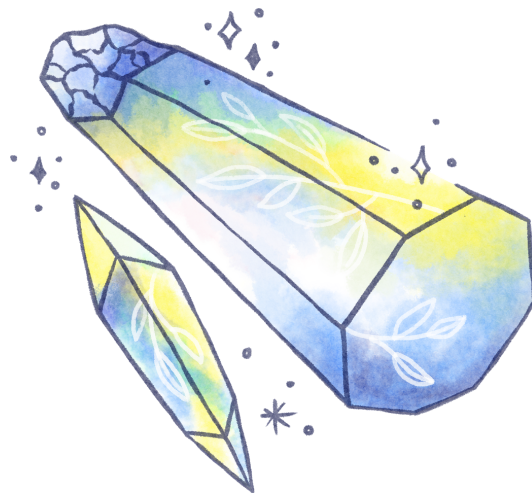


CRYSTAL DICTIONARY



2019 - 2020

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A



AMAZONITE



Chakra: Heart, Throat

Physical: This is an excellent stone for individual with constant throat or thyroid issues.

Emotional: This is an extremely gentle, soft-spoken, calming, peace-loving stone.

Mental: This stone helps clear mental chatter (especially negative mental chatter).

Spiritual: This stone helps push us to be more authentic, heartfelt, true to self.



AMETHYST



Chakra: Third Eye & Crown

Physical: This stone helps with migraines and eye strains.

Emotional: This stone amplifies a sense of peace, serenity, and empty thoughts. Excellent stone to hold during meditations.

Mental: This stone can help alleviate addictions & negative thought patterns.

Spiritual: This stone helps strengthen your connection with Source, God, Angels, your Spirit Guides.



AMETRINE



Chakra: Third Eye, Crown, Solar Plexus

Physical: This stone helps with migraines, headaches, vision issues.

Emotional: This stone helps us to be more self-confident, gain a deeper understand of self, and help us bridge who we are & who we think we are.

Mental: This stone can help alleviate addictions & negative thought patterns.

Spiritual: This stone teaches us to be true to self.



ANGELITE



Chakra: Throat, Crown

Physical: This stone helps ease the mind, assisting with tension headaches, tight shoulders, & sore throat.

Emotional: This is a very gentle and calming stone. It enhances peace, serenity, & relaxation. It is a super good stone to carry for kids who are being bullied at school or even adults at work.

Mental: This stone helps us to de-stress, worry less, to be less anxious.

Spiritual: This stone teaches us to connect with the Spirit realm (God, Source, Angels, Spirits, Totem Animals).



Chakra: Throat

Aqua Aura Quartz is one of the best-known public speaking / communication stone.

On the physical level, it helps with thyroid issues.

On an emotional level, it helps be true to us. It also prompts us to speak up,

On a mental level, it helps us to be clear and direct, in communication & insight.



Chakra: Heart

Physical: This stone helps with sore throat, bronchitis issues, breathing, sinus issues.

Emotional: This is an extremely gentle, calming, peaceful. It helps us to de-stress, relax. Excellent for meditation and sleep.

Mental: This stone helps alleviate mental chatter, negative thought patterns, fears, self-sabotage

Spiritual: This stone teaches us to speak our truth and be our truth.



ARAGONITE



Chakra: Base, Root

Physical: This stone strengthens the bladder, urinary track, legs, feet, butt, hips.

Emotional: This stone stabilizes our mood, helping us to be more logical and less impulsive.

Mental: This stone is very grounding It helps us to think before acting.

Spiritual: This stone teaches us...we are stronger than we think.



AZURITE / MALACHITE



Chakra: Third Eye

Physical: This stone can help troubleshoot tension headaches, migraines, baldness, earaches.

Emotional: This stone helps with anxiety, stress, worrying too much, panic attacks, & phobias.

Mental: This stone heightens our intuition, gut feelings, premonitions.

Spiritual: This is a wonderful stone for shamanic work, journey work, visiting the akashic records.



AZURITE IN GRANITE



Chakra: Third Eye

Physical: This stone can help troubleshoot tension headaches, migraines, baldness, earaches.

Emotional: This stone helps with anxiety, stress, worrying too much, panic attacks, & phobias.

Mental: This stone heightens our intuition, gut feelings, premonitions.

Spiritual: This is a wonderful stone for shamanic work, journey work, visiting the akashic records.

B



BLACK AGATE



Chakra: Base, Root

Physical: This is a wonderful stone for individuals with bladder or fertility issues.

Emotional: This stone helps us purge on every emotional, physical, and mental level. it helps us release, release, release.

Mental: This stone helps us tackle our inner most demons and fears, thus helping us to move forward and live life to the fullest.

Spiritual: This is an extremely powerful protection stone. It helps us clear karmic debt, cords, hooks, and attachments.



BLACK OBSIDIAN



Chakra: Base

Physical: This stone clears or reduces inflammation in the bladder and urinary tract area. for sore throat, overactive thyroids, headaches, migraines.

Emotional: This stone helps us work through our own emotional baggage, trigger points, being too reactive, dislikes due to previous programming.

Mental: This stone helps us to let go, release fears, release thoughts that are holding us back.

Spiritual: This stone teaches us that fears are usually the driving force behind us not moving forward in life.



BLACK TOURMALINE



Chakra: Base

Physical: This is a wonderful detoxing stone, removing toxins, bacteria, EMF, "negative energy" from the body.

Emotional: This stone helps us purge "old" thoughts and emotions held in our energetic field. It's time to forgive and heal.

Mental: This stone helps us release our inner demons and fears.

Spiritual: This stone teaches us to let go. It also absorbs "bad" vibes.



BLUE APATITE



Chakra: Throat & Heart

Physical: This is an excellent stone for throat or thyroid issues.

Emotional: This is a steady, calming, straight as an arrow stone. It helps us tackle whatever comes our way.

Mental: This stone is super helpful if you suffer from LOW or NO self-control.

Spiritual: This stone helps us see a bigger picture, how our everyday actions create our tomorrow future.



BLUE AVENTURINE



Chakra: Throat

Physical: This is an excellent stone for individual with constant throat or thyroid issues.

Emotional: This is a soothing, calming, peace-loving stone.

Mental: This stone helps with depression, negative thoughts, negative thought patterns, and mental



BLUE CALCITE



Chakra: Throat

Physical: This is an excellent stone to help with migraines, eye strains, throat or thyroid issues, and sinus issues.

Emotional: This is an extremely gentle, soothing, calming stone.

Mental: This stone helps eliminate mental chatter, thoughts that seem to go around and around in a circle.

Spiritual: This stone helps remove stagnation, physically or where we are in life. If you feel "stuck", this is wonderful stone to work with.



