

Crystal Properties and Meanings



Hey!! Welcome to the Official Flower and I Jewellery Crystal Meanings and Properties page. All the crystals listed here are incorporated throughout our jewellery! If you're curious about a crystal's properties before you purchase then scroll through here and learn something new! This will be updated whenever we release more pieces with new crystals in the future.



Lots of love, ✿&I

A

Afghanistan Jade - The stone of protective energy

Afghanistan Jade, also known as bowenite, is a form of serpentine. It has incredible healing properties that harness energy to produce a shield of protective energy around your body. As well as protecting your body from harm, Afghanistan Jade works to protect your mental, emotional, and spiritual health. Preventing negative energies from affecting you, it disrupts the symptoms usually associated with depression and helps you face your fears. The uplifting energy released from this stone fills you with confidence and helps to focus your mind.

Amazonite - The stone of balance and success

Amazonite encourages good luck and fortune. It's known as the Gambler's stone and is said to have a soothing effect on the nervous system. This stone is said to soothe tense and aggravated situations and to enhance love. It has a gentle healing quality that is useful to nearly everyone in a general manner.

Amethyst - The stone of peace

Natural amethyst is connected to the third eye and crown chakras. Amethyst is a symbol of peace, cleansing and calming energy. It represents purification and connection to spiritual and divine beings. Amethyst is attached to serenity, understanding, trust and grace.

Aquamarine - The stone of truth and communication

Aquamarine improves the alignment of the chakras due to its balancing connection. It has a special connection to the throat chakra and can help improve communication. It also connects us to our higher levels of consciousness as well as our higher self. This makes it a great stone to work with during meditation. It also soothes energy and helps calm fears and anxieties.

B

Black Agate - The stone of grounding and protection

Black Agate is associated with grounding effects and protection. It offers calming energy during difficult periods of time/life. Black Agate is closely connected to the root chakra. Wearing jewellery made from this gemstone will bring you peace, balance your positive and negative energy, relieve anxiety and provide protection during hard times. Black Agate is a stone of new beginnings, change and soothing for deep emotions such as grief, anxiety and anger.

Black Rutile Quartz - The stone of positivity

Black Rutilated Quartz a powerful stone for depression or any kind of life trauma. Helps you accept challenges as it opens new ways to live. Inspires you to leave or remove anything that no longer serves you. This sacred stone dissolves negative energies.

Blue Apatite - The stone of motivation and ambition

Blue Apatite has multiple benefits. It helps with motivation, ambition, self-confidence and self-acceptance. In general, blue gemstones are associated with the mind's connection to the spiritual world. Many people use apatite stones to help them understand their inner world better and assess their needs, wants and issues they're facing.

Blue Lace Agate - The stone of peace and tranquillity

Blue Lace Agate is a highly spiritual stone that can ground and enlighten you. It's the stone that you should carry with you when you feel lonely, desperate or anxious. Its healing energies will bring you peace and tranquillity, and they will help remove blockages in your aura that are preventing you from seeing the answers. This stone carries a subtle energy that can help you achieve balance and stability. It will bring more love and happiness into your life and get rid of negative thoughts and energy.

Botswana Agate - The stone of grounding

Botswana Agate is used for grounding and centring in the beginning of meditation rituals. It allows harmony with nature and when easing into a transition state. The bands in Botswana Agate is associated with the base or root chakra. This helps those feeling physically or spiritually out of balance. Botswana Agate is said to bring the body energy, a sense of security and power.

C

Carnelian - The stone of motivation and action

Carnelian grounds and anchors you into reality. This is a stabilising stone with very high energy levels. Carnelian is excellent for restoring your vitality and motivation. It gives you courage, promotes positive life choices, dispels apathy and motivates you for success. This stone will help you trust in yourself and your views of the world. It will protect you from envy, rage and resentment.

Charoite - The stone of transformation

Sometimes called a "stone of transformation," charoite is thought to aid the transformation of negative emotions into positive ones. It is believed to encourage inner strength, assertiveness, creativity and self-esteem.

Chevron Amethyst - The stone of protection

Chevron Amethyst will cleanse the aura and remove any residual negativity that's affecting your overall vibrations. Chevron Amethyst is a strong protection stone that will create a safety bubble around its wearer. It will deflect any kind of attack and keep you safe. Chevron Amethyst is also a sobering stone that is helpful if you're trying to kick a bad habit or quitting an addiction.

