Crystal Clear



Compiled by

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Introduction

This manual is designed to be user friendly. It is a compilation of many different books and internet articles that I have put together in an easy to understand way. This manual is only to be used as a guideline. I cannot stress enough, the importance of following your own intuition.

I have included a lot of extra information that may not be relevant to you and your needs. Use it if it appeals to you.

Please enjoy the book and if you have any queries or wish to know something that I may not have included, please contact me:

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 [www.gaiacrystals.com](http://www.gaiacrystals.com) or Instagram gaiacrystals Langebaan WC ,visit shop on line or in person you will find lots of treasures .. (says Mr Bee Barry)

About the Author

I was born in Pretoria 1958. I started a Crystal shop in The Blue House, 223 Windermere Road, Morningside, Durban. For the last 2 years me and my partner Barry has become more and more involved with stones. You begin a crystal shop and know nothing and then you learn at an immense pace. We became members of the Gem Society and went on field trips and Gemborees, becoming real Rock Hounds. We deal on a daily basis with assisting people to choose the right stone for them and asking what the qualities are and how they can use it. Both me and Barry also do chirology (handprint reading) and work in the metaphysics with those that request that.

How to use your Pendulum

Pendulums are made from a variety of materials including crystals, wood, glass, and metals. They are often used as tools for spiritual healing and inner growth.

**Choose A Pendulum:**
Allow a pendulum to choose you. If you like the way it looks or feels, it is meant for you.

**Cleanse Your Pendulum:**
You may cleanse it by holding it under running cold tap water, soaking it in sea salt, or setting a mental intention to free it of 'picked up energies.'

**Understand the Directional Swings of Your Pendulum:**
Pendulums swing in vertical straight lines, horizontal straight lines, and in circular movements.

**Define the Directional Swings of Your Pendulum:**
Assign each directional swing a "response" by first asking the pendulum to show you what certain responses look like. Ask: What does a NO look like? What does a YES look like?... and so on.

**Prepare Your Questions:**
A question should be one that can be answered with a positive, negative or neutral response.

**Set Your Intention:**
It is imperative that you precede your question session with a prayerful request or statement. *Example Intention:*
It is my intention to receive truthful answers which will serve the good of all concerned.

**Ask Your Questions:**
Be prepared to ask several questions in order to receive enough information to aid you in your quest for answers.

**Between Questions:**
Make sure to completely stop any pendulum motion between questions to clear any lingering energies that pertain to the previous question.

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| ***Universal Principles***  |
| ***ImageEnergy***Energy is the basic component of the Universe, and occurs in either materialised or unmaterialised form. All that we see and feel is an expression of energy.Energy is synonymous with love. When we resist the flow of energy, or love, we experience discomfort. When we align with the energy flowing around and through us, we feel joyful and at peace. ***ImageInfinite Intelligence***Within all energy is an Intelligence that is infinite, eternal and purposeful. This Infinite Intelligence, which we sometimes refer to as God, or simply Love, is the source of all creative expression and the essential power in the Universe. It is the Essence of who we are.The way we view Infinite Intelligence, or God, is precisely the way we experience life. When we perceive God as an unconditionally loving and supportive energy at all times and under all circumstances, we experience our Universe and everyone in it as totally safe, loving, generous and supportive of us. ***ImageOneness***Since the essence of everything is pure loving energy, in the truest sense, we are One. When we open to feeling our Oneness, we feel the power of who we really are.Our Oneness, love, is indivisible, and thus it is not possible to love one thing or person more than another. Whenever we attempt to withhold love from anyone, we withhold love from everyone, including ourselves. The truth of this principle becomes clear to us as we allow our hearts to open and feel our interconnectedness. ***ImagePerfection***Our Oneness, God, is perfect and expresses this perfection in infinite and harmonious ways. As human beings, we are created, and we function, perfectly just the way we are.When someone or something appears to be less than perfect, we know that we have chosen to feel disconnected from our Oneness. We feel connected when our hearts are open. When our hearts are open wide, we see and feel the harmonious perfection of everything. ***ImageCause & Effect***Contrary to what we have been taught, we are not at the effect of the circumstances in our lives. We are the creators of these circumstances, and we have created them with great purposefulness - to support our Selves in experiencing who we are and to become all that we can be.The creation occurs at two levels. At one level cause is put into motion by our Essence (who we truly are - Infinite Intelligence). We create at this level when we are in a state of peacefulness and when we trust our Essence to guide and support us.At another level, cause is set in motion by our thinking minds. What we believe creates our experience. ***ImageFree Will***We each have the freedom to choose in each moment. We can choose for ourselves, but not for others. When we allow others to choose for us, we withdraw our trust in ourselves to make choices. Accepting the choice another makes for us is our choice.When we consciously choose to let our Infinite Intelligence guide us, our lives unfold in effortless and magnificent ways. ***ImageBeliefs & Illusions***Our beliefs - both conscious and unconscious - determine our experiences. We can recognise what we believe by noticing the experiences in which we find ourselves.Our beliefs are illusions; they are not real. By quieting our minds and focussing our awareness on what is real - our Oneness - we move beyond our illusory beliefs and experience the inherent perfection of the Universe. ***ImageIntuition, Feelings & Power***Our Infinite Intelligence communicates to us through our intuition, which we access through our feelings. The more willing we are to feel our feelings, the more able we are to connect with the power that resides in them. The true power in the Universe is a totally peaceful power. It is the power of Love - fully, freely and joyfully felt. ***ImageMutual Support***Our Universe functions as a mutual support system in which each and every thing in existence relates to and affects every other thing. Every person and circumstance in our lives is there to support us to remember who we are, and become all that we can be, by reflecting back to us the present state of our consciousness.Despite the prevalent belief that we are naturally competitive and adversarial, we always have the choice to create environments that are harmonious, nurturing and mutually supportive. Choosing to join with others who share a commitment to living in mutual support is both self-loving and empowering. ***ImageThe Mirror Principle***Everything that we see and feel is a reflection of our own state of consciousness. Every person we attract into our lives is showing us some aspect of who we are or who we think we are. Every feeling expressed by another mirrors a feeling deep within us.This reflection is a gift, for it allows us to be aware of the beliefs we hold. We are then reminded of who we are, and have the choice to reclaim the power we have vested in our beliefs. ***ImageNon-judgement & Forgiveness***We have been taught to evaluate and judge virtually everything that we experience. However, in Universal terms, there is no such thing as good or bad, right or wrong. Everything that occurs is just another event. By judging something, it becomes for us the way we judge it, and it stays that way until we release the judgement.Judging anyone or anything as being less than perfect blocks our ability to respond to the essence of the person or thing and creates discomfort within us that can only be relieved by opening our hearts, first to the judgement, then to the person or thing we have judged.Forgiveness is the willingness to open the energy locked up in our judgements by acknowledging, accepting and appreciating what is, just the way it is. Opening our hearts allows forgiveness to expand into unconditional Love.***ImagePurpose***Everything and everyone in the Universe has a purpose for existing. As we each become aware of our purpose, we increase our sense of belonging and see the deeper meaning of our lives.We become aware of our purpose by opening our hearts and feeling our Oneness. When we allow the inspiration of our purpose to fill our being, we find that our lives unfold in inspired, fulfilling ways. ***ImageComfort & Discomfort***Our human bodies are magnificent instruments that tell us at all times just how aligned we are with the energy flowing around and through us.Discomfort in our bodies is a signal that we are resisting the flow of energy, or Love. The greater the discomfort, the more we know we are resisting giving and receiving Love.As soon as we notice discomfort, whether physical, emotional or mental, we best support our Selves by focussing our awareness on our feelings, feeling them fully, and then feeling love and appreciation for them and for ourselves. When we allow Love to flow freely, our bodies reflect this free flow of energy. ***ImageAbundance & Gratitude***Abundance is the natural state of the Universe. It is the free flow of energy, which is literally all around, in infinite supply, and available to everyone who is open to receive it.If we are experiencing less than total abundance in each and every moment and aspect of our lives, we know that we are resisting the natural flow of abundance. We open to abundance by feeling gratitude for all that we presently have and experience. ***ImageGiving & Receiving***Giving and receiving always occur in balance. It is as important to receive gratefully as it is to give voluntarily, generously and with no expectations. Our willingness to keep the energy flowing in and out of our lives supports the energy in expanding.The corollary to the principle of giving and receiving is that we give only to our Selves. Since we are all One, when we give to another, we are really giving to ourselves. ***ImageNonattachments & Freedom***Our perceived need to hold on to anything or anyone demonstrates our belief in shortage. Holding on to anything - people or possessions - blocks the flow of energy around our experience with the person or object and reduces the joy of the experience. It also inhibits new people and new things from coming into our lives.As we open our hearts and expand our trust in the natural abundance of the Universe, we give our Selves, and everyone else the gift of freedom. ***ImageWhat We Focus On Expands***We are free to focus our attention wherever we choose. We can focus on what we perceive to be problems, or we can remind ourselves that every circumstance is an opportunity to remember who we are and reclaim the power we have invested in our beliefs.When we focus on our pure feelings, unencumbered by beliefs, what expands within and around us is peace, joy and abundance. ***ImageExpressing Who We Really Are***Each of us has one or more talents and abilities we love to express. When we share these talents and abilities fully and freely we are expressing who we really are. When we express who we are, without apology or compromise, we feel joyful and supported to be all that we can be.What determines how successful we will be at expressing our talents and abilities is how much love we feel for our Selves.The more love we feel for our Selves, the more we allow the creative energy of the Universe to flow through us. Freely expressing who we are leads us to feel our perfection, so that our perfection expands. ***ImageMeans & Ends***Means and ends are the same. The action and outcome are one.To achieve peace, we feel and express our inner peacefulness. To enjoy a life that works perfectly, we see and feel the perfection of everything and everyone, including our Selves. To experience the natural abundance of the Universe, we feel and express gratitude for the abundance all around us. ***ImageHarmony in Relationships***Every relationship reflects our relationship with ourselves. Every person we attract is there to support us in opening our hearts, remembering who we are, reclaiming our power and becoming all that we can be.When we truly love our Selves and feel the power and perfection that we are, we attract loving, harmonious relationships with others. ***The ImageUniverse Handles the Details***Taking care of the details of our lives is generally considered a rational-mind activity. However, when our rational minds are active, we shut out our Infinite Intelligence, which has the capacity to handle the details in ways that are vastly more supportive of us and everybody else.As we learn to relinquish our rational thinking and surrender to our intuition - our connection to Infinite Intelligence - we discover how easily, effortlessly, spontaneously and perfectly events unfold for us. We experience Divine Grace as our sufficiency. ***ImageBalance & Adjustment***Everything in the Universe is created in a perfect state of rest, or balance. Our Infinite Intelligence supports us to maintain our natural state of balance by means of a perfect response mechanism, which is designed to make whatever adjustment may be required. When we resist the adjustment offered by our Infinite Intelligence at any level, we experience discomfort.As we acknowledge, accept and appreciate the discomfort, we allow the necessary adjustment to occur. When in balance we feel the peacefulness and joy that is our natural state. |

**Crystals and their Gifts to Us**

[Amazonite](http://www.rainbowcrystal.com/crystal/gems/amazonite.html) (blue-green): Calms mental and emotional chaos by helping one to blend facts with intuitive wisdom. Assists in courage of personal expression.

[Amber:](http://www.rainbowcrystal.com/crystal/gems/amber.html) The "Happy" stone. Relieves depression. Rough stone unpolished.

[Amethyst:](http://www.rainbowcrystal.com/crystal/gems/crystalam.html) Opens intuitive and psychic abilities. For overstress, overwork, overwhelm; helpful for addictions and nightmares; calms the mind, enabling us to know the peace which lies beyond constant mental activity; helps one accept the passage of death.

[Ametrine](http://www.rainbowcrystal.com/crystal/gems/ametrine.html) (yellow-purple) This stone is a mixture of amethyst and citrine, and helps us to combine our personal will with a deeper spirituality.

[Angelite:](http://www.rainbowcrystal.com/crystal/gems/angelite.html) (medium blue) Helps us to communicate with angels, spirit animals, and in distant communication. This stone also helps to heal anger.

[Aqua Aura:](http://www.rainbowcrystal.com/crystal/gems/aquaaura.html) Assists in self-expression through service to others (jewelry only).

[Aquamarine:](http://www.rainbowcrystal.com/crystal/gems/crysaq.html) (light blue-green) Meaning sea water, this stone allows us to safely navigate the sea of infinite wisdom, and to land safely and communicate what we've learned.

[Aragonite](http://www.rainbowcrystal.com/crystal/gems/aragonite.html) (honey): Helps to stabilize the emotions, especially good when one feels overwhelmed by responsibilities. Also helpful in calming the mind for meditation.

[Aventurine](http://www.rainbowcrystal.com/crystal/gems/avent.html) (green): Considered by many to be the best all-purpose healing stone, it is especially good for soothing the heart and emotions and for creating a feeling of balance and well-being.

[Azurite](http://www.rainbowcrystal.com/crystal/gems/azurite.html) (dark blue): Helps us let go of old beliefs which cause physical and mental pain. Brings our subconscious thoughts into conscious awareness so that we can examine and, if necessary, change these thought patterns.

Bloodstone (green and red): Calms the mind in tense or threatening situations. Physically, is believed to detoxify the blood.

[Blue Lace Agate](http://www.rainbowcrystal.com/crystal/gems/bluelaceagate.html) (light blue with white streaks): Helps us to express our views in a peaceful, loving manner.

[Blue Topaz](http://www.rainbowcrystal.com/crystal/gems/bluetopaz.html) (light blue-green): it enables us to communicate powerfully what we are feeling. It is considered to be especially valuable for artists.

[Calcite](http://www.rainbowcrystal.com/crystal/gems/calcite.html)

Clear Calcite: Brings spiritual understanding to problems on the earth plane.

Green Calcite Eases old, limiting beliefs (especially those based on fear) from the mind so that new ideas can flourish.

Golden Calcite Its particular role is integrate new energies and beliefs into one's physical reality, i.e., daily life, relationships, business.Pink Calcite Combines the attributes of rose quartz and pink tourmaline, blending unconditional self-love with the ability to love others.

[Carnelian](http://www.rainbowcrystal.com/crystal/gems/carn.html) (orange-red): Grounds energy and attention into the present, thus teaching us to focus and manifest personal power. Assists in decision making.

[Celestite](http://www.rainbowcrystal.com/crystal/gems/celestite.html) (sky-blue): Helps us to experience peace and serenity, especially in our communications.

[Charoite](http://www.rainbowcrystal.com/crystal/gems/charoite.html) (dark purple): Helps us to handle known fears and brings unknown fears to the surface for healing.

[Chrysanthemum Stone](http://www.rainbowcrystal.com/crystal/gems/chrysanthemumstone.html) (black and white): Named for its resemblance to a flower, this crystal encourages the flowering of spiritual growth, supporting change which occurs in a harmonious way.

[Chrysocolla](http://www.rainbowcrystal.com/crystal/gems/chrysocolla.html) (blue and green pattern): Creates a feeling of peace and balance; gives comfort to the heart and mind, and self-confidence in personal expression.

[Chrysoprase:](http://www.rainbowcrystal.com/crystal/gems/chrysoprase.html) Helps to lift the emotions, and release tension and stress. It can also help with success in new enterprises.

[Citrine](http://www.rainbowcrystal.com/crystal/gems/citrine.html) (yellow): Helps one to manifest personal power, strengthens will, aids us in processing life's experiences and discarding that which is only hindering progress.

[Clear Quartz:](http://www.rainbowcrystal.com/crystal/gems/quartz.html) Mirror of the soul, representing our uniqueness and our journey towards clarity; an excellent stone for meditation. In combination with other stones, enhances their energy. Stores, amplifies, transforms, and focuses energy. Natural crystal point.

[Danburite:](http://www.rainbowcrystal.com/crystal/gems/danburite.html) (clear) This crystal activates the third eye and crown chakras, and can also blend the energies of the heart chakras with those of the third eye and crown by helping to release emotional pain through the light of understanding. It is recommended for anyone who wants to deepen their spiritual appreciation and growth.

[Fluorite (Green):](http://www.rainbowcrystal.com/crystal/gems/fluorite.html) Fluorite is a mental stone which helps to release persistent and unwanted patterns of thought. Green fluorite is particularly helpful with thought patterns which have lodged in the emotional body, such as anxiety and worry.

[Garnet (red):](http://www.rainbowcrystal.com/crystal/gems/crystalgar.html) Calms anger by teaching us to know ourselves and others. Teaches patience and perseverance in the pursuit of goals.

[Hematite](http://www.rainbowcrystal.com/crystal/gems/hem.html) (silver-gray): Helps us to separate our emotions from those of others. A grounding stone which helps with self-esteem.

[Herkimer Diamond:](http://www.rainbowcrystal.com/crystal/gems/herkimer.html) A form of clear quartz which helps to relieve emotional tension and intensifies dreams.

[Jasper](http://www.rainbowcrystal.com/crystal/gems/jasper.html) (red): Helps to stabilize all aspects of the being; a stress-reliever which connects us to our inner strength and flow.

[Kyanite](http://www.rainbowcrystal.com/crystal/gems/kyanite.html) (denim blue color): A mentally and emotionally calming stone which helps to release worry. It also brings beliefs previously accepted as fact to the surface for release.

[Labradorite/Spectrolite](http://www.rainbowcrystal.com/crystal/gems/lab.html) (iridescent blue-green-silver): Teaches the wise use of psychic powers.

[Lapis:](http://www.rainbowcrystal.com/crystal/gems/lapis.html) Penetrates through pyschic blockages to reveal inner truth.

[Lepidolite](http://www.rainbowcrystal.com/crystal/gems/lepidolite.html) (silvery lavender with flecks of mica) This stone helps cushion one against conditions which have been known to fray many nerves. If you don't live in New York, but are undergoing severe stress for any reason this is a stone to consider.

[Malachite:](http://www.rainbowcrystal.com/crystal/gems/mal.html) (green with black patterns) Helps to clear repressed emotions; balances left/right brains; for creativity and change.

Malachite/Azurite: Calms the anxiety which may accompany physical disease so that healing can take place (jewelry only).

[Malachite-Chrysocolla:](http://www.rainbowcrystal.com/crystal/gems/malachitechrysocolla.html) Blends the energies of earth, sky and water. Malachite's ability to stimulate creativity harmonizes with chrysocolla's calming and peaceful energy.

[Moldavite](http://www.rainbowcrystal.com/crystal/gems/moldavite.html) (translucent bottle green): E.T., call home. This is the crystal from outer space, which helps to release beliefs, habits, and other unneeded early luggage.

[Moonstone](http://www.rainbowcrystal.com/crystal/gems/moonstone.html) (ranges from cream to peach): For those who feel overwhelmed by their emotions, it helps to create emotional balance by harmonizing feelings with the higher self; for those out of touch with their feelings it brings them into awareness.

[Moss Agate](http://www.rainbowcrystal.com/crystal/gems/mossag.html) (clear with green pattern): Assists in creating peace of mind so that reason and intuition can be blended.

[Obsidian](http://www.rainbowcrystal.com/crystal/gems/ob.html) (black): A stern taskmaster which makes its users face responsibility, the close friend who tells us the truth we may not want to hear.

[Onyx](http://www.rainbowcrystal.com/crystal/gems/onyx.html) Helps in emotional stability and determination; helps to release old relationships.

Opal (white with iridescent rainbow flashes): Magnifies and clarifies emotional states; brings suppressed feelings to the surface.

[Peridot](http://www.rainbowcrystal.com/crystal/gems/peridot.html) (chartreuse): Heals hurt feelings and bruised egos; releases emotional tension when placed on the solar plexus. Rough stone unpolished.

[Picasso Jasper](http://www.rainbowcrystal.com/crystal/gems/picassojasper.html) (cream with gray, black, and other colors) Helps to ease one through emotional and/or blockages that may stand in the way of transformation.

[Pyrite](http://www.rainbowcrystal.com/crystal/gems/pyrite.html) (gold): A mental stone which opens the mind to new ideas by balancing the ability to think intuitively with the ability to bring a dream to realization.

[Rhodochrosite](http://www.rainbowcrystal.com/crystal/gems/rhodo.html) (coral-pink): Relieves anxiety; assists us in correct (diaphragmatic breathing) when placed on the solar plexus.

[Rhodonite](http://www.rainbowcrystal.com/crystal/gems/crysrhodonite.html) (deep pink with black pattern): For being patient and loving with those you encounter in your day-to-day life without allowing yourself to be pushed around.

[Rose Quartz:](http://www.rainbowcrystal.com/crystal/gems/rqtz.html) Teaches us to love ourselves, thus opening us up to universal love; heals emotional wounds and gives comfort; helps us to overcome grief.

[Ruby:](http://www.rainbowcrystal.com/crystal/gems/ruby.html) (pink-red/silver) Traditionally associated with passion, both sexually and emotionally; brings negative feelings to the surface; teaches us to be realistic about goals.

[Rutilated Quartz](http://www.rainbowcrystal.com/crystal/gems/rut.html) (smoky or clear quartz with golden needles of rutile): Helps to activate the will to the highest purpose, and to release energy blockages, especially those due to low self-esteem or to the excessive use of personal power.

[Selenite wands](http://www.rainbowcrystal.com/crystal/gems/selenite.html) (clear): This crystal helps us to consciously understand our own deepest inner nature.

[Selenite rosettes](http://www.rainbowcrystal.com/crystal/gems/selenite.html) (tan): These rose-shaped crystals help us to ground the energies of truth and love

[Snowflake Obsidian](http://www.rainbowcrystal.com/crystal/gems/ob.html) (black-and-white snowflake pattern) Snowflake obsidian, like black obsidian, is a truth-telling stone, but transmits the truth in a more gentle manner.

[Sodalite](http://www.rainbowcrystal.com/crystal/gems/sodalite.html) (dark blue with black and white pattern): Clears the mind of emotional confusion so that rational thinking can occur; very good for people who tend to be reactive and oversensitive.

[Sugilite](http://www.rainbowcrystal.com/crystal/gems/sugilite.html) (magenta): Helps release anger, guilt, and resentment; puts us in touch with our inner source of strength and light.

[Smoky Quartz](http://www.rainbowcrystal.com/crystal/gems/sqtz.html) (transparent light brown): For discouragement and depression; helps to process our negative beliefs and gives the courage and confidence to make the changes we need. When rutilated, accelerates rate of change.

[Tiger's Eye](http://www.rainbowcrystal.com/crystal/gems/teye.html) (brown with gold flash): Teaches patience, focus, and concentration; helps us develop the will to materialize our dreams.

Topaz

[Blue Topaz](http://www.rainbowcrystal.com/crystal/gems/bluetopaz.html) (light blue-green): it enables us to communicate powerfully what we are feeling. It is considered to be especially valuable for artists.

[Golden Topaz](http://www.rainbowcrystal.com/crystal/gems/goldentopaz.html) (golden): This crystal helps us to balance our energies and also lends a quality of inspiration and confidence to our lives.

[Tourmaline](http://www.rainbowcrystal.com/crystal/gems/tourm.html)

Black tourmaline's particular function is to repel negative energy, whether from external or internal sources.It is a very good stone to carry when you're experiencing any kind of stress.

Green tourmaline is believed to be a healer on all level. It is also believed to be particularly helpful for creativity and abundance.

Pink tourmaline helps to transform unconditional self-love into love for others.

Watermelon Tourmaline is a mixture of green and pink tourmaline, and blends the energies of these two stones, healing the heart of emotional wounds and enabling it to give love.

[Turquoise:](http://www.rainbowcrystal.com/crystal/gems/crystalturq.html) Helps to make our desires clear to us, and assists us in expressing them to others who may be able to help us materialize them.

[Unakite](http://www.rainbowcrystal.com/crystal/gems/unakite.html) (olive green/coral): Has a balancing and stabilizing effect. Helps us to discover the roots of illness.

Things to do with Crystals

 Take a piece of rose quartz - about 1 kilogram in weight - and twist, fairly tightly, a length of copper wire around it, leaving at least 15cm free at each end.

Place the rose quartz in front of you and take hold of the ends of the copper wire, a piece in each hand. Now relax. Quieten your mind and be still. After a few moments you will begin to feel a gentle power pulsating within your hands. This power or energy will steadily increase and will become very pleasant.

You will experience a deep sense of elation and a wonderful inner joy.



Practice yoga or meditation for a period of at least one hour. Then lie on your back and place a quartz crystal upon your third eye chakra. You will feel very relaxed and your mind will become receptive to the subtle vibrations emanating from within your crystal.

Ask the crystal to reflect the answers from the truth within into your conscious awareness. Then allow your mind to become open to receive the answer, which may come in symbols, images, visions or direct knowledge.

Hold the terminated point of a clear quartz crystal up to your third eye chakra and visualize yourself as being calm, confident and spontaneously flowing with the situation. Project this thought into your quartz crystal and then sit down quietly, holding the crystal, as you mentally reaffirm to yourself the positive image you have created.

If you need to ask for an answer to a specific question, ask your question mentally and then place your clear, single-terminated quartz crystal to your third eye chakra and visualize the solution within your mind's eye.



If you need to send loving thoughts or prayers to another person, place your quartz crystal pointing from your heart chakra, and visualize the desired result as strongly as you can and then project the image through your crystal to be received by the person for whom you are praying.



Try the following experiment when you next suffer from 'flu': hold your personal quartz crystal and visualize yellow light radiating through it. Then place your crystal in a jug of water and drink this water the next day; one cup of water at two-hourly intervals.

You will be amazed at the result!



Shirley Maclaine places four quartz crystal clusters in the four corners of her bathtub every time she takes a bath (a great idea for reaching the parts that other healing cannot reach!).

Why not try it for yourself? - it's wonderful!

Quartz crystals have a way of attracting children, who seem to be especially receptive to their beauty. A crystal hanging in a child's bedroom can become an endless source of fascination and delight.

Crystals or gemstones may be placed under the pillow during sleep to inspire lofty or prophetic dreams.

Hanging in a sunny window a quartz crystal will act as a prism, filling your room with brilliant spectrums and adding the radiance of color and light to your surroundings.

