

GLOSSARY OF PRIMARY GEMSTONES USED IN METAPHYSICAL ENERGY WORK

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Table of Contents

Basics of Stone and Crystal Work	2	R	32
Clearing the Stone's Qi.....	2	S.....	33
When Not to Clear a Stone's Qi	4	T	36
Glossary of Gemstones & Crystals.....	6	U.....	38
A	6	V	38
B.....	10	W	39
C	12	X.....	39
D.....	14	Y.....	39
E.....	15	Z	40
F.....	16	General Correspondences Table.....	41
G.....	17	Chakra Correspondences	44
H.....	18	Feng Shui Correspondences	46
I.....	19	Four Elements Correspondences	47
J.....	20	Wu Xing Correspondences	48
K.....	22	Birth Month Correspondences	49
L.....	23	Western Zodiac Sign Correspondences..	50
M.....	24	Chinese Zodiac Sign Correspondences ..	51
N.....	26	Stone Shapes and Their Metaphysical Uses.....	52
O.....	26	Field Guide to Rocks	55
P.....	28		
Q.....	31		

Basics of Stone and Crystal Work

Quartz clocks revolutionized clock-making because people no longer had to manually wind up the clocks. Pendulums, furthermore, are beholden to gravity, and aren't always accurate, because they'll tell time differently at different altitudes. Temperatures changes also affect pendulum clocks.

The quartz clock, on the other hand, sends an electric current from a battery through the quartz crystal with such power and force that it overrides any external natural circumstances. The current of power causes the crystal inside the clock to vibrate in such a consistent, reliable way that those vibrations are what generate pulses per second, thus telling time.

Quartz itself is a mineral composed of silicon, which itself is a semiconductor. From silicon came the silicon chip, which revolutionized the modern world. Silicon circuits are essentially the brain of all modern computing devices.

Silicon chips, if you ask me, is a form of magic that we now recognize as science. The basic theory of how silicon chips work is the same basic theory of witchcraft, just applied differently. Most of the stones and crystals listed in this glossary have industrial purposes vital to our economy and technologies. What the metaphysician does is work with the metaphysical energies of the stones.

Like science, effective stone and crystal work isn't simple. When you hold a crystal and simply wish something to be true, you're working with the power of placebo. While stone charms can be great for triggering the placebo effect, I believe it can do so much more than that, but it takes witchcraft, or at least what we still call witchcraft.

I hope this glossary will be a starting point in the development and progress of your personal stone and crystal witchcraft work.

Clearing the Stone's Qi

Although I'm using Eastern metaphysical terms here, I've found the fundamental concept to be recognized across the mystical traditions from every civilization and continent. Qi is the belief that there is an animated life force or energy in all objects, sentient and non-sentient, though the Qi of living beings would be different from the Qi of inorganic matter, such as rocks, metals, and minerals.

To explain the clearing of a stone's Qi, first envision your skin. Exposed to the merciless elements, your skin can get weathered, can change in texture, can sustain rashes, bruises, and can even

change in color tone, though the essential nature of it remains the same. You can also apply different creams and care for your skin in such a way that it preserves a pristine surface.

From the moment a mineral deep within the ground is unearthed and comes into contact with different environments, its natural Qi changes. I believe that clearing a stone's Qi prior to metaphysical work with it is like cleaning off the skin well and ensuring that there is no debris or toxins attached to it. It's also a method for trying to restore that piece of mineral back to its essential pristine nature, as close as possible before you send currents of magnetic forces, or new Qi, through the stone to charge or empower it.

Like how you care for your skin to clear it or restore it to its natural beauty, there are many different and equally effective ways to clear a stone's collected Qi.

For me, astrological timing is not critical, and you can work around the timing factor, but it is powerful, and so whenever possible, I will work in a manner that gives me an astrological advantage. Know that you don't have to work with astrological timing, but if you don't, then the other factors of your witchcraft need to be more potent to offset any astrological *disadvantages*. The astrology is much like the weather. Certain weather is better for certain outdoor activities. That is not to say you can't do any and all outdoor activities in any and all weather conditions, but you'll just need to account for the inclement weather.

In terms of astrology, look to both the lunar phases and the solar terms. Moon phases have an impact, as does the path of the sun.

The dark moon, or the evening before a new moon, is when energies and forces are most waning, and that universal pull in the direction of waning and draining helps to draw out residue in the stone that you want cleared. An energy clearing done during the dark moon optimizes the natural waning and draining flow of energy on earth. However, any of the waning crescent moon nights will suffice.

Timing a stone clearing to the sun can be a little harder, because sometimes it just needs to get done right this moment and the "best solar time" in theory for the clearing won't be for another three months. In those instances, I do a cost-benefit analysis and make a judgment call on whether to wait until the solar timing is better or just make do without the advantage of solar timing.

If you're working with Western astrology, the sun in a mutable sign is the optimal time for clearing the stone's Qi because energy is more pliable and fluid during the mutable seasons.

In the spring, the mutable period is roughly February 19 through March 29, just before the spring equinox, when the sun is in Pisces. In early summer, the mutable period is approximately May 21 through June 20, just before the summer solstice, when the sun is in Gemini. In autumn, it's August 23 through September 22, when the sun is in Virgo. In winter, the period is November 22 through December 21, when the sun is in Sagittarius.

Another way to remember it is the ideal time for energy clearings is just before any of the equinoxes or solstices.

To clear the stone's collected (and unwanted) Qi so it's restored to its original pristine nature, use the metaphysical or spiritual-psychic equivalent to a disinfectant to wipe the stone clear.

Not all minerals take to water well, but for the ones that do, I'll start by rinsing them in holy or consecrated water. Burying the stone overnight in a shallow dish of salt also clears it of unwanted energy, though like water, not all minerals will take to the salt well, so it will vary from stone to stone. Rubbing the stone's surface clean with blessed clear alcohol also works. Finally, the smoke of burning sage, sandalwood, palo santo, or frankincense will help to clear the stone.

Recite a prayer that's powerful to you, because you're already attuned to the vibrations of that prayer, and as you recite the prayer, light the wood or dried herb bundle. When I see the flame, I see it as a spark from Divinity. Wave the flaming wood or bundle in a manner that is ritualistically meaningful to you. In Eastern traditions, it's held between your palms in prayer and moved up and down, forming a cord that connects Heaven and Earth. The flame will then blow out and you'll start to see the smoke rise. Pass the stone to be cleared through that smoke and make sure it basks fully within that smoke.

Your stone is now cleared and ready for charging.

When Not to Clear a Stone's Qi

Some of the most powerful stones I've worked with held that power inherently, whether it's because that stone had been exposed to a sacred site for an extended period of time, is a meteorite, or other case-specific factors. When the stone's collected Qi holds that intensity of power, I won't clear the stone's Qi. In fact, any form of clearing would be ill-advised. You want to preserve that power.

Do I believe an energy clearing would affect the stone detrimentally? Not necessarily. It depends on the situation and the clearing method used. In certain cases, the layering on of holy water, sacred incense, or invocations of Divinity would only further amplify that stone's inherent accrued powers.

But in other cases, it would wipe the slate clean. There's no way I could say with any accurate generalization what would work and what wouldn't. It depends on the specific and unique circumstances of that particular stone or crystal.

Here is where the witch's intuition is essential. It's a judgment call you have to make on your own, in that moment. So, in terms of what I can share with any reliability, just know for yourself that in certain unique cases, clearing a stone's collected Qi is not advisable, because that collected Qi is inherently powerful and in fact, is what you want to work with.

For a stone I collected from a centuries old monastery, I gently wiped it clean (physically, not metaphysically) and that was it. I did not want the stone's Qi cleared in any way, because that stone's collected Qi was exactly what I wanted to preserve and be enriched by.

For a rounded smooth stone collected from a deep-dive below a waterfall, I did not clear the stone's Qi, but did apply a direct charging to it to attune the stone to a Water Divinity (one of the water dragons of Chinese Taoist lore).

Although there is a general sentiment that selenite does not need to be cleared or cleansed, when I purchased selenite through a corporate seller where I could not be certain of the mining practices used, I opted to clear the selenite's Qi with the intention of restoring it to its original state of Qi, rinsing it of any residual unwanted energies it might have collected throughout the commercial process.

I hope the foregoing three examples give you a frame of reference for how you might approach clearing or not clearing your stones' Qi.

Glossary of Gemstones & Crystals

A

Agate: Formed from either volcanic or metamorphic rocks, agates are banded chalcedony formed from silicon dioxide and a mineral of the quartz family. They are considered powerful stones that help foster love and abundance, with moss agate being the most powerful of the agates. Agates are used as calming agents, to help reduce stress and bring harmony and balance to its wearer. For centuries it has been used by midwives to help during the birthing process. Amulets made of agate have been found dating back to the Neolithic period. Folk medicine held that placing agate stones in water for cooking and drinking helped dispel sickness. Agate vibrates at a lower frequency and is believed to possess strong grounding and stabilizing properties.

Agate (Blue Lace): See Blue Lace Agate

Agate (Fire): See Fire Agate

Agate (Moss): See Moss Agate

Agate (Pink): See Pink Botswana Agate

Agate (White): See White Agate

Agate (Tree): See Tree Agate

Alabaster (White): Two types of soft, light stone are referred to as alabaster, and they can be either calcite-based or gypsum-based. Pure alabaster is a snow white color with fine, uniform grains. Alabaster is a neutral stone and optimal for dishware that gemstones being used for their metaphysical properties can be placed upon. Use of alabaster stones during funeral ceremonial recitations serve as a beacon to guide the soul to its final destination. Charged alabaster is also associated with necromancy and spirit summonings.

Amazonite: Amazonite is a blue and sea green feldspar stone with powerful soothing and calming properties. It is a warrior's stone for the search of inner truth, inner strength, and integrity. It assists a warrior spirit in seeking out the spiritual wisdom to fortify external courage. Amazonite can be empowered into talismans for professional prosperity and spiritual healing. Amazonite is a blue-green variety of feldspar. The stone is soft, however, and scratches easily, so must be handled with care. Amazonite is relatively rare and is limited in its natural occurrences. On the Mohs hardness scale, the mineral amazonite is about 6 to 6.5 and when subjected to the streak test, should form a white streak. Naturally appearing in hues of medium green. Classified under the group silicates; crystal shape is triclinic.

Amber: Amber, which is not a stone but rather a fossil, is a strong healing stone that wards off negative and malignant energies, and thus the power of amber will help avert bad luck. Amber can be paired with other gemstones to clear any channels of negative energy so that the positive energy of other gemstones will come through. Amber is perhaps best known for its strong health and healing properties, especially positive for children. Helps ground its wearer to the earth. Increases physical vitality, creativity, motivation, and can help purify mind, body, and spirit. Amber is believed to possess a potent amount of the Eternal Flame, a spiritual and warm Fire energy. Helps to stimulate vitality in the brain. Often associated with lightworkers, medicine men, witch doctors, and folk healers.

Amber (Black): See Jet.

Amethyst: In the physical world, amethyst improves the shrewdness of businessmen and merchants and generates greater wealth and business opportunities. In the spiritual world, amethyst facilitates a stronger connection to the divine and heightens intuition. The stone helps to open up the crown and third eye chakras. Historically believed to aid with sobriety and psychic ability, it is a calming stone for those suffering stress, depression, or anxiety, and also for those commencing intuitive development. Amethyst is a great starter stone to help begin psychic opening. It is also believed to be a protective stone for safe travels.

Ametrine: Said to be a combination of amethyst and citrine, ametrine is a relatively rare variety of quartz. The stone is also known as trystine. In addition to possessing the metaphysical properties of both amethyst and citrine, ametrine also stimulates intellect and helps its wearer develop a higher state of consciousness. Ametrine is said to help stimulate brain activity.

Ammonite: Ammonites are cephalopods or marine mollusks that existed on earth about 400 to 65 million years ago, from the Devonian to the Late Cretaceous period. The fossilized shells found today. Early Romans referred to ammonites as *ammonis cornua* ("horns of Amon"), after Amon-Ra, the Father of Gods, per Egyptian mythos, who was often depicted as wearing ram's horns. Metaphysically, ammonite is used for protection. In Chinese metaphysics, ammonites are associated with the qilin, a mythical chimera or four-legged hooved beast with dragon-head features. Qilins are omens of the arrival or departure of a great sage or leader. They can be used as a talisman by would-be mothers for the birth of a great son. A collection of eight consecrated ammonites in the north or south area of the home can be used in feng shui to magnify professional accomplishment for the head of the household.

Angelite: See Anhydrite (Blue).

Anhydrite: The mineral anhydrite, or anhydrous calcium sulfate, is a soft, brittle stone with a Mohs hardness of 3.5 (i.e., the hardness of a copper penny). The stone creates perfect parallel cleavage along three symmetrical planes. It's typically found in sedimentary beds, along with gypsum. Since anhydrite is considered "waterless," in contrast to gypsum (which does contain water), anhydrite is associated with the metaphysical element Air and in the Taoist metaphysical trinity, corresponds with Heaven. Anhydrite can form as white, gray, bluish white or violet-white

stones, typically pale or pastel in color. Anhydrite is used for communion and connection with higher vibrational planes, i.e., angels, archangels, saints, ascended masters, devas, or bodhisattvas.

Anhydrite (Blue): A calming blue form of anhydrite, blue anhydrite, more commonly known in the New Age communities as angelite, is believed to help stimulate psychic development. It enhances the intuition and thereby helps a practitioner hone psychic ability. Angelite is a spiritual communication stone, used to help commune with angelic realms, bodhisattvas, ascended masters, saints, and beings in higher vibrational realms. In shamanic journeying, angelite can be used for journeying to these higher realms. It is also believed to help facilitate channeling and automatic writing.

Antimony: Known as the “black dragon” in alchemical circles, antimony is a lustrous metalloid that has, since primitive cultures, been associated with alchemy and metaphysicians. It is a lustrous but soft substance, with a Mohs hardness of about 3, and has had various uses over the centuries. Around 3000 BC, it was used for eye makeup in Egypt. In the first century AD, Roman scholars cited antimony for medical treatments. Certain states of antimony can be harmful to human health, however, and can cause cancer. Prolonged skin contact with antimony can cause dermatitis. Ingestion or inhalation of antimony can be poisonous, even fatal. The alchemical symbol for antimony is a cross connected to a circle below it. Metaphysically antimony can be used to control the demon, darkness, and shadows within us. Sir Isaac Newton was a practicing alchemist, and much of his alchemical work was focused on antimony. Alchemically purified forms of antimony was known as Regulus, and associated with the zodiac sign Leo. Antimony can be incorporated into ritual to enhance ceremonial magic. It also helps to facilitate astral projection and pathworking.

Anyolite: Anyolite is a metamorphic rock composed of zoisite (a prismatic translucent epidote), pargasite (a stone that is commonly bluish green), and ruby. Anyolite is also known as “ruby in zoisite.” The stone is elementally Fire and Air combined, one amplifying the other. Color-wise it is typically green with streaks of purple-pink, an amaranth hue, and sometimes with specks of black or white. Good stone to aid in improving physical health or vitality. Helps to alleviate lethargy, anxiety, stress, or social pressure. Great pocket stone to take into social engagements or to shine with charisma in crowds. Facilitates extroversion. Aids in public speaking or public appearances so that you are perceived in a positive light.

