

## Aquamarine

**PHYSICAL ASPECTS:** Aquamarine is a stone of the breath. It has an affinity for the throat chakra. It is considered helpful to the respiratory tract, including the lungs and bronchial tubes. It is helpful with sinus conditions, sore throats, and coughing spells, particularly those that are related to allergic responses. It is a remedy with an affinity for the spleen and throat chakras. It strengthens the liver, spleen, thyroid, and kidneys. It balances hormones and boosts the immune system.

**EMOTIONAL/SPIRITUAL ASPECTS:** Aquamarine is stone of courage. Its calming energies reduce stress and help to quiet the mind. It has an affinity for the Water Element/Meridian. It is wonderful for cleansing the emotional body and restoring clarity of inner sight and thought. Aquamarine, as a gemstone, represents happiness, hope, harmony, and balance. The stone, and therefore the essence captured in a Blessed Water, is considered helpful to couples, helping them work through differences and difficulties in establishing a long and happy marriage. It helps create a peaceful state of mind where clear thinking and receptivity and understanding of another's point of view can be achieved. Aquamarine aligns the chakras and is wonderful when used for meditation.

**INDICATION OF NEED:** Repetitive thoughts brought on by worry or intense mental activity. Use this essence or stone when you are not emotionally present or available to family and friends because of preoccupation with one's own thoughts. Aquamarine has long been considered a symbol of youth and happiness so it is useful whenever we are feeling depleted or depressed.

## Aventurine

**PHYSICAL ASPECTS:** Aventurine aligns the Central Meridian which is the vertical energetic and physical core structure of the body. This is a comforting remedy specific to the heart, which lies along this meridian, and to issues brought on by emotional and/or physical stress. As such it is a remedy of courage. This allows one to let go of limiting beliefs and overcome fear that can keep one from stepping forward into the unknown, when doing so is necessary or would be a good direction.

**MENTAL/EMOTIONAL ASPECTS:** This is a remedy (and stone) of *adventure*, perseverance, enthusiasm. Maybe a misspelling in the naming of the stone, perhaps? (*Adventurine*?) It promotes the qualities necessary for effective and compassionate leadership. It can help a person see alternative possibilities and is an excellent source of inspiration and courage for those of us who are trailblazers and pioneers in thoughts or actions. Aventurine is said to be particularly effective for relief from long buried fears, especially those whose origins lie in the first seven or eight years of a person's life. It helps us to recognize the issues behind our illnesses or imbalances, and encourages us to grow in new healthier directions. Aventurine is thought to be the luckiest of all the crystals, and will help manifest prosperity and increase favor in games of chance. This beautiful stone also aligns conditions so opportunity is inevitable.

**INDICATION OF NEED:** A lack of stamina and the ability to complete projects or to overcome obstacles and difficulties. Aventurine declutters the energy field so it is helpful when you are feeling overwhelmed, frustrated, or emotionally blocked. It is especially beneficial when the obstacles are one's own limiting beliefs or the opinions of others.

## Azurite

**PHYSICAL ASPECTS:** Azurite is all about removing blockages and negativity. It is specific to the spleen, thyroid, and some types of skin issues. Interestingly, the Azurite stone changes in response to air, slowly becoming malachite over time, and the stone is easily destroyed by heat. Does this indicate sensitivity or does it indicate the ability to change and grow as the result of learning from the circumstances in which we find ourselves? I believe it can indicate both, depending on our physical and emotional state and what it is that we need at that particular time in our life. Azurite is an exceptional conductor of energy bringing a grounded energy to the body while, at the same time, stimulating the mind. It is a gorgeous blue-green stone and the different colors offer different types of healing. The blue ray penetrates and moves energy while the green ray activates a deep healing force.

**MENTAL/EMOTIONAL ASPECTS:** Azurite was anciently called a "stone of heaven" and was thought to provide insight and intuition, and to stimulate creativity. However, there can be a negative aspect to these positive traits if we are unable to communicate what we know and feel, and to express the ideas that are forming in our heads, to those around us from whom we need support and understanding. Azurite essence is supportive of communication skills such as are needed here. Azurite inspires us to search for truth and helps us to sense the truth of what others would have us believe and protects us from being misled.

**INDICATION OF NEED:** Trying too hard to present ideas logically and analytically rather than from the heart. It helps when one struggles in communicating. Struggling with the difficulty of the task of pushing words out of the body and soul to the point where one may become physically depleted and ill when called upon to teach or explain one's understanding and point of view.

## Black Tourmaline

**PHYSICAL ASPECTS:** Black Tourmaline is one of the most coveted stones for protection and cleansing. It protects against harmful energy stemming from people or the environment. Many tourmaline crystals exhibit polarity, meaning that each crystal has a positive charge at one end and a negative charge at the other making them naturally magnetic. It is considered to be effective for jet lag, oversensitivity to computers, fluorescent lights, and other environmental factors. On the other end of the scale, tourmaline is grounding physically and emotionally and can help us attract good and positive energy into our lives.

**MENTAL/EMOTIONAL ASPECTS:** Black Tourmaline strengthens one during times of crisis or extreme emotional stress, until courage and resilience become a part of that person's character and personality once again. It assists in the breaking of old patterns and the cultivation of inner wisdom, stability, courage, and patience. As it is associated with the root chakra, Black Tourmaline is key in providing balance, security, and grounding in your life.

**INDICATION OF NEED:** To be used if a person feels surrounded by, or overly sensitive to, negativity and environmental influences as indicated above. Can help in the exchange of old unwanted energies and patterns for fresh, clean, vibrant energies. This remedy should be considered if one is going into a situation that is likely to be particularly difficult or challenging or likely to leave a person exhausted and drained of energy

## Bloodstone

**PHYSICAL ASPECTS:** Bloodstone is considered a tonic and healer for all things related to the heart, the blood, and circulation issues and for its connection to the life force that sustains all aspects of one's being. In addition to the heart and heart chakra, Bloodstone has a particular affinity for the lower chakras and the organs of the body. It is said to be an immune system tonic and an energy booster. As with all essences that affect the heart in positive ways, Bloodstone also strengthens the kidneys.

**MENTAL/EMOTIONAL ASPECTS:** Bloodstone dispels confusion, and helps us adjust to unaccustomed circumstances. It reduces irritability, aggressiveness and impatience. It aids in decision making and feeling completely safe as well, as competent and unstoppable. It dispels lethargy and the need to procrastinate. Bloodstone healing is all about boosting strength, courage, and resilience. Blood Stone is a mood stabilizer, and will help to bring a brightness back to your soul.

**INDICATION OF NEED:** For anyone who is focused on the struggle of life or feels like they have been singled out. It is helpful for soothing feelings of abandonment, or loneliness. It helps us heal from trauma, bullying, or hurtful gossip. It also helps people who exhibit a lack of emotional sensitivity to, and sympathy for, the struggles and pain of those around them.

## Brazilian Amethyst

**PHYSICAL ASPECTS:** Brazilian Amethyst heals all levels of the mind, body, and spirit. It treats diseases related to bones and heals joint pain. It may help with healthy cell regeneration, improve metabolism, and strengthen the endocrine and immune systems. It seems to clear the mind of foggy thinking and relieves migraine headaches brought on by stress and tension. Brazilian amethyst has been referred to throughout history as the "stone of sobriety," as it has been used to assist alcoholics with healing from their addiction.

**MENTAL/EMOTIONAL ASPECTS:** Comforting and grounding, amethyst of any kind can aid in coping with overwhelming emotions such as grief or deep sadness. It helps to reduce negative thoughts, quiets anxiety, and diminishes nagging fears centered around doubt and weakened confidence. With a calm and focused mind, a person becomes more open to intuition and spiritual inspiration. Brazilian Amethyst clears the aura of negative or pessimistic energy.

**INDICATION OF NEED:** People overly concerned with the material and physical aspects of life to the exclusion of, and experience with, one's own unique spiritual identity and needs for emotional and spiritual sustenance. Anytime there is deep grief or sadness. A tendency to quick anger as a cover for other, deeper, more painful emotions. People who are trying to break free of alcoholism.

