

For Your Information

Some Scientific Insight into Quartz Crystals

Quartz Crystals are made up of one part silicon and two parts oxygen. On the Mohs Hardness Scale, which places the hardness of a Diamond at 10, they are rated a 7.

They can be found in every color of the rainbow due to the inclusion of other minerals during their formation, which can take millions of years.

They have Piezoelectric properties, meaning they can be induced to amplify, store, transform, focus, and release energy vibrations. Chances are the watch you are wearing makes use of this phenomenon.

Just For Thought

Crystals have no inherent energy of their own. They resonate in accordance to the energy vibrations around them. They are a receiver, amplifier, and transmitter of the energy resonations around them.

In their natural state they resonate to the vibration of the Universe. In meditation it would resemble OM.

During their formation they are a recorder of their environment. Growth lines, Phantoms, Inclusions, and Fractures have been used by geologists to determine existing physical conditions during their formation.

To the metaphysically endowed these same qualities are a roadmap to the spiritual development of the Universe.

Thought waves are energy vibrations and have been proven to be of a form closely related to the resonance of a Quartz Crystal. Quartz Crystals have no morals of their own.

Choose and Use Your Crystal Well

ZODIACS and Their Mineral Affinities

- Aquarius – Water Bearer: Jan. 20th to Feb. 18th: Sincerity
Aquamarine, Chrysoprase, Garnet, Labradorite, Lapis Lazuli, Opal.
- Pisces – The Fish: Feb. 19th to March 20th: Wisdom
Albite, Amethyst, Aquamarine, Chrysoprase, Fluorite, Green Tourmaline, Labradorite, Moonstone, Opal.
- Aries – The Ram: March 21st to April 19th: Innocence
Amethyst, Carnelian, Fire Agate, Garnet, Pink Tourmaline, Topaz
- Taurus – The Bull: April 20th to May 20th: Love
Aquamarine, Emerald, Kunzite, Lapis Lazuli, Rose Quartz, Sapphire.
- Gemini – The Twins: May 21st to June 20th: Wealth
Agate, Chrysocolla, Chrysoprase, Sapphire, Topaz.
- Cancer – The Crab: June 21st to July 22nd: Freedom
Albite, Chrysoprase, Emerald, Green Tourmaline, Moonstone, Pink Tourmaline, Ruby, Topaz.
- Leo – The Lion: July 23rd to August 22nd: Friendship
Amber, Carnelian, Chrysocolla, Citrine, Fire Agate, Garnet, Pink Tourmaline, Ruby, Topaz.
- Virgo – The Virgin: August 23rd to September 23rd: Truth
Amazonite, Emerald, Kunzite, Moonstone, Opal, Peridot, Pink Tourmaline, Sapphire.
- Libra – The Scales: September 24th to October 23rd: Hope
Aquamarine, Emerald, Kunzite, Moonstone, Opal, Peridot, Pink Tourmaline, Sapphire.
- Scorpio – The Scorpion: October 24th to Nov. 21st: Loyalty
Albite, Aquamarine, Emerald, Garnet, Green Tourmaline, Malachite, Moonstone, Obsidian, Ruby.
- Sagittarius – The Archer: Nov. 22nd to Dec. 21st: Success
Amethyst, Azurite, Labradorite, Lapis Lazuli, Pink Tourmaline, Ruby, Sodalite, Topaz.
- Capricorn – The Goat: Dec. 22nd to January 19th: Constancy
Amber, Amethyst, Carnelian, Fire Agate, Garnet, Green Tourmaline, Labradorite, Peridot, Ruby, Sapphire.

AGATE-A form of Crypto Crystalline Quartz: found in nature in every color of the rainbow. Raises Consciousness, helps fears, aids in grounding, and acceptance, Gives a Spiritual Love of Truth.

