

Book of Gems



AMETHYST: A stone of "change, protection & enlightenment". Enhances spiritual awareness, meditation, visualization, serenity & composure. Attracts good luck & love, calms & transforms. Shifts energies to the higher frequencies of both the spiritual & ethereal levels.



AVENTURINE: A powerful general healer, it brings balance to the intellect, emotions & physical being. Quells anxiety, helps in making the right decisions & shields energy drain from outside sources.



AZURITE: Brings about clear perspective, releases long-standing blocks in communication and stimulates memory. Clears stress and worry. Encourages risk-taking and change. Breaks outworn patterns. Encourages expression of feelings. Supports friendships.



BALTIC AMBER: Brings stability, motivates. Counteracts depression; stimulates intellect, promotes positive mental state, creative self-expression. Brings balance, patience, encourages decision-making. Useful memory aid. Encourages peacefulness, trust, wisdom.



BLACK ONYX: Strength giving, facilitates being master of one's destiny. Provides support in difficult or confusing circumstances and during times of enormous mental or physical stress. Promotes vigor, steadfastness, stamina, and self-confidence.



CALSILICA: Clears negative energies. Increases energy. Creates emotional intelligence. Motivates. Calms the mind. Boosts memory. Aids transformation of ideas into action. Alleviates emotional stress, replacing it with serenity. Strengthens ability to overcome setbacks.



CARNELIAN: Improves analytic abilities, clarifies perception. Removes extraneous thoughts. Brings one back to reality. Sharpens concentration. Protects against envy, rage, resentment. Useful for overcoming abuse. Calms anger, emotional negativity.



CHALCEDONY: Removes hostility, transforms melancholy into joy. Eases self-doubt, facilitates constructive inward reflection. Absorbs and dissipates negative thoughts, emotions, bad dreams. Aids lactation.



FIRE OPAL: Stimulates originality, dynamic creativity, expressing one's true self. Enhances self-worth, helps understand full potential. Intensifies emotional states. Brings loyalty, faithfulness, spontaneity, but may amplify any fickleness tendency where present.



RUBY: Overcomes exhaustion, lethargy. Encourages passion for life. Energizes and balances, but can overstimulate delicate or irritable people. Protects against psychic attack. Aids retaining wealth and passion. Removes negativity. Promotes dynamic leadership. Brings about positive and courageous state of mind. Heightens awareness and concentration. Strengthens during disputes, controversy. Calms hyperactivity.



GREEN GEM ONYX: Strength giving, facilitates being master of one's destiny. Provides support in difficult or confusing circumstances and during times of enormous mental or physical stress. Promotes vigor, steadfastness, stamina, and self-confidence.



SEA SEDIMENT JASPER: While this natural stone comes in virtually all colors, currently there isn't any data on its healing or psychic powers.



LACE AGATE: (also known as crazy lace and comes in a variety of colors) Attracts abundance. Improves self-esteem, releases fear, deep-seated stress. Helps develop ability to get along with others, inspires after stagnation; promotes self-expression, communication; balances emotions, encourages trust and hope; helps depression.



LAPIS LASULI & DENIM LAPIS: Blocks psychic attack. Harmonizes, alleviates depression. Encourages taking charge of life. Encourages self-awareness, self-expression, creativity. Brings objectivity, clarity. Helps confront truth and accept what it teaches. Harmonizes conflict. Teaches value of active listening. Bonds relationships and friendship, aids expressing feelings and emotions.



MALACHITE: Powerful, protective, transforming stone. Easily absorbs negative energies, pollutants, radiation. Cleanse before and after use (placing on quartz cluster in sun). Encourages risk-taking, change. Draws out deep feelings, causes, breaks unwanted ties, outworn patterns. Teaches self-responsibility. Develops empathy. Alleviates shyness, supports friendships.



MOONSTONE (RAINBOW MOONSTONE): Heightens consciousness, promotes intuition, empathy. Calms overreactions to situations, emotional triggers. Balances male-female energies. Opens mind to serendipity. Soothes emotional instability, stress. Improves emotional intelligence. Enhances psychic abilities.



PHOSPHOSIDERITE: No healing or psychic properties have been noted for stone.