BLUE CHALCEDONY



Chakra: Third Eye

Physical: This stone is super helpful with eye strains, migraines, headache, sinus issues, & earache.

Emotional: This is a super peaceful, calming, soothing, lullaby type of stone.

Mental: This stones can help ease or eliminate mental chatter, self-doubt, lack of confidence, feeling of unworthiness.

Spiritual: This stone teaches us to open our mind, see a bigger picture, connect with Source, and dream a bigger dream.



BLUE FLUORITE



Chakra: Third Eye

Physical: This is an excellent stone to help with eye strains, migraines, headaches, and sinus issues.

Emotional: This is an excellent stone to balance or rebalance all the chakras, thus --> emotional stability.

Mental: This stone is super helpful in eliminating foggy, enhancing mental acuity and sharpness, focus and concentration.

Spiritual: This stone helps us learn the lessons of "life".

Message: I am insightful, clear, & answers come to me naturally.



BLUE KYANITE



Chakra: Throat, Third Eye

Physical: This stone is super helpful for eye strains, tension headaches, migraines, sinus issues, ear blocks.

Emotional: This stone helps with anxiety, stress, over worrying, mood swings, and hotheadedness.

Mental: This is one of the best "intuition" stones. It heightens our sensitivity, gut feelings, premonitions.

Spiritual: This is a wonderful stone for shamanic work, journey work, visiting the akashic records.



BLUE LACE AGATE



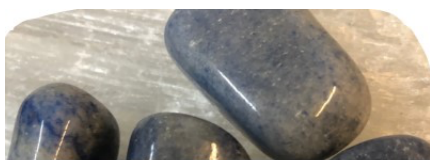
Chakra: Throat

Physical: This stone is good for sore throat, overactive thyroids, headaches, migraines.

Emotional: This stone helps reduce anger, hot temperament, rashness.

Mental: This stone is very soothing, helping us to calm down, de-stress, worry less, be anxious less.

Spiritual: This stone teaches think before acting.



BLUE QUARTZ



Chakra: Throat

Blue Quartz is best known for its amplifying properties.

On a physical level, it helps expand our voice or vocal cord.

On a mental level, it helps us see a grander plan, as well as keep our mind sharp.

On an emotional level, it helps feel more expansiveness, that anything is possible.



BLUE TIGER EYE



Chakra: Throat, Third Eye

Physical: This stone helps with thyroid issues, over and under. This is also a good stone for sore throat, hoarseness in voice.

Emotional: This stone helps balance our emotions. It neutralizes over and under...allowing us to be more vocalize and speak kindly.

Mental: This stone heightens deepen our sight, physically and through our third eye.

**BLOODSTONE**

Chakra: Base, Root

Physical: This is an excellent stone to help with anemia, poor circulation, low blood pressure, and constant cold extremities.

Emotional: This stone helps balance our emotions and emotional state.

Mental: This stone helps us work through our problems through thoughts or strategizing.

Spiritual: This stone helps remove stagnation, physically or where we are in life. If you feel "stuck", this is wonderful stone to work with.

**BRONZITE**

Chakra: Sacral, Solar Plexus

Physical: This stone strengthens the stomach, kidney, fertility organs.

Emotional: This stone is centering, grounded, strong thus helping us to overcome problems, traumas, loss.

Mental: This stone helps us to persevere, work all night if needed, be strong, tough it out.

Spiritual: This stone teaches us...we are stronger than we think.



BROWN TOURMALINE



Chakra: Solar Plexus

Physical: This is a wonderful detoxing stone, removing toxins, bacterial, EMF, "negative energy" from the body.

Emotional: This stone helps us purge "old" emotions, old thoughts, old mementos. Time to forgive and heal.

Mental: This stone helps enhance self-confidence, increase self-value, strengthen your will, your sense of self or who you are.

Spiritual: This stone teaches us to let go.

Message: I purge my body of what no longer serve.



BUMBLEBEE JASPER



Chakra: Solar Plexus

Bumblebee Jasper is well known for its transformative property.

On a physical level, it helps the body purge on a cellular level (including past lives energy encoded in our DNA).

On a mental level, it helps us think outside the box and give the mental space to follow our own paths.

On an emotional level, it enhances our self-confidence, expand our creativity.

Please note Bumblebee Jasper should be handle with care. There is toxicity composition in this stone.

C



CARNELIAN



Chakra: Sacral

Physical: This is a super energizing, super charged stone. If you are low on energy and feeling depleted, this is an excellent stone to work with. This stone is also helpful if you are trying to lose weight.

Emotional: If you are feeling low, depressed, sad, and want a pick-me-up, this is a great stone to grab.

Mental: if you have a job interview and you can't quite muster the enthusiasm, the passion, the drive to go for it, try holding onto this stone.

Spiritual: This stone teaches us to get in touch with our zest in life, to live life purposely, fiery, passionately.



CELESTITE



Chakra: Crown

Physical: This stone is great for insomniacs or kids who are afraid of the bogeyman.

Emotional: This stone is calming, peaceful, helping us to relax, de-stress, find peace.

Mental: This stone helps us gain a deeper insight, connecting with others, being a part of a collective rather than alone.

Spiritual: This stone teaches us connect to a higher being than ourselves. This can be God, Spirit, Animal Totem, Source,

etc.



CHAROITE



Chakra: Solar Plexus, Crown

Physical: This stone raises our vibration. It's not a high vibe stone, but it infuses our energetic body with joy.

Emotional: This stone helps us to have more fun, be more joyful, enjoy life, pause and actually take in the roses.

Mental: This stone helps uplift our mood & energy. It helps to see the joy in everything and everyone.

Spiritual: This stone teaches us about synchronicity, trusting in the Universe, giving ourselves and the Universe time to arrange for positive & "learning" opportunities.



CHIASTOLITE



Charka: Base, Root

Physical: This stone helps strengthen the bladder, kidney, liver.

Emotional: This stone helps us to be grounded, centered, aware.

Mental: This stone helps us bridge family relationships, understanding different point of views. We might not agree, but that doesn't mean we can agree to disagree and still allow for the relationship to flourish.

Spiritual: This stone is excellent for soul retrievals & akashic work.



Chakra: Root

Chrysanthemum Stone is best known for its coincidence property.

On a physical level - it helps strengthen our bladder.

On a mental level - it helps us to be present.

On an emotional level - it helps us go with the flow and thus ultimately chance meetings, conversations, experiences.



Chrysocola

Chakra: Throat, Heart

Physical: This stone soothes the lungs, heart, throat areas.

Emotional: This stone helps us to speak what is in our hearts. It helps us be more compassionate, get along with other people better & easier, to enhance the heart-to-heart connection with other people.

Mental: This stone soothes and calms the mind. It helps us to relax, be, open our heart and mind, helps us to be more vulnerable, trust more.

