



## *Crystal & Gemstone Attributes* *by Kerri A. Bailey*

**AGATE** - Balances physical with mental & yin-yang energy. Stabilizes aura. Soothing & calming, works slow but brings great strength. Raises consciousness, facilitates spiritual growth, transmutes & eliminates negative energy. Healing & grounding, aids in self acceptance/awareness, heals inner anger & emotional trauma. Comes in many forms/colors, layered forms bring hidden information to light, colored forms relate to chakras.

**Blue Lace AGATE**- Nurturing, Supportive stone. Soft, cooling (heat, anger) and calming. Dissolves old, encourages new. Enhances verbal & self expression. Aid to promote peace of mind. Activates and helps heal throat chakra. Shoulder, neck, nervous & skeletal system, brain.

**Botswana AGATE**- Great for smokers and people connected with fire. Helps you to see the bigger picture and the solutions to problems. Treats depression. Brings energy into the auric field. Activates the crown and throat chakras.

**Fire AGATE**- Calming, grounding & supportive stone. Powerful protector (ill-wishing), shields the base chakra. Stimulates vitality and sex drive. Dispels fears, cravings, & addictions. Energizes the aura and unblocks all chakras. Clears heat and blockages, including hot flashes.

**Moss AGATE**- Improves self esteem/ego. Gives strength to endeavors & pursuits. Brings prosperity/wealth, physical healing & emotional balance. Aids in birthing, speeds recovery from illness/disease, eliminates toxins, increases positive personality traits. Stone of new beginnings; refreshes the soul. Stability Stone strongly connected to nature-great for those working in botany.

**AMAZONITE**- Soothing, calming & healing stone. Protects against geopathic stress, electromagnetic smog, cell phones. Helps manifest spiritual love. Aids the heart and throat chakras. Opens 3<sup>rd</sup> eye and intuition. Very physically healing, aids in calcium absorption and is good for bones.

**AMBER**- It is not a "stone" but fossilized resin. Powerful protector and healer. Links wishes with the drive to succeed. Helps counteract depression and stimulates the intellect. Absorbs negative energy. Aids the naval chakra. Grounding stone for higher energies.

**AMETHYST** - Powerful & protective, stabilizing & balancing. Promotes strong physical, mental & spiritual healing. Enhances spiritual awareness, wisdom, insights & meditation. Keep under pillow to enhance intuitive dreams & aids insomnia. Blocks negative energy.

**AMMOLITE** -Snail-like fossil is an ancient powerful healer named after Egyptian god Amon. Releases obsessions & birth trauma, & stimulates "Qi" life force. Transforms negative energy to smooth flowing energy. Karma cleanser, represents coming full circle. Activates personal power. Attracts health & prosperity, promotes business dealings. Great for builders/architects.

**ARAGONITE** -Earth Healer. Supportive & grounding stone. Heals geopathic stress (put on map). Stabilizes spiritual development, aid for meditation. Enhances patience & acceptance of situation. Dispels stress & anger. Promotes reliability & practicality. Gives insights to problems & promotes pragmatic approach to life. Heals Physically - elixir acts as a "spring tonic" for skin, aches & pains. Great for those who push themselves too hard.

AVENTURINE- Prosperity stone. Heals geopathic stress, electromagnetic & environmental pollution. Helps to make decisions, leadership. Uncovers the reasons for issues, diseases, etc. Stabilizes mind with emotions. Promotes well being. Balances male & female energies. Protects heart chakra. Healing for the chest area, skin, migraines.

CARNELIAN- Grounding & stabilizing stone. Motivates business success. Helps one deal with death, overcome abuse & negative conditioning. Protects one's emotions and for others. Calms anger, turning it to love. Tunes mind, aid meditation. Stimulates metabolism, lower body function. Accelerates healing & absorption of nutrients.

CITRINE- Stone of abundance, prosperity & success. Brings emotional balance & enhances self awareness. Strengthens the mind. Helps banish fears. Energizes and helps recharge the body. Warming and aids fatigue. Aids lower body & organs, solar plexus. Powerful cleanser & regenerator. Grounds energy, protects aura & cleanses all chakras.