Apatite: Apatite is a beautiful phosphate mineral in the form of a hexagonal crystal, potently charged with hydroxide, fluoride and chloride ions. In organic biology, phosphates affect the proteins in cells, and therefore regulate the metabolic process, how energy is stored or released. It is life-sustaining. It helps to cleanse the auric field. Apatite is a blue-hued stone used in past life work, astral travel, deep meditation, and to stimulate lucid dreaming. The name of the mineral comes from the Greek word for “deceit, misleading,” due to apatite being easily mistaken for other minerals. Apatite, with its strong source of phosphorous, is used industrially in fertilizer and metaphysically, helps stimulate growth, development, fruition, and fertility. The stone is also related metaphysically and spiritually to the moon, since the mineral apatite is found on the moon. Blue apatite is a shamanic stone used by practitioners for protection during shamanic journeying,

astral travel, pathworking, past life work, or accessing the Akashic Records. Used to conceal the practitioner from demonic powers. Used to stimulate personal growth as an occult practitioner. Can be used to enhance deep meditation or lucid dreaming. Apatite is a mineral with a Mohs hardness of about 5. When subjected to the streak test, should form a white streak. Naturally appearing in hues of blue and green. Classified under the group phosphates; crystal shape is trigonal or hexagonal.

Aquamarine: Aquamarine is the blue variety of beryl. In ancient lore, Aquamarine was believed to be the treasure of mermaids, and was used by sailors as a talisman of good luck, fearlessness and protection. It was also considered a stone of eternal youth and happiness. Can also be used to help facilitate healing of skin conditions. Today it protects all who travel by, over, or near water or travel by air. Ancient seers considered it to be under the influence of the moon, an orb exerting very great magnetic influence. Present day supporters of crystal-gazing suggest that when using an Aquamarine to view coming events, do so when the moon is increasing. The magnetism of the moon on the included iron oxides will strengthen the stone's forecasting ability. As a stone of symmetries, it is conducive for meditation and revelation, a stone of prophets, shamans, healers, and mystics. It also allows us to explore the darkest depths of our souls, face to face with ourselves, and with others. Associated with the Throat chakra, Aquamarine helps overcome the fear of speaking, and is an excellent stone for teachers and presenters of all types. It relaxes speakers to a stage of consciousness in which they are fully aware of their own truths, wisdom and feelings, and able to articulate them with clarity and conviction. It also allows one to speak clearly and without anger in difficult situations.

Aragonite: A reddish-orange stone, aragonite transforms geopathic stresses and negativity into clear, positive, healthy energy. Acts as an energy filter. Greatly benefits those with long-term illnesses. Brings warmth to the physical body. Heals and balances the emotional plane. Clears and balances all chakras. On the Mohs hardness scale, the mineral aragonite is about a 3.5 to 4 and when subjected to the streak test, should form a white streak. Naturally appearing in many different hues, though most commonly a red-orange color. Classified under the group carbonates; crystal shape is orthorhombic.

Aventurine: Aventurine is a form of quartz that is translucent, with mineral inclusions that give the stone a shimmering effect, or aventurescence. Aventurine is most commonly found in green hues, from chrome-bearing fuchsite (muscovite mica). The name "aventurine" is rooted in the Italian word "*a ventura*" meaning "by chance," alluding to its chance discovery. Optimal specimens of aventurine will appear to have a glistening sheen, appearing "sparkly" from gold or silver inclusions.

Aventurine (Green): Enhances prosperity and wealth. Also opens heart chakra, inviting greater compassion and charity to others. Reduces selfishness and at the same time, increases material and physical abundance to its wearer. Known as the "stone of opportunity." Considered one of the luckiest stones for improving good luck and fortunes.

Aventurine (Blue): Blue aventurine is the synthesis of Wind and Water of the Ba Gua elements. It enhances masculine energy, and raises confidence, assertiveness, ambition, motivation, and facilitates high achievement. Blue aventurine can be used to simultaneously stimulate the third eye and throat chakras to establish spirit connections for the medium, connecting into higher realms. Blue aventurine is a dark blue quartz with mica inclusions that gives it a subtle shimmer.

Azurite: The deep blue of azurite is said to vibrate at the same frequency as the third eye chakra and is considered one of the most powerful, potent psychic-clairvoyant stones. It is the stone of the mystics and great for those training to develop their intuitive abilities and mystic selves. Azurite helps the mind uncover the esoteric. It is a relatively soft stone, and a copper carbonate mineral found in the upper oxidized portions of copper ore. Azurite is often found in nature mixed with Malachite, another copper carbonate mineral. Azurite is a great stone for use in dousing and pendulums. Azurite also helps with career development, improving communication and interview skills, ensuring success during examinations, and increasing confidence. On the Mohs hardness scale, the mineral azurite is about 3.5 to 4 and when subjected to the streak test, should form a pale blue streak. Naturally appearing in hues of deep blue. Classified under the group carbonates; crystal shape is monoclinic.

B

Beryl: Mineral composed of beryllium aluminium cyclosilicate that often exhibits hexagonal crystals. Terminated points of beryl are rare. Most commonly found in granite or mica and in a variety of colors. Aquamarine and emerald are forms of beryl, aquamarine being a blue variety and emerald being green. Beryl can also be colorless, hues of red and pinks, yellows and oranges. Different impurities cause the different colors of beryl, which then modify the mineral's metaphysical properties. Thus, aquamarine will take on different metaphysical properties from yellow beryl (also called heliodor). The Mohs hardness of beryl is about 7.5 to 8. As an energetic conduit, beryl is ideal for spell-crafting and infusion of additional metaphysical forces. *Compare:* Beryl and chrysoberyl are two entirely different minerals, though both contain beryllium.

Beryl (Pink): See Morganite.

Black Onyx: Black onyx is an ultimate protective stone. It wards off negative and malignant energies away from the one the stone is intended for. It is a separation stone that, when kept close to the physical body, will extract negative energies from that body and absorb it. A great stone of self-control and self-mastery. Black onyx is a grounding stone that facilitate both shielding and grounding. Best used in conjunction with shielding or grounding techniques of the practitioner. Black onyx is a must for metaphysicians. However, it must be cleansed and purified from time to time. Every occasional full moon, place overnight on a bed of sea salt and dried cleansing herbs, such as sage. In alternative metaphysical healing, the stone is believed to help counteract the effects of radioactive treatments, minor radioactivity, and shield from the harmful effects of

electromagnetic frequencies; it absorbs toxicity from the body or environment for better health and cleaner air. (If used for such purposes, then it definitely must be cleansed with consecrated water and purified with sea salt from time to time.)

Black Tourmaline: See Tourmaline (Black).

Bloodstone: Health protection stone; improves health and wellness; increases endurance and physical vitality; great stone for athletes and warriors. Increases personal strength and power. It is also believed to be beneficial for creativity, strength, and vitality. It has long been considered a gemstone that protects its wearer from evil and malignant energies. Medieval Christians carved scenes of crucifixion and martyrs into bloodstone, and thus it became known as the “martyr’s gem.” According to legend, bloodstone was first formed when drops of Christ’s blood fell and stained the stone at the foot of the cross. The Greeks believed in bloodstone’s ability to bring about positive change. Genuine bloodstone rubbed against porcelain will leave behind a blood red streak or scar. Said to help reduce pain and aches in the stomach and spleen when bloodstone is placed in that area. For an elixir that helps alleviate emotional stagnation, place a cleaned rough bloodstone into consecrated drinkable water and set under sun for a day. The water becomes infused with the metaphysical energies of the stone and can be ingested for strengthened protection.

Blue Aventurine: See Aventurine (Blue).

Blue Calcite: Calcite has a translucent quality, a carbonate mineral that, in its natural state, appears a bit chalky. At times calcite can exhibit phosphorescence or fluorescence. Blue calcite is an excellent stone for business executives and professionals. Use to facilitate harmonious negotiations or mediation. Blue calcite is a powerful communication stone. It has a calming effect and brings clarity of thought and emotions. Can also be used for enhancing dream recall. A sizeable specimen of blue calcite on the nightstand is said to be able to facilitate prophetic or intuitive dreams. Calcite is a very soft stone, with a Mohs hardness of about 3.

Blue Goldstone: See Goldstone (Blue).

Blue Howlite: See Howlite (Blue, Dyed).

Blue Lace Agate: A stone with soft, calming Water energy; uplifts the spirit; assuages dejection and helps with depression. Stone of communication; inspires and enhances soft skills. Helps with the expression of emotions and feelings. Stone of the diplomat. For those who are passive or soft-spoken, blue lace agate can help improve confidence and facilitate expression. Enhances grace and elegance. Neutralizes anger and helps with anger management. Helps facilitate communication with angelic realms.

Blue Quartz: See Dumortierite.

Bronzite: Bronzite is a grounding stone that facilitates stronger energies of control and self-control. It balances the mind and body for clearer decision-making. Use it to help bring certainty,

clarity, and control to a situation. Bronzite is a silicate compound of magnesium and iron, and is often a mineral found in meteorites.

C

Calcite (Blue): See Blue Calcite.

Calcite (Honey): See Honey Calcite.

Carnelian: Health protection stone; improves health and wellness; helps improve illness. Generates optimism and positive energy; invigorates; brings about greater leadership skills, confidence in decision-making, and improves physical vitality. Can increase creativity and balance emotions. Facilitates prosperity for entrepreneurs. Facilitates innovation. Helps generate greater opportunities in career, business, and education. Use to overcome fatigue and lethargy. Also, carnelian can be used to cleanse other gemstones. Place carnelian with other stones and it will regenerate the energies of the other stones. It is believed that so long as the carnelian keeps its red color, it does not need to be cleansed and will continue to generate strong metaphysical properties for improving health and vigor. The darker the carnelian, the stronger its abilities to combat illness and toxicity.

Cat's Eye: The formal name for this stone is cymophane, a form of chrysoberyl. In its natural form, it is yellow-green with chatoyance. Chatoyancy is the term describing an optical reflection within the stone that gives it that cat's eye effect. Chatoyance in cat's eye or cymophane is the result of fibrous inclusions within the stone. The best cat's eye stones should look like "milk and honey." Cat's eye stones in any other color than yellow are generally dyed stones, or not true cymophane.

Celestine: Celestine (also known as celestite) is a mineral with an orthorhombic crystal system (i.e., cubic) with a luster ranging from vitreous to pearly and a Mohs hardness of between 3 and 3.5. While it can come in a range of color, from white to blue, even shades of red, brown, and gray, the most common variety is a pale blue, which is where the mineral derived its name. Celestine is associated with anhydrite, blue anhydrite (angelite), and gypsum, with all of these minerals generally found in the same sedimentary rock beds. Celestine can also be found within geodes. In New Age circles, Celestine is used to commune with guardian angels, guardian spirits, and spirit guides. It is also used to connect to higher vibrational or angelic realms. Celestine can be used to help bring calm and peace, alleviating trauma. It reduces stress and anxiety, and can be used to help guide one toward finding inner peace. It is a stone of harmony and tranquility. Celestine can also be used for dream recall and lucid dreams. When subjected to the streak test, Celestine should form a white streak. Classified under the group sulfates; crystal shape is orthorhombic.

Celestite: See Celestine.

Chrysocolla: A stone of communication. Use for empowering personal expression, writing endeavors, or for teaching. Ideal stone for writers, editors, and teachers. Can also help one navigate Mercury retrogrades. Can also be used as an amulet for musicians and performing artists. Chrysocolla is a hydrated copper phyllosilicate mineral often found in a cyan or blue-green hue. The hue comes from the oxidation of copper.

Chrysoprase: Chrysoprase is a green chalcedony with nickel inclusions. It is known as the mother of jade and considered by many cultures, East and West, to be a powerful stone for healing by balancing yin and yang energies in a body. As a strong detoxifying stone, chrysoprase eliminates waste from the body, mind, and spirit by drawing out poisons. Those who are drawn to this stone are said to already possess great inner courage, though they may be at a time in their lives where they are having difficulty recognizing and accessing it. Chrysoprase allows them to tap into that inner courage and strength with the wisdom to use it wisely. The stone derives its beautiful coloration from the nickel content it contains, which means that it is possible for the color to fade if it is subjected to too much sunlight. Chrysoprase is said to be the favorite gemstone of Alexander the Great. A bowl of chrysoprase by the entrance of a home will keep its occupants healthy, peaceful, and harmonious. Strengthens and balances the heart chakra.

Cinnabar: Cinnabar is a scarlet red mercury sulfide and an ore used for refining mercury. It occurs in mineral veins associated with volcanic activity. Due to its mercury content, when handled improperly, cinnabar can be toxic. In traditional Chinese metaphysics, cinnabar is considered a powerful stone used by alchemists and magicians for manifestation during spell-crafting. It is also associated with wealth and in feng shui, can generate prosperity and financial success.

Citrine Quartz: Brings warmth, joy, comfort, cheer, and generates heightened creativity. Clears the mind, stimulates spirit and vitality in a gentle way, and dissipates atrophic energy. Amplifies energy and infuses it with cheer, vitality, and warmth. Sometimes referred to as the merchant's stone, a citrine left by a cash box will generate greater sales and business opportunities. Brings positive energy to financial investments. Also helps with business relationships. For those who already have a great deal of Fire energy within, however, citrine may exacerbate aggression. Overall, a success stone that helps bring greater prosperity and personal power to its wearer.

Coral: Red coral emanates intensely with Life Force and vitality and brings a sense of safety and stability. It improves physical energy, invigorates, heightens the survival instinct, sense of belonging, and greater leadership skills. The more orange coral can improve visualization, creativity, and innovation. Helps to generate ideas and intellectual control; improves education and transfer or retention of knowledge. Helps ensure safety while traveling by water.

Crystal (Clear) Quartz: All-purpose amplifier stone. Amplifies the energies of other stones. Easily programmable with specific intentions. Heightens and accelerates spiritual awareness. Crystal quartz can help amplify one's own intuition or clairvoyance.

Yang Crystal Quartz: Glass-clear transparency. Amplifies active, assertive healing energy, creativity, active energy, strength, and warrior properties. Optimal for Fire and Air

correspondences. Apply to intentions related to career, personal or professional development, creative projects, ambitions, goals, settling disputes, conflict, wealth creation, or asset acquisition. Radiates with god energy, the radiance of the sun.

Yin Crystal Quartz: Milky white translucency. Amplifies love, nurturing, gentle healing energy, controls emotions and spirituality, and helps with transformation. Optimal for Water and Earth correspondences. Apply to intentions related to love, relationships, family, emotions, resolving internal flux, helping with depression, dreams, intuition, premonition, compassion, wealth management and nurturing to increase present wealth, long-term financial investments. Radiates with goddess energy, the intuition and empathy of the moon; the receptive.

D

Dendritic Opal: *See* Opal (Dendritic).

Desert Rose: A form of selenite and gypsum in rose-like formations or rosettes, desert rose is created in arid, sandy conditions after the evaporation of a shallow salt basin. They are formed from wind, water, and sand. Iron oxides give the mineral its signature rustic, pale rose hue. Aboriginal cultures believe that the desert rose has protective qualities, and can either neutralize or shield negative, malignant, or atrophic energies. Clusters of desert rose can be incorporated into the interior décor of an office or business setting to protect that business from competition, threats, or those who might otherwise seek to do that business harm, thereby shielding the business and facilitating prosperity. Desert rose in the home provides a gentle, calming protective quality, and is suitable for home protection among the lay. (Practitioners of craft should opt for stronger protective stones, such as black tourmaline, lodestone, snowflake obsidian, etc.). Desert rose stones are ideal conduits for empowered talismans to ensure good health, longevity, and general good fortune.