AMAZONITE-Aligns the Etheric and Mental bodies, enhances the effects of other vibrational mineral therapies. Brings Joy and Upliftment. Strengthens the nervous system. Chakra -Throat

AMBER-A form of fossilized resin. It radiates energy (light and heat) and acts as an Energy Filter by absorbing Negative Energy. Activates the altruistic nature, spiritualizes the intellect, aids in purification, gives a lift to spirits. It aids the respiratory and endocrine systems and protects against rheumatism. Helps toothaches and headaches. Helps release fluids from the lower digestive tracts. Chakras-Navel, Throat, Crown

AMETHYST-A beautiful form of Quartz Crystal. The purple color comes from the inclusion of magnesium. This is one of the most commonly worn and used crystals because of its many properties. These properties include aiding in Spiritual Attunement by acting as a channeler and enhancer of your own Psychic Energy. It is often used for purification and regeneration. It reduces mental tension. The best aid for Breaking Bad Habits. It stimulates creativity, intuition and raises self-esteem. It is used extensively to create pleasant soothing dreams. Prevents overindulgence, improves the memory and generally makes the wearer more amiable. Healing properties include strengthening the endocrine and immune system, cleansing the blood and activating the pineal and pituitary glands. Also enhances brain activity. Chakras-Third Eye, Crown

ANGELITE-Balances the spiritual and the physical body. Aids in linking energy fields and protects the link thereby facilitating Spirit Guide Communication for Psychic Healing and Channeling. Dispels anger. Aids Astral projection. Brings about an understanding of the Cosmic Consciousness. Chakras-Third Eye

APACHE TEARS-Said to be formed from the tears of the Apache Indians. Actually a rare translucent form of black onyx-note you can see through the edges. Consoles and relieves misery. Remembers the physical and tells the story of the wearer.

APATITE-Stimulates creative and intellectual thought processes. Clears mental confusion and allows for quicker solutions. Frees the mind from jealousy and allows clear thinking and true love. Aids with muscle tissue regeneration, motor skills and calcium absorption. Relieves hyper tension and promotes clear thought.

AQUAMARINE-A Bluish green transparent beryl. Gives guidance in life and spiritual vision and enhances self-expression. Relieves toothache, improves the sight, promotes clear and logical thinking. Said to be good luck for exams and job interviews. Reduces fluid retention, strengthens the kidneys, liver spleen, and thyroid. Chakras-Throat, Solar plexus.

AVENTURINE-A green Quartz Crystal. A great Psychic and Physical Healer. Gives courage and Good Luck. Supports a positive attitude and mental clarity. Relieves tension, gives the wearer independence, calmness and serenity. Attracts Money Stimulates muscle tissue, strengthens blood. Chakra- Heart

AZURITE-A combination of Lapis and Malachite. Expands consciousness. Amplifies healing abilities, aids in regeneration of damaged tissue, Stimulates thought, aids in Mental Focus. Strengthens blood. Chakra-Third eye, Throat.

BERYL-This mineral is commonly used in Crystal Balls because it is harder and clearer than crystal quartz in larger pieces. Used by readers as an aid to give focus and guidance. It is beneficial to intestinal and cardiovascular problems.

BLACK ONYX-See Onyx, Wards off evil. Aid in Prophecy. Should not be worn at night because it allows an avenue to the subconscious for negative energies.

BLOODSTONE- Green crystal shot through with splatters of Jasper. Can also be Jasper shot through with other colors. Aids in reaching higher states of consciousness. Treats Blood Disorders, Helps with heart and high blood pressure. gives virility, strength and the courage to do good. Chakra-Root, Heart.

BLUE CHALCEDONY-A member of a large group which includes agate, bloodstone, carnelian, jasper, onyx, petrified wood and others. The blue form is used extensively by Native Americans who view it as a SKY STONE and a Link to Fallen Brothers, allowing visions to pass to the bearer from the Spirit World. It encourages generosity, and acceptance.

BLUE LACE AGATE- Looks just like the name. Calms Violent Emotions. Helps with free expression and clarity of vision. Neutralizes Anger. Chakra-Throat.

BLUE QUARTZ-An aid in Chemical Detoxification, stimulates creativity and has a calming effect.

BONE IVORY-Any number of bones (Yak, Camel, Cow, Bird, etc.) used as Talisman. Generally carved into various shapes to ward off evil spirits.

BOTSWANA AGATE-Form of chalcedony. Hails from the land of its namesake. Highly recommended for people who smoke or come in regular contact with smoke. Ie: Cooks and fire-fighters because it helps the body to assimilate oxygen. Aids depression. Beneficial to the circulatory system, skin, and brain.

