

Ametrine



Color: Purple & yellow transparent - combination of amethyst & citrine.

Physical: Can clear stress/tension from head, cleanse blood, toxins, strengthen immune system, and help with chronic fatigue syndrome & with depression.

Emotional: Can get to the root of the cause to release blockages, expectations, facilitate transformation; bring in optimism.

Mental: Use to help calm your mind to help think things through; brings clarity, harmony, strengthens concentration, can bring deep issues to surface to be communicated & healed.

Spiritual: Connects physical realm with higher consciousness; brings focus to your meditation, facilitates & protects during astral travel & relieves psychic attack; can unite masculine & feminine energies.

Position: Can be worn for prolonged periods on body, can be placed on solar plexus.



Ametrine unites the master healing properties of Amethyst with the 'feel good' properties of Citrine. The Amethyst energy, in Ametrine, works very quickly to ease and release pain while the Citrine energy encourages a feeling of well-being and mental focus.

Ametrine is also known for its ability to stimulate creativity and to encourage you to take control of your own life. It is said to promote inspiration and is ideal to wear or hold when taking stock and making decisions about work/education.

Ametrine combines the colors of yellow & purple therefore it can be placed on the Solar Plexus or the Crown Chakra.

Angelite



Color: Colorless, white, bluish white, violet, dark grey

Angelite can facilitate contact with your angels and spirit guides and help you to connect with your higher self. It enhances psychic healing and telepathic communication and enables astral travel and spirit journeys. A powerful stone for healers.

Emotional: Angelite helps you to speak your truth. It promotes communication and self-expression. Dispels fear, anger and anxiety, converting them into faith and tranquility. Angelite encourages forgiveness. It alleviates psychological pain and counteracts cruelty.

Mentally: Angelite enhances astrological understanding and brings deeper understanding of mathematics. It also facilitates telepathic contact between minds.

Spiritual: Angelite is filled with compassion. It creates a deep feeling of peace and tranquility. Using this stone as a meditation tool will help channel and communicate the knowledge in which you absorb through the third eye and crown connection.

It helps connect to universal knowledge and raises awareness. Angelite facilitates the rebirthing process, stimulates healing, and opens psychic channeling.

Physical: Angelite supports the throat, alleviating inflammation and balancing the thyroid and the parathyroids. It repairs tissue and corrects blood deficiencies and helps to renew blood vessels.

Angelite balances the fluids within the physical body, and can act as a diuretic. It is useful in weight control, and relates particularly to the lungs and arms. Angelite can be used for headaches, heart function, the circulatory system and infectious diseases.

At a subtle level, Angelite balances the physical body with the etheric realms.

Chakras: Throat Chakra, Third Eye Chakra, Crown Chakra

Aquamarine



Color: Aquamarine is a clear, blue-green gemstone.

Physically: Aquamarine is said to filter out unnecessary information to the brain, calm nerves, clarify perceptions, and strengthen the body's cleansing organs (such as liver, spleen, thyroid, & kidneys).

The eyes, jaw, neck, stomach, teeth, and throat are all helped by Aquamarine. Aquamarine also benefits the body's cleansing organs and helps control fluid retention.

It assists in controlling overreactions of the immune system (autoimmune illness) or emotional overreaction. It is useful in the balancing pituitary and thyroid glands and in the treatment of swollen glands.

Emotionally: Aquamarine is said to be the Stone of Courage, to help relieve stress, anxiety, doubts, & fear. It has an affinity with sensitive and mystical people. It helps those struggling with responsibilities and encourages us to take responsibility for ourselves.

It is a good stone for promoting creative self-expression and for removing blocks to communication. Aquamarine is also believed to give strength to deal with difficult situations and to allow you to stay focused under pressure.

Mentally: Recommended as a purifier of the throat it is also said to clear blocked communication and aid the user in verbal expression. An excellent stone for meditation, it will help attune you to nature - quiets the mind and reduces stress.

Spiritually: Legend says that it is the treasure of mermaids and in ancient times sailors often carried Aquamarine to protect them against drowning.