Diamond: Stone of invincibility. Used to enhance physical strength, vigor, material success, and glory. One of the four precious stones, along with emerald, ruby, and sapphire. Natural diamonds are formed at high temperatures and high pressures deep in the Earth's mantle, formed over billions of years, and then brought to the Earth's surface through volcanic eruptions. Diamonds are the hardest known mineral per both the Vickers and the Mohs scale. In metaphysics, it is the strongest amplifier. What crystal quartz does, the diamond will do better a hundred fold. Diamonds are a form of metaphysical energy amplifier. When used during craft close to the practitioner or the practitioner channels his or her life force through the diamond, that life force will intensify and thus strengthen craft. On the Mohs hardness scale, diamond is a mineral with a hardness of 10. When subjected to the streak test, should form a white streak. Crystal shape is cubic.

Diamond (Herkimer): Not really a diamond, but a double terminated crystal quartz, Herkimer diamonds are highly prized in the metaphysical community. They relate to the crown chakra. It is a stone of ascension. Herkimer diamonds are used to channel pure White Light energy. They facilitate communication and channeling to higher spirit realms, for communication with spirit guides or the angelic and bodhisattva realms, and can help with energetic attunement. These quartz crystals are formed slowly within the cavities of rocks, cavities typically formed from tectonic activity. Herkimer diamonds are helpful to spiritual teachers, psychics, mediums, and channels.

Dumortierite: Dumortierite stimulates brain activity. Historically it has been called the scholar's stone. It enhances intellect, mental capacity, brings mental clarity, and supports both verbal and mathematical functions. It is believed to stimulate the pineal gland, or the third eye chakra, the seat of intuition and the soul, and therefore improves psychic abilities and clairvoyance. Said to be useful for students taking examinations, not only for the stone's amplification of mental faculties and memory recall, but also for its ability to help the student anticipate the right answers clairvoyantly. Can be used to facilitate contact and communion with spirit guides or the higher angelic realms.

E

Emerald: Emerald brings balance to the heart chakra so that a person's energetic fields can be open for healthy, harmonious love. It is a stone of intuition and helps to activate psychic visions, believed to help a diviner to foretell future events and reveal truths. It is a stone of wisdom and revelations, bringing information in the unconscious mind to the surface of consciousness. Traditionally emerald has been used to protect against enchantment and spell-crafting. A green variety of beryl, emerald is one of the four precious stones, along with diamond, ruby, and sapphire.

Epidote: Dark epidote can be mistaken for black tourmaline. Like kyanite, it is a silicate. Epidote is an enhancer or amplifier. It increases the strength of the vibrational frequency of any object or force it is near. It can be kept near when channeling spirit entities to increase the practitioner's receptivity to such contact. Mediums may find epidote to be helpful when channeling spirits. Epidote can also be used in conjunction with black tourmaline to further fortify the protective qualities of black tourmaline. Epidote is believed to be a metaphysical enhancer of the immune system. On the Mohs hardness scale, the mineral epidote is about a 6 to 7 and when subjected to the streak test, should form a colorless to grayish streak. Classified under the group silicates; crystal shape is monoclinic.

Euclase: Euclase is a form of beryl and related to the beryllium minerals. It's often found as a blue-hued stone at different levels of translucency, and can also be found milky white. Euclase helps to clear energy blockages. It can be used metaphysically to remove clots or clogs in energy flow that

is impeding on healthy Qi energy. Use euclase to help facilitate the removal of obstacles or barriers of entry.

F

Fire Agate: Said to contain the Eternal Flame. The Eternal Flame is a spiritual flame that burns ever brighter when fueled with good thoughts, good words, and good acts. Illuminates metaphysical darkness. A stone of courage, strength, and bravery, fire agate brings out the warrior, the leader, and increases confidence and the ability to make wise decisions. Believed to contain the essence of spiritual Fire. Stabilizes and strengthens. A stone of ambition and high achievement. Also said to help stimulate vitality in the eyes when placed over them. When strong doses of metaphysical Fire or cardinal energy is needed, fire agate tends to be the optimal choice. Raw, rough fire agate pieces placed in the south area of the home or office, especially when placed on a windowsill, amplified by an overhanging sun catcher, helps manifest ambitions, win awards or competitions, bring honor and valor, and facilitate high achievement and success.

Fluorite: Fluorite helps to direct the flow of Qi energy in a way that brings order and stability to its vicinity. It helps an individual to control personal environment in such a way as to shield empaths, filtering in only higher vibrations. Fluorite tempers. It tempers disparate forces to facilitate a harmonious environment for both logical reasoning and intuition. Fluorite is said to strengthen the cerebral plane and bring order where there is chaos. The mineral is known for its healing properties; a great stone for health, healing, and wellness in mind, body, and spirit. A powerful stone to be used for purification and consecration. Fluorite generally is an amplification stone and can amplify the power of craft when integrated with it or strengthen the potency of other stones around it. Very helpful and indispensable stone for psychics and clairvoyants working with higher vibrational energies. Fluorite is a very soft mineral, with a Mohs hardness of about 4. When subjected to the streak test, should form a white streak. Classified under the group halides; crystal shape is cubic.

Fuchsite: A form of chrome mica that tends to be pale green with a slight sparkling sheen. The green hue comes from the rich chromium content. Fuchsite is on the softer side, with a Mohs hardness of between 2 and 2.5. It is also mildly radioactive from its potassium content, though that radioactivity is generally not detectable. Fuchsite is said to help facilitate self-awareness. It is a metaphysical complement to counseling, mentoring, and psychological study. Use for emotional or mental repair. Also believed to help alleviate carpal tunnel syndrome and bring better alignment of the red and white blood cells. Traditionally considered a healer's stone or a stone of health, a sizeable chunk of fuchsite can help a practitioner of the healing arts metaphysically diagnose medical ailments.

G

Gabbro (Indigo): Gabbro is a coarse-grained igneous rock formed when molten magma below the earth's surface cools into holocrystalline masses. Typically, gabbro consists of feldspar, hercynite, magnetite, chlorite, serpentine, muscovite, pyroxene, biotite, or diorite. Indigo gabbro was made popular by the New Age communities, and is mined primarily in Madagascar. Indigo gabbro is believed to be a powerful stone for raising energy that helps to amplify the clairs—clairvoyance, clairsentience, claircognizance, and clairaudience. The stone also contains protective qualities, shielding electromagnetic frequency waves, blocking malignant energy, and helping with both shielding and grounding. Indigo gabbro specifically is a brecciated black and white stone, with the darker minerals ranging from black to indigo (hence the namesake). Gabbro that is dark-heavy are better suited for shielding and blocking; gabbro that is light-heavy are better suited for amplifying the clairs.

Garnet: A sacred stone to many cultures and civilizations throughout history, garnet represents manifestation of higher consciousness and the higher self. It induces one to become the best version of oneself. In terms of its general metaphysical uses, garnet can be used to bolster fertility or virility, bolster physical energy, and improve health, strength, and vigor. Use as a healing stone. Helps remove toxins and impurities from a body. Restores and revitalizes. Helps with energetic cleansing of body, mind, and spirit. Can also be used for improving marital or conjugal relations. On the Mohs hardness scale, the mineral garnet (almandine) is about a 6.5 to 7 and when subjected to the streak test, should form a white streak. Naturally appearing in many different hues, but the most common one is dark red. Classified under the group silicates; crystal shape is cubic.

Girasol (Quartz): A translucent pale pink to light gray variety of quartz, it is also referred to as a girasol quartz, for its floating, cloudy, milky interior. Its milky color and optical phenomena (adularescence) are both produced by light scattering off the microscopic fibers within it.

Girasol (Pink): A pink variety of girasol or opaline quartz, pink girasol can be used by a practitioner to amplify long distance energy healing practices. Pink girasol is used to bring both physical and emotional healing by calming stresses within the personal energetic field. When a quantity of pink girasol that covers the palm is held in the practitioner's giving hand, healing force that the practitioner emits through that giving hand that filters through the pink girasol is strengthened, amplified, and rendered more potent for the recipient of that healing force.

Golden Calcite: See Honey Calcite.

Goldstone (Blue): Goldstone was first made during the European Renaissance, and is neither gold nor stone. It is made from tiny flecks of copper suspended in colored glass, a process that, according to legend, originated from Italian monks who had been practicing alchemy. Blue

goldstone is a stone for science and wisdom, and a powerful energy generator for academics, education, philosophy, and higher learning. Goldstone stimulates vitality.

Goldstone (Red): Red goldstone renews strength, revitalizes both mind and body, and like blue goldstone, is a positive energy generator. The color red is a stimulant, and as it is the color of blood, combined with goldstone, intensifies the power of the stone's energies. The color red also stimulates passion, fortune, and great prosperity. Red is about life, and red goldstone helps channel the energies for living a fruitful, fortuitous life. Red goldstone strengthens confidence in decision-making, nurtures stronger leadership skills, and is an auspicious stone for entrepreneurs and self-starters. It is known as the "stone of ambition" and can be used to facilitate conquest, acquisitions of social or political power, advancement in your profession, and gains of glory. Use to overcome fatigue and lethargy.

Green Aventurine: See Aventurine (Green).

Green Opal: A more common form of opal, green opal helps to bring a sense of calm to its bearer. Use to help alleviate grief, emotional or spiritual imbalances, and depression. Green opal is a great stone to work with when one is feeling without direction when it comes to personal spirituality or faith. Can help facilitate emotional or spiritual transformations and by facilitating that personal transformation, in turn facilitate greater abundance and prosperity in the bearer's life.

Green Quartz: See Prasiolite.

H

Hematite: Hematite is not a gemstone, as many believe, but an iron oxide mineral, containing high iron content. The nature and chemical properties of hematite make it a strong grounding and protection stone. Hematite was traditionally known as a bloodstone used as an amulet to protect the circulatory system and regulate blood flow. In the metaphysical sphere, it helps to regulate the flow of Qi in a personal energetic field, to bring grounding to the natural Fire energy we have innately. Native American folklore held that hematite made one invincible in battle. There is a parallel between hematite and Mars in Vedic astrology. Thus hematite is believed to help raise personal frequencies to harmonize with higher vibrations for achievement, victory, and strength. That in turn results in a person who radiates with confidence, attracting love and romance. The magnetic properties of hematite are also why it is associated with attraction. Hematite's metaphysical properties are believed to assist with attracting success and prosperity into one's life. There is also a strong grounding and shielding component to hematite and when held in the palm, brings a calming, protective sensation. On the Mohs hardness scale, the mineral hematite is about 5 to 6 and when subjected to the streak test, should form a brown-red streak. Naturally appearing in hues of brown-red to black. Classified under the group oxides; crystal shape is trigonal or hexagonal.

Herkimer Diamond: See Diamond (Herkimer).

Honey Calcite: A yellow or golden colored form of calcite with a spiritual connection to the Egyptian goddess Bastet (or Bast), a lioness warrior goddess of the sun, evolving later into a cat goddess. As one of the divinities associated with the Eye of Ra, Bastet is both protector and avenger, and honey calcite can amplify spell-working of such natures, especially where solar energies are involved. Honey calcite can help amplify personal power and achievement of glory; it can be a good stone to help with academic studies, since it optimizes your intelligence. *Also known as Golden Calcite.*

Howlite (White): Relieves anxiety and tensions. Howlite is a calcium boron-silicate hydroxide with a semi-matte ivory hue and darker gray veins. It is a relatively soft stone and helps to calm hyperactive or troubled minds. Howlite is believed to help improve various skin conditions, help with calcium deficiency, and improve sleep. It is also an attunement stone that helps the present state of consciousness attune to a higher level of consciousness, and thus opens up the third eye chakra.

Howlite (Blue, Dyed): Generally, blue howlite is white howlite that has been artificially dyed. The infusion of dye modifies the original white howlite properties. The original howlite properties means such stones help to calm anger, anxiety, and tension, though the blue dye brings the added benefit of facilitating powerful meditative states. Use blue howlite during meditation to balance personal vibrations. Blue howlite can be placed wherever there may be heightened levels of stress, pressure, or tension. It helps to bring all incompatible personal vibrations in its vicinity to a compromising balanced vibration. *Note:* When seeking to acquire blue-dyed howlite, be sure to inquire about the dye used. Howlite tinted with natural plant-based indigo dyes is preferred.

I

Iolite: Iolite is the color of a dark night's sky, a beautiful indigo that stimulates the third eye chakra and brings prophetic dreams. A stone that amplifies the shaman's abilities, iolite, also known as cordierite, can be used to help the shaman navigate through the underworld and other worlds. Iolite can be used as a metaphysical or supernatural compass. Iolite is a magnesium iron aluminium cyclosilicate and almost always with iron present. Iolite is strongly pleochroic, and will exhibit a different color when viewed at different angles. Keep iolite near the nightstand or underneath the pillow for psychic dreams. It is also an optimal stone to facilitate shamanic journeying.

Indigo Gabbro: See Gabbro (Indigo).

J

Jade: Blessing stone that enhances the lives of those the stone touches. Enhances wealth and prosperity, and also enhances health and personal vigor. Brings good luck and fortune. Good stone for businessmen or those who need to amplify money management energy. Brings peace and serenity. Jade is a fine-grained, mineral aggregate composed of either jadeite, nephrite, or both. Imperial Jade, which is an emerald green, is the most coveted for its rich green color, produced by its high content of chromium. Per Chinese tradition, jade is believed to possess the metaphysical vibrations for inducing the five virtues of humanity: wisdom, compassion, justice, modesty, and courage. Jade is known as the stone of the heart and helps to balance the heart chakra. Jade is colorless or white when free of foreign elements. The pale white jade was the color most valued by the ancient Chinese (“mutton fat jade”), which was typically nephrite. However, due to the presence of trace compounds such as iron, chromium, and manganese, jade can exhibit a range of colors. Today the emerald green Imperial Jade, a jadeite, is the most valued. Stones such as aventurine, serpentine (also called “New Jade”), prehnite, chrysoprase, and others are often sold as imitation jade (though chrysoprase itself is a valuable and prized stone). Metaphysically, however, all of these stones effectively help to balance the heart chakra. For an elixir that helps bring inner peace, longevity, better health and overall vitality, place a cleaned rough jade (jadeite or nephrite) into consecrated drinkable water and set under sun for a day. The water becomes infused with the metaphysical energies of the stone and can be ingested for strengthened protection. *See also:* Jadeite and Nephrite

Jadeite: Jadeite is a silicate of sodium and aluminum within the pyroxene group. Most Imperial Jade is jadeite. When purchasing jade, quality is determined by the degree of translucence, cleanness of color and purity of color. Jadeite is considered rarer than nephrite. Jadeite is also a harder stone than nephrite. Jadeite will scratch glass and even metal, though performing such a scratch test on nephrite could ruin the stone. When examined under a microscope, the structure jadeite and nephrite appear fibrous or granular, not microcrystalline and homogenous the way quartz would look.

