



Crystal List/Crystal Meaning:

1: Hematite- *Grounding - Stabilizing - Clarity*

This ultimate grounding stone brings mental clarity & mental organization. When it touches your skin you instantly feel calm, balanced & centered. This "here & now" stone allows one to feel present in their physical body, as well as connecting one to earth. Eliminates negative energy in the body. Aids in healing to cool body temperatures, nervous problems, stress & insomnia, spinal alignment & broken bones. **Chakra: Root**
Zodiac Sign: Aries, Aquarius

2: Amethyst- *Intuitive - Soothing - Focus - Meditation*

Amethyst inspires a peaceful state of being. Enhancing meditation, its soothing energy relaxes the body and calms an overactive mind. Increasing focus, it balances intuition with logic to support the decision making process. Having Amethyst near your bed or under your pillow improves the quality of your sleep and stimulates dream recall. A stone of positive transformation, Amethyst helps to overcome harmful behaviors by addressing negative emotional patterns and releasing damaging beliefs and attachments. Keeping the body in balance, Amethyst clears the aura and creates a protective shield to guard against psychic attacks and geopathic stress. Its violet ray maintains a sense of well-being by transmuting negative energy from the environment. It requires frequent cleansing and should not be kept in direct sunlight, or it will fade.
Chakra: Crown **Zodiac Sign: Virgo, Capricorn, Aquarius, Pisces**

3: Tiger's Eye- *Strength - Determination - Grounding*

Wards off negative energies & is very protective in all aspects. Enhances determination, patience, good luck, prosperity, willpower, practicality & confidence. Helps one see clearly & is beneficial to the solar plexus. Inspires creativity, stability & is one of the best

aids for resolving a crisis. Increases vitality, strength & restores balance to the body on all levels. **Chakra: Root & Sacral & Solar Plexus* *Zodiac Sign: Leo, Capricorn**

4: Lapis Lazuli- Creativity - Self Awareness - Clarity

A stone of protection that may be worn to guard against psychic attacks, Lapis Lazuli quickly releases stress, bringing deep peace. It brings harmony and deep inner self-knowledge. Encourages self-awareness, allows self-expression and reveals inner truth, providing qualities of honesty, compassion and morality to the personality. Stimulates objectivity, clarity and encourages creativity. Lapis Lazuli assists to confront and speak one's truth and inspires confidence. It bonds relationships, aiding in expression of feelings and emotions. **Chakra: Third Eye & Throat**
Zodiac Sign: Sagittarius, Pisces

5: Onyx- Protection - Strength - Intuition

A very protective stone in all aspects that absorbs & transforms negative energies. Aids one who is personally drained, by providing support, strength & stamina; both physically & mentally. Encourages happiness, good decision making, stimulates intuition & great for meditation & dreaming. Strengthens immune system, improves nerve function & enhances sensory organs. Improves hearing, diseases associated with the inner ear & aids in healing tinnitus. **Chakra: Root* *Zodiac Sign: Leo**

6: Citrine- Light - Happiness - Abundance

Citrine is a happy stone full of light, warmth & abundance. Powerful of manifestation, it helps one to achieve goals. Clears negative energies by breaking up, dissolving & grounding them. It never absorbs negativity & will never need energetic cleansing. Strengthens mental clarity, confidence & will power. Enhances the inner light & sparks intuition, creativity & imagination. Helps with chronic fatigue & increases energy & drive. **Chakra: Solar Plexus* *Zodiac Sign: Aries, Gemini, Leo, Libra**

7: Unakite- Sleep - Balancing emotions - Grounding - Recovery

Unakite is a stone of vision. It balances emotions with spirituality. It provides grounding when needed. It facilitates rebirthing, gently releasing conditions that inhibit spiritual and psychological growth. Simply meditating with this stone will help push out those "dead weight" feelings we continue to carry with us. These emotions serve no positive purpose. This crystal has a soft touch and will keep you comfortable even when dealing with the most painful emotions. Unakite is one of the healing crystals that will assist with

better sleep. It will also help to relieve stress and depression. **Chakra: Heart**
Zodiac Sign: Scorpio

8: Rose Quartz- Love - Romance - Self-Esteem

This stone of unconditional love opens the heart to all types of love. Full of compassion & comfort, it raises self-esteem & heals emotional wounds, fears & resentments. Attracts new love & inspires beauty in oneself & others. Relieves tension & stress, & stabilizes irregular heart rhythm. Supports the female reproductive system & increases fertility. **Chakra: Heart** **Zodiac Sign: Taurus, Libra**

9: Howlite- Calming - Communication - Intuitive

A calming stone that relieves stress of all kinds. Ideal for an overactive mind. Aids in releasing unhealthy attachments & emotional wounds. Helps one to process their emotions, overcome communication difficulties & decreases anger & selfishness. Increases inspiration, creativity, self-expression & compassion. Brings mental awareness & great for dream work. Ideal for meditation & connects one with higher, spiritual consciousness. **Chakra: ALL (Crown, Third Eye, Throat, Heart, Solar Plexus, Sacral & Root)** **Zodiac Sign: Gemini**

