

GEMSTONES

& THEIR METAPHYSICAL MEANINGS

Healing stones, crystals and semi-precious gemstones all come from one unified source - Mother Earth. Created from the magma or Earth's inner core, healing stones have gone through a geologic process of heating, cooling and displacement on their way to their present form.

The energy field of different gemstones is influenced by geometrical form, colour and subtle vibration. Each stone is made up of minute crystals which are in constant motion and emitting an energy signature or frequency. The gemstone's colour also plays a dynamic role in the stone's healing energy. The play of light and colour can stimulate or calm; purify or heal.

AGATE TREE

Has a cleansing, balancing & stabilizing effect to wellbeing. Enhances self-esteem, clarity, perceptiveness & awakens inner talents & abilities. Helps to see the world through a broader point of view. It fosters abundance, wealth, Love & connection with nature.

AGATE BLUE LACE

Enhances grace & lightheartedness, believed to create hope, harmony, optimism, positive thinking & smoothes energy flows. Especially valued for its ability to calm the mind in a manner which causes us to expand our perspective from our hearts. Encourages expression & counteracts mental stress. Neutralizes feelings of anger.

AMAZONITE

A stone of healing which aligns the physical body & energy field, thus producing a balancing, preventive & rejuvenating energy. Eliminates aggravation by dispelling irritating & negative energy. Assists with relationships by enhancing communication concerning love.

AMETHYST

A "stone of change, protection & enlightenment". Enhances spiritual awareness, meditation, visualization, serenity & composure. Attracts good luck & love, calms & transforms. Shifts energies to the higher frequencies of both the spiritual & ethereal levels. Calms the mind, helpful for insomnia & nightmares. Enhances Memory. Helps to overcome addictions. Is said to ease headaches & release tension.

AVENTURINE

A powerful general healer, it brings balance to the intellect, emotions & physical being. Quells anxiety, helps in making the right decisions & shields energy drain from outside sources. Said to be a 'Stone of Prosperity'. Reinforces leadership qualities, decisiveness & encourages perseverance. Stimulates perception & enhances creativity. Calms anger & irritation.

BRECCIATED JASPER

"Stone of remembrance", gives a positive outlook, enhances organizational skills, relaxation, a sense of wholeness. Encourages attunement and communication with animals. Brings happiness, creates a good outlook on life & eases stress.

BUDDSTONE (AFRICAN JADE)

Good for business. Has both grounding and clarifying properties. Enhances expressiveness, intelligence, and perception.

CARNELIAN

Stimulates the energy of love & joy. Clears negative energy, allowing light to enter & transformation to occur. Has a stabilizing effect on energy in the home. Awakens inner talents & creativity. Stimulates metabolism, increases fertility & overcomes arthritis, rheumatism & depression.

CITRINE

Balances & energizes, dissipates negative energy. Enhances personal power, emotional awareness, creativity & optimism. Stimulates abundance by assisting one to acquire wealth & to maintain a state of wealth.

CLEAR QUARTZ

The most powerful healing and energy amplifier. It absorbs, stores, releases, and regulates energy and is excellent for unblocking it. Protects against radiation. Master healer which can be used for any condition. Stimulates the immune system and brings the body into balance. Excellent for soothing burns. Quartz harmonizes all the chakras. Aids concentration and unlocks memory. Enhances psychic abilities.

DALMATIAN JASPER STONE

Protective, grounding stone. Protects against depression/negative thinking. Encourages determination to succeed. Boosts the immune system and clears toxins from the body. Increases patience, removes disillusionment. Increases loyalty to ones partner, beneficial to long term relationships.

FLUORITE

Known as a "stone of discernment". Helps to find truth that has been concealed. Eases change and brings strength and protection during transition. Stabilizes energy and helps to bring order to chaos. Supports relationships - individuals & groups - to flourish towards the greatest good.

GOLD STONE (GOLD)

A manmade stone rich in copper. Activates root and sacral chakras enhancing the energies of intuition, sexuality, desire and vitality. Encourages faith that love is attainable once all limiting beliefs are released. Acts as a mood stabilizer on either spectrum-excitability or passivity.

HEMATITE

A "stone of mental mastery". Enhances memory, concentration & focus. Deflects negativity. Stimulates the desire for peace and inner happiness, enhancing one's ability to attract love.

HOWLITE

A "tranquility stone". Perfect for insomnia. Calms communication, enhances emotional expression teaches patience & eliminates stress, rage and rudeness. Can calm turbulent emotions. Assists with the attainment of goals by encouraging ambition and eliminating hesitation.

JADE (NEPHRITE)

Connected with love & virtue, called the "fidelity stone" - balances energies between self/partner & opposing energies in both the internal & external domain of one's reality. Promotes peace & harmony, soothes energy, brings prosperity, produces longevity, fertility, serenity, wisdom, balance, moderation & stability. Assists in finding wisdom for problem solving. Calms the nervous system. Channels passion in constructive ways.

JASPER

Known as the "Supreme Nurturer", Jasper reminds us why we are here - to assist others to free themselves from limiting bonds & bring joy & light into the world. Helps to balance & unite the energy of the physical with the spiritual toward the attainment of goals. Can be used when one's energy is "low" and to provide protection against negativity.

FANCY JASPER

Fancy Jasper is a stone of gentleness and relaxation. Each piece brings about tranquility and enhances ones ability to relax. Fancy Jasper aids serenity and helps eliminate stress, worry and depression. With this inward relaxation, the wearer has the chance to free their mind and think clearly.

