

## The A-Z of Crystals and their Powers

**ADAMITE:** Instills one with courage to pioneer into the unknown and stimulates the conduct of business and attainment of the material aspects of this reality. It also provides strength for dealing with emotional issues.

**AEGIRINE:** Provides strength for one to be true to oneself. It dispenses the effects of group pressure. It is excellent for energy generation, concentrating positive energy in an area and to interact with all who are present.

**AGATE:** Balances the physical, emotional and intellectual bodies. Balances and cleanses aura. Eliminates negativity. Stimulates analytical abilities and perception. Has been reported to strengthen sight and promote marital fidelity.

**AGATE - BLUE LACE:** Can help one to reach extremely high spiritual places. It contains the qualities of flight, air, movement and grace. It is a highly inspirational influence when used for inner attunement.

**AGATE -BOTSWANA:** Enhances creativity and helps one to release the emotional nuances, which have been repressed. It also helps one to look toward the solution, rather than dwell on the problem.

**AGATE-CRAZY LACE:** (aka Mexican Lace Agate) Can be used to help one reach extremely high physical levels. It is also quite helpful during physical bio-rhythmic “lows”, to bring the physical energies into a balanced and steady state.

**AGATE-MOSS:** Helps to improve ego and self-esteem, providing emotional balance and strengthening of positive personality traits. Can be used to communicate between plant and mineral kingdoms.

**AGATE-TREE:** Similar to moss agate. A stabilizing stone strongly connected with nature. Said to refresh the soul and enable you to see the beauty in all you behold. Extremely beneficial for anybody associated with agriculture.

**AMAZONITE:** Brings peace and eliminates aggravation. Soothes emotions, worries and fears. Soothes nerves and dispels negative energy. Soothes the chakras. Enhances communications concerning love.

# Dimensional Connections

**AMBER:** Actually fossilized tree resin, cheering and joyful, repels spiders and is a powerful healer. It stimulates intellect, purifies birthing rooms (when burned). Used to assure vows and promises.

**AMETHYST:** Stone of spirituality and contentment. Provides a clear connection between the earth plane and other worlds clears the aura, brings peace, stability and strength. Excellent for meditation, releasing addictions and migraines.

**ANDALUSITE:** Assists one to look at issues rationally by helping one to see the various sides of a problem or situation. It is a stimulant to memory and recollection, and awakens the inner knowledge and connection to ancestral awareness from the spiritual plane.

**ANGELITE:** Discovered in Peru at the time of the Harmonic Convergence and is a symbol of the verbalization and communication of love and light to the world. It provides a protective shield around the physical body and environment and enhances telepathic communication.

**APACHE TEAR:** A variety of obsidian (volcanic glass) traditionally considered to be the tears of Native American women. It has been used to comfort in times of grief; it "sheds" the tears for one in times of sorrow.

**APATITE:** is attuned to healing, storing information, communicating, balancing energy, and teaching. Can stimulate intellect and dissolve negativity. Use apatite with other crystals to enhance results.

**APOPHYLLITE:** Has been used to facilitate astral travel and connection to the higher dimensional life forms. Used as a 'gazing' tool to look into the future. Can stimulate intuitive vision when placed on third eye.

**AQUAMARINE:** Stone of "courage". Accelerates the intellectual reasoning processes. Provides shielding for aura and subtle bodies. Was used to guard against injury in battle. Aligns chakras. Assists judgmental people to become tolerant.

**ARAGONITE:** Provides for ease of centering oneself and is especially helpful during periods of stress and anger, or during the preparation for the state of meditation.

**ATACAMITE:** A newly discovered crystal, which forcefully opens the third eye, creating powerful visual images and a strong spiritual connection. Despite its forcefulness, it is a safe crystal to use to stimulate visualization.

# Dimensional Connections

**ASTROPHYLLITE:** The crystalline structure exhibits the properties of facilitating astral travel, of providing a method to view one from the outside, and increasing self-esteem. It allows for the recognition that one has no limitations.

**AURORA QUARTZ:** Activates and enhances the pineal and pituitary glands. Helps one transcend the sense of separateness; dissolving personal boundaries and assisting in the alignment with the Divine Source. Emotional balancer. Raises self-esteem. Receives, activates, transmits and amplifies energy.