BRACIATED JASPER-Form of chalcedony. Drives away Evil Spirits. Wards against Witchcraft, soothes, strengthens aids depression. Unites Spirit and Body. Protects from toxins. Aid to truck drivers by nullifying diesel fumes. Works like bloodstone to aid the circulatory system.

BRUNEAU JASPER-A form of multi-colored banded jasper with flowing color lines in a circular pattern which sometimes resembles an eye. Allows the user to see the patterns of collective energy that flow between all worlds. Helps in connecting with past lives. The Eye Of The Worlds.

CALCITE-Green-Aids in astral projection and dream voyaging. It helps to balance the opposites (Yin-Yang). It is used as a urinary tract stimulant. Blue-Releases stress, brings serenity, increases intuition, calms anger. Orange-Aids with creativity, works with the second chakra to increase sexuality and fertility. Honey-Helps to focus concentration, good tool for meditation, recharges all energies, used to enhance other stones.

CARNELIAN-Reddish colored Chalcedony. Wards off Evil, stimulates a feeling of well being, curiosity and creativity; used as an aid for lower back and reproductive problems. Also menstrual cycle pains; Helps Rheumatism and Arthritis, and depression. Aids kidneys, lungs, liver, gall bladder and pancreas. Aids in tissue regeneration. Chakras-Navel, Solar Plexus, Heart.

CHRYSOCOLLA-Clears the throat Chakra, Allows one to see and speak the highest truth, awakens compassion, balances the emotions.

CITRINE-A yellowish variety of quartz. Clears the mind, overcomes mental blocks, giving personal insight and strengthening inner vision balance and self consciousness. Aids in overcoming Addictions and violent emotions. Good for kidneys, colon, liver, gall bladder, digestive organs, and heart. Chakras-Navel, Crown.

CLEAR QUARTZ CRYSTAL-The most widely and frequently used of all the therapeutic minerals. The purist finds it strongest in its natural state. It has the power to store and transmit energy. It amplifies and directs psychic energy and enables the user to become more aware and receptive to psychic energy sources, thereby bridging the gap between the material world and the supernatural. This is your best aid in healing and meditation exercises as it focuses thought and energy, attuning your psyche to its higher self. Chakra-All.

COPPER-Aids in fighting inflammatory diseases such as Arthritis and carpal tunnel. Helps stabilize the metabolism, and heightens the immune system. Beneficial to the lungs, improving the exchange of oxygen and filtering pollutants. An aid to expression and accepting your true feelings. Note: The use of copper as with all other minerals listed here is not suggested as a substitute for professional medical treatment, but rather as a possible addition.

CORAL-Brings Good Luck and Spiritual Awareness through meditative visualization. Said to aid arthritis. Assists with anemia, bladder conditions, colic and whooping cough. In some parts of the world it is worn to Ward off Evil Thoughts sent by ill-wishers.

DIAMOND-The hardest of all minerals; Master healer. It removes Psychic blockages and negative thought, drives away madness and bad dreams, decreases the effect of toxins, promotes self-esteem and controls jealousy. Thought to be a mild Aphrodisiac. Aids in the prevention and control of respiratory problems. Chakra-All.

DOLOMITE-Relieves sorrow by giving intuition into Divine Destiny and Karmic Balance, there is a reason and a lesson in everything sorrowful that happens. Brings about an understanding of the Cycle of Life and Death. Encourages charity. A natural steroid great for body builders

EMERALD-Called the EARTH GODDESS. It totally Rejects Evil Energies, promotes healing meditations, strengthens clairvoyance, and all good Psychic energies. Aids in relationships, relaxes the physical body while enhancing the Psyche. Opens the Heart to Love, peace and healing. Strengthen heart, liver, kidneys and the immune system. Chakra-Heart, Solar Plexus.

FLUORITE-A natural calcium fluoride. Aids in grounding the Psyche by removing Psychic clutter, giving direction and strength. Helps with Aura determination. Absorbs and alters all energies. Strengthens bones and teeth. It is beneficial to blood vessels and spleen. Used as an aid in all Chakras.

