

CRYSTAL PROPERTIES

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Note: The healing properties mentioned are not offered as a substitute to professional healthcare

CRYSTALS

A crystal is a mineral in which the constituent atoms, molecules or ions are closely packed in a regularly ordered, repeating geometric pattern that extends in all three spatial dimensions. The different shapes and sizes of crystals depend on the internal symmetry and the relative growth rates along the various axes of the crystal.

The word crystal is based on the Greek word *krystallos* derived from *kryos*, meaning icy cold. In ancient times it was thought that rock crystal, a colourless variety of quartz, was ice that had frozen and would never melt.

All crystals vibrate at their own frequency, and some people are sensitive enough to feel these vibrations. Sometimes a quartz crystal may give off rapid pulses of energy.

Crystals have their own consciousness and many contain beings or guardian spirits who actively wish to work with you to help you use your crystal to its fullest potential. Some crystals have their own angel or connect with higher beings and meditating with your crystal can put you in touch - with the crystal acting as a bridge to other dimensions.

Healing stones work slowly. They have wide ranging abilities and can benefit anyone, believer and sceptic alike. People experience the effects of crystals differently, some more quickly and intensely than others.

GEODES

Uniquely shaped by nature, Geodes are hollow or partly hollow, hard with a globular body and are characterised by a thin and sometimes incomplete outermost layer of chalcedony and by a cavity that is partly filled with a lining of inward-projecting crystals.

Geodes are found throughout the world, in certain limestone or volcanic ash beds. The most concentrated areas to find geodes are the desert.

Geodes take nature millions of years to create and each one started out as a gas bubble from a volcanic magmatic flow, or as an animal burrow, tree root or mud ball in sedimentary rock. Over time, ground water slowly permeated the cavity, depositing different minerals within the cavity of the geode sufficiently slowly for these dissolved minerals to create their unique crystalline array of thousands of terminations.

Each geode is unique in composition and its beauty can only be truly discovered when cracked open or cut with a rock saw.

Due to their cave like shapes and their many terminations, geodes diffuse the amplified energy allowing it to flow out gently.

Amethyst

A variety of Quartz (Silicon Dioxide with ferric iron) Amethyst is coloured from pale lavender to deep purple by the presence of manganese within the crystal. Amethyst usually forms geodes of densely packed short crystals all pointing inwards towards the centre of the hollow.

Amethyst is considered a master healer and a wonderful companion stone for those wishing to boost intuitive and psychic abilities and those seeking spiritual enlightenment. It is one of the most popular types of crystal, especially with those involved in healing.

A very strong tool for transmuting negative to positive energy, amethyst is believed to be an extremely powerful and protective stone with a high spiritual vibration which promotes unconditional love and encourages spiritual wisdom. Its serene quality is said to promote tranquility, enhancing meditation and higher states of consciousness as well as boosting intuitive and psychic abilities.

Regarded as powerfully healing and cleansing, amethyst can be used to block geopathic stress and negative energies in the environment. Said to bestow strength, stability and peace in stressful situations and to help in letting go of unhealthy thought/behaviour patterns; to balance out emotional highs and lows; ease addictions; dispel anger, impatience and anxiety; alleviate sadness and grief; and to support coming to terms with loss and bereavement.

Believed to be a natural tranquiliser stilling and calming the mind when troubled and to stimulate, motivate and encourage focused decision making when appropriate. Regarded also as a pain reliever, endocrine and immune system strengthener and beneficial in promoting peaceful sleep/reducing nightmares.

Angelite: The Angel Stone

Discovered in 1987, Angelite is said to have come into being to help us to discover our own innate appreciation of the harmony among all living beings - physical and non-physical - and to communicate that appreciation for others powerfully and lovingly. As its name suggests Angelite is believed to facilitate communication with Angels. The beautiful, soft pale blue of Angelite relates to the throat chakra, the energy centre linked to communication, and Angelite is believed to be helpful in telepathic communication. If two people wished to connect in that way when physically distant they could each carry a piece of Angelite. Angelite has also been associated with the healing of anger. If we regard anger as a disconnection from others it makes sense that a stone of communication would help to heal relationships not just with others, but also with oneself. This is especially pertinent when people blame others or themselves when things go wrong. Angelite is said to help bring us back into inner and outer harmony, reuniting us with our sense of the Oneness of all life. Several sources state that this crystal is useful for out-of-body travel. Those who are considering astral journeys would do well to have a piece of black tourmaline or hematite nearby for grounding. Angelite is also recommended for those who have frequent flying dreams.

