

Gemstone Meanings at The Bead Gallery, Honolulu



Amazonite: a soothing stone of harmony and peace-making, calms the brain and nervous system. assists us in communicating our true thought and feelings without the drama. awakens compassion and assists in manifesting our dreams, when we voice our intentions out loud. gain clarity about what we want and what we feel.

Amber: powerful healer and cleanser of the body and spirit, increasing vitality and energy levels with its warm and nurturing qualities. assists in manifesting prosperity. also a protection stone that can transform negative energies around you into clearer higher energy.

Amethyst: has many healing powers, known as the "stone of spirituality and contentment." Its many uses include balancing inner forces, bestowing strength and energy, aiding meditation, bringing tranquility of mind, obtaining knowledge and insight, and protecting from attack. A stone for spiritual protection and purification. Aids in curbing overindulgence and giving up bad habits. Helps create an energetic "shield" to ward off negativity. Brings calm and clarity where there is anxiety and confusion.

Moss Amethyst - Amethyst with goethite (iron) needles in it, the goethite is grounding and keeps us connected to the earth in a powerful and balancing way.

Ametrine: - powerful generator for creativity, new ideas and insights. Helps you to stay focused and on the task at hand- so if you are trying to break a bad habit, keep ametrine at hand. Keeps you optimistic and feeling undisturbed even things around you are stressful.

Andalusite: - for sensitive people that don't feel like they belong here, that they just don't fit in, this keeps you feeling like you are home, and safe on earth. (remember that you either volunteered to be here, or this is an important part of your journey) this addresses feelings of loneliness, isolation, depression, anxiety, fears, and offers protection, grounding and a sense of contentment. a wonderful stone for healers, as it provides a grounding circuit to the earth.

Angelite: - Assists us in communicating on a higher level, where we can connect through love for guidance, inspiration, assistance, and receive assistance from higher beings. stone of awareness - for peace, tranquility, gentleness with others. PEACE.

Apache Tears (black obsidian): grounding and absorbs negative energy (cleanse this one). eases and releases pain, sadness and grief. helps us enjoy physical experiences and invites spontaneity. Helps overcome barriers which are self-limiting. Heals old wounds and emotional baggage from this life or a previous one. Ideal helpers for spiritual counseling, therapy and meditation.

Apatite blue: - TO STIMULATE THOUGHTS AND IDEAS Enhances: intellect, focus, learning, clarity of concentration, acceptance, oceanic consciousness and unconditional love. This stone is useful in all intellectual pursuits. the ephipany stone. Wear it when you need that "a-ha!" moment.

Apatite green: - For stressed out people, it's soothing. Great for teachers and healers that need to call forth and put out a lot of energy, but need to stay balanced and mentally focused and communicating clearly. Go with the flow, and trust your intuition.

Aquamarine: has been called the "stone of courage," as it enhances and accelerates one's responses and reasoning and can be used as a stone of protection. Calming, puts us in touch with our deepest emotions, assisting in clearer communication with our soul's purpose. It provides a shielding aura and has been used to guard against injury. The wearer becomes more perceptive, attuned to nature, and spiritually centered. Empowering - not thru strength and will, but through resilience

yellow (heliodor): development of personal power through the mind and will. transforms the "I will" to "I am willing"

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pink (morganite): stone of love, attuned to Divine love, recommended to those who want to do serious inner work and emotional self-healing. Connects to higher divine love and helps us feel strengthened from a higher power.

Auralite 23 is made up of at least 17 different minerals including, pyrite, amethyst, ajoite, hematite, gold, silver, platinum, nickel, copper, iron, epidote, covellite, cacoxenite, rutile and more. A very energetic stone, it can quiet our mind and bodies, still our emotional body and assist us in going back to our true selves.. our true nature, in line with our spiritual purpose. if you ask, "what am i here for", wear this and tune in to YOUR message or purpose.

Aventurine:

green - stone of optimism - a comforting and heart-healing stone, assists with new situations like starting a new job, a new relationship, new school and helps with challenging issues like aging, illness, our mortality. a Go with the Flow stone! Also a good luck stone for prosperity - so take it to Las Vegas!
blue - a stone of self-discipline and inner strength. Empowering and protects you from negative energy while strengthening your ability to speak with wisdom, love and compassion.

Azurite: to develop psychic abilities. clears the mind. let go of old programming and help gain new perspectives.

Black Agate: Agate is a protective stone! Protects from stress, bad dreams, dangers... it also brings prosperity. Protects against negative energy, attracts good fortune.. for success, courage, strength.

Black Jade - protects from negative energies around you, including angry people, energy vampires and allows us to clear our own energetic field of fear, anger, resentment, doubt, envy... purifies and protects.

Black Spinel: ground yourself with this stone - pull in the energies of the universe through your body and down through the earth. spinel is revitalizing, and can bring in fresh energy- wonderful for new hope and inspiration, reminding us that life is a gift. assists us in releasing the past, so we can move forward and also in letting go of our excessive emotional and physical junk - DE-CLUTTER! Also a stone of victory and stamina, when we want to push ourselves beyond what we thought was possible, to achieve our goals!