GARNET-Calms Violent Emotions, aids in cyclic regression, stimulates the Psyche, giving Self Esteem and willpower. Cures Depression, promotes Love and Faithfulness. It is used as a ward against physical harm. As danger approaches the color deepens as the brilliance diminishes. Improves imagination, increases energy, protects against infection, depression, and skin diseases. Works with liver to remove toxins, stimulates circulation and the pituitary gland. Regenerates the bodily systems, especially the bloodstream. Chakras-Root, Heart.

HEMATITE-Natural ferric oxide. Aids in the relief of arthritis because of its magnetic quality. Although steel grey in color, when scratched it bleeds red. Improves all blood disorders, helps coagulation. Reduces stressful effects of air travel, combats insomnia. Used as a Grounding Stone, to ground negative energy, giving protection from the Evil Eye. Enhances astral projection, promotes balance, focus, convergence and concentration of energy. Hematite is a stone which it is said will help to increase courage and it is also claimed that it will strengthen the heart and is good for reducing a rapid pulse. Chakras-Unknown.

HERKIMER DIAMOND-Not really a diamond at all; actually a very hard double terminated Quartz Crystal. More and more people are turning to this crystal for its amazing Healing Powers. Aids in remembering and reliving past lives, stimulates Clairvoyance as an aid in dream work. Stores Psychic Energy. Relieves Pain, and aids with sleep disorders by relieving stress and tension. Cleanses toxins. New research shows it may be a deterrent to some forms of cancer. Used extensively with Third-Eye Meditation. Chakras-All

INFINITE- A form of serpentine jade with quartz. Energizes and activates. Used extensively by healers to enhance the energy flow and connect to the universal consciousness. Draws out pain. Has Angelic Energy.

JADE-Soothes the Psyche for time regression sessions. Wards off evil, Protects the wearer. Gives wisdom and long life. Encourages the expression of deep emotions. When received as a gift Brings Good Luck, friendship and loyalty. Acts as a blood cleanser and strengthens the immune system. Chakra-Unknown.

JASPER-A variety of chalcedony. Powerful healer with the main impact on the physical body. Native Americans combine it with turquoise to bond Heaven and Earth. It is said to both invigorate and stabilize. Contains iron and is thought to be useful in blood disorders. Protects against Witchcraft. Strengthens the liver and gall bladder. Chakra-Root.

JET-A very hard lustrous form of carbon. Guides the Psyche in relationships between spirit and the soul. Nullifies Spells and charms. Aids in dispelling depression and fear. Protects from violence. Aids in Grieving.

KUNZITE-Dissolves negativity and removes obstacles. Produces the feeling of a gentle peace penetrating one's inner core. Helps with expressing all types of love. Use to dispel possession from the nether world.

KYANITE-Brings calmness and tranquility to the whole being. Stimulates communication. dispels anger frustration. Facilitates meditation and balances the Yin-Yang promoting emotional and physical growth. great meditative aid aligns the chakras.

LABRADORITE-Blue Feldspar. Also known as the Dragon's Eye. Elevates consciousness and connection with the universe. Chakra-Third Eye, Crown.

LAPIS LAZULI-Amplifies Thought helping to open the Third Eye. Aligns the etheric, mental and spiritual entities enhancing attunement. Aids with Asthma, Eye Problems, Anxiety and Sleep. Works very well for Aquarians helping to maintain direction. Activates the thyroid and strengthens the skeletal system. Chakra-Third Eye, Throat.

LEPIDOLITE-Stone of transition and change. Assist in the restructuring of old patterns allowing for a smooth transition during the change. Alleviates stress and depression. Used in Reiki to promote the transfer of energy to the area of need.

LITHIUM QUARTZ-Contains pure Quartz crystals plus Lithium Ions. It resonates to every vibrational frequency. It has been called The Finest Balancing/Healing Crystal available today. The resonance is self nullifying; therefore it cleanses and clears it self. It acts as a sender and a receiver.