## Brazilian Quartz

**PHYSICAL ASPECTS:** Quartz is known as the "Master Healer" of the mineral kingdom and is able to work on any condition. The essence and energy of clear white light that radiates from this stone is profoundly healing and powerful. Quartz has a very high vibration and purifies on all levels. It can be used in clearing, activating, and protecting the physical and energetic bodies. It should be considered for fatigue, low energy levels, lack of concentration, and all types of lethargy or procrastination.

**MENTAL/EMOTIONAL ASPECTS:** Brazilian Quartz resonates with the higher Chakras. It enhances mental clarity and can help one to maintain or achieve emotional stability. From this better perspective, it is easier to determine the reality and truth of a situation and can aid us in understanding ourselves. It will help us see our own motives and desires. It helps us have the ability to see situations from a new and more beneficial perspective. Brazilian Quartz can be an aid to concentration, and improve our memory. It helps us to attune to our highest self.

**INDICATION OF NEED:** This remedy is similar to lavender in the essential oil realm- it can be used for anything! Feelings of disconnection, apathy, or discouragement. When you cannot focus, or retain information. Use Brazilian Quartz whenever you feel unsure of what to use, or unsure of what your next step should be. You can use it to amplify other Gem Essences.

## Carnelian

**PHYSICAL ASPECTS:** Carnelian is a stabilizing stone. It encourages increased circulation and oxygenation of the body, especially circulation through the tiniest of capillaries. It also acts as a respiratory tonic and strengthens tissue regeneration. Carnelian is often used for fatigue, low energy during the day, and for episodes of physical and emotional burnout. It may bring relief from aches in the lower sections of the spine. Carnelian is said to stir up fertility and boosts libido. This essence is also helpful for overcoming addictions to alcohol, drugs, and other stimulants.

**MENTAL/EMOTIONAL ASPECTS:** Carnelian brings joy to the soul. It encourages one to take bold action if bold action is what is needed in a particular situation or circumstance. The essence of this red-colored stone has a particular affinity for the heart and Heart Chakra and is a remedy for compassion, clarity, peace, and peaceful resolution of disagreements in relationships. It protects against envy, rage and resentment. It improves the analytical abilities of the mind and clarifies perception while strengthening the ability to concentrate and focus on the task at hand. Carnelian is useful for overcoming abuse of any kind.

**INDICATION OF NEED:** Pronounced tendency to ignore one's own needs while being almost compulsive about service to others. Suffering from a poor sense of personal identity and worth. The person, too often, finds themselves 'going along to get along'. Giving in to have peace or to find the validation they think they need in the approval of those they serve or give in to. These people, contrary to their best intentions, tend to be an energy drain to those they are trying to serve and even to those they come in contact with. Carnelian boosts our vitality and helps us to fully step into our own personal power.

## Chrysocolla

**PHYSICAL ASPECTS:** Chrysocolla treats arthritis, bone disease, muscle spasms, and re-oxygenates the blood. It regenerates the pancreas and regulates insulin. Emotional distress seems to be a key factor in physical ailments that benefit from this remedy. It may be helpful for high blood pressure brought on by stress, sadness, or intense grief. The stone is said to be a tonic during pregnancy and to aid during labor, causing me to speculate that its use as a Blessed Water essence may be profound.

**MENTAL/EMOTIONAL ASPECTS:** Chrysocolla calms, cleanses, and re-energizes all the chakras. It encourages self-awareness without the need for unnecessary guilt. It aids in dispelling self-limiting beliefs and emotions. Chrysocolla increases one's capacity to love and communicate with others as an effective and loving teacher and mentor. It is especially useful in dealing with unresolved feelings of grief. This remedy can help us see that there are lessons that can be learned from even the hardest of life's experiences.

**INDICATION OF NEED:** Chrysocolla is first and foremost a stone of communication. It is useful for any type of communication problems. It is for those whose heart has closed off due to grief and loss in the past and who believe that opening themselves to others will only leave them exposed to further hurt. There is usually a lack of confidence and mistrust of one's own creative abilities. Chrysocolla is a stone of forgiveness, peace, and for strengthening emotional bonds. Use it for help forgiving and to find peace to move on.

## Chrysoprase

**PHYSICAL ASPECTS:** Chrysoprase is considered to be a remedy for the prostate gland, testicles, fallopian tubes, and ovaries. It balances the hormones and helps with fertility problems. Chrysoprase stimulates detoxification and elimination of waste from the body. It encourages the liver and kidneys to remove all substances that are having a negative effect on the body. Due in part to its detoxification properties, it is helpful for many skin diseases. The color of Chrysoprase is the result of the chromium contained therein. In terms of energy, chromium may help normalize blood sugar levels and should be effective in improving vascular health and efficiency.

**MENTAL/EMOTIONAL ASPECTS:** Chrysoprase encourages respect for one's own individuality while fostering a healthy respect for the uniqueness and worth of others. It is said to heal the inner child by releasing emotions locked in the psyche since childhood. It encourages one to see if and when one's own behavior is being driven by selfish motives in any way and encourages one to consider and notice when putting one's own needs first is creating difficult or harmful situations for others.

**INDICATION OF NEED:** Selfishness, hiding behind small falsehoods, and tolerating one's own faults while promising to face and address them tomorrow. A need to overcome compulsive behaviors, angry thoughts, and angry outbursts. For those who want to promote optimism and personal insight. For people who have a hard time accepting themselves.

## Citrine

**PHYSICAL ASPECTS:** Citrine aids in removing toxins from the body, especially those brought about by auto-immune disorders in which the body has turned on itself. Citrine is said to be an energy giver but does not send the body into overdrive. It simply balances energies in the body, stimulating or calming systems as needed. Citrine is specific to digestive system troubles that are caused by emotional aspects. Citrine helps the thyroid work optimally. The stone is said to neutralize kidney and bladder inflammation and to improve the workings of the spleen and pancreas.

**MENTAL/EMOTIONAL ASPECTS:** Citrine is a warm sunny stone that promotes a positive cheerfulness. It encourages the elimination of self-destructive and even suicidal thoughts by encouraging introspection and meditation. It can help bring about a rekindling of healthy self-confidence and self-esteem through meditation and sound spiritual practices.

**INDICATION OF NEED:** Use this remedy any time to boost self-esteem and self confidence. Any sort of self-destructive tendency both physically and emotionally. Suicidal thoughts or longings. A digestive system that reacts poorly to stress and emotional upsets. Citrine is called the “success stone” or “money stone” so it is wonderful to use to help promote success, and abundance.

## Covellite

Covellite, in crystal form, is rare and expensive.

**PHYSICAL ASPECTS:** Covellite, both the stone and the essence, are used for issues connected to the eyes, ears, nose, and throat. It may slow or interrupt irregular cell formation. It is specific to the Throat, Third Eye, and Crown Chakras. Covellite is a facilitator of bringing the unconscious shadow side of our personalities into our awareness which helps us to release old fears, hurts, and trauma which are unconsciously holding us back. Covellite is a conductor of energy and is able to receive as well as send energy for personal or long-distance healing.

**MENTAL/EMOTIONAL ASPECTS:** A remedy for the mind and the realization of goals and dreams for the future. It can be used to enhance the ability to express feelings and inspirations received and, as a result of clearer communication, enlist the help of others in moving forward along the paths indicated by intuition and the answers to prayer and spiritual guidance.

**INDICATION OF NEED:** Unsure of the path the next steps in life should take. Temporary feelings of vulnerability and too easily affected by the energies and opinions of others. Scattered thinking with thought processes feeling disorganized.

## Diamond

**PHYSICAL ASPECTS:** This essence, on the physical plane, is said to purify and strengthen all body systems. I am, personally, generally leery of any remedy that purports to “do it all” but the energy and light of a diamond really does seem to be healing and strengthening to the entire system. Diamond cleanses the aura and your environment. It is said to bring clarity to brain and memory issues.

**MENTAL/EMOTIONAL ASPECTS:** Diamonds have long been considered a symbol of purity and commitment in relationships. Diamond is said to enhance the forces that attract abundance, as well as bring clarity of thoughts and feelings and imparting to us healthy feelings such as courage and fortitude. Diamond eases fear and shines light into the darkness. It provides a “light at the end of the tunnel.” It inspires courage and bravery.