If the crystal is set gently in motion your room will sparkle with excitement and life as rainbows dance across the walls, floors and ceiling.

Many of us are exposed to very harsh tap water in our homes. One solution to this problem is to place a quartz crystal in a large jug of water, leave for a couple of hours, and then drink instead of the usual tap water. You will soon appreciate the sparkling purity of your crystal water.

**CRYSTAL WANDS**

**and how to make them**

Crystal Wands are one of the most powerful forms of 'light tools' presently known to mankind.

The wand itself consists of a hollow copper tube of about one foot in length. The copper tube should be around three-quarters of an inch in diameter.

A quartz crystal of at least three inches in length and around three-quarter of an inch wide, clear and with reasonably unchipped facets, should be affixed to one end of the copper tube. At the other end of the copper tube is either a copper cap or another quartz crystal.

Either single - or double terminated quartz crystals may be used. The whole copper tube is insulated by a leather strip wound completely around the wand.

The very best way to discover exactly how a crystal wand functions - and its tremendous potentialities as an 'energizer' - is to make one for yourself. By constructing your very own crystal wand you will soon find that it then becomes much easier to merge your own vibrations with that of your wand.........

To make your own personal crystal wand first take your hollow copper tube and, with a hacksaw, cut two lengthwise strips at one end of the tube, about three inches deep. Then, with a pair of pliers, bend the sides outwards so as to allow your quartz crystal to slide into place.

Before doing so, however, you must glue the sides of your quartz crystal and then gently slide the crystal into its place within the copper tube. You must now bend the sides back into place and ensure that at least one inch of your crystal protrudes at the end**.**

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At the other end of the copper tube, either glue the copper cap into position or affix another quartz crystal.

Finally, take your leather strip (any colour will do) which needs to be about three feet in length and place a small amount of glue at intervals along one side. Then tightly wrap the leather, in spiral fashion, around the copper tubing.

Your crystal wand is now ready to be used!

When your crystal wand is lying by itself without you holding it, it is in what I would describe as the 'passive' mode but as soon as you pick up your crystal wand it becomes operational and is in an 'active' mode.

Crystal wands are extremely simple to operate. All that you need to do is to pick up your wand, focus the crystalline energy by visualizing a blue/white light of energy radiating from the apex of the quartz crystal in your wand, and you have now created your own powerful ray of energy and power.

 You must ,however, be very sure that you use your new 'tool' and crystal friend very wisely!

At my very first crystal healing workshop, when I had only just constructed my very first crystal wand, I was holding my wand in my right hand whilst I was talking and, without thinking, I must have directed the wand at the third eye chakra of one of the students present.

With a 'yell' the student nearly toppled back on his chair. Apparently he had experienced a tremendous burst of energy and power emanating from my wand which had almost thrown him back into his seat!

It is therefore very important that you are extremely careful where you point your crystal wand when you are holding it.

For ordinary crystal healing purposes I use my wand in much the same way as if I were using a normal quartz crystal. I take my wand in my right hand and I move the wand around the perimeter of the patient's body, in a clock-wise direction - for a few moments.

I then focus the crystalline energies of my wand through the apex of the quartz crystal and direct these energies into the body of the person whom I am treating. I find that about fifteen minutes is sufficient at any one treatment session.

After directing the crystal healing energy into the patient I finish the treatment session by once again moving the wand around the perimeter of the client's body, again in a clock-wise direction, for a few moments.

Using this technique the client's body becomes surrounded by a 'sea' of crystalline energy and this energy penetrates every fibre of the patient's inner and outer being; and, in most cases, deep,lasting, healing occurs.

As soon as I pick up my crystal wand I can feel the whole wand begin to vibrate and pulsate. My hands start to tingle and I feel alive with crystalline energy and power. I channel my own healing energies into the wand which then becomes even more powerful and thus by the time the healing rays are projected through the quartz crystal at the end of the wand I can sense that I have managed to create a wonderful source of power and energy.

I am often asked at my workshops and seminars why it is necessary to insulate the wand with leather. Insulation is essential for your own personal protection as I have found out myself from painful experience.

When you are working with your crystal wand for any length of time a great many subatomic particles accumulate within the copper tube and,on occasions, if you were to touch the actual copper you may receive an electrical type shock. This has happened to me on more than one occasion in my experimental work. So be warned!

The results that you are able to obtain by using a crystal wand depend very much upon your own ability in being able to attune yourself at a high enough level with all the vibrational energies at your disposal. Like everything else in our earthly life, the more you practise, the more you achieve!

As your energies become stronger, your wand will grow more potent too! Crystal wands never ever breakdown, never need an external power source (e.g. batteries or electricity) and may be used twenty-four hours a day, seven days a week.

The possibilities are unlimited. Experiment with your crystal wand. Stretch your imagination and inventiveness beyond their normal range. Allow yourself to become at one with your crystal wand. Establish a complete rapport and empathy with it.

Crystal wands may, from time to time, be used for purposes other than for healing. For example, one evening I had to give a talk at a town some 50 miles from where I live. I was running late!! I had been unavoidably delayed and I knew that time was short. I came off the motorway and found myself engulfed in traffic being delayed by a continuous stream of red traffic lights.

By a strange coincidence my crystal wand was lying on the front passenger seat next to me. Without really thinking about what I was doing I idly picked the wand up with my left hand and focussed it on the next red traffic light that I came across. It turned to green immediately!

And so it went on. Every red traffic light, virtually instantaneously, turned to green as soon as I directed the crystal wand in its direction. I thus managed to arrive at my meeting dead on time. Strange, but true!

Why not construct your very own crystal wand now - and discover for yourself all that it can do?

* **Working With Crystals**

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| Most people will **choose the crystal which will best assist them** in the situation they need it for. Crystals are often used for clearing your mind, helping with a physical problem, meditation, charms for protection for yourself or your home, for healing, for chakra work, for stone elixirs, or for anything that seems suitable. Select the crystal which has the properties to help you. [A list](http://www.peacefulmind.com/stones.htm) has been provided in order to help you with choosing your crystal. Or.....simply pick the stone that **"calls" to you**! **First decide** why you are doing the crystal work. Is it for you or someone else? What is the problem? Do you need to give or receive energy? What does it require?  |

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* \* **Select** the stone which has the properties to help you.
* \***For energy**, carry the stones with you, either in a little pouch around your neck or in your pocket or pocketbook.
* \* For [meditation](http://www.peacefulmind.com/meditation.htm) , hold the stone in your hand or set it in front of you. If in a **meditation group**, sit the crystal in the center of the group for collective consciousness.
* \*For healing. In a [full-scale crystal working](http://www.peacefulmind.com/stones3.htm#Crystal Gift Set), ask the stone for its energies and utilize them. For healing, place the crystal on the part of the body where you need it. For [Chakra and Aura work](http://www.peacefulmind.com/energy_medicine.htm) , choose crystals of the **appropriate color and properties**. Place the stone on the afflicted area and feel it's energies work as it re-balances the energy centers.
* You can hold the stone in **your receptive hand** to absorb the healing energies.
* At the end of the process, the stone is probably depleted of much of it's energy. **Thank your crystal** and then [cleanse it](http://www.peacefulmind.com/stones3.htm#Crystal Cleanse Kit). Remember, most stones will retain these negative energies.
* \* For **crystal elixirs**: place the stone in a bottle and fill the bottle with distilled water, Place it in the sun/moon for 24-48 hours, then use the water as a topical spritzer or rub. The water is "energetically charged" by this process.
* [What Crystal is right for me? Take the test!](http://www.peacefulmind.com/testyourself.htm)
* **Cleansing Your Crystals**
* [Crystal cleansing](http://www.peacefulmind.com/stones3.htm#Crystal Cleanse Kit) can be done several ways:
* \*Place it under the light of a **full moon/sun** for 24 hours.
* \*Bury it in the **earth** (make sure you mark it!), for 24 hours.
* \*Place your crystal to be cleansed in a **bowl of tumbled** hematite stones or tumbled quartz crystal.
* \*Run your crystal under room temperature or luke warm **water**.
* \*Place in **Sea Salt Water**. One teaspoon of Sea Salt in a glass bowl in cool water. Place the crystals in the water. Make sure the crystals are covered with water. Let them bathe in the water for 24 hours. This is a wonderful way to rejuvenate the power of your crystals. It washes away the negative energy it has absorbed and recharges it with the positive healing energy again. (**Note:** Some crystals should NOT be washed/cleansed in salt water/sun for it changes their physical properties, not their metaphysical properties, they are listed below).
* **Not to be cleansed in Salt Water:**
\*Alabaster
\*Calcite
\*Carnelian
\*Hematite
\*Labradorite (Spectrolite)
\*Lepidolite
\*Moldivate
\*Opal
\*Turquoise
\*Ulexite
* \*Use caution only with the softer Mica and crystaline stones
* **May fade in Sunlight:**
\*Amethyst
\*Celestite
\*Opal
\*Turquoise
* [Smudge your crystal](http://www.peacefulmind.com/stones3.htm#Smudge Kit) with sweetgrass, sage, cedar or incense. Pass the crystal several times through the wafting smoke.
* [Crystal cluster](http://www.peacefulmind.com/clusters.htm) make great chargers and can cleanse any crystal by placing it on top of the cluster for 24 hours.
* Soaking your crystal in
* [flower water with the petals](http://www.peacefulmind.com/body_skin.htm#Floral Water) of the flowers such as rose, honeysuckle, orange blossoms for 24 hours will cleanse the crystal of all it's negative energy. If a particular crystal should **not be placed in water, simply place them in a bowl of flower petals**.
* **Working With Crystals**
* [Energy Medicine](http://www.peacefulmind.com/energy_medicine.htm) is very relevant when it comes to the healing power between mind and body! Energy medicine is based on the belief that the human body is composed of [energy fields](http://www.peacefulmind.com/energy_medicine.htm#Aura). When the energy is properly distributed and circulating freely, the body is healthy. Imbalances or abnormal amounts of energy are believed to indicate an excess or deficiency.
* [Crystals and Gemstones](http://www.peacefulmind.com/tumblestones.htm) are great energy tools. Many aspects of a stone come into play when we use them for healing! Their mineral properties, color, shape, location from which they come, as well as, their Piezoelectric Effect.
* **The Piezoelectric Effect** occurs when pressure is applied to a piezoelectric material such as quartz (SiO2), the crystal deforms in such a way as to create an electric dipole moment, generating an electric current. Releasing pressure will also produce a current. Piezoelectric crystals are used in the strikers of lighters to generate a spark. The complementary effect is also observed. When a voltage is applied across a piezoelectric material, the crystal deforms. For example, take two quartz crystals and turn off the lights! Now bang the two stones together and sparks begin to fly!
* [Crystal remedies abound](http://www.peacefulmind.com/stones3.htm#Crystal Gift Set)! Developed from many different generations by many different cultures of people, these remedies, yet in multiple concepts and notions, all have a common thread. They use the inate power of the stones to work on many different levels for many types of ailments. These remedies have been handed down through families and tribes, teachers and shaman as are the traditions and recipes of any culture.
* [Put your crystals in a pouches](http://www.peacefulmind.com/stones3.htm#Crystal Empowerment Pouches) and carry them with you. This is one of the most interesting and oldest remedies. Usually a prescription of 2 - 4 crystals, these complementary stones are carried or worn on the person or placed in a certain area. This prescription can be used for anything from healing to psychic awareness, healing an emotional wound as in discouragement or sorrow, or bringing about such aspects as love, money, protection, guidance, spiritual attunement, strength or even addiction. Carry the stone in your pocket or pocketbook.
* [Crystal Concoctions or Elixirs](http://www.peacefulmind.com/stones3.htm#Crystal Elixirs) are also the recipes of the past. It is recommended to place clean stones or crystals into clean, clear distilled water and place it in the morning sun through the day and into the night of a full moon for 24 hours. This allows the (male) sun energy and (female) moon energy to reflect through the water and into the crystals therefore charging the water with this vibrational force of light and color.
* [Crystal Hydrotherapy](http://www.peacefulmind.com/stones3.htm#Aromatic Love Kit) is the use of water in any form, in the treatment of dis-ease. Hydrotherapy was used by the ancient Greek physicians. Hydrotherapy and crystals have a number of uses. Crystals salts with warm water will relax spasm; therefore, hydrotherapy has been useful in treating such conditions as muscular strains and sprains, muscular fatigue, and backache. If your crystal can tolerate water, then bathing with the crystal energy is a great way to work with your stone.
* [Crystal Massage](http://www.peacefulmind.com/hotstones.htm) uses your stone as a massage tool. Use some essential oil, massage oil or lotion on your stone and massage the areas which feel blocked or stuck. You will find this a great remedy. Incorporate hotstones for massage, energy soothing or combine this with crystals on the face for an etheric experience.
* [Meditate with your crystal](http://www.peacefulmind.com/stones3.htm#Deluxe Meditation Kit), by placing your crystal in your dominant hand or on the floor in front of you. Close your eyes and concentrate on the color of your stone. Slowly try to vibe with the crystal's energy. Remember: "Energy follows thought". The imagery of visualization is very powerful! As you breath, you may inhale and exhale through the Chakra points. This will charge the Chakra and surrounding organs with vital energy.
* You may utilize the vibrational power of [sound or music](http://www.peacefulmind.com/music_therapy.htm) during your session. The stones will enhance a positive, reconnecting flow of energy, which will allow you to bring up, recognize and clear emotional blocks.
* [By "laying of the stones"](http://www.peacefulmind.com/stones3.htm#Complete Chakra Healer Kit) on the Chakra points, (energy areas) you have begun the healing. While meditating, you may choose to have them visualize the corresponding color of each Chakra energy point saturating and balancing each part of their body. Below are the Chakra centers and their corresponding colors, complement colors and location. The crystals listed are simply some suggestions for the Chakra.
* [Aura cleansing](http://www.peacefulmind.com/stones3.htm#Aura Crystal Cleanse Kit) is another way to effect our human energetics. The laying of stones to effect the Aura can be done in order to prevent, heal or cleanse our life force field.
* [Crystal Gridding](http://www.peacefulmind.com/stones3.htm#Reiki Grid Set) is the "laying of the stones" around the body in order to work with the Aura and Auric fields. There are many ways to grid with crystals based on their color and properties.
* **Chakra/Crystal/Color Correspondence**
* **The Root Chakra**, 1st chakra: red or black: lodestone, ruby, garnet, smoky quartz, obsidian, onyx, hematite.

**The Spleen Chakra**, 2nd chakra: orange: carnelian, coral, orange jasper, orange jade

**The Solar Plexus Chakra**, 3rd chakra: yellow: amber, topaz, citrine, yellow calcite, yellow jasper

**The Heart Chakra**, 4th chakra: green or pink: emerald, tourmaline, aventurine, malachite, rose quartz, rhodonite, rhodochrosite

**The Throat Chakra**, 5th chakra: blue: turquoise, aquamarine, lapis, sodalite, quartz, angelite, aqua aura

**The Brow Chakra**, 6th chakra: purple: lapis, iolite, amethyst

**The Crown Chakra**, 7th chakra: white or clear: quartz, diamond, white amethyst

**Red Stones:** protection, courage, energy. Help with blood, relieve anemia, stop bleeding, heal rashes and wounds.

**Pink Stones:** calm, sooth, stop distress, help with love. They smooth difficulties in relationships, help with self-love and are good for group rituals.

**Orange Stones:** for personal power, self esteem. They are connected to the Sun, attract luck and success, assists in positive outcomes.

**Yellow Stones:** communication, inspiration, protection, visualization, travel, digestion, nervous system, skin problems, breathing disorders.

**Green Stones:** These are for healing. Eyes, kidneys, stomach, migraines, esp. Help with money, luck, prosperity, grounding and balance.

**Blue Stones:** calm emotions, sleep, healing, ulcers and inflammation. Use them in the bath for purification.

**Purple Stones:** mysticism, purification, meditation, psychic work, subconscious, health, obedience, headaches, mental illness, hair problems and sleep.

**White Stones:** These are ruled by the Moon. Sleep, psychism, promote lactation, protection after dark, gets rid of headaches

**Black Stones:** self control, grounding, resilience, quiet power, grounding, invisibility, peace, anxiety.

**Projecting stones:** destroy disease, strengthen conscious, courage, strength, physical energy, luck, and success. Dense, heavy, and/or opaque. Red, orange, yellow, gold. Ruby, diamond, lava, topaz and rhodochrosite are some projecting stones.
* **Receiving stones:** calming, soothing, inward or magnetic. Meditation, spirituality, wisdom, mysticism and peace. Translucent, green, blue, blue-green, purple, grey, silver, black, pink and white. Some good examples are moonstone, aquamarine, emerald, stones, rose quartz, pink tourmaline, kunzite, lapis lazuli, sugilite, sodalite and sapphire.

**Read more about** [The Chakra](http://www.peacefulmind.com/energy_medicine.htm#The Chakra).
* **Creating A Sacred Space**
* **Making a sacred space of your own**, whether it be an alter, meditation space, area for your crystal treasures or just room for you to breath, can be a fun and exciting choice.
* **1. First**, find a space to use on a regular basis for "your" space. Doing this, conditions your mind to become familiar and therefore feel relaxed once you are in the space, as it allows you to ascend. In time, just sitting in your space will immediately relax you.
* Your space can be a small area in your home where you can sit with your eyes closed for at least a few minutes each day. Choose a clean, quiet place away from all distractions where you can sit on a chair or on the floor. If you use a chair, choose one that allows you to keep your back as straight as possible. If you sit on the floor, you may want to lean your back against something so that you can keep it straight.
* **2. Whatever area you choose to use**, you first want to cleanse/clear that space.
* Space clearing can be done on a physical level by decluttering your surroundings. It can also be done on a metaphysical level with such tools as herbs, salts, crystals, incense, oils and yes, intention.
* [The power of (halite crystal) sea salt](http://www.peacefulmind.com/body_skin.htm#Bath Salts) is a safe and effective way to clear and cleanse any space of negative energy. Sea salt is obtained by evaporating seawater. Energy in itself, is the vital source, which radiates from everything and everyone around us. When we are ill, emotionally upset, angered or imbalanced, our moods and of course, our energy is altered. Coming in contact with energy that is negative can often be sensed, even felt. The result is often a feeling of uneasiness, confusion or an opposed feeling to our current state of mind. Cleansing with sea salt or rock salt is preferred over iodized, processed table salt.
* **Cleansing a room with salt** can be done by placing salt in small bowls and placing them in the 4 corners for 24 hours. Take two teaspoons of sea salt and dissolve it into some warm water. Pour it into a mister or spray bottle and spray it wherever you need cleansing.
* Adding [herbs](http://www.peacefulmind.com/herbology.htm) or [essential oils](http://www.peacefulmind.com/oils.htm) to sea salt can give an added bonus to cleansing. Herbs such as **lavender, sandalwood, tea tree, thyme, and rosemary** are all good compliments. When using herbs, place them in the salt and shake the salt in a closed container. This bruises the herbs and allows its essential oils to incorporate into the salt matrix. When using essential oils, add a few drops to salt and then stir or shake the salt in order to mix them well. [Misting yourself for an overall clearing](http://www.peacefulmind.com/body_skin.htm#Aura Vibrational Myst) can do cleansing of negative vibes. Draw a bath. As the hot water is filling the tube, add two or more tablespoons of sea salt to the running water and stir it so it dissolves in the tube. Relax in your bath for 15-20 minutes.
* **3. For a few days** just sit quietly in your space for five to ten minutes. This will help establish your energy.
* **4. Before you sit**, consider using the following "tools" to help increase your intention for the space.
* **a.)** You may light a [candle](http://www.peacefulmind.com/candle_therapy.htm) or some [incense](http://www.peacefulmind.com/oils.htm#Incense), if you like. Eventually, lighting the candle or incense will signal your brain that it's time for "sacred time".
* **b.)** Place in your space only items you absolutely love unconditionally. Do not place it there just because you think it belongs there. These "tools" should be items that empower you, give you strength, energy and allow you to feel good.
* **c.)** Add your most [special crystals](http://www.peacefulmind.com/specialties.htm) into your space. You can create a border with them or design an area or "cluster" just for them.
* **d.)** Remember, this is a living breathing space, so any items that served you this day, may not serve you tomorrow. So feel free to bring into your space different items (or crystals) that work for your that day.
* **e.)** Now, sprinkle with intention. Intention is a tool that can be used to bring about change. With clear intent, we formulate a greater deliberateness in order to achieve the end result.
* **The Map of Intention**
* **When you break down** the process of what true [intention](http://www.peacefulmind.com/intention.htm) really is, you will find a process that unfolds before you. By applying this process, you create your [intention](http://www.peacefulmind.com/intention.htm). Here is how you map out your [intentions](http://www.peacefulmind.com/intention.htm):
* **1. Have purpose** : Your reason behind your intention is purpose. Having a purpose infers a more determined path.
* **2. Design your intent** : This suggests a more careful, laid out and calculated plan of action. What, when, why where, how.
* **3. Improve your aim** : By improving your aim, you add to your implications or target effort directed toward attaining your intention.
* **4. Gain your objective** : Create a clear objective by aiming for something tangible and immediately attainable.
* **5. Reach your goal** : The goal is the result of your intention, put into action and attaining it by thought out effort and un-waiving focus.
* You have now created your sacred space. Bring to it what you want. Use it for what it is and allow it to remain sacred.
* **Crystal Remedy Reference**
* Through clinical **findings in my practice, theological and metaphysical experiences** from ancient times to the present day, as well as, associations through **color, vibration and other forms of energy medicine**, this list has been compiled. There is room for more stones in each category and by no means is an exhuasted list. It is a jumping point for anyone seeking adjunct therapy to other forms of healing. This is a quick reference to match ailments with crystals. Please note any [warning and safety issues](http://www.peacefulmind.com/stones.htm) regarding their use.*.*
* ABDOMEN- smoky quartz
* ABSENT-MINDEDNESS- carnelian
* ACNE- amethyst
* ADDICTIONS- amethyst, bloodstone, fluorite, labradorite, quartz, ruby
* AIR PURIFIER- quartz crystal
* AIR TRAVEL STRESS- hematite
* ANEMIA- coral, gamet, kunzite, ruby, tourmaline
* ANGER- blue-lace agate, chrysoprase, moss-agate
* ANXIETY- smithsonite, howlite
* APPENDIX- chrysolite
* ARTHRITIS- azurite, carnelian, ruby
* ARTISTIC GROWTH- blue topaz
* ASTHMA- malachite, rutilated quartz, tiger's eye
* ASTRAL PROJECTION- angelite, hematite
* AURA CLEANSER- lapis lazuli
* AUTISM- sugilite, moldavite
* AWARENESS- green calcite, orange calcite, celestite
* BACK PROBLEMS- petrified wood
* BLADDER TROUBLE- amber, coral, jade, jasper
* BLOOD CIRCULATION (poor)- citrine, magnetite, ruby, yellow topaz
* BLOOD DISEASE- amethyst, chrysolite, jasper, ruby
* BLOOD PRESSURE- aventurine, blue sodalite, black or green tourmaline
* BODY ACHES(general)- chrysocolla, copper, dolomite, malachite, quartz
* BONE ACHES)- calcite, chrysocolla, copper, dolomite, fluorite, lapis lazuli
* BONE MARROW- amber, chalcedony
* BRONCHITIS- rutilated quartz
* BURNS- chrysoprase
* CALMS BODY- agate, celestite, yellow topaz, blue topaz
* CALMS MIND- agate, amazonite, amethyst, srnithsonite, blue topaz
* CERVIX- zoisite
* CHAKRAS BALANCED- bloodstone, quartz crystal
* CHAKRAS OPENED- fluorite, kyanite, quartz crystal
* CHEERFULNESS- conicalite, ruby, tourmaline
* CLAIRVOYANCE- chrysoprase
* COLDS & FLU- yellow topaz
* COLIC- coral
* COMFORT- gold calcite, dioptase
* COMMUNICATION- aqua aura, lapis, aquamarine, angelite
* COMPASSION- chrysoprase
* CONCENTRATION- blue topaz
* CONFIDENCE, SELF- agate, aventurine, bloodstone, orange calcite, diamond, garnet, rhodonite, tiger's eye
* CONVULSIONS- amber, amethyst, carnelian, lapis 1azuli, moldavite, quartz crystal
* CREATIVITY- amethyst, aventurine, chalcedony, howlite, ruby
* DEPRESSION- bloodstone, gold calcite, carnelian, chalcopyrite, citrine, smoky quartz, diamond, chrysoprase, garnet, galena, howlite, jasper, jet, lapis 1azuli
* DIABETES- citrine
* DIARRHEA- quartz crystal
* DIGESTION- howlite, yellow jade, jasper, peridot
* DIRECTION IN LIFE- citrine
* DIZZINESS- quartz crystal
* DOUBT- staurolite
* DREAM INDUCER- citrine, garnet
* DREAMS, INTUITIVE- amethyst, jade
* DRUNKENNESS- amethyst
* EAR (Inner)- rhodonite
* EARACHE- amber
* ELOQUENCE- agate, amazonite, blue-lace agate, turquoise
* EMOTIONS (bad)- peridot
* EMOTIONS (blocked)- kunzite, blue tourmaline
* EMOTIONS (calms)- moonstone, rose quartz
* EMOTIONS (erratic)- herderite, selenite
* ENDOCRINE SYSTEM- magnetite
* ENDURANCE- sodalite
* ENERGY- garnet, hematite, kyanite, rhodonite, ruby
* ENERGY,BALANCED- larimar
* ENERGY (Physical)- petrified wood
* EYES- amethyst, aquamarine, aventurine, optical calcite, jade, jet, lapis lazuli, lazurite, obsidian snowflake, peridot, rhodochrosite
* EYESIGHT- malachite
* FAITH- sapphire
* FALLOPIAN TUBES- chrysoprase
* FEAR (banishes)- agate, green calcite, charoite, diamond, jet
* FERTILITY- carnelian, zoisite
* FEVER (reduction)- agate, chrysoprase, peridot, ruby
* FORGIVENESS- rhodochrosite
* FRIENDSHIP- lapis lazuli, moonstone, rose quartz, sapphire, tourmaline, turquoise
* FRUSTRATION- howlite, moss-agate
* GALL BLADDER- orange calcite
* GLANDS- aquamarine
* GRIEF- amethyst
* GROUNDING- apache tear, carnelian, fluorite, hematite, morion crystal, obsidian snowflake, smoky quartz, tourmaline, unakite
* HEMORRHAGE- quartz crystal, sapphire
* HAPPINESS-citrine, calcite, howlite, malachite
* HEADACHES- quartz crystal, rose quartz
* HEALING (general)- agate, amethyst, azurite, boji stone, gold calcite, dioptase,fluorite, kunzite, quartz crystal
* HEARING- agate, rhodonite
* HEART- aqua-aura, beryl, blue quartz, chalcedony, hematite, lapis lazuli, onyx
* HIP- petrified wood
* HOSTILITY (fear of)- grossuralite
* HUMILITY- chrysoprase
* HYPERTENSION- apatite, aventurine
* HYPOCHONDRIA- quartz crystal, tiger's eye
* IDEALISM- bloodstone
* IMAGINATION- galena, garnet, rose quartz, sapphire
* IMMUNE SYSTEM- snow quartz
* IMPOTENCE- carnelian
* INFECTION (protection)- garnet, pearl
* INFERTILITY- carnelian, zoisite
* INFLAMMATION- blue-lace agate
* INSIGHT INTO SELF- tiger's eye
* INSOMNIA- amethyst, aventurine, emerald, hematite, jacinth, peridot, sapphire, blue sodalite, yellow topaz, zircon
* INSPIRATION- tourmaline
* INTELLECT- emerald, rose quartz, yellow topaz
* INTESTINAL DISORDERS- amber
* INTUITIVE AWARENESS- amethyst, green calcite, ruby, turquoise
* JOINTS (pain in)- azurite
* KIDNEYS- anhydrite, bloodstone, green calcite, jade, rhodochrosite, quartz crystal, smoky quartz
* KINDNESS- chrysoprase
* KNOWLEDGE OF SELF- citrine, watermelon/pink tourmaline
* LARYNGITIS- turquoise
* LARYNX- morganite
* LEADERSHIP- blue topaz
* LIVER- aquamarine, beryl, bloodstone, lazurite, yellow topaz, zircon
* LOGIC- sodalite
* LONG LIFE- moonstone
* LOVE- dioptase, emerald, garnet, moonstone, opal, rhodochrosite, rose quartz, sapphire
* LOYALTY- kyanite, moonstone
* LUCK- smoky quartz, tiger's eye
* LYMPH GLANDS- tourmaline
* MEDITATION- amethyst, apache tear, aqua-aura, azurite, chrysoprase, kunzite, magnetite, quartz crystal, selenite, snow quartz, tourmaline, turquoise
* MEMORY- howlite
* MENSTRUATION- carnelian, chrysoprase, malachite, moonstone, ruby
* MENTAL BREAKDOWN- rhodochrosite, smithsonite
* MENTAL CLEANSER- lapis 1azuli, malachite
* MENTAL DISORDERS- beryl, bloodstone
* MENTAL POWER- selenite
* METABOLISM, GROWTH- amazonite
* MIGRAINE- amethyst, aventurine, jet, lapis, smoky quartz
* MIND (troubled)- jasper
* MISCARRIAGE- chrysoprase
* MISFORTUNE- tourmaline
* MOTOR RESPONSES- apatite
* MOUTH- beryl
* MUSCLE ACHES- chrysocolla, copper, diopside, dolomite, jadeite, larimar, lepidolite, quartz
* NECK STRAIN- chrysoprase
* NEGATIVE VIBRATIONS- amethyst, chrysocolla, dolomite, fluorite, obsidian (snowflake), peridot, quartz crystal, smoky quartz, black or green tourmaline
* NERVOUSNESS- sapphire, turquoise
* NERVOUS SYSTEM- alexandrite, amazonite, amber, aquamarine, chrysocolla, chrysoprase, galena, jasper, morganite, peridot, yellow topaz, black or green tourmaline
* NEURALGIA- amethyst, aquamarine, carnelian
* OCCULT POWERS- peridot
* OPTIMISM- chalcedony
* OVARIES- anhydrite, atacamite, chrysoprase, smoky quartz
* PAIN - EASES- quartz crystal, ruby
* PANCREAS- alexandrite, green calcite, herderite, rhodochrosite, smoky quartz
* PAST-LIFE RECALL- garnet, kyanite, petrified wood, quartz crystal, selenite
* PATIENCE - chrysoprase
* PEACE- chrysoprase, larimer, rose quartz, blue tourmaline
* PEACE OF MIND- sapphire
* PINEAL GLAND- lazulite, sugilite
* PITUITARY- sugilite
* PNEUMONIA- fluorite
* PROPHECY- emerald
* PROSTATE- chrysoprase
* PROTECTION- sardonyx, turquoise
* PSYCHIC DEVELOPMENT- azurite, howlite, lapis lazuli, opal, yellow topaz, blue topaz
* PSYCHO-SOMATIC PAIN- bloodstone, tiger's eye
* PULSE (rapid)- hematite
* PULSE (steady)- jasper
* PURIFIER- smoky quartz
* RHEUMATISM- amber, carnelian, malachite, ruby
* RIGID MIND- sodalite
* SCHIZOPHRENIA- larimar, lepidolite
* SELF-CONFIDENCE- galena, ruby
* SELF-CONTROL- sardonyx
* SELF-LOVE- rose quartz
* SELF-WORTH (lack of)- crocidolite
* SEX IMPROVED- smoky quartz
* SHOULDER STRAIN- chrysoprase
* SHYNESS- lepidolite
* SKIN DISEASES- garnet
* SORROW EASED- chrysoprase
* SPASMS- ruby
* SPINE-DEGENERATIVE- abalone
* SPIRITUAL CLEANSER- lapis lazuli
* SPIRITUAL GIFTS- quartz crystal, blue topaz
* SPLEEN (strengthens)- albite, alexandrite, bloodstone, green calcite, chalcedony, lapis lazuli, rhodochrosite
* STAR SOURCES- moldavite
* STAMMERING- apatite, blue tourmaline
* STOMACH- aquamarine, beryl, chrysocolla, citrine, jasper
* STOMACH ULCERS- chrysocolla
* STRESS- amethyst, blue-lace agate, herkimer diamond, yellow topaz
* STROKE- lapis lazuli
* STUPIDITY- beryl
* TALENT- bloodstone
* TEETH- aquamarine, fluorite
* TENSION- (emotional) amethyst, blue-lace agate, celestite, dioptase, tiger's eye
* TENSION (muscular)- smithsonite
* TESTICLES- alexandrite, chrysoprase, smoky quartz, zoisite
* THINKING- (improve) amazonite, tiger's eye
* THOUGHT (clear)- aquamarine, carnelian, celestite
* THROAT (chakra opened)- blue-lace agate
* THROAT INFECTIONS- amber, aqua-aura, aquamarine, beryl, blue-lace agate, larimar, blue topaz
* THYMUS (strengthens)- albite, aqua-aura, blue quartz
* THYROID- galena, chrysoprase, morganite, blue tourmaline, blue agate, celestite, angelite
* TOLERANCE- chrysoprase
* TONIC - GENERAL- garnet, peridot
* TOOTHACHE- aquamarine, malachite
* TRAUMA- aqua-aura, aventurine, rhodochrosite, rhodonite, rose quartz
* ULCERS- agate
* VARICOSE VEINS- yellow topaz
* VENEREAL DISEASES- atacamite
* VIRAL INFECTIONS- fluorite
* VISUALIZATIONS- selenite
* VITALITY (improving)- agate, aventurine, bloodstone, orange calcite, diamond
* VITAMIN ABSORPTION- rhodonite
* VOCAL PROBLEMS- chrysoprase
* VOICE STRENGTHENED- carnelian
* WHOOPING COUGH- coral
* WILL POWER- chrysoprase, rutilated quartz, tiger's eye
* WISDOM- jade, lapis lazuli, ruby, turquoise
* WOUNDS- carnelian