10: Fluorite- Protective - Intuitive - Balance - Focus - Learning Aid

Highly protective against negative energy, it assists in finding balance in life, seeing the bigger picture, stabilizes emotions & calms an overactive mind. Increases intuitive abilities & useful for grounding & harmonizing spiritual energy. A great crystal for students & work. It has the ability to sharpen your focus & to assist you in making wise decisions. Keep a piece on your desk as a learning aid, as it has the metaphysical properties of helping you think with clarity & to receive/process information. One of the most powerful stones for overall cleansing & rejuvenation of the aura's. **Chakra: Third Eye & Heart** **Zodiac Sign: Capricorn, Pisces**

11: Snowflake Obsidian- Purity - Balance - Serenity

Volcanic glass that is formed when lava cools. Provides serenity, calming & cooling. Helps overcome feelings of regret from making mistakes & balances the body, mind & soul. Releases negativity & recognizes & changes unhealthy patterns. Aids in disorders of veins, & skeletal structure. Improves circulation & relieves arthritis, muscular aches & spasms. **Chakra: Root** **Zodiac Sign: Virgo, Scorpio**

12: **Red Jasper**- *Grounding - Protection - Balance - Pregnancy*

This stone of courage heals emotions, calms nerves, stimulates passion & provides security & stability. Enhances physical strength, energy, stamina, focus & determination. Provides vivid dream recall, manifests creative ideas, & can help one to connect with Earth's grounding energies. Very protective in dangerous situations & guards against physical threats. Aids in generating muscle tissue & provides support during illness, injury, or hospitalization. Supports circulatory system, strengthens heart & increases fertility. Also helps to stabilize pregnancy & promote strong fetal growth. **Chakra: Root**
Zodiac Sign: Taurus, Leo

13: **Green Aventurine**- *Luck - Opportunity - Prosperity*

Known as the stone of opportunity, it is thought to be the luckiest of all crystals. Very strong in attracting luck & wealth. Releases old patterns, habits & disappointments, so that new growth can take place. Very comforting, it is a strong protector of the heart chakra. Absorbs electromagnetic smog & environmental pollution. Aids in balancing blood pressure, stimulates the metabolism, eases skin eruptions, allergies, relieves migraines & soothes eyes. Benefits in healing the adrenals, lungs, sinuses, as well as cardiac & circulatory conditions. **Chakra: Heart** **Zodiac Sign: Aries, Leo**

14: **Clear Quartz**- *Universal - Intuitive - Balance*

Also known as Rock Quartz, it is the most abundant crystal & is the most versatile healing stone. Infused with all of the colors of the rainbow, it creates white light. It helps on all levels, aids in gaining mental clarity, balance & spiritual growth. Enhances & amplifies one's feelings as well as other crystals. Strengthens the aura & protects against negativity. Cleanses, opens, activates & aligns the chakras. Stimulates the immune & circulatory system, allowing energy to flow. **Chakra: Crown**
Zodiac Sign: ALL (Aries, Taurus, Gemini, Cancer, Leo, Virgo, Libra, Scorpio, Sagittarius, Capricorn, Aquarius, Pisces)

15: **Amazonite**- *Soothing - Balance - Truth*

This stone of truth helps you to see a problem from different perspectives & empowers you to discover one's own truths. Helps to move past fear of being judged & confrontation with others. Calms the mind, dispels negative energy & assists in manifesting universal love. Protects & absorbs electromagnetic smog. Relieves muscle spasms & nervous system disorders. **Chakra: Throat** **Zodiac Sign: Virgo**

16: Opal- *loyalty - faithfulness - emotional healing*

Opal is an emotional stone and reflects the mood of the wearer. It intensifies emotions and releases inhibitions. Encourages both freedom and independence. It stimulates originality and creativity. Helps to release anger and claim self-worth, aiding in accessing and expressing one's true self. Opal strengthens memory. It encourages an interest in the arts. Wearing Opal brings loyalty, faithfulness and spontaneity. Opal strengthens the will to live. **Chakra: Heart* *Zodiac Sign: Libra**

17: Sodalite- *Logic - Truth - Clarity*

Provides structure, order, & encourages a rational & logical mind. Aids in focusing & mental clarity, while decreasing distractions. Helps one to gain control of one's life by planning & building great ideas. Encourages one to express their feelings, providing truth. Enhances intuition, as well as self-esteem, self-worth, self-acceptance & self-trust. It is great for anxiety & panic attacks (esp. when traveling). Heals the throat, vocal cords, larynx & digestive issues. **Chakra: Throat* *Zodiac Sign: Sagittarius**

18: African Bloodstone Jasper- *Protection - Grounding - Abundance - Purification*