Jasper: Jasper is an opaque chalcedony or opaque quartz that can be red, yellow, brown, green, and in rare occurrences blue. It is like an agate, but has more mineral inclusions and iron oxides than agate. Jasper is the supreme nurturer, with strong Earth energy for strength, stability, and security. It is a powerful grounding stone, protection stone in both physical and spiritual realms, and often used for dowsing. The stone helps to alleviate stress and anxieties, improve physical health, facilitate healing, and cope with grief or loss by keeping personal energies grounded and centered. Jasper needs to be a tactile stone, touched and making direct contact with the body for optimal energetic benefit to the wearer. Jasper also needs to be routinely cleansed and purified of the negative energies it absorbs and accumulates from its environment.

Jasper (Black): Also known as blackstone, black jasper absorbs negative and malignant energies. When placed against the physical body, it absorbs negativity and detoxifies,

helping to dissolve emotional blockages. In combat (whether physical, mental, metaphysical, political, or legal), blackstone is believed to bring good luck, strength, and amplified power to its wearer.

Jasper (Blue): A strong stone for strengthening the throat chakra, blue jasper helps with communication, oration, rhetoric, writing, self-expression, and the ability to interpret dreams. It is a deeply spiritual stone that helps its wearer connect to higher states of consciousness and thought. The work of dream interpreters and spiritual workers can be greatly improved with blue jasper.

Jasper (Brown): Brown jasper is for strengthening Earth energy, grounding, bring about stability and security, and facilitating a sense of weight and centeredness to being. Brown jasper protects in the physical realm, helps to alleviate stress and negative energies, and maintain consistent good health. It is a preventative stone. When centering, use brown jasper. Brown jasper is a Mother Earth stone and can help facilitate happy, healthy pregnancies or enhance fertility and fruition.

Jasper (Dalmatian): Helps recall of past memories and nostalgia. Great stone for sorting through childhood memories or experiences. Supportive of familial love. Absorbs negative energies in surrounding and brings calm and a sense of peace to its wearer. A good stone to keep around children to keep them grounded, content, and in harmony; also protects children and shields them from negative energies. Dalmatian jasper used for such purposes needs to be routinely cleansed and purified of the negative energies it has absorbed.

Jasper (Green): A great amulet for healing, health, and also financial prosperity. Green jasper also enhances empathy for others. Routinely charge green jasper with specific intentions for health, healing, or prosperity so that it can continue emanating with such powerful energies. Green jasper can also help facilitate happy, healthy pregnancies or enhance fertility and fruition.

Jasper (Mookaite): An earthy burnt umber, sienna, and white banded stone, mookaite is an Australian jasper formed from skeletal remains of radiolaria, microscopic protozoa with a hard silica shell, which were deposited over millennia as sediment in shallow areas of sea beds around Mooka Creek in Western Australia. In Australia, mookaite is considered a healing stone that bestows strength. It is said to help connect us to loved ones who have passed away. Pressing a mookaite palm stone against the upper stomach is said to activate the solar plexus chakra, the seat of will and personal power. It is also said to boost the immune system and decrease signs of aging. Mookaite helps to ground and connect personal energy to the earth's energy.

Jasper (Red): Jasper appears opaque red when there are oxidized iron inclusions in the stone. Red jasper invigorates, regenerates, and facilitates transitions from an old stage into a new. For those going through major transformations in their lives, red jasper will help make that transition smoother. Red jasper is a powerful stone for defensive energetic

workings. Powerful absorption of negative energies in surrounding. Use to overcome fatigue and lethargy.

Jasper (Yellow): Yellow jasper facilitates justice and fair dealing. It is a stone of high intelligence, intellectualism, and rational analysis. Yellow jasper also improves self-esteem and is a great stone for adolescents. It encourages active achievement, dissipates feelings of powerlessness or frustration, and neutralizes negativity and pessimism. Yellow jasper strengthens the solar plexus chakra, which in turn strengthens the wearer's inner wheel of Vital Force. It helps to improve personal power and nurture a healthy ego.

Picture Jasper: Jaspers with patterns and colors that form a provocative abstract work of art are called picture jaspers. These patterns are formed from varying mineral deposits collected by water or wind. Any of such jaspers can be called "picture jasper." Picture jaspers are great for clairvoyance, psychic visions, and enhancing artistic creativity.

Spiderweb Jasper: Also known as zebra jasper, spiderweb jasper is banded with black, gray, and white. Due to its synthesis of the binary, yin and yang energy, it is a great stone for connecting to the Divine. It is used as a strong grounding stone, to dispel grief and depression. Use during divination, meditation, path-working, or shadow work to cut through illusions.

Marbleized jasper stones with a striation of colors will possess a unique combination of the properties corresponding with the colors, as set forth above. Generally, marbleized jasper facilitates grounding, centering, and feelings of security and stability.

Jet: Jet is a type of lignite, which is also referred to as brown coal, a sedimentary rock formed from compressed peat, or decayed organic matter. Thus, jet is a great stone for mediums to work with to help connect to the dead. Also facilitates the magician's work in necromancy. When rubbed, jet can induce an electric charge. With a Mohs hardness of between 2.5 and 4, jet is a relatively soft stone. Note: Stones described as "black amber" is not truly amber, but rather, is a type of jet.

K

Kunzite: Emotional calming, healing, and facilitator of personal inner peace. Nurturing stone and helps control and maintain the emotional state of new mothers. Helps alleviate depression and heartbreak. Reduces stress and calms the nerves. Enhances sense of unconditional love for the self.

Kyanite: Kyanite is a blue silicate mineral. It balances the throat chakra and enhances knowledge, wisdom, intelligence, eloquence, communication skills, and persuasiveness. Kyanite is a metaphysically resilient stone that does not require cleansing or charging. It is an ideal stone for entrepreneurs and small businesses, as it is believed to help generate a positive and high

reputation and thus increase business. Those in public relations, lawyers, politicians, and public figures should carry it to help their throat chakras. Kyanite is a great stone for advocacy work, public speaking, and generating confidence. Pale blue kyanite is used to channel angelic or higher realm spirit energies. Mediums and channelers can use raw, natural pale blue kyanite wands to tap into angelic, bodhisattva, ascended, or spirit guide frequencies for visions and divinatory messages.

L

Labradorite: On its surface, raw natural labradorite looks like an ordinary rock, but if it catches the light at just the right angle, you'll see its beautiful, mystical rainbow shimmer. It is a stone that awakens within the ability to traverse through unseen realms. Throughout many cultures, labradorite is considered a stone of magic. It is used by shamans, diviners, and healers. The stone can help create a powerful protective barrier through the personal auric field, strengthening the auric field. It wards off negativity, malignant energy, and ensures safe travels through spirit realms for the shaman. Labradorite is a feldspar, and the iridescent rainbow shimmer inherent in it is called labradorescence. According to Inuit mythology, labradorite fell from the frozen fire of the Aurora Borealis. Optimal stone for use by shamans and mediums. In Chinese feng shui, labradorite corresponds with the Wu Xing element Water. The stone is also used by Chinese Taoist priests and practitioners of magic for spiritual and psychic protection. Feldspar is a mineral with a Mohs hardness of about 6.

Lapis Lazuli: Stone of wisdom; enhances clairvoyance, psychic energy, and intuition. Shamanic stone that facilitates communication between spiritual realms. Opens the throat chakra; increases lucid dreams; helps with expression. Brings honor to its wearer, glory, fame, high reputation, and helps increase fame and public recognition. Protects against the evil eye and malignant energies with the full strength and vigor of the heavens. Channels divine, higher energy.

Lemurian Crystal Quartz: Also known as Lemurian Seed Crystals, they are currently mined from a single location—Sierra Do Cabral mountain in Minas Gerais, Brazil and are distinguished from regular quartz crystals by its parallel striations. Lemurian crystals have garnered a cult fascination, and a myth has developed around it. According to the myth, an ancient civilization from twelve million years ago, one that possessed clairvoyant and prophetic abilities, encoded these crystals with the knowledge of the universe for future humans to find. Lemurian crystals are used as wands, conducting, amplifying, and focusing Qi energy to facilitate the healing powers of a healer. A single terminated point crystal can be used to divine yes or no answers. To use, fill a shallow bowl with white sand and bury the crystal in the sand. Place the bowl outdoors around nature, in contact with the earth. Rotate the bowl with the buried crystal while asking the yes or no question. Then unbury the crystal to see which way its point faces. North pointing indicates a positive, affirmative answer; south facing indicates a negative answer. East or west, the question

cannot be answered at this time. Lemurian Seed Crystals are believed to help facilitate attunement or connectivity into the Akashic Records.

Lepidolite: A very soft stone, lepidolite helps calm hyperactive energy, reduce tempers and aggression, and alleviate depression. It is an emotionally calming stone and helps to balance the emotional plane. Lepidolite is a great stone to keep around small children to help keep them calm and content. The stone can also help to curb despondency and addictions. Lepidolite helps to encourage independence and to achieve goals. Lepidolite enhances self-love, optimism, and patience. It is great for lucid dreams and dream recall. It helps to attract supportive friends and colleagues, as well as bring opportunities to succeed. For those living in urban, noisy, or chaotic settings, lepidolite will bring a sense of calm and serenity. On the Mohs hardness scale, the mineral lepidolite is about a 2.5 to 3 and when subjected to the streak test, should form a colorless streak. Naturally appearing in hues of pink and purple. Classified under the group silicates; crystal shape is monoclinic.

Lodestone: Grounding and shielding stone. Protects and stabilizes. Used for energetic workings that involves attraction. Disperses grief, sense of loss, and stress. Attracts love and power. Helps to pull out or extract toxic blocks and pain from energy meridians and chakras in the body.

M

Magnesite: A carbonate mineral that comes white, pale yellow, or colorless. It can take on the appearance of curdled cheese. Can be used to protect space from malefic energies and protect your vicinity during meditation or astral travel. Magnesite insulates, so it can keep unwanted energies at bay. Great in combination with other stones or charms for spell or talisman bags.

Magnetite: Magnetite is a naturally occurring oxide of iron and is a member of the spinel group. It is ferromagnetic, which means it can be magnetized. It is the most magnetic of all naturally-occurring minerals on earth. Lodestones are naturally magnetized pieces of magnetite. Commonly used in traditional Chinese magnetic healing therapy and other holistic health practices. Believed to help stimulate acupoints in the body for generating healthy Qi flow. Magnetite is associated with longevity, physical health, physical vigor, strong metabolism, and physical strength. On the Mohs hardness scale, the mineral magnetite is about 5.5 to 6.5 and when subjected to the streak test, should form a black streak. Naturally appearing in hues of black. Classified under the group oxides; crystal shape is cubic.

Malachite: A vibrant iridescent green copper carbonate mineral, malachite promotes energy, vitality, and the flow of positive, radiant Qi energy. It clears stagnant energy and invigorates. Use for protection and defense. Malachite also helps to amplify intuitive or clairvoyant power. The stone contains a high copper content, which helps it to emit an electromagnetic energy field around the holder, a field of protection and defense against negative or malignant metaphysical

elements. Malachite strengthens the heart chakra when the heart chakra is already stable. Those who are emotionally unstable or vulnerable should not carry malachite, as it may be overwhelming and a gentler energy may be needed. For those looking to fortify personal empowerment or strengthen the solar plexus chakra, malachite is great for fostering achievement and accomplishment. It is believed that malachite can help stimulate vitality in the arms and reduce tension, aches, and pain in the area. On the Mohs hardness scale, the mineral malachite is about a 3.5 to 4 and when subjected to the streak test, should form a pale green streak. Naturally appearing in hues of deep green. Classified under the group carbonates; crystal shape is monoclinic.

Moldavite: Moldavite is a vitreous tektite, or a mineral formed from a meteorite impact believed to be dated back 12 million years ago in the southern Germany region. It is a dull olive-green color, typically matte in finish when raw and natural, with chemical properties similar to glass. Moldavite has a Mohs hardness of only 5.5. There are two grade categories of moldavite: museum grade and regular grade. Museum grade moldavite has a fern-like pattern and is more translucent than regular grade, and appears aerodynamic. Regular grade moldavite, which is more common, has a mottled, pitted surface that appears weathered, and has a darker green hue. Moldavite has an extraterrestrial vibrational frequency and aids with shifts in consciousness. However, its metaphysical properties also seem to extract or elicit darker emotions, anxiety, hopelessness, anguish, bleakness, distress, dolor, and melancholy from who carries it. Moldavite can cause dysphoria in some as an initial phase of purging. Moldavite facilitates greater ease with shadow work, meditation, underworld travel, dreamworking, and astral travel. It facilitates such work, but may not be protective. Other stones would still need to be accessed for spiritual and psychic protection. Ultimately, can heal emotional wounds by extracting them out to the surface so one must confront those wounds and take the measures of healing it, rather than ignoring it. Can be a truth revealer, especially when that truth was being rejected, hidden, or suppressed.

Mookaite: See Jasper (Mookaite).

Moonstone: Moonstone is thought to carry with it lunar energies that help ease stress and anxiety. White moonstone specifically helps with spiritual growth. Moonstone helps its wearer unlock secrets deep within him or herself. It helps to tap into the collective unconscious or Akashic records. This is the ultimate stone of spirituality, psychic energy, and intuition. Moonstone helps to unlock the secrets within the mind and to understand the esoteric nature of the universe. The stone helps its wearer understand reflections, the unconscious, repressed memory, and to see clearly that which is otherwise latent. Moonstone is said to reduce tension, aches, and pain in the hands.

Morganite (Pink Beryl): A member of the beryl family, this light rose-toned gemstone is relatively rare with gentle, soothing qualities. It balances the heart chakra and helps to connect to spirit guides through a balanced heart chakra. The manganese ions in this stone is what gives it the pink color. Manganese has an attractive quality to it and can bring disparate energies together into collaboration or harmony. Thus, morganite will exude those same qualities. The stone is named “morganite” after J. P. Morgan. Also known as rose beryl, pink emerald, or caesian beryl.

Moss Agate: Healing stone that strengthens and invigorates personal energy. Facilitates victory and conquest. Amplifies ambitions and attracts career success. Fortifying stone for financial institutions. Helps to retain money, assets, and finances, especially green moss agate. Considered the most powerful of agates and used by warriors for protection. Increases endurance and persistence. Great stone for agriculture and improving plant life. Also a good birthing stone to facilitate smoother births. Helps with depression and brings emotional balance.

Moss Opal: *See* Opal (Dendritic).

N

Nephrite: Referred more commonly as jade, nephrite is a silicate of calcium and magnesium of the amphibole group, and often appears banded or blotchy, and homogeneous in color. The fibers of actinolite and tremolite are interlocking in nephrite, which gives the stone its toughness. Nephrite varies from a dark green resulting from a high iron content to a cream color, resulting from a high magnesium content, with many shades in between. However, nephrite does not come in other colors the way jadeite does. Also, nephrite is softer than jadeite. While there is an abundance of nephrite, its value varies greatly based on its color and translucency.

Nummite: A rare metamorphic rock first found in Greenland, it is an opaque black stone with varied pyrite and chalcopyrite inclusions that give the stone a luminescent sheen or iridescence. As a recently discovered stone (around 1810), nummite does not have a long history of uses, but over the centuries has accumulated a reputation for being a sorcerer's stone and is therefore associated with witchcraft and alchemy. It has been highly sought after by occultists. Nummite is believed to detect innate or latent magical qualities in a sentient being and unlock that power. It can be used by a practitioner to summon up the full potency of his or her personal strengths and metaphysical attunement. Unlike other gemstones that enhance power, nummite doesn't enhance; it unlocks and reveals power that has always been there. Use nummite to detect or reveal an individual's inner psychic, occult, or prophetic abilities.