Spiritual: This stone shows us the wonder of life, synchronicity, possibilities, potentials, newness.



CITRINE



Chakra: Solar Plexus

Physical: This stone helps increase your metabolism.

Emotional: This stone helps lift you up, putting some zest into your steps. This stone is also a great emotional stabilizer.

Mental: This stone helps enhance self-confidence, increase self-value, strengthen your will, your sense of self or who you are.

Spiritual: This stone teaches us to live life as who we are and not pretend to be somebody else.



CLEAR CALCITE



Chakra: Third Eye, Crown

Physical: This stone helps with headaches, migraine, eye strains, baldness, sinus issues.

Emotional: This stone helps us to see clearly, pass our baggage, pains, loss, grief. This stone helps us to see "forward" ...what comes next.

Mental: This stone helps us release old patterns, self-limiting beliefs, old wounds, and fears.

Spiritual: This stone teaches us to see the multitude of possibilities.



Chakra: All

Physical: N/A *

* (I know many people consider quartz as the master healing stone. Personally, and professionally, I feel quartz should not be used for physical healing unless you are VERY well-versed in crystals. There are too many no-no's that beginners need to learn before using.)

Emotional: This stone uplifts our energy, expands or amplifies our emotions.

Mental: This stone is excellent in expanding our mind, helping us see from a much bigger picture, enhancing our mental third eye.

Spiritual: This stone teaches us to be direct and clear with our intentions.

D



Chakra: Solar Plexus

Physical: This is a wonderful detoxing stone, removing toxins, bacteria, EMF, "negative energy" from the body.

Emotional: This stone helps us purge "old" emotions, old thoughts, old mementos. Time to forgive and heal.

Mental: This stone helps enhance self-confidence, increase self-value, strengthen your will, your sense of self or who you are.

Spiritual: This stone teaches us to let go.

E



Chakra: Heart

Physical: This is an excellent all-around good healing stone.

Emotional: This stone helps us to live lie authentically. It helps us to be more compassionate.

Mental: This stone pushes us to be the example we want to see in the world. It also helps us push through stubborn abundance/wealth toxic beliefs

Spiritual: This stone teaches us to love life.

F



FIRE & ICE QUARTZ



Chakra: All

Physical: N/A *

* (I know many people consider quartz as the master healing stone. Personally and professionally, I feel quartz should not be used for physical healing unless you are VERY well-versed in crystals.)

Emotional: This stone uplifts our energy, expands or amplifies our emotions.

Mental: This stone is excellent in expanding our mind, helping us see from a much bigger picture, enhancing our mental third eye.

Spiritual: This is a very powerful transformative stone. If you wish to change things up in your life, this is definitely the stone to work with.



FIRE AGATE



Chakra: Root, Sacral

Physical: This stone energizes our entire physical being. It has an abundant of energy. If you suffer from chronic fatigue, tired all the time, never seem to get enough rest or sleep, this is a wonderful stone to carry around with you.

Emotional: This stone enhances passion, romance, lust.

Mental: This stone enhances our creativity, lighting sparks and inspirations, helping us to find answers.

Spiritual: This stone teaches us to live life to the fullest.



FIRE OPAL



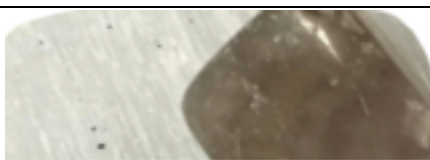
Chakra: Root, Sacral

Physical: This stone energizes our entire physical being. It has an abundant of energy. If you suffer from chronic fatigue, tired all the time, never seem to get enough rest or sleep, this is a wonderful stone to carry around with you.

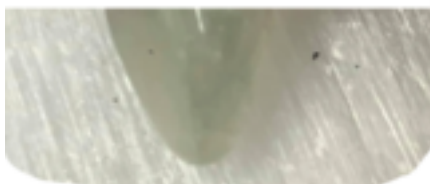
Emotional: This stone enhances passion, romance, lust.

Mental: This stone enhances our creativity, lighting sparks and inspirations, helping us to find answers.

Spiritual: This stone teaches us to live life to the fullest.



FLUORITE



Chakra: Crown

Physical: This is an excellent stone to help with eye strains, migraines, headaches, and sinus issues.

Emotional: This is an excellent stone to balance or rebalance all the chakras, thus --> emotional stability.

Mental: This stone is super helpful in eliminating foggiess, enhancing mental acuity and sharpness, focus and concentration.

Spiritual: This stone helps us learn the lessons of "life".



FOSSILIZED WOOD



Chakra: Sacral, Solar Plexus

Physical: This stone strengthens our feet, legs, bones.

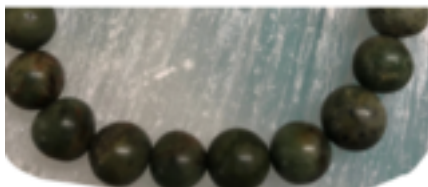
Emotional: This stone helps connect us with us, inner core, what triggers your emotions. It also connects us with nature.

Mental: This stone helps us to stand tall, persevere, be strong.

Spiritual: This stone teaches us to stand up for what we want in life.



FUCHSITE



Chakra: Heart

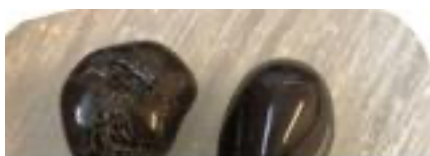
Physical: This is a wonderful stone to help enhance the health of our energetic heart and thus the physical heart.

Emotional: This stone is an extremely calming, peaceful, relaxing. It helps us to be more balanced or centered and not over-react in life.

Mental: This is a wonderful stone to calm our nerves and thus helps alleviate stress, worries, anxiousness.

Spiritual: This stone teaches us to open up, to see the world of possibilities.

G



GARNET



Chakra: Root

Physical: This stone helps strengthen the bladder and urinary tract.

Emotional: This stone helps stabilize our emotions and thus allow us to make good, sound decisions.

Mental: This stone is very grounding, balanced, centered. It helps us resolve our "survival" forming habits. It helps us move from have not to have mentality.

Spiritual: This stone teaches us that prosperity is within our grasp.



GASPEITE



Chakra: Heart

Physical: This stone expands the lungs & heart.

Emotional: This stone helps us embrace joy, luck, synchronicity, connecting with others.

Mental: This stone helps us to worry less, be less fearful, learn to let things go or be, learn that things have a way of turning out for the better if we get out of our own way.

Spiritual: This stone teaches us about luck, believing, trust.



GOLDEN LABRADORITE



Chakra: Solar Plexus, Crown

Physical: This stone helps with stomachaches, digestive problems.

Emotional: This stone helps us feel brighter, happier, sunnier, more confident.