Holistic Metaphysical Body Healing
The Mind Body Connection

Holistic metaphysical body healing is about nurturing both the mind and body to promote healing, long-term good health and well-being.

When it comes to holistic metaphysical body healing and your health, [it's all about the choices you make daily](http://www.healthyyounaturally.com/about/part-of-the-healing-process.htm) and in the words of Hippocrates: "Your body has the ability to heal itself if it's given what it needs" so d**on't shy away from the concepts of holistic metaphysical body healing** - it really is all about the healing and wellness that's possible through a mind and body connection.

Metaphysics in Philosophy

* Metaphysics is the branch of philosophy concerned with explaining the ultimate nature of reality, being, and the world.  Its name derives from the Greek words metá (meaning "after") and (physiká) (meaning "those on nature"), "those on nature" referring to those works on nature by Aristotle in antiquity. - Source Wikipedia
* **Uncover the why** of your present health and the how of your future wellness - that's the metaphysical body healing potential of a mind body connection.
* **Holistic metaphysical body healing sounds new age**, but it's really thousands of years old.   Traditional Chinese Medicine (TCM) draws on the metaphysical healing potential of a mind and body connection as do many other philosophies.
* **A holistic mind body connection gets results** and modern science has increasingly recognized the necessity of the mind body connection in healing.

Allow your mind & body connection to unleash your natural body healing abilities

* Thinking processes are always reflected in the physical body so knowing that holistic metaphysical body healing begins in both your conscious and unconscious thoughts empowers you to have a direct and profound impact on your every-day state of health & well-being.
* Aromatherapy
* Aromatherapy has become a well used term that, in its true essence, would be defined as:

**The use of pure, therapeutic grade essential oils to facilitate the health of body, mind and spirit, creating balance.**

As a holistic therapy which has ancient roots and can be dated as far back as 5000 years ago, aromatherapy as a healing modality is the use of non-synthetic extracts of plant material which, quite apparently, contain the molecules of aroma. This could be seen as the added benefit as these extracts, essential oils, are potent healers. Their chemical make up is as diverse as mother-nature and have many applications on every level of wellness from prevention to the regaining of health on physical, mental, emotional and spiritual levels.

Many advanced civilizations such as Egypt, China, India and Greece acquired great knowledge of aromatic materials and their benefits. Therapy by plants was used extensively in medicine, pharmacy, beauty products, massage, and in spiritual or sacred rituals, bringing the life force of earth to maintain, encourage and create balance and wellness.

Essential oils permeated every aspect of daily life in the ancient world and upon its resurgence in the 20th century, has become the treatment of choice in the holistic remedy realm.

**Why Aromatherapy?**

It is an all encompassing treatment which incorporates the senses of touch and smell while utilizing the elements that are congruent with the organic chemistry of the body. The non-synthetic chemistry of the essential oils interacts with our own chemistry. This allows the body to regain its balance without adding foreign synthetics which might increase the amount of toxins the body is already processing in its ongoing efforts to maintain \*homeostasis (the body is always seeking to maintain a \*balanced state of health). Additionally, there are many oils which can be used to increase comfort, boost immunity, assist in elimination, balance emotions, and encourage healing when other chemically based treatments are a necessity.

The pleasurable scents of the oils works to relieve stress, comfort the mind and balance emotions. Add in the soothing touch of massage and hot, muscle relaxing baths, which are regular recommendations in an aromatherapy treatment, and it is evident why we would choose this powerful modality of healing and self care. We are always in line with living in wellness when nurturing is an aspect of our lives, and the state of our health reflects our commitment to this.

**Consciousness, Healing and Essential Oils**

Science informs us that most of the population uses less than 10% of their brain’s capacity. An exciting fact which makes me wonder, ‘What could utilizing this untapped potential actualize in my life and what tools can assist me in using more of myself?’

Is there a natural way to tap into this vast resource and use more of ourselves in an efficient, creative and productive way?

The study of aromatherapy has led some to believe that it is a capable mentor and assistant to this process of evolution. Surely if we are to evolve we must have a change of consciousness. Einstein says, ‘You can’t solve a problem with the same consciousness that created it’. Utilizing essential oils in this way allows us to frame new perspectives on familiar situations by reducing stress, stimulating neurochemicals, opening our emotional brain and creating sacred space within our body-mind systems.

**Physical Healing and Essential Oils**

On a purely physical level, essential oils exert their influence through their unique and individual chemical properties, in synergy, as a complete and complex extract of the plants they come from (thus the importance of quality as essential oils must be extracted at particular temperatures and time frames to release their desired constituents – see Essential Oils).

They act on our physiological bodies via the nervous system, endocrine system and directly on organs or tissues. The route taken to physical influence can be either via direct route physiologically or via the sense of smell through the psychological or mental route to the physical, otherwise known as body-mind effect or altering the physical through the mental.

**Energy, Emotion and Essential Oils**

*“The highest form of medicine is love”* Paracelsus

Aromatherapy , as a holistic therapy, nurtures the human on the level of body, mind and spirit. A great deal of research has been done on essential oils and their physical characteristics. Psychological research is catching up at great speed. Spiritual aromatherapy, often being an intangible form, is more difficult to study and apply. We are psychologically and spiritually complex and the oils respond in kind, especially, it seems, on these levels. However, it can be one of the most intriguing and efficient forms of working with the oils. Addressing care of the psyche and spirit can often eliminate the need for symptoms - our body talking to us - to manifest themselves on a physical level.

**What is the basis of this subtle technique?**

Energy is the underlying substance of the universe and creates all dense matter as we know it. The building blocks are atoms and molecules spinning at intense velocities so as to appear solid. It is an incredibly convincing system. However, our true nature is something vastly different than what is apparent to the naked eye.

We are powerhouses of energy, storing in each gram of undifferentiated matter, 25,000,000 kWh of energy. This figure is derived from the famous Hasenohrl-Einstein equation E=mc2. Science is unaware of how to unlock this enormous and seemingly disproportionate amount of energy due to its lack of research into natural energetic processes.

In spiritual blending, subtlety is emphasized. Choose oils that evoke the positive aspect of the qualities or wellness that you are seeking, blending at a ratio of 1-1 ½ % essential oil(s) in a vegetable oil, lotion or gel base for applications to the skin and using only 1 or 2 drops in a diffuser, 1-3 drops in a bath, etc. As in all aspects of holism, intention in use and blending contributes to the higher vibration of the remedy; the highest vibration is love.
* **Therapeutic Blending for everyone**

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| There are as many reasons for using pure essential oils as there are ways of using them.If you are using our oils for therapeutic purposes:*1) Write down all the conditions you wish to address whether they are physical, emotional, mental or spiritual. Stick to about two or three conditions per blend.2) Write down all medical conditions that you are currently being treated for. This will give you a guide for selecting appropriate oils & appropriate applications. 3) Search: Using books, the internet or our site’s Search tool http://www.essentialaura.com/nsearch.html look up the condition you wish to find assistance for and locate information on suggested essential oils. You could search the internet using the search terms “essential oils for \_\_\_\_\_\_\_\_\_\_\_”.4) Take Note: Beside each reason/condition for using the oils and write several down beside each condition. 5) Also Take Note: Check all information. Is there is an oil suggested to ‘not’ use for any health condition you currently have because it aggravates it or may react to mediation you are currently using? Usually this information is included when reading about a particular oil or condition. 6) Repeat steps 3 and 4: for each reason/condition you wish to find a blend for.7) What not to use: Now, take a look at your notes. Is there any oil that you recorded that are in your “not to use” list? Mark an X through it on all of your lists.8) Repeats: Notice which oils are listed for more than one of the conditions you have researched. 9) Select: Which ones show up the most? Select all of the oils that cross over into the two or three catagories you are researching for your blend.10) Select the top two or three, making sure to cover all two or three conditions you are working on between the oils that you select.***Safety guidelines and Blending Ratios for General Use: Sensitive skin, dermatitis, inflammation, allergic skin or perfume or cosmetic sensitivity:** Avoid Clove; Eucalyptus; Ginger; Juniper; Oregano; Orange; Black Pepper; Peppermint; Sage: Spearmint; Thyme**Pregnancy:** First trimester or suspected pregnancy, previous history of miscarriage – *Do not use any essential oils.*Second & Third Trimester – *Avoid Basil, Cedarwood, Clary Sage, Clove, Cypress, Eucalyptus, Fennel, Hyssop, Juniper, Jasmine, Lemongrass, Marjoram, Melissa, Myrrh, Niaouli, Rosemary, Sage, Thyme.Use Chamomile (German and Roman), Geranium, Lavender, Lemon, Orange, Mandarin and Rose in very low dilution 1-2% for massage and 3-4 drops in a bit of carrier oil for bath.***High Blood Pressure:** *Avoid Eucalyptus, Hyssop, Rosemary, Thyme***Low Blood Pressure:** *Avoid Lavender; Marjoram, Ylang Ylang***Epilepsy:** *Avoid Eucalyptus, Fennel, Hyssop, Rosemary, Sage***Kidney Problems:** *Avoid Black Pepper, Juniper***Skin Cancer:** *Avoid all citrus oils***Prostate Problems:***Avoid Melissa, Pine***Glaucoma:** *Melissa* |

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* ***Starter Kit***
* Everything you need to get you started!
This collection of Therapeutic Quality, Organic Essential Oils & Carrier is a great introduction to True Aromatherapy. These oils are sure to inspire and delight you to create your own remedies & blends.

Sweet Basil, Roman Chamomile, Clary Sage, Eucalyptus, Geranium, Ginger, Lavender, Sweet Orange, Rosemary, Tea Tree, Peppermint.

**Forgiveness Process**

Releases your choice to hold onto past events, these events usually drain you and keep you from totally living in the Present Time, The Now.

Ps. Use this process every time the “old feelings” come up, it may be next week, month or year – do it until you are completely clear.

**Process:**

1. ***Sit quiet by yourself***, use a *candle* to help you bring yourself to this moment,breath
2. ***Forgive yourself***, ie. I forgive myself for holding judgments and or not expressing how I feel about: parent, partner, children, friends, etc. See whoever it is now sitting in front you.

1. ***Express:*** Say exactly how you feel, let the feelings come up, frustration, anger, sadness, dishonoring, abuse, whatever the feeling, stay out of your head/ mind and focus on the feeling in your body. In this process you don’t have to be “nice”. *Say it how you feel it.* ***Becoming one with the feeling/experience/pain, brings the feeling from darkness, from the past (time track) and we become one with it in the light. Merge into it, It started in the past on the time track , it started in you so its your feeling ,others just created the event for you to have this feeling .Go back to that feeling and become one with the pain in the NOW, and then give back the package of pain to who ever gave it to you , parent, partner or other and come into the Now . This is the healing when all of that has been brought in consciousness.***
2. Say ***“I forgive you”. Forgive the person, just the person, not what they did or didn’t do***. *Forgiveness & being one releases both from playing their parts*
3. Release the Judgment on yourself and the judgment on the person End of Process
4. ***I AM Unique Process***: Finish off by gently hugging yourself and repeat 3x:

***I feel I am Unique, I feel I have purpose, I Feel I am all Powerful, I Feel I am all Loving.***

Slowly start feeling the words in your body. Let any feelings come through and be abundant and blessed on your journey.

1. **Ho ‘oponopono Hawaiian Healing technique** Dr Len from Dr Joe Vitale book ‘No Limits’

*Two years ago I heard about a therapist in Hawaii who cured a complete ward of criminally insane patients* ***Without ever seeing any of them !!****The psychologist would study the inmate’s chart* ***and then look******within to see how he CREATED that person’s illness!!*** *As he improved himself ,the patient improved!!*

*When asked what he did Dr Len just kept saying over and over again*

*“****I’m sorry , Please forgive me, I LOVE YOU Thank You “* That’s it! ..simple**

*So If you want to improve your life you do it by* ***Honoring Yourself and you have the “Key” to release those “prisoners” in your life by dropping the Judgement on Yourself, them and the issue they mirror for you  Set yourself FREE!!***

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| Making a Crystal GridCrystal grids can sometimes be more powerful than using a single crystal for an intended goal.Crystal grids are made by the placement of stones in a geometric pattern for the specific purpose of directing energy toward a goal. The stones or crystals are then charged by your intention and energy.  | [**http://crystal-cure.com/pics/grid-love.jpg**](grid-love.html) |
| A grid can be used for a simple goal like enhancing your sleep quality to something more elaborate - like World Peace! The combinations are endless, depending only on your purpose for the grid. Whatever your intention, the crystal grid is an effective use of crystal energy when done with your clean intention.Tumbled, rough or even faceted stones are centered around the "Master Crystal" which acts as the primary energy force for the grid.* [Crystal Love Grid](grid-love.html)
* [Prosperity Grid](grid-love.html)

Guidelines to making a crystal grid1. Decide on your purpose for the grid. Your clear intention is a key element in empowering the stones' energy. Your intention is what you will use to charge the crystals.
2. Write your intention on a piece of paper (or on the back of a photo that depicts your goal).
3. Find a safe location to create your grid where it will not be disturbed. Cleanse this space. Some cleansing methods include burning sage, placing a crystal cluster in the room, or bowls of sea salt. Flowers, incense, music, candles can be used to add ambience to your sacred space.
4. Place your crystal layout in a geometric pattern [(see some examples here)](grid-love.html)
5. Charge the Master Crystal and place it on the layout
6. Relax and center yourself. Visualize your goal having already been achieved with a calm mind and positive intention.
7. Say a prayer of gratitude.

An important aspect of your grid is to have fun with it and be creative. You can't really make a mistake, if your heart and goals are benign. I have created some [Crystal Grid Sets](grid-love.html) for some of the more popular grids. Try some of these, but feel free to create your own grids with stones and crystals and patterns of your own choosing. You can make your grid on a tray or movable surface, or place it on a spot where you know it will not be disturbed. Some people secure the stones to the surface with a non-permanent adhesive like silly putty or rubber cement to keep the stones in place. When you are finished using the grid, you can return the stones to the earth or any natural water source, or keep them for another use later. Be sure to cleanse the stones before using them again. |

**STORING CRYSTALS**

All crystals can be kept together with the exception of Opals they are not good mixers, when not being used. I have experimented with different types of Opals to see if any can be stored

with other crystals. Every time I have found that the Opals will lose their colour and go very milky looking. When taken away from the other crystals the Opals will again take on their normal appearance and the milky effect will disappear. I do not have an explanation for this

phenomenon, others say that the Opals are sulking and this is as good an explanation as any I have come across.

You can keep your crystals in a cloth bag, in a drawer, cupboard, shoebox or even in a display case. All my crystals reside in a glass display cabinet with sliding doors, these doors are not

airtight and I feel that this is what the crystals want. I get a great feeling every time I walk past the cabinet. The crystals seem quite happy in this environment as many of them have change since being in there. Some have had their colours deepened while others have repaired themselves of some small damage, like the Okenite, with its very delicate crystal shafts, when I acquired it, some of the crystals had flattened in spots these flat spots have now all but disappeared, some crystals just seem to be happier and they all give off loving and healing vibrations. All who look at the crystals say the make them smile and feel good. This even happens to people who do not believe in their healing powers, I love to see the smile appear on their faces as the look at and handle the crystals, just goes to show the crystals know what they are doing. If you keep your crystals where they do not have light all the time or do not come into contact with you or others often, then it is wise to take them out from time to time

and allow them to interact with the world around them. They just love to be around people. A little aside, some people will tell you not to let others particularly children handle your crystals, as they are yours and only you should handle them. Well I say it is a lot of poppycock, I let everyone and anyone handle my crystals and nothing bad has ever happened to the crystals or the person handling them. You must be careful with children only so that they do not put small crystals or toxic crystals into their mouths, and also watch out for some of your more delicate crystals with both children and adults. Other than this let the world see and feel your crystals and their healing powers.