**AVENTURINE:** Clears, activates and protects heart chakra. Balances the male/female energies. Amplifies decisiveness, motivation and leadership qualities, augmenting the "pioneer" spirit. Protects energy from others 'tapping in'.

**AVENTURINE - RED:** Reinforces leadership qualities and decisiveness. Promotes passion and empathy and encourages perseverance. Protects the heart chakra from losing energy to people who are energetic vampires.

**AXINITE:** Has been useful in helping one to submit gratefully to changes. It inspires friendship, exhibiting energy, which is conducive to stabilizing relationships.

**AZURITE:** Known as a 'stone of heaven'. It stimulates the pursuit of the heavenly self, providing for guidance via the third-eye and allowing for precise verbalization of psychic experiences. Excellent for stimulation of third eye.

**BARITE:** Enhances friendship, harmony, and love, and can provide insight into the "relationship connection". It also initiates independence and motivation; assisting one in attaining personal freedom from the "requirements" of others, as well as from oneself.

**BLOODSTONE:** Intense healing stone. Grounds lower chakras. Renews and revitalizes not only physical, mental and emotional bodies, but also renews friendships, love and relationships. Used to neutralize toxins and purify blood.

**BLUE CALCITE:** \* A gentle stone for recuperation and relaxation. Gently soothing the nerves and lifting anxieties, it releases negative emotions. Used on the throat chakra, it aids communication, especially where there is dissent.

**BLUE QUARTZ:** Activates the throat chakra and promotes the speaking of that which is on the mind. It assists one in removing the fear of reaching out to others and brings stimulation to new relationships.

**BOJI STONE:** Primarily pyrite, with traces of palladium, an excellent healing mineral. Use to balance the male and female sides of the body, remove blockages and assist in grounding. Facilitates the growth of plants and aid telepathic communication with plants and animals (Use as elixir as they will disintegrate in the garden)

**BRAZILIANITE:** provides for stimulation to the acupuncture/acupressure meridians, decreasing the areas of obstruction and providing for the flow of the etheric energy throughout the body. Assists in releasing that which is not desired.

**BRONZITE:** A stone of 'courtesy' promoting loving equitability and unprejudiced discernment within the user. It also provides the stimulus for decisiveness of that which has not been resolved in one's life. Provides one with the courage to 'do'.

**CACOXENITE:** A 'stone of ascension', being used by many during the myriad of planetary alignments, world meditations, and during the full and new moons, in order to increase spiritual awareness on all levels, to transfer healing energy to the Earth and to provide a loving and ethereal connection between all of the universe.

**CALCITE:** An energy amplifier and useful in multi-directional energy distribution. Calcite also helps the mind to remember information gathered during astral traveling and channeling, and the body to remember a natural state of flawlessness.

**CARNELIAN:** Stimulates analytical capabilities and precision. Protects against envy, fear, and rage, and helps to banish sorrow from the emotional structure. Increases physical energy, personal power, creativity and compassion.

**CAVANSITE:** Used to stimulate the intuition, to instill second sight and to activate the channeling abilities. Excellent stone for psychic healing and to provide protection during same, such that the dis-ease will not have the ability to return.

**CELESTITE:** A stone for balance, acting as an equilibrant to outside forces, stabilizing the yin-yang values within one's energy field. It is good for mental activities, and can provide fluency in communication.

**CHALCEDONY** was used as a sacred stone by the Native American Indians, promoting stability within the ceremonial activities of the tribes. It is a stone to encourage "brotherhood" among all.

# Dimensional Connections

**CHALCOPYRITE:** Can be used to help one find 'lost objects' - it often 'disappears' to accumulate information. Can be used to enhance one's abilities of perception and to strengthen one's contact with the ancient cultures of the universe.

**CHAROITE:** is a stone for this age. It provides for a synthesis between the heart and crown chakras and combines the higher spiritual dimensions with unconditional love from the physical plane.

**CHIASTOLITE (aka Cross Stone):** The "Cross Stone" in yesteryear was associated with deflection of the "evil eye". It is now used as a sign of devotion, especially, devotion towards awareness, which can in itself dispel negativity.