Mental: This stone helps us see the good in others, life, in the world. It shines a light toward the possibilities, potentials, opportunities.

Spiritual: This stone teaches us that we can always dispel the negativity.



GOLDEN QUARTZ



Chakra: Solar Plexus, Crown

Physical: N/A

Emotional: This stone amplifies the joy within us, the brighter side, the self-assurance we all hold.

Mental: This stone helps us see possibilities and potentials, to dwell in the light rather than the dark.

Spiritual: This stone teaches us to shine our light out.



**GOLDEN RUTILATED
QUARTZ**

Chakra: All

Physical: N/A

Emotional: This stone helps us expand our heart, being more compassionate, accepting,

Mental: This stone is excellent for expansion, expanding the mind, deepening the sense of self, growing or maturing.

Spiritual: This stone teaches us to evolve, grow up, grow old, become wiser.



GREEN AVENTURINE

Chakra: Heart

Physical: This stone helps strengthen our overall health especially our lungs.

Emotional: This stone helps heal old and new wounds from traumas, heartbreaks, grief, loss, and good-byes.

Mental: This stone is very freeing and clearing for the mind. It helps us navigate life and the many twists and turns

Spiritual: This stone teaches us to open our arms and hearts to joy, good news, opportunities, and freeing of the mind.



GREEN CALCITE



Chakra: Heart

Physical: This stone clears the heart & lungs.

Emotional: This stone helps us work through our emotions surrounding self-confidence, self-worth, self-value, who we are, who we think we are.

Mental: This stone detoxes the mind, removing old patterns and merry-go-round thoughts.

Spiritual: This stone teaches us that love is also about letting go.



GREEN KYANITE



Chakra: Heart

Physical: This stone helps release the heaviness in the chest, lung, & heart area.

Emotional: This stone helps with anxiety, stress, over worrying, mood swings, and hotheadedness. This is a wonderful stone to work with for reconciling relationships.

Mental: This stone helps us discern truth and lies. It's a wonderful stone to place in your shirt pocket or bra. Super effective in workplaces.

Spiritual: This is a wonderful stone for shamanic work, journey work, visiting the akashic records.



GREEN OPAL



Chakra: Heart

Physical: This is a wonderful stone to help enhance the health of our energetic heart and thus the physical heart.

Emotional: This stone helps lift our mood, bring out the joy within each one of us. It helps us to be more centered and balanced.

Mental: This is a wonderful stone to calm our nerves and thus helps alleviate stress, worries, anxiousness.

Spiritual: This stone teaches us to open up, to see the world of possibilities. This is a good luck stone.

GREEN & PINK
TOURMALINE

Chakra: Heart

Physical: N/A

Emotional: This stone is healing and expanding. It helps remove or deflect others' energy. It also draws out our own "negative" energy.

Mental: This stone expands our awareness, helping us to think more compassionately, aware of our own actions and the impact it has on other people.

Spiritual: This stone teaches us to be aware of our thoughts & emotions.

H



HAWK'S EYE



Chakra: Third Eye, Throat

Physical: This stone helps with thyroid issues, over and under. This is also a good stone for sore throat, hoarseness in voice.

Emotional: This stone helps balance our emotions. It neutralizes over and under...allowing us to be more vocalize and speak kindly.

Mental: This stone heightens deepen our sight, physically and through our third eye.

Spiritual: This stone teaches us to be centered, balanced, neutral.



HEALER'S GOLD



Chakra: Base, Root

Physical: This is a wonderful stone to detox and heal the body at the same time. If you can't decide on a stone to use, this is always a good option.

Emotional: This stone helps us be neutral. It's very grounding, centering, balancing.

Mental: This stone helps us work through our inner demons, relinquishing fears, reprogramming self-limiting beliefs.

Spiritual: This stone teaches us that hard work does pay off and perseverance is the key.



HERKIMER DIAMOND

Chakra: Crown

Physical: N/A

Emotional: This stone expands our emotions. If we are feeling great, it will expand that. If we are feeling bad, it will also expand that.

Mental: This stone expands our awareness, helping us be more focused, concentrate on tasks at hand. It is an excellent stone to use if you are seeking inspirations and ideas.

Spiritual: This stone teaches us to be aware of our thoughts & emotions.



HEMATITE

Physical: This is an extremely grounding stone. If you suffer from ringing in your ears, buzzing, sensitivity to EMF and energy lines, wearing this as an anklet is ideal. You can also place some in your pants pockets or wear as bracelet.

Emotional: This stone can help you be centered, balanced, grounded, unwavering, and be like a rock.

Mental: If you need a little toughness or unwavering focus, this is a great stone to work with. This stone can help you push through whatever problems you are dealing with.

Spiritual: This stone teaches us to believe in ourselves and stand up for who we are.



HIDDENITE



Chakra: Heart

Physical: This stone releases the tension in the heart, blocks, stagnant energy.

Emotional: This stone helps us move through and pass grief, loss, traumas, heartbreaks.

Mental: This stone helps clear our mind of past mistakes, past hurts, past regrets.

Spiritual: This stone teaches us to let go.



HOLLEY BLUE AGATE



Chakra: Crown, Throat

Physical: This stone helps ease the mind, assisting with tension headaches, tight shoulders, & sore throat.

Emotional: This is a very gentle and calming stone. It enhances peace, serenity, & relaxation. It is a super good stone to carry for kids who are being bullied at school or even adults at work.

Mental: This stone helps us to de-stress, worry less, to be less anxious.

Spiritual: This stone teaches us to connect with the Spirit realm (God, Source, Angels, Spirits, Totem Animals).



Chakra: Sacral, Solar Plexus

Physical: This stone is helpful for digestive issues, losing weight, bloating, PMS, cramps.

Emotional: This stone helps us work through our emotions about us – self-confidence, self-value, self-worth, who we are, who we want to be.

Mental: This stone detoxes the mind, removing old patterns and merry-go-round thoughts.

Spiritual: This stone teaches us to accept ourselves.



INFINITE



Chakra: Solar Plexus

Physical: This stone strengthens our overall health.

Emotional: This stone helps us release and let go of emotional toxicity (from people, places, experiences).

Mental: This stone helps clear our mind of past mistakes, past hurts, past regrets.

Spiritual: This stone teaches us to let go and move forward in life.



IOLITE



Chakra: Third Eye

Physical: This stone helps with headaches, migraines, sinus issues, earaches.

Emotional: This stone is very calming, helping us to de-stress, relax, wind down.

Mental: This stone helps us ease our minds, letting go of the hectic, chaotic, hard day.

Spiritual: This stone teaches us to be mindful and aware, not overtly so.

J



JADE



Chakra: Heart

Physical: This stone strengthens the heart, lungs, & chest areas.