Chrysoprase - The stone of detoxifying

Chrysoprase is a strong detoxifying stone. It eliminates waste from the body, as well as the mind, by stimulating the liver and encouraging the body to rid itself of poisons. It is excellent for relaxation and promoting a peaceful night's sleep, reducing claustrophobia and preventing nightmares.

Citrine - The stone of wealth and success

Citrine is the "Merchant's Stone" and is associated with success and prosperity. Citrine is also associated with the solar plexus chakras. It increases creativity, protects you from negative energies, activates your intuition and helps you manifest abundance, wealth and prosperity. Citrine also helps you overcome your fears and balances your emotions.

Clear Quartz - The stone of cleansing

Clear Quartz is believed to bring clarity to those who carry it with them. It is also one of those stones most associated with inner healing and spiritual growth. Clear quartz is known for having high vibrations. The stone can clear the mind, body and spirit of clutter and can help to align the bearer with the highest form of themselves so they can reach their full potential.

Crazy Lace Agate - The stone of laughter

Similar to other agates and silica rocks, Crazy Lace Agate is a good general healing stone. Crazy lace agate is commonly referred to as the "laughter stone," or "happy lace." It's a balancing and protecting stone, believed to ward off the "evil eye," bringing joy and absorbing emotional pain.

D

Dalmatian Jasper - The stone of healing

Dalmatian jasper works by stimulating the nervous system, and reflex actions. Making it a powerful healer to the muscles, tendons, cartilage, while increasing the overall balance of the body. This is helpful in preventing injuries like strains, sprains, and muscle spasms.

Dragon's Blood Jasper - The stone of protection

Dragons Blood Jasper was given to warriors as a talisman of protection. It was believed to give warriors the courage of a dragon, and the cellular regenerative healing of a reptile

working to heal wounds, and stop bleeding. Spiritually it will give the person the courage to dive deep within themselves and face their darkest truths, and blocked paths. It aids in forgiving those truths with love, and awareness, to foster self love. For accepting the self is the start to understand the true power of the self.

E

F

Fluorite - The stone of concentration and self-confidence

Fluorite cleanses and stabilises the aura. It absorbs and neutralises negative energy and stress. An excellent learning aid, Fluorite increases our powers of concentration, self-confidence and helps us in decision-making. It encourages positivity, balances the energies, and improves balance and coordination, both physically and mentally.

G

Garnet - The stone of balanced energy

Garnet revitalises, purifies and balances energy which brings serenity. It inspires love and devotion and alleviates emotional disharmony. It activates and strengthens the survival instinct, bringing courage and hope.

Golden Rutilated Quartz - The stone of intuition

Golden Rutilated Quartz quickens the process of manifestation, intuition, emotional catharsis, psychic opening, consciousness expansion, and inter-dimensional travel. It assists us in attuning to our Higher Self and helps us know if someone or situation is not serving us.

Green Apatite - The stone of calming

Green Apatite is a very calming and soothing stone. Our heart, throat, and third eye chakras become activated and aligned when working with this stone. When these chakras are activated together, one will notice how clear their communicative skills are. This stone works with your emotions and strengthens them so that they may not overwhelm you during difficult times and conversations. This stone will help you choose the right words to say, while also not letting emotions get the best of you.

Green Aventurine - The stone of confidence and courage

Green Aventurine provides strength, confidence, courage and happiness. It renews one's optimism for life and pushes us to take action to acquire what we want in this world. This stone urges one to get out of their comfort zone and take on new opportunities. Green Aventurine has been associated with luck since its discovery. Many users hold a piece firmly in their hand while they manifest their dreams and desires.

Green Calcite - The stone of compassion

Green Calcite brings a renewed sense of purpose and vitality and a desire to make positive change in one's life. It encourages forgiveness of oneself and others and brings softness to the heart, stimulating compassion.

Green Garnet - The stone of protection

Green Garnet can stimulate blood flow and help in new cell growth, especially when you pair it with the April Birthstone. It can also boost the respiratory and the immune systems and protect you against highly infectious diseases. The healing energies of Green Garnet can detoxify the body and reduce inflammations.