Bloodstone: a grounding and purifying stone that keeps us present and healthy in our bodies, that we may do the work we are here to do! assists with our determination and courage, and strengthens our root chakra. a STRONG stone - a pillar to hold us up when we feel impatient, irritable, like a friend to hold our hand so that we can wake to each day feeling supported and able.

Blue Chalcedony: (the soft milky blue stone) is helpful in restoring calm and balance during stressful times of anger, fear, panic, anxiety. Perfect for a worry-wart - keeps you present instead of projecting what could happen in the future. Like a good cup of Chamomile tea. Helps with mental flexibility, enhances listening skills and communicating clearly and positively.

Blue Lace Agate: brings peace of mind, a calming and nurturing stone, counteracts feelings of judgement and repression that we feel from others and towards ourselves, helps voice true feelings especially for those who have difficulty making themselves heard.

Blue/Green Opal: great for restless people, who can't seem to slow their minds down when it's time to relax and sleep. helpful for those who tend to rehash the past, or anticipate the future - it reorients the

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mind to come back to a present spiritual awareness. blue opal calms and centers the mind for willing to accept the divine will, and to learn more about our highest selves

Blue Topaz: is known as a "stone of true love and success in all endeavors," as it promotes individuality while providing trust and confidence, and works to replace negativity with love and happiness. Blue topaz helps the wearer to be passionate and is valued for its ability to unite the mind, body, and spirit.

Botswana Agate is much like that friend, who may not be the "flashiest," the "funniest," or the "funnest," but you can always count on them. strong and steady, it's helps us cope with change, to come up with creative solutions vs. whining and complaining... allows us to see the bigger picture, giving us support and helping us stay focused and grounded. reminds me of the supportive girlfriend - the one who sits and listens when you are going thru a life-change like a break-up or job change.

Bronzite: Bronzite is known both as a 'stone of focused action' as well as a 'stone of courtesy', it promotes loving, unprejudiced discernment within the bearer. This is a stone that will help one to develop in all areas relative to service, as well, it brings the value of assistance to the forefront of the conscious mind. It is quite helpful in gaining certainty in our decisions and with taking control of our actions.

This stone is thought to be protective; as all iron bearing gemstones are thought not only to be protective, but to send the ill-will or evil intent back to the sender thrice-fold!

As with any brown gemstones, Bronzite brings with it an air of grounding to the wearer and to boost self-esteem. Wearing Bronzite jewelry is thought especially helpful in discordant situations where the wearer feels they lack control and/or lose their center in the given situation. Bronzite is thought to bring harmony to its wearer as well..

Cacoxenite: Another great stone for our personal ascension. It's one of the 7 in super 7, and makes whatever it's in that much more special. It raises our universal awareness and helps raise our level of creativity and the ability to innovate and think outside of the box.

Calcite blue - soothing stone that can provide protection for extra sensitive souls, from the "too much" vibes that are coming at you from other people's thoughts and emotions. wonderful for relaxation. for creativity - it allows us to journey into our unconscious, WITH awareness so that we can access the wellspring of our creativity - it's the wick that burns for the light of our inspiration.

Orange Calcite: this stone is for creativity and sexuality, being comfortable in our bodies and all that we are capable of so that we can approach life with playfulness and confidence. It allows us to see old things/patterns in new ways.

Pink Calcite- soothing, calming, balances the heart and clears the emotional body. It's a stone of EMPATHY that allows us to stand in other people's shoes, so that we can see from their point of view. Good for parents having communication difficulty and conflict with a child.

Green Calcite- helps us attune with nature, it also is calming and soothing for hot tempers, irritability and outside sources of stress. tunes us into our compassionate nature and encourages us to live openly with what the heart knows.

Carnelian supports leadership and courage and creative energies! a powerful aid to build confidence, courage, passion and power within yourself. this stone lends courage to "take the leap", and to assist those who procrastinate, are indecisive, or are in fear of making a wrong decision. It's perfect for gentle souls who wish for good things, but have difficulty making them happen.

Celestite access our angels and our spirit guides with this wonderful stone. it has a gentle and loving energy that is soothing and uplifting, lifting our hearts and spirits to a upper realm on a soft and puffy

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cloud! cleanses and purifies our physical space of negative emotions, and aids in meditation. helps us maintain a pure heart, and from there we can attract abundance of love, creativity and joy.

Charoite - natural purple from the Charo River in Siberia. the stone of transformation! takes negative feeling (fear, obsession, anger) and turns into power. It's a powerful aid for releasing internalized negativity and fear. encourages our path of service to humanity. Charoite can be a powerful aid in assisting you to release those difficult to diagnose aches and pains that have roots in emotional negativity or fear (the pains that seems to come from nowhere, and doctors can't diagnose)

Chrome Diopside: balancing and healing from head to toe, aligning all the chakras with charging and activating power. particularly good for women's reproductive areas. opens our mind, enhances our love-giving and love-receiving abilities. it integrates us, with our living planet.

Chrysoberyl stone of altruism - for those wanting to help or heal others in need and our planet. generates prosperity and abundance, allowing you to be a "force" of generosity, and by your giving you will receive as well. though this is not your intention or purpose.

Chrysocolla: a stone of empowerment, through gentleness and understanding. encourages us to speak our "highest knowledge" and our share our experiences with others that they may benefit from it. helpful to those afraid of speaking their hearts, encourages us to share our true selves without artifice or masks - allowing our true wisdom to shine and not just communicating with words or information.

