Ammolite relieves birth trauma affecting the cranio-sacral flow and is helpful in all cranio-sacral work. A powerful karmic cleanser, it releases mental obsessions.

Andean Blue Opal



Chakra: throat, heart, higher heart (thymus), third eye

Andean Blue Opal is particularly useful for healing old emotional wounds, from this life or another. An excellent journeying stone, Andean Opal creates a relaxed, receptive

state and can induce mild hypnotic trance, enhancing divination.

Increasing awareness of the need for healing the earth, this is a useful tool for facilitating that healing and for those who manifest and transmute the changing vibration through their own physical or subtle body.

Angelite



Chakra: Third eye

Angelite is one of the 'stones of awareness' for the new age. As its name suggests, it facilitates conscious contact with the angelic realm. It enhances telepathic communication and enables out of body journeys to take place whilst still in contact with everyday reality. Angelite is a powerful stone for healers as it deepens attunement and heightens perception. It also provides protection for the environment or the body, especially when taken as an elixir.

Annabergite



Chakra: third eye, soma

Annabergite brings with it the knowledge that everything is perfect exactly as it is, showing you the harmony of your highest self and opening all possibilities especially for healing. Placed on the third eye, this mystical stone is excellent for enhancing visualisation and intuition, and for bringing contact with wise masters of the universe. Placed on the soma chakra, it enables you to know who you truly are and to reflect this out to the world. Aligning the aura and strengthening the biomagnetic energies, Annabergite enhances the flow of energy in the physical meridians and harmonizes these with the earth's meridian grid, facilitating multidimensional cellular healing.

Apple Aura Quartz



Chakra: Spleen

Apple Aura Quartz is an excellent protector for the spleen when worn over the base of the sternum, or taped over the spleen chakra, as it cuts multidimensional energy drains and overcomes the psychic vampirism created when someone

draws on your energies without permission. It can also assist in cutting ties with previous partners or mentors who retain a powerful mental or emotional hold.

Astrophyllite



Chakra: higher crown (14th)

Astrophyllite is an excellent stone for promoting out of body experiences, acting as a guide and protector in other realms, but it also assists in standing outside oneself for an objective view. This stone introduces you to your full potential encouraging you to recognise that you have no limits. Astrophyllite activates your dreams and enables you to 'dream true' to see your soul path. Said

to increase the sensitivity of touch and to improve the faculty of perception, Astrophyllite is helpful for those undergoing training in massage or acupuncture, especially as it makes you more sensitive to other people's unspoken needs.

Atacamite



Chakra: third eye

Atacamite forcefully opens the third eye, creating powerful visual images and a strong spiritual connection. Despite its forcefulness, it is a very safe crystal to use to stimulate spiritual vision and aid visualisation. It is a stone of great clarity. Used in meditation, it takes the soul safely to the highest possible levels.

Atacamite restores lost spiritual trust and disconnection, and promotes a connection to higher guidance. It is a useful stone to hold when journeying out of the body, especially to the higher spiritual spheres.

Atlantasilite



Chakra: clears all, especially higher crown, crown, soma and heart

Atlantasilite is said to access past lives in Atlantis and to support in completing projects set in motion at that time. It aids those who misused their spiritual powers at that, or any other, time and stimulates spiritual evolution. It brings enormous peace into the

environment and, buried in the earth, undertakes earth clearing and energy restructuring in a place where there has been death and destruction. This stone is helpful for gently encouraging children to modify inappropriate behaviour. This stone is a mixture of serpentine and stichtite.

Avalonite (Drusy Blue Chalcedony)



Chakras: links sacral and heart

Avalonite accesses the collective unconscious and mythical realms where fairy tales and legend offer deep wisdom, acting as translator and facilitator for creatively reworking the myths in your life.

Contacting fairies, elves and devas, it links into ancient magic. Use Avalonite to harmonize the emotional, mental and spiritual wisdom at the centre of your being. Following the contours enhancing visualisation, opening psychic awareness, and telepathy between soul partners. If you wish to contact your wise woman or priestess incarnations, the depths of Avalonite gently transport you into your past. Enhancing practical wisdom and presence of mind, especially when faced with new situations, this stone is perfect for those who fear to love, or who fear failure, as it opens the heart and allows you to discover the perfection of your true self and recognise that you are never alone.

Avalonite absorbs negative energy and transmutes it to prevent onward transmission but requires regular cleansing and re-charging.

Beneficial for: sensitivity to weather or pressure

changes Azurite



Chakra: third eye, crown

Azurite guides psychic and intuitive development. It urges the soul towards enlightenment. It cleanses and stimulates the third eye and attunes to spiritual guidance. This crystal enables journeys out of the body to take place easily and safely. It raises consciousness to a higher level and gives greater control over spiritual unfoldment. It facilitates

entering a meditative and channelling state.

Azurite is a powerful healing stone, facilitating psychosomatic understanding of the effect of the mind and emotions on the body.

Barite



Chakra: heart, throat

Reputedly used by Native Americans to journey from the physical to the spiritual worlds, Barite stimulates dreaming and dream recall. If anonymity and stealth are required for ritual working, Barite confers this. This stone assists in communicating your intuitive vision and heightens ability to organise and express your thoughts. A powerful transformer, it may bring about a catharsis in which old emotional patterns, hatreds and fears are thrown off – other crystals may be required to restore equilibrium.

Black Kyanite

Chakras: aligns and grounds all



A potent tool for fully incarnating into earth life and for moving into the between-life state to access the current lifeplan, and other lives if necessary, Black Kyanite can view the karma you are currently creating by showing in a future life results of choices made now, and can assist in foreseeing the outcome of a plan. A particularly powerful stone for psychological and auric cleansing that never needs

cleaning, used like a wand, the striations rapidly move negativity out of the subtle bodies, aligning and grounding the chakras, and draw dis-ease and stagnant energy from the physical body replenishing it with positive energy and reprogrammed cellular memory. With strong links to the earth, Black Kyanite supports environmentalism and connects with those who are assisting the evolution of the planet. It is said to keep cells connected to the overall divine blueprint to maintain health.

Black Calcite



Chakra: past life (behind the ears)

Black Calcite is a record keeper stone for regression and regaining memories so that the past can be released. It returns the soul to the body after trauma or stress, alleviates black depression, and is a useful companion during a dark night of

the soul.

Black Obsidian



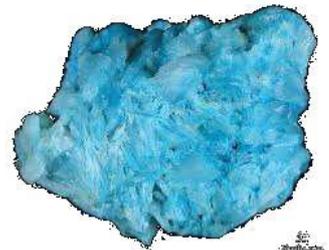
Chakra: past life, earth and base

Black Obsidian grounds the soul and spiritual forces into the physical plane, bringing them under the direction of the conscious will and making it possible to manifest spiritual energies on earth. Black Obsidian forces facing up to one's true self, taking you deep into the subconscious mind in the process. It brings imbalances and shadow qualities to the surface for release, highlighting hidden factors. It magnifies all negative energies so that they can be fully experienced and then released. This healing effect goes back into past lives, and can work on the ancestral and family line. Black Obsidian composts the past to make fertile energy for growth of the soul. It reverses previous misuse of power and addresses power issues on all levels, teaching that to be empowered is not to wield personal power but rather to channel power for the good of all. Black Obsidian is protective, it repels negativity and disperses unloving thoughts. It facilitates the release of old loves and provides support during change. Used in shamanic ceremonies to remove physical disorders, Black Obsidian also has the gift of prophesy. In healing, a Black Obsidian placed on the navel grounds spiritual energy into the body. Held briefly above the third eye it breaks through mental barriers and dissolves mental conditioning. Used with care, it can draw together scattered energy and promote emotional release.

Blue Aragonite

Chakra: third eye, throat, heart

A powerful energy conduit, it both heightens and grounds spiritual communication and aligns all the subtle bodies with the physical. It is a powerful earth and soul healer and can be gridded around houses to keep the environment stable and harmonious. Blue Aragonite is excellent for inner child work and for manifesting your soul plan for the present life.



Blue Jasper

Chakra: throat

Blue Jasper connects you to the spiritual world. It stimulates the throat chakra, balances yin-yang energy, and stabilizes the aura.



Blue Phantom Quartz

Chakra: Throat **Number:** 77

Blue Quartz Phantom is excellent for enhancing telepathic communication between people on the earth, or between earth and the spiritual realms, assisting you to traverse different dimensions and bring back knowledge from those realms.



Blue Obsidian

Chakra: third eye, throat

Blue Obsidian aids astral travel, facilitates divination, and enhances telepathy. It activates the throat chakra and supports communication skills. In healing, Blue Obsidian opens the aura to receive healing energy.



Boji Stones

Boji Stones are one of the most effective grounding and protection stones. They gently but firmly return you to earth and into your body, grounding you in the present moment, especially after work in other spiritual realities. They are extremely useful for people who find it difficult to have more than a toehold in incarnation. Boji Stones can also help you to explore the shamanic otherworlds.



Bornite

Chakra: third eye, crown, actives and synthesises all

Fostering concern about all beings on the planet, opening psychic abilities and enhancing inner knowing, Bornite teaches trust in the intuitive process. Assisting with visualisation and creating your own reality, Bornite can be programmed to send or receive healing from a distance – in which case it should be carried or worn over the thymus (preferably set in silver). Bornite is an excellent tool during any kind of rebirthing work or traumatic situation. Integrating mind, body, emotions and soul, it filters out what is no longer relevant. An excellent protection against negativity, which it transmutes, Bornite assists in identifying the source of detrimental thoughts so that they can be eliminated.