O

Obsidian: Obsidian is a powerful stone for protection. It helps to shield against toxic, malignant energies and strengthens personal and psychic power. It is used to reveal truths. A smooth piece of obsidian can be used for scrying. It is considered a powerful revelation stone. In terms of mundane purposes, obsidian is used to advance career and professional achievement. It guards against the malice of others and protects its wearer from the malicious intents of others. In alternative healing, the stone can be used to counteract the effects of toxicity in the body that

causes illness, radioactive treatments, radioactivity, and harmful electromagnetic waves. It absorbs toxicity from the body or environment for better health and cleaner air. Obsidian is a naturally occurring volcanic glass formed as an extrusive igneous rock. Use for psychic protection, shielding, magical defense, and blocking.

Onyx: Onyx is typically a banded variety of chalcedony. It helps with the coping of grief or loss, enhances self-control, in particular emotional control, and helps to ground and center its wearer. Onyx is a strong protection stone that helps shield against negativity, detoxifies, dissolves emotional blockages, and strengthens personal power. Both black onyx and red onyx are associated with the root chakra. However, white onyx is associated with the crown chakra. Note that banded calcite, which is much softer than onyx, is often mistaken for and sold as onyx and such calcite is not as rare or potent as onyx. A method for the magician to cultivate stronger personal power is to wield a piece of black onyx in one hand and a piece of white onyx in the other, the hands resting on the knees in meditation position, while reciting mantras for power accumulation. Females wield the black stone in the right hand and white stone in the left; males wield the white stone in the right hand and black stone in the left.

Onyx (Black): Helps to stabilize the root chakra. Can also be used for underworld shamanic journeying. A stone of protection from negative or malefic energies. Powerful protection stone. Can be used to transform negative energies into personal power. Increases personal stamina and the magician's strength. Can be used as a grounding stone. See also Black Onyx.

Onyx (White): Helps to open the crown chakra for stronger connections to divinity. Connection stone to the celestial realms. Can help induce psychic visions when used during meditation or prophetic dreams when white onyx is kept under the pillow.

Opal: Opals are a form of silicon dioxide that contains water and is not considered a true mineral, but rather a mineraloid. Its internal structure causes light to diffract, which gives opals their signature multi-colored sheen. In Western medieval history, opals were considered omens of misfortune. Due to the opal's resemblance to the eyes of cats, toads, and snakes, it was referred to as "the evil eye." White opals were unlucky, though those born in the month of October (whose birthstone would be the opal) could wear it without harm. They were believed to be vehicles of dark magic and sorcery, and could be used to render a wearer invisible or enhance eyesight in the dark. Opals were also believed to wield the power of prophecy, especially when held in the hands of a witch. Black opals (a rare form of opal) were used by witches to enhance their magical powers. Opals could also be used, like a magnifying lens, to direct harm or evil spells toward people. Opals were believed to grant its bearer great magical powers, and were therefore used as talismans by those of less than "Christian" intentions, from thieves and spies to witches and warlocks. The opal has also been tied to the Black Plague. An extraordinary legend is connected with the opal—the curse of an opal ring sent by a jealous countess to the Spanish king's new princess bride that killed first the bride, then the king's grandmother, then his sister and sister-in-law and finally, the king himself. The Romans, however, believed the opal to be good luck, and in particular, a stone of love. The opal symbolized purity and hope. It can be used to improve one's memory. Queen Victoria was a lover of opals, and today, metaphysically the opal is associated with inspiration, intuitive

visions, lucid dreams, and the psychic or spiritual realms. In sum, the lay person may do well to avoid the opal, but the opal is a powerful enhancement stone for practitioners of craft who know how to work in harmony with the opal's innate qualities.

Opal (Green): See Green Opal.

Opal (Dendritic): A common form of opal, dendritic opal can be used to commune with nature spirits. Practitioners who are innately attuned to communing with nature spirits can use dendritic opal to augment or enhance that attunement. Dendritic opal can also facilitate past life regression therapy.

Opal (Pink): Use for emotional healing, for grief management, to calm anxieties or melancholy, manage both physical and emotional pain, and to sooth the aura with calming energies. Associated with Venusian energies. Helps with resolution of regret, remorse, guilt, painful memories, trauma, and to alleviate stress.

Optical Calcite: Optical calcite, also known as Iceland spar, clears and activates any and all of the seven chakras along the main meridian. Calcite is a powerful energy amplifier and cleanser. Use optical calcite to cleanse, detox, or purify the metaphysical energy of a space. Use optical calcite to amplify any energy or frequency. Placed with a piece of lapis lazuli, for instance, or any other gemstone or crystal, it will amplify its metaphysical properties.

Orgonite: Orgonite is a man-made composition of metals and quartz crystals fused together with resin. Its namesake is based on the New Age concept of orgone theorized by Wihelm Reich in the 1930s. Orgone is a syncretization of the Eastern concepts of *qi* and *jing*. The trinity of metals, quartz crystals, and resin can probably be attributed correspondence to *jing qi*, and *shen*.

P

Peacock Ore: Also known as bornite, peacock ore is a soft, metallic copper mineral known for its iridescent colors. It is a brown to copper red sulfide mineral that can tarnish to a purple, blue, and red hue. Helps facilitate shamanic journeying, in particular journeying through lower realms, the underworld, and communicating with the recently departed.

Pearl: Pearls are a calcium carbonate produced in the soft tissue of a living shelled mollusk. Pearls have both a nacreous and iridescent property to them, which give these gems a unique luster. Pearls are formed when a mollusk detects a parasite inside its shell. As an immune response, the mollusk forms a pearl sac around the parasite to seal it off and creates the hard pearl as a defense mechanism to prevent further harm from the parasite. (In cultured pearls, an implant is artificially introduced to the mollusk, causing it to form the pearl sac and, subsequently, the pearl.) In traditional Chinese medicine, pearls have been attributed with medicinal properties. While

alchemists of the West sought to transform lead to gold, alchemists of the East sought the elixir of immortality. Natural pearls were considered to be a key ingredient in such an elixir. Thus, symbolically, pearls represent immortality and spiritual transformation. Metaphysically, pearls can be used to connect with goddess energy or the divine feminine. Pearls are ideal conduits for protection magic to safeguard a woman from harm.

Pearls (Black): Black pearls are the rarest form of pearl, and in metaphysical practice, is used to invoke the dark goddess energy or archetype. They can be used in craft relating to sex magic, death, transformation, or connecting with the underworld, the lower realms or lower vibrational forces. They can also be used to reveal what has been suppressed deep below one's consciousness and extract the shadow self or darker past memories. Black pearls symbolize matriarchy and female empowerment or female dominance over their male counterparts. Black pearls also represent heterodoxy and challenge to established authority. Historically, black pearls have been associated with the occult and the netherworld. If light pearls represent the divine feminine, then dark pearls represent dominance and exerted power of the feminine.

Peridot: Believed to help detoxify the kidneys, bladder, gall bladder, and the stomach, peridot has long been considered a stone for improving health and wellness. Peridot is also said to help with the healing of ulcers, constipation, and other gastro-intestinal conditions. The stone can help detoxify negativity and pessimism. Peridot enhances compassion, a sense of altruism, and thus by improving personal karma, in turn brings luck and abundance. Overall, peridot generates growth and brings vitality and healing to the entire body.

Petrified Wood: An ancient living tree that has achieved eternal life by becoming fossilized, its organic structure has been replaced with minerals and in that resurrection, is very much "alive" with vibrations of prosperity. The markings of a petrified wood piece show the original tree's rings. Petrified wood helps to ground and protect. The stone also helps with business success. Petrified wood stimulates visions and helps its wearer become more of a visionary. It attracts wealth, good luck and opportunities in finances, and strengthens family bonds. Petrified wood is a great enhancement stone for those in publishing, writing, or teaching professions.

Phantom Quartz: Phantom quartz is a quartz crystal that has a visible internal crystal growth or mineral inclusion within it that resembles a smaller "phantom" crystal within the crystal, like a translucent veil or a contrasting color from the mineral inclusion. Phantom quartz is formed when the growth of a crystal is interrupted and then later in time, continues growth again so that the larger crystal in effect grows around and over it, engulfing that interrupted crystal growth. Phantom crystals can be of any color, depending on the quartz type, and will take on the traditional metaphysical correspondences of that quartz type. Additionally, a phantom quartz crystal assists in shadow work, past life recollection or reconciliation, and assist with the accuracy of divinations.

Phenacite: *See* Phenakite.

Phenakite: Phenacite or phenakite is a rare gemstone with a Mohs hardness of about 7.5 to 8. Color variation can range from crystal clear to translucent grays, pale yellow, or pale rose. It bears a striking resemblance to quartz, and is often mistaken for the far more common quartz, which is where the mineral name comes from—*phenakos* in Greek, meaning "deceiver." One of the more powerful stones and ideal to have in a practitioner's arsenal of mineral metaphysical supplements, phenakite helps to connect upward to higher vibrational realms and entities. Use when seeking communion with ascended masters, bodhisattvas, angels, archangels, or deities of the light. Use to enhance personal psychic ability and augment intuition.

Pink Botswana Agate: Balances body, mind, and spirit; harmonizes spiritual, intellectual, emotional, and physical planes. Cleanses and stabilizes the personal aura. Pink Botswana agate helps to enhance mental functions, analytical abilities, perceptiveness, and concentration. Calming stone that helps clear away negativity and creates a sense of safety, security, and harmony. It helps its wearer deal with grief, loss, or depression. Pink Botswana agate is a variety of banded chalcedony, a mineral of the quartz family. As an agate, the stone has a lower intensity and vibrates to a slower frequency than other stones, which renders agates are great for their stabilizing and strengthening influence. In the agate family, pink Botswana agate is royalty. The stone also is said to help women through labor and the birthing process; also helps with postpartum depression and post-traumatic stress disorder. Immediately fortifies the personal energy of its wearer; releases repression. Most helpful to those who are emotionally sensitive or vulnerable. Helps to reduce self-destructive behavior. Also a stone of sensuality and improves the attractiveness and inner glow of its wearer to others. Helps to balance the crown chakra. In Africa where the stone is mined, it is traditionally used in fertility ceremonies for healthy conception.

Pink Mangano Calcite: Gentle yet powerful healing energy. Brings calm, harmony, reduces stress and tensions, and clears blockages in the chakras. Brings greater self-love and universal love. Angelic healing. Heals the inner child and calms those who have dealt with abuse. Feminine nurturing and strength. Enhances spiritual and personal development. Balances and opens the heart chakra.

Prasiolite (Green Quartz): Also known as vermarine, prasiolite is a green form of quartz, a silicate mineral chemically silicon dioxide, and is a rare stone to be found in nature. Prasiolite is a strong healing stone when worn close to the body. It transmutes negativity and toxicity into healing, calming energy, much like a filter, removing the trace elements of malignance. Prasiolite attracts prosperity, success, stimulates creativity for commercial gains and advancement, and can help bring wealth.

Pyrite: Strong defensive shielding stone used to protect from electromagnetic radiation, malignant energies, and other metaphysical toxins to the body. Energizes the atmosphere and invigorates its wearer. Enhances energy and vitality overall. Brings in strong Fire and Earth energies. Stimulates ideas and brainstorming, a great stone to have in any conference room. A great defensive stone to help shield, ground, and stabilize its wearer. Deflects metaphysical harm and danger, environmental toxins or pollutants. Enhances virility and masculinity; male energy. Inspires creativity and innovation in science, math, and technological fields. Enhances healthy

assertive traits. Use to overcome fatigue and lethargy. On the Mohs hardness scale, the mineral pyrite is about 6 to 6.5 and when subjected to the streak test, should form a green-black streak. Classified under the group sulfides; crystal shape is cubic.

Q

Qingsongite: A rare boron mineral with chromium deposits that give it a sea green hue, Qingsongite was first discovered in the 1970s deep in the Tibetan mountains. It is currently the only known boron mineral to have been formed deep within the earth's mantle under extreme conditions (all other known boron minerals can only be found superficially on the earth's surface). The stone is associated with kyanite and metaphysically, possesses many of the same qualities as kyanite and jade. On the Mohs scale, Qingsongite has a hardness of 10, comparable to diamonds. Qingsongite brings prosperity, improves one's good luck and fortunes, increases opportunities of success, and can be used to bolster one's public reputation, prestige, and honors bestowed.

Quartz: One of the most abundant minerals found on earth, quartz has a trigonal or hexagonal crystal structure. It comes in various forms, from clear to opaque. Jaspers are considered to be a quartz, with a cryptocrystalline structure. Agates and chalcedony are also considered forms of quartz. Typically, quartz will have a Mohs hardness of 7, though at times can be slightly lower. Quartz crystal has what is referred to as piezoelectric properties—quartz crystal can develop an electric potential upon the application of mechanical stress. That property has given quartz crystal many scientific and practical applications, from phonographs and clocks to computer systems. Metaphysically, quartz is an ideal stone for metaphysicians and practitioners of craft to work with, as it acts as a perfect battery, carrying the forces and energies the practitioner is working with. On the Mohs hardness scale, the mineral quartz is about a 7 and when subjected to the streak test, should form a colorless to white streak. Naturally appearing in numerous hues. Classified under the group silicates; crystal shape is trigonal or hexagonal.

Quartz (Blue): See Dumortierite.

Quartz (Citrine): See Citrine Quartz.

Quartz (Crystal/Clear): See Crystal (Clear) Quartz.

Quartz (Girasol): See Girasol.

Quartz (Green): See Prasiolite.

Quartz (Herkimer): See Herkimer Diamond.

Quartz (Lemurian): See Lemurian Crystal Quartz.

Quartz (Opaline): See Girasol (Pink).

Quartz (Phantom): See Phantom Quartz.

Quartz (Rose): See Rose Quartz.

Quartz (Smoky): See Smoky Quartz.

Quartz (Snow): See Snow Quartz.

Quartz (Tangerine): See Tangerine Quartz.

Quartz (Tourmalated): Tourmalated quartz, or tourmalinated quartz, is crystal quartz with streaks of black tourmaline or schorl inside. The combination of black tourmaline streaks and crystal quartz results in a strong balancing stone to help ground, center, and reduce stress or anxiety. Best if programmed prior to use as a talisman or amulet. Also great in crystal grid settings to amplify the prominent or main stones in the grid.

R

Red Goldstone: See Goldstone (Red).

Red Tourmaline: Enhances passion, love of life, ambition, vitality, and confidence. Stimulates the root chakra and improves physical energy, a sense of stability and belonging; hones the survival instinct; and improves leadership skills. Brings about confidence in decision-making. Reduces anxiety and worry and facilitates confidence and assertive behavior. Use to overcome fatigue and lethargy. Helps to balance the left and right hemispheres of the brain.