African Bloodstone is a grounding & protecting stone, keeping out undesirable influences. It heightens intuition, increases creativity & stimulates dreaming. Gives courage & teaches you how to avoid dangerous situations. Assists in acting in the present moment. It calms & revitalizes the mind, dispels confusion & enhances decision-making. Assists in adjusting to unaccustomed circumstances. Reduces irritability, aggressiveness & impatience. African Bloodstone honors the Roman goddess Bona Dea, a fertility goddess who was associated with healing. She guides & guards women through all phases of their lives. **Chakras - Root**
Zodiac Sign: Aries, Libra, Pisces

19: Obsidian- *Clarity - Protection - Growth - Removes Negativity*

Obsidian is truth-enhancing. A strongly protective stone, it forms a shield against negativity. It blocks psychic attack and absorbs negative energies from the environment. Obsidian draws out mental stress and tension. It stimulates growth on all levels, urging exploration of the unknown and opening new horizons. Brings clarity to the mind and clears confusion. Helps you to know who you truly are. Obsidian dissolves emotional blockages and ancient traumas. Promotes qualities of compassion and strength. **Chakras- Root* *Zodiac Sign: Scorpio, Sagittarius**

20: **Pyrite**- *Protection - Wealth - Success*

Pyrite, sometimes called fool's gold, is a popular crystal with a strong connection to abundance and fire energy. Pyrite is a popular crystal for many reasons. It's a powerful protective stone that creates a shield against negative energy. Pyrite has a connection to the solar plexus chakra and is used to increase strength, energy, willpower, and confidence. It's also a wonderful abundance stone, encouraging wealth, prosperity, and success. It's connected to the sun which has a bright, yang fire energy. Not only does pyrite protect against negative energy and attract positive energy (wealth, abundance, opportunity), it also serves to release and neutralize any negative energy that has accumulated. Fearful energy that may be blocking success can be discharged by the presence of pyrite. Pyrite is a potent stone when it comes to cultivating abundance and prosperity. It's a great stone to work with if you want to develop an abundance mindset and welcome more wealth. **Chakra: Solar Plexus* *Zodiac Sign: Leo**

21: **Strawberry Quartz**- *Love - Purpose - Soothing*

Promotes universal love, understanding one's purpose, living in the moment & making the most of life. Soothing & calming for one who works in a fast-paced environment. Amplifies, radiates & attracts love. Brings balance to the spirit, emotions & chakras, by connecting the physical body & aura. Aids one in finding hidden, inner truths & encourages one to improve wherever need be. Helps one to tune into & reprogram to true self, by releasing negative, emotional, restrictive limits & patterns. Stabilizes the energy field & guides one to higher-self. Aids in healing pertaining to the heart.

Chakra: Heart* *Zodiac Sign: Libra

22: **Tree Moss Agate**- *grounding - spiritual energy - creativity*

The spiritual meaning of Moss Agate is all about new beginnings. This gemstone is said to promote growth, fertility, and abundance. It can also help you to manifest your goals and dreams by boosting your creativity and optimism. Moss Agate is also a protective stone, which can shield you from negative energy and help to keep you grounded. Helps with creating harmony in your life--work and personal life. This crystal can help you make sense of things and figure out just what you need to do.

Chakra: Heart & Root* *Zodiac Sign: Virgo, Taurus, Gemini

23: **Red Tiger's Eye**- *energy - libido - motivation*

Promotes a positive attitude and aides in increasing feelings of self-worth. Its focus on the lower chakras is what gives Red Tiger's Eye the power to send higher energies through the organs of the lower half of the body. Red Tiger's Eye aids in enhancing

confidence and self-esteem. It provides motivation to the non-motivated and energizes those who are feeling lethargic. It is believed to help you to discover, and have confidence in, your own abilities helping to enhance your personal power and self-confidence. Red Tiger's Eye is a stone of passion and stimulation. Its properties are closely connected to the human sex drive, and it is often used to either increase libido or help a person deal with sexual frustrations and issues. **Chakra: Solar Plexus & Root**
Zodiac Sign: Leo, Capricorn

24: Angel Aura Quartz- serenity - joy - light - beauty

Angel Aura Quartz resonates with the power of Divine love. Its pearly iridescence reflects the ethereal beauty of angel wings, emanating a high vibration which uplifts the spirit and instills a deep sense of peace. Bridging the realms between Heaven and Earth, it opens a channel for receiving angelic messages and guidance towards one's spiritual purpose. Enhancing a deeper state of meditation, this brilliant crystal awakens the higher self and brings you into alignment with the abundance of the Universe. Cleansing the aura and chakras with its prismatic light, Angel Aura Quartz revitalizes the body to its natural state of joy. Its heavenly ray amplifies the beauty within and encourages you to let your love shine in all that you do. **Chakra: Heart & Crown**
Zodiac Sign: Aries