PURPLE SEA SEDIMENT JASPER: Energetic and quietly stimulating. Brings joy, teaches interconnectedness of all beings. Jasper - Sustains and supports during stress, brings tranquility, wholeness. Imparts determination, courage to assertively deal with problems, encourages self-honesty. Supports during necessary conflict. Aids quick thinking, promotes organizational abilities, seeing projects through. Stimulates the imagination, transforms ideas into action.



RHODACHROSITE: Imparts dynamic, positive attitude. Helps assimilate painful feelings without shutting down, removes denial. Gently brings painful, repressed feelings to surface, for acknowledgment, emotional release. Helps identify ongoing patterns, face the truth, without excuses or reservations, but with loving awareness. Urges confrontation of irrational fears, paranoia. Improves self-worth, soothes emotional stress. Encourages creativity. Helps integrate new information. Lifts depression, brings lightness into life.



RHODONITE: Emotional balancer, nurtures love. Has ability to show both sides of an issue. Stimulates, clears, activates the heart. Grounds energy. Aids in achieving one's highest potential. Heals emotional shock and panic, lends a supportive energy. Beneficial for emotional self-destruction, codependency, abuse. Assists forgiveness and reconciliation. Builds confidence, alleviates confusion.



ROSE QUARTZ: Calming, reassuring, excellent for trauma, crisis. Attracts love, relationships, restores trust and harmony in relationships, encourages unconditional love. Gently draws off negative energy, replacing it with loving vibes. Strengthens empathy, sensitivity, aids acceptance of necessary change. Excellent for mid-life crisis. Soothes internalized pain and heals deprivation. Comforts grief. Encourages self-forgiveness, acceptance, invokes self-trust and self-worth.



RUBY IN FUCHSITE: Currently, there are no healing or psychic properties associated with this stone.



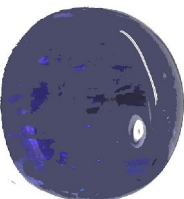
RUTILE QUARTZ: Breaks down barriers to spiritual progress, letting go of past. Filters negative energy, supports during emotional release. Reaches root of problems and facilitates transitions, change of direction. Antidepressant. Relieves fears, phobias, and anxiety. Promotes forgiveness.



SODALITE: Clears electromagnetic pollution. Helps "sick-building syndrome". Eliminates mental confusion. Encourages rational thought, objectivity, truth. Calms the mind, allowing new information to be received. Stimulates release of old mental conditioning and rigid mind-sets, creating space to put new insights into practice. Brings about emotional balance and calms panic attacks. Enhances self-esteem and self-acceptance, and self-trust.



SUGALITE: Protects from shocks, trauma, disappointments. Helps sensitive people from becoming despondent. Aids forgiveness, eliminates hostility. Beneficial for people who do not feel the earth is their home. Overcomes learning difficulties. Excellent for autism, helps ground into present reality. Imparts ability to face up to unpleasant matters. Alleviates sorrow, grief, fear, promotes self-forgiveness. Encourages positive thoughts and reorganizes brain patterns that underlie learning difficulties such as dyslexia.



TANZANITE: The glow of Tanzanite increases your inner light, increasing health and vitality. Tanzanite also reduces stress, helping you to slow down. In the stillness that is created, quieter sides of your personality can emerge, allowing a more balanced state of being.



TIGER EYE: Assists accomplishing goals, recognizing inner resources. Promoting clarity of intention. Differentiates between wants and needs. Integrates brain hemispheres, enhances practical perception. Aids in collecting scattered information to make a coherent whole. Helps resolve dilemmas, internal conflicts. Heals self-worth, self-criticism, and blocked creativity. Helps recognize one's talents and abilities, and faults that need overcoming. Supports addictive personalities to make changes. Balances emotionally, energizes. Alleviates depression, lifts moods. Aids paying attention to detail. Assists acting from reason not emotion. Excellent for tests, important meetings.



TURQUOISE (IN COPPER): Heals, dispels negative energy, protects. Promotes self-realization, assists creative problem-solving and calms nerves when speaking in public. Strengthening stone. Dissolves martyred attitude or self-sabotage. Aids creative expression. Stabilizes mood swings, brings inner calm. Excellent stone for exhaustion, depression, or panic attacks.