

The Moonlight Post

BIRTH CRYSTALS AND GEMSTONES





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GARNET JANUARY



The **garnet** is the birthstone for the month of January and is associated with the Zodiac signs: Capricorn, Virgo, Leo and Aquarius. It has a rich, burgundy red color and an inner fire.

Garnets are stones ruled by the planet Mars, the planet associated with survival, desire, action and energy. It is also the planet that rules over sexual desires, attraction, and raw forces. The garnet is aligned with personal ambitions, motivation and personal goals.

EMOTIONAL

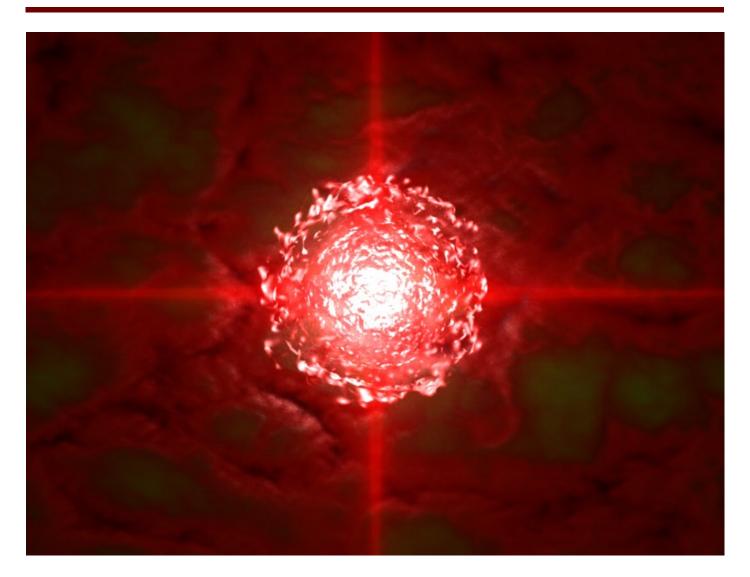
The garnet is called the "Stone of Commitment." It is a stone of victory, truth, purity, friendship, faith and protection. It is also a stone of our ancestors, family, love, devotion, and honor. The garnet insists that we live according to what our heart desires; it is a stone that connects our heart to others. The garnet's bright red color teaches us to reach for our goals and our soul's desires and helps us through the alignment of the Root and Crown chakra.

PHYSICAL

The red garnet is a stone of energy and regeneration. It will boost the energy

of the wearer. It was used as a talisman for protection by ancient tribes. It possesses curative powers, strengthens, purifies, revitalizes and regenerates the body, and cleanses the bloodstream. It enhances your imagination, inspires creative energy, stimulates your desires and uplifts your attitude. It is a stone of love and passion. It increases your sexual appetite, sensuality, and need for intimacy.

The garnet's protective powers extends to both physical and emotional areas. This will protect you in your travels, especially at night. Emotionally, the garnet will banish the unproductive habits that you form over the course of your life. It will rid you of what is old, stale and no longer beneficial, and replace it with something new, fresh, and healthy. It will bring about healing when needed. Mentally, the garnet sharpens your intellect, relieves anxieties and banishes depression.



MAGICK

In magick, the red garnet is associated with countering black magic, negative forces and dark energies. It will protect you against nightmares and evil as you go about your rituals and spell casting. It also releases bad karma. According to Scott Cunningham, the garnet is a stone used to ward off phantoms and demons. Keeping the red garnet by your side when you sleep will also help you remember your dreams.

The garnet is also the stone to use if you seek to align yourself with the deities, like the goddess. Use it to further open the channels to communicate with our ancestors and the spirit world.

You can also be used to access ancient memories; it is an excellent tool for past life regression.

Use the garnet for spells to improve your consciousness, strengthen your personal will, and overcoming the obstacles caused by negativity. Just about any spell that concerns physical, emotional, and mental improvement. This is the perfect stone to use for marking new beginnings like in making New Year's resolutions.





AMETHYST

F'E'BRUARY



The **amethyst**, the healing crystal, is the birthstone for the month of February. Its beautiful color that ranges from lilac, lavender, to purple, and violet and its abilities in areas of magick, psychic empowerment, and healing makes it one of the most sought after crystal in the quartz variety. It is also called as "purple ray" and has the same color as that of the crown chakra. The amethyst promotes healing on the body, mind, and spirit.