25: Shungite- purify - transformation - grounding

Shungite is an incredible stone for grounding, purification, and transformation. It teaches us how to stay in full balance, in our body, mind, heart, and spirit. Shungite asks us to release any silly beliefs about "perfection" we might hold, and instead embrace a life that simply feels Good. Shungite clears our auras and other energy fields, and helps us to stay more firmly centered in our Personal Power. It is a powerful protector against all types of negative energies as well as electromagnetic smog. Shungite is highly recommended for all healers who regularly come in direct contact with patients and clients who have dark or heavy energy. It also helps the healer's own personal energy stay clean and clear, so they can continue to do beautiful work. **Chakra: Root**
Zodiac Sign: Scorpio, Capricorn

26: Flower Agate- growth - joy - manifestation

Flower Agate is a grounding stone that encourages new beginnings, growth, and transformation. These beautiful agates are blooming with flowers and will help you "blossom" into your full potential. They encourage you to see your dreams through with an open heart, clarity, and renewed commitment. It is especially helpful in opening your

mind to the possibility and growth beyond your perceived limits. Flower Agate promotes a sense of possibility and protects against negative emotions such as anxiety, fear, or self doubt. This allows you to focus on positive feelings including love, affection, openness, passion, and encouragement. **Chakra: Heart**

Zodiac Sign: Taurus, Gemini, Scorpio

27: Carnelian- individuality - creativity - courage - love

Carnelian is a vibrant energetic stone. It is known to be a gemstone that awakens a zest for life and taps into our power and creativity. If you want to boost your sense of self-esteem, Carnelian can help you to find your inner strength. It also helps to rekindle creativity and boosts motivation. It is believed to stimulate love and passion and brings courage to all who wear it. Carnelian also attracts the energies of love, passion, and romance into your aura. Work with this lovely gemstone to help you restore love and romance in your existing relationship. If you are single, wear Carnelian to help you attract your soulmate. **Chakra: Sacral** **Zodiac Sign: Taurus, Cancer, Leo**

28: Blue Tiger's Eye- balance - empowering - clarity

Hawk's Eye or Blue Tigers Eye is a very soothing stone. It aids in reducing stress and anxiety while increasing a calm, peaceful feeling. A gleaming Tigers Eye in shades of blues and grays, Hawk's Eye can help illuminate issues that may have been difficult for us to see. It connects us to our Third Eye, increasing our intuition and empowering our understanding of the internal conflicts that consistently distract us from achieving our desires. Blue Tigers Eye also instills a go with the flow attitude, reminding us that balance and harmony is essential. Clarity is bestowed upon us when we work with it and the aspects of our own yin/yang imbalances are able to be aligned in harmony.

Chakra: Third Eye **Zodiac Sign: Leo, Sagittarius, Capricorn**

29: Aquamarine- peace - inspiration - growth - communication

Aquamarine has a very serene, calming energy that can assist with reducing stress, quieting an overactive mind and instilling an overall sense of peace. Known for its connection to the Throat Chakra, Aquamarine opens the lines of communication, encouraging self-expression. However, before doing so, Aquamarine soothes our innermost fears by helping us understand and interpret the underlying reason for our emotional blockages. This inspires monumental personal growth allowing us to be honest and open communicators. The unresolved, unfinished business that has been holding us back is now concluded, leaving behind the sense of closure that is necessary to heal, grow and inspire! **Chakra: Throat** **Zodiac Sign: Aries, Gemini, Pisces**

30: **Indian Agate**- *strength - courage - protection*

Indian Agate is known for calming and relaxing the mind of those who wear it. It's also said to be helpful in balancing yin and yang energies. As such, it is believed to be particularly beneficial for those who are seeking clarity or direction in their lives. The stone is also thought to help promote strength, courage, and protection. Secondly, as a protective stone, Indian Agate is said to have very stabilizing energies, which can be helpful for those who tend to be moody or emotional. It is thought to help balance and harmonize the mind, body, and spirit. Indian Agate is also said to promote mental clarity and help with decision-making. In addition, this stone is said to be helpful for those who are dealing with anxiety, stress, or fear. **Chakra: Sacral**

Zodiac Sign: Aries, Taurus, Gemini

31: **Black Tourmaline**- *purification - protection - calming*

Black Tourmaline is most commonly used for protection and is recommended for anyone exposed to uncomfortable environments. This stone acts as a negativity deterrent by cleansing and protecting your auric field. This stone will also act as a transmuter taking the negative energy surrounding you and purifying it. Black Tourmaline is an excellent grounding crystal for meditation and healing. It can help soothe panic attacks and ease stress. It is a stone of purification, cleansing the emotional body of negative/unwanted thoughts, anxieties, anger or feelings of unworthiness. **Chakra: Root* *Zodiac Sign: Libra, Capricorn**

32: **Peach Moonstone**- *Fresh Starts - Calmness - Creativity - Femininity*

Revered by the ancient Indians as a "stone of happiness", Peach Moonstone is an incredible gemstone often used to celebrate new milestones. This crystal is also well-known for enhancing creativity and soothing the emotional body. Most people believe that it helps to calm the mind and soothe the emotions. It is also seen as a magical guardian stone that can protect you from impending harm. Having a rich history, women from different parts of the world are said to have used Peach Moonstone to enhance their reproductive health, ease menstrual pains, and treat hormonal imbalances. This beautiful crystal is also strongly connected to the moon, which is why it is primarily known as a feminine stone. Peach Moonstone is completely filled with feminine energy and carries properties that can encourage open-mindedness, self-love, and goodness. **Chakra: Sacral* *Zodiac Sign: Cancer, Libra, Scorpio**