Bornite on Silver

Chakra: third eye

Bornite on Silver reinforces the silver cord that connects the astral body to the physical, ensuring safe return whenever and wherever you journey. It is particularly useful for accessing and reframing the cause of third eye blockages especially where these have been deliberately proscribed in the past and facilitates cellular memory reprogramming.



Botswana and Grey-banded Agate

Chakra: crown, soma, third eye

Placed on the third eye, Banded Agate quickly cuts mental cords to a guru, partner or parent who capitalizes on a past connection to retain manipulative control in the present. It is excellent for replenishing energy lost in such situations as it draws on a higher life force and protects the aura. This is an excellent healer



for reprogramming cellular memory especially where there has been mortification of the flesh, emotions or spirit. Gridded around a house, it prevents out of body visitations from another soul. Its bands take you travelling, into another reality, different streams of consciousness, or other lives and is extremely effective for multidimensional healing and soul work. Banded Agate stimulates the crown chakra, bringing celestial and earth energy into the auric field and harmonising the physical body with the subtle bodies.

Bronzite

Chakra: activates and synthesises all

Bronzite is a protective, grounding crystal that is helpful in discordant situations where you feel powerless and in the grip of events beyond your control, it allows you simply to "be", entering a dynamic state of non-action, non-doing. Bronzite is marketed as being particularly effective against curses. However, traditionally iron-bearing crystals, such as Bronzite,



return ill-wishing, curses or spells back to the source magnified three times over. This perpetuates the curse as it bounces backwards and forwards becoming stronger each time unless intercepted so you need to put in place something to absorb the curse or use Black Tourmaline.

Bustamite

Chakra: base and sacral, heart and third eye, aligns all.

A powerful energy worker, Bustamite provides deep connection to the earth and facilitates earth healing, realigning the meridians of the earth's etheric body and is an excellent stone for gridding out a safe space in which to carry out ritual work, initiation or meditation. Realigning the energy meridians of the physical and subtle bodies, at the emotional level it removes old pain harmonising the emotional energy system and healing cellular memory. Stimulating conscious dreaming and intuition, Bustamite enhances channelling and accesses the angelic realms.



Cacoxenite

Chakra: third eye, crown

One of the stones of ascension, Cacoxenite heightens spiritual awareness and assists planetary alignments to stimulate the vibratory evolution of earth. Used in meditation or past life regression, Cacoxenite takes you to the core soul memories into which insight is essential for present day spiritual evolution to occur. This crystal heightens the power of full or new moon rituals.



Candle Quartz

Chakra: all

Said to be a light bringer for the planet and those who have incarnated to assist earth and those upon it shift vibration, Candle Quartz highlights soul purpose and focuses your life path, assisting in putting ancient knowledge into practice and bringing your guardian angel closer. Candle Quartz can be programmed to attract spiritual abundance or to bring light into your home. If you find physical incarnation uncomfortable, Candle Quartz makes you feel good about your body.



Candle Quartz is helpful in understanding how the physical body can be damaged by emotional or mental distress and reprograms cellular memory. Instilling clarity, it assists in looking within to find your truth and can be used as a scrying stone for personal illumination.

Cavansite

Chakra: Third eye, throat, past life

Encouraging conscious astral journeying, Cavansite facilitates past life exploration, reframing trauma at source so that it does not manifest in the present. Enhancing cellular healing, Cavansite shields a healer or past life therapist during a session. Safeguarding your home or car.



Celestobarite

Chakra: solar plexus, base and crown

Celestobarite is a shamanic oracle that shows you both sides of the coin, elucidating issues that are not clear, but leaving you to decide what to believe. This stone has a 'joker', coyote, energy that presents the dark side in a joyful way and reminds us that nothing stays the same. Its Janus face looks to past, present and future and explores the multidimensional layers of being. With strong shielding energy, this is an excellent journeying stone that holds you suspended between the base and crown chakras and takes you safely into the shamanic middle world that lies parallel to the everyday world in which reside soul aspects and entities. Celestobarite cuts through edges and takes you to the edge and beyond.



Cerussite

Cerussite is an excellent grounding stone that assists in feeling comfortable within the environment. It is extremely useful for people who feel that the earth is not their natural home as it ameliorates 'homesickness' and makes the soul feel at home wherever it finds itself. Cerussite may form as a star shaped crystal or as a record keeper. These precious stones attune to higher wisdom and karmic purpose.



Meditating reveals the unique secrets they hold for you. The star shape is said to aid extra terrestrial contact. Cerussite helps explore past lives that were not on earth and aids in recognising people from past lives and the place they hold in the present life. It explains why you chose to come to earth, the lessons you are learning, the task you have to do and the gifts you bring to aid the evolution of humanity. This stone assists in letting go of the past and its effects.

Charoite

Charoite is a stone of transformation. It is the soul stone that overcomes fear. Charoite stimulates inner vision and spiritual insight and aids in coping with enormous change at a spiritual level. To facilitate this it synthesises the heart and crown chakras, cleanses the aura, and stimulates unconditional love. Charoite aids vibrational change and links to higher realities.



Chevron Amethyst

Chakra: Third eye

Chevron Amethyst is one of the best third eye stimulators. It enhances inner and outer vision, and out of body journeys. It has powerfully focussed energy that dissipates and repels negativity. This stone cleanses the aura and aids in auric diagnosis. It has a strong healing field, bringing harmony to the organs of the body and stimulating the immune system.



Chalcopyrite

Chakra: Crown

Chalcopyrite is said to put you through 'the fires of truth'. An excellent aid to achieving the state of 'no mind' required for deep meditation and contemplation of the perfection of the universe, it assists in assimilating spiritual knowledge, linking you to ancient civilisations or the cause of present life difficulties or



diseases. A powerful energy conduit, Chalcopyrite supports during Tai Chi and is excellent for heightening acupuncture or acupressure as it dissolves energy blockages and enhances the movement of energy around the body, stabilising cell energy as higher frequencies are integrated.

Chrysotile (Chrysotite)

Chakra: third eye

If you angle Chrysotile, it is possible to see ancient writing inscribed upon it that links you to the knowledge of the ages and, below that, your power animal waiting to make itself known so



that you can embody it. This deeply shamanic stone assists you to clear away the debris of the past to reveal your core self. It also shows you where you seek to control others, assisting you to let that go whilst steering your own destiny. In healing, placed over the thymus, Chrysotile works on the etheric blueprint to correct imbalances and blockages that could manifest as physical disease and to heal cellular memory.

Citrine Herkimer

Chakra: solar plexus, heart

Citrine Herkimer clears away poverty consciousness and the ingrained programmes and beliefs that keep you mired in poverty, opening the way to abundance and enhancing motivation. A powerful cleanser and regenerator, this is an excellent stone for enhancing earth energies, making them sparkle, and for encouraging the ethical harvesting of the riches and resources of the environment. Placed in the ground, Citrine Herkimer purifies the creative force and encourages abundant fertility in all that grows. Worn around the neck, Citrine Herkimer is a powerful protector for the aura, subtle bodies and chakras. It can be helpful in cleansing and realigning cellular memory.



Citrine Spirit Quartz

Chakra: earth and solar plexus

Citrine Spirit Quartz brings about purification of intent and is particularly useful for accessing abundance whilst at the same time releasing any dependence on, or attachment to, material things. Promoting self-awareness, it purifies and cleanses the aura. Citrine Spirit Quartz assists you to stand centred in your power and to direct your life from that place. Used in grids, Citrine Spirit Quartz protects a house against electromagnetic smog or geopathic stress and heals disturbed earth energies. Citrine Spirit Quartz assists in conflict resolution and can be programmed to send forgiveness to those you feel have wronged you, or to ask for forgiveness.



Covellite

Chakra: third eye, sacral, solar plexus

Covellite opens a doorway to the past and to the wisdom you acquired at that time. It also helps you to release anything holding you in the past, particularly ingrained



beliefs or cellular programs. Covellite facilitates the flow of energy through cells. It harmonizes body, mind and soul and helps you to love yourself unconditionally whilst eliminating vanity.

Creedite

Chakra: throat, crown

Creedite attunes you to a high spiritual vibration and assists in clarifying channelled messages and impressions received from the higher planes. Said to assist in linking to the universal wisdom embodied in ancient texts, it enhances communication and understanding of wisdom at any level. Creedite facilitates out of body experiences, guiding the soul to its destination and promoting total recall of the experience. Orange Creedite imparts urgency to spiritual evolution, speeding up the ability to move between multidimensional levels of consciousness and attuning the physical body to the changing vibration.



Danburite

Danburite is an excellent stone for facilitating deep change and for leaving the past behind. It can act as a karmic cleanser particularly for the heart, releasing miasms and mental imperatives that have been carried forward. It starts the soul off on a new direction. Placed by the bedside, this crystal can accompany the dying on their journey beyond death, enabling a conscious spiritual transition to take place.



Datolite

Chakra: heart, third eye, crown

When meditated with, Datolite facilitates the retrieval of information encoded in the subtle DNA, retrieving ancestral patterns and events, and the soul and far memory.