Black Tourmaline (Schorl): The 'Teller Stone'

Black Tourmaline is reputed to provide insight during times of difficulty or struggle, 'telling' who or what is causing the problem. In its natural state tourmaline is characterised by parallel ridges (or striations) which run the length of the crystal. Tourmaline is said to be able to break up energy blockages which cause disharmony, stress and confusion, bringing calmness, clarity and a sense of purpose.

Believed to be the most powerful of grounding and protective stones, especially for grounding spiritual energies and deflecting and repelling negative energy. Carrying or meditating with Black Tourmaline keeps one's auric field clear of imbalance even in the presence of destructive energies. These can be both external energies and inner emotions such as anger, resentment or jealousy. Black Tourmaline is regarded as important for those who astral journey and is also good to carry when experiencing any kind of stress. Reputed to have the ability to guide us into new dimensions of being it is said to be ideal for psychic protection and high levels of etheric purification. Black Tourmaline is said to aid clarity by helping us to move beyond limited ways of thinking in order to embrace a greatly expanded concept of reality. It teaches us that we are light beings in physical form, and helps us to experience the physical and spiritual worlds as one. It is with this stone that one can find comfort in stillness, feel weightlessness amidst density and experience the jubilation of creative inspiration.

Calcite

Calcite is said to be a good stabiliser helping dispel anxiety, feelings of depression and lethargy. Believed to aid release of old beliefs and assimilation of new ideas and to assist study or concentration, helping focus the mind and filter out trivia whilst boosting memory. Acts as an optimiser to open the upper Chakras. Used for clearer visions and communication and general cleansing. Believed to aid the uptake of calcium in bones strengthening the skeletal system; also to clean fumes and toxins from the body whilst easing pain.

Carnelian: Stone of creativity, individuality and courage

Sometimes called the "actor's stone", Carnelian is said to increase vitality and passion, bolster courage/assertive will and to bring good luck. Can help those who procrastinate or are unable to decide on a course of action. Believed to strengthen the voice so good for public speaking and singing, to stimulate ambition providing motivation for focusing/making decisions/taking control of own life and for manifesting one's desires. Reputed to clear the mind of extraneous thoughts, aid memory, still anger and protect from jealousy, hatred and fear. Said to help reduce stress and anxiety, ease sorrow, dispel depression, doubt and negative thoughts, balancing emotions and promoting peace and harmony. Believed to strengthen and fortify the physical body and to be an excellent support for detoxifying from alcohol or other drugs, breaking negative or hurtful physical habits. Said to work on the kidneys, gallbladder and pancreas and to relieve menstrual pain; also to help with asthma and hay fever.

Citrine

Comforting, powerfully energising and regenerating Citrine is widely regarded as a highly beneficial stone that does not need cleansing. Believed to stimulate creativity, dissipate/ground negative energy and protect the environment in which it is placed, Citrine is said to be excellent for overcoming depression, fears and phobias. Citrine promotes inner calm acting to stabilise emotions, dispel anger and destructive tendencies and to let go of things that prevent progress in life. Said to enhance concentration, revitalise the mind and assist in processing life experiences; also to facilitate manifestation of personal power, boosting confidence/self esteem.

Citrine is also known as a stone of abundance attracting prosperity so could be placed in your 'wealth corner' - the farthest left point away from your front door, or the door into an individual room.