**CHRYSANTHEMUM STONE:** A 'stone of harmony and change', encourages one to understand the correlation between the two. It enhances compatibility, is excellent for renewal of relationships, and helps one to progress toward unity.

**CHRYSOCOLLA:** Purifies the home and environment, promotes harmony, and can work to eliminate negativity from within a person. It imparts energy conducive to stabilizing the home and re-building relationships.

**CHRYSOPRASE:** Instills compassion and provides for non-judgmental attitudes, acceptance of others and self. It can reduce superiority or inferiority complexes and can confer fluency of speech with presence of mind.

**CINNABAR:** The name is said to be derived from the Eastern Indian word for "dragons' blood". Known as the 'merchants stone'... place in a cash box to produce more income. Excellent in extracting energy blockages, aligning energy centres and eliminating aggression.

**CITRINE:** One of two minerals on the planet, which does not hold and accumulate negative energy, but dissipates and transmutes it, working out problems in the physical and subtle levels. Assists in acquiring wealth and balancing chakras.

**CITRINE - NATURAL:** Same properties as above, but this citrine has not been heat treated to brighten the colour.

**COPAL:** Enhances contact with the etheric bodies and stimulates the crown chakra towards spirituality. It can also create altered states of consciousness and can serve as a vehicle for both reaching and utilizing the talents and abilities of the mind.

# Dimensional Connections

**CORAL - BLACK:** Reported to both absorb and transform negativity when worn, carried, taken as an elixir, or placed in ones environment. It can dispel fear of darkness and can bring hidden matters to the forefront.

**COVELLITE:** Has been used to stimulate the third-eye and to initiate psychic power. It can assist in transforming conscious "dreams" into realities. Covellite acts as a mirror, showing one the defective reasoning which leads to problems.

**DANBURITE:** Encourages you to 'let your light shine', and helps people get along. A powerful intellectual activator. Assists in the removal of toxins from the body.

**DIOPSIDE:** Can stimulate the intellect and assist in mathematical and analytical pursuits. It allows one to understand the duality of the self and stimulates the retrieval of the feminine side of nature. A good stone for those who will not allow themselves to cry.

**DIOPTASE:** Can be used to clear the aura and to stimulate the auric body to align the energy of the optimum self to the physical body. It is a protective stone on the subtle levels, bringing the presence of the Earth to the peace of the higher self.

**ELESTIAL QUARTZ:** Known as the "Enchanted Crystal". These crystals can be used to assist one in overcoming emotional burdens, to bring the heart and the intellect into synchronicity, and to help one to look within and to find the love that has always been there.

**EMERALD:** The stone of successful love. It is said to provide for domestic bliss and to instill both sensitivity and loyalty within the self and within others. It can be used to open, activate and stimulate the heart chakra, while helping to quiet the emotions. A stone to bring harmony to ones life.

**EPIDOTE:** Truly a stone to experience in all aspects of one life. It dispels critical-ness, enhances keen perception, stimulates participation and interaction, and supplements personal power.

**FELDSPAR:** Has been found as a constituent of moon rock and provides for a connection with inter-galactic intelligence. It provides for support in issues of self-love and self-awareness.

# Dimensional Connections

**FLUORITE:** Brings order to chaos. Aligns mental, physical, emotional and spiritual bodies. Grounds out excess electrical energy bringing calmness. Helpful dissipating and protecting from colds, flu and infections. Helps one to see the truth.

**FUSCHITE:** Assists one, during meditation, to access information regarding physical health, daily routine, environments and career, and facilitates the transfer of energy from other minerals. Used in channeling, Fuchsite can bring information concerning herbal remedies and holistic remediation.

**GARNET:** Stone of health - extracting negative energy from the chakras, and transmuting the energy to beneficial use. Stimulates both base and crown chakras to allow kundahlini flow. Protective and calming. Commitment to a purpose.

**GEM SILICA:** (one of Katrina Raphael's New Age Stones). On rare occasion when mining for chrysocolla, gem quality silicates are discovered. Chrysocolla mines are rare, but rarer still is the Gem Silica or gem quality chrysocolla. Gem silica is a feminine stone and can be used to develop the virtues of patience, kindness, tolerance, compassion and humility. It is also the ideal stone to use in cases of feminine disorders.