33: **Mookaite-** *Calming - Self-Worth - Motivation*

Mookite Jasper is a nurturing stone that supports and sustains during times of stress. It brings peace and a feeling of wholeness. Mookaite helps us with decision making, especially when we are having a difficult time. It encourages versatility and helps us to accept change. Mookaite provides us with emotional growth. It helps us to discover all possibilities in a situation and to choose the right one. Mookaite provides a protective shield against negative or dangerous situations, eliminating and blocking unwanted outside influences and distractions, and revealing what is concealed. **Chakra: Root**
Zodiac Sign: Leo

34: **Dragon Bloodstone Jasper-** *Courage - Strength - Vitality*

Found only in Australia, local legend believes it to be the remains of Dragons with the green representing the skin and the red representing the blood. This Jasper brings out the inner dragon in all of us! On one side, it fiercely emboldens courage, resolve, determination and practicality, while the other side of our inner dragon is nudged gently, to offer love, forgiveness, and compassion to others. It is a Heart Chakra Stone that represents love and passion. It is a great stone for those facing an illness as it promotes inner strength and willpower and an energetic boost of vitality to help one's recovery. **Chakra: Heart** **Zodiac Sign: Aries, Pisces**

35: **Bumble Bee Jasper-** *Happiness - Courage - Optimism - Manifestation*

Bumblebee Jasper initiates a journey toward discovering your *WHY*. While everyone's path is unique, it casts a light on where your talents, passions, and deepest values lie. Concentrating your efforts on what matters most, it compels you to take risks, embrace the adventure and pursue your goals regardless of the odds or obstacles you will encounter. Infused with the cheerful light of the sun, Bumblebee Jasper raises your frequency and invigorates your energetic systems. Overcoming hesitation and the fear of failure, it excites a sense of purpose for creating a life beyond measure. Enhancing the power of manifestation, it unleashes a flow of creative ideas that present new opportunities and solutions. Bringing you into harmony with the universal current, Bumblebee Jasper inspires community and mindful service. It teaches you that your happiness is an expression of joy that elevates the world. Strengthening an unshakable belief in yourself and your abilities, it empowers a truth of infinite possibility and potential. **Chakras: Sacral & Solar Plexus** **Zodiac Sign: Leo, Sagittarius **

36: Caribbean Calcite- Meditation - Cleansing - Personal Growth - Calming

This remarkable stone combines the forces of Blue Calcite with White and Brown Aragonite. Named for its captivating resemblance to a tropical shoreline, Caribbean Calcite is also known as “Ocean Blue Calcite” and “Blue Aragonite.” Caribbean Calcite invites you to unplug from the everyday hustle and take some much-needed time to rest and reset your energy. Inducing a calm and quiet state for meditation and dreamwork, it directs the mind’s eye to peaceful visions of a pristine palm-tree-lined paradise. As you drift away with the gentle ebb and flow of the waves, it soothes the body like the comfort of warm sand between your toes and sunshine kissing your skin. Embodying the stillness found in the present, Caribbean Calcite teaches you to experience each moment and ‘just be.’ Filtering the aura like a refreshing sea breeze, it clears negative densities and mental blocks that prevent a harmonious flow of your energy. Raising awareness of your higher self, it inspires a reflection on where you are in life and instills an inner knowing of where to go next. **Chakras: Third Eye & Crown**
Zodiac Sign: Cancer, Capricorn, Pisces

37: Tourmalinated Quartz- Balance - Clarity - Protection - Grounding

Tourmalinated Quartz unites the energetic properties of Black Tourmaline and Clear Quartz. Embracing the duality of darkness and light, each element emphasizes the qualities of the other, resulting in a perfect balance of complementary forces. Black Tourmaline’s purifying and grounding effects are amplified by the power of Clear Quartz to establish a harmonious flow of energy throughout the body. Bringing all of the chakras into alignment, Tourmalinated Quartz strengthens the aura to protect from external stressors and psychic attacks. Dissolving emotional blockages and tension caused by an overactive mind, it heightens your awareness to bring clarity to your thoughts and intentions. An ideal stone to place throughout your home, it cleanses the environment by neutralizing harmful electromagnetic frequencies emitted by radiative devices such as computers and cell phones. **Chakra: ALL (Crown, Third Eye, Throat, Heart, Solar Plexus, Sacral & Root)** **Zodiac Sign: Libra**