Chrysoprase is a soft, milky-green stone that is the rarest of the Chalcedonies. A most wonderful heart stone for love, forgiveness and compassion. Helps us stay centered in the heart, connected to source, and to be in situations with courage, compassion and the knowingness that we are capable and lovable. It is an excellent prosperity stone and love attractor. *Single ladies: this will help prepare your heart for a new relationship. This is the e-harmony off stones.

Citrine does not hold negative energy. It can be used to create emotional balance and to promote personal power, creativity, intelligence, problem solving, and physical strength. It has been called the "merchant's stone" because it can help one to acquire and maintain wealth. A stone for success in all realms - mostly spiritual and of the heart.

Coral wearing of coral dates back thousands of years. Believed to be protective and healing and has regenerative qualities. Use for personal growth and development.

Crystal quartz: helps keep you even-tempered, and assists in thinking clearly and making decisions from a place of strength and calm. CRYSTAL (CLEAR QUARTZ) - FOR STRENGTH, STAMINA AND STABILITY Enhances: wisdom, clarity of thought, general healing, memory, meditation, communication, transformation, awakening, cleansing, pureness of heart, intention, higher consciousness, positive thoughts, harmony and love. This stone amplifies the effects of other stones it's combined with.

Danburite: wonderful for meditation. very high, pure vibration. activates intellect and higher level of consciousness, make it easier access our spiritual realms. soothing, comforting, can assist with grief. great for allergy detox

Diamond: stone of manifestation, attracts abundance! it's an intense stone that amplifies energy, enhances other stones (for good and for bad). spiritually cleanses our aura so that our true light (our heart light) can shine thru. it can also highlight our not-so-good qualities as well. a stone for creativity, stimulating our imagination and inventiveness. lends us strength under pressure and grace in stressful situations.

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Dolomite: for calm, centering and balance. assists with moderation (great for drama queens) without taking away the joy of expressing ourselves. deflates the ego, helps us see the beauty of EVERYDAY without dramatic ups and downs.

Dumortierite: increases assertiveness and self-confidence to that you can speak out when being treated unfairly. calms and provides focus in difficult situations. increases self-discipline and improves organizational skills. excellent for running your own business. helps those who have difficulty letting go, and assists in de-cluttering! opens channels to the divine spirit, helps make mental leaps in hopeless/intractable situations.

Emerald: a stone of unconditional love and compassion - helps us live and act from the heart level with patience and inspiration. Attracts what we truly need and desire in our hearts, and is a stone of courage to do what we know is right, not what sounds reasonable. Wonderful if you are situations that are frustrating, can lead to feeling of bitterness, disappointment, even anger. It is associated with reason, reflection, and intelligence, and can help with memory. It can also be used to open and activate the heart, bringing harmony and love to all areas of one's life.

by: sharon s.

Eudialyte: opens the heart and body for fulfillment. gently nurtures and draws in love for oneself and others. facilitates creating a harmonious work/life balance. manifests new romance

Fire Agate: Fire Agate stimulates creativity and vitality, gets us in gear to do what we need to! Inspires our zest for life, increases our pleasure in just being here, assists us in being present in our body.

Fire Opal: and enhancer of personal power, bringing out that inner fire! awakens passion, from the physical to the spiritual, and in situations where shyness, fear or shame holds us back, fire opal can help ease inhibitions to allow for less self consciousness and greater enjoyment. a symbol for success - great for business and facilitates progress and change.

Fluorite (all): a very protective stone that clears the air around you of negativity, cluttered thoughts, and other yucky "vibes" - helping us to think clearly and without confusion. If you have a lot of ideas going on in your head - lying awake at night thinking about all the things you could do - fluorite can help you stay focused to pick a path, creating order from the chaos.

multi color is the best for overall energy cleansing and repair of your aura.

pink and green: aligns the heart and mind

purple: enhances mental faculties

blue: allows for awareness and intuition

yellow: aligns will with the mind: turns thoughts and intentions into action

Garnet - a January birthstone, comes from the Latin word that means pomegranate.

Rhodolite Garnet ("rose-stone") assists in healing the wounds of guilt and shame, lifting the burden of those memories. The Neosporin of stones. Garnet has been called the "stone of commitment" as its powers reflect devotion and may encourage expressions of warmth and understanding. Garnet is also valued for its ability to end chaotic feelings and bring stability and calm to the wearer, balancing their mental, physical, emotional, and spiritual systems.

Green Garnet (grossular includes hessonite and tsavorite): a superduper prosperity stone, helping you move past your limitations that affect your health and wealth. assists in manifesting your abundance. brings your visions into reality, and helps you get going and make things happen! feeling scared about not having "enough".. try this stone to overcome those fears and to trust in yourself.

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Mandarin Garnet (spessartine): enhances our creative abilities and energies! a stone of attraction for love, new jobs, a creative project... having a creative block? want to turn your energy in into a physical reality? try this!

Gaspeite (earthstar) expands our awareness and insights, allowing us to reach our spiritual aspirations without old habits pushing in and distracting us from our goal. can help us see that all the answers we are looking for, we already hold inside. helps us stay centered, and able to release excess junk in our lives.. like clutter, excess weight and so on. enhances our ability to listen within and see what we are REALLY needing, what we are holding onto with fear and love ourselves while doing so.