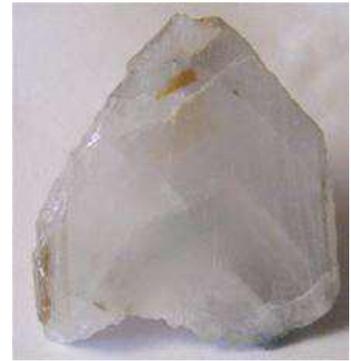


Desirite

Chakra: all

A rare stone, Desirite has been designated the "as above so below" stone, personifying the ancient astrological and alchemical doctrine of correspondence. This strongly grounding phantom nevertheless takes you to a very high vibration. Rubbing your

thumb up the crystal takes you into profound meditative states, each level can be accessed successively, the first linking to Native America and Lemuria and the phantoms acting like lift stops. Desirite is excellent for angel and ascended master work and for accessing lives far back in the history of the planet. Resonating to the master number 44, it leads into metamorphosis and multidimensional transmutation, and a re-cognition of the interweaving of the divine with the spiritual.



Desirite does not work well as part of a healing layout, it is best used alone or to align and rebalance after a healing session or to facilitate cellular memory reframing.

Dumortierite

Chakra: past life, throat, third eye, soma

Dumortierite makes you more receptive when communicating with angelic or spirit guides and sees the worth in each human being. Placed immediately behind the ear, it opens clairaudience. An excellent stone for past life work, Dumortierite takes you to the beginning of your soul journey to examine the soul contracts and agreements made over aeons of time, renegotiating these if



no longer applicable. Placed on the soma or past life chakras, it stimulates recall, assists the breaking of old ties that no longer serve, and facilitates rescinding vows. Showing you your archetypal spiritual self, it reconnects to your innate wisdom. Dumortierite is particularly useful for identifying and releasing past life cause of disease, difficult circumstances or relationships in the present life, and the patterns that underlie addictions and compulsions so that cellular memory can be programmed.

Eilat Stone

Chakra: higher heart, heart and throat

Flushing out hurt and loss, it removes detritus and toxins created from soul shattering events in current or previous lives, Eilat stone cleanses the thymus. Bringing about acceptance and inner reconciliation, it calls the fragments home and wipes the Akashic Record clean, reprogramming soul and cellular memory.



Elestial Quartz (see different types)

Chakra: crown, bridges the flow of energy between all.

A stone of change and transformation, Elestial Quartz turns confusion into illumination and sets you on your life path. Connecting to the eternal self, it links to the divine and higher planes of guidance, and opens spiritual gifts. Excellent for attuning to the eternal knowledge at the heart of the universe and within one's own soul, this



crystal takes you into other lives to understand your karma or deep into yourself to give insight into evolutionary soul processes at work. It facilitates deep karmic release and brings about core soul healing and regenerates cellular memory.

Smoky Elestial is particularly useful for gridding rooms to maintain a clean energy space and Amethyst Elestial for creating a safe and high vibrational spiritual working space.

Epidote

Chakra: heart

Not everyone responds to Epidote but it is said to increase spiritual attunement and to remove ingrained resistance to spiritual awakening. Its regenerative effect may create a powerful detoxification of negative energy from the aura, which can be experienced as a once-and-for-all catharsis or abreaction that clears the emotional blueprint and cellular memory.



Eudialyte

Chakra: heart, links base and heart, opens and aligns all

A personal power stone imbued with life force, Eudialyte expedites profound change and assists in learning from apparent mistakes. If you are angry at God, Eudialyte brings about reconciliation. Connecting spirit and mind with the emotional body, it brings about reorientation of your inner being. This stone draws together soul-companions and throws light into the reason for the reunion.



Faden Quartz

Chakra: opens all, especially crown and past life

Faden Quartz enhances self-healing and personal growth, purifies the aura and harmonizes chakra energy flow. Excellent for communication during the healing process, Faden Quartz unifies the self, encouraging fragmented soul parts to reintegrate. When working at a distance, Faden Quartz connects healer and patient. The thread simulates the "silver cord" attaching the etheric body to the physical during out of body experiences, and protects during journeying. Faden Quartz provides a link to the higher self when seeking answers. Helpful during past life regression, especially between lives, it overviews soul lessons and root causes of disease. A gap bridger, this crystal attunes the energies of a group, particularly if the intention is to heal something 'broken' or overcome conflict. If you are suffering from intense internal trauma, Faden Quartz gives you strength to overcome. It can be used to grid areas of unstable earth or physical energy.



Fairy Quartz

Fairy Quartz is a less ethereal stone than Spirit Quartz, the crystals along the laser point being tiny and less prominent and its vibrations more earthly but it nevertheless carries the vibration of Spirit Quartz. Rather than high spiritual dimensions, it links into the Faery kingdom and contacts planetary and earth devas, assisting you to unravel your family myths and the ancestral or cultural stories in which you are locked and reframe these where appropriate. This is a useful stone for families as it soothes the home



environment, removes emotional pain and quietens children after nightmares. Fairy Quartz can be used as a wand to draw out emotional or physical dis-ease or to introduce healing energy into the body, especially that of a child. This stone is perfect for programming to manifest the desires of your creative inner child.

Fenster Quartz

Chakra: all

Fenster Quartz is an excellent tool for sending healing light and for energy work that requires a high vibration. The natural etched triangle formations within the planes of Fenster Quartz can be traversed as an inner landscape for insight or meditation. This stone stimulates clairvoyance (clear seeing) and assists in healing dysfunctional patterns and outgrown emotions. It throws light on the past life or childhood causes of addiction and assists in removing them, letting go the need for "more" that so often leads to obsessions and compulsions of all kinds and reprogramming cellular memory. It is also beneficial for conditions such as obsessive compulsive disorder or Tourette's Syndrome.



Flame Aura Spirit Quartz

Flame Aura Spirit Quartz brings about a profound multidimensional energy shift, drawing kundalini energy up the spine and through all the subtle bodies. This crystal mediates its effect to provide what each individual soul needs for its evolution. With its powerful violet emanation, it harmonizes all the rays and the astrological chart. This stone assists you to "read" people. Flame Aura Quartz is a powerful initiation tool.



Fuchsite

Fuchsite deals with issues of servitude from past or present lives and reverses a tendency towards martyrdom. It is excellent for those who instantly fall into saviour or rescuer mode, whether it be to save one person or the whole, and who then quickly become a victim. It shows how to be of service without becoming embroiled in power struggles or false humility. Fuchsite shows how to do only what is appropriate and necessary for someone else's soul growth and to stand by placidly whilst they learn their own lessons. It combines unconditional love with the tough love that no longer facilitates a condition in which one appears to be 'helping' and in so doing receives great psychological satisfaction. Fuchsite releases both souls to their own unique pathway. It is particularly helpful for 'the identified patient' within a family or group situation on who dis-ease and tension is projected. Fuchsite gives the



identified patient the strength to find wellness and to withdraw from the family conflict. Fuchsite overcomes co-dependency and emotional blackmail.

Gaia Stone

Chakra: Earth, heart, harmonizes all

Gaia Stone is said to link to the devas and the *anima terra*, the soul of the earth. Use it to journey to the inner worlds of the earth and yourself.



Girasol (Blue Opal)

Chakra: third eye

An excellent visioning stone that reveals solutions to current difficulties especially where these are created by something that could not be spoken about in the past, or was suppressed through lack of confidence, Girasol enhances connections between souls and shows how these can be beneficial in the present life. Pinpointing your hidden feelings and the psychic impressions you may inadvertently pick up, it helps you to know the deeper causes of discontent, strengthens your boundaries and is extremely useful when past life experiences or injuries are affecting the present life. These can be healed through the etheric blueprint as Girasol dissolves the 'scars', allowing the physical body to release the condition and cellular memory to heal.



Goethite

Chakra: clears base and aligns all.

Goethite resonates to the master number 44, the number of metamorphosis and transmutation. This angel-attuned stone creates profound stillness that takes you to a point of non-action and non-doing. Conversely, it supplies the energy necessary for discovery and exploration of the human journey – and enjoyment of the process. Increasing divinatory powers, Goethite illuminates the future where this is helpful for your soul journey and allows you to attune to the note of the earth.



Golden Enhydro Herkimer

Chakra: solar plexus, third eyes, crown and higher crown

Containing bubbles of liquid millions of years old, Enhydros symbolise the collective unconscious underlying and uniting everything, bringing about deep emotional healing and transmutation. Golden Enhydro Herkimer is a rare stone that is incredibly energetic. An excellent developer spiritual gifts that stimulates the third eye, clearing implants eye and removing

restrictions placed on spiritual sight in this or any other life, it takes you straight to the ages-old wisdom of the Himalayas. A powerful healer for the solar plexus and for emotional disturbances that have been carried over many lifetimes, Golden Enhydro cleanses the emotional body and blueprint, creating emotional wellbeing. This stone eliminates gender confusion or ambivalence in those who have changed sex from one incarnation to another.



Green Phantom Quartz

Chakra: Earth, base, solar plexus, heart, third eye, spleen

Absorbing negativity and environmental pollutants, Chlorite-included Green Phantom Quartz clears a build up of stagnant energy anywhere in the body or environment. A large Chlorite Phantom placed point down in a lavatory cistern energetically cleanses the whole house. This stone can assist with the removal of energy implants, accessing their source in this or any other lifetime. Chlorite has strong associations with nature and with mother earth.



Halite

Chakra: Crown (varies according to colour)

Halite is a stone of purification, symbolising spiritual discernment and stimulating multidimensional evolution. Protecting against negative energies, entity attachment or psychic attack, Halite dissolves old behaviour patterns, negative thoughts. Affording effective protection at all times, Halite is said to prevent inadvertent spirit

possession. Pink Halite is a useful tool for detaching entities and spirit possessions at



all levels, and for preventing reattachment, or attachment of new. Blue Halite opens the metaphysical gates, heightens intuition and encourages mystical awareness. This stone is extremely useful for reprogramming a distorted vision of reality and for cleansing mental attachments or undue influence from the third eye.