38: Sardonyx- Focus - Concentration - Luck

Sardonyx strengthens your perception of the world and the absorption of information that you receive. It helps you understand more easily all the things that happen on a daily basis. If you have a tendency to be pulled in many different directions, this stone is a perfect tool to stay on one task at a time. It helps with mental focus and strong

concentration. Sardonyx will increase your perception of luck, friendship, happiness and good fortune. This is a gamblers stone, a stone of strength and protection. It will enhance your luck, will power, integrity, stamina and vigor. Sardonyx is a stone of strength and protection. It helps you search for a meaningful existence and promotes integrity and virtuous conduct. It brings lasting happiness and stability to marriage and partnerships. Sardonyx attracts friends and good fortune. **Chakra: ALL (Crown, Third Eye, Throat, Heart, Solar Plexus, Sacral & Root)* *Zodiac Sign: Sagittarius**

39: Kiwi Jasper- Elevating - Support - Tranquility

Kiwi Jasper is a very nurturing stone that supports us during times of stress. Its energy helps us feel more relaxed and tranquil. Kiwi Jasper's unique composition has an alter ego that is also very uplifting. It helps to elevate our mood and lift our spirits as it attunes us to the Earth's vibration creating a sense of inner harmony and balance. Kiwi Jasper is extremely helpful for those suffering from an addictive or compulsive behavior by asserting the emotional strength and energy necessary to face the reality of their problems and begin the healing process towards recovery. Spiritually, Kiwi Jasper aids in cleansing, aligning and balancing the Chakras. Its ability to absorb negative energies allows only positive light to shine upon our aura. **Chakra: Heart* *Zodiac Sign: Aries, Leo, Sagittarius**

40: Rhodonite- Self-Love - Acceptance - Balance

Rhodonite works on an emotional level to heal shock and trauma. It clears energy blockages from our past and transmutes our anger and resentment into forgiveness and acceptance. Rhodonite promotes self-love and compassion. It encourages us to see how we have unfairly projected our internal issues onto our partner and those we love. With this newfound awareness, we can begin to work through our internal issues and truly open our hearts to love. Rhodonite is connected to our Heart Chakra and works diligently to clear, stabilize and activate this Chakra. The physical ailments that fester are a result of our emotional and mental scars that have been left unaddressed. Rhodonite balances and integrates these physical and emotional bodies, promoting confidence to heal these wounds and alleviate any confusion we have about their cause. **Chakra: Heart & Root* *Zodiac Sign: Taurus**

41: Larvikite- Grounding - Protective - Patience

Larvikite cleanses the energetic body and offers protection, and grounding through nature. Larvikite is an ideal stone to use to enhance inner vision and psychic abilities. It can be used to work with past life regressions to offer insight and healing by proving clarity to our pasts. It amplifies our sense of confidence in our own minds, our creative hearts, and our innate wisdom. Larvikite offers patience, support, and provides that extra push to help us complete a task or goal. It also helps us make rational, thoughtful decisions rather than act from impulse and emotion. Larvikite is used to help those of us who struggle with learning disabilities, by opening new doors in the mind, while optimizing youthfulness, levity, and vitality. It is an excellent stone for those of us with nervous system disorders, or those of us who have suffered a stroke or traumatic brain injury. **Chakra: Root, Third Eye * *Zodiac Sign: Aquarius**

42: Terahertz- Strength - Power - Balance

Terahertz crystal is considered valuable when it comes to wealth and money. The stone is believed to stabilize you financially and help you prosper. The crystal can also play a role in relationships, romantic or otherwise. It makes you sensitive to the needs of other people and can hence pave the way for finding solutions to problems there might be in the relationship. Terahertz is said to be a protector from negative thoughts and energies. This can aid people who suffer from insomnia and may even help with anxiety and depression. **Chakra: Root* *Zodiac Sign: Capricorn, Aquarius**

43: Silver Sheen obsidian- Awareness - Calming - Balance - Will Power

Silver Sheen Obsidian has a higher vibration than pure Black Obsidian. It has a calm, cool energy that helps us to be directly conscious of what is happening inside us and around us, and to face that reality without fear or denial. It invites us to rise up to whatever challenges we are faced with and to make good choices. It helps us to realize that thoughts and feelings don't need to be magnified or over-analyzed. Our internal dialogue is just information about what is happening outside and inside of us. Silver Sheen Obsidian helps us to realize that what truly matters is what we do with that information; what actions we take or choose to resist. **Chakra: Root, Throat & Third Eye* *Zodiac Sign: Scorpio, Sagittarius**

44: Purple Rose Quartz- Kindness - Gentleness- Love - Compassion

Purple or Lavender Quartz evokes the power of unconditional love and compassion. It shows us how to use feelings of love and acts of loving-kindness as a spiritual path. Lavender Quartz's energy is connected to all aspects of love, including self-love, romantic love, friendship and family love, as well as community and global love. It has a soothing and peaceful energy which can help to reduce daily worries as well as major emotional trauma. Lavender Quartz encourages us to make self-care a high priority, because in taking care of ourselves we have gained strength and energy which we can then give out to the world. Lavender Quartz encourages forgiveness and compassion. It can help us to intellectually understand where another person is coming from and why a situation has occurred. **Chakra: Heart* *Zodiac Sign: Taurus, Virgo, Libra, Capricorn, Aquarius and Pisces**