**INDICATION OF NEED:** Experiencing unusual bouts of insecurity, anxiety, and low self esteem. Interestingly, these negative emotions sometimes translate into insistences on having things go one’s own way in every situation as this feels like a bit of safety and security. Diamond also amplifies energy and the effects of other stones or stone remedies.

**CAUTIONS:** As with certain essential oils, very high frequency and healing energies have an interesting ‘downside.’ If a person is stuck in a very negative mindset and is determined for whatever reason to stay there, wallowing in their misery, it will aid a person in doing just that. Be sure, when using this—or any energetic remedy, really—that your intention to heal is firm and pure.

## Emerald

**PHYSICAL ASPECTS:** Emerald is a life-affirming stone. In Eastern healing philosophy, the heart and the kidneys have a powerful relationship to one another. As the heart opens and the Heart Chakra is strengthened with the assistance of this remedy’s energy, the kidneys also respond in positive ways. It also seems to have a powerful strengthening influence on the liver and pancreas. It aids in recovery after infectious illness.

**MENTAL/EMOTIONAL ASPECTS:** The essence of emerald is a potent force for opening and nurturing the heart and the Heart Chakra. An open heart is a powerful force for good in the world, as that person is able to both give and receive love in important and effective ways! An open heart, to those who see auras, is vibrant and beautiful emerald green! The essence of Emerald is a reminder to us that spiritual truth is endless, unchanging, and eternal.

**INDICATION OF NEED:** The heart and Heart Chakra may close due to past pain and trauma, but they are just as likely to close because of insecurity and fear of not measuring up or being ‘good enough’ to deserve love and nurturing. It is this emotional pattern that can indicate a need for the emerald gem essence. Emerald is known as the “stone of successful love” so it is indicated for any kind of relationship trouble. Useful for whenever we need help with our physical, emotional, or mental equilibrium.

## Fluorite

A very versatile remedy as it seems to have as many attributes as the crystal has colors. It is common for one crystal to show more than seven colors. It is equally common for a single crystal to emphasize one or two particular colors. Colors are, of course, an indication of a wide variety of chemical compositions and adaptation to various physical surroundings. Fluorite is very effective when placed near electronic equipment in dispersing the electromagnetic waves—use the essence as a spray to achieve this healing property, or take it periodically for this purpose.

**PHYSICAL ASPECTS:** The name, fluorite, has origins in the Latin word ‘fluere’ which means, literally, ‘to flow’. This is an apt description of the effects of this remedy as it improves physical balance and coordination of movement. Improvements in both metabolism and immunity are natural results of fluoride energy. It stimulates the regeneration and restructuring of cells and DNA. It alleviates the discomfort of shingles and other nerve-related pain.

**MENTAL/EMOTIONAL ASPECTS:** ‘Flowing’ is also seen as this remedy increases the ability to concentrate and keep up a proper flow of thoughts and focus even in the midst of noise and distractions. It improves intuitive ability and sensitivity to spiritual promptings. It absorbs and neutralizes negative energy and stress.

**INDICATION OF NEED:** Inflexibility in either the mind or the physical body. Difficulty turning thoughts into action and dreams into reality. A keynote is such a deep and profound focus on one aspect of life that others are neglected or ignored altogether. Use this remedy to combat electromagnetic hypersensitivity or EMF sickness.

## Fluorite Combo

Embodies the strengths of fluorite gemstones of single brilliant colors.

**PHYSICAL ASPECTS:** Fluorite Combo aids the body in prioritizing the sequence of healing when more than one issue appears to be coming to the foreground, begging to be addressed, at the same time. In western medicine, a great many things are considered hormonal that Eastern philosophies consider to be lymph related—a fascinating theory to contemplate and study. This combo doesn’t seem to care much about ‘which is which.’ It simply focuses the body’s healing attention on what needs to be done and the order in which it needs to be accomplished.

**MENTAL/EMOTIONAL ASPECTS:** As a combo remedy, it affects ALL chakras and seems to be particularly effective for disturbing emotions that occur when one is being bombarded by the energies and thoughts of multiple people when in group situations.

**INDICATION OF NEED:** A dislike of crowds. Being exhausted by crowds. Feeling out of sync with oneself as if pulled in many directions—especially as it affects emotional stability and physical healing. Feeling overwhelmed by the needs of others.

## Gold

**PHYSICAL ASPECTS:** Gold has been called “the master healer”. It is an excellent mineral for purification of the physical body. This is a balancer of the heart chakra. It is useful for the regeneration of the heart, pancreas, spleen, muscles, and nerves if energy and health in any of these areas are being negatively affected by the mental and emotional disturbances described below. It aids in circulation, increases warmth, and regeneration of tissue and skeletal structure.

**MENTAL/EMOTIONAL ASPECTS:** Gold produces an energy that is both cooperative and receptive. It is said to attract honors, wealth, and happiness. It provides composure, stabilizes the emotions, and serves to amplify positive feelings. Gold in Homeopathy and Blessed Water formulas is known by its scientific nomenclature Aurum metallicum. Grief, depression, hopelessness, suicidal thoughts, and longing for death are keynotes of Gold (Aurum metallicum). What does this mean? It means that when that person achieves balance they will display the polar opposite of those feelings making this—and all remedies created for gold—of great benefit to people suffering this depth of despair.

It opens the Heart, Brow, and Crown Chakras and brings about an ability to see clearly, analyze situations with the mind, and be open to spiritual impressions, guidance, and comfort.

**INDICATION OF NEED:** Low self esteem and lack of self confidence that is, too often, brought on by comparing oneself unfavorably with others. For those who see only their own faults, and only the outstanding traits and good days of those around them. There is no remedy in any homeopathic repertoire considered to be descriptive of severe, deep, acute depression and hopelessness. In extreme emotional circumstances, when a person is in need of this remedy, I alert the family to initiate a suicide watch for that person.

## Green Jasper

**PHYSICAL ASPECTS:** Green Jasper is useful for treating disorders of the stomach and digestive system. It helps reduce toxicity and inflammation. It protects against pollution. Green Jasper stimulates and heals the heart chakra. As the heart and heart chakra come into balance, they move every aspect of the body toward balance and health. This manifests as a stronger immune system which then protects the physical body. The skin is the body's first defense against invaders. Green Jasper is well-known for treating skin disorders.

**MENTAL/EMOTIONAL ASPECTS:** Green Jasper is considered a "growth stone". The energy of the jaspers is always that of nurturing and healing. The emotional impact is always an increase in courage and wisdom. There is a strong connection to the healing energy of the heart which can help a person find stability and strength. Internal stillness and feelings of solitude that promote communion with Spiritual guidance are the blessings of jaspers. This is especially true of green jasper. An open heart and Heart Chakra, to those who see auras, is a vibrant and beautiful emerald green! This is a remedy for healers who wish to become increasingly sensitive and even more attuned to the needs of others and better able to respond appropriately to those needs.

**INDICATION OF NEED:** Lack of grounding and connection with the earth and with other people. Disturbances in sexual function and/or desire that are the result of sexual abuse in the past or the present. Overwhelmed by the needs of others. Distracted and exhausted, instead of energized and balanced, when confronted by or working with the emotional and physical needs of others.

## Hematite

**PHYSICAL ASPECTS:** Hematite restores, strengthens, and regulates blood supply. Hematite stimulates the absorption of iron due to the iron oxide compound contained in this mineral. Hematite, especially as an energetic essence remedy, has great potential for work with blood and blood disorders. It may also influence the blood cleaning functions of the kidneys.

**MENTAL/EMOTIONAL ASPECTS:** The strongest influence of this remedy is on the Root Chakra. This chakra, when strong and balanced, provides a firm foundation for the other chakras and for all aspects of one's life and being. It allows a person to feel—and show—compassion in appropriate ways. Hematite seems to help one view and manage their own strong emotions more appropriately. The stone is said to block negative energies and strengthen energetic boundaries. Hematite is a very grounding and protective stone.

