

The Properties Of Crystals

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The Properties Of Crystals

AGATES

Agates come in a wide variety of colours including brown, grey, white, orange and blue. Agates are also dyed purple, pink and green. These dyed agates still possess the same properties as natural coloured agates.

Properties of Agates:

- Allows free expression of thoughts and feeling
- Assists the development of inner peace
- Calms inflammation and fever
- Creates a sense of safety and security
- Dispels fears
- Dissolves internal tension
- Eases confusion
- Energizes the aura
- Enhances creativity
- Enhances decision-making
- Enhances energy
- Enhances mental functioning
- Enhances physical strength
- Enhances self-esteem
- Grounding
- Healing
- Helps to discern the truth
- Improves awareness and perception
- Improves mental and emotional flexibility
- Improves understanding
- Neutralises anger
- Nurturing
- Promotes acceptance
- Promotes courage
- Promotes happiness
- Promotes tranquillity
- Provides protection
- Releases emotions
- Sharpens the senses
- Strengthens the connection to nature
- Strengthens the mind
- Strengthens the nervous system
- Useful in resolving disputes

The Properties Of Crystals

AMBER

Amber is not strictly a crystal but in fact is solidified and fossilized tree resin. It does, however, have wonderful healing properties.

Properties of Amber:

- Acts as a natural antibiotic
- Alleviates stress
- Assists with creative self-expression
- Assists the spleen, kidneys, bladder and liver
- Assists with throat problems
- Associated with the naval chakra
- Cleansing
- Clears the chakras
- Clears the environment
- Draws disease out of the body
- Eases depression
- Eases joint problems
- Eases pain
- Enhances decision making
- Enhances the body's ability to self-heal
- Enhances the intellect
- Enhances tissue revitalization
- Enhances wisdom
- Grounds higher energies
- Healing
- Heals the blood
- Helps develop trust
- Improves memory
- Increases the connection with nature
- Motivates
- Promotes patience
- Promotes peacefulness
- Promotes spontaneity
- Promotes vitality
- Protects
- Provides a link to the higher spiritual reality
- Relieves suicidal tendencies
- Stabilizes
- Strengthens the abdomen
- Strong connection with the earth
- Transforms negative energies into healing positive energies

The Properties Of Crystals

AMETHYST

Properties of Amethyst:

A healing stone
Assists with arthritis
Assists with meditation
Assists with understanding dreams
Balances the energy centres in the body
Calms anger
Clears the aura
Dispels fears
Encourages sobriety
Energizes
Enhances comprehension
Enhances memory
Enhances psychic abilities and intuition
Enhances right-brain activity
Enhances spirituality
Enhances tolerance
Improves focus
Improves motivation
Increases confidence
Increases courage
Increases self-esteem
Increases will power
Mentally calming
Powerful blood cleanser
Promotes inner peace and serenity
Promotes physical regeneration
Provides freedom from addictive behaviours
Provides pain relief
Provides spiritual protection from psychic attack
Reduces irritation
Relieves nightmares
Relieves restlessness
Relieves stress and worry
Soothes the mind and body
Stimulates then calms the heart and throat chakras
Supports coming to terms with loss
Supports the immune and endocrine systems
Treats hangovers
Treats headaches, neck and back pain
Treats insomnia
Useful during times of personal growth

The Properties Of Crystals

AMETRINE

Ametrine is a combination of Amethyst and Citrine and carries the qualities of both these stones.

Properties of Ametrine:

- Aids psychic development
- Assists with transformation
- Blood cleanser
- Brings clarity
- Calms the mind
- Clears the head of stress and tension
- Combines perception and action
- Connects the intellect with spirituality
- Disperses negativity from the aura
- Encourages clearly thinking things through
- Encourages taking control of your own life
- Energizer
- Enhances optimism
- Highlights the range of possibilities available
- Improves acceptance of others
- Improves concentration
- Improves creativity
- Improves focus during meditation
- Improves physical awareness
- Opens the third eye
- Overcomes negative emotional programming
- Overcomes prejudice
- Powerful cleansing properties
- Promotes inner peace and tranquillity
- Promotes spiritual awareness
- Protects during astral travel
- Protects from psychic attack
- Provides insight into underlying issues
- Reduces negative emotions
- Reduces the effect of stressful external influences
- Releases mental, physical and emotional blockages
- Releases toxins from the body
- Stimulates oxygen circulation
- Stimulates the intellect
- Strengthens the immune system
- Unites masculine and feminine energies
- Useful for long-standing illness as it highlights the cause of disease

The Properties Of Crystals

AQUAMARINE

Properties of Aquamarine:

Aligns the chakras
Aligns the physical and spiritual bodies
Allows free expression
Assists when feeling overwhelmed by responsibilities
Assists with breaking self-defeating patterns
Calming
Clarifies perceptions
Clears the throat chakra
Deeply relaxes the mind and body
Eases auto-immune disorders including hay fever
Eases sore throats, swollen glands and thyroid problems
Eliminates confusion
Eliminates fears
Enhances intuition
Enhances optimism
Enhances self-responsibility
Harmonizes the surroundings
Helps overcome weaknesses
Helps to end unfinished business
Highlights hidden causes of your life situations
Improves communication
Improves focus
Improves persistence
Improves tolerance of others
Increases awareness
Increases courage
Increases creativity
Increases wisdom
Overcomes the need to judge others
Promotes learning and knowledge
Promotes understanding of life's lessons
Protects against pollutants
Provides closure
Provides spiritual energy
Reduces embarrassment
Renews the spirit
Sharpens the intellect
Strengthens the body's cleansing organs
Strengthens the eyes
Useful during meditation

The Properties Of Crystals

AVENTURINE

Properties of Aventurine:

Assists integration of mental and spiritual feelings
Assists with negotiations
Balances blood pressure
Balances male and female energies
Calms the nerves
Connects with the emotions
Dispels anger
Eases emotional turmoil
Enhances creative insight
Enhances decisiveness
Enhances inner strength
Enhances prosperity
Enhances thinking outside the box
Gently stabilizes the heart
Helps identify the source of disease
Highlights alternatives and other possibilities
Improves perception
Improves perseverance
Improves the metabolism
Increases compassion and empathy
Increases independence
Increases vitality
Lowers cholesterol
Nourishes muscles, tissues and blood
Powerful mental healer
Promotes leadership qualities
Promotes physical healing
Promotes self-discipline
Promotes tranquillity
Protects against environmental pollution
Protects the heart chakra
Provides a feeling of well-being
Provides a positive outlook
Releases anxiety and fear
Relieves allergies
Relieves irritation
Stabilizes the mind
Supports the lungs, sinuses and adrenals
Supports the nervous system
Useful for career assessment

The Properties Of Crystals

BLOODSTONE

Properties of Bloodstone:

Assists to adjust to new circumstances
Assists with avoiding dangerous situations
Assists with being in the present moment
Assists with building solid friendships
Balances blood flow
Banishes negativity
Cleanses the lower chakras
Connects with the emotions and the heart
Detoxifies the liver
Dispels anger
Dispels confusion
Encourages selflessness
Encourages spirituality in everyday life
Enhances creativity
Enhances decision making
Enhances self-confidence
Grounding
Healing
Heightens intuition
Helps athletes to victory
Improves circulation
Increases curiosity
Increases patience
Mentally calming
Promotes courage
Promotes flexibility
Promotes love and understanding between friends
Provides protection
Reduces aggressiveness
Reduces emotions
Reduces irritability
Reduces the formation of pus
Regulates menstruation
Repels undesirable influences
Revitalizes
Stimulates dreaming
Stimulates the immune system during acute infections
Strengthens the heart
Supports the intestines, kidneys and spleen
Used in ancient times to shrink tumours

The Properties Of Crystals

CARNELIAN

Properties of Carnelian:

An energetic stone
Assists with achieving success
Clarifies perceptions
Cleanses and purifies the lungs, gallbladder, kidneys and pancreas
Connects you to your inner self
Dispels negative conditioning
Eases sadness and loneliness
Emotionally opens the heart
Emotionally warming
Enhances fertility
Enhances manifestation
Enhances motivation
Enhances optimism
Grounding
Healing
Helps daydreamers to maintain focus
Improves absorption of vitamins and minerals
Improves concentration
Improves focus during meditation
Increases trust of yourself
Physically energising
Promotes joy and laughter
Promotes personal power
Promotes tissue regeneration
Promotes vitality
Protects against rage
Reduces resentment
Relieves absent-mindedness and confusion
Relieves back pain
Relieves fear of death
Relieves menstrual cramps
Sends energy directly through the skin
Soothes emotional irritation
Stimulates creativity
Stimulates deep love
Stimulates the metabolism
Useful during past life exploration
Useful during pregnancy and labour
Useful for headaches caused by allergies
Vitalises the blood

The Properties Of Crystals

CHALCEDONY

Properties of Chalcedony:

Absorbs negative energy
Assists the gallbladder and spleen
Assists with clear expression of feelings and needs
Assists with inward reflection
Assists with lactation
Assists with telepathy
Brings the mind, body, emotions and spirit into harmony
Creates enthusiasm
Decreases the effects of dementia
Dissipates anger
Dissolves negative attitudes
Eases depression
Eases self-doubt
Energises
Enhances acceptance of new situations
Enhances group stability
Enhances mental stability
Enhances optimism
Enhances purity
Improves communication
Improves the circulatory system
Improves the memory
Increases dreaming
Increases happiness
Nurturing stone
Powerful cleanser
Prevents mineral build up in veins
Promotes benevolence and generosity
Promotes emotional honesty
Promotes peace
Provides physical energy
Releases hostility
Repels negative vibrations
Repels psychic attack
Strengthens the maternal instinct
Turns sadness to joy