***BIRTHSTONES***

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| Aquarius | [**Aquarius Birthstones**](http://www.bernardine.com/birthstone/aquarius.htm)(Jan. 21-Feb.18) | [Garnet](http://www.bernardine.com/birthstone/garnet.htm) **-** [Amethyst](http://www.bernardine.com/birthstone/amethyst.htm), [Moss Agate](http://www.bernardine.com/birthstone/agate.htm), [Opal](http://www.bernardine.com/birthstone/opal.htm), [**Sugilite**](http://www.bernardine.com/sugilite-jewelry.htm) |
| Pisces | [**Pisces Birthstones**](http://www.bernardine.com/birthstone/pisces.htm)(Feb. 19-Mar. 20) | [Amethyst](http://www.bernardine.com/birthstone/amethyst.htm) **-** [Aquamarine](http://www.bernardine.com/gemstones/aquamarine.htm), [Bloodstone](http://www.bernardine.com/coral-jewelry.htm), [Jade](http://www.bernardine.com/birthstone/jade.htm), [**Rock Crystal**](http://www.bernardine.com/birthstone/white.htm), [Sapphire](http://www.bernardine.com/birthstone/sapphire.htm) |
| Aries | [**Aries Birthstones**](http://www.bernardine.com/birthstone/aries.htm)(Mar. 21-Apr. 20) | [**Bloodstone**](http://www.bernardine.com/coral-jewelry.htm) **-** [Diamond](http://www.bernardine.com/gemstones/white.htm#diamond) |
| Taurus | [**Taurus Birthstones**](http://www.bernardine.com/birthstone/taurus.htm)(Apr. 21-May 21) | [Sapphire](http://www.bernardine.com/birthstone/sapphire.htm) **-** [Amber](http://www.bernardine.com/birthstone/amber.htm), [Coral](http://www.bernardine.com/coral-jewelry.htm), [Emerald](http://www.bernardine.com/birthstone/emerald.htm), [**Rose Quartz**](http://www.bernardine.com/birthstone/pink.htm#rosequartz)**,** [Turquoise](http://www.bernardine.com/birthstone/turquoise.htm), [Azurite](http://www.bernardine.com/gemstones/azurite-malachite.htm) |
| Gemini | [**Gemini Birthstones**](http://www.bernardine.com/birthstone/gemini.htm)(May 22-Jun. 21) | [**Agate**](http://www.bernardine.com/birthstone/agate.htm) **-** [Chrysoprase](http://www.bernardine.com/birthstone/chrysoprase.htm), [Citrine](http://www.bernardine.com/birthstone/citrine.htm), [Moonstone](http://www.bernardine.com/birthstone/moonstone.htm), [Pearl](http://www.bernardine.com/birthstone/pearl.htm), [White Sapphire](http://www.bernardine.com/birthstone/sapphire.htm) |
| Cancer | [**Cancer Birthstone**](http://www.bernardine.com/birthstone/cancer.htm)(Jun. 22-Jul. 22) | [Emerald](http://www.bernardine.com/birthstone/emerald.htm) **-** [**Moonstone**](http://www.bernardine.com/birthstone/moonstone.htm), [Pearl](http://www.bernardine.com/birthstone/pearl.htm), [Ruby](http://www.bernardine.com/birthstone/red.htm#ruby) |
| Leo | [**Leo Birthstones**](http://www.bernardine.com/birthstone/leo.htm)(Jul. 23-Aug. 23) | [Onyx](http://www.bernardine.com/birthstone/onyx.htm) **-** [**Carnelian**](http://www.bernardine.com/birthstone/carnelian.htm), [Sardonyx](http://www.bernardine.com/mens-jewelry/sard-rng.htm), [Golden Topaz](http://www.bernardine.com/birthstone/topaz.htm), [Tourmaline](http://www.bernardine.com/gemstones/tourmaline.htm) |
| Virgo | [**Virgo Birthstones**](http://www.bernardine.com/birthstone/virgo.htm)(Aug. 24-Sep.22) | [Carnelian](http://www.bernardine.com/birthstone/carnelian.htm) **-** [Jade](http://www.bernardine.com/birthstone/jade.htm), [**Jasper**](http://www.bernardine.com/birthstone/jasper.htm)**,** [Moss Agate](http://www.bernardine.com/birthstone/agate.htm), [Blue Sapphire](http://www.bernardine.com/birthstone/sapphire.htm) |
| Libra | [**Libra Birthstones**](http://www.bernardine.com/birthstone/libra.htm)(Sep. 23-Oct. 23) | [Chrysolite (Peridot)](http://www.bernardine.com/birthstone/peridot.htm) **-** [**Lapis Lazuli**](http://www.bernardine.com/birthstone/lapis.htm), [Opal](http://www.bernardine.com/birthstone/opal.htm), [Peridot](http://www.bernardine.com/birthstone/peridot.htm) |
| Scorpio | [**Scorpio Birthstones**](http://www.bernardine.com/birthstone/scorpio.htm)(Oct. 24-Nov. 22) | [Beryl](http://www.bernardine.com/birthstone/green.htm#beryl) **-** Apache Tear, [Aquamarine](http://www.bernardine.com/gemstones/aquamarine.htm), [Coral](http://www.bernardine.com/coral-jewelry.htm), [**Obsidian**](http://www.bernardine.com/gemstones/black.htm), [Topaz](http://www.bernardine.com/birthstone/topaz.htm) |
| Sagittarius | [**Sagittarius Birthstones**](http://www.bernardine.com/birthstone/sagittarius.htm)(Nov. 23-Dec. 21) | [Topaz](http://www.bernardine.com/birthstone/topaz.htm) **-** [**Amethyst**](http://www.bernardine.com/birthstone/amethyst.htm), [Ruby](http://www.bernardine.com/birthstone/red.htm#ruby), [Sapphire](http://www.bernardine.com/birthstone/sapphire.htm), [Turquoise](http://www.bernardine.com/birthstone/turquoise.htm) |
| Capricorn | [**Capricorn Birthstones**](http://www.bernardine.com/birthstone/capricorn.htm)(Dec. 22-Jan. 20) | [Ruby](http://www.bernardine.com/birthstone/red.htm#ruby) **-** [**Agate**](http://www.bernardine.com/birthstone/agate.htm), [Garnet](http://www.bernardine.com/birthstone/garnet.htm), [Black Onyx](http://www.bernardine.com/birthstone/onyx.htm) |

Mandalas

Spiritual circles for harmony and fulfilment

* ***Mandalas is a sacred space, often a circle, which reveals some inner truth about yourself or the world around you.***
* In Sanskrit, “mandala” means both **circle and centre**, implying that it represents both the visible world outside of us (the circle) and invisible one deep inside our minds and bodies (the centre).
* We all seek **happiness and fulfilment**, and Mandalas are a tool that can guide us straight to the heart of this search.
* In following the path through a mandala we are seeking to find the wholeness that lies at the core of us, the **stillness** that always remains no matter what storms may surround us.
* We listen to the **dreams of our heart, mind and soul** and give them shape and colour inside the circle.
* A mandala can take **any form**. Any object when seen for its innate **beauty** can transport us from the mundane world to a world of happiness and fulfilment.
* By working with mandalas we may start to perceive the seemingly random reality around us differently and begin to turn what is **everyday and commonplace into a journey to our deepest, innermost selves*.***
* **Creating a mandala can help us to find that still centre within**.
* The art of creating a mandala involves turning our attention away from the outside world towards our true feelings, **our hidden emotions and our inner universe.**
* **Every person is unique** and each one of us has beautiful qualities. These may be evident or they may be hidden, but they are there all the same.
* By becoming quiet, by silencing all those loud voices in our heads, our endless worries, our endless desires, we can **recognize the peace and harmony that exists** all around and inside of us.
* Through what we create, we can begin **to see where we need to heal**.
* Sometimes the very act of drawing a mandala is enough to bring us to a **place of peace and harmony with the world.**
* Crystals
* Gemstones have fascinated mankind since the times of the caveman and they captivate us still. Whether you enjoy collecting gemstones for your mineral collection, or use them for healing, for spiritual reasons or for divination, they are always fascinating.
* Superstition, myth and romance have been attached to crystals since ancient times. Persian mythology claimed the world stood on a giant sapphire whose reflection turned the sky blue. It was thought you blind snakes with emeralds. Amethyst was thought to protect from drunkenness.
* What are crystals?
* Basically, they are a solid material in which atoms are arranged in regular patterns. This applies to the salt crystals in your kitchen as much as to the diamond in a ring. You might think that glass is a crystal, but it isn't. There is no crystalline structure because it is cooled too quickly.
* The actual word *crystal* comes from the Ancient Greek word *krystallos* which means icy cold. The Ancient Greeks believed that clear quartz was ice that had frozen so hard it would never melt.
* What makes one crystal differ from another?
* It all comes down to its internal atomic structure. Take the graphite in a pencil and a diamond. They are both formed of carbon but they differ in their internal structure, In graphite, the atoms are linked in layers, which are only weakly bonded so it is a very soft material. In diamond, each atom is bonded to four others in a particular rigid compact structure. This makes it the hardest known substance. Diamond has undergone intense extremes of heat and pressure to be formed in this way.
* Identifying crystals
* Some crystals can look identical to the naked eye, such as citrine and yellow topaz. You need to judge a stone by its colour, its cleavage, its hardness and its specific gravity. Most people are familiar with the scale of hardness with talc the lowest at 1 and diamond the hardest at 10.
* Synthetic crystals
* You can grow synthetic crystals from seed and are actually flawless. It takes several months to grow a beautiful emerald, but under the microscope its structure is not the same as a naturally occurring emerald. The quartz used in watches and electronics is synthetic quartz. You may not realise that all naturally occurring gems have flaws whether they are microscopic inclusions of another material or clearly visible like the rutile found in rutilated quartz.
* Gem Groups

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| Quartz Quartz is a very commonly occurring gem. The best giant crystals are found in Brazil. From coarse sand to the finest amethysts there are many forms of quartz. Colourless rock crystal is the purest. Chalcedonies and jaspers are a form of fine-grained quartz. Iron, for example, gives the colour to amethyst and citrine. Citrine is actually amethyst which has been subjected to extreme temperatures, either naturally or in a laboratory. Smokey quartz is thought to have been exposed to radiation. Scotland is a well-known source of almost black smokey quartz, called morion, and extremely dark citrine called cairngorm. Chalcedonies are carnelian (cornelian), chrysoprase (marketed as Australian Jade) and agate. Corundum Rubies are true red corundum. Blue ones are sapphires, other colours are called sapphires as well. Sapphire is next to diamond in hardness. You may not realise that you have sapphires lying around the house if you have any of the old-fashioned emery boards. Emery is impure corundum. Beryl Beryl is known as aquamarine and emerald. But one is considerably more valuable than the other! Pure beryl is actually colourless. Emerald has been prized for millennia. Cleopatra was known to have several lucrative emerald mines. Opal Opals are known as unlucky stones but in Roman times they were seen as symbols of power. The Aztecs mined Fire Opal. During the 14th century in Venice, people noticed that opals became more brilliant when wearers caught the Plague and dulled when a person died. This helped reinforce the belief that opal was unlucky. Organic Gems Organic gems include jet, amber, coral and pearl. Jet is formed from ancient wood and amber is formed from the sap. Jet was hugely popular in Victorian times as mourning jewelry, but it is no longer as valued. Minerals Minerals can even be found in the form of crystals although they are not common. Silver used to be more valuable than gold in medieval times, and even today gold is not the most valuable metal in jewelry — it is platinum. In alchemy, platinum was believed to be a mixture of gold and silver.  |  |

* Crystal Healing
* The laying on of crystals is an ancient art. It is thought that as light reflects off crystals and stones, the electro-magnetic field of the body, the aura, absorbs the energy. Silicon is an excellent transmitter of vibrations and energy, which is why it is used in the electronics industry and in science. Quartz is made of silicon, and a major component of the human body is also silicon, so it is thought one can transfer electro-magnetic energy to the other.
* Using crystals is thought to dissolve stress, remove blockages, support new intentions and bring harmony. They can neutralise negative energies, draw energy away from an over-stimulated area, or re-energise a depleted one.
* Modern conventional medicine has rubies in its surgical lasers, used for example in the treatment of gallstones. Silicon chips are a vital component of pacemakers and other life-saving equipment.
* Science has shown that if a crystal is placed in an energy field, it collects that energy and contains it. It might change or transmute the energy in the process. Some crystals, such as quartz, amplify energy. The crystal then radiates energy out again. For example, if an acupuncture needle is coated in quartz, its effect is enhanced by 10% to 12%.
* The exceptions are black crystals, which absorb energy, but do not release it. This makes them extremely useful as protection against unpleasant or hostile vibrations. Crystals are also used to clear the atmosphere in a room. You can place a crystal ball or a large crystal druze in a room to help balance the "feel" of a room.
* Choosing a crystal
* So how do you know which crystal is for you? You'll find that one particular crystal grabs your attention. It may not be the biggest, the most beautiful or the most expensive, but it is the one you immediately want to hold in your hand. The one that feels instinctively right.
* Cleansing crystals

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| Since crystals absorb and emit energy, they should be cleansed when you first get them to rid them of any negative energies they may have absorbed from being handled before. You can easily cleanse your crystal by immersing it in salt water, then rinse in fresh water and allow to dry naturally. Alternatively, you could simply hold it under running water then let it dry in the sun. Delicate crystals that cannot be left in water, can sit on rock salt crystals for a few hours. You could also let the stone sit on a quartz cluster if you have a cluster large enough. If you decide to wear or carry a crystal for a specific purpose you need to cleanse it regularly and program it. In other words, it's as simple as holding the crystal in your hands and calmly stating in your mind what you want the stone to do. Whether you place your belief in the stone itself or in your own subconscious capabilities, the process does work and can be quite effective. Healing Many crystals have been used for healing since ancient times. Thousands of years ago, Galen recommended using hematite for headaches and the Chinese have always used iron pyrite to stimulate healing with broken bones. The Egyptians left instructions on a powder that was used on wounds made of ground malachite and chrysoprase. In fact, science has shown that this is an effective antibacterial that can kill staphylococcal infections. Modern day crystal healers would recommend rose quartz or garnet for ailments involving the hart. For the liver, you'd be looking at using aquamarine, bloodstone or carnelian. The gall bladder is associated with carnelian, citrine and tiger's eye. The female reproductive system is associated with moonstone, chrysoprase, and unakite. Amethyst or hematite is recommended for a tension headache and lapis lazuli for migraine. Gems have also been used since ancient times in elixirs. The gem is placed in water and left in the sun. Afterwards, the water is drunk or bathed in. Since wine was often substituted for water, or brandy added as a preservative, this was a very popular remedy. You need to know what you are doing, however, because some stones like unpolished malachite are poisonous used in this way.  |  |

* Metaphysical
* Crystals are also used to treat and heal emotional imbalances and help with mental attitudes. For example, amber neutralises negative states of mind and balances the underlying disequilibrium. Jet fights mood swings and deep depression. Guilt is treated by rose quartz, the "stone of love" — it helps you forgive others and forgive yourself, allowing love to flow freely again. Aquamarine has long been associated with removing blocks to communication and the recently discovered stone sugilite helps with dyslexic problems.
* Colour
* Colour is just as important as type of stone.
* BLACK or BROWN stones are often used to shield and disburse negative energies. Examples are smokey quartz, jet, obsidian, black tourmaline (schorl), onyx and black sapphire.
* YELLOW stones are often associated with abundance. Stones such as citrine, topaz, tiger's eye and yellow sapphire, which in India is the stone of Ganesh, the elephant god of prosperity.
* Stones that enhance creativity are often GREEN such as malachite, chrysoprase, green tourmaline and amazonite.
* Love is, of course, PINK, and the stones for love are rose quartz and rhodonite. But angel hair quartz (rutilated quartz) is also known as a stone that brings love into your life.
* Stones that help with your powers for intuition include PURPLE, BLUE and WHITE stones. Purple stones include amethyst, charoite, fluorite and purple sapphire. Blue stones include lapis lazuli, sodalite, sapphire and blue agate. White stones include selenite, moonstone and apopholite.
* RED is the colour of assertiveness and vitality. Garnet, ruby, jasper and carnelian are good examples of red gemstones.
* CLEAR crystals bring clarity and focus. Examples are diamond, quartz and agate.
* Sometimes you can find two stones in one. Ametrine is a beautiful natural example of amethyst that has been partially turned into citrine. If you hold the purple stone up to the light, you can see the yellow glow of citrine deep inside. Tourmalated quartz has slivers of tourmaline inside the clear quartz.
* Gemstones & Metals of the Planets in Vedic Astrology

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| **Planet** | **Precious Gem** | **Semi-Precious Gem** | **Metals** |
| Sun | Ruby | Star Ruby, Garnet | Copper |
| Moon | Pearl | Moonstone | (Gems) |
| Mars | Red Coral | Red Coral, Garnet | Gold |
| Jupiter | Yellow Sapphire | Golden Topaz | Silver |
| Mercury | Emerald | Onyx | Alloy of Metals |
| Venus | Diamond, White Sapphire | White Zircon, White Coral | (Pearls) |
| Saturn | Blue Sapphire | Amethyst | Iron |
| Rahu | Gomedha (Zircon) | Gomedha (Zircon)/Agate |   |
| Ketu | Cat's Eye | Cat's Eye/Agate |   |

**A Sense of Now**

So often people get wrapped up in the past - through regret or guilt. Or they focus on the future - worrying about some distant scary possibility. Neither focus works. You can't change the past. And you can't create the future you want when your focus is on negative potential.

The only way you can create a life of joy, happiness and well-being is by staying in the now, being in the moment. Now. Not past, not future. The only potential you can efficiently create is based in the now of positive "feelings" which will evolve smoothly and completely into a future (which will be another now) that you can revel in.

And yet so many have learned from childhood to belittle their existence with guilt and regret over an unchangeable past. Or when not wallowing in "what might have been," they are fearing what might be.

For just a moment, let's explore the concept of the Law of Attraction. This concept is simple: What you focus on in life is what you attract in your life. Let's put this into practical terms. When you look back with regret, sadness and guilt, the only possible experiences you can attract will be low self-esteem, helplessness, hopelessness and the immobility to determine a positive direction. If you worry about the future, what else will you draw into your life but failure, fear and more misery?

You are the creator of your existence. This simple statement bears repeating: YouÉareÉtheÉcreatorÉof your life!

So our meditation this week will focus on an exercise to develop a sense of the Now, right Now, in the minute Now.

You are going to place a clock or a watch with a second hand in your clear line of sight. Begin as usual with your now familiar steps of relaxation. Focus on your deep breathing until you are calm, relaxed, focused and ready to begin your meditation exercise.

Open your eyes and look at the end point of the second hand on the clock, following the movement with your eyes. There will probably be a tendency to tick off the seconds as an awareness of time - passing second-by-second, minute-by-minute. But if this is how you observe the second hand, do you understand that you are always focusing on the past, on how much time has passed, and on the future as you wonder, "How much longer do I need to do this?"

Your intention in doing this exercise is to quiet and calm your mind until you empty it of all thoughts. This is a difficult exercise; it is too easy in the quietness for the frisky monkey of your mind to start thinking, talking, wondering, and chattering. When this occurs, just gently pull your attention back to the point of the second hand, not observing by describing the second hand, "Hmmm, look how thin the point is; it seems to hesitate when it gets to the 9; how can I possible continue to watch this stupidÉ." But rather, the mind should be free of thoughts, value judgments and awareness of time passing. You may only succeed for moments at a time, but build on these little successes until you can watch the second hand without drifting away from this simple goal of seeing and not thinking.

When you have reached a level of in-the-now success, you will see each tick of the second hand as being your only awareness - now. No past, no future. And yet, how do you know how successful you are? Well, how many seconds pass before you drop back into the past or reach forward into the future? A successive 10 seconds is a good start. But yet the very act of counting seconds incorporates the past and future at the same time unless you watch each tick of the second hand in the now, releasing the past second, not looking ahead to the next second.

Difficult. Yes, but with practice you'll find yourself commanding your Now, building a positive foundation for your future. But first, master this Now. Let go of the past with each tick-tock. Avoid looking ahead to the next tick.

As Ram Dass said, Be here, now.

As you do, you gather your power, which is a strong foundation upon which to build your future the way you want it to be. Go forth - but stay here now, developing the strong personal feeling of being in the Now.

# The Art of Now: Six Steps to Living in the Moment

We live in the age of distraction. Yet one of life's sharpest paradoxes is that your brightest future hinges on your ability to pay attention to the present.

By [Jay Dixit](http://www.psychologytoday.com/articles/authors/jay-dixit), published on November 01, 2008 - last reviewed on October 07, 2010

A friend was walking in the desert when he found the telephone to God. The setting was Burning Man, an electronic arts and music festival for which 50,000 people descend on Black Rock City, Nevada, for eight days of "radical self-expression"—dancing, socializing, meditating, and debauchery.

A phone booth in the middle of the desert with a sign that said "Talk to God" was a surreal sight even at Burning Man. The idea was that you picked up the phone, and God—or someone claiming to be God—would be at the other end to ease your pain.

So when God came on the line asking how he could help, my friend was ready. "How can I live more in the moment?" he asked. Too often, he felt, the beautiful moments of his life were drowned out by a cacophony of self-consciousness and anxiety. What could he do to hush the buzzing of his mind?

"Breathe," replied a soothing male voice.

**The Art of Living in the Now**

**My friend flinched at the tired new-age mantra, then reminded himself to keep an open mind. When God talks, you listen.**

**"Whenever you feel anxious about your future or your past, just breathe," continued God. "Try it with me a few times right now. Breathe in... breathe out." And despite himself, my friend began to relax.**

**You Are Not Your Thoughts**

**Life unfolds in the present. But so often, we let the present slip away, allowing time to rush past unobserved and unseized, and squandering the precious seconds of our lives as we worry about the future and ruminate about what's past. "We're living in a world that contributes in a major way to mental fragmentation, disintegration, distraction, decoherence," says Buddhist scholar B. Alan Wallace. We're always doing something, and we allow little time to practice stillness and calm.**

**When we're at work, we [fantasize](http://www.psychologytoday.com/basics/fantasies%22%20%5Co%20%22Psychology%20Today%20looks%20at%20Fantasies) about being on vacation; on vacation, we worry about the work piling up on our desks. We dwell on intrusive [memories](http://www.psychologytoday.com/basics/memory%22%20%5Co%20%22Psychology%20Today%20looks%20at%20Memory) of the past or fret about what may or may not happen in the future. We don't appreciate the living present because our "monkey minds," as Buddhists call them, vault from thought to thought like monkeys swinging from tree to tree.**

**Most of us don't undertake our thoughts in awareness. Rather, our thoughts control us. "Ordinary thoughts course through our mind like a deafening waterfall," writes Jon Kabat-Zinn, the biomedical scientist who introduced [meditation](http://www.psychologytoday.com/basics/meditation%22%20%5Co%20%22Psychology%20Today%20looks%20at%20Meditation) into mainstream medicine. In order to feel more in control of our minds and our lives, to find the sense of balance that eludes us, we need to step out of this current, to pause, and, as Kabat-Zinn puts it, to "rest in stillness—to stop doing and focus on just being."**

**We need to live more in the moment. Living in the moment—also called mindfulness—is a state of active, open, intentional attention on the present. When you become mindful, you realize that you are not your thoughts; you become an observer of your thoughts from moment to moment without judging them. [Mindfulness](http://www.psychologytoday.com/basics/mindfulness%22%20%5Co%20%22Psychology%20Today%20looks%20at%20Mindfulness) involves being with your thoughts as they are, neither grasping at them nor pushing them away. Instead of letting your life go by without living it, you awaken to experience.**

**Cultivating a nonjudgmental awareness of the present bestows a host of benefits. Mindfulness reduces [stress](http://www.psychologytoday.com/basics/stress%22%20%5Co%20%22Psychology%20Today%20looks%20at%20Stress), boosts immune functioning, reduces [chronic pain](http://www.psychologytoday.com/basics/chronic-pain%22%20%5Co%20%22Psychology%20Today%20looks%20at%20Chronic%20Pain), lowers blood pressure, and helps patients cope with cancer. By alleviating stress, spending a few minutes a day actively focusing on living in the moment reduces the risk of heart disease. Mindfulness may even slow the progression of HIV.**

**Mindful people are happier, more exuberant, more empathetic, and more secure. They have higher [self-esteem](http://www.psychologytoday.com/basics/self-esteem%22%20%5Co%20%22Psychology%20Today%20looks%20at%20Self-Esteem) and are more accepting of their own weaknesses. Anchoring awareness in the here and now reduces the kinds of impulsivity and reactivity that underlie [depression](http://www.psychologytoday.com/basics/depression/symptoms%22%20%5Co%20%22Psychology%20Today%20looks%20at%20Symptoms%20of%20Depression), [binge eating](http://www.psychologytoday.com/basics2/eating-disorders%22%20%5Co%20%22Psychology%20Today%20looks%20at%20Eating%20Disorders), and attention problems. Mindful people can hear negative feedback without feeling threatened. They fight less with their romantic partners and are more accommodating and less defensive. As a result, mindful couples have more satisfying relationships.**

**Mindfulness is at the root of Buddhism, Taoism, and many Native-American traditions, not to mention yoga. It's why Thoreau went to Walden Pond; it's what Emerson and Whitman wrote about in their essays and poems.**

**"Everyone agrees it's important to live in the moment, but the problem is how," says Ellen Langer, a psychologist at Harvard and author of Mindfulness. "When people are not in the moment, they're not there to know that they're not there." Overriding the distraction reflex and awakening to the present takes intentionality and practice.**

**Living in the moment involves a profound paradox: You can't pursue it for its benefits. That's because the expectation of reward launches a future-oriented mindset, which subverts the entire process. Instead, you just have to trust that the rewards will come. There are many paths to mindfulness—and at the core of each is a paradox. Ironically, letting go of what you want is the only way to get it. Here are a few tricks to help you along.**

**1: To improve your performance, stop thinking about it (unselfconsciousness).**

**I've never felt comfortable on a dance floor. My movements feel awkward. I feel like people are judging me. I never know what to do with my arms. I want to let go, but I can't, because I know I look ridiculous.**

**"Loosen up, no one's watching you," people always say. "Everyone's too busy worrying about themselves." So how come they always make fun of my dancing the next day?**

## What you resist persists, what you look at disappears.

This is a great quote from the [**Conversations With God**](http://www.cwg.org/main.php) book series: "What you resist persists, what you look at disappears". It took me a while to figure out exactly what course of action this statement was suggesting. What was I resisting in my life, and how could just looking at it make it go away? It then dawned on me that it's all about moving things to the surface of your consciousness. Let's look at a few examples.
Many of us know someone that has a drinking problem. It might be a family member or a close friend, and I'm sure that you have tried to point this out to them many times with no success. An alcoholic will not get better until THEY decide there is a problem. In other words, they were probably resisting the fact they had a problem. By bringing it to the surface of their consciousness to "look at", all of the energy is refocused from resisting the problem, to acceptance, then finally to focusing on a solution.
We can all use this process to solve ANY problems in our lives. What is it that you're resisting? Take a moment to think about it. Is there anything that you have been struggling with in your life? Is it money...is it your weight? We can all take the first steps to resolution by using this process. Just look at the problem honestly...acknowledge the situation...forgive yourself...and refocus your attention on a solution. It sounds so simple! Don't get me wrong, I know it's difficult to look at ourselves in the light of truth. However, it must be done if you wish to create better conditions in your life.

*Some day the medical profession will wake up and realize that unresolved emotional issues are the main cause of 85% of all illnesses. When they do, EFT will be one of their primary healing tools .... as it is for me."*

- Eric Robins, MD -

##### What is EFT?

EFT is a powerful **new method based on the discovery that emotional trauma contributes greatly to disease.** Scientific studies have shown that EFT is able to rapidly reduce the emotional impact of memories and incidents that trigger emotional distress. Once the distress is reduced or removed, the body can often rebalance itself, and accellerate

[www.eftuniverse.com](http://www.eftuniverse.com)



**Smudging - a ritual to cleanse & purify**

Many of us appreciate the benefits of a soothing bath or a vigorous shower to cleanse and refresh our body. Equally as effective but on the psychic energetic level is the practice of 'smudging'. 'Smudging' is the common name given to the Sacred Smoke Bowl Blessing, a powerful cleansing technique from the Native American tradition. However the burning of herbs for emotional, psychic, and spiritual purification is common practice in many religious, healing, and spiritual traditions. It is a ritual way to cleanse a person, place or an object of negative energies or influences. The theory behind smudging is that the smoke attaches itself to negative energy and as it clears it takes the negative energy with it, releasing it into another space to be regenerated.