Hematite

Hematite is particularly effective at grounding and protecting. It harmonizes mind body and spirit. Used during out of body journeying, it protects the soul and grounds it back into the body.



Hematoid Calcite

Chakra: higher crown, solar plexus, base

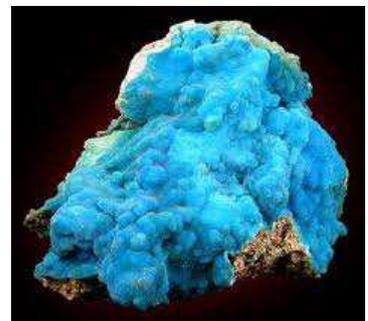
Hematoid Calcite is an excellent stone if you experience an influx of energy that needs grounding and assimilating. Simply hold it or place over the base chakra for five or ten minutes or until the energy stabilises.



Hemimorphite

Chakra: higher heart, higher crown, solar plexus, past life

Hemimorphite encourages the raising of the body's vibrations and communication with the highest spiritual levels and multidimensions. This crystal facilitates self-development in the quickest way possible so it is unlikely to create a smooth passage through life. A stone of personal responsibility, it links you to your higher self, encouraging acceptance for your own happiness or dis-ease, and teaches that you create your own reality through thoughts and attitudes. It also helps you to recognise where you fall under outside influences that do not accord with your own soul-view, and to release from these.



Icicle Calcite

Chakra: solar plexus, third eye, clears all

Icicle Calcite is a guidance crystal that increases the ability to see things in a new way and fires your creativity. Icicle Calcite is a powerful amplifier of energy with strong purifying and cleansing properties that quickly remove stagnant energies. The white portion of Icicle Calcite can be used like a wand to pull



multidimensional dis-ease, disharmony or blockages from the body and, once the crystal has been cleansed, the resulting 'hole' can be repaired and re-energised with the orange portion.

Indicolite Quartz

Chakra: third eye, throat

Indicolite Quartz has inclusions of Blue Tourmaline and meditating with it puts you in touch with your life purpose and your spiritual helpers. An excellent stone for stimulating out of body experiences and for journeying



through different realms of consciousness, Indicolite Quartz transports you to very high vibration indeed and offers you an overview of your lives and insight into why you have chosen to incarnate again. This stone is ideal for healers as it prevents negativity from sticking and assists in diagnosis and location of the site of dis-ease: the crystal "jumps" when it reaches the point of greatest disharmony. This stone should be placed anywhere there is dis-ease or congestion and cleansed frequently. It is an excellent healer for cellular memory.

Iolite

Chakra: third eye

Iolite is a vision stone. It activates the third eye and facilitates visualisation and intuitive insight when all the chakras are in alignment. It is used in shamanic ceremonies and aids journeys out of the body. In contact with the auric field, Iolite gives off an electrical charge that re-energies the field and aligns with the subtle bodies.



Jasper

Chakra: depends on colour

Jasper aligns the chakras and can be used in chakra layouts. Each colour is appropriate to a specific chakra. It facilitates shamanic journeys and dream recall. Jasper provides protection and grounds energies and the body, absorbs negative energy and cleanses and aligns the chakras and the aura. Jasper balances yin and yang and aligns the physical, emotional and mental bodies with the etheric realm. It clears electromagnetic and environmental pollution including radiation, and aids dowsing.

Kunzite

Kunzite is a protective stone, working on the individual and the environment. It has the power to dispel negativity. This stone shields from unwanted energies, providing a protective sheath around the aura, and dispels attached entities and mental influences from the aura. It imparts the ability to be self contained even within a crowd. It strengthens the energy field around the body. Clear Kunzite aids soul



retrieval work. It facilitates the journey back to the site of the soul loss and can be used as the receptacle for the soul until it is reintegrated into the body. **Yellow Kunzite** Clears aligns the chakras, restructures DNA, stabilizes the cellular blueprint. **Lilac Kunzite** is a Celestial Doorway and a symbol of infinity. It aids transition for the dying, imparting the knowledge the departing soul requires, helping them move over into enlightenment. Lilac Kunzite breaks through the barriers of time into the infinite. **Hiddenite (Green Kunzite)** connects to other worlds to assist the transfer of knowledge from the higher realms. In healing, Hiddenite aids diagnosis when gently 'combed' over the body, showing areas of weakness, coldness and dis-ease.

Labradorite

Labradorite is a highly mystical and protective stone, a bringer of light. It raises consciousness and connects with universal energies. Labradorite deflects unwanted energies from the aura and prevents energy leakage. It forms a barrier to negative energies shed during therapy. It can take you into another world or into other lives. A stone of esoteric knowledge, it facilitates initiation into the



mysteries. Labradorite aligns the physical and etheric bodies and accesses spiritual purpose. It raises consciousness and grounds spiritual energies into the physical body. This stone stimulates the intuition and psychic gifts including "right timing", bringing messages from the unconscious mind to the surface, aiding their understanding. Psychologically, Labradorite banishes fears and insecurities and the psychic debris from previous disappointments – including past lives. It removes other people's projections, including thought forms that have hooked into the aura. This stone brings up suppressed memories from the past. A stone of transformation, it prepares body and soul for the ascension process.

Lavender Quartz

Chakra: heart, throat, brow and higher crown

Lavender Quartz raises the vibration of Rose Quartz to an even higher spiritual connection. An excellent stimulator for metaphysical gifts and for interdimensional communication, it takes meditation to a new high. A stone of self re-membling and heightened self-awareness, it enables recall of what you do in all dimensions of consciousness and re-membling the vast spectrum of your spiritual self. Lavender Quartz brings about profound emotional and multidimensional healing.



Lavender-Violet Smithsonite

Lavender-Violet Smithsonite clears negative energy, aids joyful spiritual service and higher states of consciousness, giving guidance and protection. It is an excellent stone for meditation and soul retrieval and aids going back into past lives to regain soul energy that did not make the transition away from a past life death. In this respect, it can heal past life death trauma and point the way to soul healing.



Lepidolite

Chakra: throat, heart, third-eye and crown

When Lepidolite takes mica-like form its properties are greatly amplified and this is the most efficient 'mopping up' tool. Lepidolite insists on being used for the highest good. It dissipates negativity, activates and opens the throat, heart, third-eye and crown chakras, clearing blockages and bringing cosmic awareness. This stone aids in shamanic or spiritual journeying and accesses the Akashic Record. It tunes you in to thoughts and feelings from other lives that are creating a blockage in your life now. It can take you forward into the future.



Leopardskin Jasper

Chakra: base, heart, crown

Leopardskin Jasper is said to be redressing the balance between light and dark, recognising the value of dark as a complement to light rather than its enemy. It is a shape shifter's stone. Extremely helpful in assisting fulfilling karmic agreements or soul contracts made before incarnating, if those contracts are no longer appropriate this stone assists



you to rescind or renegotiate the terms and intent. Leopardskin Jasper shuts off outer vision, focussing perception, and insists you listen your own inner voice. Conversely, by mirroring the outside world back to you, Leopardskin Jasper clears ingrained assumptions and teaches you to see what *is*, assessing your situation more clearly.

Leopardskin Agate

An energetic cleansing and stabilising stone, Leopardskin Agate is beneficial for healers and counsellors who find themselves becoming over-involved with their patients or taking on their conditions as it promotes objectivity and detachment. It also protects against burnout and offers you and your patient pure unconditional love. This stone is particularly useful for working through



heavy emotional baggage, whether at a personal or cultural level and it helps to adjust to the political challenges of the modern world. If you seek to become a shapeshifter or a shaman, Leopardskin Agate can assist.

Leopardskin Serpentine

Chakra: third eye, soma, past life

Leopardskin Serpentine is a tactile stone that responds to holding rather than placement on the body. A shamanic stone, it assists you to access Leopard energy and to travel with the Leopard as a power or healing animal, or to shape shift. As such, it is of enormous assistance in reclaiming power especially where this



has been misplaced in previous lives or in other dimensions. With its powerful grounding energy, Leopardskin Serpentine keeps you earthed whilst undertaking otherworld journeys and facilitates trancework and meditation, opening a direct channel to spiritual guidance. It offers insights into why you are living the life you are

and assists with any adjustments that may be necessary to align with your soul plan for the present lifetime.

Lepidocrocite in Quartz or Amethyst

Chakra: all

A manifestation empowerment stone taking you beyond time and space to communicate with angelic realms, Lepidocrocite in Quartz assists with astral journeying by maintaining contact, via the silver cord, between the physical and etheric bodies. Protecting the soul as it travels, it ensures a smooth return, and enables insights to be brought consciously into the physical body.



Lepidocrocite in Quartz strengthens awareness of all the bodies, harmonizing the physical, etheric and biomagnetic sheaths. Used with awareness, this combination takes you forward into the future to see the effects of present actions or to the highest levels of being to meet your true self. Dissolving false self-image and delusions, it replaces this with true perception. In healing, this combination enhances transfer of Reiki energy or the rebirthing process, facilitates release of blockages, and assists with soul retrieval or house clearing.

Limonite

Chakra: sacral, base, earth

Limonite is a grounding and protective stone that stabilizes your life and stimulates your inner strength, particularly when faced with extreme conditions. Affording the physical body protection during metaphysical activities, Limonite guards against mental influence or psychic attack and psychic overwhelm.