PICTURE JASPER

A stone of proportion & harmony, wear any time protection from negativity is desired. A stone of "Global Awareness", it stimulates creative visualization. It promotes spiritual affinity between humanity & nature. It can be used to further both the development and continuance of business pursuits.

RED JASPER

Helps to balance unfair situations, helps one to remember previous leanings & to take responsibility for ones life. A stone to help you connect with earth energies, it facilitates the remembering of dreams especially those aspects important to one's life. Protects against negative energies. Powerful healer. Reduces guilt, brings consolation & removes fear of future.

LABRADORITE

Protects the Aura and facilitates understanding of ones chosen destiny. Helps to keep the Aura clear, balanced, protected & free from energy leaks. Enhances the connection between physical, ethereal & planetary realms. Supports originality & uniqueness. Useful in recalling dreams and using dreams in daily life, valued as a connection on the path to love.

LAPIS LAZULI

A "stone of protection and enlightenment". Assists with spiritual growth, intuitive perception and objectivity. Mentally calming, releases stress bringing deep peace. Supports clarity & helps one to organize day to day activities. Enhances strength, serenity, vitality, mental clarity, acceptance & dreams, invokes wisdom. Encourages taking charge of life. Bonds relationships in love & friendship. Aids expressing feelings & emotions. Dissolves emotional bondage. Alleviates pain, migraine headaches & depression. Cleanses & boosts the immune system. Alleviates insomnia & vertigo & lowers blood pressure.

MAGNESITE

Stone of peace & positivity. Enhances visualization, stimulates heartfelt love, including love for self which is necessary before you can embrace love from others. Induces a positive attitude to life. Stimulates ideas & their application. Calms emotions promotes tolerance for emotional stress. Brings deep peace to meditation & relaxation. Stimulates ideas & their application. Supports people who are nervous & fearful & helps them to overcome irritability & intolerance.

MOONSTONE

A "stone of new beginnings, changes & wishes". Helps to clear obstacles on the path of destiny. Supports wellbeing & enhances awareness of body rhythms allowing for a better balance of the body's natural energy. Protects against perils of travel. Balances yin & yang, deepens feelings of joy and peace in our homes. Helps with calm responses, avoids overreaction. Strongly connected to the moon & intuition.

MOSS AGATE

Represents the sweetness of the earth within us; called the gardeners' stone; increases compatibility, healing, rain, restoration, fertility of plants, protection of the earth, creativity, confidence, strength; helpful when starting new friendships or when seeking a compatible lover; helps us communicate directly with plants and animals; the Mother Earth stone

QUARTZ

Quartz empowers & protects by amplifying & focusing energy. Stores, releases and regulates energy; Facilitates growth and awareness, alleviates anger & opens the spirit for meditation and spiritual development.

ROSE QUARTZ

Known as the "Stone of Infinite Peace & Unconditional Love". Rose Quartz soothes, comforts & reassures, bringing about self-forgiveness, acceptance & deep inner healing. Gently removes negativity & attracts the energy of love bringing peacefulness & calm to existing relationships. Attracts love and is said to increase fertility.

RHODONITE

Has been called "the stone of love". This love embodies care for humanity and spiritual wellbeing. Brings order to chaos. Supportive emotionally, balances and eases anxiety through clear vision. Grounds energy, balances yin-yang & aids in achieving one's highest potential. Heals emotional shock & panic. Builds up confidence & alleviates confusion.

SMOKY QUARTZ

Promotes personal pride and joy in living; its power is in strength; good for goal setting and making affirmations; improves intuition; alleviates stress and transforms fear and anger into positive energies which brings comfort and calm; stimulates a higher awareness in meditative states

SNOWFLAKE OBSIDIAN

Known as the "Stone of purity". Provides balance for body, mind and spirit. Helps recognise and release 'wrong thinking' and stressful mental patterns. Calms & soothes, putting you in the right frame of mind to be receptive before bringing to your attention ingrained patterns of behaviour. Teaches you to value mistakes as well as successes. With the aid of this stone, isolation & loneliness become empowering. Treats veins & the skeleton, improves circulation.

SODALITE

Unites logic and intuition, enhances mediation & inner wisdom. Excellent stone for group work - mentally calming, it eliminates confusion and supports increased efficiency & organization, rational thought & objectivity. Helps to define clarity of purpose & direction, & to resolve issues with logic.

TIGER'S EYE

Helps to gain insight, to concentrate, to perceive & think more clearly. Calms turmoil & brings inner peace. Eliminates the "blues" & encourages optimism & enthusiasm for life. Stimulates wealth & enhances the ability to maintain wealth. Builds self-reliance, gives courage, aids in sensing what is good & what is evil. Enhances personal power. Relieves high blood pressure. Heals throat & reproductive organs. (Red) excellent stone for public oratory & presentations; enhances confidence in oneself.

TURQUOISE

An "anti-negativity stone" & general healer. Dispels negative energy & protects. Encourages self-realization and creative problem solving. Strengthens the body and energy field. Heals the spirit; soothes and brings peace of mind. Attracts love.

UNAKITE

Helps to bring attention into the 'present'. Provides gentle release of limiting blocks & conditions to personal growth. Balances emotions and strengthens spiritual connection. Treatment of reproductive system disorders, heals feelings of abandonment & separation issues. Good for pregnancy & childbirth.