Clear Quartz Crystal: The Stone of Light

Sometimes referred to as Rock Crystal, Clear Quartz is solidified silicon dioxide and varies in degrees of clarity from water clear to densely clouded. The most abundant of minerals, it is found all over the world in many different formations from tiny grains of sand to flowing sheets, to massive, hexagonal prismatic crystals. Applying heat or pressure (including being squeezed in the hand), releases 'piezo-electric' energy which changes the polarity of the point from positive, receiving energy, to negative, emitting energy. This transformation of mechanical energy into electromagnetic energy and vice versa makes Quartz Crystal a wonderful tool for storing, transferring, focusing, receiving, transmitting and amplifying energy. These properties lend themselves to uses in such devices as crystal radios, microphones, watches, radio transmitters, to name a few. Clear Quartz crystals are natural holographic storage devices that can be programmed to facilitate achievement of virtually any aim including broadcasting out into the world and beyond one's thoughts, feelings or wishes. They can also be used to amplify, blend and enhance the energies of other crystals.

Clear Quartz has long been the subject of spiritual beliefs and used for many metaphysical purposes including healing, consciousness expansion, chakra opening, communication with guides, past life recall, inter-dimensional travel, polarity balancing, protection, enhancement of meditation and dream work, attracting and sending love, generating prosperity. Said to bring heightened spiritual awareness and sensitivity to anyone who wears, carries or meditates with it, Clear Quartz is a beautiful manifestation of pure Divine love and light, helping to bring celestial energy to the soul, enhancing and amplifying both energy and thoughts. However, because it is emotionally neutral, an indiscriminate amplifier of whatever energies surround or enter it, clear quartz can collect an unusually large amount of psychic debris. It is therefore important to clear/cleanse clear quartz periodically.

Clear quartz is regarded as a powerful all-purpose healing stone, aiding physical, emotional and spiritual wellbeing. A wonderful tool for communication and for receiving information from other-worldly masters, healers and teachers, it can greatly increase the transmission of energy flows of love, light, peace and harmony for the greater good of all.

A truly magnificent crystal! Important formations from a healing and consciousness expansion perspective include Generators; Tabular Crystals; Double Terminated; Self Healed; the Master Crystals: Initiation/Channelling Crystals, Integration/Transmitter Crystals, Window Crystals, Elestials, Laser Wands, Earthkeepers, Dow/Temple Heart Crystals, Tantric Twins, 'Isis' Manifest Spirit Crystals, Cathedral Lightbraries, Devic Temple Crystals and Time Link Portal Quartz; Record Keepers: Raised Record Keeper and Sunken Record Keeper; Sceptre Quartz and Trigonic Quartz.

Danburite: Stone of Joy and Celebration

Danburite vibrates to the number 2 (harmony and gentleness, and willingness to cooperate and be considerate of others). The colourless/silvery variety of Danburite is reputed to increase psychic vision and promote connection with angels and guides while opening visual awareness of other realms, planets, and dimensions. Said to be a very powerful healing and spiritual stone which intensifies all other healing energies. When used by skilled practitioners, aids identification, location and cause of dis-eases.

Believed to facilitate deep changes: helping one leave the past behind and change obstinate attitudes, encouraging patience and bringing peace of mind. Wear Danburite for serenity, wisdom and creativity. Meditate with Danburite to reach a higher state of consciousness and to receive inner guidance. When placed at the bedside of anyone about to "cross over", reputed to enable a conscious spiritual transition with the energies of Daburite accompanying them on their journey beyond death.

Occasionally Danburite displays a Buddha formation inside the crystal which intensifies its power and draws enlightenment and spiritual light to smooth our path ahead.

Garnet

Known as the stone which was the source of illumination for Noah in the Ark, Garnets were used in Egypt more than 5,000 years ago and were popular in many other cultures. Garnet was used by ancient Egyptians and others to purify the body of toxins such as venoms, intestinal and blood poisons, it's protective capacities revolving around defence against anything that can bring tension to the mind body or spirit of an individual.

Today this semiprecious gem continues to act as a source of light and guidance - both physically and metaphysically - for travellers as well as those who just need some direction. It has been known not only to guide but also to provide enlightenment, creative inspiration and positive energy.

All types of Garnet are said to carry the energy of prosperity and enjoyment of worldly pleasure. Reputed to aid in controlling anger by helping us know ourselves and others - thus promoting patience and perseverance.