**INDICATION OF NEED:** Low self esteem. Inability to set boundaries, especially when involved or even just being present for, and a witness to, emotionally volatile or potentially explosive situations. Overly influenced by the opinions of others. Co-dependence. Use this stone essence for grounding or whenever energy protection is needed.

## Herkimer Diamond

**PHYSICAL ASPECTS:** Herkimer Diamonds are a high frequency stone and help cellular disorders. The diamond amplifies and speeds up healing. It releases stress and tension in the muscles, especially when brought on by emotional stress. Headaches brought on by tension in neck muscles may benefit from this remedy.

**MENTAL/EMOTIONAL ASPECTS:** Herkimer Diamond is a variety of amethyst and clear quartz. It combines the serenity of amethyst and adds the amplifying powers of Clear Quartz. It is often called "The Stone of Atonement" This energetic remedy can help put a person at ease when in uncomfortable, stressful, or difficult situations. The description of the mental state encouraged is 'crystal clear'. Being able to feel very sure of decision and direction and allowing a person to feel the guidance being offered from Heaven when direction is needed to handle tough situations.

**INDICATION OF NEED:** Feeling muddled or confused. Even dreams during sleep are chaotic and confusing, leaving the person unrefreshed from sleep. Herkimer Diamond helps boost energy, and helps us see clearly to better understand our motives and direction. Herkimer Diamonds are said to be able to retain energetic 'memory' and can activate an energetic bond between two people, particularly over long distances, drawing them closer. It is popular to give a loved one a Herkimer diamond to keep on their person which can be used at a later date to transmit feelings of love to the other person.

## Jadeite Jade

**PHYSICAL ASPECTS:** Jadeite Jade is said to improve longevity. If the energetic essence emphasizes the properties of the substance from which it is made, as they so obviously do, this is a remedy that can strengthen the organs involved with bodily fluid levels and the filtering of bodily fluids. Kidneys and spleen come particularly to mind here. It is calming to the parasympathetic nervous system which is the part of the nervous system that allows us to down-regulate from stress or agitation.

**MENTAL/EMOTIONAL ASPECTS:** Jadeite Jade instills calmness, peace, and simplicity. It helps us be able to see the good in others and in life. Jadeite Jade is known as the “dream stone”, and assists with dream recall, and increases the ability to interpret dreams. It is a stone of harmony and brings a cohesiveness to group settings. It strengthens relationships and helps those recover from loss or separation.

**INDICATION OF NEED:** Addicted to or loving drama describes a person in need of this remedy. A tendency (more taking delight in) making situations of every kind more intense and dramatic than they need to be. Never content with the way things are. Always pointing out the negative or the little things that they think are so important that they must be addressed and rectified right this minute. Use this remedy anytime there has been a loss or separation.

## Kunzite

**PHYSICAL ASPECTS:** Kunzite is associated with healing benefits that have to do with love and spiritual peace. Where does stress manifest in your body or in your life? The calming effects of this remedy should have an impact on those physical areas and on behaviors and relationships that have been damaged by your reaction to the stressors inherent in mortal life, and in your life specifically. Kunzite is said to help promote breath flowing through the body in a way that helps regulate the circulatory system. It certainly balances and strengthens the cardiovascular system on physical, emotional, and spiritual levels. It is a great stone for those going through puberty, or are menstruating. It can counteract PMS.

**MENTAL/EMOTIONAL ASPECTS:** Kunzite is thought to quiet hot heads and to help calm people when their emotions are running high. Kunzite is known for helping people who are shy or who tend to shut people out. It gently tempts them out of their shells. It is known from scientific studies that the heart and the mind are in constant communication and that the mind always, at the conclusion of the communication stream between the two, bows to the heart’s superior understanding. Kunzite enhances this communication and is, as a result, healing and calming to both the heart and the nervous system. It increases one’s respect for the heart’s intelligence and opens the mind to the presence of loved ones beyond the veil and to spiritual guidance.

**INDICATION OF NEED:** Embarrassment or remorse at past actions. Shyness or shutting people out. Lack of awareness of God’s love and the availability of the spiritual guidance and support that is always available. Heart closed, for whatever reason, to feeling the love and support of Heaven.

## Lapis Lazuli

**PHYSICAL ASPECTS:** Lapis Lazuli is a beautiful blue color with a affinity for the throat chakra. It aids communication and has a healing effect on organs in the throat area. This includes the esophagus, larynx, tonsils, and any inflammation or unwanted condition of the throat itself. It may even have a positive impact on the upper bronchial passages, the thyroid, and the thymus.

**MENTAL/EMOTIONAL ASPECTS:** Lapis Lazuli is all about expression and truth. It quickly releases stress and promotes clarity. It helps to emotionally cleanse and calm the thyroid and thymus which will reduce tension and anxiety. The stone and its essence are said to encourage—perhaps stimulate would be a better word—complete honesty and integrity in one’s interactions with others. It is a blessing for shy, introverted souls who have difficulty communicating with others, particularly if their opinions, feelings, or spiritual impressions put their opinions at odds with the persons they are communicating with.

**INDICATION OF NEED:** Shy, unheard people who cannot speak their truth. People who have a hard time communicating their needs, whether physical or emotional. If there is difficulty hearing the voice of the Spirit. Use to communicate sacred and personal experiences to others, without fear of being misunderstood. When feeling a little bit overwhelmed by the amount of information they have received or by the deep feelings of love and care they felt, or are feeling, from Heavenly sources.

## Malachite

**PHYSICAL ASPECTS:** Malachite absorbs negative energies and pollutants from the atmosphere or from the body. It guards against radiation and clears electromagnetic pollution-use the essence as a spray to achieve this healing property, or take it periodically for this purpose. Malachite stimulates the liver to release toxins. Malachite is a beautiful green stone with dark and light green bands. Green is a very healing vibrant color and the green of Malachite penetrates deep into the heart. It is stimulating to the circulatory system, the heart, and to the pineal and pituitary glands. It combats fatigue and burn-out from serving others- taking too much time and energy from their own lives and responsibilities. Malachite is a powerful stone with strong protection abilities and will help us maintain our personal and physical boundaries.

**MENTAL/EMOTIONAL ASPECTS:** There are those who believe that the essence of this family of gems can be a great blessing to those of us considered to be, in any way, healers. Part of the healing essence of Malachite comes from its color-green is the color of life, renewal, nature, and energy. Malachite inspires one to give more freely of themselves while balancing their own needs and the needs of the family as well.

**INDICATION OF NEED:** Fatigue, burn-out, disconnect and confusion between mental analysis of what needs to be done and one's own emotional, mental, and spiritual needs. In other words, lack of grounding and cohesion within oneself. Use to strengthen personal or physical boundaries.

## Moldavite

**PHYSICAL ASPECTS:** Moldavite is a natural glass. It is technically a Tektite, which is a group of impact glass formed when a meteorite impacts the earth. Moldavite is very rare and is considered a one-of-a-kind crystal. Like many of the gem essences, Moldavite has an affinity for the Heart Chakra and for the Third Eye Chakra, although the focus of the opening of these chakras and their emotions is more internal and focused on seeing and loving one's own self and appreciating one's own gifts.

**MENTAL/EMOTIONAL ASPECTS:** Moldavite has a very intense vibration and can cause big energy shifts. Because it literally fell from the stars, Moldavite is a revered stone for healing. It helps awaken psychic abilities and connects you to spirit guides. It helps self-awareness—the ability to see oneself and one's own motives and actions clearly. It can help one move smoothly, and even quickly, through the necessary phases of spiritual and emotional journeys and healing. Moldavite facilitates shifts in energy as a person recognizes the benefits that could come from slight adjustments in thinking or behavior if the goals and/or relationships they value are to be strengthened or achieved.

**INDICATION OF NEED:** Lack of self-confidence. Anxious about one's abilities to do the things that are required of them. Often doubts the strength and capabilities of their own mind. Reluctant to undertake tasks or to lead out or perform in public due to fear that there will be failure. Mental confusion and abstraction.

## Montana Rhodochrosite

See also Rhodochrosite. The difference between these two remedies, to me, seems to lie in the type of trauma that affected or closed off the heart and/or Heart Chakra. The healing aspect of the two essences are slightly, but significantly different. I have always believed that the environment of an herb and the conditions in which it thrives—or the situations in which it must survive in- affect the healing properties of that plant. Perhaps the same is true of stones and gems. Rhodochrosite is considered a wonderful healer on all levels.