MENTAL

The amethyst changes negative vibrations to positive, and repels negative vibrations. It makes the one gentle and amiable. It promotes healing, inner-calm and peace, love, happiness, spiritual upliftment, and courage. It will calm your emotions and reduce stress. It will also make you very optimistic and changes your perspective on things for the positive.



PHYSICAL

The amethyst also strengthens the endocrine system and the immune system. The amethyst is also referred to as the traveler's stone since it protects the traveler from physical harm.

If you place it under your pillow, it will protect you from bad dreams and if you wish, can induce prophetic dreams.

EMOTIONAL

It is the stone to use for when you have legal problems, money problems, and addiction problems. This stone has long been used for overcoming addiction and mental disorders. The name is actually derived from the Greek word "amethystos" which means "not drunk." It is also used to guard against drunkenness, insomnia, headaches, and other forms of pain.

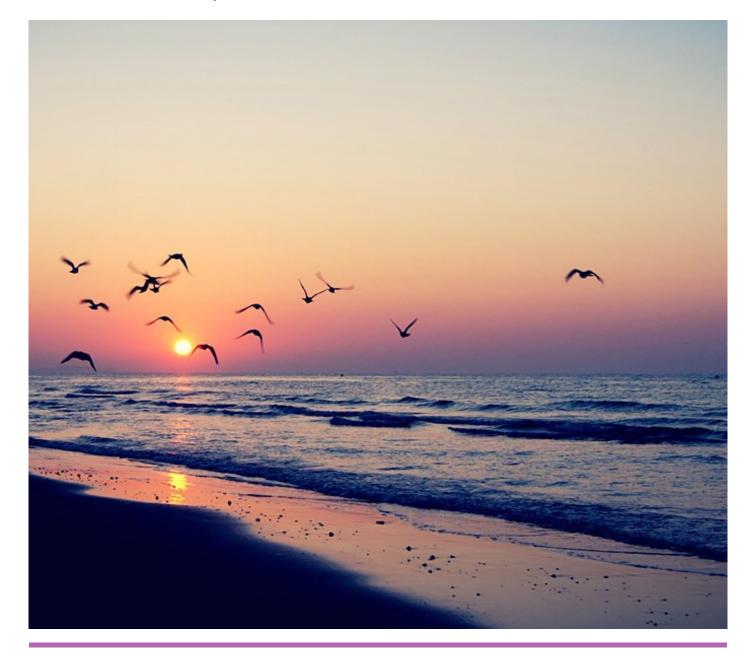
MAGICK

The amethyst has the ability to transmit the healing powers of the universe. It is best used in healing spells for this reason. When placed beside other tools for divination, it enhances their qualities and abilities.

The Amethyst can also increase your spirituality, enhance intuition, and psychic powers. It has the ability to make a clear connection between the physical realm and otherworldly realms.

The Amethyst is also an excellent choice for meditation and lucid dreaming. It opens one's channels to telepathy, past life regression, clairvoyance, and communication with angels.

This stone will also protect you against any psychic attacks while you are vulnerable doing spiritual work.





AQUAMARINE



The **Aquamarine** birthstone for the month of March is a light blue gemstone. Its color evokes the purity of crystalline waters and the relaxation the sea brings. It is calming, soothing, and cleansing.

MENTAL.

The Aquamarine encourages clarity of thought and encourages learning and makes assimilation of new knowledge much easier. It will help you think on your feet and find solutions to problems easier, without rational thinking and logic.

EMOTIONAL

The Aquamarine inspires truth, trust and letting go. It is associated with the throat chakra. It helps regulate anger or fear, and clears past emotional, physical or verbal abuse memories.

The aquamarine stone is the stone for teachers and presenters. It helps one overcome the fear of speaking, for it relaxes you to a stage of consciousness where you will find yourself fully aware of your own truths, wisdom and feelings, and able to articulate them with clarity and conviction.

As a love crystal, it helps two people with different lifestyles, beliefs, and opinions, to live together in harmony. Its calming and soothing nature reduces the impact of sensitive issues that often become the cause quarrels. It can also bring back a lover who has already left your life.

This stone will help you look at things from a different perspective and help you overcome the judgment of others and be more tolerant in situations.