The Properties Of Crystals

CHRYSOCOLLA

Properties of Chrysocolla:

Allows psychic vision
Assists during pregnancy and birth
Calms
Cleanses the chakras
Detoxifies the kidneys and liver
Dispels negative energy
Eases arthritis and muscle spasms
Eases lung disorders
Eases mental tension
Eases the symptoms of menopause
Encourages remaining impartial
Energizes
Enhances meditation
Enhances personal power
Enhances sensitivity
Enhances the metabolism
Heals heartache
Heals infections
Helps with accepting change
Improves communication
Increases confidence
Increases creativity
Increases inner strength
Increases motivation
Increases oxygen in the blood
Increases self-awareness
Increases the capacity to love
Place over the solar plexus chakra to draw out negative emotions
Promotes joy
Promotes tranquillity
Promotes truth
Provides inner balance
Reduces blood pressure
Regulates insulin
Releases guilt
Releases phobias
Relieves emotional pain
Soothes burns
Stabilizes relationships
Treats PMS

The Properties Of Crystals

CHRYSOPRASE

Properties of Chrysoprase:

Assists emotional, mental and physical health
Assists to achieve a deep meditative state
Assists to release co-dependence
Assists to speak fluently
Assists with anxiety related diseases
Assists with moving forward
Assists with seeing problems clearly
Balances the hormones
Brings energy into the body
Calms the digestive system
Creates openness to new situations
Eases claustrophobia
Encourages fidelity
Energizes the heart
Energizes the heart and sacral chakras
Enhances acceptance of others
Enhances compassion
Enhances creativity
Enhances personal insights
Enhances self-acceptance
Enhances self-esteem
Enhances trust
Guards against sexually transmitted diseases
Improves focus
Increases flexibility
Prevents lashing out in anger
Prevents nightmares, especially for children
Promotes a positive attitude
Promotes fertility
Promotes forgiveness
Promotes hope
Promotes peaceful sleep
Promotes truth
Provides a sense of security
Provides tranquillity
Releases compulsive thinking and actions
Releases emotions held onto since childhood
Releases the need to judge others
Sharpens the mind
Strong detoxifier
Turns your focus to positive events

The Properties Of Crystals

CITRINE

Properties of Citrine:

A money stone to enhance wealth
Assists with back problems
Assists with constipation
Assists with diabetes
Assists with fresh beginnings
Attracts abundance
Awakens intuition
Cleanses and purifies the endocrine and digestive systems
Cleanses the chakras
Clears the aura
Detoxifies the kidneys and liver
Dispels anger
Dissipates negative energy
Encourages self-expression
Enhances circulation
Enhances concentration
Enhances creativity
Enhances motivation
Enhances personal power
Enhances physical energy
Enhances self-esteem
Improves communication
Improves digestion
Improves intellect
Improves mental focus
Improves the memory
Increases endurance
Positively influences business and educational matters
Powerful cleanser
Promotes cheerfulness
Promotes restful sleep
Promotes self-confidence
Promotes spiritual understanding
Recharges
Reduces anxiety
Releases fears
Removes destructive tendencies
Soothes disagreements
Stimulates inner wisdom
Useful to have with you during exams and job interviews

The Properties Of Crystals

CLEAR QUARTZ

Properties of Clear Quartz:

A healing stone
Amplifies feelings
Assists physical healing
Assists with emotional issues
Assists with finding clarity within the self
Energizes the body
Enhances connection with spirit guides
Enhances pineal and pituitary functioning
Enhances spiritual development
Helps to reduce fevers
Improves memory
Increases awareness
Neutralizes the effect of microwaves and computers
Promotes clear thinking
Purifies thoughts
Relieves pain
Reveals what needs to be seen
Stimulates brain function
Stimulates development of the third eye
Use when studying and during exams
Use during meditation
Unblocks energy
Protects against radiation
Dispels static electricity
Raises energy to the highest possible level
Enhances psychic abilities
Allows you to tune into your spiritual purpose
Filters out distractions
Improves concentration
Opens the memory
Stimulates the immune system
Soothes burns
Harmonizes the chakras
Regulates energy
Acts as a deep soul cleanser
Motivates you into action
Relieves the trauma of an abusive childhood
Dispels self-pity
Assists with achieving your greatest potential
Balances chaotic emotions

The Properties Of Crystals

FLUORITE

Properties of Fluorite:

Aids decision-making
Assists grasping of abstract concepts
Assists studying
Assists the body to achieve perfect order
Assists with absorption of nutrients
Assists with healing
Assists with remaining impartial
Assists with strong teeth and bones
Balances the emotions
Brings suppressed feelings to the surface to allow resolution
Cleanses and stabilizes the aura
Clears the mind
Connects with the emotions and the heart
Dispels anger
Dispels psychic manipulation
Dissolves fixed ideas
Eases pressure
Energizes the body
Enhances concentration
Enhances intuition
Enhances progress
Enhances spleen functioning
Heightens intuition
Helps to see the bigger picture
Improves dexterity
Improves the memory
Increases self-confidence
Integrates spiritual energies
Meditation stone
Neutralizes negative vibrations
Neutralizes the effects of computers
Overcomes chaos
Overcomes disorganization
Promotes clarity
Promotes spiritual understanding
Protective
Purifies
Releases stress
Reveals the truth by dispelling illusions
Stabilizes groups
Useful for headaches caused by back and neck problems

The Properties Of Crystals

GARNET

Properties of Garnet:

Activates the survival instinct
Assists with assimilation of vitamins and minerals
Assists with past life recall
Balances hormones
Balances the emotions
Balances the energy field
Cleanses the chakras
Dissolves long-standing behaviours which no longer serve you
Eases aching muscles and arthritis
Eases nightmares
Energizes
Enhances determination
Healing stone
Improves self-confidence
Increases awareness
Increases success with business matters
Inspires devotion
Opens the heart
Promotes love
Promotes strong commitment to a cause or person
Provides courage
Provides hope at times when all hope seems lost
Provides serenity or passion depending on the circumstances
Purifies energy
Purifies the bloodstream
Purifies the lungs
Reduces the need to criticize
Regenerates the body
Releases negative energies
Releases out of date ideas
Relieves shoulder and back pain
Removes inhibitions
Sharpens perceptions
Stimulates the metabolism
Stimulates the pituitary gland
Strengthens the body
Useful for headaches caused by back and neck problems
Useful to have during a crisis
Warming
Warns of approaching danger

The Properties Of Crystals

HEMATITE

Properties of Hematite:

Assists broken bones to heal
Assists connecting to earth energies
Assists the spleen
Balances high and low blood pressure
Balances positive and negative powers
Beneficial for timid women
Dispels anger
Draws heat from the body
Eases desperation
Energizes
Enhances courage
Enhances optimism
Enhances self-control
Enhances the survival instinct
Grounding
Harmonizes mind, body and spirit
Helps circulate oxygen throughout the body
Highlights unfulfilled desires
Improves circulation
Improves concentration and focus
Improves self-esteem
Improves will power
Increases intuition
Increases resistance to pressure
Increases spontaneity
Promotes clarity
Promotes inner peace and happiness
Promotes reliability
Promotes tranquillity
Protects from negativity
Rectifies yin imbalances
Regenerates tissue
Regulates the blood supply
Releases addictions including smoking and overeating
Removes self-limitations
Stimulates the formation of red blood cells
Strengthens the nervous system
Strengthens the physical body
Useful during astral travel
Useful during legal proceedings
Useful when studying maths and technical subjects

The Properties Of Crystals

HOWLITE

Properties of Howlite:

Aids in achieving goals
Aids teeth and bones
Assists with astral travel
Balances calcium levels in the body
Calming
Eases pain
Eliminates rage
Encourages awareness
Enhances positive traits
Enhances subtlety
Improves emotional expression
Improves memory
Improves patience
Improves tact
Improves the ability to be discrete
Increases spiritual attunement
Increases the ability to communicate rationally
Increases the ability to endure
Increases wisdom
Overcomes insomnia
Overcomes selfishness
Place on the third eye to access memories of other lives
Promotes taking action
Provides a thirst for knowledge
Provides balance
Provides emotional peace
Provides insights
Quiets the mind during meditation
Reduces stress
Reduces the need to criticize
Relaxes an overactive mind
Releases hesitation
Releases old emotional ties
Releases uncontrolled anger
Soothes the emotions
Uplifting
Use during past life exploration
Use to heal sprains and strains
Useful for egocentric people

The Properties Of Crystals

JADE

Properties of Jade:

Assists with becoming who you truly are
Assists with fertility and childbirth
Assists with meditation
Assists with understanding the meaning of dreams
Attracts good luck
Attracts love
Awakens hidden knowledge
Balances the emotions
Enhances courage
Enhances devotion to a higher purpose
Enhances friendships
Enhances generosity
Enhances lucid dreaming
Enhances manifesting
Enhances purity
Helps clarify your life path
Improves endurance
Improves judgement
Improves mental focus
Improves self-expression
Increases flexibility
Integrates the mind and body
Mentally calming
Nurturing
Promotes fidelity
Promotes harmony
Promotes health and a long life
Promotes justice
Promotes self-sufficiency
Promotes serenity
Promotes wealth
Protects from harm
Provides wisdom
Purifies the blood
Reduces over-sensitivity
Releases irritability
Releases negative thoughts
Removes toxins from the body
Stimulates new ideas
Strengthens the heart and kidneys
Strengthens the immune system