Smudging is very effective when you've been feeling depressed, angry, resentful or unwell or after you have had an argument with someone. It is also great to smudge yourself, the space and all the guests or participants before a ritual or ceremony or celebration. You can smudge your home or work space as part of a general spiritual housecleaning and you can cleanse crystals or other objects of any negative energy with a smudging ritual.

**Herbs used for Smudging**

There are many ways to smudge and a variety of different herbs may be used. When the herbs used for smudging are tied into a bundle and allowed to dry they are called a "smudge stick". In traditional societies the herbs used for smudging are considered sacred and the smudge stick is treated with great respect. The particular plant allies we call on in our smudge sticks are Mugwort and Lavender. The Mugwort stimulates psychic awareness and acts a strong cleanser of negative energies, while the Lavender restores balance, creates a peaceful atmosphere and attracts loving energy.

**How to Smudge**

Any action, undertaken with intention and belief can become a potent ritual so consider your intention before you smudge and hold it clearly in your mind. You may wish to invite the spirit of the herbs to join you and guide and assist with your intention.

A candle flame is recommended to light the smudge stick as it may take a little time to get the stick smoking. Once there's a flame blow it out so that the smudge stick is smoldering, not burning. Blow or wave the flame with your hand to put out the fire. Allow the smudge stick to smolder, freeing the smoke to circle in the air.

**Smudging yourself**

Fan the swirls of smoke around your body from head to toe. You may want to especially focus on areas where you feel there are blockages or where there has been or is physical, emotional, or psychic pain. Imagine the smoke lifting away all the negative thoughts, emotions and energies that have attached themselves to you. If you are feeling depressed for instance you could visualize the smoke carrying away all your feelings of depression.

**Smudging another**

It is often appropriate to smudge guests as they enter the space at a ritual, ceremony or special event. Smudge as if you were smudging yourself, fanning the smoke all over their body. You may want to speak an intention or a suggestion for the smudging as you do it. For instance "Allow the sacred smoke to cleanse your body and spirit and bring you present and available into this moment"

**Smudging a room or space**

Light the smudge stick and walk about the perimeter, giving special attention to the corners and the places behind doors. You can also fan the smoke throughout the room with a large feather.

**During healing work**During healing work, the smoke may be fanned over the person either by your hand or with feathers. This clears out unhealthy energies and brings in the special attributes of the herbs. You may also direct smudge to each of the person's chakras and as you do so visualize each chakra coming into balance as it is purified by the smudge.

**Cleansing crystals or other objects**Hold the objects to be purified in the smoke or fan the smoke over them. If you are clearing your crystals prior to programming them thank both them and the smudge stick for helping you to realize your goals.

**Extinguishing the smudge stick**Have ready a fireproof receptacle such as a shell or a glass or ceramic dish to put the smudge stick in when you've finished. It's ideal to damp the stick out in sand, or earth or you can just press it against the bottom of the receptacle. Always make sure that a smudge stick is out before leaving the room where you keep it.

# How to Create Boundaries for Yourself

Boundaries are important to preserve your own peace of mind, tranquility, and sanity. Many of us hear about people who have good boundaries but developing boundaries requires some thought and skill. Having boundaries  means that you respect yourself as well as the other person and it is through boundaries that you teach others how you want to be treated. Consider what you hold to be the closest to you in the way of thoughts, feelings, and beliefs. These are the things you want to create boundaries for. It is not necessary to be completely open about yourself to everyone you know, whether the persons involved are family or friends. Keep in mind the only power others have over you is the power you give them and this is done through what information about yourself you give to others. Being comfortable in yourself is very important here because if you are outside of your comfort zone there will be a greater chance of others taking advantage of you when you probably do not want that to happen.

Boundaries are created to provide you with physical, emotional, intellectual, and rule-based protection. Once you have these boundaries set, you give yourself the kind of security necessary to survive as a human being.(1) Physical boundaries are just as important as emotional, intellectual, and rule-based boundaries because it is important that you not allow others to take advantage of you in the touching process. Some people do not like being touched at all. It is important to communicate your boundaries in a civil fashion if you are suddenly grabbed and you do not want to be touched that way.

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**ACHES AND PAINS RELIEVING LAYOUT**

We all suffer from aches and pains of one sort or another. It can be chronic pain say from

arthritis, RSI, sometimes from muscle strain, perhaps just poor posture and any number of

reasons that are too many and varied to go into here.

Two crystals that are very effective in this area are Lodestone and Black Tourmaline, but

again there are other very good pain relieving crystals that you can use. Experiment,

Experiment.

Place one crystal at the Crown Chakra

Place one crystal on or at the feet

Place one crystal at each elbow

Place one crystal at each hip

Place one crystal at the Base Chakra

Place one crystal in each hand.



**HEADACHE RELIEF LAYOUT**

Amethyst is a great crystal for headaches. It relieves the pain quickly by freeing up blockages and allowing the energy to flow. You will need Five Amethyst Crystals although you may use others if you feel that you need too. If you feel uncomfortable with using Amethyst just look up Headaches or Migraines and select a crystal that resonates with you better. Remember there is not wrong way. Place the first crystal on or above the Crown Chakra (If you are doing this on yourself then

Above is probably easier) Place the next crystal over the Third Eye Chakra

Place each of the remaining two crystals on either side of the Throat Chakra There is a variation that I like to use with this layout if nausea occurs with the headache, I like to place a Dioptase crystal on the Solar Plexus Chakra, this will help settle the stomach (again you can use a

different crystal if you prefer). Some of the crystals that you can use if your headache progresses to a migraine are Aventurine,

Hematite and Sodalite there are a number of others listed under Headaches and Migraines that may help you choose. And yes! Before you say but Amethyst is not listed under migraine, it is listed for most types of

headaches and I always find that you need to add some stronger crystals with Migraines but I always use Amethyst with my migraines at least one, again this is personal choice and I have found that Amethyst alone is not strong enough for my migraines at least.



**Clearing the Energies of Crystals and Stones**Most crystals and gemstones, in jewelry or on their own, will pick up negative or unwanted energies over time. They are a bit like sponges absorbing and reacting to the environment's energies. The ones I know of that don't absorb energies and thus never need clearing are citrine, kyanite, azeztulite, and Super Seven.

Crystals and stones that are used for crystal healing should be cleared and cleansed of negative energy prior to any healing work. You will also find that clearing stones makes them more cheerful and positive to have around.

Here are a number of methods that are commonly used to clear and cleanse crystals and stones to restore their bright, happy, vibrant energy. Some are more complex or take longer, others are extremely simple and quick. Use whichever suits you and your crystals best.

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| saltwater_aI've experimented and found that salt water leaves a green oxidization residue on sterling silver. This twist of silver wire was in salt water for over two weeks, but the corrosion started within a day. So salt water doesn't seem to be a good choice for clearing stones in jewelry.  |

***Salt Water:*** While this is a popular way to cleanse crystals, I recommend using salt water very carefully, if at all. You need to know about your crystals to be sure that they are not porous or soft, so they won't be damaged by water. Salt water can get into the structure of some crystals and stones and cause them to break. Some stones that don't do well in salt water are calcite, carnelian, halite, hematite, labradorite/spectrolite, lepidolite, lodestone (magnetite), mica, moldavite, opal, turquoise, ulexite, clusters of most stones, and there are surely more. When you do use salt water, do so cautiously and don't leave your crystals in it longer than absolutely necessary.

***Sea Salt:*** Crystals can be placed in coarse sea salt for up to 24 hours to clear them. They can also be stored in sea salt to keep them from picking up energies from their surroundings. In humid areas, using sea salt can sometimes cause the same problems as salt water. It can also get stuck in the crevices of clusters and eventually combine with water in the air and split the cluster.

***Sunlight or Moonlight:*** The rays of the sun and moon are energetically very clearing and cleansing, as well as energizing. Placing your stones outside where they can soak up the sunlight or moonlight for a day/night to a week is very beneficial. Do be careful though, as some the colors of some stones may fade in the sun. A few of the stones that will fade in the sun are amethyst, celestite, opal, and turquoise. If you have any doubts at all, be sure to use only moonlight cleansing.

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| dirt_aThis twist of sterling silver wire was buried in dirt for over 2 weeks. As you can see, it lost its luster a bit, but a quick polishing will take care of that. This appears to be a good method for clearing stones that are in jewelry.  |

***Earth Burial:*** As creepy as it may sound to those of us who grew up watching horror movies, burying crystals and stones is very cleansing and healing to them. You can bury them in the Earth for 3 days to a week, either in your yard or in a flower pot. Be sure that if you bury your crystals in the yard that you mark the spot. You don't want to have to dig up half the yard to find your stones again.

***Smudging:*** Smudging is one of my favorite methods of clearing crystals and stones of unwanted energy. It's also a much quicker way to clear crystals than any of the above methods. To smudge them, pass you stone several times through the smoke of burning cedar, sage, sweetgrass, or incense. Commercial incenses with complex, perfumy smells may not clear as fully or as quickly as an herb like sage or a more basic incense like Nag Champa or Frankincense.

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| How to use Protection Gemstones**Your best shield against negative influence in your life is your own attuned state with life.** Gemstones emit vibrations that can help you to become more attuned to those things that will make up a safe, secure environment. |
| Types of ProtectionIf one needs protection, the obvious question is "From What?" The need for protection assumes that there is some negative influence that has the capability to bring harm to your home, family, business, personal sense of security, happiness or quality of life. Identifying sources of harm or negative influences is an important step toward achieving a sense of security and protection.Guarding against your inner negativitySome people need to be protected from inner negativity. They need to be protected from themselves. These people are their own worst enemy by nurturing fear or greed or other undesirable characteristics that create a feeling of insecurity and vulnerability. For example, a man who is dishonest in his business dealings with others will distrust people and feel that he needs protection from being cheated by others. This person needs protection from his own fear and dishonesty. *He needs to become more attuned to a higher ethical standard in order to be truly safe.*A person who is fearful of losing love may feel that he needs protection from being hurt by others. This can manifest itself as jealousy, or being overly possessive, or resisting any serious relationship. This person is not attuned to the other person, since their main focus is on themselves - whether they will be hurt - rather than on the person they love and what they can offer that person in the way of increased happiness. Their priorities are upside down - and such a person needs protection from their own harmful obsession with their own emotions. They would enjoy heightened security by giving less importance to themselves and more to the people around them. As long as your attention is on YOU instead of your environment and the people in it, you are leaving yourself open to attack. *This person should become more attuned to loving another as opposed to being loved.*Harm from exterior influencesThere are sometimes real outside influences that mean to do us harm. Identifying people or ideas or groups who pose a threat to our happiness is vital in order to guard oneself. In this case, one would become more attuned to oneself - and notice if a particular person or environment leaves one feeling less cheerful or even 'down'.I once worked at a job where the majority of people were mostly unhappy in their jobs. The CEO was unpredictable - threatening and dissatisfied one day and overly generous and kind the next. It kept the whole office in a state of fear. One never knew if they would have their job from one day to the next. There was little that I could do about this situation besides leave the company (which was not realistic at the time). But I believed that I deserved security and should protect myself in some way...A large [fluorite ball](symbol-ball-fluorite.html) on my desk did the trick to shield me from the generally disgruntled atmosphere where I worked. Fluorite makes a wonderful 'mental vacuum cleaner' - it clears the atmosphere of cluttered, confused thoughts and random negativity from varied sources. It assists in making subtle discriminations regarding the kinds of energies and people that you allow to enter your world. Though fluorite is not generally considered a protection stone, I used it effectively to guard against undesirable elements.Often an employee (including the crazy CEO) would arrive in my office asking if they could just sit there for a minute to 'get away' from everything. My office was a little island of peace within a confused and fearful work place.**Protection from being hurt (by a lover, friend or associate):**A [rhodonite sphere](symbol-rhodonite-ball.html) or stone brings reconciliation where two people have been hurting each other for a long time. It heals old wounds and scars and is sometimes called the "rescue stone". It helps to recover your unique gifts and opens your awareness to using these for the benefit of others. Classically considered a love stone, rhodonite has energy that is 'outward' focused, or the giving of love, rather than love flowing towards you (such as rose quartz or rhodochrosite). **If you feel weak...** Weakness can leave one open to attacks. When we feel weak, we are vulnerable, and the source of this is a reduction of our life force caused by a lack of self esteem, or being overwhelmed by people or situations around us. [Rhyolite](symbol-rhyolite-ball.html) fortifies your natural resistance. It will bring about an increased awareness of your own inner strength. [Jasper](symbol-jasper-ball.html) is an excellent stone to enhance endurance and stamina. If you are working long and hard and feel you are being drained, and therefore at risk - jasper is a very effective protection stone. **When you feel the world is out to get you...** If you get fearful watching the news, or feel anxious about the state of the world in general, you are probably out of harmony with yourself and your environment. *Being out of harmony can leave you feeling unsafe.* Things are out of balance when you see only the dangerous side of life. Because the truth is, there is much to be grateful for, and much beauty all around you.[Amazonite](symbol-ball-amazonite.html) is the supreme harmony stone, both within oneself and with other people. It facilitates your ability to see multiple points of view on any situation. It allows you to find and know your inner truth - this in turn opens the door to finding a harmony and balance in your attunement to good and evil. Another important balancing stone is [moss agate](symbol-mossagate-ball.html). This stone has strong grounding energies that help you to stabilize and focus on constructive actions. It is an excellent stone for anyone recovering from an addiction as it offers protection from unstable states of mind (such as loss of self control).Know your gemstonesGet to know your gemstones and their various properties. Of course there are stones that are clearly protective - [agate](symbol-bandedagate-egg.html), [jade](symbol-jade-ball.html), [jaspers](symbol-jasper-ball.html) of all types, [onyx](onyx-gem.html), all the [obsidians](symbol-obsidian-ball.html), [turquoise](symbol-turquoise-egg.html), [tiger eye](symbol-tigereye-ball.html). But you can get creative with using gemstones for protection by identifying the particular type of protection that you need and then finding a stone with the energy to combat a specific type of threat. Discover the [meanings of gemstones](gemstone-meanings.html#anchor-one)!  |

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| freshwater_aNote: Tap water will eventually corrode silver, but this takes a very long time. The sterling silver wire in this photo was in water for over 2 weeks and has very little green oxidation, in fact you can hardly see it at all. So as long as your jewelry isn't going to stay in the water a long time it's not likely to damage the jewelry to cleanse the stones in tap water unless your water has a high sulphur content or something of the kind.  |

***Tap Water - COOL Tap Water:*** For a quick cleansing, you can also run your stones under cool tap water. Hot, very cold, or warm water is a no no because it can fracture some crystals and stones. Again, as with salt water, be sure that your crystals are not porous or soft, before putting them under the tap. Stone clusters and geodes are two types of stones that do not do well with water, as they may break apart and crumble. The stones mentioned as not doing well with salt water may also not do well with tap water.

***Reiki-Seichim:*** Reiki-Seichim is another of my favorite methods of cleansing crystals. In a sense, it's channeling the universal life force energy to heal the crystal of negativity and unwanted energies. As a Reiki or Seichim practitioner, just treat the stone as you would any other being that needs healing, and set your intent to heal the stone of any negativity or unwanted energies.

***Stone Clearing:*** Some stones will clear the negative or unwanted energies from other stones. I am familiar with doing this with quartz crystal clusters, amethyst clusters, and selenite. Place the stone to be cleared on a the "clearing" stone, and leave for 24-48 hours.

***Flower Water:*** You can also clear crystals and stones in flower water. Soak the stone or crystal in water with the petals of rose, honey suckle, orange blossoms, jasmine or others for 24 hours. Again, the same cautions apply regarding stones that don't do well in water.

***Ask:*** This is too simple for most peoples' need for ritual, but it does work wonderfully. Simply ask the Divine (God/Goddess/Universe or whatever your higher power is called) to clear and energetically cleanse your crystal for you. You can also simply ask the crystal to clear itself

**ASTROLOGY KEY WORDS**

The zodiac circle has twelve signs. The circle begins with Aries and concludes with Pisces. Each sign has traits that set it apart from the others. It's important to learn key words describing each of the signs.  Here are some of key words and phrases that I like to use:

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| [**Aries**](file:///C%3A%5CDocuments%20and%20Settings%5Csvandemerwe%5CDesktop%5CSara%5Cbj%20bee%20light%5Ckeywords%20astro.htm#Aries) |  [**Taurus**](file:///C%3A%5CDocuments%20and%20Settings%5Csvandemerwe%5CDesktop%5CSara%5Cbj%20bee%20light%5Ckeywords%20astro.htm#Taurus) |  [**Gemini**](file:///C%3A%5CDocuments%20and%20Settings%5Csvandemerwe%5CDesktop%5CSara%5Cbj%20bee%20light%5Ckeywords%20astro.htm#Gemini) | [**Cancer**](file:///C%3A%5CDocuments%20and%20Settings%5Csvandemerwe%5CDesktop%5CSara%5Cbj%20bee%20light%5Ckeywords%20astro.htm#Cancer) |  [**Leo**](file:///C%3A%5CDocuments%20and%20Settings%5Csvandemerwe%5CDesktop%5CSara%5Cbj%20bee%20light%5Ckeywords%20astro.htm#Leo) |  [**Virgo**](file:///C%3A%5CDocuments%20and%20Settings%5Csvandemerwe%5CDesktop%5CSara%5Cbj%20bee%20light%5Ckeywords%20astro.htm#Virgo) |
|  [**Libra**](file:///C%3A%5CDocuments%20and%20Settings%5Csvandemerwe%5CDesktop%5CSara%5Cbj%20bee%20light%5Ckeywords%20astro.htm#Libra) |  [**Scorpio**](file:///C%3A%5CDocuments%20and%20Settings%5Csvandemerwe%5CDesktop%5CSara%5Cbj%20bee%20light%5Ckeywords%20astro.htm#Scorpio) |  [**Sagittarius**](file:///C%3A%5CDocuments%20and%20Settings%5Csvandemerwe%5CDesktop%5CSara%5Cbj%20bee%20light%5Ckeywords%20astro.htm#Sagittarius) |  [**Capricorn**](file:///C%3A%5CDocuments%20and%20Settings%5Csvandemerwe%5CDesktop%5CSara%5Cbj%20bee%20light%5Ckeywords%20astro.htm#Capricorn) |  [**Aquarius**](file:///C%3A%5CDocuments%20and%20Settings%5Csvandemerwe%5CDesktop%5CSara%5Cbj%20bee%20light%5Ckeywords%20astro.htm#Capricorn) |  [**Pisces**](file:///C%3A%5CDocuments%20and%20Settings%5Csvandemerwe%5CDesktop%5CSara%5Cbj%20bee%20light%5Ckeywords%20astro.htm#Pisces) |

**Aries** 

Aries is energetic, innovative, original, pioneering, assertive, quick-tempered, strong drive, leader, ambitious, extroverted, sometimes aggressive, competitive, enthusiastic, self-reliant, and self-assured.

**Taurus** 

Taurus is determined, efficient, stubborn, cautious, placid, persistent, enduring, introverted, conservative, conventional, materialistic, security conscious, stable, industrious, dependable, and one generally having significant financial ability.

**Gemini** 

Gemini is flexible, versatile, restless, a jack-of-all-trades, lively, alert, quick-witted, literary, communicative, a good conversationalist, changeable, sociable, logical, ingenious, agile, dexterous, intellectual, and mentally ambitious.

**Cancer** 

Cancer is introverted, reserved, emotional, sensitive, moody, sympathetic, security-conscious, prudent, retentive, domestic, maternal, protective, quiet, calm, imaginative, conscientious, and quite the traditionalist.

**Leo** 

Leo is ambitious, a lover of limelight, speculative, extroverted, optimistic, honorable, dignified, confident, proud, exuberant, sunny, flamboyant, charismatic, dramatic, competitive, a leader and an organizer.

**Virgo** 

Virgo is practical, responsible, sensible, logical, analytical, highly discriminating, a careful planner, precise and punctual, dedicated, perfectionist, critical, health conscious, and somewhat introverted.

**Libra** 

Libra is idealistic, a peacemaker, diplomatic, refined, poised, gracious, kind, courteous, fair-minded, sociable, charming, artistically creative, affable, cooperative, extroverted, and usually somewhat indecisive.

**Scorpio** 

Scorpio is intense, determined, powerful, strong-willed, forceful, bold, courageous, enduring, competitive, resourceful, researcher, an investigator, secretive, mysterious, penetrating, psychic, self-reliant, and somewhat introverted or closed.

**Sagittarius** 

Sagittarius is idealistic, optimistic, freedom-loving, casual, friendly, buoyant, gregarious, enthusiastic, philosophical, studious, farseeing, direct, outspoken, honest, loyal, restless and loves travel.

**Capricorn** 

Capricorn is ambitious (power, position, money), organizational, self-disciplined, rigid, thrifty, prudent, security-conscious, conservative, responsible, practical, persistent, political, business oriented, methodical.

**Aquarius** 

Aquarius is individualistic, unconventional, progressive, unique, independent, humanitarian, altruistic, visionary, perceptive, intellectual, logical, ingenious, inventive, unpredictable, detached, friendly, and scientific.

**Pisces** 

Pisces is receptive, supersensitive, impressionable, peace-loving, serious, sympathetic, charitable, compassionate, artistic, creative, dreamer, dedicated, imaginative, psychic, shy, introverted, spiritual, and reclusive.