FLUORITE- Highly protective. Cleans and stabilizes the aura. Blocks geopathic stress & electromagnetic smog. Helps mind focus. Allows for progress and learning. Very physically healing. Draws off negative energy & stress. Cleanses & purifies. Grounds spiritual energy. Stabilizes emotions.

HEMATITE -Grounding & protecting- harmonizes mind, body & spirit. Used during out-of-body journeys to ground soul. Strong yang, good for low self esteem. Protects against negativity & dissolves it. Strong stone, use for short periods of time. Aids in compulsions & addictions. Helps one to come to terms with mistakes, and to sort out problems. Good for math / technical people, & legal situations. Physically healing, especially for the blood & circulation. Draws heat from body. Use for fevers, leg cramps, anxiety, spine & fractures.

HOWLITE- Calming stone , especially for over active minds. Aids insomnia-place under pillow. Link spiritual dimension to access wisdoms and insights. Aids in meditation. Formulation of ones ambitions. Helps instill patience & peace. Absorbs anger. Comes in many colors (blue is artificial).

JADE- Symbol of purity & serenity. Signifies wisdom. Protective stone linked with the heart chakra. Attracts good luck, friendship & abundance. Brings insightful dreams. Very healing & cleansing for the body. Allows access to one's potential. Aid in emotion release & diminishes mental negativity.

JASPER -Sustains & supports. Great healer, use for long term illness/hospitalization, reenergizes the body. Aligns & cleanses the chakras & aura, balancing yin & yang. Absorbs negative energy, grounds & provides protection. Shamanic journeys & dream recall. Stimulates quick mental thinking, determination, organizational abilities & imagination. Clears electromagnetic, radiation & environmental pollution. Many forms.

Orbicular Jasper, (a.k.a. Leopard Jasper) -Eliminates toxins, supports service, assists in acceptance of one's responsibilities with patience. Circular markings facilitates breathing.

Picture Jasper -Brings to surface hidden meanings, releases repressed feelings from past & present lives. Brings comfort & alleviates fear. Stimulates immune system & cleanses kidneys.

Red Jasper -Grounds energy, gently stimulating & healing. Rectifies injustices, brings problems to light rapidly & provides insights. Calms emotions. Dream recall. Cleanses & stabilizes aura., Good for blood & liver.

KYANITE Aligns chakras, restores Qi, heals & stabilizes biomagnetic field. Powerful transmitter & amplifier of hi energies. Use for meditation, connects with spirit guides, dream recall. Encourages

speaking one's own truth. Helps balance yin & yang energies. Treats thyroid, brain, muscles, heals infections, release excess weight. Does not hold negative energy, self cleaning.

LABRADORITE- Mystical & protective stone. Raises consciousness, allowing access to one's spiritual purpose, psychic gifts & personal destiny. Transforms intuition into destiny. Calms the mind & strengthens faith in ones self. Banishes fears & insecurities, removes projections hooked on the aura, protecting it from energy leaks. Healing for the head area, help relieve stress.

LAPIS LAZULI- Stone of protection & clarity. Opens the 3<sup>rd</sup> eye & balances the throat chakra. Stimulates personal and spiritual power, allowing contact with spirit guides/angels. Releases stress, helps one take charge. Brings great peace, freedom within. Reveals inner truth, promotes honesty. Aids in pain relief, migraines & immune system.

MALACHITE- Stone of protection, healing & transformation. Mental balancer, helping to increase thoughts & concepts. Teaches responsibility for one's actions. Clears & activates chakras; amplifies both positive & negative energies. Heals earth energy- guards against radiation, clears electromagnetic pollution. Powerful stone, use with caution, raw form toxic. Clean with quartz in the sun.

MOONSTONE- Stone of new beginnings. Helps increase intuition. Supports the cycle of change like the moon waxes & wanes. Emotionally & Mentally balancing. Helps sleep problems and increases dreaming. Aids digestion, "female issues", good stone for women.