45: Moss Agate- Growth - Love - Courage - Confidence

Moss Agate provides a strong emotional center by balancing intuitive feelings with logic. Grounding negative thought patterns to be transmuted, it stabilizes hyperactive temperaments and releases deep-rooted tension. Emphasizing the importance of nurturing your health, it supports the recovery from emotional trauma and long-term disease. Offering courage, Moss Agate builds the resilience to defy any challenge that stands in the way of achieving your goals. By increasing self-confidence and knowing your worth, you attune to higher frequencies for attracting abundance into your life. Amplifying your intention, it directs your focus for taking action and manifesting your dreams into reality. **Chakra: Heart & Root* *Zodiac Sign: Virgo**

46: Blue Aventurine- Awareness - Empathy - Communication

An emotional healer, Blue Aventurine stabilizes our mind and stimulates our intuition and perception. It stimulates our ability to heal emotionally and shows us alternatives to our current way of thinking and what new possibilities await after we heal our emotional wounds. This contributes to our sense of well-being calming the pent-up anger and irritability we once held onto. Blue Aventurine encourages us to build connections and communicate openly with those we perceive as different. By being more empathetic to the plight of others, we open our eyes to the potential we have to learn and grow from alternative perspectives. After opening lines of communication, we are able to connect our emotional and intellectual bodies cultivating endless possibilities, a newfound level of awareness and a renewed connection to humanity. **Chakra: Throat* *Zodiac Sign: Aries**

47: **Angel Aura Amethyst**- *Spiritual Growth - Intuition - Peace*

Angel Aura Amethyst is Amethyst coated with Gold and Iridium. It combines the soothing and stress relieving qualities of Amethyst with the peaceful and effervescent quality of Angel Aura. Angel Aura Amethyst is an extremely calming stone. It radiates beautiful energy. Angel Aura Amethyst is connected to your Third Eye and Crown Chakras. It opens your mind to peaceful thoughts and opens your heart to loving energy. Angel Aura Amethyst inspires joy and optimism in your life and encourages peaceful meditation. **Chakra: Third Eye & Crown* *Zodiac Sign: Aquarius**

Crystal kits (click link below to order pre-made kits):

<http://www.mikaelasjewelrybox.com>

1: Pregnancy/Fertility-

Unakite: Promotes a positive pregnancy and healthy growth for babies. Enhances fertility & promotes healthy, happy pregnancies. Aids in healthy & safe deliveries.

Opal: Protects the Female Reproductive System. Helps in Water Retention.

Red Jasper: Red Jasper is known to help women conceive a healthy child, increasing fertility and boosting their immune system.

Fluorite: Fluorite is a key fertility crystal as it balances hormones and overall boosts the reproductive system.

2: No Bad Vibes (Protection)-

Snowflake Obsidian: It is said to have the ability to pull negative energy out of the room which then leaves space for complete mental clarity and opportunity for a world of possibility.

Clear Quartz: It works to dissolve confusion and sharpens awareness, so you are more vigilant in detecting negative people or situations. This versatile stone can be programmed with your intentions or healing needs. Quartz is a great stone for anyone on their crystal journey- it amplifies energy, and can be used with another crystal for greater protection from negativity.

Onyx: Grounding, protection, and self-control are all benefits of onyx stones, which can also be utilized as a shield against negative energy. Onyx is a powerful and protective stone that will aid you in dealing with confrontation. It will defend you by deflecting any threat or negative energy directed toward you. Onyx will clarify your sense of self to the point where you'll recognize other people's criticisms and mean-spirited behavior for what they are: people acting out based on viewpoints that don't always match your own.

3: Crystals for Confidence:

- **Rose Quartz:** Promotes self-love and self-esteem.
- **Red Jasper:** Brings out self-drive and honesty.
- **Tiger's Eye:** Provides superior mental focus.

4: Crystals for Mental Clarity:

- **Amethyst:** Brings enlightenment & patience.
- **Sodalite:** Enhances your logic & intuition.
- **Hematite:** Grounds emotions & focuses the mind.

5: Crystals for Sleep:

- **Black Obsidian:** Gently transmutes negative energy, freeing the mind and heart of disturbance.
- **Amethyst:** Relieves anxiety by reasserting boundaries and objectivity.
- **Howlite:** An aid to insomnia, especially when caused by an overactive mind.

6: Crystals for Moving The Fuck On:

- **Green Aventurine:** Cuts ties with those toxic energies.
- **Rose Quartz:** Restores your heart.
- **Bloodstone:** Centers you and controls anger.

7: Crystals for Prosperity & Luck:

- **Green Aventurine:** The "Stone of Opportunity". The luckiest of all crystals, especially in manifesting abundance, prosperity, good luck, opportunity and wealth.
- **Tiger's Eye:** A power stone of protection, this crystal has a wonderful reputation for attracting wealth, money and luck. Helps bring dreams into reality.
- **Amazonite:** "The Gamblers stone" encourages good luck and fortune especially in games of chance. It has been associated with money, luck and overall success.