Golden/Imperial Topaz helps the wearer to energize and be filled with positive thoughts and love. It can also enhance relaxation, create lightness of spirit, and stimulate feelings of peace. It acts to initiate faith and enlightenment and is known to attract friendship and other good relationships. a stone of intention helps us become aware of boundaries - the difference between saying one thing and doing another. Also enhances creativity, personal will and the ability to manifest.

Goshenite- the stone of persistence, loyalty and follow-thru. Helps with focus, and boosts mental energies to make thoughtful decisions. This makes deceptive behavior difficult to practice, and easier to recognize. Helps you see things from all sides! highly suggest this stone for anyone who needs to combine their spirit with their performance!

Green Amethyst (prasiolite) - a reminder of the our transformation that links our physical with our spiritual higher self. assist in bringing spiritual ideals into expression in everyday life- reminds us to love and bless others and see through their human frailties to the spirit within. a stone of namaste - a recognition of the divine spirit within all things. helps one remain aware of the truth- removes filters, and allows us to transcend the temptation of judgement and negativity. facilitates "walking the talk" of spirituality. the heart chakra stone.

Hematite: this grounding stone is effective in bringing us back to ourselves. It balances energies and counteracts spaciness and confusion. Helps us to be practical and do useful action (vs. buzzing around like a chicken without a head!) Ideal tool for manifesting.

Herkimer Quartz: this is one of my favorite stones - with extremely high vibrational energy for healing, assisting, supporting and enhancing other stones around it. need a lift? this is the stone! want to feel connected to the universe, add this to the process of "spiritualizing" your life. great for a chakra cleanse :)

Howlite:

Hypersthene: a solution stone, helps answers appear. enhances self esteem, emotional expression and overcoming shyness. Helps put us at ease in all social situations. Feeling overwhelmed with judgements towards yourself and others, feeling irritable and angry because things aren't "perfect" to your standards, or find yourself criticizing others and you are ready to look within... hypersthene helps you look inward for the answers that are waiting.

lolite: activates the third eye, stimulates a connection to inner knowing. great for someone on their journey of self-reflection- especially in re-visiting areas of old fear, teaching us that delving into the heart of our wounds is the most direct path to healing - perfect for going to your 20th class reunion! assists in blending normal conscious thinking with intuitive knowing.

Jasper - family of chalcedonies.. for mental stress, grounding and aligns chakras

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Jade (nephrite and jadeite) Canadian - emotional balancer. attracts good luck and friendship.

Jet - A fossilized wood, (precursor to) coal, it neutralizes negative energies – protects from negative influences. A great grounding stone.

Kyanite: a bridge that allows energies running at different levels to move into sync and move harmoniously. enhances the connection between people wanting to communicate on a higher plane, wonderful for self-healing, empathy and bringing about a sense of peacefulness. encourages us to speak our truth - encourages self-expression and communication.

green kyanite: assists in understanding when you, or someone around you is speaking their truth, speaking from the heart. being centered in the heart is all important, because you then don't have to look elsewhere for the truth. all our answers are within.

Kunzite: extreme powerful stone that opens the heart to all energies of unconditional love, in our thoughts and communication. It opens the heart to our knowingness, and helps release blocks that we've put up around around hearts so that we are joyful and receptive to new experiences, people and life! Wearing this stone can help us have a day filled with kindness, gentleness and serenity - creating one with the divine.. our ultimate purpose.

Labradorite: Our awesome lab will flash blue fire with hints of green, gold, orange, and more! It's a gemstone of magic (mental and intuitive abilities) and self-discovery - think Harry Potter. You will notice that coincidence, synchronicity and serendipity is part of your abilities. COMMUNICATING WITH HIGHEST SELF Enhances: psychic abilities, strength of will and a feeling of inner worth. Strengthens and protects our aura.

Lapis Lazuli: helps you release stress and protects you from "psychic attacks". Opens your third eye to "see" your inner truths, develop self awareness and allowing a freedom of self-expression. It's also a stone of truth, balancing your throat chakra so that you can speak your truth in all situations - ENCOURAGES YOU TO TAKE CHARGE OF YOUR LIFE.

Larimar - radiates love and peace, great for the throat chakra so that you can speak from your heart and be able to communicate with emotional strength. excellent for those seeking a soulmate. dissolves self-sabotaging behavior, especially the tendency towards self-imposed suffering, and assist in taking control of life. helps meet challenges with a neutral state. relaxation is an important benefit!

Lemon Quartz - for creativity, organization, bring about good spirits and a positive "sunny" attitude. a happy stone!

Lepidolite - calms the nerves, a very RELAXING stone. helps release stress and worry and sets us on a path of willing acceptance. Stops us from fighting what is, and see problems as opportunities to learn. Reminds us to get rid of negative thoughts and assists in removing resentment and envy. Also allows to stand free of others trying to influence us or exert their will upon us.
lilac lepidolite - takes us to our higher selves, especially aiding to those who just lost a loved one, going thru grief, a difficult divorce, illness, or any kind of personal challenge. a talisman for inner peace and take us on a path to joy.