Marcasite

Chakra: base

Marcasite expands your metaphysical abilities, especially that of spirit awareness and clairvoyance, whilst providing a psychic shield and grounding you in the everyday world. It especially assists and protects those who undertake house clearing or entity removal.



Menalite

Chakra: sacral

Menalite reminds us of the endlessly recurring cycles of life and is excellent for rebirth and reincarnation and coming to terms with death. This deeply shamanic stone has been used for aeons of time to journey to other realms and carry out metaphysical work. Many of the stones simulate power animals or the ancient fertility goddess and this nurturing stone provides a durable link to the earth mother, taking you back into her womb. It also assists in re-membering your soul. Enhancing divination and forecasting, Menalite is an excellent stone for reconnecting to the wise feminine and to the power of the priestess. It is the perfect stone for conducting the rites of the passage that mark out the transitions through womanhood.



Merlinite

Merlinite is a magical stone that holds the imprint of the combined knowledge of shamans, alchemists, magician-priests and other workers of magic. Its dual colouring blends the spiritual and earthly vibrations together, giving access to the spiritual and shamanic realms. This stone supports during shamanic practices or magical ritual. It aids reading the Akashic record, inducing travel into past or future lives to gain insight on how to live life in the



future. Moldavite

Moldavite has its own cosmic oversoul, which can put you in touch with the Ascended Masters and cosmic messengers. Holding the stone up to the light and gazing into it shifts your consciousness. This stone takes you into the highest spiritual dimensions and facilitates the ascension process. It needs to be grounded or else it can leave you spaced out and rootless. Holding a pair of Boji Stones gently grounds after spiritual experiences with Moldavite and the energies of clear Quartz stabilise its effects.



Morganite

This stone helps to recognise the escape routes, close-mindedness and egotism that blocks spiritual advancement. It assists in becoming aware of the disregarded needs of the soul. Morganite also aids in recognising unfulfilled emotional needs and unexpressed feelings. Morganite is a powerful stone for dissolving conscious or unconscious resistance to healing and transformation, clearing victim mentality and opening the heart to receive unconditional love and healing. It holds the emotional body stable while psychosomatic changes takes place.



Muscovite

Muscovite has strong angelic contact. Stimulating awareness of the higher self. this visionary stone links to the highest spiritual realms. Muscovite stimulates the heart chakra, facilitates astral travel and opens the intuition and psychic vision. Muscovite has the ability to allow recognition of the flaws in humanity and at the same time stimulates



unconditional love and acceptance. It is a reflective stone, mirroring back and allowing us to recognise our projections. Muscovite then aids in the integration and transformation of these qualities.

Muscovite releases tension within the physical body and aligns the subtle bodies and meridians with the physical body, bringing about balance.

Nebula Stone

Nebula Stone blends 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. Gazing into a Nebula Stone takes you outwards into infinity and inwards into the smallest particle of being. Ultimately, the two become one. This is a stone of non-duality and oneness. Nebula Stone can bring about profound healing at the cellular level of being.



Novaculite

Chakra: crown and higher crown, opens, energises and aligns all

Novaculite hones the spirit and the psyche and creates an intense one-pointed strongly focussed energy beam. This stone has an extremely light and high energy that facilitates angelic contact and multidimensional journeying. An excellent conductor of electromagnetic energy, Novaculite is beneficial for the etheric body and for making necessary amendments to clear dis-ease out of the etheric blueprint. It is helpful in finding the gift in any situation no matter how dire it may seem. The ultimate cord cutting tool, Novaculite glides through blockages and problems, and through the ties that etherically link people together. Used at the chakras, it cuts these cords and heals the site.



Nummite (aka Hypersthene)

Chakra: past life, soma, opens and integrates all.

Nummite is the sorcerer's stone. Scintillating flashes assist in seeing beyond the outer façade, and create an inner landscape to be traversed. A protective stone, strengthening the auric shield and effective against pollutants and sorcery, Nummite helps you to travel with stealth and sureness. It shields from sight and is a useful stone to safeguard your car. This powerful stone has an element of magic that needs to be used



respectfully, with right intention, or it could rebound. Nummite assists in recognising past life contacts and highlights karmic debts stemming from misuse of power, reminding you not to go there again. Placed on the soma chakra it draws karmic debris out of the physical and emotional bodies. With its strong electro-magnetic field, Nummite quickly restores energy and power that has been depleted by karmic debts, or other causes, and clears blockages including those that are self-imposed, reprogramming cellular memory. Severing entanglements that stem from past manipulation or incantations, Nummite removes difficulties that arise from another person's misguided sense of still needing to protect or guide you. Having cleansed the spurious sense of self that derives from those experiences, Nummite then connects you to your true self. Cutting through to your core, it allows you to reprogram your thoughts and to be responsible for your own protection. At the same time, Nummite teaches respect and honour, fulfilling obligations and promises that are relevant to life today, encouraging serendipitous synchronicity. This stone aligns the aura with the physical body, and also removes mental implants from an extraterrestrial or magical source. Nummite should be set in silver, especially for ritual working. This stone works well combined with Novaculite, which provides spiritual guidance as to its use.

Obsidian

In skilled hands, Obsidian's cathartic qualities are exceedingly valuable. It provides deep soul healing. Obsidian can aid in going back to past lives to heal festering emotions or trauma that has carried forward into the present. Obsidian is a strongly protective stone, forming a shield against negativity. It provides a grounding cord from the base chakra to the centre of the earth, absorbs negative energies from the environment and strengthens in times of need. It is helpful for highly sensitive people. It blocks psychic attack and removes negative spiritual influences. A large piece of Obsidian can be extremely efficient at blocking geopathic stress or soaking up environmental pollution but its propensity for exploding the truth out into the open has to be taken into account. Many people find its powerful effects overwhelming and prefer to choose a gentler stone for this task.

But it is extremely helpful for therapists and counsellors as it not only facilitates getting to the core of the problem but also mops up energies released as a result. One of the gentler forms of Obsidian such as an Apache Tear or Snowflake would be best for this. As Obsidian is so effective in soaking up negative energies, it is essential to clean the stone under running water each time it has been used in this way. Spiritually, Obsidian vitalizes soul purpose. It eliminates energy blockages and relieves tension integrating the psychological shadow into the whole to bring spiritual integrity. It anchors the spirit into the body.

Ocean Orbicular Jasper

Chakra: heart, solar plexus

Meditating with this stone takes you back to reclaim your wisdom or to reframe and transmute misuse of spiritual power at that time. The swirling patterns symbolises the interconnectedness of all things and remind us that nature is cyclical, rhythmical and fluid.



Opal

Chakra: third eye, crown, soma

Opal is a delicate stone with a fine vibration. It enhances cosmic consciousness and induces psychic and mystical visions. Opal is absorbent and reflective. It picks up thoughts and feelings, amplifies them, and returns them from whence they came. It is a karmic stone, teaching that what you put out comes back. Opal is a protective stone in that, when properly programmed, it makes you unnoticeable or invisible. It can be



used when venturing into dangerous places, including shamanic work where stealth is required.

Orange Phantom Quartz

Chakra: base and sacral, solar plexus, third eye, heart.

A strongly energising and rejuvenating crystal containing Carnelian, Orange Phantom is overcomes an addictive personality ending the constant search for "more" and focussing on recovery. It enables you to journey to contact your higher self and to access who you really are.



Oregon Opal

Chakra: throat, solar plexus, heart

A highly spiritual stone that carries the vibration of cosmic consciousness and facilitates moving between dimensions, Oregon Opal assists in past life exploration and is an extremely effective tool for releasing old grief, trauma and disappointment. This stone searches out lies, both those from other people and those arising from our own self-deceptions and delusions.



Peach Selenite

Chakra: all, especially solar plexus and sacral

Peach Selenite is a powerful cleanser and healer and is the perfect accompaniment for those who are immersed in old emotional trauma and who need to re-view their lives particularly if circumstances have necessitated a trip into the underworld. Drawing out issues of abandonment, rejection, alienation and betrayal, no matter when those occurred, Peach Selenite transmutes the energy into healing, forgiveness and acceptance. Symbolising the transmuting fires of the planet Pluto and the earthy wisdom of his wife Persephone, Peach Selenite is the perfect accompaniment for an evolutionary jump into self-awareness and new life. This is a stone that affords deep insight into the cycles of birth, death, and rebirth and which opens the priestess in every woman. It is perfect for thanksgiving moon rituals at times of transition such as puberty or childbirth.



Petalite

Chakra: Crown and higher crown

Petalite opens to cosmic consciousness and aids in spiritual purification. This is a protective stone that enhances meditation and attunement. It takes you to a very calm and clear spiritual dimension from which causes can be ascertained and transmuted. It is particularly useful for ancestral and family healing as it reaches back to a time before the dysfunction arose. It provides a safe environment for spiritual contact or for a vision quest. It activates and energises the process, and at the same time grounds during spiritual activity. This stone calms the aura and opens the throat and higher crown chakras, linking to high spiritual vibrations. It moves you beyond your present metaphysical abilities, linking to the highest levels of spiritual knowing, and facilitates speaking of what one sees during spiritual visions. It can be used to release negative karma and to clear entities from the aura or the mental body. It is extremely helpful during tie cutting as it brings the higher selves of each person into the process and neutralizes manipulation at any level. Carried on the body, Petalite constantly energises and activates all the energy centres of the body at every level. It enhances and energises the environment in which it finds itself.



Phantom Quartz

Chakra: Varies according to colour.