## [Gemstone Healing Direcory](#Overview)[Please read: The "QUALITY of Stones"](beginersguide.htm)

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| **A** |   |
| **Abdomen** | Smoky Quartz |
| **Abdominal colic** | Mother of pearl , Obsidian Snowflake |
| **Absent-mindedness** | Carnelian |
| **Abundance** | Amber , Malachite , Moss Agate, Citrine, Peridot, Jade |
| **Abundance/Prosperity** | Aventurine, Bloodstone, Citrine, Diamond, Jade, Malachite, Moonstone, Moss Agate, Peridot, Topaz, Smoky Quartz, Rutilated Quartz, Tree Agate, Turquoise |
| **Accidents (prevention of)** | Yellow Carnelian , Tiger Eye |
| **Aches And Pains (Easing Of)** | Rose Quartz, Rock Crystals ,Hematite |
| **Acid Indigestion/Heartburn** | Turquoise, Pyrite, Chiastolite, Varicite |
| **Acidity** | Green jasper , rock crystal |
| **Acne** | Amethyst |
| **Action (To Take Action)** | Carnelian, Chrysocolla, Pyrite/Marcasite |
| **Addictions** | Amethyst , Black Onyx, Smoky Quartz, Sugilite, Kunzite, Iolite, Dumortierite |
| **Aggression (negates)** | Carnelian , Amethyst |
| **Air Purifier** | Quartz Crystal |
| **Air travel stress** | Hematite |
| **Alcoholism** | Amethyst , black onyx |
| **Aligning the physical & astral bodies** | amazonite |
| **Allergies** | Aquamarine, Aventurine, Fluorite, Apophyllite, Red Jasper, Rock Crystal , Carnelian, Apatite, Brecciated Jasper (Animals) Carnelian, Clay, Dolomite, Garnet, White Coral |
| **Allergies (Pollen)** | Carnelian, Zircon, Chrysocolla  |
| **Ambition** | Chrysoberyl, Morganite |
| **Amplifies Energy** | Rock Quartz, Ruby |
| **Analytical qualities** | Agate |
| **Ancient Wisdom** | Quartz Crystal |
| **Anemia** | Garnet, Ruby, Bloodstone, Tourmaline, Citrine, Coral, Kunzite, Hematite |
| **Angel Communication** |   Aquamarine, Blue Lace Agate, Moonstone, Selenite |
| **Anger** | Carnelian , Amethyst, Blue Agate, Chrysoprase, Peridot, Rose Quartz, Apatite, Azurite, Angelite, Aquamarine, Aragonite, Citrine, Gold, Howlite, Jet, Lepidolite, Kunzite, Kyanite, Peridot, Rhodonite, Smoky Quartz, Sodalite, Turquoise |
| **Anger (Releasing)** | Peridot, Rose Quartz, Snowflake Obsidian, Sugilite |
| **Angina** | Rose Quartz , Amethyst,  Dioptase |
| **Animals (To Cure Illness)** | Rose Quartz , Rock Crystal |
| **Anorexia** | Topaz, Citrine, Moss Agate, Rhodochrosite, Turquoise, Rose Quartz |
| **Anxiety** | Azurite-Malachite, Bloodstone, Labradorite, Citrine, Lapis Lazuli, Smoky Quartz, Rock Crystal , Tiger Eye, Smithsonite, Howlite, Opal,Dolomite, Apophyllite |
| **Appendix** | Chrysolite |
| **Arthritis** | Abalone, Amber, Amethyst, Apatite, Azurite, Black Tourmaline, Blue Lace Agate, Blue Lace Agate, Botswana Agate, Carnelian, Chrysocolla, Copper, Fluorite, Gold, Garnet, Green Calcite, Lapis, Lodestone (Magnetite), Malachite, Petrified Wood, Quartz, Rhodonite, Ruby, Topaz, Sulphur, Mother Of Pearl, Carnelian , Magnetic Hematite, Azurite, Carnelian, Ruby |
| **Artistic Expression** | Botswana Agate, Cobalt, Calcite, Howlite, Rainbow Quartz, Rutilated Quartz, Watermelon Tourmaline |
| **Artistic growth** | Blue topaz |
| **Asthma** | Amber, Apophyllite, Cat's Eye, Malachite, Obsidian, Rose Quartz, Rutilated Quartz, Tiger's Eye |
| **Astral Projection/Travel** | Ametrine, Azurite-Malachite, Calcite, Fluorite, , Hematite, Honey Calcite, Iolite, Quartz, Sapphire |
| **Astrology** | Angelite |
| **Attention Deficit Disorder** | Sodalite |
| **Attracting A Soul Mate** | Carnelian, Rhodonite, Rhodocrosite |
| **Attraction** | Amethyst, Goldstone, Garnet, Sunstone |
| **Attraction** | Amethyst, Goldstone, Garnet, Sunstone |
| **Attuning To The Earth** | Chrysocolla |
| **Aura (Balancing, Cleansing)** | Ametrine, Citrine, Iolite, Labradorite, Rutilated Quartz |
| **Aura Cleanser** | Lapis Lazuli |
| **Aura Cleansing** | Aqua Aura, Citrine, Fluorite, Iolite, Agate, Crystal Quartz |
| **Autism** | Sugilite, moldavite |
| **Awareness** | Green Calcite, Orange Calcite, Celestite, Howlite, Lapis Lazuli, Picture Jasper |
| **B** |   |
| **Back Pains** | Calcite, Fluorite, Lodestone, Obsidian |
| **Back Problems(Lower)**  | Petrified Wood, Smokey Quartz, Coral, Marble |
| **Backache** | Blue Agate , Hematite |
| **Bad Temper** | Blue Tiger Eye , Green Aventurine |
| **Balance** | Agate,  Adamite,  Amber,  Aquamarine, Light & Dark Amber & Jet, Crystal Quartz, Dolomite,  Emerald,  Howlite, Jade, Snowflake Obsidian,Tigereye, Malachite, Moonstone, Morganite,  Rhyolite Tourmalinated Quartz |
| **Balance (Mental/Emotional)** | Ametrine, Bloodstone, Blue Topaz, Carnalian, Chrysoprase, Fluorite, Hematite, Kunzite,  Rhodochrosite, Rhodonite, Sodalite, Tigers Eye, Tourmaline, Tree Agate, Unakite |
| **Balance, Yin/Yang** |  Chrysoprase, Tigers Eye, Rhodocrosite |
| **Balancing Relationships** | Peridot, Rhodonite, Rose Quartz |
| **Baldness** | Aquamarine , Rock Crystal |
| **Banish Grief** | Black Onyx, Jet |
| **Beauty** | Amber, Rose Quartz |
| **Beginnings (New)** | Moss Agate, Garnet, Rutilated Quartz, Fossilized Wood, Cerrussite |
| **Biliousness** | Jasper, Ruby |
| **Bitterness** | Agate |
| **Bladder** | Amber, Coral, Jade, Red Jasper |
| **Bladder Ailments** | Agate, Citrine, Tourmaline, Amber, Cuprite |
| **Bladder trouble** | Bloodstone, Jade, Jasper, Amber, Orange Calcite |
| **Bleeding (to stop)** | Bloodstone, Carnelian, Ruby, Sapphire, Chrysoprase, Hematite, Clear Quartz |
| **Blessing** | Jade |
| **Bliss** | Blue Lace Agate |
| **Blood** | Carnelian, Hematite, Bloodstone, Rhodochrosite |
| **Blood Circulation** | Bloodstone, Dolomite,  Fire Agate, Obsidian, Carnelian, Rose Quartz, Sodalite,  |
| **Blood Circulation (Poor)** | Citrine, Magnetite, Ruby, Yellow  |
| **Blood Toxin Cleanser** | Hematite |
| **Blood Cleansing** | Amethyst, Bloodstone, Garnet, Lapis Lazuli, Aquamarine  |
| **Blood Clots** | Amethyst, Bloodstone, Hematite  |
| **Blood Disease** | Amethyst, Chrysolite, Jasper, Ruby |
| **Blood poisoning** | Carnelian |
| **Blood Pressure** | Aventurine, Bloodstone, Blue Calcite, Blue Sodalite, Chrysocolla, Rhodochrosite, Chrysocolla, Labradorite, Lapis Lazuli, Black Or Green Tourmaline |
| **Blood Pressure (High)** | Jade, Sodalite, Chrysoprase, Jadeite, Bloodstone |
| **Blood Pressure (Low)** | Sodalite, Tourmaline, Bloodstone, Carnelian  |
| **Blood Sugar (Low)** | Serpentine |
| **Blood Vessels/Blood/Circulatory System** | Amber, Amethyst, Aventurine, Bloodstone, Carnelian, Chalcedony, Chrysocolla, Coral, Dalmatian Jasper (Purify Blood), Fluorite, Garnet, Hematite, Howlite, Kunzite, Kyanite, Malachite, Moss Agate, Pyrite, Red Jasper, Ruby, Rutilated Quartz, Sapphire, Tiger Iron, Topaz |
| **Boils** | Sapphire |
| **Bone Marrow** | Amber, Chalcedony |
| **Bones** | Apatite, Amethyst, Blue Lace Agate, Calcite, Coral, Dolomite, Fluorite, Garnet, Eilat Stone, Howlite, Fluorite, Malachite, Petrified Wood, Tiger's Eye, Onyx, Obsidian |
| **Bowels** | Cat's Eye, Jasper |
| **Brain** | Amber, Diamond, Larimar, Amazonite, Kyanite, Azurite, Sugilite, Pyrite, Ruby, Tourmaline (Green), Lapis Lazuli |
| **Brain Tonic** | Amethyst , Carnelian |
| **Bravery** | Agates |
| **Breathlessness** | Amber , Black Onyx |
| **Broken Heart** | Chrysoprase, Rhodonite |
| **Bronchitis** | Red Jasper, Pyrite, Rutilated Quartz, Rutile, Amethyst, Amber , Black Onyx, Gold, Lodestone, Rutilated Quartz |
| **Bruises** | Rose Quartz , Carnelian |
| **Burns** | Sodalite , Amethyst, Chrysoprase, Clear Quartz, Rose Quartz, Chrysocolla, Tourmaline |
|  **C** |   |
| **Calcium deficiencies** | Amazonite  |
| **Calming** | Sodalite, Rock Crystal, Aventurine, Blue Aventurine, Cats Eye, Moonstone, Peach/Apricot Moonstone, Rainbow Moonstone, Rhodonite, Rose Quartz, Silver, Silver Grey Moonstone, Howlite, Bloodstone, Jade, Labradorite, Sapphire, Blue Lace Agage, Aquamarine, Amazonite, Fossilized Wood, Lepidolite, Magnesite  |
| **Calming/Soothing** | Agate, Amber, Aventurine, Blue Lace Agate, Herkimer Diamond, Opal, Richterite, Rose Quartz, Selenite, Snow Quartz, Topaz, Tourmaline |
| **Calms Body** | Agate, Celestite, Yellow Topaz, Blue Topaz |
| **Calms mind activity** | Agate,  Amethyst, Blue Topaz, Smithsonite, Sodalite |
| **Calms nerves** | Amazonite |
| **Cancer** | Red Jasper, Rock Crystal , Carnelian, Azurite-Malachite, Fluorite, Gold, Lapis, Moonstone, Sapphire |
| **Cancer Related Diseases** | Rhodochrosite, Abalone, Smoky Quartz, Sugilite  |
| **Cardiovascular** | Bloodstone, Hematite |
| **Catarrh** | Amber , Blue Agate |
| **Cell Growth** | Malachite, Calcite, Apatite, Azurite |
| **Cell Rejuvenation** | Sodalite, Rhodonite |
| **Centering/Grounding** | Bloodstone, Calcite, Hematite, Kunzite, Onyx |
| **Central Nervous System** | Rock Crystal , Rose Quartz |
| **Cervix** | Zoisite |
| **Chakra Balance** | Abalone |
| **Chakras Balanced (ALL)** | Bloodstone, Quartz Crystal |
| **Chakras Opened** | Fluorite, Kyanite, Quartz Crystal |
| **Change (Staying In Balance)** | Cats Eye, Charoite, Snowflake Obsidian |
| **Change Habits & Patterns** | Red Tiger Eye, Snowflake Obsidian, Tiger Eye |
| **Changes  (Getting Used To)** | Chrysocolla, Diamond, Pyrite, Larimar, Charoite |
| **Changes (Dealing With)** | Bloodstone, Botswana Agate, Honey Calcite, Opal |
| **Changes (General)** | Chrysocolla, Diamond, Pyrite, Larimar, Charoite |
| **Channeling** | Amethyst, Blue Calcite, Copper, Kyanite, Quartz, Yellow Calcite |
| **Charity** | Dolomite |
| **Cheerfulness** | Ruby, Tourmaline, Amber, Opal, Citrine |
| **Chest Pains** | Malachite , Rose Quartz |
| **Childbirth** | Agate, Ammonite, Bloodstone, Chrysocolla (Especially For Preventing Miscarriage), Chrysoprase, Jade, Lapis Lazuli (to ease pain), Hematite, Lepidolite, Malachite, Moonstone, Pearl, Peridot, Rose Quartz |
| **Choices/Alternatives** | Rhodonite |
| **Cholesterol** | Aventurine, Magnesite |
| **Chronic Fatigue** | Amethyst, Aquamarine, Aragonite, Orange Calcite, Quartz, Rhodocrosite, Rose Ruby |
| **Circulation** | Sodalite , Carnelian, Jasper, Carnelian, Obsidian, Bloodstone, Rose Quartz |
| **Circulatory problems** | Citrine, Ruby, Fire Agate, Coral, Rhodochrosite |
| **Clairaudiance** | Diamond, Fire Opal, Malachite, Rutilated Quartz, Sapphire |
| **Clairvoyance** | Ametrine, Azurite-Malachite, Aquamarine, Alexandrite,  Benitoite, Chrysoprase, Charoite, Clear Quartz, Diamond, Emerald, Green Jasper, Hematite, Kyanite, Moonstone, Zircon  |
| **Clarity** | Amber, Citrine, Diamond, Dumortierite, Pyrite, Chrysocolla, Diamond, Emerald, Watermelon Tourmaline, Sodalite, Aquamarine, Tiger Eye, Crystal Quartz |
| **Cleansing** | Ametrine, Peridot, Sodalite, Carnelian, Hematite,  Amber, Emerald, Kyanite, Tigers Eye |
| **Cleansing & Purity** | Pearls, Rainbow Moonstone, Sunstone |
| **Clearing** | Black Tourmaline, Lodestone, Kyanite |
| **Coldness (to warm)** | Topaz |
| **Colds (Sinus)** | Labradorite, Fluorite, Rhyolite |
| **Colds, Flu** | Fluorite, Larimar, Sulphur, Jet, Emerald, Yellow Topaz |
| **Colic** | Dumortierite, Malachite, Jade, Carnelian, Coral |
| **Colon** | Agate |
| **Colour blindness** | Amethyst, Agate |
| **Comfort** | Botswana Agate, Gold Calcite, Dioptase |
| **Commitment** | Garnet, Ruby, Tourmaline, Diopside |
| **Communication** |  Amazonite, Apatite, Blue Lace Agate, Blue Onyx, Blue Tigers Eye, Blue Topaz, Cerussite, Chrysocolla, Citrine, Chrysoprase, Emerald, Kunzite, Labradorite, Moss Agate, Quartz, Turquoise, Kunzite, Variscite, Turquoise, Lapis, Onyx, Aquamarine, Blue Aventurine, Blue Topaz, Chrysocolla, Citrine, Tiger Eye,  |
| **Compassion** | Bloodstone, Chrysoprase, Peridot, Rose Quartz, Garnet, Green Jasper, Green Tourmaline, Jade, Kunzite, Moonstone, Kunzite, Rose Quartz, Red Jasper |
| **Compatability** | Green Moss Agate |
| **Completion Of Tasks** | Red Jasper |
| **Compulsions** | Charoite |
| **Concentration** | Carnelian , Red Jasper, Blue Topaz |
| **Concentration** | Agate, Amethyst, Onyx,  Carnelian, Flourite, Jade, Lapis, Obsidian, Quartz Crystals, Malachite, Flourite, Hematite, Ruby, Red Jasper, Blue Topaz |
| **Confidence** | Amazonite, Cerussite, Chrysocolla, Citrine, Dumortierite, Garnet, Jade, Moss Agate, Moonstone, Rhodonite Jade, Moonstone, Onyx, Sardonyx, |
| **Conflicts** | Jasper, Rhodonite, Sugilite |
| **Confusion** | Aquamarine, Bloodstone, Carnelian, Fluorite, Pyrite, Lodestone,  |
| **Connection To Nature** | Moss Agate |
| **Connection With All That Is** | Amethyst, Azurite-Malachite, Charoite, Sugilite, Turquoise |
| **Connection With God** | Amber, Bloodstone, Citrine, Pyrite/Marcasite,Labradorite, Kyanite |
| **Connection With The Goddess** | Labradorite, Moonstone, Peach/Apricot Moonstone, Rainbow Moonstone, Silver, Silver Grey Moonstone |
| **Connective Tissues** | Lepidolite |
| **Constipation** | Red Jasper, Citrine, Tourmaline |
| **Contentment** | Amethyst, Red Jasper |
| **Convulsions** | Amber, Amethyst, Carnelian, Lapis Lazuli, Moldavite, Quartz Crystal |
| **Coughing** | Moss Agate, Rutilated Quartz |
| **Coughs** | Aquamarine, Blue Agate |
| **Courage** | Carnelian, Diamond, Bloodstone, Garnet, Dumortierite, Adamite, Bloodstone, Aquamarine, Hematite, Tiger Eye, Agates, Sunstone  Tiger Iron |
| **Courage/ Inner Strength** | Agate, Amethyst, Aquamarine, Aventurine, Bloodstone, Blue Tigers Eye, Carnelian, Charoite, Chevron Amethyst, Chrysoprase, Garnet, Hematite, Jade, Red Calcite, Ruby, Sodalite, Smoky Quartz, Tigers Eye, Variscite |
| **Cramp (Muscle)** | Bloodstone, Amethyst |
| **Cramps** | Carnelian, Turquoise, Malachite, Zircon, Smokey Quartz, Charoite,  | Agate, Amethyst, Aventurine, Ametrine, Amber,  Aquamarine, Adamite, Blue Aventurine, Blue Topaz, Botswana Agate,   Chalcedony, Chiastolite, Calcite, Carnelian, Citrine, Dolomite, Eilat Stone, Epidote, Garnet, Herkimer Diamonds, Howlite, Ruby. Red Jasper,  Rose Quartz, Garnet, Marble, Tourmaline,  Obsidian, Peach Aventurine |
| **Crown energy** | Rock Crystal , Amethyst |  |
| **Cuts** | Rhodonite |  |
| **D** |   |
| **Death Or Transition (Assisting The Process)** |  Amazonite, Apache Tears, Jet, Black Quartz, Botswana Agate, Fossils , Hematite, Malachite, Obsidian, Rose Quartz, Rainbow Moonstone, Tiger Iron |
| **Decision Making** | Aventurine, Diamond, Tigereye, Jade, Charoite, Falcons Eye, Sunstone, Crazy Lace Agate, Emerald |
| **Decisiveness** | Lepidolite |
| **Denial/Avoidance** | Rhodochrosite |
| **Depression** | Bloodstone, Gold Calcite, Carnelian, Chalcopyrite, Smoky Quartz, Kunzite, Azurite, Topaz, Chrysoprase, Sapphire, Watermelon Tourmaline, Citrine, Diamond, Rutilated Quartz, Sunstone, Larimar, Eilat Stone, |
| **Depression** | Bloodstone, Citrine, Lepidolite, Lapis, Blue Quartz, Jet, Rose Quartz, Black Tourmaline , Peridot, Botswana Agate, Gold, Jet, Lapis, Moonstone, Quartz, Gold Calsite, Carnelian, Chalcopyrite, Smoky Quartz, Kunzite, Azurite, Topaz, Chryoprase |
| **Depression (To Lift)** | Tiger Eye, Carnelian , Hematite |
| **Desire (Wishes)** | Amber, Hematite, Malachite, Opal |
| **Despair** | Rhodonite , Carnelian |
| **Destiny (Finding)** | Labradorite, Moonstone |
| **Determination** | Jade, Malachite, Sapphire, Charoite |
| **Detoxification** | Jade, Malachite, Sapphire, Iolite, Bloodstone, Chrysoprase, Emerald, Peridot, Charoite, Danburite, Prehnite, Lepidolite, Apache Tears, Celestite, Azurite, Golden Beryl |
| **Diabetes** | Rock Crystal , Red Jasper, Citrine, Amethyst, Bloodstone,  Sodalite |
| **Diarrhea** | Amethyst, Quartz, Tourmaline, Dumortierite, Quartz Crystal, Malachite  |
| **Digestion** | Amethyst, Pearl, Jasper, Blue Lace Agate, Agate, Chrysocolla, Citrine, Celestite, Aragonite, Epidote, Labradorite, Pearl, Obsidian, Sapphire, Rhodochrosite, Citrine , Obsidian Snowflake, Howlite, Yellow Jade, Jasper, Peridot, Tigers Eye, Topaz |
| **Diplomacy** | Lepidolite |
| **Direction In Life** | Citrine |
| **Disillusionment** | Dalmatian Jasper |
| **Disorientation** | Black Tourmaline, Hematite |
| **Divination** | Hematite, Moonstone, Tiger's Eye |
| **Divine Energy** | Black Obsidian |
| **Divine Love** | Amethyst |
| **Dizziness** | Clear Quartz, Lapis Lazuli |
| **Dna/Rna Corrections** | Ametrine, Garnet |
| **Domestic Bliss** | Emerald |
| **Doubt** | Staurolite |
| **Dowsing** | Brecciated Jasper |
| **Dream Inducer** | Citrine, Garnet |
| **Dreams** | Rutilated Quartz , Jade, Sugilite, Moonstone, Zircon, Dioptase |
| **Dreams (Recall)** | Amethyst, Rose Quartz, Jade, Clear Quartz, Citrine, Jade, Kyanite, Labradorite, Lapis Lazuli, Lepidolite, Opal, Prehnite, Ruby, Red Jasper, Marble, Pyrite, Smokey Quartz, Ruby |
| **Dreams And Goals (Manifestation Of)** | Amber, Chrysocolla, Citrine, Green Amber, Jade, Pyrite/Marcasite |
| **Dreams, Intuitive** | Amethyst, Jade |
| **Drunkenness** | Amethyst , Tiger Eye, Black Onyx |
| **Dyslexia** | Sugilite |
| **E** |   |
| **Ear (inner)** | Rhodonite |
| **Ear Problems** | Amethyst , Blue Agate |
| **Ear trouble** | Sapphire, Amber, Onyx, Tourmaline |
| **Earache** | Amber |
| **Ears** | Onyx, Amethyst, Celestite |
| **Ears/Hearing** |  Amber, Celestite, Rhodonite |
| **Earth** | Hematite, Amber, Agate, Bloodstone, Jasper, Onyx, Pyrite, Smokey Quartz, Turquoise, Moss Agate, Amethyst, Crystal Quartz, Apache Tears, Lodestone, Fossilized Wood |
| **Eating Disorders** | Citrine, Topaz, Apatite, Fossilized Wood |
| **Eczema** | Amethyst , Green Aventurine |
| **Edema (dropsy)** | Amethyst |
| **Ego (detach - release)** | Citrine, Labradorite, Peridot, Snowflake Obsidian, Sugilite |
| **Elixir Of Life** | Rhodonite , Sodalite |
| **Eloquence** | Agate, Amazonite, Turquoise |
| **Emotional Balance** | Aventurine, Blue Aventurine, Chrysocolla, Malachite, Moonstone, Peach/Apricot Moonstone, Rainbow Moonstone, Silver Grey Moonstone, Snowflake Obsidian, Tourmalinated Quartz, Turquoise, Moonstone, Obsidian, Lepidolite, Sugilite |
| **Emotional Distance (Detachment)** | Blue Topaz, Snowflake Obsidian |
| **Emotional Disturbances/Trauma** |  Amazonite, Bloodstone, Chrysocolla, Citrine, Diamond, Emerald, Chrysoprase, Jasper, Labradorite, Lepidolite, Moonstone, Peridot, Rhodochrosite, Rose Quartz, Smithsonite |
| **Emotional Energy** | Garnet, Hematite, Kyanite, Rhodonite, Ruby |
| **Emotional Strength** | Amethyst , Rose Quartz |
| **Emotions - Calming** | Moonstone, Rose Quartz |
| **Emotions (Bad)** | Peridot |
| **Emotions (Blocked)** | Kunzite, Blue Tourmaline |
| **Emotions (Erratic)** | Selenite |
| **Emotions (Healing Wounds)** | Peridot |
| **Endocrine System** | Alexandrite, Amber, Amethyst, Aquamarine, Bloodstone, Green Calcite, Chrysoberyl, Citrine, Howlite,  Green Obsidian, Rhodochrosite, Sodalite, Magnetite |
| **Endurance** | Sodalite, Brecciated Jasper |
| **Energy** | Green Amber, Agate,  Aventurine, Aragonite, Bloodstone, Blue Calcite, Blue Goldstone, Carnelian, Clear Quartz, Honey Calcite, Garnet, Prehnite, Red Calcite, Red Coral, Red Tiger Eye, Rhodochrosite, Ruby, Rutilated Quartz,  Sulphur, Yellow Calcite, Blue Aventurine, Citrine, Tiger Eye, Tourmalinated Quartz, Turquoise, Obsidian, Calcite, Crystal Quartz, Hematite, Sunstone, Boji Stones, Cuprite |
| **Energy (Physical)** | Petrified Wood |
| **Energy Blocks** | Garnet, Boji Stones, Larimar |
| **Energy Booster** | Amethyst, Rock Crystal , Carnelian |
| **Enhance Emotions** |  Garnet, Ruby |
| **Enhance Energy Of Other Crystals** |  Apatite, Quartz |
| **Enlightenment** | Amber, Azurite, Kyanite, Labradorite |
| **Enthusiasm** | Aventurine, Opal, Rhodochrosite, Ruby |
| **Envy** |  Agate |
| **Epilepsy** | Jasper, Moldavite, Tourmaline, Lapis Lazuli, Sugilite, Black Onyx , Tourmaline, Jet, Lapis, Dumortierite, Kunzite, Sugilite  |
| **Eroticism** | Opal, Ruby, Rhodochrosite |
| **Esp** |  Peridot |
| **Exhaustion** | Bloodstone, Topaz, Ruby, Apatite |
| **Exploring The Unknown** |  Botswana Agate |
| **Expression** | Blue Lace Agate, Amethyst, Crystal Quartz, Turquoise |
| **Eye disorders** | Aquamarine, Emerald, Corundum, Magnetite |
| **Eyes** | Aquamarine, Aventurine, Optical Calcite, Jade, Lapis Lazuli, Azurite, Obsidian Snowflake,Peridot, Rhodochrosite |
| **Eyes (watering)** | Onyx, Aquamarine |
| **Eyes** | Agate, Aquamarine, Emerald, Onyx, Celestite |
| **Eyesight** | Aquamarine, Opal, Rutilated Quartz, Obsidian Snowflake , Rose Quartz, Malachite |
| **Eyesight (Poor)** | Emerald, Fluorite, Malachite, Opal, Peridot, Tiger's Eye, Topaz (For Failing Eyesight)  |
| **Eyestrain** | Emerald |

**Fainting** - Amethyst, Lapis Lazuli

**Faith & Honesty** - Pearls, Turquoise, Sapphire

**Fallopian Tubes** - Chrysoprase

**Falls (To Prevent)** - Tourmaline

**Fatigue** - Ruby, Fluorite, Clear Quartz, Dioptase, Hematite, Amethyst, Carnelian

**Fear (Banishes)** - Sodalite, Agate, Green Calcite, Charoite, Diamond

**Fear (Overcoming)** - Citrine, Smoky Quartz, Rhodochrosite, Black Tourmaline, Rose Quartz, Rhodonite, Amethyst, Azurite-Malachite, Black Onyx, Rose Quartz, Silver Grey Moonstone, Snowflake Obsidian

**Fertility** - Chrysoprase, Garnet, Jade, Malachite, Smokey Quartz, Rock Crystal, Rose Quartz, Moonstone, Carnelian, Zoisite

**Fever** - Aventurine, Carnelian, Onyx, Hematite, Opal, Clear Quartz, Ruby, Pyrite, Red Jasper

**Fever (Reduction)** - Agate, Chrysoprase, Peridot, Ruby

**Fire Energy** - Amber, Blue Goldstone, Carnelian, Garnet, Hematite, Obsidian, Peach/Apricot Moonstone, Pyrite/Marcasite, Snowflake Obsidian, Sunstone, Tiger Iron, Tourmalinated Quartz

**Focus** - Black Onyx, Malachite, Tiger Eye

**Forgetfulness** - Rhodonite, Unakite, Emerald

**Forgiveness** - Moss Agate, Amethyst, Rhodochrosite

**Fractures** - Tiger's Eye, Magnetite, Calcite, Hematite, Dioptase, Mother of Pearl

**Friendship** - Peridot, Rose Quartz, Lapis Lazuli, Moonstone, Amethyst, Sapphire,  Turquoise, Chrysoprase, pink tourmaline,

**Frustration** - Obsidian Clear, Rose Quartz, Howlite

**Gall Bladder** - Red Jasper, Tiger Eye, Orange Calcite

**Gardening** - Moss Agate, jade, malachite, brown zircon

**General Health Tonic** - Green Aventurine, Blue Agate

**Generosity** - Peridot, Rhodonite

**Getting along with others** - Agates

**Glands (Swollen)** - Aquamarine, Topaz, Blue Lace Agate

**Goiter** - Amber

**Good Luck** - Green Aventurine, Obsidian Snowflake, Moonstone,

**Grief** - Red Jasper, Obsidian Clear, Amethyst

**Grounding** - Black Onyx, Hematite, Jet, Obsidian, Red Tiger Eye, Tourmalinated Quartz, Apache Tears, Carnelian, Fluorite, Black Obsidian, Snowflake Obsidian, Smoky Quartz, Black Tourmaline, Unakite

**Grounding Earth Energy** - Aventurine, Green Amber, Jade, Jet, Malachite, Moss Agate, Rose Quartz

**Guilt** - Sodalite

 [Gemstone Healing Direcory](http://www.sobrietystones.com/resources/spiritual_healing_p.htm#Overview)[Please read: The "QUALITY of Stones"](http://www.sobrietystones.com/resources/beginersguide.htm)

**Pain** - Lapis Lazuli, Dioptase, Magnetite, Rose Quartz, Sardonyx, Sugilite, Malachite, Turquoise, Carnelian

**Pain - (Eases)** - Quartz Crystal, Ruby

**Pain (To Relieve)** - Rose Quartz, Rock Crystal, Hematite

**Pancreas** - Alexandrite, Green Calcite, Rhodochrosite, Smoky Quartz

**Panic Attacks** - Smokey Quartz

**Paralysis** - Amethyst, Rock Crystal

**Passion** - Garnet, Peach/Apricot Moonstone, Red Tiger Eye

**Past-Life Recall** - Garnet, Kyanite, Petrified Wood, Quartz Crystal, Selenite

**Patience** - Labradorite, Rock Crystal, Howlite, Chrysoprase

**Peace of Mind** - Amethyst, Green Aventurine, Rose Quartz, Rhodonite, Sapphire

**Peace, Harmony & Tranquility** - Chrysoprase, Rose Quartz, Blue Tourmaline, Amethyst, Cats Eye, Charoite, Jade, Peridot, Moonstone, Rainbow Moonstone, Silver Grey Moonstone, Snowflake Obsidian, Turquoise

**Personal Power** - Amber, Carnelian

**Personal Will Power** - Amber, Carnelian, Citrine, Tiger Eye, Black Onyx

**Phobias** - Obsidian Clear, Rose Quartz, Aquamarine

**Physical Energy** - Fluorite , beryl, calcite, Rhodocrosite, Selenite, spinel, sunstone, tiger's-eye, red tourmaline, red zircon,

**Physical Strength** - agate, amber, beryl, bloodstone, diamond, garnet

**Piles** - Heliotrope (Bloodstone)

**Pineal Gland** - Lazuli, Sugilite

**Pituitary** - Sugilite

**Pms** - Moonstone, Malachite, Coral, Smoky Quartz

**Pneumonia** - Fluorite

**Poisoning** - Agate, Diamond, Emerald, Malachite

**Poisonous Bites** - Amazonite

**Positive Outlook** - Azurite-Malachite, Moss Agate, Red Tiger Eye, Sunstone, Tiger Eye

**Power Stones** - Agates - Earth Stones

**Practicality** - Red Tiger Eye, Turquoise

**Pregnancy (For Strength)** - Hematite, Carnelian

**Procrastination** - Labradorite

**Prophecy** - Emerald

**Prosperity** - Green Aventurine, Peridot, Citrine, Obsidian Snowflake, Amber, Bloodstone, Charoite, Citrine, Green Amber, Jade, Jet, Malachite, Moss Agate, Pyrite/Marcasite, Silver, Tiger Eye, Turquoise

**Prostate** - Chrysoprase

**Protection** - Tiger Eye, Obsidian Snowflake, Sardonyx, Turquoise, Black Onyx, Bloodstone, Hematite, Lapis Lazuli, Malachite, Obsidian, Silver, Tiger Iron, Tourmalinated Quartz

**Psychic Development** - Azurite, Howlite, Lapis Lazuli, Opal, Yellow Topaz, Blue Topaz

**Psychic Power** - Amethyst, Labradorite, Lapis Lazuli, Malachite, Moonstone, Rainbow Moonstone, Silver, Sugilite

**Psychic Power** - Clear Quartz, Amethyst, Obsidian, Azurite, Moldavite

**Psychic Protection** - Apache Tear, Black Obsidian

**Psycho-Somatic Pain** - Bloodstone, Tiger Eye

**Public Speaking** - Amber, Tiger Eye, carnelian, Celestite, Sardonyx

**Pulse (Rapid)** - Hematite

**Pulse (Steady)** - Jasper

**Purifier** - Smoky Quartz

Good Health is *not* the absence of symptoms*, itis* the Presence of Peace.