**GIRASOL (Blue Opal):** Can be used to stimulate communication skills and to assist one in voicing thoughts and information, which one has not been courageous enough to voice in the past. It provides one with both the freedom to speak freely, and the wisdom to recognize those with whom this free speech will be accepted.

**GOLD:** Symbolizes the purity of the spiritual aspect of "All That Is". It allows one to both attain and maintain communion with the source of all being. It emits energy to prompt one to allow beauty to come forth from the inner being. Can be used to balance the energy field.

**GOLDEN HEALER QUARTZ:** A quartz crystal, which is partially or totally covered with a transparent golden-yellow mineral (possibly iron hydrate). This mineral has been used to assist one in attaining and maintaining contact with the spiritual worlds and to incite healing on all levels.

**GRAPHITE:** One of the best electrical conductors and can be used to enhance the energy transfer from a healer, or from other minerals, to the subject of the healing. It is an excellent component in wands. Graphite is a personal 'stone of freedom' providing impetus to take charge of one's life.

# Dimensional Connections

**GYPSUM:** Considered the 'lucky stone'. It provides a strong influence for bringing good fortune to the fortunate Earth-keeper. It also helps one to sustain the self when events of life are 'happening too quickly'.

**HEALERS GOLD:** Recently discovered in the mineral rich Arizona desert is this unique combination of Pyrite and Magnetite with the combined healing qualities of both - grounding and manifestation, and the positive influence on blood flow and oxygenation. It emanates a powerful positive energy. This stone is a source of *prana*, or life force, as well as an integrative balancer of all one's energy systems.

**HEMATITE:** Excellent for grounding. Mental attunement, memory enhancement, original thinking and technical knowledge. Aligns subtle bodies, meridians and spine. Can be used to treat leg cramps. Disperses heat from fever (on forehead).

**HEMIMORPHITE:** Decreases 'self centeredness' and allows one to take responsibility for happiness or unhappiness for creating ones personal reality. It is said to bring luck, a discerning mind, and a charming manner and relieves feelings of hostility and anger.

**HERKIMER DIAMOND:** Powerful amplifiers for energies and other stones. Helps one to 'be' - enhancing spontaneity. Stone of 'attunement' used by healers to attune to clients. Can store information for later use.

**HEULANDITE:** May be used to "take one back" to the ancient civilizations of Atlantis/Lemuria where transfer of ancient information concerning traditions, techniques and standards would be facilitated.

**HOWLITE:** Can be used to calm communication, to facilitate awareness and to encourage emotional expression. Disperses criticism, coldness, selfishness, bringing strength and innocence to immediate confrontations. Discourages rudeness.

**IDOCRASE:** (See Vesuvianite)

**IOLITE:** Called the "violet stone". It is one of the major stones for use in the third eye/crown area during healing, during guided meditations, and during astral travel adventures.

**JADE:** Known as a 'dream stone' and 'stone of fidelity'. It improves ones' remembering of dreams and assists in 'dream solving'. Used to release suppressed emotions during dreamtime. Assists in accessing the spiritual world.

# Dimensional Connections

**JASPER- RED:** The 'supreme nurturer'. Often worn by shaman for protection, it protects against negativity and helps one to be grounded to earth. Worn by priests and kings it assisted the ancients in safe astral travelling.

**JASPER- OCEAN:** Jasper protects against negativity and helps one to be grounded to the stabilizing energies of the earth. It balances the yin/yang energies and the subtle bodies.

**JASPER - DALMATIAN:** Melody's book gives no separate description for this variety of Jasper. It is a pretty, friendly stone, which looks like a speckled egg. In my own use of it, I have found its' energy to be joyful and attuned to the element of air.

**JASPER - ZEBRA:** Balances the yin / yang energies, aligns the chakras, and aligns the physical, emotional and mental bodies with the etheric realm. It clears electromagnetic and environmental pollution.

**JET:** Can be used to dispel fearful thoughts and can be used to protect against illness and violence. It also protects one during the pursuit of business and enhances the stability of ones finances. It awakens kundahlini and helps dispel depression.