MALACHITE-A form of greenish copper ore. Assists with astral vision exercises by balancing the right and left brains. Said to protect the children of the wearer. Protects against radiation and aids in tissue regeneration. Aids Arthritis pain. Attracts physical and material benefits. Regulates abnormal sugar levels and menstrual cycles. Used for Asthma treatment. Reduces Stress and tension thereby aiding sleep. Raises the spirits increasing hope, health and happiness. Helps give Guidance, purpose and security. Chakras-Heart, Solar Plexus.

MERKABA CRYSTALS-This is a star tetrahedron consisting of two interpenetrating three sided pyramids that form a 3 dimensional STAR OF DAVID (6 sided star). Symbolically it links the mind, heart, and body in a way that provides the MERKABA. This term means Chariot in Hebrew. In the Eighteenth Dynasty of ancient Egypt it meant MER (rotating field of light) KA (spirit) and BA (soul) MERKABA activates the protective love of the Universe and awakens, heals and transforms on the spiritual, physical, mental and emotional levels. The MERKABA is cut from many types of Crystals and carries the attributes of that stone to its highest usage. Can be used in a healing circle to promote connections between the participants

MOONSTONE-An opalescent feldspar. Good meditative aid, acts as a mediator between mind and emotions. Helps to soothe and balance emotions. A great aid to Macho personalities balancing and sensitizing—calms and directs. Aid to prophecy and clairvoyance. Used for all female problems, particularly pre-menstrual tension. Reduces excess fluids in the body. Aids stomach, spleen, pancreas and pituitary gland. Chakra-Heart.

MOSS AGATE-Helps give guidance to intuitive and artistic persons. Balances the left and right brain. Relieves depression. Works well for Geminis.

MOTHER OF PEARL-The shell that gives birth to pearls. Promotes innocence, wisdom and nurturing. Used extensively for carving symbols that carry their own elemental powers.

OBSIDIAN-Quartz glass formed by volcanic activity. Aids in prophecy, wards off negative energy, i.e. the Evil Eye. However should not be worn next to the body when sleeping—can cause bad dreams. Protects sensitivity, cools strong love emotions and the pain of separation. Reduces tension. Protects the traveler.

ONYX-Black Agate. Improves concentration and devotion. Balances the opposites (Yin-Yang) thereby enhancing emotional balance and self control. Relieves stress and strengthens bone marrow.

OPAL-Quartz in a state called Hydro Quartz. Enhances Cosmic Consciousness, aiding in channeling, finding truths and teaching them to others. Aids in Psychic journeying, gives intuition and harmony. Promotes emotional Balance and Creativity. The giving and wearing assures Love and Faithfulness, but if the love is false, the influence is reversed—one way to test your love if you dare. Aids eyesight, pineal and pituitary glands. Chakra-Heart.

PEARL-The Gem of the Sea. Associated with innocence and virginity. Gives wisdom and is expeditious to the laws of Karma. Brings Love and relationships to the wearer and the giver.

PERIDOT-Aids in opening inner vision—the Third Eye. Frees the Psyche from envy, enhances clarity and patience, calms and balances. Can cleanse and Heal Damaged Emotions and relationships. Must be used with caution—attracts occult powers to the user. Should be used with a grounding stone. Stimulates tissue regeneration, balances the glandular system, aids the heart, pancreas, liver and spleen. Chakras-Navel, Solar Plexus.

PETRIFIED WOOD-Fossilized plant matter usually in some type of agate form; comes in all colors. Good for Athletes, aids muscle tissue, skin maladies and the circulatory system. Helps arthritis, senility, blood clots and arterial sclerosis. Is an aid in exploring past life experiences. It has a deep affinity to the Earth and the environment making the wearer more Nature Conscious.

PLATONIC SOLIDS-Geometric shapes cut from various forms of crystal. Ancient Egyptians thought these to contain the secrets of the Universe and considered them to have Magic Qualities. In Greece Plato designated the shapes to represent fire, earth, air, spirit, and water.

PYRITE-Iron Crystals. Eases anxiety and frustration, giving calmness and patience, relieving depression. Aids in harmonic relationships. Opens the mind to new ideas, intellectually and creatively stimulating. Links the left and right hemispheres of the brain, facilitating communion between logical and emotional thought. Strengthens the astral body. Gives strength of will. Increases oxygen in blood supply—clears congested air passages. Also called a Money Magnet.