Goethite

An alpha-hydrated iron oxide Goethite is one of the most widespread naturally occurring forms of iron oxides and is found in terrestrial soils, sediments and ore deposits. It also appears as an inclusion within Quartz, Amethyst or Super Seven, and as a chunky black deposit within crystal geodes. Goethite transforms to hematite through dehydrogenation.

Goethite is said to help one become "in tune" with the energies of the ethereal realms and the Higher Self. Believed to amplify, facilitate and enhance communication with the Angelic Realms and to stimulate and augment clairaudient abilities. Goethite is also said to be wonderful for those wishing to lessen the burdens of distraction and increase their abilities to concentrate and focus.

Green Aventurine

A gentle, all-purpose healing stone believed to stimulate creativity and expression of truth and love. Said to be excellent for healing the heart through release of emotional pain and distress. Reputed to be a good mental and emotional balancer and to boost general well being. Commonly used as a good luck stone.

Iolite (gemstone variety of cordierite)

Light coloured iolite is known as 'water sapphire'; darker indigo blue iolite is known as 'lynx sapphire'. Iolite carries a beautiful violet-blue energy and is said to be a good healing stone, connecting the throat, brow and crown chakras helping open spiritual pathways and take one on the inner path to the deep self. Believed to promote subtle, gentle communication to the Higher Self, often via sudden 'bursts' of intuition with higher awareness for guidance or purpose. Used in shamanic journeying to increase vividness and detail of inner visions.

Reputed to be a good stone for increasing capacity to deal with old fears, for helping find one's direction in life, and for releasing discord from one's life. Also said to calm the over-active mind.

Jade

Reputed to be a stone of health, wealth and longevity. Said to calm the nervous system, soothe the mind and dissolve negative energies. Believed to assist in dream recall. Used by the ancient Chinese for courage, wisdom, justice, mercy, emotional balance, stamina, love, fidelity, humility, generosity, peace and harmony among others. Said to beneficially affect the lungs, heart, thymus, immune system, kidneys and nervous system as well as helping with blood detoxification and reducing personal tension.

Moonstone

Moonstone - the gem of the High Priestess – is the stone of mystery and has always been a sacred stone, with special significance for lovers. For centuries Moonstone has been used to connect with the energy and power of the moon which plays a vital role in the health of our planet. Regarded as a receptive, passive, stone of new beginnings it is often associated with the feminine because of its ability to enhance the intuitive side of the mind and enhance psychic abilities. Said to calm and balance the emotions, promote intuition and empathy, encourage patience and appropriate action and to teach the value of working with Divine timing. Believed to provide deep emotional healing, calm hyperactive children and to alleviate menstrual-related conditions.

Opalite

Opalite is a delicate, clear or milky iridescent man made stone that emulates the qualities of Opal. It is soft and gentle and is believed to aid in opening up the intuition and attracting angelic energies. When placed on the Crown Chakra in meditation it is said to enhance psychic abilities and induce visions. When used in healing, Opalite is believed to stabilise mood swings and purify the blood and kidneys.

Opal Aura Quartz

Opal Aura (also known as Angel Aura) Quartz is quartz that has been permanently treated by fusing platinum and/or silver crystals with heat and vacuum to give it its gorgeous angelic colouring.

Mystical lore counts Opal (Angel) Aura Quartz as a stone of high spiritual energy. It is said to help with angelic communication and communicating with Higher Self and inner wisdom and to bring peace and tranquility because of its angelic protection. Used by mystics to help access Akashic records and past life recall. Used in meditation it is believed to assist in finding one's soul purpose in life. Said to be very helpful in protecting, balancing and bringing energetic health to the aura.

Opal (Angel) Aura is associated primarily with the crown chakra and it has been said to assist in raising Kundalini energy in a gentle manner..

Opal Aura Danburite

Powerfully combines the properties of both Opal Aura and Danburite.

Peridot

Associated with the heart chakra, Peridot is said to balance and stimulate that chakra. A stone of compassion with a 'friendly' energy it is believed to be excellent for healing and assisting in rebirth and renewal. Enhancing the healing and harmony of relationships of all kinds, but particularly marriage, Peridot is reputed to lessen anger, jealousy and stress in relationships.