It has a gentle and compassionate energy which assists us in letting go of judgmental attitudes and promotes more tolerance. It is a protective stone which shields the aura and helps to align the chakras

Position: Placing Aquamarine on the throat chakra is believed to help alleviate problems of the throat, swollen glands and the thyroid.

It is a good stone for teachers.

Eyeglasses were once made from aquamarine.

Carnelian



Color: Uniformly colored or banded most commonly red, orange.

Physically: Can balance digestion; heal open wounds, kidney problems; increase fertility; help lower back problems, rheumatism & arthritis; accelerate healing in bones & ligaments; be a particularly good crystal for those of advanced years.

Emotionally: Can help remove self-doubt & negative feelings of anger, envy, jealousy & resentment (yours or other people's). It can bring about warmth, sociability, creativity and happiness and to restore self-esteem.

Mentally: Can clarify perception & improve ability to analyze situations; help with concentration & lethargy; overcome fear of public speaking. It is said to increase ambition, drive and confidence.

Spiritually: Can help to provide inner strength; for you to understand who you really are & to know where you are going in life.

Position: Wear as a pendant or near sacral/base chakra; place near front door to protect home & attract in abundance; can be used to cleanse other crystals, especially those which are delicate & fragile.

Placed near the front door Carnelian is said to invoke protection and to bring abundance into the home.

Citrine

Citrine is a yellow variety of quartz, formed when amethyst is heated – either naturally in the earth's crust or artificially in laboratories.



How to use Citrine: It is used to assist in the manifestation of wealth, both material and spiritual. Place the crystal in your purse/wallet or money till to bring and maintain prosperity, and citrine in any form aids in visualizing abundance.

Feng Shui in the home or work place: Place a citrine in the far left corner of the room/house from where the door to that room is. This is your Wealth corner and the citrine will help with manifesting abundance.

Citrine does not hold negativity and hence is one of the few crystals which does not need clearing or cleansing itself. Citrine jewelry is wonderful to wear as it keeps one's aura clear and does not allow other's negativity to penetrate.

Use Citrine for healing with your Solar Plexus. Great for the liver and kidneys.

Citrine is a wonderful crystal to use in and elixir to support your immune system and assists proper metabolism and digestion. [Place the clean crystal in filtered water, visualize white light activating it, then drink - the water, not the crystal]

Whilst these properties apply to all citrine, when it is naturally heated in the Earth's crust it is usually paler gold, more transparent and of a higher vibration.

This means natural citrine is most useful in attracting spiritual wealth, whilst the darker, heat-treated variety is more focused on the material wealth.

Affirmation: "I am open and receptive to all the abundance of the Universe".

For More information on making *Crystal Elixirs* - sign up for the [Crystal Healing Online Certified Course](#)

Lepidolite purple



Color: Plate-like layers of silvery lavender – pink. A soft lilac colored stone with extremely high vibrations

Physically: Can relieve allergies; strengthen immune system, exhaustion, epilepsy & Alzheimer's; ease sciatica & joint problems & can be excellent for menopause.

Emotionally: Can dissipate negativity & reduce stress & depression; it's lithium content can help stabilize mood swings, bipolar disorder & overcoming mental/emotional dependency – particularly in addictions & anorexia; balance head & heart enabling emotional & mental balance.

Mentally: Can help focus on what is important with its power of objectivity & concentration.

Spiritually: Can activate & open the throat, heart third eye & crown chakras; help to clear blockages & move forward into future. Known as the "Peace Stone" it can bring peace & calming energy to any environment – particularly classrooms, businesses & children's bedrooms.

Position: Can be placed under pillow for a good night's sleep; near a computer to absorb emanations. Placed directly on the body to help relieve allergies and to strengthen the immune system.

Lepidolite activates the Throat, Heart, Brow and Crown Chakras bringing cosmic awareness and aiding deep meditation by clearing unwanted debris from the mind.

Moonstone



Crystal Light

Color: White, cream, yellow, blue, green milky translucent. Some earthy colors.