Symbolizing universal awareness and the many lifetimes of the soul, Phantom facilitates transitions. A multi-layered Phantom takes you travelling through many dimensions or into your innermost self, stripping away the layers to reveal your core. Stimulating healing for the planet and rejigging detrimental landscape patterns, it activates healing ability. Accessing the Akashic Record, reading past lives and recovering repressed



memories to put the past into context, Phantom takes you into the between-lives state to discover current soul plan and assess the next step, or to access healing the physical body through the etheric

blueprint. A Phantom reconciles you to your shadow. Multi-layered White Phantom Quartz considerably expands the transmission light and information between higher realms and the earth, opening the recipient to receive healing across immense distances. White Phantoms have been used for psychic surgery and to remove impacted layers of karma opening the way for the karma of grace to operate and for cellular memory healing to occur.

Phenacite

Phenacite is purifying and integrating, bring the spiritual vibrations down to earth. It resonates with the etheric body, activates the light body and aids the ascension process. This crystal heals the soul and purifies the subtle and physical bodies to provide a suitable vehicle for it. Its energies are only available to those who have prepared themselves by shifting their personal vibration to a higher level. Phenacite has a strong connection with all the chakras and imparts knowledge on how to heal and activate them all.



Pietersite

Chakra: past life

Pietersite is a stone of vision and can be used for a vision quest or shamanic journey. Reminding you you are a spiritual being on a human journey. Centering in the spiritual being, Pietersite 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 and the insights on your incarnations that are to be found there. It works strongly with the body in moving meditations, quickly accessing a very high state of altered awareness. It stimulates the third eye and the pineal gland, accessing the intuition and promoting profound spiritual visions and precognition. It dissolves stubborn blocks and clears confusion. Used in past life healing, Pietersite removes dis-ease caused by not following one's own truth. It releases mental and verbal conditioning, beliefs imposed by all and any authority figures in the past, and dispels spiritual illusions. It can release you from vows and promises made in other lives that have carried over into the present life.

Pink Crackle Quartz

Chakra: solar plexus and heart.

A useful adjunct to Reiki healing, facilitating contact with your higher self, this stone can also be used to heal an abused or emotionally damaged child.



Pumice

Chakra: higher heart (thymus)

Pumice is a powerful healer in certain situations. Placed over the thymus, it releases old pain held in the heart and gut, and heals longstanding emotional wounds and reprograms emotional cellular memory. Pumice can be used after treatment to cleanse negative energy from the therapist.



Pyrolusite

Pyrolusite is an extremely useful stone to place in your immediate environment or meditation space. It repels negative energy and dispels psychic interference from any source, strengthening the aura in the process. It can prevent undue mental influence from someone with a strong mind, dissolve emotional manipulation, and provide a barrier to the attentions of those who inhabit the lower astral worlds.



Quartz

Clear Quartz works on all levels of being. Storing information like a natural computer, these crystals are a spiritual library waiting to be accessed. Quartz has the ability to dissolve karmic seeds. It enhances psychic abilities and attunes you to your spiritual purpose. (See different types of Quartz).

Quartz with Mica

Chakra: third eye, crown, aligns all

This ancient shamanic stone heightens intuition and the ability to act on this in a practical manner. If you wish to sharpen your dreamwork, perception or progression along the spiritual path, Quartz with Mica assists by heightening



connection to your spiritual self, facilitating transmutation and connection to unconditional love and enhancing ability to distinguish true intuition from instincts and compulsions of the sub-conscious mind or unconscious longings of the emotional self. Quartz with Mica heightens the energetic response to acupuncture and acupressure. Passing Quartz with Mica around the body identifies and seals the site of energy leakage and transmutes negative energy held in the chakras or aura. It is excellent for cellular memory healing.

Quartz on Sphalerite

Chakra: base

A powerful energy cleanser that removes mental overload, Quartz on Sphalerite facilitates journeying. The Sphalerite component helps you to recognise deceit and to ascertain whether channelled, or other information is 'truth' or deception. This stone aligns the etheric bodies with the physical so that information is more readily available. Sphalerite anchors those for whom the earth is not their natural home into incarnation, making them feel more comfortable. Quartz on Sphaelerite helps with gender alignment especially where the soul inhabits a different sexual body from the last incarnation.



Rainbow Moonstone

Chakras: all

Rainbow Moonstone houses a spiritual being that carries the vibration of cosmic light and offers spiritual healing for the whole of humanity. As with Moonstone, this stone is powerfully attuned to the cycles and phases of the moon and may need to be removed at full moon. Rainbow Moonstone reminds you that you are part of an ongoing, ever unfolding cycle and links you into your overall lives-plan as well as the current lifeplan. It helps you to see the unseen, to intuitively read symbols and synchronicities, and open to spiritual gifts. If you are highly sensitive, Rainbow Moonstone may leave you open to psychic or emotional overwhelm from other people and may need to be removed when in crowd although it can help with insight in the appropriate circumstances.



Rainforest Jasper

Chakra: earth, base and spleen

Inhaling the aroma of Rainforest Jasper immediately connects you to nature. A natural healer, especially for cellular memory, it draws your attention to the action of plant and re-activates herbal healing knowledge from the far past. It passes on knowledge, especially through the female line, accessing ancestral matriarchs to reconnect to the family myths by which they lived. If you are lost at a soul level, this stone takes you back to your roots to re-anchor yourself and reassess your situation objectively. Rainforest encourages



emotional balance and, with its ability to pause the mind, this is a 'stone of being' that allows you to move effortlessly back into balance, and to accept yourself as you are without needing to change.

Red Feldspar with Phenacite

Chakra: third eye, higher heart, higher crown

The spirit of this stone is joyful, reminding you that spiritual evolution and life on earth do not have to be taken too seriously. It accompanies you back into a dream pointing out the deeper implications as you go, reworking the dream to bring about a fruitful outcome. The Feldspar constituent of this stone is extremely helpful in letting go of the past and especially of ingrained mental and spiritual patterns from past lives, reprogramming cellular memory and enabling the Phenacite to open the way to a much more dynamic way of being.



Red Phantom Quartz

Chakras: base, sacral, solar plexus

A useful stone for removing energy implants and healing "gaps" in the aura, this phantom revitalizes the lower chakras and synthesizes these with the solar plexus to support creativity. Releasing emotional pain or past life trauma, it heals emotional dysfunction. Red Phantom imparts tranquillity to your mind and energises the physical body. It heals your inner child by allowing you to feel what had to be blocked out and repressed in childhood in order to survive and to reconnect to your joy – additional stones may be required to fully heal the child.

Reversed Orange Phantom Quartz

Chakras: base and sacral

Orange Phantom offers clarity into one's own inner workings and into the true meaning of the universe. Helpful in diagnosis as it takes you into the physical body to the site and subtle cause of dis-ease, It is useful when you need to take control of your life or require long term sustenance and vitality.

Rhodochrosite

Chakra: heart

Rhodochrosite is an excellent stone for the heart and relationships, especially for people who feel unloved. It is the stone *par excellence* for



healing sexual abuse. Rhodochrosite attracts a soulmate but this may not be the blissful experience one hopes for. Soulmates are the people who help us learn our lessons in life and this is not always pleasant but it is for our higher good.

Rhodonite

Rhodonite clears away emotional wounds and scars from the past – whenever that might be – and brings up painful emotions such as festering resentment or anger for transmutation. This stone has a strong resonance with forgiveness and assists in reconciliation after long term pain and abuse. It can be used in past life healing to deal with betrayal and abandonment. With its ability to promote unselfish self-love and forgiveness, it helps in taking back projections that blame a partner for what is really inside oneself.



Rhyolite

Rhyolite facilitates change without enforcing it, assists in fulfilling quests and facilitates *knowing* from a soul level. It can access karmic wisdom. Strengthening soul, body and mind, Rhyolite is immensely helpful when exploring the full extent of one's self. This stone facilitates a deep state of meditation in which inner and outer journeys may be made. A useful stone for past life healing, Rhyolite processes the past and integrates it with the present. It brings things to a resolution, no matter where the source may have been and actively encourages moving forward. This is an excellent stone to keep you anchored in the present moment rather than harking back to the past.



Ruby Aura Quartz

Ruby Aura Quartz cleanses the base chakra of old survival issues and abuse, bringing in passion and vitality, and activates the wisdom of the heart. Spiritually uplifting, it opens to Christ consciousness. This is a protective crystal against aggression and violence.



Ruby In Zoisite (Anyolite)

Ruby in Zoisite activates the crown chakra, creates an altered state of consciousness and facilitates access of soul memory and spiritual learning. It can be extremely helpful in soul healing and in past life work. This stone has the unusual property of promoting individuality whilst at the same time retaining



interconnectedness with the rest of humanity. It powerfully amplifies the biomagnetic field around the body.

Rutile

Chakra: sacral

Rutile is often included within other crystals to which it imparts an ethereal vibration that enhances out of body journeying, psychic protection and angelic contact. A powerful cleansing crystal, it purifies the biomagnetic sheath, bringing it into balance with the physical body.



Going directly to the root of a problem, Rutile heals psychosomatic dis-ease and pinpoints karmic causes of chronic illness and reprograms cellular memory.