Rhodonite: Rhodonite is a manganese inosilicate mineral that is pink or rose colored, and then in combination with black, gray-white, and/or brown. Rhodonite can be empowered into talismans for fellowship and can be used to bring a congregation of fellows together. In group gatherings, energy work or spell-crafting involving a collective, or associations, rhodonite can facilitate unity and further amplify the united force resulting from that group gathering. Rhodonite can also be used for travel magic and empowered to help protect travelers or ensure safe journeys. On the Mohs hardness scale, the mineral rhodonite is about 5.5 to 6.5 and when subjected to the streak test, should form a white streak. Naturally appearing in hues of red to pink. Classified under the group silicates; crystal shape is triclinic.

Rhodochrosite: A pinkish manganese mineral with a Mohs hardness of only around 3.5 to 4. The darker the rose-pink tone, the rarer the stone. Typically rhodochrosite will be found a light pink tone. Also known as Inca Rose. Helps to draw love and romance to its carrier. Great as an all-purpose energy clearing stone prior to a holistic healing session. When there are streaks of black

or gray with the pink manganese, the stone also reduces stress and anxiety. Overall bears calming properties and prepares the body for revitalization.

Rhyolite: An igneous, volcanic rock that resembles granite often found with patterns and bands of green, brown, and yellow. A multi-colored piece of rhyolite can be used to anchor stabilizing energies in an environment. Rhyolite placed in the southwest or west area of a home helps to ensure safe, healthy pregnancies and stable, harmonious romantic relationships. Placed in the kitchen area, can help to maintain financial security. A piece of tumbled rhyolite in the pocket or kept in a motor vehicle can help minimize accidents and ensure safe travels.

Rose Quartz: A calming stone, rose quartz is used for gentle healing, reducing depression, bringing a sense of security, and generating energy that will invite love and romance. The stone is used to heal emotionally, to stabilize, and to alleviate stress. Rose quartz carries a soft energy of compassion and peace, tenderness and healing, nourishment and comfort. It is used for dissolving emotional wounds, fears and resentments, and circulates a Divine loving energy throughout the entire aura. Reawakening the heart to its own innate love, it provides a deep sense of personal fulfillment and contentment, allowing one the capacity to truly give and receive love from others. Rose quartz is a calming and reassuring crystal, excellent for use in trauma or crisis, including the emotional upheaval of mid-life crisis. It strengthens empathy, sensitivity, and aids in the acceptance of necessary change. It is also an excellent stone for comforting grief. In the psychic and spiritual realms, rose quartz is often used to attract love, for love spells and charms. It is also used to ease the process of transition in dying to make the transition gentle and surrounded by the unconditional love of the divine. Rose quartz can also be helpful for dream recall and dream work.

Ruby: Stone of royalty, great wealth, the highest echelons of glory, and an amulet for prosperity and professional success. Can also be used to enhance personal Qi or life force. One of the four precious stones, along with diamond, emerald, and sapphire.

S

Sapphire: Stone of prophecy and wisdom. Stone of the sage and high priest/priestess. Used to indicate the status of a priest or priestess. Believed to help aid depression, insomnia, and assist with the healing of blood or cellular disorders. Sapphire is used by seers and diviners to gaze into human destiny. Sapphires can help enhance divination, heighten clairaudience and clairsentience. One of the four precious stones, along with diamond, emerald, and ruby.

Scolecite: A form of zeolite (an absorbent by its nature and a great catalyst mineral) with a Mohs hardness level of around 5 to 5.5. There are different crystal classes of scolecite, such as natrolite or mesolite, which form fibrous, white needle-like prismatic crystals. These crystals often display twinning, where two separate crystals share the same crystal lattice points. Scolecite is also

commonly polished into tumbled white stones with subtle hues of white and light beige striation. In terms of its metaphysical properties, scolecite takes into itself the powers and properties of its carrier, and then returns it outward, amplified. Great as an amplifier in spell-crafting.

Selenite: A form of gypsum (a soft sulfate mineral), selenite heightens intuition, clairvoyance, and consciousness. Connects to angelic or higher spirit realms. Clears blockages in the chakras or in any energy field. Healer's tool: purifies and cleanses aura and personal energy. Same family as white alabaster. Selenite is said to help loosen tensions, aches, and pains in shoulders when placed over them. It emanates a balancing energetic field that has a calming effect over those in the vicinity.

Serpentine: Serpentine (also known as New Jade) is a protection stone. It is said that after Adam and Eve ate from the tree of knowledge, the remainder of the forbidden fruit they had eaten turned to serpentine. Serpentine has been used for centuries as a strong protection amulet to help guard from dangers. In ancient folk medicine, serpentine was used to ward off snakes, and cure snake bites. Serpentine is fire-resistant, and Romans used it for protection from sorcery and dark arts.

Shiva Lingam Stone: Shiva Lingam are mixed cryptocrystalline quartz or dark-toned chalcedony stones from the Narmada River in Western India, one of India's most holy sites, that have been sanded into their signature oblong egg shape. The stones represent Shiva, the destroyer god, who paves the path for transformation. The stone is empowered with Shiva's mantra, "Om Namah Shivaya." The Shiva Lingam represents the unborn manifestation of Lord Shiva, or potent yang energy. The stone helps to raise metaphysical power for a practitioner. It can be charged like a metaphysical battery and kept near a practitioner during craft to amplify his or her personal power.

Shungite: Used for healing the body of toxins, aura purification, exorcising malefic energies from the body or energy field, and to cleanse a biological system. Also, a powerful stone of psychic protection and to ward off psychic attacks. A black, lustrous, non-crystalline carbon (the stone is a mineraloid that is more than 98% carbon). Shungite is formed from carbon deposits deep within the earth, present since the formation of the earth, and thus by extension, also contains hydrocarbons from comets and asteroids that arrived here on earth. Fullerene is a molecule of carbon in a hollow sphere, ellipsoid, or tubular form with chemical, physical, and metaphysical characteristics of protection, defense, and resistance. There is potential antibiotic uses for fullerene to resist bacteria and even cancer cells such as melanoma. There are also antimicrobial agents in fullerene. In the 18th century, Russian nobility used shungite to purify water in spa treatments. Shungite's antibacterial properties are also scientifically confirmed. It can be ground down to create a carbon black paint pigment.

Smoky Quartz: Smoky quartz is a translucent gray silicon dioxide crystal. The stone absorbs negativity from the environment and removes malignant and atrophic energies. It grounds its wearer, shielding and protecting. Smoky quartz is a strong protection stone. Since it blocks out negativity and the malicious intentions of others, it improves the wearer's survival instincts and personal business prospects. Great for otherwise toxic environments, because smoky quartz

purifies the surrounding energies and prepares it for the potential of success and achievement. Smoky quartz needs to be cleansed regularly if it is to be exposed to negativity. On the occasional full moon, set it overnight on a shallow dish of salt and a bit of nutmeg to metaphysically cleanse it of any negative energy buildup. The stone also helps with coping, combats grief, loss, and brings calming relief to those who suffer from depression. Was used in 12th century China to make medieval sunglasses.

Snowflake Obsidian: Snowflake obsidian, which comes from volcanic rock, is a powerful stone for craft purposes, and will emit either the energetic essence of Fire or Earth, depending on how it is being wielded by the practitioner. As Fire, it holds tremendous destructive capability that can be harnessed by the practitioner. It is a great stone for offensive craft. As Earth, it is deeply protective, and can help forge an impenetrable energetic shield. The Apache and Aztecs placed great importance on obsidian, and snowflake obsidian was often carried by shamans as a protection stone to ward off evil spirits. In alternative metaphysical healing, the stone is believed to help counteract the effects of radioactive treatments or radioactivity; it absorbs toxicity from the body or environment for better health and cleaner air. Thus, if used for such purposes, snowflake obsidian must be cleansed with consecrated water and purified with sea salt from time to time.

Snow Quartz: Also referred to as milky quartz, snow quartz contains calming, serene vibrations and is used in medicine bags for healing. It is a chalcedony made of silica and cryptocrystalline quartz. Snow quartz is gentler than clear quartz, and is closely tied to the energies of the full moon, the moon goddess, and the north wind or northern gods. Snow quartz is often found in conjunction with gold ores, and so denotes impending good luck, fortune, and prosperity to come. Snow quartz is a great stone for pregnant woman, new mothers, and helping with fertility. In alternative metaphysical healing, the stone is believed to help counteract the effects of radioactive treatments or radioactivity; it absorbs toxicity from the body or environment for better health and cleaner air. Thus, if used for such purposes, snow quartz must be cleansed with consecrated water and purified with sea salt from time to time.

Sodalite: Sodalite is a blue-grey marbled stone with veins of white calcite. Ancients believed that the sodalite stone brought inspiration and creativity to artists, singers, and painters, while providing them protection. It is also a great amplification stone for the student or scholar. Sodalite brings order, calmness, and encourages rational thought, truth-seeking, and enhances intuition. Sodalite is believed by Vedic gemologists to help balance metabolism and boost the immune system. It especially aids those with calcium deficiencies. On the Mohs hardness scale, the mineral sodalite is about a 5.5 to 6 and when subjected to the streak test, should form a colorless streak. Naturally appearing in hues of blue with white to gray inclusions. Classified under the group silicates; crystal shape is cubic.

Stilbite: Stilbite is a pale yellow or peach-toned form of zeolite. As a stone, a great candidate for infusion with intentions of amplifying creativity or innovation; is also a great blessing stone. See *also* Zeolite.

Sunstone: The stone of leadership, power, and strength. Sunstone expands creative consciousness and enhances personal capabilities. Encourages independence, the ability to lead and inspire others, creativity, ingenuity, and vitality. A good luck stone for competitions. Helps to calm fears, anxieties, and nervousness. Brings glory, high reputation, fame, and acknowledgement. Great stone for advertising, public relations, or marketing. Also a stone to enhance political ambitions, leadership in the corporate sphere, and executive level management.

T

Tangerine Quartz: Ideal for sacral chakra strengthening. Great stone to increase confidence, extrovertedness, business or professional charisma, and professional creativity. Use to fuel creativity for commercial endeavors. Strong stone for cultivating business success in creative or artistic fields; to sustain the health and vitality of a business or commercial venture; to aid in business negotiations; and to help neutralize malefic energies relating to a Mercury retrograde in a Fire or Water sign. Can also be used to enhance the reproductive system or to help with fertility and virility. Best specimens will be dark tangerine or orange tinted quartz pieces. Display a decorative dish of tangerine quartz pieces in the place of business.

Tiger Eye: Tiger Eye (or Tiger's Eye) is a red-brown mineral used for grounding and maintaining stability. It helps to amplify personal willpower and stimulate greater yang energy. The most frequent application is for financial and employment stability. Tiger Eye generates business and professional luck. It clears blockages so that prosperity may flow. A more traditional application is to ward negative or malicious energy and neutralize curses.

Tiger Eye (Blue): Blue Tiger Eye is used to enhance knowledge, creativity, and communication. It is an ideal stone for salesmen, those in public relations, lawyers, politicians, and public figures to carry to help create a positive and high reputation. Also a great stone for writers to clear writer's block and artists to clear creative stagnation.

Tiger Eye (Red): Red Tiger Eye brings physical strength, vigor, a sense of stability, safety, and security. It helps to keep emotions under control, to increase confidence, and stimulate the flow of prosperity.

Topaz: Topaz is a silicate mineral with an orthorhombic crystal system. It comes in a variety of colors. Pure topaz is colorless and transparent. Mineral impurities then tint topaz to various colors, from red and yellow to blue. Topaz is commonly associated with igneous rocks, such as granite and rhyolite. On the Mohs hardness scale, topaz is a mineral with a hardness of about 8. When subjected to the streak test, should form a colorless streak. Classified under the group silicates; crystal shape is orthorhombic.

Topaz (Blue): Naturally occurring blue topaz is rare. It is often called the writer's stone and can be used to bolster communication, public speaking and oratory skills, and writing. Can be used to help ease writer's block or blockages of creativity. As a general stone of communication, light-hued natural blue topaz can help facilitate psychic ability. Use to facilitate clarity of mind.

Topaz (Mystic): Topaz that has been artificially coated with titanium vapour bond to give it a rainbow effect. Also referred to as fire topaz, rainbow topaz, or Alaskan ice. A stone for enhancing beauty and attraction. Can be used in coordination with love spells.

Topaz (Orange): Also known as precious topaz and the traditional birthstone for November. Corresponds with the sacral chakra and can be used to stimulate healthy generation of the sacral chakra. Boosts confidence, creativity, ingenuity, and fertility. Can be used to amplify personal power, motivation, and drive. An energizing stone.

Topaz (Pink): Naturally occurring pink topaz is rare. Artificially treated topaz that appears pink weakens the natural properties of the clear topaz and is therefore not optimal for metaphysical uses. Naturally occurring pink topaz is commonly a faded, pale pink, and unlike the artificial counterpart, is a powerfully energizing stone. Natural pink topaz connects to the Divine Feminine. It embodies goddess energy. Pink topaz will enhance the metaphysical power for intentions relating to love, romance, beauty enhancement, attraction, inducing mercy, evading punishment or penalty, improving reputation, increasing social prominence, popularity, or gains in acclaim.

Topaz (Yellow): Also known as imperial topaz, In East and South Asian cultures, imperial topaz enhances longevity and beauty. It can also be used to connect or commune with deity. Imperial topaz attunes personal vibrations to spirit realm vibrations, so both frequencies are closer and can thus connect. Known as a stone of protection, and can invigorate stale or atrophic Qi energy. Generally strengthens energy flow and improves circulation of energy. Said to help bolster the immune system's functions. When exposed to sunlight for long durations, yellow topaz can fade.

Tourmaline (Black): Black tourmaline, also known as schorl, is used by ceremonial magicians to ward off and protect against demons and lower realm spirit entities. It is a must for high energy rituals, summonings, and conjuration. Black tourmaline is used to protect against dark magic, hexes, curses, and the malevolent spell-crafting of others. It acts as a psychic shield to protect the personal aura or personal energy from detrimental interferences. It also guards the personal energy from being drained by others. Black tourmaline is a must for conjurers and those who spell-craft or practice witchcraft. Outside of the supernatural realms, the stone is believed to help counteract the effects of radioactive treatments, minor radioactivity, and shield from the harmful effects of electromagnetic frequencies, neutralizes geopathic stresses and so is ideal as a feng shui cure, and is said to neutralize environmental toxins and pollutants. Tourmaline is a crystalline boron silicate mineral compounded with elements such as aluminium, iron, magnesium, lithium, or others. Black tourmaline is an iron-rich variety of tourmaline.

Tourmaline (Red): See Red Tourmaline.

Tree Agate: A green and white form of agate that can amplify connections with nature spirits and land spirits.

Turquoise: Strong stone of protection for leaders, warriors, and shamans. Believed to contain the blessings of heaven. Guardian spirits are believed to reside within turquoise, which makes it a powerful protection stone. Facilitates tranquility, wisdom, nobility, and possesses the power of immortality. Brings happiness and good fortune to its wearer. Attracts admirers and supporters to the wearer, and thus the wearer will always be well supported with sincere allies. Turquoise is also believed to balance physical health and wellness; it supposedly turns paler when its wearer's personal vitality is waning and turns a stronger color or hue when personal vitality is high. Also considered a stone of communication that can help alleviate writer's block and raise eloquence and influence over others.