Do not confuse physical vibrance with spiritual vitality.

You are not your body. Your body is simply a tool.

A magnificent tool, for sure, but nothing more than that.

As with all tools, your body will from time to time need repair.

 And one day it will wear down completely.

Your soul will do neither. Not now, not ever.

Listen,therefore, to the whispers of the soul, not the cries of the body.

**How emotions affect the chakras**

There are emotions and states that are able to close down chakras, if they're not processed adequately. Anodea Judith calls them 'demons' in her book ['Eastern Body, Western Mind'](http://www.amazon.com/exec/obidos/ASIN/0890878153/eclecticenerg-20). The demons affect the 'rights' that are associated with the chakras.

1. Root Chakra

Fear

The right to be here

2. Sacral Chakra

Guilt

The right to feel

3. Navel Chakra

Shame

The right to act

4. Heart Chakra

Sorrow

The right to love and be loved

5. Throat Chakra

Lies

The right to speak and hear truth

6. Third Eye Chakra

Illusion

The right to see

7. Crown Chakra

Attachment

The right to know

**Differences in view about the chakras**

**There seem to be lots of differences in which properties are attributed to chakras by various authors. Also the names of the chakras differ a lot.**

**The names of the chakras**

The second chakra, here called the Sacral chakra, is sometimes called the Spleen chakra. This practice seems to originate in C.W. Leadbeater's book [The Chakras](http://www.amazon.com/exec/obidos/ASIN/0835604225/eclecticenerg-20) (which was the first book to introduce the chakras in the West). However, Leadbeater is quite explicit that the Sacral chakra (the Indian Svadhisthana chakra) is different from the Spleen chakra he discusses. He even considers opening the Sacral chakra to be disastrous.

Leadbeater's description of the Spleen chakra bears some resemblance to the functions of the Spleen from Chinese Medicin (belonging to the Spleen meridian). It is supposed to deal with transporting energy throughout the body. It doesn't seem to have anything in common with the spleen from Western medicin, which purifies blood, however Leadbeater situates the Spleen chakra at the spleen.

So it has to be concluded that it is incorrect to call the Sacral chakra "Spleen chakra."

The functions of the third chakra, the Navel chakra, are closely related to the functions of the Liver and Gallbladder from Chinese Medicin. It's about assertiveness and decision making. Many people have come to call it the Solar Plexus chakra. The function of the Solar Plexus, distributing nerve signals, just doesn't have anything to do with the functions of the Navel chakra.

The location of this chakra is not at the Solar Plexus, but also not at the navel. Actually it's somewhere in between, and not at the front of the body, but near the spine. Here the name Navel chakra is preferred, because it's more neutral than Solar Plexus chakra, and it doesn't suggest a function that isn't there in this chakra.

It may be that people like the name "Solar Plexus chakra" as it suggests the associated color for this chakra, being yellow.

**Functions of the chakras**

Particularly the Crown chakra seems to be subject to idealization by various sources. It is supposed to be letting in only positive energy, help one knowing the unknown, and bring one into a state of bliss. This seems to ignore that there may be negative aspects about this chakra (e.g. when it is in an excessive state).

Bliss isn't really a state, it's an emotional reaction to a state. I doubt that that state will be the result of just one chakra being opened, it is much more likely that a balanced and open state of *all* chakras would result in feelings of bliss.

**Location of the chakras**

There are quite some differences in were each chakra is supposed to be located. The differences are in what level in the body they are supposed to be and whether they are at the front or the back of the body.

Often the chakras are depicted to be situated in the front of the body, particularly on many beautiful pictures, but just as much on the spine. Authors that situate them in the front, or somewhere halfway in the body, often do depict a connection with the spine. Almost everyone seems to agree that the chakras lie on the midline of the body (although there are some exceptions).

The first chakra is by many authors situated between the anus and the genitals. But there are also authors that locate it at the lowest part of the spine (e.g. Leadbeater).

The second chakra is usually located at the sacral bone, but some locate it at the genitals. As discussed above, some confuse it with the Spleen chakra (which is not in the Indian chakra system) which is situated at the spleen (in the lower ribcage, left of the center).

The location of the third chakra differs with every author, or so it seems. Some locate it about half a handwidth below the navel, inside of the body. This is the same spot as the Dan Tien from Chinese medicin and martial arts, so here it seems these two energy centers are supposed to be the same thing. Others locate it in the back of the body, slightly above the navel. Then many think it's situated at the Solar Plexus, which is just under the breast bone, two handwidths above the navel, on the front of the body. And there are also authors that situate it spot on the navel.

On the [Kundalini Yoga site](http://www.kundaliniyoga.org/chakramain.html), it is proposed there are two chakras here. A Navel chakra having the classic properties, located below the navel, and a Solar Plexus chakra.

The Heart chakra is mostly considered to be located at the center of the chest, however Leadbeater situates it in front of the heart, so left of the center.

Most authors agree about the location of the next two chakras, the Throat and Third Eye chakra. The Throat chakra at the base of the throat and the Third Eye chakra between the brows.

The Crown chakra, is by some considered to be on the highest point of the head, others consider it to be above the head, so not in the body at all.

**What to do with these differences?**

The question is whether these differences matter.

The differences in naming seem to be the least of the problems, although these seem to be pertaining to different locations as well.

Although the differences in location at first sight don't seem to matter much as well, this is not the case. Many techniques to open chakras depend on concentrating on the spot where the chakra is situated. So concentrating on the wrong spot makes the technique less effective. The more accurate the locations are known, the better.

It would be good if it was clear what functions the chakras have. But unfortunately there is quite some difference of opinion. Knowledge like this has to come from observation of people or self and there are many disturbing factors.

**So what is Energy / Chi / Ki / Prana?**

The word "energy" on this site is a translation of the Eastern words Chi (from Chinese), Ki (Japanese) or Prana (Indian). It is related, but not precisely the same thing as the scientific concept of energy. The word as used in this context, is something that essentially should be felt.

Whereas science emphasizes objective measurement and bypasses personal observation as much as possible, this is not my starting point. I want to feel and observe things myself. Thus the power to perceive and heal stays in my own hands. This is what the concept "energy" for me is all about. This does not imply that scientific measurement of energy isn't possible, though.

When you place your attention somewhere in your body, you can feel that it's not just your perception that is focused there. Something else is happening. Energy is displaced to that area. It is possible to measure this: the temperature of the spot you focus your attention on will rise. The Chinese say that "Chi follows Yi," where "Yi" is the mind or intention/attention.

The fact that knowledge of energy seems to have developed mostly in the distant past, is related to what people pay attention to. In the modern world, we have all kinds of things that grab our attention, like TV and other media, the thousands of objects in our houses or at work, and advertising. As people didn't have all these diversions in the ancient world, they were able to pay more attention to their bodies and feelings, so were better able to notice energy. The meditation techniques that were developed, also opened the way to a precise awareness of energies.

Based on their knowledge of energy, the Chinese developed techniques to deal with it. To enhance health, Qigong and [acupuncture](http://www.eclecticenergies.com/acupressure/howto.php) were developed, in turn enhancing their understanding of energy. Based on that understanding, martial arts were developed, like Tai Chi and many others.

In India the [chakras](http://www.eclecticenergies.com/chakras/introduction.php) were discovered, and the intricate energy system supporting and interconnecting them. Here also techniques were developed to use that knowledge, like yoga and [mudras](http://www.eclecticenergies.com/mudras/introduction.php). Many of these techniques entered into use in other countries as well.

Energy seems to be all kinds of things. Although it seems to be something ethereal, it may be more practical to look at it as some sort of functional relationship. A mudra is performed, an acupressure point pressed, a sound made, and one feels a different energy. One increases some energy; one feels some energy; energy becomes unblocked. The energy of the moment is allowed to affect the outcome of an I Ching oracle consultation. It's all very much a functional relationship.

One doesn't know the mechanics, but one can handle energy by feeling it.

**Introduction to Mudras**

**What mudras are and how to use them.**

Mudras are positions of the body that have some kind of influence on the energies of the body, or your mood. Mostly the hands and fingers are held in some position, but the whole body may be part of the mudra as well.

The most well-known mudras are probably the ones performed while [meditating](http://www.eclecticenergies.com/exercises/meditation.php). One sits in lotus position (or with crossed legs) and either puts one's hands on the knees, the tips of the thumb and index finger joining, or in the lap, the fingers of the right hand resting on the left palm. But also the christian crossing of the fingers for prayer is a mudra, as is the indian greeting gesture (that is also used while praying), where the hands are held in front of the chest, the palms touching.

The crossing of the hands puts one's attention within, while opening the heart. The indian greeting gesture puts one into a mood of respect.

Some mudras are performed spontaneously by many people, like the [Hakini mudra](http://www.eclecticenergies.com/mudras/mudra.php?num=7), where the tips of all fingers from the right hand touch the corresponding fingertips from the left.

Mudras have been in use in the East for thousands of years, particularly in Buddhism. Buddha statues often have the hands in certain hand positions. They have been used as a spiritual practice (and still are), as a way on the path to enlightenment.

However they're also used for physical ailments.

**Using Mudras**

To use a mudra, keep it for at least a couple of minutes. It is usually more effective to do them a while longer, like 15 minutes or so. You might spread that time over the day, but you could also make it part of meditation.

Hold the finger-positions with both hands, at the same time. This will have a more powerful effect than doing a mudra with just one hand.

Some mudras are simple enough so that you can even do them with your hands in your pockets, like the [set of four mudras](http://www.eclecticenergies.com/mudras/4mudraset.php). You can do these anywhere when you feel you need them, without attracting attention.

**Index to mudras**

**Mudras for emotional well-being**

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**Acceptance Mudra**

#### Hand position

The index finger is folded into the space between thumb and this finger, so that the nail touches the fold. The outer lower corner of the thumb's nail touches the inner lower corner of the pinky finger's nail.



#### Emotional / spiritual use

To overcome sadness or an unnecessary resistance to situations, this mudra can help to get into a mood of acceptance.

*Hold the finger positions with both hands, for at least a couple of minutes.*

**Ahamkara Mudra**

#### Hand position

Bend index fingers slightly and put the upper phalanx of the thumb to the side of the middle phalanx of the index finger, at the upper part. Other fingers are straight.



#### Emotional / spiritual use

Self-confidence and self-assertion.
For counteracting fear and timidity.

*Hold the finger positions with both hands, for at least a couple of minutes.*

**Apan Mudra**

#### Hand position

Join the middle finger and the ring finger with the tip of the thumb; the forefinger and the little finger should be held upright.



#### Physical use

Moves energy to the periphery of the body. This may help with constipation and urinary problems.

#### Emotional / spiritual use

Gives energy and makes one more self-confident.

**Back Pain Mudra**

#### Hand position

Right hand: The thumb, middle and pinky fingers touch. Ring and index finger are extended.
Left hand: Put the thumb's upper phalanx over the nail of the index finger.



#### Physical use

Back pain, and particularly of the lower back, can be a sore feeling. When muscles start cramping, it can become very painful. This mudra helps against this escalation.

*Hold the finger positions with both hands, for at least a couple of minutes.*

**Bhudy Mudra**

#### Hand position

The tips of the pinky finger and thumb touch.



#### Emotional / spiritual use

Improves feeling and intuition.

*Hold the finger positions with both hands, for at least a couple of minutes.*

**Gyan Mudra**

#### Hand position

The tips of the thumb and index finger touch, other fingers are straight but relaxed.



#### Emotional / spiritual use

Stimulates the Root chakra, and grounds.
Calms and improves concentration.

*Hold the finger positions with both hands, for at least a couple of minutes.*

**Hakini Mudra**

#### Hand position

Let the tips of the corresponding fingers of each hand touch.



#### Emotional / spiritual use

People tend to naturally put their fingers in this position while talking. This helps to concentrate.

*Hold the finger positions with both hands, for at least a couple of minutes.*

**Pran Mudra**

#### Hand position

The tips of the pinky and ring finger touch with the tip of the thumb.



#### Emotional / spiritual use

Gives energy.

*Hold the finger positions with both hands, for at least a couple of minutes.*

**Prithvi Mudra**

#### Hand position

The tip of the ring finger and thumb touch.



#### Emotional / spiritual use

Increases energy, and fosters a sense of inner stability and self-assurance.

*Hold the finger positions with both hands, for at least a couple of minutes.*

**Shuni Mudra**

#### Hand position

The tips of the middle finger and thumb touch.



#### Emotional / spiritual use

Helps being aware of the moment, and thereby makes one more patient.

*Hold the finger positions with both hands, for at least a couple of minutes.*

**Foot massage roller**

**Reflex zones on the sole of your foot can influence you entire body. How to massage your foot soles using a roller and some experiments.**

In natural health stores, one can buy a roller that's intended to massage the soles of the feet. There are several ways such a roller may be built. The one I have is for one foot at a time and has three separate rollers, but there are also rollers that are for both feet together, or that have only one roller.

On the feet, and particularly on the soles, there are areas that are connected to every part of the body. By massaging a particular area on the sole of the foot, one more or less massages a part (like an organ) somewhere else in the body at a distance. One can feel that part actually become warm while massaging.

This can have a healing effect or can be used to just become a bit more awake. A roller is a simple way to massage the whole foot sole at once, and thereby reaching the bigger part of the body.

There are more body parts that are similarly connected to the rest of the body. The hands, the ears and the face also are.

One can become aware of this innerconnectedness by some simple experiment. Roll the sole of your foot on a broom stick (without broom) or a tube or something. While the stick is pressing on different parts of the footsole, you can actually feel it move through your body as well. Actually you can simultaneously feel it moving through your face.

You can do a similar experiment with the palm of your hand.

On the feet, it's not just the sole that has reflex zones. The sides and upper part of the feet are sensitive as well. Keep in mind that these parts aren't massaged by using a foot massage roller.

**Metaphysical Information on Quartz Crystals**

|  |  |
| --- | --- |
| shaft of a crystal clearily showing the barnacle crystals | **BARNACLE CRYSTAL**A Barnacle crystal has areas that are covered with smaller crystals. The larger crystal is considered to be a "wise one" and have a nurturing energy which attracts smaller crystals. Try a barnacle crystal when seeking solutions to family or group problems.   |
| bridgemon%20hp | **BRIDGE CRYSTAL**A crystal with a smaller crystal which penetrates the larger crystal. It helps with "bridging" between the inner and outer worlds and between the self and others. Use it to communicate better and in meditation to bridge between self and higher planes. |
| metaphysical channeling crystal has a face with seven sides | **CHANNELLING CRYSTAL**A crystal with a seven sided face with a smaller triangular face on the opposite side of the point. It is used by the seeker of information. Use it in meditation to gain answers to specific questions or connect to higher wisdom.  |
| cluster from Brandberg  | **CRYSTAL CLUSTERS** Crystal clusters cleanse the environment, can offer protection, purification and are also used to cleanse and energize other crystals. Try them as room stones to energize your environment. |
| devic ctystal with a window | **DEVIC CRYSTAL**Fractures and inclusions within the shaft of the crystal which sometimes look like a devic being. Wonderful for earth healing and promoting universal love they also open our hearts to the beauties of nature. |
| DT-quartz208a | **DOUBLE TERMINATED**A crystal that is has natural terminations on both ends of the shaft. Double terminated crystals move energy in two directions at the same time. Wonderful in unblocking negative energy, and an excellent all round balancing and healing tool. When a crystal has amethyst as well as clear quartz it also enhances lucid dreaming and aids intuition. |
| dow crystal | **DOW CRYSTAL**Recognized by 3 seven sided faces separated on each side by a triangular face. They combine the qualities of the transmitter and channeler crystal. It is the crystal for creativity and service to humanity through both spiritual and mystical pursuits. The Dow Crystal is named after the person who recognized it's metaphysical properties - Jane Ann Dow. |
| tiny drusy crystals  | **DRUSY CRYSTAL**These are tiny crystals that have either formed over another crystal or on matrix. A prime example is Spirit Quartz, Fairy and Cactus Quartz. A joyous healing energy. Try Drusy for energizing your aura and promoting creativity. |
| elestia; crystal | **ELESTIAL**An Elestial crystal has numerous natural terminations occurring along the main point. Elestials are considered to assist in the mass cleansing, healing and reawakening that is occurring in these times. Bringers of strength, they can assist in overcoming emotional burdens and bring body and spirit into synchronicity whilst connecting us with the Angelic realms. For those who wish it Elestials can provide information that enables us to move forward or overcome blockages in our spiritual path and align us with the wisdom of the universe. They bring into the now the elusive, intuitive thoughts we chase about past, present and future accelerating our path towards the light. They occur in many types of crystals. The example here is a red hematite included quartz |
| the bubble move freely within the crystal | **ENHYDRO CRYSTALS**Enhydro crystals contain fluid, most often water although some very rare cases plant oil. A bubble of gas moves through the water. Enhydros really resonate with me. Contained within each enhydro crystal is water that has remained unchanged and pure for eons. As such I have always associated enhydros with cleansing and purification, be it emotional, spiritual or mundane. Water is also a great element for dream or meditation work It is the element of feeling and as such helps me intuit the information I am receiving correctly. In cases where the bubbles move in these earth treasures they also teach us to flow easily through our troubles much as the bubbles freely flow in the pockets of water. I have also found them very helpful in healing and divination work.  |
| extra terrestial crystal | **EXTRA-TERRESTRIAL CRYSTAL**An Extra- Terrestrial crystal is double terminated with a single point at one end at one end and multiple terminations at the other end. It is thought to help in channelling angels guides and space beings |
| metagenerator1 | **GENERATOR CRYSTALS** (also called **Merlin Crystals)**Generator crystals, have 6 equal sides and 6 faces that meet together at a centrally located point. They can be used to positively charge and energize both your own bodies and the environment. They are excellent for stimulating your chakras and directing energy precisely which explains why most healing wands are cut in this formation.  |
| citrine | **Grounding  Crystal** These crystals have an eight sided face and are relatively rare. As the name implies they assist in the management of matters of this plane in a practical manner. They will also assist in gaining clarity and expressing ones self in day to day situations. |
| metaharlequin | metaharleqin3 | **HARLEQUIN CRYSTAL / FIRE CRYSTAL**Harlequin crystals have an uplifting, joyful energy which supplies vitality to the body. A good crystal to have around when you need to boost your physical energy or to gain enthusiasm and for opening the heart chakra.   |
| isis crystals have a five sided face | **ISIS CRYSTAL**An Isis Crystal has a large 5 sided face. This crystal has the ability to put you in touch with your feminine energy and bring about balance. They assist with being in the here and now. |
| metakey | **KEY CRYSTAL**A key crystal has a natural indentation in it. As the name implies they will aid in unlocking solutions to problems, give fresh insight into healing and help with introspective questions regarding self. |
| diamantina | **LASER WAND**Laser wands are slender crystals that taper towards a narrow point. They can be used in communication with the crystalline world and, during meditation, with other worlds and inner self. When held it will form a protective energetic barrier around the user. As the termination is smaller than the shaft the energy of the laser wand is very focused. It can be used to clear negativity and to direct healing energy to ones self or others. They should be used with care and the energy directed to flow around the auric field. |
| red phantom | purple phantom | **PHANTOM CRYSTALS**A crystal with in a crystal or sometimes more like a shadow within the quartz. They are excellent stones if you are seeking deeper levels of meditation. Phantom crystals are stones of perspective, helping the user recognize their divinity and place in the cosmos. They are crystals of universal healing. Amethyst phantoms assist in accessing divine information, Red phantoms work well in conjunction with the first three chakras. They are crystals of grounding, dispelling negativity and energizing. A red phantom aids intuition. White phantoms also aid intuition, open us up to universal love and acceptance whilst rejuvenating the user. |
| purple flame crystal | **PURPLE FLAME CRYSTAL** The distinct purple phantom in these crystals seems to imbue them with a protective energy. The purple flame crystals are a great aid in dispelling negativity and in working with the crown chakra.    |
| rainbow crystal | **RAINBOW CRYSTAL**Rainbow crystals are crystals which have an internal fracture catching the light in these crystals produces an exquisite rainbow. Light bringers they have the gift of joy and optimism. The presence of all colors in the rainbow makes them an excellent crystal for chakra work. |
| enhydro1Na | **RECORD-KEEPER CRYSTAL**Record Keeper crystals have small triangular shaped markings on one or more faces of a crystal. Universal wisdom is stored within these special crystals. Once attuned to a record keeper the user has access to ancient and profound knowledge. Record Keepers are usually used as personal mediation tools. |
| scepter crystal | reverse scepter crystal | **SCEPTER CRYSTAL**A large termination formed around the top of a crystal shaft. Traditionally used by shamans and wise ones they have an ancient energy. Great amplifiers they can bring insight and healing from the higher planes. **Reverse scepter** crystals are narrower at the point that the shaft and a re mavellours tools for inwad reflection and co-creating the highest spiritual good. |
| self healing in the shaft of this bridge crystal | **SELF HEALED CRYSTAL**Self Healed crystals have regrown after damage in the earth. Often Double Terminated crystals have an area of self healing in the shaft. Having healed themselves they have the power to assist in healing, both physical and emotional. They can enable you to see beyond the pain of a situation and find purpose and fulfillment. |
| distinct steps in the face of this crystal | metastep | **STEP CRYSTAL** These crystals have an energy that assists in overcoming problems and helps one reach higher ground. Step crystals aid in finding clarity within a situation and in lateral thinking.  |
| time line crystal | **TIME LINE CRYSTAL**Time Line Crystals, also known as Time Link Crystals have an extra, slanting four sided face. Those on the right will help give insight into the future whilst those on the left help us make sense of and find meaning in past experience. |
| twin crystals share a common shaft | **TWIN CRYSTAL**Two crystals which have grown together on a single shaft. They promote communication and assist in rebuilding or repairing relationships. Also know as soulmate crystals they can help in recognising a soulmate in this life time. |
| window crystals have an extra facet | **WINDOW CRYSTAL**A crystal with a diamond shaped face between two larger faces. For looking inward and seeing within our souls. You can reach out to higher spiritual realms through a window crystal and see beyond illusion. Use them in meditation to find your place in the universe. |
| yinyang crystal | YIN/YANG CRYSTALA crystal that is half masculine & half feminine usually half clear or amethyst and half milky quartz. It embodies both aspects of self, the Yin and the Yang, providing balance. |

***Quartz Crystals: Science or Magic?  by Daniel Noyes M.S.\****

There is no question that quartz crystals are very special. They have been revered throughout the ages as symbols of beauty, health and often power. The latter is sometimes referred to as key to the rise and fall of the mythical civilization of Atlantis. More recently quartz crystals have been associated within New Age circles and applications to holistic health, meditation and personal growth.