Rutilated Quartz

Rutilated Quartz is said to have a perfect balance of cosmic light and to be an illuminator for the soul, promoting spiritual growth. It cleanses and energises the aura. This stone aids astral travel, scrying and channelling. It facilitates contact with the highest spiritual guidance. It draws off negative energy and breaks down the barriers to spiritual progress, letting go of the past. Rutilated Quartz is helpful for therapists and counsellors as it filters negative energy from a client, and at the same time supports their energy field during emotional release and confrontation with the darker aspects of the psyche. It gives protection against psychic attack. Rutilated Quartz can be used in past life healing to draw off dis-ease from the past and to promote insights into the events in past lives that affect the present. It assists in moving to a core life to access causes and to understand the results of previous actions. It connects to soul lessons and the plan for the present life.



Shift Crystal (Quartz)

Chakra: heart, higher heart, third eye, crown and higher crown

A Shift Crystal does exactly what the name suggests: it shifts you into a new space and accelerates your spiritual growth. It is the perfect stone to take into meditation or to place under your pillow at night but you need to be ready



to take whatever a Shift Crystal offers. There is no going back with this crystal and its effects can be dramatic, traumatic and overwhelming as it shifts you onto your soul

path, opens healing potential, and clears the evolutionary way forward. Other stones may be needed to help assimilate the changes it creates in your life.

A Shift Crystal can greatly amplify Reiki healing, strengthening healer and patient and can be programmed to carry the symbols during and after a session or to reprogram cellular memory.

Shiva Lingam

Chakra: base and sacral

Shiva Lingam is used to raise and control kundalini energy and to facilitate spiritual evolution. This stone has been sacred for thousands of years as a symbol of sexuality and potent male energy. Excellent for sexual healing, it facilitates union of opposites such as masculine and feminine or body and soul. Suitably programmed, a Shiva Lingam severs etheric sexual connection after a relationship has ceased and removes hooks from vagina or uterus, re-energising the base chakras and opening the way for a new relationship.



Sichuan Quartz

Chakras: all, connects third eye and crown

Energetically combining Herkimer and Tibetan Quartz, and carrying an extremely high, sparky vibration, this Chinese Quartz rapidly opens psychic and inner vision. Harmonizing the subtle bodies with the physical, it bridges energy gaps along the chakra line. This rarified and yet grounded Quartz has a centred energy that



passes into the body and the personal self, bringing about deep healing of the aura and etheric blueprint from which the present physical body devolved. Beneficial and insightful if held by a healer or past life therapist whilst working with a client, it accesses the Akashic Record putting you in touch with ancient Chinese wisdom, or highlighting the past life reasons for dis-ease or karmic lessons being dealt with in the present life.

Silver Sheen Obsidian

Chakra: third eye

Silver Sheen Obsidian enhances meditation, it provides a mirror of inner being. It is helpful stone when journeying out of the body as it connects the astral body with the

physical body and so brings the soul back.

Smoky Amethyst

Chakra: third eye, soma, past life, higher heart and throat

Smoky Amethyst has a two-way charge that earths and allows access to the highest levels of awareness, focusing powerful energy into the body. An extremely efficient stone for entity clearing, especially at the third eye, this gatekeeper protects against psychic attack and alien invasion, repelling negative energy whilst calling in positive and, placed on the soma chakra, attunes you to your pure spiritual self. Clearing the higher heart chakra and opening the throat chakra, it facilitates expression of your own truth. Raising your vibrations, shielding and screening you from background psychic interference, Smoky Amethyst holds a light while you are working in the shadows or underworld. It empowers you to shift ingrained past life trauma or soul splits and reprograms cellular memory. This stone contacts angelic helpers, assisting with disconnection between those who have previously made a mystic marriage and remain intertwined at the higher chakras. Smoky Amethyst gently disentangles energetic connections, sealing against reconnection.

Smoky Citrine

Chakra: Earth and solar plexus

Smoky Citrine does not hold negative energy, instantly transmuting it. This stone is excellent for enhancing psychic abilities and grounding them in everyday reality and for removing blockages from your spiritual path. It is a useful stone for removing vows taken in other lives, especially those of poverty and chastity. Smoky Citrine clears away any beliefs and thought forms that keep you mired in poverty, opening the way to abundance. This stone purifies the etheric blueprint and removes the effects of detrimental attitudes from the past. This stone also assists you to move out of circumstances or an environment that does not allow you to expand.

Smoky Elestial

Chakras: base, cleanses all

Smoky Elestial contacts beneficial helpers in the spirit world to guard and guide you whilst you travel the multidimensional planes of existence. Protective, grounding and energetically cleansing, this intense stone takes you into past lives to reclaim your power, purify negativity and release from anyone who has enslaved you. It releases



karmic enmeshment and magical rituals that no longer serve. Particularly useful during reframing and past life healing, it works equally well in present life adjustments, creating profound multidimensional cellular healing especially combined with Amethyst. A Smoky Elestial is an extremely efficient tool for mopping up negative energy and healing its effects, pulling past life trauma out of the current physical body, and healing the etheric blueprint and aura. This stone cleanses and heals the ancestral line of trauma and emotional pain.

Smoky Herkimer

Chakra: earth and base.

Smoky Herkimer is an excellent psychic clearing tool and an earth healer. It protects against electromagnetic or geopathic pollution and draws its effects out of the subtle bodies.

Smoky Phantom Quartz

Chakra: past life

Smoky Phantom Quartz takes you back to before you left your soul group and links into the purpose of a group incarnation. Assisting you to attract members of your soul group to fulfil your karmic or spiritual task, if negative energies have intervened in the group purpose, Smoky Phantom takes it back to the original intention. This Phantom takes you to before a personal problem or pattern originated reconnecting to wholeness and bringing that forward. Smoky Phantom also accesses shaman or wise woman lives, activating your karmic wisdom.



Smoky Rose Quartz

Chakra: Heart and higher heart

Smoky Rose Quartz dissolves provides a protective shield to allow healing to continue. This beautiful stone keeps your environment pure, quickly transmuting negative energy and replacing it with love. The perfect stone to accompany anyone who is frightened of death or dying, it should be placed by bed or under the pillow.

Smoky Spirit Quartz

Chakra: base and third eye

Strongly protective, grounding and cleansing, Smoky Spirit Quartz promotes multidimensional cellular healing and integration. This stone is a most effective psycho-pomp, conveying the soul safely to the next world. As it does so, it cleanses the subtle bodies, removing layers of karmic and emotional debris to reprogram cellular memory, ensuring a good rebirth. In a similar way, it is beneficial for any work that entails visiting the underworld or exploring the subconscious mind as it cleanses and releases deeply held emotions and states of dis-ease or traumatic memories including those that have passed down the ancestral line. Such work may need to be under the guidance of a practitioner as it may create catharsis. Smoky Spirit Quartz can be used to stabilise and purify areas of environmental imbalance or pollution no matter what the cause.

Snakeskin Agate

Chakras: base and sacral

With its serpent symbolism, placed on the lower chakras, this stone activates kundalini rise and instigates rebirth. One of the stones of invisibility and a natural shape shifter, Snakeskin helps you to blend in and travel without being seen in both the physical and spiritual worlds and is a useful accompaniment for soul retrieval in the lower realms. It can also lend you the cunning of a serpent in handling devious situations. It is an excellent stone when you need to 'shed a skin', clearing negativity and the past.



Starseed Quartz

Star Seed is reputed to be the perfect crystal for galactic and interdimensional communication. It is also said to put you in close touch with the ancient civilisation of Lemuria. Peppered with indentations that look like a star map, Starseed assists in discovering which star your spirit is associated with. Like an etched crystal, Starseed can be read to rediscover ancient knowledge and your purpose in incarnating. It carries Green Tara energy and can take you to a Shamballah-like state that carries exception clarity and goes to pure form. It connects and realigns to the blueprint that informs the etheric blueprint. Used in conjunction with Sugar Blade Quartz it activates the unmanifest, bringing heart and soul into unity.



Star Hollandite Inclusion Quartz

Chakras: balances all

Star Hollandite brings a depth and stillness to meditation that takes you into the oneness of all things. It is an excellent stone if you want to stimulate contact with the stars, star beings, star lore or universal wisdom. This stone can take you back to view the origins of ancient Egypt and the intervention of the star people in its development.



Stibnite

Chakra: base, sacral, soma, solar plexus

Stibnite carries the energy of wolf, facilitating journeying with this shamanic power animal. In meditation, Stibnite forms an energetic shield around the physical body and is an excellent stone for separating out the pure from the dross, and for releasing entity possession or negative energy. This stone works brilliantly to help you to see the gold in your own centre, and to find the gift in difficult experiences. Assisting in eliminating 'tentacles' from clingy relationships that penetrate the auric or physical bodies, especially after physical separation, it can be helpful in tie cutting rituals and past life releases. Stibnite is particularly useful in situations where you find it difficult to say no to a former partner – although, having tie cut, when you next hold Stibnite it may stimulate a situation that tests out that the cutting is complete.



Sugar Blade Quartz

Chakra: soma

Sugar Blade Quartz is the stone for extraterrestrial and star contact, encouraging space ship landings if gridded around a site. If you wish to share the teachings of our neighbours in the universe, or to know which star you hail from, this crystal takes you to a place of communication and connection. If you wish to know about your own true self, place Sugar Blade Quartz on the soma chakra. It will help you attune to the breadth your core spiritual identity and reflect this out to the world. Sugar Blade Quartz carries the life force energy and a hologram of your multidimensional bodies. It aligns to and engages with the 'I am' principle and can assist in choosing a life direction, showing which door to open.