**KUNZITE:** Activates the heart chakra and aligns the heart chakra with the throat chakra and third eye. It helps the expression of self-love, unconditional love and romantic love.

**KYANITE:** Never needs cleaning. It will not accumulate or retain negative energy. One of the very best attunement stones. Aligns all chakras automatically. It brings a tranquility and calming effect to the whole being. Facilitates meditation.

**LABRADORITE:** Protects one's aura, and helps to keep the aura clear, balanced, protected, and free from energy leaks. Assists in the alignment of subtle bodies, enhancing the connection between the physical and ethereal realms.

**LAPIS LAZULI:** Used by ancient Egyptians. Said to exist 'before time was born'. Stone of 'total awareness'. Assists in access to esoteric planetary knowledge. Place on third eye to assist understanding dreams. Protects from psychic attack.

**LARIMAR (aka Pectolite):** Can assist one in recognizing the "chains" that have been self-imposed and assists in their release. It helps one to admit guilt, when guilty, and emits a love for the user that brings a sense of peace in truthfulness.

**LAVENDER QUARTZ:** A variety of Rose Quartz. In addition to the qualities of rose quartz, this mineral has also been used to stimulate the third-eye, to promote clairsentience, clairaudience, and clairvoyance, and to further communication on the physical plane.

**LEMURIAN SEED CRYSTAL:** Here to awaken the mineral kingdom to the increasing vibration that Earth is now emitting, in order for their kingdom to evolve. They have a slightly milky/pink appearance with distinctive striations down the side. Try rubbing your finger down the striations while meditating.

**LEPIDOLITE:** Activates the chakras. Used for stress reduction and to alleviate despondency. A 'stone of transition', assisting in the restructuring and reorganization of old patterns. Use for calming and self-love.

**LIMONITE:** Can assist one in altering one's life towards stability and comfort. It provides for the strength and virility of youth and protects against detrimental thoughts, impaired clarity and psychic attacks.

**LINGAM (or Shiva Lingam):** Only found at the Narmada River high in the mountains of Mandhata, one of the 7 sacred holy places of pilgrimage in India. The stones are "Crypto Crystalline Quartz", said to contain the loftiest vibration of all stones on Earth. They emanate a vibration that will purify your temple or home. The stone represents both the male energy of knowledge and the female energy of wisdom.

**LODESTONE:** is Magnetite with the added property of polarity. This additional property enables one to recognize and distinguish the dualities in one's environment. It balances the male/female aspects of ones body, mind and emotions. It also balances the meridians of the physical body with the etheric body.

**MAGNETITE:** Temporarily aligns the chakras, subtle bodies, and the meridians of the physical and etheric bodies. It can be used to dispel grief, fear, anger and attachment.

**MALACHITE:** A 'stone of transformation' assisting one to change situations, and providing for the transfer of sacred information leading to spiritual evolution. Used to facilitate insight on disorders of the body, mind and spirit.

**MANGANO CALCITE:** \* A heart crystal in contact with the Angelic Realm. A stone of forgiveness - it releases fear and grief that keep the heart trapped in the past, bringing in unconditional love.

# Dimensional Connections

**MIMETITE:** Can be used to enhance the spirit of adventure and to smooth all aspects of responsibilities to the "tolerable" level. It is also a protective stone, which facilitates channeling situations.

**MOLDAVITE:** One of the rarest varieties of tektite formed over 15 million years ago and is the only known "gem quality" stone of extra-terrestrial origin. It holds the potential for accessing higher dimensional galactic energies.

**MOLYBDENITE:** (aka Molybdenum) on Quartz has been used to bring light to darkness, merging of the auras of two when used by two together and to promote progression from one understanding to the next. It promotes the knowledge that one is never truly alone.

**MOOKITE:** \* An Australian variety of Jasper, Mookite (or Mookaite) provides a useful balance between inner and outer experiences. It imparts both a desire for new experiences and a deep calm with which to face them.

**MOONSTONE:** Balancing, introspective, reflective and lunar. The energy relates to 'new beginnings'. A stone of hoping and wishing that allows one to absorb that which is needed from the universe. A stone of feeling, emotion. Travel protection.