8: Crystals for Weight Loss:

- **Lapis Lazuli:** Helps to regulate your metabolism and reduces the fat levels in one's tissue.
- **Black Obsidian:** Reduces cravings, and helps to improve the bodies digestion and waste elimination process; enhancing weight loss.
- **Hematite:** Enhances willpower helping to conquer overeating and overindulgence.
- **Red Jasper:** Has a strong spiritual grounding vibration. Often used for detox cleansing and weight loss.

9: Crystals for Students and School:

- **Fluorite:** Aids clear mental focus, when studying, doing research, exams or giving a presentation. Fluorite will bring about clear thinking, helping to see the big picture.
- **Clear Quartz:** Helps you to retain information more easily. It also improves focus while studying.
- **Amazonite:** Promotes relaxing Zen-like feeling to aid exam stress, anxiety and nerves.
- **Hematite:** Hematite offers grounding and protection. It can help to calm children down and prepare them for class. It promotes feelings of strength and courage.

10: Crystals for Stress and Anxiety:

- **Citrine:** Promotes cheerfulness and strengthens self-belief.
- **Amethyst:** Balances mood and clears the mind; alleviates tension and pain.
- **Sodalite:** Clears negative energy; brings focus.

These crystals have specific additional properties not mentioned above:

1: Pregnancy/Fertility-

Fluorite is a key fertility crystal as it balances hormones, making it perfect for irregular cycles, PMS (Premenstrual Syndrome), Perimenopause, Menopause, and PCOS (Polycystic Ovarian Syndrome). It also provides emotional balancing helping to relieve stress as well.

What fertility issues do I recommend Fluorite crystals for?

- Hormone Balancing. Fluorite is the number one choice for PCOS.
- Emotional Balance

2: Pregnancy/Fertility-

Clear Quartz amplifies your intentions and desires. If you're manifesting a pregnancy, it's good to have clear quartz with you to amplify your intentions, healing, or prayer. It clears the mind of negativity and enhances higher spiritual reception.

3: Pregnancy/Fertility-

Aquamarine is a highly protective stone during pregnancy. It helps to guard both mother and baby against harm. Discourages miscarriage. Aquamarine also provides peace and inner calmness to help soothe your mind, because trying to conceive can be an extremely stressful time in your life! It's a perfect crystal to wear from trying to conceive all the way through to childbirth.

What fertility issues do I recommend Aquamarine crystals for?

- Maternal Protection • Calmness • Healthy pregnancy development

4: The Opal stone presents a lot of healing properties.

Physical Benefits are:

- Good for blood purification
- Helps in water retention
- Improves insulin production
- Builds immunity and helps fight off fevers and infections
- Helps manage menopause and PMS symptoms
- Boosts memory power
- Great for one's eyes, skin, hair, and nails
- Controls and maintains the Endocrine System
- Protects the Female Reproductive System
- Cures headaches and migraines

Must have items that work with crystals

1. Sage-

The main way to cleanse crystals using sage is by a method called “smudging” which means using smoke from smoldering dried sage leaves in and around the energetic field surrounding your crystal. Smudging is a cleansing ceremony used to help people, places, or even objects get rid of negative energy or even evil spirits. When the sage is burned, it releases negative ions, which is linked to putting people into a positive mood. Other qualities believed to be associated with sage when burned are giving wisdom, clarity, and increasing spiritual awareness. Smudging has been used for centuries by Native Americans and ancient cultures, and is considered a powerful technique to purify negative energy and restore balance. It’s one of the least invasive forms of cleansing, so it’s great for crystals that aren’t suited to water and salt.

2. Eucalyptus-

The spiritual meaning of eucalyptus evokes healing, protection and purification. Eucalyptus is believed to shield people from negative emotions and energies. Also, it provides strength in difficult times. It is believed to help cleanse and purify physical spaces as well as the spirit. It is said to help with focusing the mind and creating a calm, meditative atmosphere. Eucalyptus can be used to bring the power of nature into one’s life, connecting them with the Earth and promoting overall well-being.

3. Selenite-

It helps to rid the aura of negativity that can hamper spiritual growth and development. Selenite also has strong protective energy. It can be used to ward off harmful spirits and keep one safe during travel. Selenite is one of the more powerful healing stones. It is excellent for meditation and ensures a peaceful environment when stones are placed around the home. It is known as an "emotional cleanser" for the mind, body, spirit, and outer environment. It is an essential crystal in Feng Shui.

Selenite as a charging crystal: Wherever Selenite is placed, it counteracts any negative vibration and protects against any negative influence. Another wonderful property of Selenite is that it has the power to cleanse and clear other crystals and negative energies. You will never need to cleanse or recharge your Selenite crystal, as you need to do with many metaphysical stones. ****It has the ability to clear and recharge other crystals along with being able to cleanse and recharge itself.****