

Crystals and other stones have long been attributed with healing properties. Placing these stones on and around the body, sometimes in patterns or in alignment with the chakras can enhance and speed relief from a variety of problems. It is believed that the light and energy is refracted off the stones and into the aura, temporarily healing the etheric layers of ourselves. With the aid of affirmations, the healing that has taken place in the aura will subsequently take place in the physical body.

Quartz crystals are used in variety of ways including in microphones, computers, lasers, ultrasound devices, and also our clock and wrist watches. However, the focus of this article is the metaphysical properties of crystals, in terms of their abilities to amplify, store, transform, focus and transfer energy.

Crystals are now available in many forms, shapes, sizes and colors; therefore, there are many ways to benefit from their energies. For example, one might choose to carry a tumbled piece in a pocket, or one might choose to strategically place crystals throughout their home to bring in positive energy and to clear negative energies. In addition to using them with clients and around my home, my favorite way is to wear them. Today many stones are available as beads that I love to design into luscious beaded gemstone jewelry. Wearing the stones as jewelry enables the wearer to experience the crystals energies throughout the day (and night if you leave your jewelry on while you sleep). By the way, it is not recommended to shower with them on as some stones may be affected by the water and soap. I invite you to experiment with the energies of the stones, let them guide you in using them for your highest benefit.

**Clear Quartz:** Believed to bring the energy of the stars into the soul. The natural tendency of quartz is for harmony, and is recognized as a Stone of Power. Traditionally, the natural quartz crystal was said to both harmonize and align human energies, thoughts, consciousness, and emotions - with the energies of the universe and to make these greater energies available to humanity. Quartz is available in many forms including clusters that are great for energizing the home.

**Purple Stones:** Considered useful for mysticism, purification, meditation, psychic work, subconscious, health, obedience, headaches, and sleep.

**Amethyst** is considered the Stone of Spirituality and Contentment. Amethyst bestows stability, strength, invigoration, and

peace, the peace being the perfect peace that was present prior to birth. Also known as the sobriety stone, it has been used to encourage and support sobriety and release addictive personality traits. Calming, strong, protective qualities, healing, divine love and inspiration. Enhances ones psychic and creative abilities.

**Amethyst is the perfect choice for those on your list who feel stressed out a great deal of the time.**

It is commonly referred to as nature's tranquilizer and is beneficial for those who suffer from insomnia or nightmares.

**Green Stones:** Often associated with healing, as green is the universal color of healing; they can also provide help with money, luck, prosperity, grounding and balance.

**Aventurine (green)** reinforces ones decisiveness, amplifies ones leadership qualities, and is a willing participant in instinctive action. Emotional tranquility, positive attitudes towards life, brings one into alignment with their center. Independence, health and well being, heals the heart chakra.

**Aventurine is great for anyone and can be found carved in various shapes, such as animals which make great desk ornaments.**

**Peridot** emits a warm friendly energy; acts to provide a shield of protection around the body to help prevent outside influences from affecting alignment and balance. This mineral helps a person to find happiness within ones self thus over coming anger and jealousy.

**Yellow Stones:** Communication, inspiration, protection, visualization, travel.

**Citrine** is one of the few stones on the planet which does not hold or accumulate negative energy, but dissipates and transmutes it, working out problems on both physical and subtle levels. Citrine is one of the stones to be called merchants stone - placing citrine in ones cash box has produced more income for the merchant. Diminishes self-destructive tendencies. Raises self-esteem lightheartedness cheerfulness hope.

**Citrine is the perfect choice for those who have lots of ideas, but can't seem to materialize them. Citrine helps to manifest your ideas so that you can act on them.**

**Blue Stones:** Calm emotions, promotes sound sleep. Use them in the bath for purification.

**Dumortierite** *is my new all time favorite!* It is called the Patience Stone and can stimulate verbalization of spiritual ideas and can provide grounding in love matches while clearing away unsettled areas in relationships.

**Lapis Lazuli** is known as the Stone of Royalty. Augments strength, vitality, virility, mental clarity, and illumination. Enhances psychic abilities and communication with higher self and spirit guides. Creative expression. It has also been used as a protective stone, sheltering the wearer/carrier from physical danger and psychic attacks. Lapis Lazuli is a stone of total awareness, helping to expand awareness and intellectual capacity, and allowing for conscious attunement to the intuitive and psychic aspects of ones nature.

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

**Carnelian** - It protects against fear, envy, and rage, and helps to banish sorrow from the emotional structure. The message of carnelian is that since one is love, there is nothing to do but to offer the love - each offering of love bringing an exponential increase in the quantity of love returned. Carnelian stimulates inquisitiveness and subsequent initiative.

**Red Stones:** Used for protection, courage, and energy.

**Garnet** the modern birthstone of January is known as the Stone of Health and is said to rid the body of negative energies and transmute them to a beneficial state. Also known in the past as a Stone of Commitment - to purpose, to others, to oneself. The loving power of garnet tends to reflect the attributes of devotion, bringing the love of others to expressions of warmth and understanding. It both monitors and adjusts the flow of energy, providing for a balanced energy field around the physical body and aligning the emotional and intellectual bodies with the perfection of All that is.

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

**Rhodochrosite** this mineral has been called a Stone of Love and Balance, providing balancing and love on all levels for all bodies. It contains pulsating electrical energy that emits the strongest power in the universe, the power of love. Rhodochrosite is also an Earth stone for healing of the Earth and for showing love to the Mother of us all. It helps one to serve the planet in Her time of need, allowing for one to recognize that the responsibility is actually a joy. It removes tendencies toward avoidance or denial and helps one to be willing to both accept and to integrate new information while maintaining a clarity of intellect and a moderate ideal of practicality.

**Rose Quartz** emits a calming, cooling energy that can work on all chakras to gently remove negativity and to reinstate the loving, gentle forces of self-love. Good to wear in a chaotic or crisis situation. It is the stone of gentle love bringing peace and calm to relationships. It can be used for spiritual attunement to the energy of love. It is a rejuvenating agent for both physical body and the emotions. It is an excellent energy for healing emotional wounds. *This is an excellent stone to give to express friendship.*

**White Stones:** Ruled by the Moon and can be good for sleep issues and headaches.

**Moonstone** carries balancing, introspective, reflective, and lunar energy. It is capable of helping one with the changing structures of ones life on the physical, emotional, mental, and spiritual levels. Moonstone is also a talisman of GOOD FORTUNE.

**Mother of Pearl & Pearl** signifies faith, charity, and innocence, enhances personal integrity, and helps to provide focus to ones attention. The pearl has been known as a stone of sincerity, bring truth to situations and loyalty to a cause.

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

**Onyx** is useful for initiating the modes of centering and alignment of the total person with the higher powers. Can be used to banish grief, to enhance self-control, to stimulate the power of wise decision

making, and to encourage happiness and good fortune. It is grounding and can be used to deflect or absorb the negativity of others. Onyx is the perfect stone for those who **find it impossible to let go of old relationships as it helps assist in** breaking unwanted ties to the past.

Now you are armed with crystal information and are ready to start shopping. Additional gift ideas for those who would like learn more about the benefits of crystal are books on crystals, or a gift certificate to someone who offers crystal-healing work. Two books that I reference daily and used as reference for this article are *The Crystal Bible* by Judy Hall which has great photos and *Love is in the Earth* by Melody, a classic for those studying crystals.

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