**NATROLITE:** can be used to soften the experience of rebirthing and to promote contact with the spiritual self. It can also help provide contact between the intellect and a channeling entity, and between the intellect and a 'walk-in', when the entity is within one's body.

**NEPHRITE:** Can enable one to balance the male / female energies and to provide balance between the self and a partner. It helps to integrate universal energies into the body, balancing the internal and external worlds of ones' reality.

**OBSIDIAN - BLACK:** Obsidian is volcanic glass. An excellent grounding stone, shields against negativity and disperses unloving thoughts. Focuses ones inner vision, and gives blunt answers on the course of action to take.

**OBSIDIAN - SNOWFLAKE:** Allows one to recognize the unnecessary patterns that remain in one's life and to change the thought that makes those patterns. A 'stone of purity' for the mind, body and spirit.

# Dimensional Connections

**OKENITE:** Can be used to stimulate the opening of oneself to the experience of channeling and to facilitate the channeling of information relative to ancient sacred writings. Provides a feeling of 'going home'.

**ONYX - BLACK:** Can be used to banish grief, to enhance self-control, to stimulate the power of wise decision-making, and to encourage happiness and good fortune. It helps one to absorb, from the universe, those energies which are needed.

**PECTOLITE:** (see Larimar)

**PERIDOT:** Emits a warm and friendly energy. It can be used to cleanse and stimulate the heart and solar plexus chakras, bringing openness and acceptance in matters of love and relationships. It also helps to regulate cycles in one's life - physical, mental, emotional, intellectual and life.

**PETRIFIED WOOD:** A "stone of transformation", assisting one to advance to ones highest chosen level, to commence ascension to a higher aspect of the self, and to recognize that all actions bring one to ones ultimate purpose.

**PHRENITE:** Can facilitate contact with entities via visualization and meditation. It enhances one's ability for prophecy, bringing the aid of the Divine to inspire. It allows the inner 'knowing' and predictions should not be taken lightly.

**PIETERSITE:** Can be used to stimulate the pineal gland and to assist one during meditative states to experience visions and pre-cognitive thoughts. Aligns the energy centres of the body, while providing grounding to the etheric body.

**PYRITE:** Possesses a defending quality and shields one from negative energy on physical, etheric and emotional levels. Protects one from physical danger and pollutants. It encourages health, intellect and emotional wellbeing. Assists one in seeing behind facades.

**QUARTZ:** Excellent for giving and receiving energy, amplification, focusing, storage, transfer and transformation of energy. Brings the energy of the stars to the soul. A 'stone of power'. Used for communication with the non-physical worlds.

**RHODOCHROSITE:** A stone of love and balance for all bodies. It emits the power of love and heavenly energies and assists in creating new worlds of love and dreams for the user. Can balance the emotions. Used for earth and personal healing.

# Dimensional Connections

**RHODONITE:** Activates and energizes the heart chakra and conveys the resonance of unconditional love to the physical plane. Dispels anxiety and promotes coherence, observational abilities and attention to detail.

**ROSASITE:** Will stimulate recall of ones 'special' mantra; using the stone in meditation, the mantra will be given. It further assists one in recognizing, accepting, and acting on personal insights, which originate beyond the realm of normal human consciousness.

**ROSE QUARTZ:** Brings gentle, soft feelings of self-love. Especially helpful for crown and heart chakras. Excellent for healing emotional wounds and treating the emotional body. Its' calming energy helps all chakras bringing love, peace and harmony.

**RUBY:** is the stone of Nobility, gathering and amplifying energy while promoting and stimulating mental concentration. An excellent shielding stone, protecting on all levels and safeguarding one's consciousness from psychic attack.

**RUBY ZOISITE:** The zoisite and ruby combination is quite magical. It can create altered states of awareness. All of the psychic abilities can be stimulated and amplified by using these energies. Used by healers in Asia.

**RUTILATED QUARTZ:** Intensifies the power of the quartz crystal. It combines quartz and rutile. It assists one in getting to the root of the problem and provides access to the reason for disease or discomfort so one can remedy the situation.