Said to provide a shield of protection around the body of any wearer, Peridot is also believed to strengthen ESP abilities and assist in finding what is lost. A stone of abundance and prosperity.

Rainbow Obsidian: 'Stone of Pleasure'

Rainbow Obsidian (Sheen Obsidian) has beautiful rainbow rings of colour within its overall shimmery black and one of its most notable attributes metaphysically is bringing pleasure, enjoyment and joy to one's life. It is said to expand consciousness, sharpen the senses and help one delve deep into mysterious phenomena and experiences; also to see that within the darkness of despair and depression, there is a light of hope and healing; that the darkness may be a veil/an illusion and that one must go to a deeper level to discover the light. Obsidian reflects one's true self - the good AND the bad - and is said to help one understand the dark side of themselves so they can identify their own flaws and see clearly what changes are necessary to eliminate these.

Rainbow Obsidian is used psychically to enhance clairvoyance and is an excellent scrying stone, especially in the areas of love, relationships and self-development. It is believed to be an excellent grounding and protective stone, working to keep negativity out while letting light in. Containing a fiery element, it is said to aid development of the strength needed to be true to one's own convictions and to stand up against any enemy (hidden or otherwise). Obsidian is the stone of the soft hearted and gentle people of the world and is said to help protect the very sensitive against depression.

Use obsidian to help block negativity of any kind. As a black gemstone, it symbolises self control and resilience.

Rose Quartz: The 'Love Stone'

Said to inspire feelings of love and friendship and to be a wonderfully calming stone of emotional balance, Rose Quartz is associated with forgiveness and compassion, aiding release of repressed anger and hatred. Regarded as excellent for self love and boosting self-esteem and confidence: gently soothing and warming the heart, bringing emotional healing. Believed to ease loss, grief, heartache, hurt, stress, fear, resentment and to assist in healing childhood trauma resulting from neglect or lack of love. Said to help remove negative influences such as jealousy and avarice and to promote expression of emotions.

Selenite: The Rejuvenator

Selenite is said to be a carrier of light energy and a balancer of the emotions. Believed to be able to lift one above emotional feelings, allowing conscious understanding of deepest inner truth. Often used in relationships to heal rifts and allow a more peaceable end. It can also help to clear up mental confusion. Selenite is said to stabilise the 4 body system (physical, mental, emotional, and spiritual), relieve stress, enhance will power and bring high levels of mental clarity, insight and awareness. Believed to help filter out ego-based messages and thoughts, so is excellent for meditation. Goes to the source of physical disorders providing insights into probable causes. Unlike crystals that focus their energy on a problem, Selenite has been found to work like a radio tuner to locate static in the aura. As your own awareness grows, so will your use of this mystical mineral.

Warning re Working with Selenite: Katrina Raphael explains that we have a soul star and an earth star in our ethereal body. She relates them to chakras - the earth star located 12 inches below your feet and the soul star being 12 inches above your head. She advises aligning these chakras and connecting firmly with your earth star before working with Selenite as this crystal will energise the soul star above the head.

She warns us that to activate the soul star before connecting to the earth star can cause serious imbalance. She says that once we plant our feet firmly on the ground with the intention of connecting to the earth star we create a foundation which enables us to bear the light that Selenite transmits from Source through the Soul star. Respect your Selenite but enjoy it too.

Sodalite

An excellent stone for meditation and promotion of inner wisdom. Believed to aid release of stress, nervousness, anger and fear through its ability to calm and clear the mind, eliminating confusion and stimulating rational thinking. Also to promote understanding of true feelings and truthful verbalisation of emotions. Said to strengthen intellect, and promote feelings of competence and well-being, helping create a stable atmosphere in which to deal with intellectual challenges. Regarded as a 'group work enhancer' in helping create an atmosphere of mutual trust encouraging solidarity and enabling establishment of a common purpose/will to work together to achieve goals. Said to protect against damage caused by electro-magnetic fields, particularly background radiation from computers.