

Stones & Gems

This list is by no means exhaustive, but meant for a general reference.

Adventurine: Brings prosperity

African Turquoise: Brings healing of mind, body, and spirit. African turquoise works particularly well in healing the emotional body, which in turn heals physical body

Andalusite (Chiastolite): Offers protection from all negative energies, especially in crowds

Angelite: Brings peaceful bliss

Amethyst: Helps open the Third Eye (6th) Chakra, and aids in higher spiritual connectedness

Azurite: Balances out the emotional systems. Historically, azurite has been known to help with certain types of mental imbalances, such as Bipolar Disorder

Black Tourmaline: When placed on the Sacral (2nd) Chakra, black tourmaline helps heal traumas from this life and past lives

Black Druzy: When Carol tapped into the black druzy, it told her "I am standing alone in a dark space, I am content." The stone helps bring this attitude to whomever uses or wears the stone

Bloodstone: Historically, this stone has been known to aid the circulatory system with issues such as heart attacks and high blood pressure

Boji Stones: Boji stones come in pairs of male (rough to the touch) and female (smooth to the touch) stones, and there is a light magnetism between the stones. These stones open the owner to aid in communication with nature. Stones should always be worked together with the male in the left hand and the female in the right hand.

Brown Shell: Brown shell is helpful with many things, including flow, strength, invigoration, brings a resistance of negativity and isolation, lifts the intellect, clears thinking and resolve, and opens you up on social levels. Also brings into effect deep understanding of all things

Blue Goldstone: Blue goldstone is very helpful with depression, and works by helping to pull you out of the "midnight of the soul"

Caribbean Blue Druzy: Purifies and helps with communication. emotional stabilizer, releases negativity especially with the throat (5th) chakra. Brings peacefulness & calming influences. Helps in releasing old resentments

Carnelian: When worn as a solid band around the middle finger of the left hand, or as a bracelet worn bead-to-bead around the left wrist, carnelian protects you from losing your energy to people who drain you (psychic vampires). Carol calls this her “Wal-Mart” bracelet, as it allows sensitive people to go out in crowds without feeling drained and exhausted after. When worn with obsidian, it creates a synergy that is a stronger protection against energy loss

Citrine: Brings balance to the physical, mental and emotional bodies. It is particularly helpful when placed on the Solar Plexus (3rd) Chakra

Coral: Helps bring strength and flow

Druzy: Druzes are basically the inside of a geode, and help bring energy to the wearer

Fluorite: Fluorite helps with healing overall, and magnifies all other bracelets/stones dealing with healing (works in synergy with other healing stones)

Garnet: Garnet helps with focus

Gold Goldstone: Gold goldstone helps stop internal shakiness and has been known historically to help with mild tremors

Golden Labradorite: Magnifies any stones you use it with

Green Obsidian: When Carol tapped into green obsidian, it told her “I am engaging on all levels and aspects. I bring serenity, peace and harmony. I release judgment. I bring integrity and optimism.”

Green Tree Jasper: Helps lightens the heart, make for better flow, and reduce tension

Hematite: Hematite helps ground the physical body, and promotes overall health. Hematite is a naturally magnetic stone

Jade: Jade brings peace and tranquility, and helps to heal a broken heart

Labradorite: Brings positive aggressiveness to the wearer when worn mid chest, over the heart chakra. *It must be worn in this position for it to be effective*

Lapis Lazuli: Lapis promotes universal connectedness

Lepidolite: Lepidolite aids in transitions. When worn with pink tourmaline, the stones work in synergy to help ease transition and bring strength during transitions

Mother of Pearl: Mother of Pearl brings abundance and wealth, and is soothing to troubled minds

Moldavite: Moldavite is created when a meteor strikes the earth's surface, and helps open the Third Eye (6th) Chakra

Moonstone: When placed in the 8th Chakra (2 inches above the Crown Chakra/top of the head), it opens your 8th Chakra and brings you to a greater level of connectedness with God

Mystic Topaz: Strengthens the auric fields, strengthens equalizer and a good balancer on all levels

Obsidian: Obsidian helps open psychic channels. When worn with carnelian, it creates a synergy that is a stronger protection against energy loss

Onyx: Shiny black onyx helps protect from negative energies

Opalite: Opalite soothes the wearer, restores vigor, and helps release nervous energy while giving back positive energy

Prehnite: Prehnite is an "elite" stone. It helps clarify and purify the essences of the auric, emotional, physical, and mental bodies, heightens overall frequency, and helps heal your mind of burdens

Quartz: Quartz crystals magnify energy and are capable of holding an extraordinary amount of information and energy. They are also [programmable](#), but they must be cleansed first

Red Granite: Red granite strengthens the heart chakra

Rose Quartz: Rose quartz vibrates at the energy of love. Historically, it has shown to be useful in healing the lungs, when worn in the chest area

Ruby-in-Zocite: Historically, ruby-in-zocite has been known to help with sugar diabetes. For best results, place the stone directly over the pancreatic region

Selenite: (Satin Selenite or Satin Spar) Historically, selenite has been known to remove muscle soreness

Shivalingan: Shivalingan helps the owner "go with the flow"

Snowflake Obsidian: Protects your aura from outside negative energies that have been directed towards you

Smoky Quartz: Smoky quartz helps protect you from negative energies, and is also helpful in [unlocking the chakras](#)

Sunstone: Sunstone brings strength and balance

Tiger Eye: Tiger Eye helps to strengthen will and character

Watermelon Tourmaline: Historically, watermelon tourmaline has been known to aid with the healing of cancer, although it will not cure the cancer