

# The Properties Of Crystals

## TABLE OF CONTENTS

<b>CRYSTAL</b>	<b>PAGE NUMBER</b>
Agates	2
Amber	3
Ametrine	4
Amethyst	5
Aquamarine	6
Aventurine	7
Bloodstone	8
Carnelian	9
Chalcedony	10
Chrysocolla	11
Chrysoprase	12
Citrine	13
Clear Quartz	14
Fluorite	15
Garnet	16
Hematite	17
Howlite	18
Jade	19
Jasper	20
Jet	21
Lapis Lazuli	22
Lepidolite	23
Malachite	24
Moonstone	25
Obsidian	26
Onyx	27
Peridot	28
Rose Quartz	29
Selenite	30
Smoky Quartz	31
Sodalite	32
Sunstone	33
Tiger's Eye	34
Tourmaline	35
Turquoise	36

Essentially Mind-Body-Spirit  
PO Box 2056 Forest Hill VIC Australia 3131  
[www.essentiallymindbodyspirit.com.au](http://www.essentiallymindbodyspirit.com.au)

© Essentially Mind-Body-Spirit 2011

# 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