**PHYSICAL ASPECTS:** Healing and balance in the pancreas and spleen which are the focus of the 4th Chakra. The pancreas, of course, is involved in blood sugar levels. Problems in the spleen show up, surprisingly, as discomfort or pain behind the left ribs or as pain in the left clavicle and shoulder blade. It can also cause anemia, fatigue, a tendency to easy bleeding, and susceptibility to frequent infections. Balance in the energy of the spleen may alleviate these symptoms.

**MENTAL/EMOTIONAL ASPECTS:** When the pancreas struggles, especially if the collapse is sudden, the emotional issue is often tied to feelings that the sweetness has gone out of life. The reasons for the lack of enjoyment in living may have a multitude of different causes depending on situations occurring at that time, as well as the person's ability to respond to and find workable solutions to them. The Montana Rhodochrosite focuses on a return, after traumatic experiences in childhood or even later in life, to a child-like enthusiasm that welcomes and is even excited by change, new experiences, new ideas, and the possibility of new directions in life. When change calls to you or falls into your life, Rhodochrosite can help you open your arms and embrace it.

**INDICATION OF NEED:** Sudden loss, or betrayal, of a partner or treasured loved one. Feeling unsafe, emotionally. A lack of trust in those who should be loving and nurturing to us. Physical symptoms of troubles with the pancreas or the spleen.

## Moonstone

**PHYSICAL ASPECTS:** Moonstone is full of feminine energy and helps with PMS, balances the hormones, and powerfully affects the reproductive organs. This remedy should be considered for use during the entire process of labor and delivery. It may have a positive influence on distress from pelvic disorders and on the menstrual cycle. It has been used to help people suffering from fertility issues.

**MENTAL/EMOTIONAL ASPECTS:** Moonstone looks like a big moon in the night sky, and is a stone for “new beginnings”. It is an iridescent stone that shimmers, soft and milky. There is a fluid and watery movement within the stone. It soothes emotional instability and stress, providing calmness. A remedy that focuses on inner strength and growth. This is a powerful essence for working with the anxiety and stress that are associated with motherhood, and with the emotional up and down swings experienced by some women before, during, and after their menstrual cycle. As the moon cycles connect us to nature, the essence of Moonstone also reminds us that life also ebbs and flows. Moonstone helps to embrace the cyclical nature of the seasons and life, and to not fear changes.

**INDICATION OF NEED:** Mood swings—highs or lows—associated with the menstrual cycle or with pregnancy. Touchy, easily upset, over-reactive to perceived slights or insults. A keynote of being fearful of powerful emotions and, as a result, tending to deny them and become over-analytical and defensive.

## Opal

**PHYSICAL ASPECTS:** Opal is a stone full of high vibrational energy. It is an excellent remedy for those who have been struggling with a long-term illness. It will assist them in regaining their health. It may relieve constriction and alleviate pressure in the chest area as it has a special affinity for the Solar Plexus Chakra which is found just below the breastbone. When healthy, the Solar Plexus Chakra emits a glowing vibrant yellow light, like the sun. This light literally glows, reaching out, touching, and encouraging those you come in contact with. It does not matter in the least whether they can physically see the light; it will warm and encourage them and drag them to you. When this Chakra is healthy and glowing, it brings all of the other chakras into alignment as well. Opal is beneficial for those who struggle with water retention as it helps to flush the body. It may help, somewhat, with PMS. Emotions play a huge role in the balance of hormones.

**MENTAL/EMOTIONAL ASPECTS:** Opal is an emotional stone and reflects the mood of the wearer. The essence of Opal would similarly be affected by the person taking it- pulling different vibrations forth in the remedy- just as opal has sparks of color that flash from the stone. The essence of Opal encourages a person to let go of old wounds and old patterns that are harming them or just not supporting them in any way. At the same time, it invites you to remember and even cherish the lessons learned from those experiences and in setting aside behaviors that did not serve you well. It sends a clear message that it is time to accept change and embrace new beginnings.

**INDICATION OF NEED:** Insomnia. Fatigue that is not alleviated even when one is able to sleep. Emotional exhaustion as vital energy reserves are used up because there is not balance and light in the center cores of the body. Long term illness. Reliving old wounds or sticking to old patterns that clearly do not work.

## Orange Calcite

**PHYSICAL ASPECTS:** Calcite has powerful cleansing energies and works particularly well with the lower chakras. It improves memory and recall and appears to aid the body in the proper absorption of calcium. If so, it would be a preventative of kidney stones and be soothing and strengthening to the kidneys. Better absorption of calcium would, of course, benefit bones and teeth.

**MENTAL/EMOTIONAL ASPECTS:** Orange Calcite is a beautiful vibrant orange stone that boosts vitality and improves mood by boosting both awareness and the ability to interpret events in a more positive—and more accurate—light. It will help you realize that as time passes everything changes. Orange Calcite will help you come to terms with these changes. This stone will help show you how you can make space for new changes, fresh inspiration, and new ideas.

**INDICATION OF NEED:** Suffering from depression of unknown origin—referred to in medical speak as ‘endogenous depression. Lack of enjoyment or interest in things that used to be important and fun to the person. A seasonal affective disorder where depression and lack of joy seem to be connected to the amount of sunlight available to the person. No longer able to see the positive aspects of daily situations. Feelings of being stuck in old patterns yet fearful of change.

## Pearl

**PHYSICAL ASPECTS:** Pearl is associated with the bladder and kidney meridians. It facilitates the healing of the heart, kidneys, urinary system and liver. Pearl is said to strengthen the adrenal glands, the spleen, and muscle tissue. It aids fertility and is recommended for women experiencing a difficult time during their pregnancy. It is helpful during childbirth.

**MENTAL/EMOTIONAL ASPECTS:** Pearls have long been a symbol of inner wisdom and the ability to attune oneself to spiritual guidance. They act on the 2nd Meridian—designated as Water and the season of Winter. In winter, life appears to have ceased while, in reality, there is growth and change and anticipation of what is to come. The negative aspect of this meridian is fear; often fear of the future brought on by over-extending themselves or by situations in which they feel they have no control.

**INDICATION OF NEED:** Fear and/or impatience with themselves when they feel they are not accomplishing enough, or that their body is not healing fast enough, or not being strong enough or not having enough energy to do the things they want to do. Impatience, almost always with themselves, is the hallmark of the need for the calmness and compassion of the pearl to be applied to themselves.

## Peridot

The stone of new beginnings!

**PHYSICAL ASPECTS:** Peridot is a powerful cleanser. It releases and neutralizes toxins on all levels. This gem is said to stimulate tissue regeneration and strengthen the heart, pancreas, and spleen. It strengthens the immune system, and metabolism, and helps the endocrine system. It is considered a perfect tonic for good health!

**MENTAL/EMOTIONAL ASPECTS:** Peridot is especially helpful when facing situations in which new things will need to be learned and a quick achievement of competence will be required. It has a strong impact on the heart chakra and its communication with the mind, letting these two aspects of personality come to balanced conclusions and come up with great new ideas and think quickly. Peridot helps one have willpower and stand up for what one believes in, which is another gift of a strong heart. One then has more clarity of thought, ability for action, and increased patience with ourselves and others and a decidedly more positive emotional outlook and response to life.

**INDICATION OF NEED:** Fear and anxiety in the early stages of any new project or experience. Anticipation of failure when needing to do or even just learn something new. Fear and trembling in new and unfamiliar situations until the new has become more familiar.

## Pyrite

**PHYSICAL ASPECTS:** Pyrite is a powerful protection stone and protects against all forms of negative vibration. It stimulates the mind and improves memory. This stone is said to have the potential to cleanse the oxygen that passes through your body, aiding your cardiovascular system. It is an aid to digestion as it alleviates acid imbalances in the body.