Sugilite

Sugilite teaches how to live from one's truth and reminds the soul of its reasons for incarnating. It accompanies moving into past lives or the between life state to retrieve the cause of dis-ease. This stone finds answers to all the great questions of life such as "Why am I here?", "Where did I come from?" "Who am I?" and "What else do I need to understand?" It is a useful accompaniment to spiritual quests of all kinds. This loving stone protects the soul from shocks and disappointments and relieves spiritual tension. It helps sensitive people and light workers adapt to the earth vibration without becoming mired or despondent. It can help to bring light and love into the darkest situations.



Super 7

Chakras: harmonizes all

Zodiac sign: unites all

Reported to have the highest vibration of any crystal yet found, radiant Super 7 is a spiritual powerhouse with exceptional clarity. Shifting the vibratory level of the planet and everything upon it, this stone can be programmed to bring about a radiant future. Many pieces of Super 7 carry a spiritual being within them that links to the highest sources of guidance and inspiration. Never requiring cleansing or reenergising, it supports and heightens the vibration of any other crystal in its vicinity. This stone purifies, balances and energises all the chakras and the auric bodies, aligning them to the most refined spiritual vibrations. Points can be used to pull stagnant energy out of the body, or to grid areas of disturbed earth or community energy.



Tangerine Quartz

Tangerine Quartz (naturally coated transparent orange) is an excellent stone to use aftershock or trauma, especially at the soul level. It can be used for soul retrieval and integration, and to heal after psychic attack. Tangerine Quartz can be used in past life healing and is beneficial where the soul feels it has made a mistake for which it must pay. The soul learns to find the gift in the experience.



Tanzanite

Chakra: all, especially crown and higher crown to base, throat

With a high vibration that facilitates altered states of consciousness, inner and outer journeying, metaphysical abilities and profoundly deep meditation, Tanzanite links to the angelic realms, spirit guides, Ascended Masters and Christ consciousness. Facilitating living consciously in the now, Tanzanite opens subtle chakras on the aura to access the next level of spiritual evolution. Downloading information from the Akashic Record, combined with Iolite and Danburite, Tanzanite brings about multidimensional cellular healing.



Tanzine Aura Quartz

Chakra: higher crown, opens and aligns all.

A mystical new Aura Quartz alchemicalised from Indium, a rare metal that falls at the centre of the periodic table, Tanzanite brings about multidimensional balance. Opening and aligning the highest crown chakras way above the subtle bodies, this delicate crystal draws cosmic energy into the physical body and to earth. It has a powerful regulatory effect on the pituitary, hypothalamus and pineal glands bringing about profound spiritual interconnection and physical equilibrium.



Tourmaline

Chakra: depends on colour

Tourmaline cleanses, purifies and transforms dense energy into a lighter vibration. It grounds spiritual energy, clears and balances all the chakras, and forms a protective shield around the body and affords protection during rituals. Natural Tourmaline wands are useful healing tools. They clear the aura, remove blockages, disperse negative energy and point to solutions for specific problems. They are excellent for balancing and connecting the chakras. At a physical level, they rebalance the meridians. Tourmaline has a strong affinity with the devic energies and is extremely beneficial for the garden and plants.



Tree Agate

Chakra: higher heart

This stone assists in making a powerful connection to the nurturing energy of nature and nature spirits, restoring and reviving vitality and perseverance, and enhancing rapport with living things.



Turquoise

Turquoise is a most efficient healer, providing solace for the spirit and well being for the body. It is a protective stone and has been used for amulets since time began. Turquoise promotes spiritual attunement and enhances communication with the physical and spiritual worlds. Placed on the third eye, it enhances intuition and meditation. On the throat chakra, it releases old vows, inhibitions and prohibitions, and allows the soul to express itself once more. It explores past lives and shows how the creation of our 'fate' is ongoing and depends on what we do at each moment. Turquoise is a purification stone. It dispels negative energy and clears electromagnetic smog, providing protection against pollutants in the environment. It balances and aligns all the chakras with the subtle bodies and attunes the physical level to the spiritual. In traditional thought, Turquoise unites the earth and the sky, bringing together male and female energies.



Vanadinite

Vanadinite is an excellent stone for people who have problems accepting their physicality. It has a strong connection with the earth chakra beneath the feet. Grounding the soul into the physical body and assisting in being comfortable in the earth environment, Vanadinite guards against squandering energy and teaches how to conserve energy at the physical level. Shutting off mind chatter, it can facilitate a state of 'no mind' or be used to consciously direct awareness for psychic vision and journeying. It has the power to open an internal channel within the body to receive an inflooding of universal energy. This energy aligns the chakras and brings the higher self into the physical body, facilitating a deep inner peace.



Vera Cruz Amethyst

Chakra: all, especially third eye and crown or higher crown.

Vera Cruz Amethyst is said to instantly take you into a beta brainwave state, facilitating meditation, trance and spiritual journeying and enhancing divination skills. It is a powerful tool for shamanic working at high levels, facilitating accessing the vibratory planes where souls meet and merge in oneness. The type of Amethyst can bring about profound interdimensional cellular healing.



Vivianite

Chakra: earth, crown, third eye, soma

Vibrant Vivianite is a useful auric cleanser as, with its strong drawing power, it sucks out excess stimulation and negative energy replacing it with peace and calm. It reverses the spin of the crown chakra if required, bringing in a base note and connecting to the subtle body of the earth. This stone is the perfect adjunct to healing visualisations and to ritual working at a distance as it brings the souls together and enhances the effect.



Vivianite also works with the third eye also to sharpen intuition and to act as a guide when travelling through the multidimensional planes of reality. Vivianite's sparkling planes assist with dreamwork, drawing you back into the dream to find a deeper understanding and to rework the dream creatively to provide healing and insight.

Wavellite

Chakra: past life, soma, heart, higher heart, solar plexus

Wavellite is an excellent stone for emotional healing and for clearing the effects of trauma or abuse from the emotional body, whether from the present or previous lives. It facilitates deep soul healing and provides an overview of situations and attitudes that lead to disease, reprogramming cellular memory. This stone assists in maintaining health and wellbeing. Said to be



at its most effective at the new moon, Wavellite can be used as a meditation tool at this time to access deep core issues and to intuitively know the way forward. If you need an overview of a situation before making a move, hold Wavellite, which will also assist you to manage challenging situations with ease.

White Spirit Quartz

Chakra: Crown, cleanses all

Spirit Quartz is an exceedingly spiritual stone that embodies all the energetic properties of Quartz. This uplifting stone radiates high vibration energy out in all directions whilst the core crystal tightly focuses healing that reaches multi-dimensions and reprograms cellular memory. Carrying the gifts of the spirit and enhancing metaphysical abilities, Spirit Quartz assists at death guiding the soul through different dimensions of the afterlife to the highest possible vibration and into the hands of those who are waiting to welcome it home. It provides comfort to those who are left behind, and is excellent for obtaining an overview of any situation. Spirit Quartz can take you to meet the spirits of your ancestors and those of the planet, and can be programmed for ancestral healing. Encouraging insightful dreams, it is helpful in dream and metaphysical work, especially for reframing the past. Carrying the vibration of universal love, this crystal is extremely beneficial in past life healing as it rejigs the etheric blueprint for the present life. Pinpointing significant karmic connections and the gift or karmic justice in traumatic situations, it promotes self-forgiveness. A stone of non-duality that perfectly balances and blends male and female, yin and yang, Spirit Quartz facilitates the transition between different types brain waves, facilitating combination states, and stimulating heightened awareness and psychic perception. Group orientated, Spirit Quartz is particularly useful for those who give service, especially as part of an organisation, as it synthesizes group efforts and can be programmed to bring about productive harmony within members. Facilitating spiritual or healing groups, it provides insights into problems experienced within a community or a family, and can be programmed to alleviate these. Spirit Quartz cleanses other stones and enhances their energy in a healing layout. It stabilises earth energies.

Wulfenite

At a spiritual level, Wulfenite facilitates moving easily and quickly from the physical level to the psychic, intuitive or spiritual levels. It is said to access the past, present and future and to aid communication with those states. It facilitates contact and communication with the spiritual world, opening a channel to bring spiritual vibrations down to earth. If you have made an agreement with another soul that you will meet up in

the present life, Wulfenite facilitates recognition of that soul and attunement to the reasons why you arranged to meet. It bonds the souls together whilst the purpose or lesson is carried out and then releases when appropriate. Wulfenite is a stone which



can be used for white magic, supporting and enhancing ritual working and journeying, and regaining magical knowledge which one had in other lives. This knowledge can then be put into practice in the present.

Such knowledge may come from the temples of ancient Egypt or Greece or from the more recent past. If someone has suffered at the hands of the orthodox church for beliefs connected with magic, then Wulfenite helps to heal the experience, making it feel safe to practice once again.

Yellow Phantom Quartz

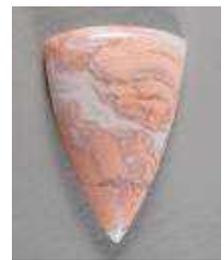
Chakra: Third eye, crown, past life and solar plexus

Yellow Phantom assists the mind to recall and reorganise memories and thought patterns. This Phantom efficiently removes mental attachments created in this life or any other.

Youngite

Chakra: solar plexus, heart

Youngite accesses different plane of consciousness, taking you to a space without thought where souls meet and merge. From this space it links to other planes of existence touching supraconsciousness and all that it offers. Excellent for inner child work, Youngite reconnects to the joyous, innocent child that lies within everyone and the creative power that child offers. Healing wounds from childhood, Youngite is useful in soul retrieval and reintegration work as it gently coaxes back childish soul fragments that split off through joy or trauma.



Enjoy your journey ...