PHYSICAL.

The Aquamarine helps heal ailments of the thyroid gland and the pituitary gland. It also helps with diseases of the throat and liver. For highly allergic people, this stone helps calm overactive immune system. This stone also helps those with autoimmune disorders.

The aquamarine is also the crystal of choice of seafarers and air and land travelers. It protects those who journey by sea and alleviates the fear of water, guards those in any long-haul travel by air or by land. The aquamarine is used as a talisman of gamblers, for it protects them from loss.

MAGICK

In magick, the aquamarine is a stone that helps you connect with the nature spirits of the sea. It also works well with the heart chakra, and is best used for spells for uncovering the truth and to expose lies and deceit, even the astral ones. It also helps in spells where you desire to let go of old habits that are harming you and no longer serve you, and are just holding you back from growth.







AURORA BOREALIS



Aurora Borealis, the "stone of the night," has a particular rainbow-like quality and mystical properties that embody the power of the Northern Lights. Due to this, it is an excellent crystal for use in magickal workings at night.

MENTAL

The Aurora Borealis calms an overactive mind and relieves you of anxiety. It fires up your imagination and welcomes new ideas in. It helps you understand questions about your existence and assists you in alignment with the higher realms.

PHYSICAL

The Aurora Borealis is the stone that lowers blood pressure and assists with respiratory problems, bronchitis and colds. It also aids in digestion and metabolism. It is used to treat eye and brain disorders.

It stimulates mental acuity and reduces stress and anxiety. It is also a soothing stone especially during menstruation.



EMOTIONAL

The Aurora Borealis is an uplifting crystal that banishes fears and insecurities and bring back joy and spontaneity into your life. It will eliminate the emotional drain of the daily grind and awaken a sense of adventure in you. The Aurora Borealis encourages contemplation and introspection. It encourages intellectual thought and intuitive wisdom and dispels illusions. The Aurora Borealis is aligned with the throat chakra and allows for the expression of what we really think and what we feel. You can communicate your ideas, beliefs, and emotions better and share it to the world.

SPIRITUAL

The Aurora Borealis unites all the chakras and supports an easy flow of energy within the body and spirit. The free flow of the energies enables free expression and natural release. It cleanses, enhances, and protects the aura and amplifies the body's energy fields. It releases negativity from the emotional, physical, intellectual, and spiritual bodies;

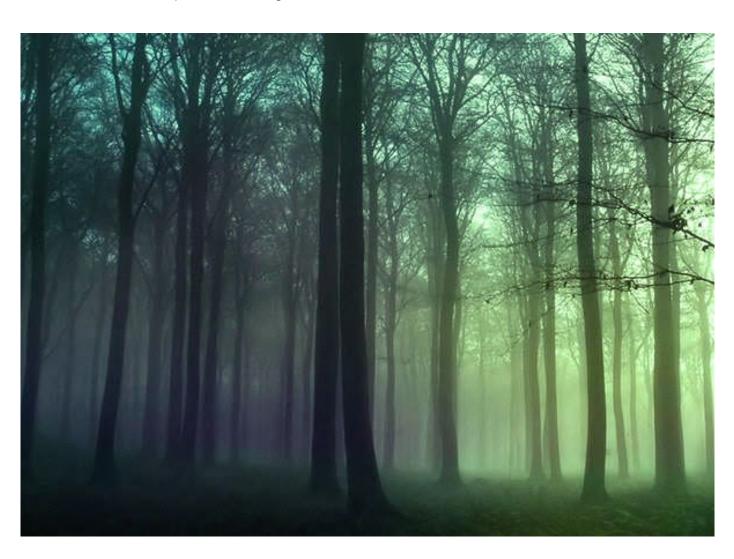
MAGICK

When used in meditation, the Aurora Borealis helps you transcend the limitations of the past and thoughts of the

future, and embrace the moment. It makes it easier for you to just "be." It opens channels to the higher realms and facilitates multi and inter-dimensional journeys.

As an amulet of protection, the Aurora Borealis has a strong barrier filter. It helps you focus and keep undesirable elements out of your life. Its crystalline structure is one of its greatest strengths, providing barriers to attacks coming from all directions.

In magick, the Aurora Borealis brings your phenomenal and prophetic lucid dreams, visions, and revelations. It is best used in spells to uncover truths and see the future.