Green Rutilated Quartz - The stone of health

Green Rutilated Quartz is a great crystal for improving health, it is believed to relieve exhaustion and re energise. A great crystal for protection against negative spirits especially for those who stay out late or during the seventh month. Emotionally, Rutilated quartz is purported to soothe dark moods and alleviates depression. This stone is said to relieve phobias, anxiety and fears.

Green Serpeggiante - The stone of courage and happiness

A highly grounding form of Wood Jasper that increases courage and confidence. It stabilises the aura, balances yin and yang, and aligns all the chakras. A stone of happiness, it induces tranquillity and dream recall.

H

Hematoid Quartz - The stone of grounding

Hematoid Quartz is a powerful grounding crystal, drawing chaotic and stray energies down into the Root Chakra to balance polarised opposites of emotion and thought. It connects the Crown to the Root Chakra.

Honey Jade - The stone of magic

Honey Jade is the stone of magic and is used for clear judgement and focus. It is associated with life and healing and connects body and spirit. It brings prosperity, produces longevity, fertility, serenity, wisdom, balance, moderation, stability. Honey Jade protects from negativity; fosters wise use of power and helps with understanding.

I

Indian Agate - The stone of meditation and spiritual practice

Indian Agate is primarily a stone for meditation and spiritual practice. It is also a physical healing stone - which is one that you can use for crystal energy practice. Use Indian Agate for unblocking the chakras and powering them up. Chakras are the centres of several kinds of personal capacities and powers. These are the points where the subtle bodies meet with the universe.

J

Jade - The stone of virtue and love

Green Jade is believed to boost the functions of the heart, kidneys, as well as the nervous and immune systems. Green Jade is recognised as a symbol of virtue and love. It eases the mind and invites harmony and peace. Green Jade has strong healing properties. Jade can

provide healing in relationships and with oneself. It can encourage honesty, maturity, life force energy, self-love and self-acceptance.

K

L

Labradorite - The stone of protection

Labradorite is a spiritual stone that is especially helpful for people who are overworked. It helps individuals regain energy while aiding the body and spirit in healing itself. In the metaphysical world, Labradorite is considered one of the most powerful protectors. It creates a shield for auras and protects us against the negativity of the world.

Larimar - The stone of peace and clarity

Larimar is said to enlighten and heal in a physical, emotional, mental and spiritual way. It stimulates the heart, throat, third eye and crown chakras facilitating inner wisdom and outer manifestation. It represents peace and clarity, radiating healing and loving energy.

Lavender Jade - The stone of balance

Lavender Jade has a gentle energy that will soothe, heal and help with balance. It will also bring inner peace and harmony in your heart and in your relationships. It's a stone that will put you in touch with your emotions. It will encourage you to remain calm and be moderate when dealing with emotional matters.

Lepidolite - The stone of peace

Lepidolite is sometimes called the "peace stone" or "grandmother stone" because it is thought to have nurturing and calming properties. Within the metaphysical realm, Lepidolite aids in overcoming emotional or mental dependency and helps treat addictions and all kinds of conditions.

M

Malachite - The stone of transformation

Malachite is the essence of joy and is known as the "stone of transformation" because it helps reveal and heal emotional pain by absorbing the pain into itself. It is especially helpful in bringing ease during times of change and gives the insight needed for personal growth. Malachite is a guardian of the heart and will help protect you from toxic energy flow.

Mixed Rutile Quartz - The stone of protection

Rutilated Quartz gives protection against the ill thoughts of others. It helps to reach the root of problems and facilitates transitions and a change of direction. Soothes dark moods and acts as an antidepressant. Rutilated Quartz relieves fears, phobias and anxiety.

Moonstone - The stone of new beginnings

Moonstone is the stone of new beginnings, inner growth and strength. It soothes emotional instability and stress, and stabilises the emotions, providing calmness. Moonstone enhances intuition, promotes inspiration, success and good fortune in love and business matters.

Multicolour Agate (Blue) - The stone of calmness

The various colours mean agate can have a wide range of emotional and physical influences by generally it's a soothing and calming gemstone which can relieve tension and anger. It improves concentration, memory, your awareness of your surroundings and rational thoughts.

N

O

Onyx - The stone of strength

Onyx gives strength and promotes steadfastness and stamina. It encourages self-confidence and helps ease you into your surroundings. Onyx banishes grief, enhances self-control and stimulates the power of wise decision-making. It encourages happiness and good fortune.