**SAPPHIRE:** Can be used to rid one of unwanted thoughts and to bring joy and peace of mind via opening the mind to beauty and intuition. A 'stone of prosperity', sustaining the gifts of life, eliminating frustration and fulfilling dreams.

**SCEPTRE QUARTZ:** Used in Atlantis and Lemuria in healing ceremonies and were a symbol of the power of the realm; those who carried or wore a sceptre crystal were in the positin of "high priest/priestess". It is an excellent configuration for transmission of directional energy.

**SCOLECITE:** Can be used to open the network of information patterns to facilitate communication with other worlds, primarily the spiritual world; information has also been obtained from ancient civilizations and extra terrestrial worlds.

**SELENITE:** Provides clarity for the mind, expanding one's awareness of the self. Can be used to access past-lives as well as future lives probable at this time. Assists in acquisitions for business and to promote justice in disputes.

# Dimensional Connections

**SELF-HEALED QUARTZ:** A quartz crystal that has broken off its base and started re-growing from the broken end. It contains information on self-healing in its' encoding.

**SEPTARIAN:** Enhances the gift of speaking to an audience in an individualized, personalized manner and assists in maintaining a 'non captive' audience. It has been used to facilitate and enhance neuro-linguistic programming (NLP). It dispels curiosity in others and helps one to maintain anonymity with respect to finances, relationships and activities.

**SERPENTINE:** Useful in the rise of the kundahlini. It stimulates an opening in the pathway though which the kundahlini may travel by placing mineral on crown chakra. Can be used to clear cloudy chakras and enhance the meditative state.

**SHIVA LINGUMS:** Only found at the Narmada River high in the mountains of Mandhata, one of the 7 sacred holy places of pilgrimage in India. The stones are "Crypto Crystalline Quartz", said to contain the loftiest vibration of all stones on Earth. They emanate a vibration that will purify your temple or home. The stone represents both the male energy of knowledge and the female energy of wisdom.

**SIDERITE:** An excellent stone to use in the care of those confined, either to bed, to home, or to an otherwise confining environment. It helps both the one confined and the career to cope with the situation. It can help in brightening ones day.

**SMITHSONITE:** Provides energies of pleasantness, charm, kindness and favorable outcomes. It can be used to activate each of the chakras, and can enhance physical energy when placed on the body. Strengthens psychic abilities.

**SMOKEY QUARTZ:** Transforms negative emotions and energy patterns. Dissolves anger, resentment and emotional blockages. An excellent grounding stone, aids meditation and stimulates higher awareness. Provides protective barrier around wearer.

**SODALITE:** Assists rational mental processes and logical thinking. Excellent for groups, providing fellowship, solidarity and commonality of purpose. Encourages self-esteem, self-trust and trust in others. Allows one to verbalize their true feelings (place on throat).

**SPINEL:** Known as a "stone of immortality", bringing freshness to all endeavors and initiating rejuvenation to that which is beginning to degrade. Red spinel can be used to provide strength, and to stimulate physical vitality, the base chakra and Kundalini.

**SPIRIT QUARTZ:** (aka Fairy Quartz or Cactus Quartz) has a smooth head and crystals on the shaft. Mostly amethyst but also found in clear quartz. Excellent for meditation, it also enhances harmony and peace in groups, family and other environments. Very good in healing and spiritual issues.

**STAUROLITE:** A talisman of good luck. It is also called the "Fairy Stone" or "Fairy Cross" and is used in ceremonies of white magic and can facilitate the action of the rituals.

**STIBNITE:** Helps to keep away the intrusive; used in meditation, it facilitates an undistracted entry to the meditative state; used to protect from entities, it enhances the energy field and acts as an impenetrable barrier around the physical body.

**STRAWBERRY QUARTZ:** was originally used in Atlantis and Lemuria in healing ceremonies and to stimulate recall of the "beginning". This mineral stimulates the energy centre of the heart, adding energy to the quartz and filling one's total person with the feeling of love. Note: this is a man-made version of the stone.

**SUGILITE (Luvulite):** Represents the perfection of the spiritual love of "All That Is" and facilitates the manifestation of this energy on the Earth plane. It has been used in the treatment of all forms of "dis-ease" and attracts healing power. It has surfaced now to bring special healing powers to humanity.