RHODOCHROSITE-Aids in building force fields used in Psychic Rescue. Cleanses the subconscious, strengthens the Self, inspires forgiveness. Is an emotional healer. The wearer will Attract Opposites. Enhances memory. Aids the spleen, kidneys, heart, pituitary gland and the circulatory system. Chakras-Root, Heart.

RHODONITE-Fine tunes the hearing, allowing one to hear sounds not normally heard. A must for musicians. Reduces confusion and trauma. Increases Confidence. Chakra-Throat.

ROSE QUARTZ-Called the Love Crystal. It is a great healer. Aids in emotional balance and achieving Universal Love and Love of Self. Dispels emotional trauma (Heartbreak), stress and anxiety. Gives comfort and confidence, stimulates creativity. Gives spiritual energy, wisdom and courage. Used in the treatment of migraines and all headaches. Slows aging through skin rejuvenation. Increases fertility. Keeps the mind alert. Aids the kidneys, heart and circulatory system. Chakra-Heart.

RUBY-Known as the Source of Life. Gives spiritual wisdom and balance, focuses mental energy. Promotes vitality, confidence, leadership, flexibility and devotion. Aids in regeneration. Enhances circulation, vitalizing the blood system, and the entire body mind system. Helps with menstrual problems, pain and spasms. Lifts the spirit. Strengthens immunity. Chakra-Root, Heart.

RUTILATED QUARTZ-Magnifies and directs basic energy. Helps break old habits. Eases depression. Said to be of particular benefit to those who suffer from respiratory problems such as asthma and bronchitis. Balances different levels of consciousness. Regenerates tissue and builds the immune system. Chakra-All.

SACRED SEVEN-Also called the SUPER SEVEN. Thusly called because it is a composite of Seven minerals found in ELLESTIALS. One should note that in smaller pieces taken from a larger source the smaller piece still contains all of the energies of the larger piece even if it does not contain all seven minerals. It seems to radiate light from its own inner source a light that transcends normal boundaries. This light has been likened to the "HOLY LIGHT" of ST. Elmo's Fire. It never needs charging or cleansing. It facilitates ones thinking and understanding of the concepts of Brotherly Love and the Oneness of the Universe. Brings about a feeling of Peace and Harmony with Nature and Mankind.

SARDONYX-Striped or banded agate. Joins together similar attributes. Brings people of like nature together. Neutralizes the negativism of black onyx. A person wearing this stone appears more appealing. August birthstone.

SELENITE-Calms and clears the mind. Used in meditation as a focal point. The record storage for the environment--growth lines indicate environmental changes. Helps to clarify inner thoughts. Expands one's mental powers. Said to be one of the most powerful healers because of this. due to the tremendous energies involved all caution should be used. An expert crystal therapist should be called on to use this stone. Has a very directional energy flow

SEPTARIAN-Enhances the gift of speaking and communication, promotes the interest and enthusiasm of the listener. Instills patience endurance and tolerance. Use in the center of a drum ring to keep the drumming focused and resonating

SERPENTINE-A soft carvable form of jade. It gets its name from the snaky waxy appearance it has. Acts as a buffer to all energy sources, making it the perfect repository for herbs and minerals.

SILVER-A good healer because it is in harmony with the energies of the body. Works well as a communicator. Should only be worn when it feels right. Is known to be used for detoxification. Helps lungs, throat, reduces irritation from pollutants. Improves nerve function, works well with people with degenerative brain disorders, memory loss. Calms irrational fears. Balances the left and right brain. Lessens anxiety over problem solving. Improves fertility and helps resolve sexual problems, from impotence and dysfunction.

SMITHSONITE-Provides for leadership abilities enhancing physical energy and revitalizing the system. Activates all chakras. Strengthens ones ability in the psychic realm. Provides for pleasant, charm and favorable outcomes.

SMOKEY QUARTZ-If used properly, it destroys negative energy. Grounds the psyche, creating a balance of emotional energy. Increases creativity. Good for people with radiation related illnesses and those on Chemotherapy. Known as a Good Luck talisman, said to protect those going into combat, sporting or war. Gives energy and stamina, heightening survival instincts. Increases fertility and sexual energy. Strengthens the adrenal glands, kidneys, pancreas and helps in the assimilation of proteins. Chakras-Root, Solar Plexus.