Lepidocrocite: (in quartz is **Strawberry Quartz**) Wish you were psychic? This is a wonderful combination of a heart chakra stone with a vibration of love, AND a intuition-deepening stone. In quartz, the lepidocrocite's energies will be amplified, so it's powerful for meditation, healing, and this stone is said to contain all the energies of Amethyst, Clear Quartz, Smokey Quartz, Caxoxenite, Rutile, Goethite and Lepidocrocite combined.

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Lodolite: The “seer” of quartzes. This is also known as garden quartz, for the chlorite inclusions that make it look scenic, with landscapes for browns, greens and cream. Super pretty and great to ground with!

Malachite - protects you from negative energies, helps us glide unnoticed through potentially threatening situations, shielding us from emotional/physical harm. great to wear in staff meetings! strengthens our will, making it easier to refuse temptations like sweets, alcohol, and other things that prevent us from serving our highest good. rebuilds trust in broken relationships and promotes loyalty. assists you in being comfortable in changing situations. helps gain insight into relationships, anxiety and resentments.

Mookite Jasper - encourages versatility, helps us see ALL the choices, so that we may make the right one. helps us access our base instinct of our KNOWINGNESS.

Moonstone : The energy of the moonstone is balancing, introspective and reflective. It can help to guide one through life changes, is a stone of hopes and wishes, and enhances intuition and instinct. It can alleviate tension and promote creativity. It has been called the “traveler’s stone” because it is a protective talisman.

Gray Moonstone: Intuitive and reflective with an extra “yin” kick for cooling down anger/hot tempers, easing frustrations, and helping you move into the flow of life. great for stubborn friends who yet yearn for change.

Peach Moonstone: Has soothing feminine energy, puts us in touch with our own worth and raises one’s self-image. can help soothe worry or anxiety while assisting one in celebrating the positive experiences in one’s life. a soothing stone for the emotional body, a great stone for sensitive/intuitive children.

Moss Agate - beneficial to everyone- a highly optimistic stone!!! it’s grounding and loving, attracts abundance, improves self-esteem, balances emotions (less stress and fear), brings stability emotionally and mentally. Can help you if you feel ungrounded or unstable - brings you back to being here and present. Persistence, endurance, mental concentration - this all helps bring your goals to completion - it’s perfect for our mental and physical “marathons” that we put ourselves thru!

Muscovite: allows us to accept imperfections in other people, by bringing the light of awareness to ourselves, where we can see that those are the very same qualities that we embody. Once we see our matching pictures, we can accept and begin the transformation for ourselves.

Ocean Jasper - perfect for those who tend to see the negative side of things first (aka Debbie Downer), this stone will aid in lifting off that heavy weight so that we can see how much there is to be grateful for, and accessing that joy within us. helps us focus on the positive and see all the good that is around us.

Onyx: a stone of inner strength and willpower - especially in times of enormous mental or physical stress. assists in keeping your own counsel. helps you maintain focus, allowing you to learn new and challenging things, boosts memory retention and attention to detail. great for those who have difficulty grounding due to excessive energies towards nervousness, hot tempers, etc. stabilizes and heals root chakra.

Green Onyx: fosters achievement. helps alleviate fears and worries. helps us feel comfortable within ourselves and in our environment.

Green Opal: Strengthens the immune system and can give an energy boost. Grounding and connecting to our natural energy source that we stand upon.

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Owyhee Blue Opal - This stone carries a calm, quiet strength, so that we may access our power within and then be able to achieve our purpose with our highest good in mind. Allows us to serve our highest

good, by accessing our inner knowingness that we are capable, confident and loveable, and this can override our fears, confusion, feeling powerless, shy and other blocking energies.

Pearl: The pearl signifies innocence, charity, and faith, enhancing personal integrity and providing focus in one's life. It has been called the "stone of sincerity," allowing the wearer to see purity and truth and advancing states of wisdom. The pearl can also aid with reflection, revealing the manner in which one appears to others.

Peridot: The sunshine stone, emits happy and friendly energy, great for bringing abundance to your life! Opens your heart, and clears out feelings of anger, guilt and jealousy. Peridot emits a warm and friendly energy, cleansing the heart leaving us feeling content with oneself, AND it provides a shield of protection around the body.

Phantom Quartz: for universal awareness, healing for the whole planet and activating healing abilities within ourselves. brings together those of us interested in saving the planet.

Phosphosiderite - excellent for the spiritual heart and our third eye. this stone allows me to feel grounded and focused especially in times of busy activities, while encouraging me to see with MORE than my physical eyes. assists in using our intuition while feeling safe and present in our body.

Pietersite- increases your intuitive skills and personal power so that in a situation, you can see what's happening and you know what outcome you want, and you understand how to make it happen. a superhero power stone!! stimulates the 3rd eye - intuitive seeing/knowing

Pink Opal is a stone of peace and tranquility, noted for its energies in healing emotions. Helps to bring compassion and a gentle resolution of painful memories, One of the most powerful of healing stones, a stone of hope & great achievement. Great for gentle souls, or for those with high stress and need to relax.

Prehnite, the yellow-green apple stone, helps us follow our heart and helps us to be here in the present moment. It quiets restlessness, nervousness, and worry, bring peace to your mind. It calms you like your favorite blankie. the stone of unconditional love, and inspires trust in the universe.