Turritella Agate: Turritella agate (or turritella jasper) is a tan to brown agate, sandstone, or chalcedony that contains fossilized snails. The stone's name is a misnomer, initially named because the fossils within it were mistaken as turritella, a spiral genus of sea snails. Instead, typically the snails fossilized into this agate are elimia, a spiral genus of freshwater snails. Turritella agate was formed 50 million years ago and thus vibrates with the oldest emanations of Mother Earth. Turritella agate is used to connect with one's roots and ancestry, to commune with ancestors, or to commune with Mother Earth. Crystal grids dominant with this stone can be used to optimize a sacred space for establishing contact with one's ancestors, past lives, or to generally connected to the far-removed past or a far-removed time and place here on Earth. Turritella agate is a powerful grounding and centering stone.

U

Unakite: Unakite is a natural stone formed from quartz, feldspar and epidote. The lovely coral-pink hues come from the feldspar. Unakite is believed to be a connecting stone, to help bring entities or bodies together in harmony. Unakite can be used to facilitate connections between worlds, especially at times of the year when the veil between worlds are thinner. Use as a spiritual connection or spiritual communication and mediumship stone. It also helps to heal the emotional plane and bring calming, protective, nurturing energy. It is considered a lucky stone for mothers of young children, pregnant women, or women who are expecting. Also, unakite is believed to contain calming energies, and helps to reducing stress and imbalances. Helps to balance the heart chakra, solar plexus, and to some extent the sacral chakra.

V

Vivianite: Often found as a dark, deep green, Vivianite is an iron phosphate mineral that is actually colorless. Oxidation is what causes the rich greens. Prolonged exposure to sunlight is what causes Vivianite to deepen in color. The mineral is soft, with a Mohs hardness of 1.5 to 2. Vivianite is a stone that absorbs sorrow. Use it to extract grief and alleviate emotional pain. Likewise, Vivianite is a good conduit for hexing or cursing, with the stone then turned into jewelry, with grief and pain transferred to the stone's wearer. Immediately upon receipt of a new piece of Vivianite, unless its source can be trusted and chain of custody attested to, it would be best practice to thoroughly cleanse and consecrate a recently acquired Vivianite.

W

White Agate: White agate is said to contain strong innate metaphysical properties for protection, shielding from negative energy, and resonance to angelic white light or bodhisattva energy. White agate helps to balance the crown chakra and facilitates stronger connectivity to Heavenly or higher vibrational realms. Polished white agate is optimal as a general protection amulet. Considered a pregnancy stone, white agate also protects mother and child from harm, negative energy, and shields both with strong angelic white light energy. Believed to reduce morning sickness, emotional instability, depression, labor pains, and increase healthy breast milk supply to the baby. A white agate puff heart can facilitate the metaphysical component of healing and recovery for a new mother. Expecting mothers will also want to carry white agate on them for protection and to ensure overall wellness and safety.

X

Xanthiosite: Also known as nickel arsenate, xanthiosite is a golden-green non-radioactive arsenate with a Mohs hardness of 4. The green in xanthiosite is aerugite, a rare nickel compound. Xanthiosite can be used in poison magic rituals. It is considered a highly toxic substance and can be irritating upon contact. Handle with great care and expertise. Kept close by, it amplifies the practitioner's capabilities to execute the poison magic rituals.

Y

Yowah Nut Opal: A form of opal sourced from the town of Yowah in the outback of western Queensland in Australia. Yowah Nuts are iridescent opals found in ironstone nodules that are typically spherical or ellipsoidal in shape, with alternating concentric rings of light and dark

brown ironstone. One of the finest specimens of opal available on the market, though often rare and hard to acquire.

Z

Zeolite: A microporous mineral used as a catalyst. Helps with the transmutation from one stage or phase to another. Natural zeolite tends to form where there are volcanic rocks and layers of ash. There are many different forms and classes of zeolite. *See, e.g.,* Scolecite, a form of zeolite.

General Correspondences Table

Purification Consecration	Aquamarine Apatite Aragonite Chrysoprase Crystal Quartz	Euclase Fluorite Optical Calcite Selenite Snow Quartz	
Power Strength Ambition	Antimony Azurite Bloodstone Carnelian Crystal Quartz Fire Agate Fluorite	Garnet Malachite (<i>amplify power</i>) Moss Agate Obsidian Opal (<i>sorcery</i>) Red Tourmaline	Red Goldstone Ruby Selenite Serpentine Snowflake Obsidian Sunstone Turquoise
Health Healing Wellness	Amber Amethyst Ammonite Aragonite Bloodstone Bronzite Carnelian Chrysocolla Chrysoprase	Desert Rose Emerald Fluorite Green Jasper Howlite Jade Mookaite Peridot Petrified Wood	Pink Girasol Prasiolite Serpentine Smoky Quartz Sunstone Turquoise
Career Business Education	Amber Azurite Blue Calcite Blue Goldstone (<i>sciences; academia</i>) Blue Jasper Blue Tiger Eye (<i>public speaking; law</i>) Bronzite	Carnelian (<i>the orator's stone</i>) Cinnabar Citrine Quartz Coral (<i>overseas travel</i>) Dumortierite Garnet Green Jasper	Gold Kyanite Sapphire Serpentine Sodalite (<i>for scholars</i>) Sunstone (<i>for competitions</i>) Topaz
Love Romance	Hematite (<i>for attraction</i>) Kunzite Lodestone (<i>for attraction</i>) Nephrite	Pink Botswana Agate Pink Mangano Calcite Pink Tourmaline Rose Quartz Red Tourmaline	

**Prosperity
Wealth
Good Luck**

Aventurine
Cinnabar
Citrine Quartz
Coral
Desert Rose
Jade
Marble
(for business success)
Nephrite

Moss Agate *(for
wealth)*
Petrified Wood
Red Goldstone
(prestige; wealth)
Red Tiger Eye
Red Tourmaline

Seraphinite
*(female dominance;
women's success)*
Serpentine
Sunstone
(for competitions)
Red Tiger Eye
Turquoise

**Protection
Defense
Banishing**

Amethyst
(protection)
Angelite
(protection)
Aragonite
Black Tourmaline
Black Onyx
Fluorite

Labradorite
Lodestone
Malachite
(amplify power)
Pyrite
Obsidian
Red Tiger Eye
Serpentine

Shungite
Smoky Quartz
Snowflake Obsidian
(warrior's stone)
Sunstone
(for power)

**Intuition
Spirituality
Calming**

Amazonite
Amethyst
Azurite
Blue Calcite
Blue Lace Agate
Celestine
Chrysocolla
Crystal Quartz
Howlite

Kunzite
Labradorite
Lapis Lazuli
Lepidolite
Moonstone
Opal
Optical Calcite
Mother-of-Pearl

Petrified Wood
Phenakite
Picture Jasper
Pink Botswana Agate
Pink Mangano Calcite
Rose Quartz
Selenite
Unakite

**Grounding
Stability**

Agate
Black Jasper
Black Onyx
Blue Tiger Eye
Bronzite

Brown Jasper
Dark Granite
Lodestone
Obsidian
Pyrite

Smoky Quartz
Sodalite
Tiger Eye

**Alleviate Sorrow
Coping**

Blue Lace Agate
Bronzite
Brown Jasper
Celestine
Chrysocolla

Fluorite *(to empower)*
Green Opal
Kunzite
Lepidolite
Onyx

Rose Quartz
Smoky Quartz
Snowflake Obsidian

**Fertility
Reproduction
Pregnancies
Women's Health**

Ammonite
Apatite
Brown Jasper
Green Jasper
Pink Botswana Agate

Snow Quartz
Unakite
White Agate

**Underworld or
Lower Worlds
Journeying;
Shamanism**

Apatite
Aquamarine
Iolite
Labradorite
Lapis Lazuli

Moldavite
Peacock Ore
Snowflake Obsidian
Spiderweb Jasper
Turquoise

**Communing with
Ancestors or
Past Life
Regression;
Spirit
Communication;
Mediumship**

Amethyst
Blue Aventurine
Dendritic Opal
Diamond
Dumortierite
Epidote
Herkimer Diamond

Kyanite
Lapis Lazuli
Moonstone
Peacock Ore
Phantom Quartz
Selenite

Spiderweb Jasper
Turquoise
Turritella
Unakite

**Stones
Historically
Associated with
Witchcraft and
Sorcery**

Amber
Amethyst
Antimony
Black Onyx
Black Tourmaline
Chrysocolla (*women*)
Cinnabar

Clear Quartz Crystal
Labradorite
Nuummite
Obsidian
Opal
Pyrite
Rhodonite

**Communing with
Angels, Saints,
Bodhisattvas,
Ascended
Masters, and
Higher
Vibrational
Realms**

Angelite
Anhydrite
Blue Aventurine
Blue Lace Agate
Celestite
Diamond
Dumortierite
Fluorite
Herkimer Diamond

Kyanite
Lapis Lazuli
Phenakite
Pink Mangano Calcite
Selenite
White Agate

**Dream Work,
Dream Recall,
Lucid Dreams,
Prophetic
Dreams**

Amethyst
Apatite
Blue Jasper
Celestine
Clear Crystal (Yin)

Iolite
Lapis Lazuli
Lepidolite
Moldavite
Opal
Rose Quartz

Chakra Correspondences

<p>7. Crown Chakra. <i>Violet. (or White.)</i></p> <ul style="list-style-type: none"> • Connection to God Principle or Collective Unconscious • Higher Consciousness • Spiritual Knowledge • Path to Enlightenment or Closeness to God Principle <p><i>When imbalanced:</i> Cannot ascend to higher consciousness or find solidarity with the divine god principle.</p>		<p>Amethyst Crystal Quartz Diamond Fluorite Herkimer Diamond Moonstone Optical Calcite Phenakite Pink Botswana Agate Selenite White Agate</p>
<p>6. Third Eye Chakra. <i>Indigo. (or White.)</i></p> <ul style="list-style-type: none"> • Reason & Intuition Duality • Inner Wisdom, Clairvoyance • Clarity of Thought & Insight • Healthy Skepticism & Curiosity <p><i>When imbalanced:</i> Plagued by self-doubt, distrust, pessimism, paranoia, silenced intuition, and thought clutters</p>		<p>Amethyst Howlite Azurite Lapis Lazuli Blue Goldstone Moonstone Cat's Eye Selenite Diamond Sodalite Fluorite</p>
<p>5. Throat Chakra. <i>Blue.</i></p> <ul style="list-style-type: none"> • Knowledge; Perspective • Communication & Persuasion • Expression of Views • Sense of Hearing and Speech • Guilt is the major blockage of the throat chakra and prevents ascension <p><i>When imbalanced:</i> Hesitancy with expression personal views or opinions; inability to communicate with or persuade others</p>		<p>Amazonite Dumortierite Aquamarine Iolite Blue Jasper Kyanite Blue Lace Agate Kyanite Blue Sapphire Lapis Lazuli Blue Tiger Eye Sodalite Blue Topaz Turquoise Chrysocolla</p>
<p>4. Heart Chakra. <i>Green. (or Pink.)</i></p> <ul style="list-style-type: none"> • Compassion for Humanity • Altruism, Charity, Benevolence • Openness and Ability to Love Others • Non-Violence; Mercy; Grace <p><i>When imbalanced:</i> Selfish tendencies; feelings of loneliness and isolation; feelings of alienation; paranoia</p>		<p>Aventurine Blue Lace Agate Chrysoprase Fuchsite Green Jasper Green Opal Jade (Jadeite and Nephrite) Kunzite Malachite Moonstone Peridot Pink Botswana Agate Pink Girasol Pink Mangano Calcite</p>

		Rose Quartz
<p>3. Solar Plexus Chakra. Yellow.</p> <ul style="list-style-type: none"> • Wheel of Force (Personal Qi) • Ego, Personal Power • Intelligence • Achievement & Persistence • Optimism <p><i>When imbalanced:</i> Feelings of powerlessness; frustration; susceptible to negativity and pessimism from others; easily dissuaded by others; lack of self-esteem or conviction</p>		<p>Amber Citrine Golden Calcite Malachite Mookaite Jasper Peacock Ore Peridot Prasiolite Ruby Serpentine Yellow Jasper Yellow Sapphire</p>
<p>2. Sacral Chakra. Orange.</p> <ul style="list-style-type: none"> • Emotional Plane • Creativity, Music, Writing, Arts • Entrepreneurship & Innovation • Sexuality & Sensuality • Hopes & Fears • Skin; Lymphatic System • Testosterone & Estrogen <p><i>When imbalanced:</i> Blocks in creativity; apathy; feeling empty; inability to find beauty in the world; fatigue and lethargy; fearful of the future; immobilized by fear</p>		<p>Amber Aragonite Aragonite Carnelian Citrine Quartz Coral Lepidolite Shiva Lingam Sunstone Topaz Unakite</p>
<p>1. Root Chakra. Red. (or Black.)</p> <ul style="list-style-type: none"> • Physical Energy & Vitality • Foundation of the Energy Body • Safety, Security, & Stability • Leadership & Combat Skills • Confidence in Decision Making • Survival Instinct • Sense of Belonging • Sense of Smell • Stabilizing and balancing of the Root Chakra is the most important for harmonious living <p><i>When imbalanced:</i> Prone to anxiety and worry; lack of physical energy or vitality; insecurity; lacking confidence with personal decision-making; feelings of aimlessness</p>		<p>Aragonite Black Tourmaline Bloodstone Bronzite Carnelian Coral Fire Agate Hematite Jasper (Red or Black) Labradorite Lodestone Moss Agate Obsidian Onyx (Red or Black) Pyrite Red Tiger Eye Red Tourmaline Sunstone</p>

Feng Shui Correspondences

SOUTH - RED PHOENIX

EAST - BLUE DRAGON	<p style="text-align: center;">Wealth/ Finances</p> <p>Element: Wood</p> <p style="text-align: center;">Aventurine, Jade Citrine Quartz Marble, Moss Agate Petrified Wood</p>	<p style="text-align: center;">Ambitions/Honor Validation</p> <p>Element: Fire</p> <p style="text-align: center;">Amber, Red Goldstone Red Tiger Eye Red Tourmaline Cinnabar</p>	<p style="text-align: center;">Love/ Relationships</p> <p>Element: Earth</p> <p style="text-align: center;">Rose Quartz, Hematite Lodestone, Kunzite Pink Botswana Agate Pink Girasol</p>	WEST - WHITE TIGER
	<p style="text-align: center;">Family/ Ancestry</p> <p>Element: Wood</p> <p style="text-align: center;">Serpentine, Jade Smoky Quartz, Malachite Agates and Jaspers Petrified Wood</p>	<p style="text-align: center;">Health/ Wellness</p> <p>Element: Earth</p> <p style="text-align: center;">Amber, Bloodstone, Aragonite, Carnelian Howlite, Jade, Smoky Quartz Fluorite, Sunstone</p>	<p style="text-align: center;">Innovation/Creativity Fertility</p> <p>Element: Metal</p> <p style="text-align: center;">Unakite, Gold, Silver Topaz, Dalmatian Jasper Ammonite, Ametrine</p>	
	<p style="text-align: center;">Knowledge/ Education</p> <p>Element: Earth</p> <p style="text-align: center;">Sodalite, Blue Tiger Eye Blue Calcite, Sunstone Lapis Lazuli, Turquoise Dumortierite, Chrysocolla</p>	<p style="text-align: center;">Career /Professional Development</p> <p>Element: Water</p> <p style="text-align: center;">Blue Goldstone, Blue Calcite, Dumortierite, Kyanite Blue Tiger Eye, Blue Jasper Azurite, Kyanite,</p>	<p style="text-align: center;">Allies/ Community</p> <p>Element: Metal</p> <p style="text-align: center;">Fuchsite, Lepidolite, Pyrite, Hematite, Amethyst, Moss Agate, Gold, Fluorite, Black Onyx, Silver, Selenite, Angelite</p>	