Physically: Can help with reproductive & digestive systems; eliminating toxins & fluid retention; insomnia & preventing sleepwalking; In healing Moonstone is believed to heal upper digestive disorders that are being caused by old emotional problems.

Emotionally: Can provide deep emotional healing; bring stability & dissolve old emotional patterns & scripts. It is believed to be strongly connected to the moon.

Mentally: Can balance masculine/feminine energies. It is known to help with stress and anxiety, promoting calmness.

Spiritually: A stone of new beginnings being strongly connected to moon & intuition, helping with cycles of change.

Position: Wearing Moonstone as a pendant or placing it on the Brow Chakra is said to enhance your psychic abilities and spiritual awareness. Placing this crystal on the Solar Plexus or Heart Chakra is said to bring forward old emotional issues which can then be dissolved.

Moonstone is said to be the stone of women and is believed to enhance feminine energy, gentleness, receptivity and intuition

Moonstone is the birthstone for June.

Petalite (Pink)



Color: Clear and pink

Pink Petalite, also known as Angel Stone was given its name due to its ability to strengthen/further ones angelic connections.

It is said to enhance and deepen your connection with ancient civilizations, spiritual guides and totem animals. It has been used extensively in medicine wheels, carried during vision quests and shamanic ceremonies and meditation.

A high vibration stone, allows for connection with the Christ/Cosmic consciousness, aiding in contact, visions and powerful healing.

Petalite has been used to successfully cut attached cords/ties and release all negative energies from the physical, mental, emotional and etheric bodies. Angel Stone is wonderful for smoothing the auric field.

It helps to open the Throat Chakra so that one can speak with clarity and precision. Petalite is believed to be the "Stone of Intent" as it amplifies your intention when used in conjunction with other high vibrational crystals.

It also helps to open and activate the Crown and higher chakras to stimulate clairvoyance, clairaudience, telepathy, and intuition.

Rose Quartz



Color: Pink

Physically: Can strengthen heart & circulatory system; releases impurities from body; helps with chest & lung problems, heal kidneys & alleviate vertigo; when used as an elixir it can soothe burns & blistering.

Emotionally: It is considered the finest healer of emotions; it can release unexpressed emotions & heartache; open your heart to receive love – especially in loving yourself; calming & reassuring properties, helps in times of trauma & crisis; can encourage self-forgiveness & acceptance, self-worth & self-trust.

Mentally: Can help with memory and brain functions.

Spiritually: Helpful for drawing love & relationships towards you; restoring trust & harmony; it is considered a stone of unconditional love & infinite peace.

Position: Wear especially over the heart & thymus; a good stone to carry around or place beside your bed; holding it can enhance positive affirmations.

It is known as the 'Love Stone' and is said to be the stone of unconditional love. This crystal opens the Heart Chakra and is believed to encourage forgiveness and to help us let go of anger, resentment and jealousy. Placing Rose Quartz by your bed or under your pillow can help with sleep.

It can also be placed in the relationship corner of your home to attract love. This is the farthest right-hand corner as you walk in the front door.

Tiger's Eye



Color: A golden to red-brown color and a silky lustre. The stone has inclusions of iron and quartz.

This is a powerful stone that helps you to release fear and anxiety and aids harmony and balance. It is known to give you courage, self-confidence and strength of will.

A crystal used for protection, Tiger's Eye may also bring good luck to the wearer. It has the power to focus the mind, promoting mental clarity, assisting us to resolve problems objectively and unclouded by emotions. Particularly useful for healing psychosomatic illnesses, dispelling fear and anxiety.

Metaphysically, tiger's eye is attributed to many healing properties, such as:

- ✓ Bringing insight into complex situations.
- ✓ Protecting from negative energies.
- ✓ Helping focus the mind.
- ✓ Attracting good luck.
- ✓ Deepening one's meditative state.
- ✓ Grounding and centering personal energy.
- ✓ Dispelling fears.
- ✓ Promoting mental clarity.



It stimulates taking action, and helps you to make decisions with discernment and understanding and unclouded by your emotions.

Feng Shui: Because tiger's eye has strong protective qualities, one excellent placement for this stone is near the front door to your home or office or by a big window.