**MENTAL/EMOTIONAL ASPECTS:** Pyrite has as an affinity for the Heart Chakra and, as such, it can increase one's confidence in self, while opening a person to recognition of the good in those around us. It can open us to compassion and forgiveness when others have not been what they represented themselves to be in our lives. Pyrite is beneficial for those who have poor self-esteem. This stone assists people accept themselves for who they truly are. It gives moral strength and inspires leadership skills. It appears to have an intuitive quality that helps to keep you safe- spiritually and emotionally.

**INDICATION OF NEED:** Pyrite is Fool's Gold. I find this significant, especially in light of those things that it may strengthen and balance in the body and the soul. Easily influenced by others, has difficulty making decisions, is often deceived by sales pitches that have represented a product as 'too good to be true'. Has a tendency to get involved in relationships that are not healthy or balanced. This remedy is especially called for when situations such as are described above result in anxiety, depression, and the frustration, and when false hopes have led to disappointment once again. Use this remedy when you need to feel protected, anchored, and strong while reaching for a more emotionally balanced state.

## Rhodochrosite

**PHYSICAL ASPECTS:** Rhodochrosite has an affinity for the kidneys and bladder and for the meridian associated with these organs (Meridian #2). Physical symptoms of imbalance in the Second Meridian include bladder infections, hearing issues, dark circles under the eyes; deterioration of teeth and gums, and low backache. Since the kidneys and the heart are closely related (according to Eastern Medical thought), this essence has a positive influence on the heart and on the arteries. It is said to regulate heartbeat, lower blood pressure, and purify the circulatory system. Rhodochrosite is ideal for nervous-system imbalances as it offers energetic healing for the myelin sheath. The myelin sheath is an insulating layer that covers and protects the nerves and allows electrical impulses to transmit quickly and efficiently along the nerve cells. Damage to the myelin sheath causes those impulses to slow down.

**MENTAL/EMOTIONAL ASPECTS:** Rhodochrosite opens the heart, lifting depression, and encouraging a cheerful outlook. Anxiety, even fear—especially fear of future events and struggles—is key here. Fear or anxiety because a person has overextended themselves and doubts their ability to get it all done may also be a factor. Nightmares are sometimes centered on being very afraid, having failed in something in the past, or not being able to cope with something in the future. The fear that this remedy can help alleviate may also be the result of abuse or just a feeling of being unsupported and on one's own to handle situations in the future. Rhodochrosite is helpful for healing the inner child, especially where deep emotional trauma has left a person unable to feel joy.

**INDICATION OF NEED:** Worry, anxiety, fearfulness. Nightmares that leave a person fearful and unwilling to return to sleep. Reluctance to try new things because of fears that are often unfounded but very real to the sufferer. Irrational fears. Feeling that some emotions or feelings are unacceptable or unnatural. Repairing 'holes' or disharmony in the auric field

## Rhodolite Garnet

**PHYSICAL ASPECTS:** Rhodolite Garnet is said to increase capillary action within lung tissue. It may address circulation issues elsewhere in the body as well. If this holds true, this essence could be a very great blessing to many people. It is excellent for fatigue and for recovery from injuries or surgery.

**MENTAL/EMOTIONAL ASPECTS:** This stone and its essence is thought to heal the broken bonds of relationships and, possibly if no return to harmony can be achieved, to at the very least bring peace about the situation. Also useful for crisis situations, especially those in which there seems no possible good or effective solution that can be readily seen. This remedy brings hope and courage to face what is when a situation appears hopeless. Rhodolite Garnet offers emotional healing, particularly in areas of guilt and shame. As such it is helpful for recovery from sexually related abuse and can assist in eliminating the emotional patterns of that abuse. It alleviates feelings of worthlessness, and helps with the ability to receive love.

**INDICATION OF NEED:** If an injured part of the body is disconnected energetically from the healing energy source of the body—the heart—healing or a return to normal function will be abnormally slow. Reconnecting that sort of energy disturbance is the function of this essence. The need to remember or express our innate gifts. Help connect to our soul's divine purpose. To build or rebuild self-worth after trauma. Recovery from sexual trauma. Release emotional patterning around all forms of trauma and abuse, which may remain stored in the physical body.

## Rose Quartz

**PHYSICAL ASPECTS:** Rose Quartz is the stone of universal love. It strengthens and balances the physical heart (as well as the emotional heart) and improves circulation. It also improves the ability of the kidneys to filter impurities from the blood and strengthens the adrenal glands (which are positioned above the kidneys). It is recommended for blood pressure concerns and vertigo. It is said to help protect the mother and unborn child from problems during pregnancy thanks to its deep feminine energy.

**MENTAL/EMOTIONAL ASPECTS:** Rose Quartz speaks softly to all kinds of love. It invites more compassion and care into oneself. Using the stone or essence is said to call love to a person that craves more love in their life. Rose Quartz opens the heart on all levels to promote love, self-love, friendship, deep inner healing, and feelings of peace. It has an affinity for the Heart and Throat Chakras. It restores trust and harmony in all relationships, encouraging unconditional love.

**INDICATION OF NEED:** Tension and/or anger, especially associated with the father parental image. Heart closed down from real or imagined events in one's past or from a perceived or real lack of nurturing as a child. Difficulty becoming emotionally committed and maintaining intimate or emotionally deep connections with others. Lack of compassion for others. Feeling unloved, or unable to love freely.

## Ruby

**PHYSICAL ASPECTS:** As with so many of the gem essences, Ruby balances the heart and circulatory issues are generally improved. It also appears to have an affinity for the lymphatic system and the adrenal glands. It is a remedy to consider using for fatigue, exhaustion, and for increasing energy levels when this is badly needed. Ruby detoxifies the body. It can warm and energize the most sluggish aura. It stimulates the pituitary gland. Ruby is said to assist with difficulties associated with sobriety. Ruby has been used to regulate weight.

**MENTAL/EMOTIONAL ASPECTS:** Ruby, with its fiery red energy, encourages a zest for life and mitigates tendencies to procrastinate by bringing an individual to a healthy state of confidence and stability. Self-esteem, and decision-making, without second-guessing one's choices, improve. Leadership becomes a natural aspect of the personality with the ability to set and achieve realistic goals. Ruby aligns a person with their inner strength, and helps to feel more engaged in life.

**INDICATION OF NEED:** Lethargy or, conversely, hyperactivity. (This display of exaggerated polar opposites is common in homeopathic, blessed waters, and other energetic remedies). Has an affinity for the lower chakras which, when out of balance or depleted create survival or abundance issues. Of course, the lack of energy here may have been created by the survival of a lack of financial resources or emotional support in the past. Detoxification. Sobriety Issues.

## Rutilated Quartz

There are many varieties of Quarts. 'Rutilated' means that the quartz contain needle-like inclusion of copper referred to as rutiles. Of course, the inclusion of copper affects the healing properties of the quartz.

**PHYSICAL ASPECTS:** There are a great number of things listed as possibly being 'healed' or benefited by Rutilated Quartz. Among these are bronchitis and other respiratory illnesses, fatigue, arthritis, thyroid imbalances, and phantom limb pain for amputees. Rutilated Quartz is said to have the ability to regenerate damaged cells and accelerate the healing process. It is a popular stone among crystal healers for use in aligning the aura, as it has a divine connection between the crown and root chakras. It purifies and recharges all of the chakras.

**MENTAL/EMOTIONAL ASPECTS:** Rutilated Quartz strengthens the solar plexus chakra which, when balanced and vibrant, sends forth a beautiful shining light to the world. It also has a distinct resonance with the heart, throat and crown chakras with the effects of improving the ability to receive spiritual guidance and impressions, feel connection and love for people close to one and for humanity in general, and allows one to communicate clearly—and helpfully to others—from a position of clarity and strength. Rutilated Quartz is said to aid in manifesting all of the positive desires of the holder—internally using this essence would act in a similar manner as if physically holding the stone.

**INDICATION OF NEED:** Confused or overwhelmed by the love and impressions received when spiritual guidance has been sought for. Lack of focus during study, meditation, or prayer sessions. Definitive lack of the ability to make decisions and then follow through on what was decided and plans made. Chakra alignment, charging/purification. Aura alignment. Attracting positive desires, experiences, or outcomes.

