



Crystal Healing

The healing properties and power of crystals

Crystals are full of exciting properties. Some are calm while others energize. Here is some information on the healing and metaphysical properties of some of the most popular crystals.



Quartz Crystal (Colorless/Clear Quartz)

Most powerful & energizing stone.
Used for meditation and healing.

Quartz is a power stone that harmonizes and balances. It enhances energy and thoughts, and purifies the spiritual, mental, and physical. It is also a powerfully protective stone, bringing the purified energy in. Historically this crystal has been used to counter black magic, to perform diagnostic healing, and to communicate with spirits and other worlds. Clear quartz, as opposed to colored quartz, is associated with the crown chakra, but also works well on all chakras.



Smoky Quartz

Tension & depression reliever.
Enhances learning and protects.

Smoky (or Smokey) quartz is a stabilizing stone. It brings calm and centering, lifts depression, enhances practicality, and removes negative energies, bringing happiness. Smoky quartz is also a good luck stone. It can assist in tapping subconscious wisdom. Smoky quartz is a protective stone, particularly for physical protection, protection from negativity, and psychic protection.

It is associated with the root chakra and is physically helpful for kidneys, abdomen, pancreas, reproductive organs and fertility issues.



Rose quartz

Ultimate love stone! Opens the heart to give and receive love.

Rose Quartz is pink quartz and is often called the “Love Stone.” It is a stone of unconditional love that opens the heart chakra to all forms of love: self-love, family love, platonic love, and romantic love. It also brings gentleness, forgiveness, and tolerance. Rose quartz is said to be helpful with weight loss and has excellent protection energies during pregnancy and childbirth. The elevated energy of quartz gives rose quartz a property of enhancing love in virtually any situation. All in all it is a very soothing and happy stone.



Amethyst

Brings inner peace. Helps fight addictions and aids healing.

Amethyst is purple quartz. It is an excellent all-purpose stone that can advance spirituality and increase intuition. Amethyst is beneficial when dealing with legal issues and money problems, and can lead to prosperity and abundance. Amethyst is believed to get rid of addictions (alcohol, drugs, smoking, etc.)

Ancient Romans used crushed amethyst to ward off intoxication. The word amethyst comes from the Greek “amethystus” meaning not drunken, or intoxicated. Physically, amethyst is beneficial for reducing depression, sleep disorders, pain relief, circulatory system issues, immune system deficiencies, and general healing.



Aventurine (Green)

Balancing stone. Encourages independence and brings happiness.

Aventurine is said to benefit one in all areas of creativity, and imagination, as well as intellect and mental clarity. It is believed to increase prosperity and bring career success. It is a gentle stone energetically, giving a sense of calm and balance and enhancing happiness. Aventurine is associated with the heart chakra and is beneficial for the circulatory system, headaches, general health, and sleep disorders.



Bloodstone

Cleansing stone. Brings courage, removes toxins and aids decision making.

Bloodstone is deep green with flecks of golden yellow, and of red, often resembling drops of blood, which gives it its name. Bloodstone is excellent for centering and grounding. It is said to be a stone of courage, bringing mental, physical and emotional renewal by releasing blockages. It is believed to be particularly good for helping emotional traumas and grief. It is associated with the base, sacral, solar plexus and heart chakras. It is a classic for cleansing the heart, improving blood circulation and detoxifying the blood. It can be helpful in treating anemia, blood pressure, physical traumas, and post-surgical issues.



Carnelian

Energizing stone. Inhibits fear, envy and sorrow. Success bringer.

Carnelian is a stone of creativity, individuality and courage. Like all agates, it has high protection energies in general, and can also protect from anger, jealousy and fear. In addition it can help with manifestation of one’s desires, and brings good luck. Carnelian can

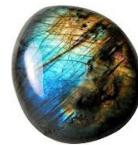
help ease or remove sorrows. It also helps stabilize energies in the home. Carnelian is associated with the root and sacral chakras. Physically, carnelian has been used to heal open sores, rejuvenate tissues and cells, rheumatism, kidney problems, colds and pollen allergies.



Garnet

The Devotion Stone. Enhances intimacy and boosts confidence.

Garnet is a stone of romantic love and passion. It is used to enhance sensuality, sexuality, and intimacy. It is the stone of devotion, to others, to yourself and to your aim. It awakens creativity and helps us to become more productive and achievement oriented. It is also a protective energy stone which is especially effective for protection from evil, and is used for gentle spiritual healing. Garnet is associated primarily with the root chakra and is associated with healing the blood, heart and lungs.



Labradorite

The Strength Stone. Promotes growth and helps accept life changes.

Labradorite is said to clear, balance and protect the aura. It is believed to help provide clarity and insight into your destiny, as well as attract success. It is used for dream recall and finding ways to use dreams in daily life. Labradorite is associated with the solar plexus and brow chakras and is said to increase intuition, psychic development, help with subconscious issues, and provide mental illumination.



Lapis Lazuli

Brings self-confidence. Encourages self expression & strengthens communication.

Lapis strengthens the mind and body, increases awareness and spiritual connection. It helps build self-confidence, and is a stone traditionally associated with royalty. Lapis is believed to enhance love and fidelity within a marriage and help to overcome shyness. It is associated with the throat and brow chakras and can help one say just the right thing, as if by magic. Lapis is also a stone that protects from both physical and psychic attacks. It is also helpful for sinus ailments,

headaches, nervous system, speech problems and pain relief.



Moonstone, Rainbow

The creativity stone. Enhances intuition & energizes.

Rainbow moonstone has a gentle, calming energy. It helps to strengthen intuition and psychic perception, and enhances creativity, compassion, endurance and inner confidence. It is a stone that brings balance and harmony. The rainbow effect brings in a spectrum of light, and can help with clearing and bringing in uplifting energies. It has been said to have the power to grant wishes.



Sunstone

Power Bringer. Helps to increase self-confidence and promote leadership qualities.

Sunstone is a powerful stone for dispelling fears and phobias of all kinds. It is also a leadership stone, and brings leadership qualities to its wearer. In addition it also decreases stress and lifts depression. Sunstone brings good luck and abundance, and turns negative energies and psychic attacks into positive energies. This stone increases personal power and will, as well as life force energy. Sunstone is associated with the sacral chakra and is physically beneficial for general health, physical energy, sexual dysfunction and increasing sexual energy.



Ruby in Zoisite

Empowerment Stone. Enhances psychic ability and releases fear.

Ruby in Zoisite is an energy amplification stone that can energize the entire field of one's body. It is used for psychic ability and empowerment, as well as altered states of consciousness. Ruby in Zoisite stimulates the crown charka. Physically, it is beneficial for heart disorders, and physical vitality.



Tiger's Eye

Success Stone. Brings good luck and prosperity and provides protection.

Tiger's Eye (Tiger Eye) is a stone of protection that is also very grounding.

It enhances integrity, willpower, practicality and correct use of power. It is a stone that brings good luck and prosperity, often in the form of money. Tiger's eye is also a very protective stone and is especially protective during travel. It can also help one see clearly without illusion. Tiger's eye brings a special boost to the solar plexus chakra and to one's personal power.



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