NORTH - BLACK TORTOISE

Four Elements Correspondences

Fire <i>Physical</i>	Water <i>Emotional</i>	Air <i>Intellectual</i>	Earth <i>Material</i>
Amber Carnelian Cinnabar Fire Agate Red Garnet Red Goldstone Red Jasper Red Tiger Eye Red Tourmaline Ruby Sunstone	Blue Lace Agate Chrysoprase Fluorite Kunzite Moonstone Opal Pearl Pink Botswana Agate Rose Quartz Sapphire Selenite	Amazonite Anhydrite Aquamarine Azurite Blue Tiger Eye Chrysocolla Diamond Dumortierite Fuchsite Iolite Sodalite White Agate White Howlite	Bronzite Dark Agates Dark Jaspers Emerald Green Aventurine Hematite Jade Mookaite Jasper Moss Agate Smoky Quartz

Spirit
Amethyst Clear Quartz Herkimer Diamond Lemurian Crystal White Agate White Alabaster White Howlite White Onyx

Wu Xing Correspondences

Wood <i>Wealth, Family, Prosperity</i>	Fire <i>Honors, Glory, Ambition</i>	Earth <i>Love, Health, Good Fortune</i>
Citrine Quartz Green Moss Agate Green Opal Petrified Wood Turritella Agate	Amber Cinnabar Red Goldstone Ruby or Garnet	Bloodstone Bronzite Hematite Lodestone

Metal <i>Creativity, Vitality</i>	Water <i>Career, Willpower, Spirit</i>
Antimony Chrysocolla Fuchsite Malachite Peacock Ore Pyrite	Blue Calcite Fluorite Kyanite Labradorite Selenite

Birth Month Correspondences

January
Garnet
Serpentine

July
Ruby
Onyx
Carnelian
Turquoise

February
Amethyst
Moonstone

August
Peridot
Sardonyx
Spinel
Ruby

March
Aquamarine
Bloodstone
Shiva Lingam

September
Sapphire
Chrysolite
Lapis Lazuli
Zircon

April
Diamond
Sapphire

October
Tourmaline
Opal
Aquamarine
Coral

May
Emerald
Chrysoprase

November
Citrine
Orange Topaz
Pearl
Cat's Eye

June
Moonstone
Cat's Eye
Turquoise
Pearl
Alexandrite

December
Lapis Lazuli
Turquoise
Bloodstone
Zircon
Tanzanite

Western Zodiac Sign Correspondences

Aries		Libra	
Antimony	Red Jasper	Rose Quartz	Kyanite
Diamond	Ruby	Moonstone	
Obsidian		Opal	
Taurus		Scorpio	
Chrysocolla	Green Aventurine	Malachite	Topaz
Rose Quartz		Moonstone	Hematite
Emerald			
Gemini		Sagittarius	
Aquamarine	Pearl	Lapis Lazuli	Snowflake Obsidian
Jade	Phenakite	Smoky Quartz	Turquoise
		Red Goldstone	
Cancer		Capricorn	
Moonstone	Selenite	Garnet	Bronzite
Opal		Tiger Eye	
Ruby		Jade	
Leo		Aquarius	
Citrine	Gold	Aquamarine	Amazonite
Amber	Pyrite	Amethyst	Fuchsite
Peridot	Sunstone		
Virgo		Pisces	
Moss Agate	Mookaite	Amethyst	Kunzite
Smoky Quartz		Coral	
Sapphire		Aquamarine	

Chinese Zodiac Sign Correspondences

Rat Garnet	Horse Topaz
Ox Aquamarine	Sheep Emerald
Tiger Sapphire	Monkey Peridot
Rabbit Pearl	Rooster Citrine
Dragon Amethyst	Dog Diamond
Snake Opal	Boar Ruby

Stone Shapes and Their Metaphysical Uses

Ball Prism: Most commonly found in feng shui practices, a crystal ball prism is multifaceted and can be used as a sun catcher. The ball prism refracts out the metaphysical properties of the stone, thus it's ideal for use within a home or office space for emitting out the corresponding metaphysical properties throughout a given area.

Cabochon: Gemstone polished to have a smooth, flat surface, one side rounded and convex, and the other side flat. Optimal for spell-crafting and charging into talismans, then setting into jewelry to wear as pendant necklaces, earrings, or rings. Grounding and shielding talismans prepared with energetically corresponding stones fashioned into cabochons are strongly advised for practitioners. Optimal as protection or good luck amulets.

Cluster: Formation of multiple single terminated points of crystal stemmed out from the same base. Ideal for feng shui uses. Clusters of clear crystal quartz amplify the carefully curated feng shui energies of a room. A cluster of amethyst can create space that is more conducive to intuitive or divinatory work. A cluster of citrine can be used in feng shui to generate financial prosperity. Crystal clusters are optimal for space clearing or for energizing a space with the specific metaphysical properties of that crystal.

Double Terminated: Preferable not to leave double terminated crystals out in the open. Store them away when not in use. Terminated points focus and channel the stone's properties, much like a laser beam, and should only be used in a controlled manner by a practitioner. However, double terminated clear quartz crystal is okay to leave out in the open. Optimal for use in channeling, redirecting, or amplifying energy when integrated into spell-crafting.

Druzy: Slab of stone consisting of numerous tiny crystals and multiple terminated mini-points that blanket the slab. A druzi is optimal for energizing or invigorating a space with that stone's properties. Use for establishing sacred space, for clearing an area and readying it for divination, or use in feng shui. A druzi won't lend itself well to spell-crafting. Best to use in its natural state and working with its natural properties.

Egg: Ideal for feng shui uses. Place stone egg on a stand in a corresponding area of the home to optimize that gemstone's properties for your personal empowerment. Stone eggs are ideal for enforcing a sacred space with that gemstone's properties. Stone eggs optimize the yin qualities of the stone. *Cf.* Single terminated crystals or wands optimize the yang qualities.

Palm Stone: Used for personal wellness. Palm stones can be infused with crafted metaphysical properties to facilitate personal wellness or healing. Can also be used to heighten consciousness during meditation or meditative practices. Palm stones can be placed along the chakra points during energy healing.

Pendulum: Used for divination. Gemstone properties lend support to the divination. Crystal quartz is optimal. Can also select a gemstone corresponding with the metaphysical element that its practitioner is dominant in. For example, if practitioner's birth chart is Air-dominant, then select a stone that corresponds with Air. Can also select a gemstone that generally corresponds with divination, heightening intuition, or for the invocation of spirit energies.

Pocket Stone: Typically one-inch to two-inch in width, pocket stones are polished gemstones that serve as ideal conduits for spell-crafting into amulets or talismans. Pocket stones are ideal for mixing and matching different gemstones into a collection of stones for a custom-tailored cocktail of energetic support. The grouping of stones can be kept in a drawstring pouch and tucked into a handbag or jacket pocket. Tumbled, polished pocket stones tend to work best.

Polished: Stone that has been tumbled until the surface is smooth and shiny. Polished tumble stones are ideal for spell-crafting, empowering pocket gemstones, and for making amulets or talismans. The tumbling and polishing process prepares the stone for more conducive transfer of the practitioner's forces and spell-crafting into the stone. *Cf.* Raw, rough stones tend to resist energetic workings (though not impossible) and require more effort from the practitioner for processing.

Puff Heart: A form of palm stone or pocket stone that has been shaped into a heart. Use for amulets or talismans. Often used to reinforce metaphysical energies to invite love, romance, or desirable relationships into your life. Can be used as worry stones. Optimal for support in energy healing.

Raw or Rough: Stone in its natural state. Cleanse thoroughly and consecrate before use. Raw, rough stones are ideal for feng shui, empowering sacred space, or for home placement. Stones in their natural state are more powerful in terms of retaining their innate metaphysical properties. Cleansing and consecration rejuvenates those innate metaphysical properties. *Cf.* Polished, tumbled stones are more conducive for spell-crafting manipulation by a practitioner and therefore transformed into talismans, whereas raw, rough stones are not as ideal conduits for spell-crafting. While raw stones can still be modified by a practitioner into an amulet or talisman, it's often best for such stones to be used in their natural state, for their natural metaphysical properties.

Single Terminated: One end of the crystal is pointed and the other end is flat. Optimal for use as a wand. Single terminated stones can be used during spell-crafting to amplify, modify, or reinforce particular intentions and energies, channeled in beams as directed by the practitioner.

Slab: Flat, thin piece of stone. Can be used in the same manner as palm stones. Slabs of certain stones can be used to empower other stones. For example, a slab of carnelian can be used to cleanse other gemstones. Stones or charms for financial prosperity can be set atop a slab of petrified wood to enhance the power of those stones or charms. Gemstone jewelry used as amulets or talismans can be set on top of or stored with a slab of complementary stone to preserve the pendant's efficacy, e.g., bracelet of rose quartz beads energetically empowered as a love and romance talisman can be stored on a slab of pink Botswana agate when not in use by its wearer.

Sphere: Ideal for feng shui uses. Place sphere on a stand in a corresponding area of the home to optimize that gemstone's properties for your personal empowerment. Spheres are ideal for enforcing a sacred space with that gemstone's properties. They emit out the metaphysical properties of the stone in evenly distributed waves.

Wand: Gemstones or crystals fashioned into wands can be used during spell-crafting to amplify, modify, or reinforce particular intentions and energies, channeled in beams as directed by the practitioner. Single terminated crystals or wands optimize the yang qualities of the stone. *Cf.* Stone eggs optimize the yin qualities.

Worry Stone: Stone with a flat surface, and often a concave indented surface on one side for the placement of a thumb. Also referred to as a thumb stone. Worry stones are used to absorb and pull out malignant energies in a person. Transfer personal malignant energies from you into the worry stone. Gemstones listed in the General Correspondence Table for Purification, Consecration; Health, Healing, Wellness; Protection, Defense, Banishing; Grounding, Stability; or Alleviate Sorrow; Coping are optimal for use as worry stones. Note that worry stones must be purified, cleansed, and consecrated from time to time, especially after frequent use.

Field Guide to Rocks

Three classifications of rocks: igneous, metamorphic, and sedimentary.

Igneous Rocks

Igneous: Formed from solidified magma. Igneous rocks are classified as either intrusive or extrusive. *Intrusive igneous* is hardened slowly, over time, below the earth's surface and often form large mineral crystals within the rock. E.g., granite. *Extrusive* rocks harden quickly after a volcanic eruption and are often smooth in grain texture. E.g., basalt.

<i>Name</i>	<i>Classification</i>	<i>Description</i>
Andesite	Extrusive	Black-brown, on occasion with green hues. Less than 5% quartz content.
Basalt	Extrusive	Black; dark. Typically contains feldspar, olivine, etc.
Diorite	Intrusive	Mottled dark and light gray; evenly speckled with both dark and light minerals; salt and pepper aesthetic.
Gabbro	Intrusive	Coarse-grained. Light pale green or hues of gray, light to dark.
Granite	Intrusive	Coarse-grained. When pink or red, contains crystals of feldspar. When dark brown or black, mica. When translucent or clear with pink, white, or gray, quartz.
Obsidian	Extrusive	Glossy black. Volcanic glass. Fractures easily.
Pegmatite	Intrusive	Similar to granite composition, but larger and lighter crystals.
Pumice	Extrusive	Light gray, coarse texture. Floats. Volcanic glass.
Rhyolite	Extrusive	Pink-gray hues. Consists of the same minerals as obsidian and pumice, but cooled over time, rather than quickly as obsidian and pumice is.
Scoria	Extrusive	Can be black, dark gray, or hues of red. Composed of basalt with trapped air, giving it a bubbly texture and aesthetic, as if it has many holes; almost cheese-like.

Sedimentary Rocks

Sedimentary: Various bits of rock and sand become cemented together. Sedimentary rocks are classified as clastic or organic. *Clastic sedimentary* form from other rocks. E.g., sandstone. *Organic sedimentary* form from the bodies or shells of organisms. E.g., limestone.

<i>Name</i>	<i>Classification</i>	<i>Description</i>
Anthracite Coal	Organic	Shiny black; almost all carbon. Conchoidal fracture. Black chalk streaks.
Arkose	Clastic	Pink or gray, formed mostly from feldspar. Looks like sandstone with a redder hue.
Bituminous Coal	Organic	Soft stone with a Mohs hardness of about 2. Splinters under pressure. Matte finish and about half black carbon.
Breccia	Clastic	Conglomerate rock of many different fragments. Sharp and angular. Forms after a rock slide.
Conglomerate	Clastic	Conglomerate rock that is smooth, with rounded fragments. Large grain size. Forms in river beds.
Coquina	Organic	Conglomerate rock of limestone shell fossils . Formed from organic fragments.
Diatomite	Organic	Lightweight stone, often light tan, cream-colored, or white. Also called “fossil flour” because it crumbles apart easily into flour-like dust particles.
Dolomite (Dolostone)	Clastic	Mixture of limestone that often contains fossils and at least 50% content is dolomite. Appears light gray, yellow-hued, or pinkish.
Lignite Coal	Organic	Coal with fibrous, woody structures. Less than 50% carbon.
Limestone	Clastic	Composed of fossilized shells of marine organisms. <i>Chalk limestone</i> is white, soft, and porous. <i>Crystalline limestone</i> is white, hard, and crystalline. <i>Fossiliferous limestone</i> contains fossil structures visible in the rock. <i>Oolitic limestone</i> is

formed from small, round organisms that are visible in the rock. *Travertine limestone* is crystalline, color-banded, and fibrous.

Sandstone	Clastic	Even-textured, with medium-sized quartz grains. Colors vary from tan and neutral hues to pink or red.
Shale	Clastic	Small, microscopic particles. Soft stone that splits into plates. Comes in brown or black.

Metamorphic Rocks

Metamorphic: Formed when minerals are subjected to heat and pressure, though metamorphose to the point where they are not recognizable from their original rocks. Marble, for example, is the metamorphism of limestone or dolomite.

<i>Name</i>	<i>Description</i>
Gneiss	Medium to coarse grained. Can be formed from almost any type of rock. Commonly found in white or gray, foliated with darker tones. Must be less than 50% foliated to be gneiss.
Marble	Comes from calcite or limestone. Typically white, though can be patched with gray, brown, reds, or greens. Fine to medium grained.
Phyllite	Comes from slate. A light, silver-gray to medium gray stone with a silky sheen. Fine grained texture with wavy bands.
Schist	<i>Garnet schist</i> contains large inclusions of garnet. <i>Mica schist</i> is shiny due to inclusions of diorite. Commonly found silver-gray, banded, or wavy. Must be at least 50% foliated with dark rock to be schist.
Quartzite	Fine-grained, with fine, small particles. Made from pure sedimentary rocks. Can be white to patchy gray. Also found in greens and hues of pink.
Slate	Made from shale. Texture consists of small, fine particles. Appearance is dark gray and shiny.