SNOWFLAKE OBSIDIAN-See obsidian. Soothes Strong Emotions. Deflects negative energy.

SODALITE-Increases Psychic and physical Energy. Gives endurance and stamina. Aids in communication by alleviating the conscious and subconscious of fear and guilt. Aids in logical and rational thought. Lowers blood pressure and balances the metabolism. Strengthens the lymphatic system.

SPIRIT QUARTZ-A form of clear and or amethyst Quartz Crystal with overlying layers of small attaching crystals Originally called Cactus Quartz, given the name Spirit by the metaphysical users because it was seen to revitalize the healer and give them their SPIRIT back. See Clear Quartz and Amethyst for usages. The multiplicity of crystals holds energy from the crystal below and allows multi functional and multi user usage; therefore can be used very effectively in group healing or channeling. Use in the center of a wheel for connecting to the Spirit Realm. The white or clear variety is sometimes called FAIRY QUARTZ.

STRAWBERRY QUARTZ-Red Color is caused by the intrusion of copper when the crystal is formed. Aid to ARTHRITIS. Balances the physical and Astral Body. Carries the history of creation and can carry the user back to previous lives. Is not generally for the novice to use in transgression therapy requires an experienced guide because there is so much knowledge so tightly compressed that it can overwhelm the user.

SUNSTONE-A type of feldspar. Cleanses Clears and Energizes the senses. Dissipates fear and relieves stress. Protects the wearer from the Nether Realm by blinding the intruder with infinite light. Used by North American Indians in Medicine Wheel Rituals to show the healing energy of the sun : placing the stone in the center of the Wheel with energy stones radiating outward. Aids stomach problems.

TIGER EYE-A variety of quartz. The lines are caused by asbestos fibers. Brings insight into reality, discourages feelings of false need. Aids in detoxification. Purifies the psychic and physical bodies making it a top notch healing aid. Protects from witchcraft and evil. Used against love potions. Aids spleen, pancreas, digestive system and colon. Chakras-Navel, Solar Plexus.

TOURMALINE-Used extensively in Chakra meditations. In general, balances and protects; dispels fears. Protects the wearer against misfortune. Dispels grief and negativity. Promotes tranquil sleep. Balances relationships. Eases compulsions. Black color is used by Native Americans to dispel negative spirits. The black color activates the base (root) Chakras, aiding in arthritis strengthening the adrenals and protecting against negative energy. Green is used for the Heart Chakra, giving balance to the emotions and aiding the immune system. Blue is used for the Throat Chakras, aiding in communication and benefiting the respiratory system. Watermelon strengthens and magnifies the other tourmalines, aiding the heart and endocrine system. Pink increases the will to love and sacrifice, aiding the heart and giving insight and perception. It is also an aid to fertility. Chakras:Black-Root; Watermelon-Root, Heart; Green-Heart; Blue-Throat, Third Eye; Red-Root, Heart.

TURITELLA AGATE-260 million year old Sea Bed. Contains fossils of the earliest living organisms. Carries all the properties of agate. Bonds and Brings Together.

TURQUOISE-The Protector. The spirit of man and nature unite in the stone to remind us of our spiritual nature. It is the Great Protector. Strengthens the whole body and protects it from environmental pollutants. It protects the unborn child from toxins. Protects from harm and enhances psychic abilities. Native Americans look upon it as a link between heaven and earth. Encourages friendship and loyalty. Aids in tissue regeneration and circulatory problems. Chakra-Throat.

UNIKITE-Helps Balance the Yin and The Yang, Stabilizes the ego. Brings harmony between the opposites. Allows insight into the positive and negative relationships of all energies.

UVAROVITE-Bestows peace quiet and solitude without loneliness. Promotes mental clarity. Stimulates the heart chakra. Provides for the enhancement of relationships uniting Soul Mates.

ZIRCON-Enhances the ability to read symbols and images, interpret dreams and communicate with higher psyche. Aids bowel problems, pituitary and pineal glands. Aids sleep. Chakra-All.