## Sapphire

**PHYSICAL ASPECTS:** The influences of Sapphire are most felt in the solar plexus chakra, in the heart and throat chakras and in the pituitary gland. It is said to bring balance to the body by bringing the physical, mental, and spiritual planes into harmony with each other. This cohesive energy among various planes improves concentration. It is also said to treat blood disorders such as excessive bleeding and strengthens the walls of arteries and veins. Sapphire has been used for cellular disorders and used to regulate glands.

**MENTAL/EMOTIONAL ASPECTS:** Sapphire is known as the wisdom stone and this is, of course, reflected in the essence. Mental and emotional tension is soothed, depression is lessened, unwanted thoughts are more easily dispersed, and spiritual confusion is lessened. The way forward looks both clear and joyous. Serenity and peace of mind become achievable. Sapphire is considered a "stone of prosperity" and attracts gifts of all kinds and fulfills dreams and desires.

**INDICATION OF NEED:** Spiritual confusion, lacking understanding of life's purpose and one's personal path and/or calling. Lack of inspiration and the desire to follow it if it were to be received. In other words, not consulting Heaven from day to day. Unable or unwilling to take responsibility for the things that they are meant to accomplish. Mental confusion. Inability to concentrate. Feeling unbalanced in body, mind, or spirit.

## Sapphire Ruby

**PHYSICAL ASPECTS:** Sapphire and Ruby are an interesting combination. Sapphire strengths lie in its affinity for the upper chakras while Ruby has an affinity for the lower Chakras—a recipe for balance throughout the Chakra system and, therefore, can be expected to manifest throughout the physical body as well.

**MENTAL/EMOTIONAL ASPECTS:** Here we may expect to see Sapphire's clarity and wisdom along with Ruby's zest for life, self-confidence, and decision making ability, combine into a person who knows their purpose and direction and is translating that knowledge into practical, heart-centered action.

**INDICATION OF NEED:** A lack of unity and cohesiveness between spiritual promptings and the need to employ the physical body to carry out these promptings. Lethargy—sitting back and waiting for the things anticipated spiritually to come about—OR—conversely, running about furiously, driven by the wind and tossed about, trying to bring vague or misunderstood spiritual prompting to fruition. Weak body or soul connection. Unable to receive physical nurturing.

## Scepter Amethyst

The word 'scepter', whether it be amethyst or quartz or more rare ones that include combinations of two different minerals, refers to a new crystal formation forming on the top of an older stem-shaped crystal formation. The newer formation on the top of the stem is, usually, bigger than the stem portion although there are rare exceptions to this. Does the formation have significance to the healing properties of the gem combination? One can only speculate. It seems to me, however, to be reminiscent of a parent/child relationship with the younger crystal/person being supported by and even growing beyond the parent, becoming larger and developing its own shape.

Other traditional interpretations point out that the shape of the two gems together is like the scepter used by kings, emperors, and pharaohs. As such it is a symbol of power. I prefer to think of it as a shepherd's staff and of the Good Shepherd gently leading and guiding his flock rather than exerting dominion and force by the unkind use of authority.

**PHYSICAL ASPECTS:** Scepter Amethyst assists in clearing and activating the pituitary gland and pineal gland. The pineal gland is most affected by poor health in the pituitary gland. Symptoms of pineal insufficiency include headaches (most common symptom), nausea and vomiting, difficulties with balance and coordination, and, therefore, with walking, memory problems, and trouble with coordinating eye movements. Most alarmingly, the pineal gland is the primary endocrine organ that secretes melatonin and some hormones that control circadian rhythms—sleep patterns, body temperature, and all functions in the body that are cyclical in nature. Recent studies have linked pineal gland insufficiency to Alzheimer's disease and a host of other serious disorders. This gland directly impacts the adrenals, parathyroids, and thymus glands. Sunlight is absolutely essential to the health and functionality of the pineal gland. It only takes a few minutes a day, 5 to 15 minutes, depending on how depleted the pineal gland is at the time. Full-spectrum lights are supposed to accomplish the same thing.

**MENTAL/EMOTIONAL ASPECTS:** Whatever the interpretation of this unusual combining of gems and gem shape, the energy of this crystal combination has to do with the 7th Chakra and with one's ability to receive inspiration from Heaven and visitations or assistance from those on the other side of the veil. The seventh chakra, found on the top of the head, is an antenna with which we tune into the energies of those around us and to the spiritual realm.

**INDICATION OF NEED:** Interruptions in sleep patterns and other cyclical functions in the body. Problems in the pineal gland are often associated with the misunderstanding, misuse, or fear of spiritual or intuitive gifts with which one has been blessed.

When the sixth chakra is highly developed but the seventh is closed, the person may be highly intuitive, creative, productive, and very reliable. It is only in the acknowledgment and appreciation of the spiritual realm and the value of people other than himself that is lacking. One keynote of this personality is the harsh approach to dealing with illness or pain and the disregarding of emotions, his own and other's, because emotions are considered signs of weakness.

Until there is a fair degree of balance throughout the entire system, there is not likely to be the wonderful joy and clarity that is open balance in the seventh chakra. The goal is to constantly evaluate ourselves and strive for improvement and balance in all areas of our lives.

## Smoky Quartz

**PHYSICAL ASPECTS:** Smoky Quartz is a muscle and nerve relaxant, particularly for the back, abdomen, hips, and legs and is said to benefit the heart muscle. It should be considered for headaches associated with tension and tight neck muscles. There are some who believe that the stone increases fertility in both sexes. Smoky Quartz is a great stone or essence to use to soak up EMF smog-use the essence as a spray to achieve this healing property, or take it periodically for this purpose.

**MENTAL/EMOTIONAL ASPECTS:** Smoky Quartz helps clear out emotional blockages. This is an essence that promotes emotional stability in both basic and less common ways. It helps with some types of anxiety and depression. It facilitates positive, practical thinking and clear insights into people and situations helping a person achieve both tolerance and a firm resolve to stand by one's principals in difficult situations. Smoky Quartz clears out negative energy in the base chakras. It is known to transform any dense energy while creating a grounding effect, helping us to feel calm and centered.

**INDICATION OF NEED:** Negative thinking, with thoughts that skitter all over the place and bring on anxiety, makes sensible or practical decision making very difficult, if not impossible. Being caught up in situations or relationships that are destructive to emotional well-being. Displaying a variety of symptoms common when the lower chakras are out of balance. Feeling ungrounded. Overwhelmed in negative situations.

## Spectrolite

Spectrolite is a rare and sought after variety of labradorite quartz and is found only in Finland. It has a richer and stronger iridescent color spectrum than is common with labradorite stones.

**PHYSICAL ASPECTS:** Spectrolite is helpful for insomnia, especially when brought on by mental or emotional overload or confusion. It increases physical stamina and fights fatigue. Spectrolite is known to help disorders of the spinal column and alleviate bone issues. Arthritis and Rheumatism may benefit from this stone's healing powers.

**MENTAL/EMOTIONAL ASPECTS:** Spectrolite clears, balances, and protects the aura. It has an affinity for the throat and third-eye chakras. As such, it improves spiritual awareness and intuition (Third Eye Chakra) as well as improving one's ability to communicate (Throat Chakra). The result is an enhancement of leadership skills in positive ways. This essence helps a person gain more confidence in themselves and their ability to be what they want to be, and to achieve the goals that are important to them. Creativity naturally increases as self confidence improves. As clarity of thought is improved, mood swings should become less frequent and less severe.

**INDICATION OF NEED:** Caught up on dark perceptions of one's environment, situation, and personal abilities. Or, even just having a cloudy mindset and living in the past. Lack of self confidence, leadership skills, creativity, and the ability to work consistently toward goals and aspirations. Mood swings as situations are interpreted by the mind with little input from the heart.

## Star Sapphire

**PHYSICAL ASPECTS:** Star Sapphire is recommended for anyone who wants to fully harness the full power of the mind-body connection. It is an aid in slowing down the mind and achieving peaceful and restful sleep. It has been helpful for headaches and migraines, for issues with vision, inner-ear issues such as vertigo and balance. Thyroid imbalances may benefit from this essence.