Emotional: This stone helps with anxiety, stress, over-worrying. This is a wonderful stone to work with for reconciling relationships.

Mental: This stone is both protective and considered lucky. Chinese carry this stone to ward off backstabbers.

Spiritual: This stone teaches us to take chances, to take risks.



JET



Chakra: Solar Plexus

Physical: This is an extremely gentle & effective detoxing stone. It helps remove toxins and negative energy.

Emotional: This stone helps remove emotional baggage that are created through life experiences such as being bullied or feeling inferior or self-limiting beliefs.

Mental: This stone helps us to not overthink in life, overthink as in worrying too much or thoughts that go around and around in our heads.

Spiritual: This stone helps us to release others' crap from our energetic field.

K



K2



Chakra: Third Eye

Physical: This stone can help troubleshoot tension headaches, migraines, baldness, earaches.

Emotional: This stone helps with anxiety, stress, worrying too much, panic attacks, & phobias.

Mental: This stone heightens our intuition, gut feelings, premonitions.

Spiritual: This is a wonderful stone for shamanic work, journey work, visiting the akashic records.



KAMMERERITE



Chakra: Crown

Physical: This stone strengthens our overall health.

Emotional: This stone helps us release & let go of past experiences. It also deflects others' energy.

Mental: This stone has a very strong connection with "white light". It protects our mental and energetic well-being.

Spiritual: This stone can shield us from negative energy.



Chakra: Heart

Physical: This stone helps us expand our heart and lungs.

Emotional: This stone helps us to release, release, release...let go, let go, let go. Great stone to give to someone who is going through mourning, grief, heartaches, pains, emotional turmoil.

Mental: This stone is very calming for the mind, body, & soul, helping us to connect with others easily.

Spiritual: This stone teaches us to love, love in all forms, especially self-love.

L



LABRADORITE



Chakra: All

Physical: This stone is particularly useful in enhancing our overall health. It strengthens our energetic body, helping us deflect others' energy.

Emotional: This stone is balancing, centering, and super helpful in allowing us to work through our own toxic issues.

Mental: This stone helps protect our mental state from being influenced by others' emotional baggage.

Spiritual: This is a powerful protection stone.



LAPIS LAZULI



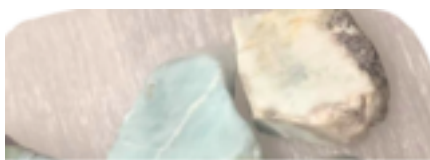
Chakra: Third Eye

Physical: This stone helps with migraines, headaches, vision issues, and muscular degenerative disorders.

Emotional: This is a very calming, soothing stone, excellent for over-stressed individuals and worrywarts.

Mental: This stone can help us deepen our intuition, see deeper into any situation, look beyond the obvious, and read between the lines.

Spiritual: This stone teaches us to seek answer within.



LARIMAR



Chakra: Throat

Physical: This stone helps with thyroid issues, migraines, headaches.

Emotional: This is an extremely soothing & calming stone. Very powerful yet gentle enough for a kid.

Mental: This stone is super beneficial for anyone who thinks TOO MUCH!

Spiritual: This stone teaches how to have fun.



LARVIKITE



Chakra: All

Physical: This stone is particular useful in enhancing our overall health. It strengthens our energetic body, helping us deflect others energy.

Emotional: This stone is balancing, centering, and super helpful in allowing us to work through our own toxic issues.

Mental: This stone can help us enhance our perception, intuition, and connection with oneself.

Spiritual: This stone teaches us how to be powerful from the inside.



LEPIDOCHROSITE



Chakra: Crown

Physical: This stone can help ease headaches, migraines.

Emotional: This stone helps us to feel more at peace, calm, serene.

Mental: This stone can help ease our minds, to relax, de-stress, worry less, be less anxious, be less fearful.

Spiritual: This stone teaches us to let go of the heavy burden we are carrying.



LILAC LEPIDOLITE



Chakra: Crown

Physical: This stone helps ease the mind, assisting with tension headaches, tight shoulders, & sore throat.

Emotional: This is a very gentle and calming stone. It enhances peace, serenity, & relaxation.

Mental: This stone helps us to de-stress, worry less, to be less anxious.

Spiritual: This stone teaches us to surrender and be.



LITHIUM QUARTZ



Chakra: Crown

Physical: This stone can help ease headaches, migraines.

Emotional: This stone helps us to feel more at peace, calm, serene.

Mental: This stone can help ease our minds, to relax, de-stress, worry less, be less anxious, be less fearful.

Spiritual: This stone teaches us to let go of the heavy burden we are carrying.



LODESTONE



Chakra: Base

Physical: This stone helps strengthens bones, teeth, legs, feet, circulation.

Emotional: This stone stabilizes our emotions, helps us be more centered and balanced.

Mental: This stone helps us to be strong, persevere, keep plugging away.

Spiritual: This stone

M



MALACHITE



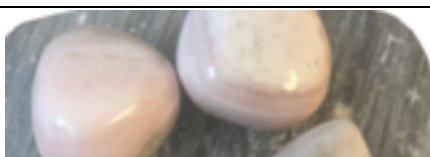
Chakra: Heart

Physical: This is an excellent all-around good healing stone. Works great for cuts.

Emotional: This stone helps us to take charge, be the person we want to see in the world, to encourages others to go for it.

Mental: This stone pushes us to lead, to move forward, to see the bigger picture.

Spiritual: This stone teaches us be the leader that we are meant to be.



MANGANO CALCITE



Chakra: Heart

Physical: This stone helps expand your lungs and heart energetically and thus physically.

Emotional: This stone helps us overcome grief, lack off self-love, self-sabotage, low self-confidence, and being hard on ourselves.

Mental: This stone helps us release old patterns, self-limiting beliefs, old wounds, and fears.

Spiritual: This stone teaches us to love ourselves.



Chakra: Third Eye

Physical: N/A

Emotional: This stone can be quite transformational, helping us push through our own boundaries.

Mental: This stone helps inspire us, helps us think outside the box, helps us be more creative.

Spiritual: This stone teaches us anything is possible in this world. This is an excellent stone to work with for akashic work, journeying, meditation practices.



Chakra: Sacral, Solar Plexus

Physical: This stone strengthens the stomach, liver, kidney, fertility organs.

Emotional: This stone helps us to find joy. It helps us to lighten up, have more fun, enjoy life.

Mental: This stone helps us to let go, allow the inner child out, have fun, enjoy life.

Spiritual: This stone teaches us that having fun actually helps us more than we realize. It helps us move forward and further in life. (Without “fun”, we drag, procrastinate, avoid, never complete what we set out to do.)



MOONSTONE



Chakra: Third Eye

Physical: This stone can help ease PMS and assist with fertility issues.