Purpurite - a stone of freedom! let's you see the chains that keep you stuck in a rut of your daily life, that is spiritually unfulfilling and gives you the courage and inspiration to break free, leaving what's familiar behind but the trade-off is the insight and truth that follows! helps you see "what's really going on!"

Pyrite: this is a YANG energy stone! for action, increasing our vitality, enhances our willpower so that we can make good decisions and create patterns of positive action. creativity! it screens negativity, assists in overcoming fear and anxiety. perfect for taking on something new: to go with an open mind, open heart, feeling energetic and creative.

Quartz w/Hollandite: the stars are like pathways to opening your spirit to the universe, where you can receive your gifts, blessing and understanding about yourself. hollandite can also help us stop the self-sabotaging behavior so that we can reveal our true selves, not just to others, but most importantly to ourselves. the crystal quartz amplifies and strengthens the effect of the hollandite. PLUS, it's a super cute stone!!

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Quartzite: Originally pure quartz sandstone, it's a very hard metamorphic rock. Quartzite stabilizes positive changes by anchoring them in the fabric of your physical and subtle bodies. It helps prevent you from slipping back to your old state after you undergo any uplifting change, such as a healing or

spiritual experience. Quartzite helps the body establish a new state of balance that includes the beneficial change. When you are experiencing rapid changes, Quartzite also helps you maintain your perspective and overall balance by regulating your rate of change.

Rainbow Obsidian: assists us in going deeper into ourselves, so we can become aware of the parts of us that are the most difficult to accept, parts that we lost during painful interactions, experiences that were wounding and forgotten. it is difficult to re-visit these places as we learn to heal ourselves and rainbow obsidian grounds us, brings also support, and hope to this process. combine it with moonstone for a yin/yang journey.

Red Aventurine: this is a stone for physical self - vitality, energy, creativity, sexuality, all a part of being here and present in our bodies. this stone will help you say, I can do it, and then assist in following thru. pair with ruby or sapphire for even more discipline, confidence, increased life force!

Red Jasper: a stone to increase our chi/life force! for creativity, focus... need i say more, awesome! It's a slow moving stone, and change takes time (like losing weight), but stick with it and the benefits will come :)

Rhodochrosite - opens the heart and energizes the soul, awesome for giving and receiving love. represents selfless love and compassion. excellent for those feeling unloved. helps you face the truth about yourself and others with loving awareness, gentleness and comfort. a stone for love, more specifically aimed at yourself for the purposes of emotional healing. supports self healing from past physical or emotional violence, severe shame, or any type of traumatizing emotional injury - self love and compassion for one's inner child.

Rhodonite - raises our self worth. soothes the nervous system, provides emotional stability, and helps organize feelings of being scattered, ungrounded and imbalanced. an emotional balancing stone that takes the gifts recovered through using rhodochrosite, and using it for the benefit of the community. an outer directed love that is seen through altruism and generosity. helps uncover our hidden talents, and then using those talents for the good of all.

Rhyolite: It sparks creativity in individuals who are ready to move forward and make things happen in their life. It allows us to reach out and beyond our capabilities of what we think we can achieve by helping us to break through the mental barriers and to reach a profound and joyous state of knowing. Rhyolite shows us how to relish in the vast potential within ourselves. This is a stone used for meditation, progression in life, focusing on the present moment and resolving issues not yet complete.

Rose Quartz - Enhances all forms of love: self-love, mother love, caring, kindness, platonic and romantic love. Heals our hearts, re-awakens trust and encourages us to be tender, peaceful and gentle with ourselves and others.. Emanates unconditional love and nurturance and helps us attract positive, gentle love into our lives. Teaches forgiveness and tolerance. Emotionally, the best healer.

Ruby is a very powerful stone that can energize and activate your physical, mental, and emotional body. It's a stone of courage that helps you speak your truth and stand up for what you believe in. It's a stand-in best friend. stimulates the heart and brings love, spiritual wisdom, health, wealth, and knowledge. As a shielding stone, it can help protect one from harm, unhappiness, and bad dreams. The ruby encourages one to follow bliss and is said to light the darkness of one's life.

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Rutilated quartz sizzles with energy! it's like a shot of espresso - all of a sudden the world looks brighter, you feel clear-headed and you get a surge of energy and excitement! this stone amplifies your intentions, emotions and consciousness and activates our higher minds. can help you feel less

overwhelmed by life's responsibilities. assists in letting go of the past. more talkative, make you feel more aware, great when preparing for an exam or huge project.

red to brown crystals: assist in removing blockages to health and abundance

orange to gold crystals: activates creative energies and the ability to receive divine inspiration.

Sapphire

blue is like a personal trainer - giving you the added support of self- discipline and focus, and the extra boost of determination and ability to tap into our mental strengths and accomplish our goals. Need help sticking to our exercise or weight loss programs, making time to stay centered and focused.. sapphire is for you! It can also help us to see below the surface of what's happening around us, to the underlying truth. STRENGTH of MIND!

yellow known as the "stone of prosperity" and creativity. Can help you focus your will and intentions on whatever you aim to achieve. a manifesting stone!

orange this is for activating our life forces and creative energy, for vitality! For loving creation as well, this energy helps align our efforts with our heart, so that whatever we choose to create (be it a job, hobby, invention, idea) serves the highest good and allows us to consider the effects that our creations will have on this world.

pink love, forgiveness, acceptance and release, this stone encourages to be yielding and pliable, finding strength in resilience (like pink bamboo). Wonderful for situations that we are in, not by choice, and yet can't simply leave.