The Properties Of Crystals

JASPER

Properties of Jasper:

Absorbs negative energies
Aids thinking
Aligns the chakras
Aligns the physical, mental and emotional bodies with the etheric realm
Alleviates menstrual pain
Assists to deal with problems assertively
Assists with dream recall
Balances the body's mineral content
Balances yin and yang
Calms and soothes the emotions
Clears electromagnetic pollution
Clears toxins from the body
Dissolves blockages in the liver
Energizes the body
Enhances following through
Enhances honesty
Enhances insight
Gently stimulating
Grounds energies and the body
Helps transform ideas into action
Improves ecological awareness
Improves health
Improves organizational skills
Improves the circulatory and digestive systems
Nurturing
Promotes helping others
Promotes tranquillity
Protects
Provides courage
Provides determination
Provides physical strength
Provides support during stressful times
Rectifies unjust situations
Stimulates the imagination
Strengthens and detoxifies the bloodstream
Unifies all aspects of your life
Unites the sub-conscious and self-awareness
Useful during a prolonged illness
Useful during astral travel

The Properties Of Crystals

JET

Properties of Jet:

Absorbs negative energies and neutralizes them
Alleviates grief
Assists to formulate constructive solutions to problems
Assists to take control of life
Assists with spiritual enlightenment
Awakens the kundalini energy
Balances mood swings
Banishes fear
Calms worries
Channels the elements of the earth's energies in a desired direction.
Cleanses the base chakra
Cleanses the liver and kidneys
Clears impurities from the body
Creates an equilibrium
Eases depression
Eases menstrual cramps
Eases migraines
Eases sadness and feelings of loss
Eases stomach pain
Enhances spiritual awareness
Grounding
Increases knowledge
Opens you to psychic experiences
Protects against the misuse of power
Protects during astral travel
Protects from disease and violence
Protects from psychic attack
Provides inspiration
Provides serenity
Purifies
Releases mental blockages
Relieves pressure
Stabilizes finances
Strengthens the will to survive
To create wealth place it in a cash box or the far left rear corner of the premises
Use during meditation
Use to treat a cold

The Properties Of Crystals

LAPIS LAZULI

Properties of Lapis Lazuli:

Aligns the physical, emotional, mental and spiritual
Assists the throat and lungs
Assists to take charge of your life
Blocks psychic attack
Boosts the immune system
Eases insomnia
Eases migraine headaches
Enhances communication
Enhances compassion
Enhances creativity
Enhances intuition
Enhances personal power
Facilitates spiritual journeying
Highlights inner truth
Improves self-acceptance
Improves self-expression
Increases awareness
Increases psychic abilities
Increases self-knowledge
Lowers blood pressure
Opens the third eye
Opens the throat/thyroid chakra
Overcomes depression
Overcomes restlessness
Promotes acting for the common good
Promotes active listening
Promotes honesty
Protects the wearer like a shield
Provides a connection to the higher self
Provides insight into dreams
Provides objectivity
Provides peace
Provides spiritual guidance
Purifies the blood
Quiets the mind
Releases anxiety
Releases stress
Stimulates enlightenment
Strengthens relationships
Supports the nervous system

The Properties Of Crystals

LEPIDOLITE

Properties of Lepidolite:

A peace stone
Assists with overcoming addictions
Assists with setting and attaining goals
Assists with spiritual development
Attracts good luck
Balances the emotional and mental
Balances the energy centres in the body
Brings deep emotional healing
Calms anger
Clears blockages in the throat, heart, third eye and crown chakras
Clears electromagnetic pollution
Dispels negativity
Eases over thinking
Eases sleeping problems
Encourages independence
Enhances comprehension
Enhances decision-making
Enhances studying
Enhances tolerance
Helps relieve depression
Improves the blood
Induces change
Opens the heart
Overcomes emotional and mental dependency
Overcomes old behavioural patterns
Place near your computer to absorb unwanted energies
Promotes self-love and love of others
Promotes the higher good
Protects from outside influences
Reduces stress
Relieves allergies
Relieves exhaustion
Relieves insomnia
Relieves obsessive thoughts
Removes extraneous distractions
Stabilizes mood swings
Stimulates the intellect
Tunes you into thoughts and feelings from past lives which are currently holding you back
Useful during spiritual transitions

The Properties Of Crystals

MALACHITE

Do not soak Malachite in salt as it will destroy the stone's surface

Properties of Malachite:

A healing stone
Absorbs negative energies and pollutants
Activates and clears the chakras
Alleviates shyness
Allows you to see what is blocking your spiritual growth
Amplifies positive and negative energies
Assists with receiving insights from the subconscious
Assists with releasing old patterns
Assists you to take responsibility for your own actions
Balances the emotions
Breaks unwanted ties
Dissolves fears
Draws out deep feelings
Eases pain
Encourages risk taking
Enhances expression of feelings
Enhances intuition
Enhances tuning in to spiritual guidance
Enhances understanding
Has a strong connection with nature
Helps discover your spiritual purpose
Helps overcome dyslexia
Increases insight
Leads to transformation
May prevent nightmares
Nourishes the pancreas and spleen
Opens the heart to unconditional love
Promotes courage
Promotes determination
Protects from radiation
Provides clarity
Provides messages from the future
Provides protection from accidents and injuries
Releases inhibitions
Stimulates dreams
Strengthens and balances the brain
Supports change
When placed on the heart it provides balance
When placed on the third eye, provides psychic vision

The Properties Of Crystals

MOONSTONE

Properties of Moonstone:

A stone of new beginnings
Alleviates stress
Assists coping with life's changes
Assists men to tune into their feminine side
Assists with dream interpretation
Balances the hormones
Brings emotional peace
Calms and balances the emotions
Calms hyperactive children
Can lead to illusions as a result of wishful thinking
Connected to the moon
Dissolves old emotional patterning
Eases confusion
Eases insomnia
Eases pregnancy and childbirth
Eases sadness
Eliminates toxins from the body
Encourage lucid dreaming
Enhances empathy
Enhances fertility
Enhances intuition
Enhances physical wellness
Enhances self-confidence
Harmonises relationships
Heals digestive disorders resulting from emotional upsets
Improves attitudes
Increases emotional intelligence
Opens the mind to serendipity and synchronicity
Prevents moodiness
Promotes mental flexibility
Promotes nurturing
Promotes vitality
Provides a connection to the higher self
Provides a positive attitude towards life
Provides deep emotional healing
Reduces overreacting
Relieves fluid retention
Relieves menstrual discomfort
Softens the ego
Supports the ovaries and womb

The Properties Of Crystals

OBSIDIAN

Properties of Obsidian are:

Anchors the spirit in the body
Assists the stomach and intestines
Assists with finding your soul purpose
Assists with past life exploration and healing
Balances the mind-body-spirit connection
Calming and soothing
Clears confusion
Dissolves emotional blockages
Divulges the truth
Eases heavy emotions
Eases the pain of arthritis
Eliminates toxins
Encourages exploration of the unknown
Enhances clear decision making
Enhances compassion
Enhances creativity
Enhances strength
Exposes blockages
Grounding
Identifies out dated behaviours
Improves self-control
Magnifies negative energies so they can be experienced and then released
Nurturing
Opens new possibilities
Promotes reflection
Protects from over-sensitivity
Protects from psychic attack
Provides clarity
Provides deep soul healing
Provides protection
Provides support during change
Releases constricting beliefs
Releases negative thinking patterns
Relieves tension
Shields from negativity
Supports growth
Used for solving problems rather than covering the unwanted symptoms
Warms the extremities

The Properties Of Crystals

ONYX

Properties of Onyx:

Absorbs universal energy which can then be used for healing
Alleviates anxieties
Assists to release past attachments
Assists with blood disorders
Assists with learning lessons
Assists you to see the future
Balances yin and yang energies in the body
Benefits teeth and bones
Centres your energy
Deflects the negativity of others
Dispels fears
Enables control of your own destiny
Enhances decision making
Enhances self-control
Enhances self-esteem
Evens out emotional highs and lows
Facilitates accessing higher powers
Focuses attention
Grounding
Heals old sorrows
Helpful for skin ailments
Helps you feel at ease
Improves determination
Improves regeneration
Improves self-confidence
Improves stamina
Improves the bone marrow
Integrates dualities within the self
Promotes happiness
Promotes stability
Provides good fortune
Provides guidance through meditation and dreams
Provides personal strength
Provides support during difficult times
Reduces sexual desire
Releases trauma from past lives
Use it to end unhealthy relationships
Useful during psychic work
Useful for past life exploration
Useful when the negative opinions of others are affecting your goals

The Properties Of Crystals

PERIDOT

Properties of Peridot:

Activates the heart and solar plexus chakras
Alleviates fears and anxiety
Assists the stomach
Assists with letting go
Assists with releasing old patterns and vibrations
Assists with tissue regeneration
Clears guilt
Eases depression
Encourages assertiveness without aggression
Enhances growth
Enhances openness
Enhances self-forgiveness
Enhances self-responsibility
Enhances wealth
Enhances well-being
Heals the heart
Helps to move forward
Highlights problems, allowing them to be cleared
Highlights your life purpose
Improves confidence
Improves health
Improves prosperity
Improves understanding of relationships
Increases understanding of your spiritual purpose
Overcomes jealousy
Overcomes lethargy
Overcomes obsessions
Place in the wealth and health areas of your home
Powerful cleanser
Promotes clarity
Promotes looking inwards for guidance
Protects
Provides a connection to your destiny
Purifies the mind and body
Reduces stress
Regulates the cycles of life
Releases anger
Releases resentment
Releases toxins
Sharpens the mind
Warming

The Properties Of Crystals

ROSE QUARTZ

Properties of Rose Quartz:

Assists opening up to others
Assists the lungs, kidneys and spleen
Assists with ending unhealthy relationships
Assists with expression of feelings
Assists with forgiveness
Balances the emotions
Calming
Clears negative feelings
Cools the temper
Enhances compassion
Enhances creativity
Enhances empathy
Enhances fertility
Enhances positive affirmations
Enhances self-confidence
Enhances self-love and love for others
Enhances self-worth
Enhances sensitivity
Enhances spiritual healing
Facilitates deep inner healing
Heals deprivation
Heals emotional wounds
Heals grief from lost love
Heals the heart
Helps retain relationships
Improves circulation
Improves memory
Increases receptivity to love
Promotes acceptance of change
Promotes peace
Promotes self-acceptance and self-forgiveness
Provides emotional release
Provides feelings of contentment
Provides reassurance
Releases stored up anger, resentment and jealousy
Releases unexpressed emotions
Relieves mid-life crisis
Restores trust and harmony
Stone of unconditional love
Strengthens and purifies the heart
Valuable during a crisis

The Properties Of Crystals

SELENITE

Selenite must never be placed in or near water. As it is water-soluble, it will dissolve over time.

Properties of Selenite:

- Aligns the spinal column
- Allows insight into the future
- Assists letting go
- Assists to contact spirit guides
- Assists to see the bigger picture
- Assists with cancer and tumours
- Bring subconscious awareness to the conscious mind
- Clears and recharges other crystals
- Dissolve blockages
- Drains negative energy out of the body
- Eases confusion
- Eases muscular inflammation, aches and pains
- Enhances flexibility
- Enhances growth
- Enhances judgement
- Enhances telepathy
- Expands awareness
- Facilitates communication with the celestial realm
- Heals at the cellular level
- Highlights how lessons and issues can best be handled
- Improves luck
- Improves mental focus
- Increases sensitivity
- Instils deep feelings of peace
- Neutralizes mercury poisoning
- Nurtures children
- Opens the crown chakra
- Prevents external influences affecting the mind
- Provides clarity
- Raises consciousness to a higher level
- Reduces age spots and wrinkles
- Reverses the effect of free radicals
- Soothes emotions
- Stabilizes erratic emotions
- Uplifting
- Use during meditation
- Use to access past lives
- Use to create a safe space
- Use when breastfeeding

The Properties Of Crystals

SMOKY QUARTZ

Properties of Smoky Quartz:

Absorbs electromagnetic pollution
Alleviates nightmares
Alleviates suicidal thoughts
Allows passion to flow naturally
Antidote to stress
Assists during difficult times
Assists muscle and nerve tissue
Assists with leaving behind what no longer serves
Balances the heart
Brings insight
Calms the emotions
Clears the mind to enhance meditation
Dissolves negative emotions
Eases depression
Enhances communication
Enhances creativity
Enhances receiving telepathic messages
Enhances virility
Grounds energy in the body
Improves assimilation of minerals in the body
Improves concentration
Improves the reproductive system
Increases acceptance of the physical body
Increases awareness of the environment
Increases happiness
Increases positive thinking
Increases sensitivity to sound
Manifests dreams
Neutralizes negative vibrations
Neutralizes the fear of failure
Protective
Raises vibrations during meditation
Releases negative blockages
Relieves fear
Relieves pain
Strong detoxifying action
Strong link with the Earth and base chakras
Supports the abdomen, hips and legs
Use to treat radiation illnesses

The Properties Of Crystals

SODALITE

Properties of Sodalite:

Assists with allergies
Balances the metabolism
Balances the thyroid
Boosts the immune system
Brings harmony to groups
Brings information from the higher self to the physical level
Calming
Cleanses the lymphatic system
Clears electromagnetic pollution
Deepens meditation
Eases panic attacks
Encourages interdependence
Encourages rational thought
Enhances courage
Enhances knowledge and learning
Enhances self-esteem
Enhances wisdom
Helps to end arguments and disagreements
Increases expression of feelings
Increases intelligence
Increases intuitive perception
Increases self-acceptance
Increases understanding of current circumstances
Lowers blood pressure
Maintains good communication
Opens the mind to new ideas
Opens the third eye
Overcomes insomnia
Overcomes mental confusion
Place on your computer to negate its effects
Promotes efficiency
Promotes harmony
Promotes honesty
Provides objectivity
Releases negative emotions
Stimulates finding the truth
Stimulates the pineal gland
Stimulates trust
Unites the logical with the spiritual
Use when giving a speech
Useful for headaches caused by allergies and sinuses