Opalite - The stone of assistance

Opalite is a subtle yet highly energetic stone. It improves communication on all levels, especially spiritually. Opalite helps assist us during transitions of all kinds. It encourages persistence and gives us strength in verbalising hidden feelings.

Orange Calcite - The stone of creativity

Orange Calcite helps integrate the spiritual realm with the physical body, enhances creativity, and is helpful with emotional issues. Use Orange Calcite to energise and cleanse the Sacral and Solar Plexus Chakras and to bring positive energy into the areas of the will and sexuality.

P

Peach Aventurine - The stone of prosperity

Peach Aventurine/Orange Aventurine is a stone of prosperity, often recommended to help with anxiety, worry, stress and shyness. It can boost the energy of the sacral chakra and calm and balance the emotions. Mentally Aventurine encourages tolerance, stabilises the mind and promotes creativity.

Peridot - The stone of healing and good health

Perhaps due to its green colour, the stone was synonymous with the idea of detoxing. Peridot is a perfect tonic for good health, especially when it comes to healing and regenerating cells and tissue, bringing strength and speed to metabolism, and helping the adrenal and endocrine systems.

Prehnite - The stone of dreaming

Prehnite is considered a "stone of dreaming"; it is believed to increase the power of the dream state, strengthen lucid dreaming and promote communication with other planes of existence.

Purple Prehnite - The stone of unconditional love

Prehnite is considered a stone of unconditional love and the crystal for healing. It enhances precognition and inner knowing. It enables you to always be prepared. Prehnite calms the environment and brings peace and protection.

Q

R

Rhodochrosite - The stone of healing

Rhodochrosite directs your gaze inward. They help you to find love and forgiveness, along with healing for past wounds, trauma, and suppressed memories.

Rose Quartz - The stone of love

Rose Quartz purifies and opens the heart at all levels to promote love, self-love, friendship, deep inner healing and feelings of peace. Rose Quartz dispels negativity and protects against environmental pollution, replacing it with loving vibes.

Ruby Zoisite - The stone of growth

Ruby in Zoisite offers the energy of happiness, appreciation, abundance, vitality and growth. It stimulates the heart and helps one too open to divine love. Zoisite helps to alleviate grief, anger, despair and defeat, and it's a powerful stone for deep healing by activating the body's defences and healing mechanisms.

S

Smoky Quartz - The stone of grounding

Smoky Quartz is a balancing and grounding stone known for its ability to help you rise above challenging circumstances and experiences. As a grounding stone, Smoky Quartz gains its grounding properties due to its close connection with the Root Chakra. Smoky Quartz is a supportive healing aid that helps you let go of the past and move confidently toward a brighter future.

Sodalite - The stone of calmness and balance

Sodalite brings order and calmness to the mind. It encourages rational thought, objectivity, truth and intuition, along with verbalisation of feelings. Sodalite brings emotional balance and calms panic attacks. It enhances self-esteem, self-acceptance and self-trust.

Strawberry Quartz - The stone of universal love

Strawberry Quartz is an amazing stone that has the ability to bring energies of universal love into your life. This feeling of love will create in you a sense of personal importance that will enable you to withstand any obstacles being thrown at you in your everyday life. When you

start believing in yourself, that is when everyone else will start believing in you and your abilities as well.

I

Tiger's Eye - The stone of good luck

Tiger's Eye has the power to focus the mind, promote mental clarity, assist us to resolve problems objectively and unclouded by emotions. Tiger's Eye give good luck to the wearer and is useful for recognising one's own need in relation to others. Tiger's Eye stabilises mood swings, imbues us with willpower, purpose, courage and self confidence, and releases tension.

Tourmalinated Quartz - The stone of healing

Tourmalinated Quartz is a healing stone for grounding, protection, and balance. These properties interweave together to keep you present while protecting you from any negativity swirling around you. For physical healing, tourmalinated quartz can help with digestive issues like heartburn or the stomach flu. Additionally, the stone is purported to help restore the nervous system and heal wounds. Tourmalinated quartz stone aligns with two chakras: the base chakra and the third eye chakra.

U

V

W

White Agate - The stone of balance

White Agate is known as a balance of release and balance. It harmonises your feminine and masculine sides, while helping the body release toxins. It's believed to improve the analytical frames of the mind and release traumas to promote courage and trust. White Agate is associated with the Crown Chakra.

X

Y

Z

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