Let us first explore the science behind the mystique of quartz crystals. There are many types of natural quartz crystals. The most common ones are amethyst, citrine, rose, smoky and clear. Natural quartz is composed of silicon dioxide molecules. Quartz consisting solely of silicon dioxide is known as clear quartz. The other members of the quartz family are variations. In addition to the fundamental silicon dioxide structure, they also have chemical impurities that were present when the crystal formed. For example amethyst has impurities of manganese oxides, which gives it the typical purple color.

A natural crystal by definition means it has a very regular arrangement of atoms. In quartz these atoms vibrate at a very stable frequency. These characteristics make quartz an excellent receptor and emitter of electromagnetic waves. This is why quartz is commonly used in radios, watches, and numerous electronic technologies. One interesting characteristic of quartz crystal can be observed when electricity is applied to it. The quartz will begin to vibrate which in turn causes the quartz to produce its own weak electric current. This is taken advantage of in the workings of a typical quartz watch.

Quartz crystals are not just found in alternative bookstores and new age circles. In truth, the humble quartz crystal is a major element in today's technological revolution. The conversion of quartz crystals into silicon chips has transformed the world. Quartz has made the digital age possible. It has given us computers, mobile phones and communication breakthroughs. Vast pieces of information can to be brought together in a precisely organized way with the silicon chips of a computer.

One of the early pioneers of silicon chip technology was Nobel prize-winning scientist Marcel Vogel. He made a discovery while working as a research scientist for IBM that shook to the core the belief systems of his scientific peers. Vogel discovered that not only can crystals be programmed as silicon chips in a computer, but they also can be programmed with thought. A person sitting at a computer inputs his thoughts through a keyboard. This is stored in the computer's silicon chips via the medium of electricity. Vogel reasoned that like electricity, thought is a form of energy, which is given direction by our intention. He concluded that crystals could also be programmed without the need for electricity, by using just thoughts or clear intention. Vogel designed a multitude of experiments to validate his quantum theories. Like all groundbreaking alternative scientists, the mainstream scientific community ostracized him.

The ability of quartz crystals to transform energy and be programmed by clear thought patterns is being used by many holistic healers, reiki masters and spiritual teachers to assist individuals in their pursuit of a healthy and happy life. Whether psychological or actual, the fact is many individuals report positive results. Yet, there are those that might consider this magic.

Armed with the concepts of quantum physics, the group at N & N Associates Inc. has recently completed work to take the science of quartz crystals to a new level and demonstrate the efficacy and validity of using quartz crystals to promote holistic health. The group has extensively researched key universal vibrational (energy) patterns. These patterns are considered to be the cornerstone of the matrix between the physical universe and the creative life force. N & N has developed a special combination of these patterns that they use to program clear quartz crystals. One of the components of the programming makes the patterns self-regenerating so the crystals never need the traditional "periodic energy cleansing".

This work has resulted in the company’s developing a cutting-edge technology called the Living Om™. This technology is being used to create the holistic jewelry product line called the Sunphire®. Endorsed by doctors, yoga teachers and reiki masters, it has been tested at a holistic medical clinic in a three month long blind study. The results proved that when worn consistently Sunphire jewelry balances and improves chakra energy and acupuncture meridian energy, when compared to those wearing a placebo. This breakthrough represents the newest frontier of interactive holistic jewelry designed to assist individuals to energize, find balance and joyful calm. Made for everyday wear Sunphire jewelry uses natural energies to dynamically support a balanced mind-body state. It is beneficial to meditation, yoga, reiki, massage and all day to day holistic lifestyles.

In conclusion, we could summarize that quartz crystals are truly unique. There is no question that they can learn and reproduce simple, yet powerful patterns, as demonstrated by today’s digital technology. Recent work has also proven the validity of using quartz crystals to promote holistic health. While in some circumstances it might be argued that quartz crystals are magical, the power behind quartz crystals has been amply demonstrated using sound science.

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| --- | --- | --- |
| Aquarius | [**Aquarius Birthstones**](http://www.bernardine.com/birthstone/aquarius.htm)(Jan. 21-Feb.18) | [Garnet](http://www.bernardine.com/birthstone/garnet.htm) **-** [Amethyst](http://www.bernardine.com/birthstone/amethyst.htm), [Moss Agate](http://www.bernardine.com/birthstone/agate.htm), [Opal](http://www.bernardine.com/birthstone/opal.htm), [**Sugilite**](http://www.bernardine.com/sugilite-jewelry.htm) |
| Pisces | [**Pisces Birthstones**](http://www.bernardine.com/birthstone/pisces.htm)(Feb. 19-Mar. 20) | [Amethyst](http://www.bernardine.com/birthstone/amethyst.htm) **-** [Aquamarine](http://www.bernardine.com/gemstones/aquamarine.htm), [Bloodstone](http://www.bernardine.com/coral-jewelry.htm), [Jade](http://www.bernardine.com/birthstone/jade.htm), [**Rock Crystal**](http://www.bernardine.com/birthstone/white.htm), [Sapphire](http://www.bernardine.com/birthstone/sapphire.htm) |
| Aries | [**Aries Birthstones**](http://www.bernardine.com/birthstone/aries.htm)(Mar. 21-Apr. 20) | [**Bloodstone**](http://www.bernardine.com/coral-jewelry.htm) **-** [Diamond](http://www.bernardine.com/gemstones/white.htm#diamond) |
| Taurus | [**Taurus Birthstones**](http://www.bernardine.com/birthstone/taurus.htm)(Apr. 21-May 21) | [Sapphire](http://www.bernardine.com/birthstone/sapphire.htm) **-** [Amber](http://www.bernardine.com/birthstone/amber.htm), [Coral](http://www.bernardine.com/coral-jewelry.htm), [Emerald](http://www.bernardine.com/birthstone/emerald.htm), [**Rose Quartz**](http://www.bernardine.com/birthstone/pink.htm#rosequartz)**,** [Turquoise](http://www.bernardine.com/birthstone/turquoise.htm), [Azurite](http://www.bernardine.com/gemstones/azurite-malachite.htm) |
| Gemini | [**Gemini Birthstones**](http://www.bernardine.com/birthstone/gemini.htm)(May 22-Jun. 21) | [**Agate**](http://www.bernardine.com/birthstone/agate.htm) **-** [Chrysoprase](http://www.bernardine.com/birthstone/chrysoprase.htm), [Citrine](http://www.bernardine.com/birthstone/citrine.htm), [Moonstone](http://www.bernardine.com/birthstone/moonstone.htm), [Pearl](http://www.bernardine.com/birthstone/pearl.htm), [White Sapphire](http://www.bernardine.com/birthstone/sapphire.htm) |
| Cancer | [**Cancer Birthstone**](http://www.bernardine.com/birthstone/cancer.htm)(Jun. 22-Jul. 22) | [Emerald](http://www.bernardine.com/birthstone/emerald.htm) **-** [**Moonstone**](http://www.bernardine.com/birthstone/moonstone.htm), [Pearl](http://www.bernardine.com/birthstone/pearl.htm), [Ruby](http://www.bernardine.com/birthstone/red.htm#ruby) |
| Leo | [**Leo Birthstones**](http://www.bernardine.com/birthstone/leo.htm)(Jul. 23-Aug. 23) | [Onyx](http://www.bernardine.com/birthstone/onyx.htm) **-** [**Carnelian**](http://www.bernardine.com/birthstone/carnelian.htm), [Sardonyx](http://www.bernardine.com/mens-jewelry/sard-rng.htm), [Golden Topaz](http://www.bernardine.com/birthstone/topaz.htm), [Tourmaline](http://www.bernardine.com/gemstones/tourmaline.htm) |
| Virgo | [**Virgo Birthstones**](http://www.bernardine.com/birthstone/virgo.htm)(Aug. 24-Sep.22) | [Carnelian](http://www.bernardine.com/birthstone/carnelian.htm) **-** [Jade](http://www.bernardine.com/birthstone/jade.htm), [**Jasper**](http://www.bernardine.com/birthstone/jasper.htm)**,** [Moss Agate](http://www.bernardine.com/birthstone/agate.htm), [Blue Sapphire](http://www.bernardine.com/birthstone/sapphire.htm) |
| Libra | [**Libra Birthstones**](http://www.bernardine.com/birthstone/libra.htm)(Sep. 23-Oct. 23) | [Chrysolite (Peridot)](http://www.bernardine.com/birthstone/peridot.htm) **-** [**Lapis Lazuli**](http://www.bernardine.com/birthstone/lapis.htm), [Opal](http://www.bernardine.com/birthstone/opal.htm), [Peridot](http://www.bernardine.com/birthstone/peridot.htm) |
| Scorpio | [**Scorpio Birthstones**](http://www.bernardine.com/birthstone/scorpio.htm)(Oct. 24-Nov. 22) | [Beryl](http://www.bernardine.com/birthstone/green.htm#beryl) **-** Apache Tear, [Aquamarine](http://www.bernardine.com/gemstones/aquamarine.htm), [Coral](http://www.bernardine.com/coral-jewelry.htm), [**Obsidian**](http://www.bernardine.com/gemstones/black.htm), [Topaz](http://www.bernardine.com/birthstone/topaz.htm) |
| Sagittarius | [**Sagittarius Birthstones**](http://www.bernardine.com/birthstone/sagittarius.htm)(Nov. 23-Dec. 21) | [Topaz](http://www.bernardine.com/birthstone/topaz.htm) **-** [**Amethyst**](http://www.bernardine.com/birthstone/amethyst.htm), [Ruby](http://www.bernardine.com/birthstone/red.htm#ruby), [Sapphire](http://www.bernardine.com/birthstone/sapphire.htm), [Turquoise](http://www.bernardine.com/birthstone/turquoise.htm) |
| Capricorn | [**Capricorn Birthstones**](http://www.bernardine.com/birthstone/capricorn.htm)(Dec. 22-Jan. 20) | [Ruby](http://www.bernardine.com/birthstone/red.htm#ruby) **-** [**Agate**](http://www.bernardine.com/birthstone/agate.htm), [Garnet](http://www.bernardine.com/birthstone/garnet.htm), [Black Onyx](http://www.bernardine.com/birthstone/onyx.htm) |

The Magick of Crystals

Since humans made the first flint arrow and fire strikers, and possibly long before that, crystals and stones have been seen as a source of wonder and in some cases power.

The Egyptian goddess Isis protected the dead with a Carnelian Amulet named Thet. After being soaked in Ankhami flower water, on a Sycamore plinth (a type of tile) and placed on the body of the deceased, Isis would grant the person protection from harm while moving through the afterlife. The stone also appears In Hebrew Mythology; Aaron’s breastplate included a Carnelian stone. Buddhists in China and India created amulets inlaid with Carnelian and other semi-precious stones, ascribing to them powers of protection and utilizing them for many rituals. To this day Carnelian is often suggested as a protective stone

Citrine was gifted to or carried by traders to protect them in there travels, As well as ensure the trip was profitable one. This too carries over to today where we find citrine often suggested to abundance and wealth.

 In ancient times the Vikings used Iolite to help in Navigation. A slab of Iolite would be gazed upon to aid direction. This was because Iolite can bear a different hue when viewed at different angles, helping the mariner find north & south. It is also believed to protect for safe journeys. Today Iolite is often recommended as a stone to help one see the path ahead clearly, to promote clarity and aide in changes.

To name but a few of  many mystical attributes humans have found in stones since time in memoriam.

 Before the age of science and scepticism people knew these pretty coloured rocks had a power and uses all of there own. They found application for them in their day-to-day lives for practical and mystical application.

I take heart and pleasure from the fact that the old wonder and reverence for these little earth treasure’s lives on today in the hearts and minds of us who work with them and even in those who collect them.

When I decided to write a page on crystals and their uses I thought this should be easy. We do, after all, run a web site that sells crystals and minerals and I have been working with them for nearly 6 years, it is supposed to be my field of expertise. Well I wasn’t wrong I do know a lot about crystals and gemstones, even a lot about ways to use them. What I didn’t realize would be such a challenge was formalizing what I know into coherent information.

So I trust you will bear with me while I attempt some semblance of coherency and give some of my opinions and thoughts on crystals.
First thing I did was have a brief scout around online to see what other people were saying about crystals and why they have healing properties and magick potentials.
I found a lot of people attributing grand properties and vibrations to stones, but very few people saying why it worked that way. Those who know me are probably aware I’m big on whys and how’s.

On the metaphysical side I found this to be a very articulate explanation.

According to crystal researcher Marcel Vogel, a senior scientist with IBM for 27 years, "The crystal is a neutral object whose inner structure exhibits a state of perfection and balance. … Like a laser, it radiates energy in a coherent, highly concentrated form, and this energy may be transmitted into objects or people at will. … With proper training, a healer using a crystal can release negative thought forms which have taken shape as disease patterns."

So to cut along story short the reasons crystals are such a useful tool in energy work is because they vibrate. Not only vibrate they can amplify or “mimic” any vibration conducted through them. The mechanical pressure referred to earlier is actually present already in the most common crystal formation. The structure of a quartz crystal was created under pressure. The silicates and minerals contained with in the crystal are pressurized, that’s why crystals are known to shatter when large energies are passed through them or even when left in the heat or the cold.

This is where we come in; when we use a crystal we alter its vibration. We as practitioners are aware that simple thoughts have vibrations let alone when we focus our will, summon our energy and pass it through the stone. When this occurs we are easily able to create a huge beacon or battery, a continuous vibration of our will or intent.

It then also becomes clear why different properties are attributed to different stones. Not only do we have different materials vibrating at different frequencies we also have color. Again we know that color has a vibration of its own.  That is why a pink stone is said to comfort the heart. Pink is thought of as a loving color and I agree pink is a very sweet and caring vibration. So carrying or holding a pink stone is equivalent to being in pink light/energy.

 When we interact with the vibration our aura experiences the vibration and we are comforted. I have also found that auras can be a little like tuning forks They will pick up a vibration from their surroundings and if we wish “mimic” it. Energy is magnetic. As soon as we adopt a vibration we attract similarly vibrating energies.

This principle holds true to healing with crystals too and any other application one can think of. It’s a simple case of energy magnetism and complementary vibrations.

So that is the basic theory or should I say my basic theory on crystal healings and working.

Before I begin to sound too scientific, I must say, I personally believe there is something mystic about minerals. I feel they are a gift from the earth and have power and wisdoms inside them. My explanation that its all subtle little electric pulse, really doesn’t begin to explain why a piece of kyanite is protective or why black tourmaline is can absorb negative energies. Those are just a few of my experiences.

Not that I mind, I think if I could explain everything I wouldn’t want to do anything any more.  The above does however offer some insight into the way crystals work and that’s helpful in learning to work with them.
Yet as with all energy work it’s in large part about how we do something not just what one does.

There are a few methods for working with crystals and no doubt a lot I’m not familiar with.  The ones I’m going to address are;

Attuning with Crystals and Stones
Programming a Crystal
Projecting Energy via a Crystal or Stone
Receiving Energy via a Crystal or Stone

Within these 4 methods/concepts I find a base for anything I could conceivably wish to do or achieve with a crystal.

ATTUNING

Tuning into a crystal. This I always liken to tuning into a radio broadcast. The crystal is vibrating at a certain level. My intent, or indeed my body, is vibrating at a different level. The idea is to get my being and the crystal vibrating at the same frequency, alternatively to get the crystal and my being vibrating at complementary frequencies.

*Many healers I have spoken to refer to the act of getting a complementary vibration passing between patient or healer and crystal as a really advanced technique. Personally I disagree, however the proof is in the pudding they say.*

How to Attune To A Crystal or Stone

The only thing I can share is my own methodology. Taking the crystal in ones left hand grasp it tightly.  If you allow your mind to become quiet and expectation to fade you will become aware of a tiny pulse or vibration in your palm.  Wait till you are sure its not your heart beat “ I say that as it’s a common excuse sceptics give me  -  I find it quaint :-).

You will soon become aware of the particular vibration of the crystal you are holding. Draw this vibration into your chest cavity or heart chakra , wait till you feel your left arm tingling with that vibration. Then slowly begin pushing that vibration through your body and outwards, Allow it to flow freely soon you will become aware that its coming out of you not from the stone. In this manner you have mimicked the exact vibration of the crystal you are holding.
With luck people are saying okay so that was easy, why are we doing this again?

Attuning to a crystal or stone is firstly one of the most potent forms of cleansing and grounding of which I am aware. At this moment you are vibrating at the same frequency as a sacred piece of earth. What more beautiful union with host could we ask for?  Beyond that it is also the first step in partnership with a crystal. When we make a new acquaintance we customarily shake hands as a sign of good will and friendship, a very basic energy exchange. This is a handshake between you and your new energetic partner.

Now to find that elusive complementary vibration I was speaking of earlier simply pass energy back through your left arm to the palm the crystal resides in. If you are more comfortable projecting through your right hand take the crystal in both hands. Again tune into the crystal’s energy then slowly raise your energy, or lower it.  Feel and patiently wait for the crystal to follow you. As when people harmonize when singing so one can find vibration that work together between body and stone.

It is when the 2 vibrations are working in harmony that I can really begin to work with the crystal. Quartz has a memory like an elephant. Once I have attuned to a crystal it seems to remember and I’m left with a “tool" and a friend I can rely on.

PROGRAMMING OR CHARGING A CRYSTAL OR STONE

This could also be called charging a crystal. I like to think of this creating an ever-burning beacon of ones intent. As I often state energy is magnetic so even the smallest charge will attract like energies. When I am at a state of union between my energies and those of the stone in question I am able to charge the stone with my intent The principle is that of a simple spell but can be taken as far or as big as the practitioner wishes.

A basic example would be passing my intent to send healing to a friend through the stone. The vibration will change slowly in your palm; you will feel your desire to bring healing resonating from the crystal and the energy flowing from the crystal to your target. The simply beauty of this method is even when you have put the stone down and gone to take a bath or watch TV it will continue to do the work you charged it. Ever growing amount of energy being drawn to it and sent from it .

I have purposefully kept this aspect of working with a crystal vague, as I don’t believe there is one better or worse way to do it. I think we all have our own way of mobilizing our intent and sending out our will. This is much like a candle ritual or a basic healing. The sky is the limit though. I have left charged stones around in a protective formation in times of need to ward of negative energies. I have used charged stones to help maintain my sacred/meditation space. It is as simple as powering up a magick battery.

PROJECTING WITH A CRYSTAL OR STONE

 This is the act of directing or sending energy from or through a stone or crystal. I know that many people who work or spend time around crystals have come to there own methods for doing this. I feel that any ones experience when working with crystals is sacred and special to the person. I don't claim to have a better way or even a right way. Merely I can share my way.
Firstly attune to the crystal you wish to work with as described above. Again draw the stones vibration into your chest cavity. Wait till you feel you have established a link with the stone then slowly begin to pour your energy and intent back through the crystal. I prefer to direct my energy from different points depending on my goal. Heart for healing, third eye for manifestation or solar plexus for projecting personal energy. At this point one may decide if they wish to send energy from the stone or through the stone. Simply put one can either send the deep purple of amethyst to a friend/patient or working. Or one can use the stone as focus point for transferring personal energy. After that it is very much about visualization and intent. I think the big difference for me in this method is simply that I have forged an energetic link with the stone and as such immersed my body and mind in the working.

RECEIVING ENERGY USING A CRYSTAL
Receiving energy with a crystal is as easy as projecting. Again one needs to attune and forge a connection with ones stone of choice. Once one can feel the energy flowing between ones being and the stone and the flow takes on a circular sensation. Then all one needs to do is a pick a third energy or being to bring into the equation. Focus on the energy of your choice and feel the vibrations flowing through the crystal and into ones being. The reason there must be a circular flow is that one does not want to overload one's self or on rare occasions the crystal. In this way the crystal will take on as much energy as it can and so will you.
As one practices one can employ this technique to charge a stone with a specific energy or to cleanse or recharge one's self.

These are all basic concepts with any kind of energy work there are always thousands of variables and it is our experience perception and the specific goal and energy that will dictate an exact method. How ever it is my hope that people will enjoy experimenting with these simple techniques and with luck find a little something of value.
I feel obliged to share a few rules I have always used when working with energy, as always take what you like and leave the rest.

If at any time you feel uncomfortable or out of control disengage your work take a few deep breaths and think about something else for a few moments. Then ground yourself. If you are not familiar with grounding searching grounding energy on [Google](http://www.google.com/) will bring up many opinions or feel free to email me and I will share what I know happily.

When working with other people and energy, especially if you are sending or receiving directly make sure you know and trust the person. At least until you feel very confident and comfortable doing it. Your feelings are always your best guide if at anytime something feels strange or incorrect ask. Any one working responsibly will be able to explain to your satisfaction. Then if things still don't feel right trust your self and simply excuse yourself from the exercise, therapy or working.

Learn to shield your self with energy, Once again a [Google](http://www.google.com/) search will bring up a lot of varied techniques and methods find the one that works for you and practice. If you wish to email me I am always happy to share my experience and personal techniques. We lock our houses when we leave them so why would we wish to leave our auras open to every energy we encounter.

Lastly energy takes practice and patience some people experience nearly immediate results for must of us it takes months to learn to proficiently move energy and a life time to get better at it. Take your time work at your own speed, research different techniques keep trying new ones and asking questions till it makes sense to you. Enough time patience and practice and I believe any one can realize there divine right to mobilize there energy and draw from the wealth of light all around us.



**Shifting Energy in the Home – Space Clearing**

Entering a space can make you feel immediately light and uplifted, or leave you feeling depleted and drained – you are responding to the energy of that environment. Every space has energy, whether solid or seemingly empty, it is composed of infinite energy. Learning a few simple techniques on how to cleanse the space can have a dramatic influence on the way you feel and on every aspect of your life. Space Clearing techniques have been used throughout history. The methods and tools vary from culture to culture, but the intent is the same – to create greater harmony and balance. Native Americans used: drums, rattles, and smudged (sage, cedarwood or juniper). Chinese used: gongs, chanting, and incense. Medieval Europe, salt and prayers cleared the energy. The Middle East: smoldering resins of frankincense and myrrh were used to invite blessings into a home.

These forgotten ceremonies that brought vitality to human structures generations ago are being used again to instill peace and equilibrium. These ancient rituals can be adapted for modern day use, and most important. A home or business that has been purified not only feels better but sometimes, in seemingly mystical ways, health improves, relationships deepen and prosperity expands.

A Space Clearing can be done at any time, I like to do a good clearing 2-3 times a year, as well as monthly maintenance. Early morning hours (especially after a waxing full moon the night before) seems to offer the freshest an most potent energy.

**Preparing the Space**

The most powerful Space Clearing occurs in a place that has been physically cleaned and cleared of clutter. Clutter is any accumulation of things that impede the flow of energy, qi, in your home. If you have stuff/furniture that prevents a door from opening fully move it or get rid of it, all doors need to open fully for good qi to circulate.

**Preparing Yourself**

The strength of your Clearing can depend on your ability to intuitively sense energy. Clarify your intention, project your will into a space. Determine what your intention will be: to calm, add vitality, get rid of argument energy, bring new life/growth, soothe grief – whatever it might be, set your intention before you begin.

Cleanse yourself before starting, bathe or shower, and wash your hair. If you cannot wash your hair, then at least stroke water over the top of your head. Traditionally, cleansing the top of the head allows for an unclouded connection between you and spirit. Your clothes should be clean and specially chosen for the occasion (not everyday clothes).

State of Mind: it is best to feel mentally and emotionally balanced, confident and relaxed.

**Tools**

The tools you use should be carefully chosen and reserved for Space Clearing purposes. Your tools can be made from objects you’ve gathered: stones, sticks, recycle the metal tubes from an old windchime – get creative! There’s only one thing you need to be mindful of, tools need to have a nice crisp clear sound when struck together. For instance, sticks that sound good when struck together, can be given special meaning if you sand and decorate them.

Your tools can range from: drums, rattles, bells, or even baby or pet squeaky toys. Keep tools in a special place when not in use. What’s most important is the sound quality and how you feel towards the tool.

**The Blessing Altars**

This is a temporary altar used to place your tools and serves as a beginning and ending point for your ceremony. Lay down an altar cloth then arrange your tools, have an offering(s) (flowers, salt, rice, and arrange stones or shells in a meaningful pattern) – this is a sacred center, a vortex of energy for the clearing. When starting, this is where you call upon spiritual assistance and support, and end with gratitude and blessings. Here are two ideas for creating altars…

**An Altar for Love**

Sage and salt are for purifying blockages to love and romance.

A rose colored altar cloth represents warmth and affection.

Flowers bring a feeling of freshness, vitality and new hope.

A bell and white feathers invoke love and romance into the home.

Two small bowls, one with rice, one salt, are for grounding and abundance.

**An Altar for Peace**

A deep blue altar cloth instills serenity and a peaceful energy.

Crystals for clarity and equanimity.

A metal chime and blue feathers invoke tranquility.

Cornflowers symbolize calmness.

Shells or stones in a spiral pattern represent life-force energy of the Creator.

**How to Use Sound**

Sound has the ability to restore harmony in objects, people and environments. Any musical instrument can be used, though it is preferable to use one that can be carried into each room easily. Before beginning your clearing, hold your instrument close to your body and imagine your energy merging with its spirit.

Then, slowly walk around each room, striking your instrument, or ringing your bell, listen to the sound – when you pass by an area, particularly a corner, does it sound dull and flat? Listen to it speak. If it does sound off, continue using the instrument in that spot until it sounds better before moving onward.

Once you go through your home with your instrument, you can go through it again with a tool of a lighter, cheerier sound and do the same thing.

**Using Essential Oils to Complete the Space Clearing**

Once the second pass is complete walk through your house spritzing the air with your essential oils (see below), a nice finishing touch that sets the clearing and intended energy a bit deeper**Essential**

**Oils to Shift Indoor Energy**

In a 32 oz. spray bottle filled with water, add a total of 20-30 drops of any of these blends. Or, make up your own blend mixtures, some ideas…

**Purifying/Strengthening** – mix into spray bottle Grapefruit, Rosemary and Tea Tree.

**Energizing/Harmonizing** - mix into spray bottle Lavender, Geranium, and Bergamot.

**Revitalizing/Invigorating** - mix into spray bottle Clary Sage, Lavender, and Peppermint.

**Calming** - mix into spray bottle Lavender, Chamomile, Orange and Sandalwood.