The Properties Of Crystals

SUNSTONE

Properties of Sunstone:

Allows your true self to shine through
Assists with seasonal affective disorder
Clears the chakras
Eases aches and pains
Eases confusion
Eases depression
Eases sadness
Energizes
Enhances optimism
Enhances the ability to say 'no'
Enhances the ability to utilize knowledge and wisdom for the highest good of all
Harmonizes the body's organs
Heightens intuition
Improves confidence
Increases desire
Increases self-worth
Instils joy
Lifts the spirits
Nurtures
Overcomes feelings of failure
Overcomes pessimism
Overcomes procrastination
Promotes independence
Promotes luck and good fortune
Provides a positive attitude towards life
Provides enthusiasm
Provides self-empowerment
Provides vitality
Regulates the autonomic nervous system
Releases inhibitions
Releases repressed emotions
Releases the hold of possessive parents/children/partner
Removes co-dependence
Removes feelings of abandonment
Removes feelings of discrimination
Represents enlightened leadership
Stimulates self-healing
Treats stomach ulcers
Use when cutting ties
Useful for treating chronic sore throats

The Properties Of Crystals

TIGER'S EYE

Properties of Tiger's Eye:

Allows you to see all things
Assists with achieving goals
Balances mental and physical needs
Balances the emotions
Balances the lower chakras
Balances yin-yang energies
Brings good luck
Clarifies intentions
Differentiates between what you want and what you need
Draws spiritual energies to Earth
Energizes the emotional body
Enhances awareness of nature
Enhances integrity
Enhances meditation
Enhances psychic abilities
Enhances self-development
Enhances willpower
Facilitates manifestation
Focuses the mind
Grounding
Helps to heal broken bones
Helps to resolve inner conflicts
Highlights abilities and talents
Highlights inner resources
Improves confidence
Improves feelings of self-worth
Improves moods
Improves night vision
Increases self-assurance
Overcomes lethargy
Promotes a positive attitude to life
Promotes clear thinking
Provides insight
Provides protection
Releases anxiety and fear
Releases creativity
Releases negative feelings
Relieves depression
Useful for people with an addictive personality
Useful when beginning to explore spirituality

The Properties Of Crystals

TOURMALINE

Properties of Tourmaline:

Acts as a natural insecticide
Assists telepathic communication
Assists with self-understanding
Balances female and male energy in the body
Balances the left and right hemispheres of the brain
Clears and balances the chakras
Clears the aura
Dispels fears
Eases pain
Eases stress
Encourages a positive attitude
Enhances confidence
Enhances creativity
Enhances crop growth
Enhances empathy
Enhances hand to eye co-ordination
Enhances tolerance
Grounds spiritual energy
Heals dysfunctional family relationships
Highlight solutions to specific problems
Improves compassion
Improves energy flow
Improves self-confidence
Increases prosperity
Increases spiritual awareness
Increases vitality
Neutralizes the effect of mobile phones
Overcomes paranoia
Protects against negativity
Protects from electromagnetic smog
Protects from psychic attack and spells
Provides a protective shield around the body
Provides inspiration
Purifies
Releases feelings of being victimized
Releases negative thoughts
Releases physical tension
Remove blockages
Strengthens the immune system
Treats dyslexia

The Properties Of Crystals

TURQUOISE

Properties of Turquoise:

Alleviates cramps
An efficient healer
Assists with getting on with the job
Assists with public speaking
Assists with tissue regeneration
Balances the chakras
Balances the emotions
Balances the nervous system and blood
Builds self-confidence
Clears electromagnetic smog
Detoxifies
Dispels negative energy
Eases depression
Enhances friendships
Enhances fulfilment
Enhances intuition
Enhances loyalty
Enhances self-realization
Enhances spiritual awareness
Enhances well-being
Harmonizes the physical with the spiritual
Improves assimilation of nutrients
Improves breathing and eases asthma
Improves communication
Instils inner calm
Overcomes exhaustion
Overcomes panic attacks
Overcomes self-sabotage
Place on the throat chakra for free expression
Promotes empathy
Protects from environmental pollutants
Provides creative problem solving
Provides protection
Purifies
Recognises infidelity
Stabilizes mood swings
Stimulates romantic love
Strengthens the body
Supports the immune system
Unites female and male energies
Use during meditation
Useful during past life exploration