**MENTAL/EMOTIONAL ASPECTS:** This essence can be useful in reminding us to follow our own guiding light that will show us the way in identifying and understanding the personal mission that we are on Earth to accomplish. It can be helpful to the expression of our talents and abilities, while helping us find inner discipline. This will then bring order to our personal lives, to our personal space, to our financial affairs, and to life in general. Star Sapphire is considered the Stone of Joy and Wisdom. Star Sapphire guards against toxic vibes and evil thoughts from others.

**INDICATION OF NEED:** Anxious, hyperactive, lack of trust in self and others and in events turning out as they should. Procrastination and putting off decisions. Over-concern for minute details while failing to see the big picture or act in timely and productive ways.

## Sugalite

**PHYSICAL ASPECTS:** Sugalite essence is considered a mild pain reliever. It helps increase physical stamina and endurance. It is also beneficial for those with anemia, asthma, epilepsy, autism, or allergies. Sugalite is said to improve the function of the pineal and pituitary glands. It opens the chakras and brings them into alignment with the flow of love. Opening the crown chakra leads to better communications with heaven and the realms of the spirit. At such times, when we are open and in tune, seeking heavenly guidance, it can feel as if the entire body, from head to toe, has been infused with light. Phrases such as "walking as children of light" or "walking in a pillar of light" come to mind.

**MENTAL/EMOTIONAL ASPECTS:** Sugalite is a good stone for people who just don't feel like they fit in anywhere. It encourages oneself to live more boldly, to follow one's passions, and to live by one's truth. It is a stone of forgiveness and understanding. It is an exceptional stone for spiritual growth. The essence will, of course, lead one to be more understanding and to find forgiveness of others and oneself a little bit easier.

**INDICATION OF NEED:** A pronounced tendency to over-intellectualize every decision. Inspiration, intuition, and even answers to prayer are suspect until the intellect has torn it apart and put it back together again piece by piece. Needing intellectual confirmation from others, rather than able to trust oneself and the inspiration one has received. Feeling unaccepted.

## Tiger's Eye

**PHYSICAL ASPECTS:** Tiger's Eye is said to be helpful for repairing broken bones, and strengthening the alignment of the spinal column. It alleviates pain. It treats the eyes, throat, and reproductive organs. Eastern medicine theorizes that new ideas are taken into the body with the breath and old ideas that are not serving us well or are inaccurate are expelled on the breath. Tiger's eye has an affinity for clearing the lungs and, according to this theory, also clears the vision both physically and metaphorically. Clearer vision—seeing what is good for us and what is not—boosts the endocrine and immune systems.

**MENTAL/EMOTIONAL ASPECTS:** Tiger's Eye is calming, promoting patience, acceptance, tolerance, and understanding of those around us. It can help us find strength in moments of difficulty or when struggling with standing our own ground, patiently and lovingly, in the face of another person's negative opinions of us and what we believe is our path to walk. Tiger's Eye is often used to amplify one's internal strength, which may be dormant or repressed due to stress or trauma. It helps those who tend to go to extremes to find balance in their emotional lives. It will help people with different viewpoints, religious beliefs, or approaches to life find harmony where discord exists.

**INDICATION OF NEED:** Losing sight of one's path or identity when faced with the strong emotions and opinion of others or when in the grip of strong emotions and difficult situations, even those of one's own creating. Reacting instinctively, rather than taking a moment to find a clear space from which to respond appropriately. Taking criticisms and situations too personally. Being too driven by the opinions and counsel of others. Lack of consideration of other's beliefs.

## Topaz

Topaz, literally, comes in hundreds, if not thousands, of shades. It is a stone of love and good fortune.

**PHYSICAL ASPECTS:** Topaz has an affinity for the head and throat. It is used to relieve migraine headaches, sore throats, and the tendency to clench the jaw. It is believed to accelerate recovery from injury or illness. It assists in treatments for stress-related disorders. Topaz may relieve anxiety around public speaking, allowing one to speak from the heart rather than to please their listeners. Topaz is called the "gourmets stone," as it is known for stimulating the taste buds. It is an excellent choice for people whose sense of taste has faded or is temporarily lost.

**MENTAL/EMOTIONAL ASPECTS:** Topaz is strengthening of a positive, content but productive, outlook on life. It can strengthen confidence on one's abilities, thus promoting self-reliance instead of looking to others for direction. It helps one of being sure of one's self and be confident in one's abilities to make decisions. Topaz is an excellent crystal to boost faith and makes it easier to accept the need for change or to simply and confidently go one's own way without anxiety or defensiveness.

**INDICATION OF NEED:** Needing acceptance and approval from others to confirm their own opinion of themselves. Working too hard, or even inappropriately, for approval and connection to others. Takes on the role and persona that are perceived by the person as what is expected or desired of them. Hopelessness. Lack of Direction.

## Turquoise

**PHYSICAL ASPECTS:** Turquoise is a sacred crystal that is amongst the first crystals to be utilized by people. Turquoise is also believed to be the first crystal ever to be mined by civilization. Egyptians, Tibetans, and Native American Indians have all been enamored with Turquoise and consider it to have great healing powers. It is widely used for healing purposes and is considered a master healing stone. Turquoise has a strong connection to the throat chakra but aligns all of the chakras. It is a purification stone and can be used to protect against pollutants. It may aid in the absorption of nutrients. Consider it for use in treatment of nutrient deficient conditions such as anorexia or bulimia, or in any case where uptake of nutrients is an issue. Turquoise is believed to have anti-inflammatory and detoxifying effects, and alleviates cramps, muscle spasms, and pain. It influences the heart, throat, and the third eye chakras. Turquoise has been used to treat viral infections.

**MENTAL/EMOTIONAL ASPECTS:** Turquoise helps to enhance communication and expression. The influence of this essence stabilizes mood swings and is useful for depression. It alleviates physical and mental exhaustion. Turquoise instills an inner calm and is useful in the prevention of, or recovery from, panic attacks. Creative problem solving and the giving up of old grudges or ways of thinking are also gifts of the essence of turquoise. It naturally enhances feelings such as trust, kindness, and the desire to understand the point of view of others.

**INDICATION OF NEED:** Self-centered. Unable to see, or even desire to see, or understand another person's point of view. Disconnected and unable to give either love or compassion. An attitude of entitlement—the belief that what is yours (or anyone else's) is available for them to take or use without asking. Too busy and too concerned with self to acknowledge a creator or the beauty and value of those around them. Insensitivity of others.

## Watermelon Tourmaline

A very unusual looking stone, it is literally, green layers on the outside, a small white layer next, and a very pink center. Naturally, with its pink center, the affinity of this stone and the essence made from it is with the heart and the heart chakra.

**PHYSICAL ASPECTS:** As stated, Watermelon Tourmaline works profoundly on the heart chakra, cleansing and removing blockages. It can increase energy and aide in physical and emotional rejuvenation. Conversely, this essence may settle the over-the-top, unfocused energy of hyperactivity and ADHD. Because of the very specific link of this stone to the heart, it is believed that it can be useful for heart issues of several kinds. It is also considered a support for the endocrine system. It bridges the limbic bond—the connection between the right and left hemispheres of the brain.

**MENTAL/EMOTIONAL ASPECTS:** Water Tourmaline acts as a balancing crystal. It balances between Yin (earth, female, darkness, nurturing, giving, introvert) and Yang (heaven, male, light, leadership, receiving, extrovert) energies, and balances practicality and creativity. It boosts confidence, increases love for others and for life as it is, joy in the journey, and light that radiates outward to others because of the inner peace that dwells within. Watermelon Tourmaline helps one let go of patterns of behavior that are not healthy. Insecurities and overly sensitive emotions melt away when using this remedy, making it possible to discover ones true meaning and purpose in life. A remedy for use when grieving a loss or mourning the passing of a loved one or the loss of a cherished way/piece of life.

**INDICATION OF NEED:** Fatigue and exhaustion, emotional or physical. Issues with giving and receiving, especially where love and support are overly manifested or sadly lacking. Difficulties with left-brained activities such as reading, math, and organizational skills while demonstrated pronounced abilities with creative pursuits OR the exact opposite with left-brained activities predominating but creative pursuits are challenging. Feelings of disconnection from people or feeling out of sorts with everyday tasks.