Sardonyx: enhances strength, willpower, increases stamina, self control and self confidence. encourages integrity and virtuous behavior, encourages an optimistic outlook. helps process and absorb new info! the kara of all gemstones!

Scapolite: going thru some challenging life changes? change of job, ending a relationship, starting an exercise program, or just beginning to listen to your heart and body, and needing some assistance in following thru? this is for you! scapolite has a steady energy flow that will help you embrace new patterns, new ways of thinking - and will give you the extra willpower, determination and self-discipline to follow through with things that serve your highest good. assists in seeing, and the breaking down old habits, so that we can push towards our ultimate freedom of self.

Seraphinite - takes you to a higher spiritual vibration and as a stone of spiritual enlightenment, can assist in self-healing, processing and insight. **centering and energizing**, perfect for those on a journey of self-development and evolution. cellular energy - pure healing energy. helps connect with angels. opens to unconditional love, invites peace and happiness, assists with weight loss.

Serpentine (all): this powerful stone rouses our kundalini energies (the serpent power) within us. feeling like things are spinning out of control, this stone helps bring us back to balance. works well with seraphinite to re-wire old patterns of self-defeating patterns of behavior that we seem to fall back into when we are feeling unsure, vulnerable, or unsafe.

Shungite

effective shield from electromagnetic waves. heals, saves, cleans, improves, protects, neutralizes, absorbs all this is hazardous to living beings.

Shattuckite

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A rare stone that once was malachite (wow, it morphed from one stone to another over the years!). In the chakra colors, it's great for psychic development.



Smoky Quartz keeps you grounded especially on those days you feel like you just can't concentrate, stay focused or "get it right". It helps us feel capable of changing or creating our reality. Enhances practicality and organizational skills. helps you to keep in the good and expel the bad like a filter for your spiritual fish tank.

Snowflake Obsidian: restful. brings peace and balance to mind and body. encourages inner reflection.

Sodalite - a stone of insight - unites logic with intuition so that we can attune ourselves to using a spiritual perception. sharpens the mind processes, allowing insight to flow. for inner peace ;)

Solar Quartz - connects to spirit, provides clarity and insight. this is an agatized quartz cut from stalactites, with dendritic mossy inclusions (see moss agate) - with joy you can access deeper energies, to align with the universe and connect the physical body with the mind. communicate with nature.

Spinel (all) a stone of revitalization, can stimulate any of the chakras to bring in fresh energy! Replenishes depleted energies, a stone of new hope, releases negative thoughts, and reminds us that life is a gift! think outside the box, come up with new ideas and new ways of thinking
red - physical vitality
blue - stimulates mind
brown - protection

Sphene - for mental energy, clear thinking and a boost to get the mind in gear! Like a cup of coffee, it makes everything look brighter, clearer and things "make sense." It can help organize the mind, make decisions, and just figure things out.

Sugilite: provides protection, making one impervious to the disharmony of others (good for gentle souls). grounds the light (opens crown chakra) through one's being. represents spiritual love and wisdom, reminding our soul, why we are here, and the dreams that we are to achieve. activates our heart and mind to find and follow our true spiritual passion. used to draw out disease, inflammation, stress, emotional blockages. absorbs and dissolves anger and unwanted energies.

Sunstone, another of my favorite everyday wearing stones is an amazing stone for personal power, freedom, and expanded thinking. encourages leadership and responsibility for the common good, to be in service of others. Helps us discover our true motivations and reveals dishonesty. emanates positive energy, stimulates creative energy, calls forth a strength and inner conviction and self-discipline to move forward. Feeling scared of doing something, doubtful, need a boost to manifest your desires? try sunstone, and combine it with moonstone for a wonderful yin/yang, and add labradorite for the ultimate of spiritual combinations.

Super Seven, a combination of 7 minerals, amethyst, cacoxenite, clear qtz, goethite, lepidocrocite, rutile, and smoky quartz. exhibits the energies of all 7 minerals whether or not the minerals are actually present in each individual piece. Cleansing and re-energizing of this stone is usually not needed. Excellent for healing, balancing and energizing the body, mind and spirit. Enhances all spiritual and psychic abilities. Helps one to achieve their goals in all things.

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Tanzanite connects that heart and the mind.. allows thoughts and insights to flow, while staying grounded and compassionate - basically not get carried away. it also assists in speaking the heart's truth while tapping into the resources and communication skills from the mind.