OSIDIAN, SNOWFLAKE- Stone of purity. Balances body spirit and mind for inner centering. Aids in circulation and sacral chakra. Teaches one to value mistakes as well as success.

QUARTZ Most powerful healer and energy amplifier. Absorbs, stores & regulates energy. Protects against radiation; doubles your biomagnetic field. Cleanses, balances & enhances the body, acts as deep soul & karmic cleanser. Enhances psychic abilities & attunes you to your special purpose.

Rose QUARTZ Draws off negative energy replacing it with love vibes. Powerful emotional healer, brings deep inner healing. Enhances positive affirmations, encourages unconditional & self love. Physical healer for heart & circulatory system, detoxifier. Put by bed or relationship area.

Smoky QUARTZ Powerful grounding & protective stone. Use in meditation-clears mind facilitates moving between alpha & beta states. Neutralizes stress and negative energy. Blocks geopathic stress, absorbs electromagnetic smog & is detoxifying. Brings emotional calmness, lifts fear & depression. Promotes acceptance & positive pragmatic thought. Healing & relieves pain.

Tangerine QUARTZ Excellent reliever for shock & trauma. Soul & past life healing, teaches the soul to find the gift in experience. Brings us beyond limited belief systems into a higher positive vibration. Demonstrates that like attracts like. Activates & harmonizes sacral chakra.

SELENITE Calming stone promotes deep inner peace. Brings clarity of mind & opens crown chakras accessing angelic consciousness. An ancient & powerful stone can be used as a protective grid around house. Helps to resolve deep issues & seeing the bigger picture. Increases intuitive, judgment & insight. Heals & aligns spine promoting flexibility. Reverses effects of free radicals & mercury poisoning (dental). Excellent for child-rearing & breastfeeding. Note: Dissolves when wet.

SODALITE- Stone of truth & balance. Stimulates the 3<sup>rd</sup> eye & throat chakra, great meditation tool. Allows one to see the truth, be true to yourself & stand up for convictions. Brings harmony & solidarity of purpose enhancing self-esteem & awareness. Useful in group gatherings / meetings. Calms the mental confusion, balancing the mind & emotions. Clears electromagnetic pollution. Balances the metabolism, cleanses the lymph, useful for throat & digestive disorders. Insomnia.

**TIGERS EYE** Powerfully Protective. Promotes inner resources & clarity of intention/integrity. Aids in recognizing one's true needs, dispels wishful thinking. Heals mental diseases & personality disorders and many physical ailments. Balances yin & yang energies, uplifting, supports addictions.

**UNAKITE**- Stone of vision. Balances emotions with spirit. Grounding, facilitates rebirthing. Opens 3<sup>rd</sup> eye, aids in visions & insights. Brings to the surface that which needs transformation. Supportive, aids in physical recovery, reproduction & pregnancy, skin & hair.

### Definitions of Terms

**Aura / Auric Field:** The biomagnetic shield that surrounds & protects the body, comprising of layers called subtle bodies.

**Chakras:** Chakras are mini energy centers in & around the physical body that link us to our aura. There are 7 major chakras: Base / Root; Sacral; Solar Plexus; Heart; Throat; Third Eye; & Crown. Refer to "The 7 Major Chakras" info sheet for more on chakras.

**Electromagnetic Smog:** The electromagnetic field emitted from electronics, power lines, etc. that can have negative impacts to those sensitive to it.

**Geopathic Stress:** Energy disturbances & emissions from underground utilities, ley lines & water that affect and impact the earth's stress levels.

**Yin / Yang Energies:** The positive & negative, male & female forces that hold our universe in order.

**References:** There are so many great books out there, but here are 3 of my favorites:

*The Crystal Bible* by Judy Hall. Walking Stick Press, 2003.

*The Encyclopedia of Crystals* by Judy Hall. Fair Winds Press, 2006.

*Love is in the Earth* by Melody. Earth Love Publishing House, 1995.

**Disclaimer:** *The information in this paper is presented with good intentions as an aid for personal growth & awareness. Always seek medical attention and advice when needed by a licensed doctor or practitioner.*