Emotional: if you want to feel more, get in touch with your feminine side, enhance your motherly instincts, this is an excellent stone to work with.

Mental: This stone can help us enhance our perception, intuition, and connection with oneself.

Spiritual: This stone teaches us to be one with nature, to see the beauty all around us, to connect.



MORGANITE



Physical: This stone helps strengthen the heart.

Emotional: This stone helps us to love – self-love, love of others, family love, intimate love. This stone helps us heal from old wounds, past hurtful experiences, difficult breakups, abuse, & traumas.

Mental: This stone helps us to be true to self, to believe in ourselves, to trust we got this.

Spiritual: This stone teaches us that being vulnerable is powerful.



Moss Agate is a stone that is strongly connected with nature, Mother Earth, the plants and trees. It is a soothing calming stone that help us release stress, anxiety, and tension. It is a wonderful stone to wear or to hold.

N



NIRVANA QUARTZ



Chakra: Crown, Higher Heart

Physical: This stone can help expand our energetic heart.

Emotional: This stone is uplifting, expansive, helping us to reach new heights when it comes to love, to practice self-love, to embrace love in all forms.

Mental: This stone helps us to be more compassionate, to put ourselves into others' shoes, to understand beyond what we normally understand.

Spiritual: This stone teaches us what love really is.



NUUMMITE



Chakra: All

Physical: Nuummite helps strengthen the bladder.

Emotional: Nuummite can help us tap into our most innermost core, the underlying emotions that drive us forward. We can learn to be free or not allow our emotions to control us.

Mental: Nuummite is a very freeing stone. It helps us remove blocks that we have placed on ourselves (knowingly or not), to release inner demons, self-limiting thoughts, mental patterns, fears.

Spiritual: Nuummite is a high vibrational stone. It teaches us to work through the karma that we were born with.

O



Chakra: Base

Physical: This stone helps strengthen the bladder, urinary tract.

Emotional: This stone helps us feel more alive, freeing, letting everything or at least the “negative” stuff go.

Mental: This stone helps us work through our fears, to release our inner demons, to be consciously aware of what is holding us back.

Spiritual: This stone teaches that fear is only in our head.



Physical: This stone is helpful for digestive issues, losing weight, bloating, PMS, cramps.

Emotional: This stone helps us work through our emotions around relationships, all relationships

Mental: This stone detoxes the mind, removing old patterns and merry-go-round thoughts.

Spiritual: This stone teaches us to be human.

P



Chakra: Sacral

Physical: This is an excellent stone for enhancing the intestinal health

Emotional: This is a very nice balancing stone, helping us build strong relationships.

Mental: This stone helps to see others' viewpoint.



Chakra: Heart

Physical: This stone helps expand your lungs and heart energetically and thus physically.

Emotional: This stone helps us overcome grief, lack of self-love, self-sabotage, low self-confidence, and being hard on ourselves.

Mental: This stone helps us release old patterns, self-limiting beliefs, old wounds, and fears.

Spiritual: This stone teaches us to love ourselves.



Chakra: Crown

Physical: N/A

Emotional: This stone helps us to connect with ourselves. Sometimes, we end up cutting off a part of ourselves, dulling it, running away from it. We ignore or avoid the pink elephant in the room because we just can't deal with another thing on the plate.

Mental: This stone helps our mind to expand and discover new paths.

Spiritual: This is an extremely high vibrational stone. This stone teaches us potential, possibilities, unlimited choices and outcomes.



Chakra: Crown, Higher Heart

Physical: N/A

Emotional: This stone helps us feel uplifted, expansive. It helps us connect to the Universal consciousness, to the collective love plane.

Mental: This stone raises our vibration, our mental capacity, helping us think bigger, wiser, more options.

Spiritual: This stone is excellent for journey work, akashic visits, meditation.



**GREEN & PINK
TOURMALINE**

Chakra: Heart

Physical:

Emotional: This stone is healing and expanding. It helps remove or deflect others' energy. It also draws out our own "negative" energy.

Mental: This stone expands our awareness, helping us to think more compassionately, aware of our own actions and the impact it has on other people.

Spiritual: This stone teaches us to be aware of our thoughts & emotions.



PREHNITE

Chakra: Heart

Physical: This stone helps remove stagnation in the heart.

Emotional: This stone helps us work through our emotional past. This stone helps us work through what "things" really mean to us, physical things, too much...too much clutter, too much stuff. What are we substituting "stuff" for?

Mental: This stone helps us break through our own limiting thoughts, ideas, beliefs...thoughts that we might have learn from past experience or we might have picked up from others (especially our parents).

Spiritual: This stone teaches us self-love.



Chakra: Base

Physical: This stone strengthens the bladder, legs, hips, bones, feet.

Emotional: This stone helps us to be strong, tenacious, grounded.

Mental: This stone helps us to focus, concentrate, think thoroughly, study, persevere, & be present.

Spiritual: This stone teaches us that we have the perseverance, power, tools to succeed in whatever we do.

Q



Chakra: Base

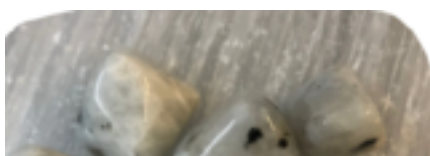
Physical: This stone is super energizing. It helps energize our body. If you are working late, have a lot to accomplish, suffers from chronic fatigue, this is a wonderful stone to work with.

Emotional: This stone helps us feel better, stronger, able to multi-task.

Mental: This stone is like the energizing bunny, helping us to burn the midnight oil if need be.

Spiritual: This stone teaches perseverance.

R



RAINBOW MOONSTONE



Chakra: Third Eye

Physical: This stone can help ease PMS and assist with fertility issues.

Emotional: if you want to feel more, get in touch with your feminine side, enhance your motherly instincts, this is an excellent stone to work with.

Mental: This stone can help us enhance our perception, intuition, and connection with oneself.

Spiritual: This stone teaches us to be one with nature, to see the beauty all around us, to connect.



RAINBOW OBSIDIAN



Rainbow Obsidian is best known for its shadow work property. On a physical level – it helps us detox. On a mental level - it helps us release our fears. On an emotional level - it helps us to let go.



RED AVENTURINE



Chakra: Root

Physical: This stone helps strengthen our internal organs.

Emotional: This stone helps feel stable, grounded, sure of ourselves.

Mental: This stone helps us deal with our issues, work through our problems, be mentally focus and concentrate.

Spiritual: This stone teaches to take one step at a time.



RED CALCITE



Chakra: Root

Physical: This stone helps ease bloating, inflammation, poor circulation, bladder issues.

Emotional: This stone helps us to de-program what we had learned in the first seven years of our lives – limiting beliefs, money blocks, not deserving love, day-to-day survival.