Tourmaline use to attract inspiration, diminish fear, and increase self confidence. It can assist in the attainment of peace and understanding, encourages awareness, and allows one to trust in the healing power of love.

pink: It is a stone of love that heals emotional ouchies from childhood - for comfort and safety. helps me to release stress, worries, depression, and anxiety. It stimulates feelings of joy, happiness, and relaxation just like my teddy bear :) attracts love, confirms that it's safe to love, inspires trust in love, and allows us to understand that we must first love ourselves, then love others, and others will love us.

green: yang to the pink yin energy. awesome for self-healing, channels nature's healing power, has a relationship with plants and animals. can enhance vitality and stamina in physical activities, and helps spiritual people enjoy life in the physical world.

black: cleans the air around you of negative vibes, and turns it into usable energy. does not absorb it, it will transmute/convert it into positive energy! counters excessive stress in the home or work place - very protective in those challenging circumstances. keeping it by the bed can help sleep better.

yellow: this stone is awesome!!! Promotes clear-thinking, goal-setting, creative problem-solving, confidence, perseverance, self worth, and a positive attitude. This stone's got it going on! Wear this to feel worthy and strong!

Tiffany Stone (opalized fluorite). So beautiful and helpful in our connection to the divine. Assists with opening our spiritual truth channels, and allows us wonderful dreams, intuition and abundance. Wonderful for business success.

Tiger's Eye is funny to me because I was never attracted to it until recently when I started increasing my exercise. I just found out it's a stone of vitality, practicality, and physical action! Provides mental clarity and get you thru times that you feel tired, discouraged, pooped out... A good alternative to Starbucks when you need to persevere.

Red Tiger Eye: a composed, serene energy, that's similar to the golden tiger eye, but of an "old" tiger.

Blue Tiger Eye: has the energies of red tigers eye and is great for communication, protection of the upper chakras and reinforces our natural tendencies that could use the aid of willpower (like going with the flow). also helps with public appearances! ;)

Tourmalinated quartz- black tourmaline cleanses and grounds keeping the clear quartz clear of negativity the quartz amplifies the tourmalines purifying energies making this stone the MOST AWESOME for clearing out bad vibes, negative energies. wearing this creates a "bubble of light" around the body screening out destructive energies.

Turban Shell the shell's alternate name derives the spiral that resembles and eye. The Eye of Shiva is the third eye in the middle of the forehead of the Hindu God Shiva. Representing wisdom it is thought to have the ability to look beyond the obvious. It symbolizes the creation, preservation and destruction of everything, the flow of life, the constant change of the universe, spiritual knowledge and creative visualization.

Turquoise: It may be the oldest used gemstone - beads dating back to 5,000 B.c. have been found. Turquoise helps us find wholeness and truth and aides us in communication. It helps bring about serenity and peace. It heals emotions, relieves stress, and the list goes on. Wear this like a daily multi-vitamin. Turquoise strengthens and elevates all levels of energy, increasing understanding emotional issues,

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creativity, and intuition, while being guided by love. It is a healer of the spirit, a source of strength, a guide through the unknown, and a protector from danger.



Unakite: teaches patience and supports us as we move thru life, changing and adapting to new situations and challenges. Sometimes we can't make the changes as fast as we'd like, and it can be

painful to be in a growth period. Unakite reminds us that growth is best seen with retrospect, and it can take time and determination to get there... but we will!

Variscite: soothing, for peace and relaxation. evokes a feeling of serenity and peace, being able to go with the flow and opening your heart to forgiveness and loving unconditionally.

Vesuvianite: supports taking one's true path or calling in life. aids you in finding the courage to make changes, like in jobs, relationships, habits, thoughts and emotions, to truly follow your heart. assists in aligning the mind to the body, so that our thoughts can become an aligned reality, e.g. thinking: i need to lose weight action: put down snacks and go for a walk

White Topaz: assists in awareness of our thoughts and actions - and the karmic/spiritual importance of it all. helps us clarify our intentions, align it with the divine will, and then manifest it in the spiritual world. it's important to hold your highest intention while wearing this stone of manifestation. helps us align our words with truth.

Yellow Jasper: a protective stone, especially for those who feel uncomfortable, threatened or unsafe in public settings. Keeps you feeling grounded, strong and balanced and shields you from negative energy. Assists in those who are on a spiritual journey, to be patient, realistic, and know that changes will take time.

Yellow Opal: Opal in general is a stone of achievement, HOPE and good luck. The YELLOW opal is a stone of emotional stability, enhancing positive emotions. It's wonderful to wear in time of fear, distress, and new situations where you need to be stronger and "larger" than you've felt able to, and feel a connection to your mana, your inner source of power. Also brings a welling of joy that starts in my stomach and goes straight up to my heart.

Zircon: Excellent for those who dream big - how to maintain those dreams while taking care of the necessities.

Zoisite w/Ruby: For the idealistic person who dreams big - assists in taking those dreams and turning them into reality! Lends energy and purpose to those who feel overwhelmed by their desire to change the world, but fear that their dreams are impossible.

Green zoisite - energy of growth and fertility in all aspects of life. allows for the heart/mind connection and for the mind to really hear the heart's messages.

Ruby - is the life force stone of courage and passion. TOGETHER the mix of red and green allow for inner and outer development, energizing the body, mind and overall well being!

Metals:

Gold - best conductor of stone energy. best for energetically active jewelry. related to worldly knowledge and manifestation. stimulates passion, creativity, sexuality and extroverted energy - yang.

Silver - harmonizes well with most gems. yin energy - introverted, introspective, self-reflection. works best with stones that enhance psychic ability and work to heal the emotional body.

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Copper - able to ground the wearer. encourages experimentation and invention. carries the energies of thoughts and emotions, helps us gain wisdom and higher perspective on emotional experience.



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