**SUNSTONE:** Can be used to both clear and energize the chakras, giving a 'squeaky-clean' feeling. Assists removing 'hook-ups' to energy centres, returning them to source.

**SULPHUR (SULFUR):** assists one in the removal of negative willfulness and in the elimination of distracting intellectual thoughts and emotions. It promotes an abundance of energy and flashes of inspiration.

**TANZANITE:** Stimulates the throat, third-eye and the crown chakras, allowing for communication and psychic power, allowing the user to adequately communicate visions.

**TEKTITE:** A form of meteoric glass from outer space. Many believe that it is a piece of our moon or Mars. It has been esteemed in the Orient as a talisman of great power. It acts to balance the feminine and masculine properties of one's character.

# Dimensional Connections

**TIBETAN QUARTZ:** Has been used to promote contact with the ancient cultures of the East, bringing knowledge and information concerning healing and spirituality to the user. In addition, healing and meditation have both been enhanced. This crystal contains a very powerful "OM" vibration. When cleansed these crystals emanate the total spectrum of colour, and can be applied to all energy medians for stimulation and cleansing and can be used in the healing of all centers.

**TIGER EYE:** Brings together the vibrations of sand and sunlight - the energies of the sun and the earth, bringing stability with dynamic beauty. It is helpful for those seeking clarity or dealing with 'details'. Used to enhance psychic abilities and attune third eye.

**TIGER IRON:** A combination of Tiger Eye, Jasper and Hematite. Used to assist creative endeavours, prompting artistic abilities. Helps one to find havens of refuge when danger is perceived.

**TIN:** Can be used to clear fogginess from the mental faculties. It stimulates reasoning abilities and alleviates superiority tendencies. Helpful to relationships and in promoting "new beginnings".

**TOPAZ:** Acts through the laws of attraction and manifestation. Topaz acts as a conductor of thought or desire, sending a message to the ethers. This mineral is the "crystal of potency", instrumental in visualization (for healing/attracting), in meditation, and in projection.

**TOURMALINE:** Clears, maintains and stimulates each chakra of the body. Attracts inspiration and diminishes fear. Balances the male/female energies in the body, as well as the mind and chakras. A 'teller' stone providing insight to shamen.

**TOURMALATED QUARTZ:** Combines the qualities of quartz and tourmaline. Assists in releasing patterns destructive to one's life. Gives one the strength to solve unhealthy relationships and situations.

**TURQUOISE:** Strengthens and aligns all chakras, meridians and subtle bodies. Brings communication to emotional issues, creativity and intuition. Protection during astral travel. Used for spiritual attunement, healing and cleansing the chakras and physical body.

**ULEXITE (TV Stone):** Known for its' ability to magnify type, or put it up to your eye for a kaleidoscope effect. Ulexite helps one to see into a problem or person, reading thoughts and evaluating words. Stimulates the third eye.

# Dimensional Connections

**UNAKITE:** Can be used to enhance visions on the etherial plane. It balances the emotional body and helps release those conditions that have been inhibiting ones' growth.

**VARISCITE:** Can be used to connect the etheric nervous system with the physical nervous system. Stimulates the heart chakra to bring love, and helps in dealing with the invalid - to provide the courage to continue.

**VANADINITE:** Can promote thrift in spending; either conserving ones energy or ones money. A good stone for those who overspend. Can provide a deep state of meditation and provide order to one's life.

**VESUVIANITE (aka Idocrase):** Can be used to promote patriotism and loyalty to mankind. It represents cooperative effort and is wonderful for newlyweds, business acquaintances, and friends. Helps to clear negative thought patterns.

**WULFENITE:** Creates a strong connection between basic structures and higher dimensions, allowing for the channeling of vibrations to the Earth, and for the attunement to higher dimensions or higher self.

**ZEOLITE:** Has the capacity to assist in the improvement of the environment and to ethereally absorb toxic products and odors. Zeolites may also be used to aid Reiki, release toxins and improve agricultural pursuits.

**ZIRCON:** is known as a 'stone of virtue', bringing one's virtuous nature back into the balance universal forces. It combines the properties of the first, third, and fourth chakras, raising their higher level of intensity.