Mental: This stone helps us release old patterns, self-limiting beliefs, old wounds, and fears.

Spiritual: This stone teaches us to love ourselves.



RED JASPER



Chakra: Root

Physical: This stone is an excellent all-around healing stone perfect for cuts.

Emotional: This stone helps us to feel more at ease with ourselves, to accept who we are, to feel comfortable in our own skin.

Mental: This stone is quite grounding, helping us to think things through clearly, helping us to make the right decisions.

Spiritual: This stone teaches us to be grounded & whole.



RED TIGER EYE



Chakra: Root

Physical: This stone helps with digestive issues, fertility issues, gut health.

Emotional: This stone helps balance our emotions. It neutralizes over and under...allowing us to be more confident and self-assured.

Mental: This stone deepens our sense of self, promotes self-preservation.

Spiritual: This stone teaches us to be centered, balanced, neutral.



RHODOCHROSITE



Chakra: Heart

Physical: This stone helps strengthen the heart.

Emotional: This stone helps us to be compassionate, to get along with others, to make friends, to connect.

Mental: This stone helps us to discern which relationships are actually beneficial to us and which ones need to go. This stone helps us to be more aware or cautious and not placed misguided trust onto someone.

Spiritual: This stone teaches us to connect with others.



RHODONITE



Chakra: Heart

Physical: This stone helps detox the body from infections, toxins, EMF, & toxic energy.

Emotional: This stone helps us resolve emotional blocks, grief, loss, abuse, trauma.

Mental: This stone helps us work through mental anguish, self-sabotage, mental blocks, self-limiting beliefs, & fears.

Spiritual: This stone teaches to let it all out & live with an open heart.



Chakra: Third Eye & Crown

Physical: This stone helps with migraines and eye strains.

Emotional: This stone amplifies a sense of peace, serenity, and empty thoughts. Excellent stone to hold during meditations.

Mental: This stone can help alleviate addictions & negative thought patterns.

Spiritual: This stone helps strengthen your connection with Source, God, Angels, your Spirit Guides.



Chakra: Heart

Physical: This stone helps expand the heart energetically and thus physically.

Emotional: This stone helps us heal from emotional wounds, hurts, grief, loss, self-sabotage.

Mental: This stone helps us to love ourselves even when we feel we don't deserve it.

Spiritual: This stone teaches us to open our heart and arms to the world and Universe.



Chakra: Root

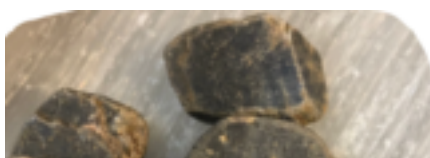
Physical: This stone strengthens the bladder, urinary tract, & helps with fertility issues.

Emotional: This stone strengthens our emotional stability. It is very grounding, strong, & helps us overcome just about anything.

Mental: This stone centers our mind. It helps us to stay the course, good days and bad days. This stone gives us the strength to tackle just about anything.

Spiritual: This stone teaches us that lack or without is all within our belief system. Change the thoughts, change the outcome.

S



SAPPHIRE



Chakra: Third Eye, Crown

Physical: This stone helps strengthen our eyes due to overuse - such as being on the computer all day long.

Emotional: This is a very soothing, calming stone.

Mental: This stone helps us release old patterns, self-limiting beliefs, old wounds, and fears...especially pertaining to money.

Spiritual: This stone teaches us to trust ourselves.



SCOLECITE



Chakra: Crown

Physical: This stone helps ease headaches, migraines.

Emotional: This stone is extremely calming. It helps us relax, find peace, let go, tune out, meditate, be more friendly, compromising, easygoing.

Mental: This stone helps open our mind, think outside the box, be more accepting of others.

Spiritual: This stone teaches us to think beyond ourselves.



Chakra: Crown

Physical: This stone assists with all types of pain including headaches, migraine, leg cramps, stomachache, difficulty in breathing.

Emotional: This stone is extremely calming and soothing. It helps reduce stress, anxiousness, worries, fears, panic attacks.

Mental: This stone opens us up...allowing us to really breath and not be held back by our own self-sabotage.

Spiritual: This stone teaches us to let go.



Serpentine is an excellent stone to activate the kundalini energy. If you are experiencing fertility health challenges, this is a really good stone to work with.



SHIVA LINGAM



Chakra: Base, Root

Physical: This stone strengthens the legs, feet, hips, & thighs.

Emotional: This stone helps us to be compassionate & steadfast, weak (when it's called upon) & strong.

Mental: This stone helps us see & think creatively & logically, with our physical eyes & with our mind's eyes, to deduce what is obvious & to sense what is not.

Spiritual: This stone helps us to harness the power of both the masculine and feminine energy within each one of us.



SHUNGITE



Chakra: Base

Physical: Shungite is best known for deflecting EMF. Shungite helps strengthen the bladder and urinary tract.

Emotional: This stone is very grounding, helping us to be emotionally balanced.

Mental: This stone helps deflect energy. It helps us release self-limiting thoughts & fears.

Spiritual: This stone teaches us to be centered & grounded.



SMOKY QUARTZ



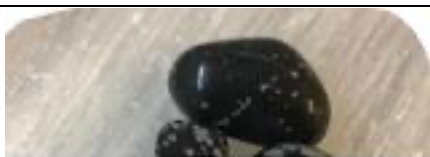
Chakra: Base

Physical: This is probably one of the best and strongest grounding stone. It helps with dizziness, dementia, imbalances issues.

Emotional: This stone helps center our emotions, helping us not to over-react or act impulsively.

Mental: This stone helps us think straight. It helps focus our mind and thoughts on what is the most important or the matter on hand. It is a great stone to work with when studying.

Spiritual: This stone teaches us to be present, aware, mindful.



SNOWFLAKE OBSIDIAN



Chakra: Base

Physical: This stone helps release toxins in the bladder and urinary tract.

Emotional: This stone is extremely detoxing if we allow it to be. In lieu of pushing or avoiding or ignoring... If we allow ourselves to feel and to understand where that feeling is coming from, we would be stronger from it.

Mental: This stone helps us release our inner demons, fears, negative thoughts, limiting beliefs.

Spiritual: This stone teaches us to release our fears.



Chakra: Third Eye

Physical: This stone helps with headaches, migraines, sinus issues, earaches.

Emotional: This stone is very calming, helping us to de-stress, relax, wind down.

Mental: This stone helps us ease our minds, letting go of the hectic, chaotic, hard day.

Spiritual: This stone teaches us to be mindful and aware, not overtly so.

Chakra: Crown

Physical: This stone can help ease headaches.

Emotional: This stone is uplifting, expansive, helping us to dream more, dream more often, have dreams & goals.

Mental: This stone helps us see a bigger picture, think bigger, dream bigger, & understand our own underlying motivation.

Spiritual: This stone teaches us to understand our dreams.



STILBITE



Chakra: Heart

Physical: This stone helps clear the heart and lungs.

Emotional: This stone is both expansive and clearing. This stone helps us clear our emotional baggage thus allowing breathing room for us to expand, learn, and grow.

Mental: This stone helps us release limiting beliefs, thoughts, ideas.

Spiritual: This stone teaches us to continue growing all the time.



SUCILITE



Physical: This stone helps us heal from toxins.

Emotional: This stone helps us heal from pains, emotional pains. It helps us to let go of hurt and make room for new, to move on or to move forward.

Mental: This stone helps us let go of past hurtful experiences, to heal from them, to forgive.

Spiritual: This stone teaches us to continue onward.



Chakra: Sacral

Physical: This stone enhances chi (energy) & chi flow in the body.

Emotional: This stone helps brighten the day, lifting our moods, putting a smile on our faces.

Mental: This is a great pick me up stone. It's super helpful for situations when you are feeling blue or feeling blue all of a sudden.

Spiritual: This stone teaches us to laugh, smile, & enjoy life.

T



Chakra: Crown, Sacral

Physical: N/A

Emotional: This stone helps us feel centered and balanced, yet also growing and expanding.

Mental: This stone is expansive and grounding, very rare combination. It helps us to be both 1) think outside the box and 1) focus & concentrate. It helps us to see the big picture and "a tree" in the forest.

Spiritual: This stone teaches we have unlimited potential.



Chakra: Crown, Sacral

Physical: N/A

Emotional: This stone helps us feel centered and balanced, yet also growing and expanding.

Mental: This stone is expansive and grounding, very rare combination. It helps us transform our thoughts from limited to limitless.

Spiritual: This stone teaches we have unlimited potential, just as there are unlimited stars in the Universe.



Physical: This stone helps energize our heart.

Emotional: This stone helps us connect with others. It helps us to be more open & vulnerable. It helps us to attract someone.

Mental: This stone helps us to find “the one”. This stone helps us to be more aware or to place romance & dating more in the forefront.

Spiritual: This stone teaches about love, love on an intimate setting.



Chakra: Crown, Base

Physical: This stone helps remove toxins in the body.

Emotional: This stone helps us to release, let go, discard, eliminate hurtful events and experiences in our lives.

Mental: This stone helps us to release, let go, discard, eliminate fears and limiting beliefs.

Spiritual: This stone teaches us life is worth living.



Chakra: Root, Sacral, Solar Plexus

Physical: This stone is perfect for anyone experiencing any chronic health challenges, especially chronic fatigue. This stone energizes the body, mind, & spirit.

Emotional: This stone is a great emotional stabilizer or trailblazer. It gives us the energy to spend all night resolving relationship issues or any issues for that matter.

Mental: This stone super charge our mind to stay focus, concentrate, strategize, work all night if need be.

Spiritual: This stone teaches use to persevere. We can do anything that we set our mind to.



Topaz is best known for its prosperity property. On a physical level - it helps our digestive system, healing the stomach. On a mental level - it helps with clear thinking and clarity. On an emotional level - it helps foster a sunny disposition.



Triplite is best known for its ENERGY property. On a physical level – it helps rejuvenate our energy, revitalizes our body. This is THE best energy stone. On a mental level – it helps us work through the night. On an emotional level – it helps feed our soul.

U



Chakra: Crown

Physical: This stone helps ease headaches, migraines.

Emotional: This stone helps us find peace, serenity, calm, love, light, higher vibrational state.

Mental: This stone helps us relax, de-stress, think of things we love to do or eat. This stone helps elevate our mind to a higher vibrational state.

Spiritual: This stone teaches us to release & feel free.

V

W



White Calcite
Chakra: Crown

Physical: Headache, Migraine, Brain
Aneurysm, Back Problem, TMJ

Emotional: Boundary Issues, Stagnation,
Indecisiveness

Mental: Negative Thought Patterns, Over
Extended, Stubbornness, Monkey Mind,
Worries, Anxiety

Message: I realize all that do you serve
me.

X

Y



YELLOW APATITE



Chakra: Solar Plexus

Physical: This is an excellent stone to help with digestive problems, losing weight, stomach pains, and acid refluxes.

Emotional: This is a steady, calming, straight as an arrow stone. It helps us tackle whatever comes our way.

Mental: This stone is super helpful if you suffer from LOW or NO self-control.

Spiritual: This stone helps us see a bigger picture, how our everyday actions create our tomorrow future.



YELLOW CALCITE



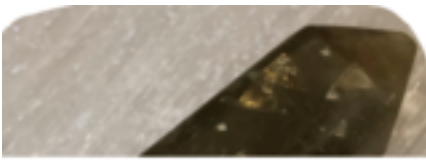
Chakra: Sacral, Solar Plexus

Physical: This stone is helpful for digestive issues, losing weight, bloating, PMS, cramps.

Emotional: This stone helps us work through our emotions about us – self-confidence, self-value, self-worth, who we are, who we want to be.

Mental: This stone detoxes the mind, removing old patterns and merry-go-round thoughts.

Spiritual: This stone teaches us to accept ourselves.



YELLOW FLUORITE



Physical: This is an excellent stone to help with stomach issues, digestion, weight loss, liver problems, kidney issues.

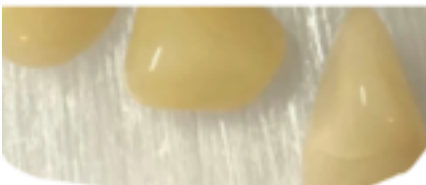
Emotional: This is an excellent stone to balance or rebalance all the chakras, thus --> emotional stability.

Mental: This stone is super helpful in mental focus, clarity, understanding oneself, studying.

Spiritual: This stone helps us learn the lessons of "self" and what that means to each of us.



YELLOW OPAL



Chakra: Solar Plexus

Physical: This is a wonderful stone to help enhance the health of our energetic heart and thus the physical heart.

Emotional: This is an amazing pick me up stone. It's like sunstone, but gentler. the stone helps lift our mood, bring out the joy within each one of us. It helps us to be more centered and balanced.

Mental: This is a wonderful stone to calm our nerves and thus helps alleviate stress, worries, anxiousness.

Spiritual: This stone teaches us to open up, to see the world of possibilities. This is a good luck stone.



Chakra: Solar Plexus

Physical: This stone helps with digestive issues, fertility issues, gut health.

Emotional: This stone helps balance our emotions. It neutralizes over and under...allowing us to be more confident and self-assured.

Mental: This stone deepens our sense of self, promotes self-preservation.

Spiritual: This stone teaches us to be centered, balanced, neutral.

Z

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