EMERALD

MAY



Emerald is the birthstone for the month of May. It has a gentle green color and is the stone of Mercury, Venus, and Jupiter. The power of this Emerald crystal stirs the soul like the heart of spring, symbolizing renewal, growth, hope, and the future. The emerald is believed to reflect all the past lives of the owner.

MENTAL

Emerald is also a stone of great vision and intuition, associated with the eyes and sight, long believed to foretell future events and reveal one's truths. It is a stone of wisdom, enhancing memory and increasing mental clarity. It promotes intelligence, discernment, increases focus and intent, strengthens memory and inspires eloquence in speech. Precisely why it is such a remarkable support stone to bring to the workplace.

PHYSICAL

The Emerald strengthens the immune system and helps to treat fever, inflammations, illness of the liver, and diabetes. It also helps against epilepsy, skin diseases as well as diseases of women relating to their private parts. For insomnia sufferers, just looking at this

stone before going to sleep will help prevent insomnia. This crystal relaxes tired eyes due to its soft green color. The emerald is also used to protect against snake bites; to snakes, the sight of the Emerald crystal is fatal.

The Emerald is also an anti-aging crystal, that when used appropriately, will revitalize tired organs.

EMOTIONAL

The emerald brings wisdom and serenity. The Emerald promotes friendship and balance between partners, particularly in the area of domestic bliss. It promotes contentment and loyalty and protects you from unfaithfulness. It is a crystal that is known to break down if one of the spouses is unfaithful to another. It was dedicated to the goddess Venus for its ability to ensure security in love.



The Emerald heals heartbreak and gives you the strength needed to overcome the misfortunes of life. It clears away negative patterns of playing the victim by strengthening your physical and emotional heart centers.

SPIRITUAL

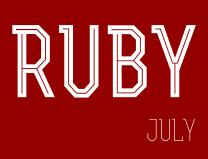
The Emerald is a stone of meditation, insightfulness, and understanding. It nurtures love, kindness and serenity. Also called the "stone of successful love," it nurtures the heart chakra.

It gives out a very positive energy and neutralizes negative energy. It brings freshness and vitality to the spirit. The Emerald wearer will notice that he or she is slowly being free from melancholy and worldly worries.

MAGICK

In magick, the Emerald was traditionally used to protect against enchantment and spell. It is also a crystal widely used to predict the future. This crystal activates your psychic abilities and makes you more clairvoyant. Ultimately, the Emerald is a powerful conduit crystal for focusing amplifying the Divine energy to accomplish your goal in spell casting.







The **Ruby** crystal is a symbol of love, health, royalty, power, dignity and beauty. It has a particular hot, flaming red color, which makes it the perfect stone to awaken and revive us especially as we celebrate the return of the Sun. The Ruby can light the darkness of one's life and give birth to a spark of light that permeates the mind, body and spirit, conquering darkness on all levels.

MENTAL.

The Ruby enhances memory and concentration, making it a stone people turn to when it comes to making decisions. The Ruby crystal will encourage you to excel in any field and aid you in finding the best solutions to any problem. It will help you transform mere intent into action and aid in the manifestation of your desires. By encouraging self-expression, the Ruby helps bring to life the barren landscapes of the suppressed mind, body and spirit.

PHYSICAL

Physically, the Ruby fights paralysis, anaemia, psoriasis, inflammation, muscle pain, joint pain, asthma, heart ailments, insomnia, arthritis, tonsillitis, and

rheumatism. It also reduces blood pressure and helps a lot when you feel like you're about to have а nervous helps breakdown. fight endemic lt diseases and viruses. It has a very strong detoxifying power and can strengthen the circulatory reproductive system and system.

EMOTIONAL.

Ruby is a stone of recovery for it can expel melancholy and depression. That is why people hold on to it during the cold and depressing winter months since it inspires optimism and aids in banishing negative thoughts. It gives you energy, strengthens you, and gives you determination and courage. It will help you overcome any challenge.

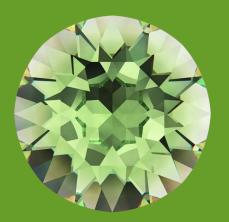
SPIRITUAL

Rubies stimulate and open the Heart Chakra, which is the chakra of love and devotion. It also awakens the Root chakra, which is the very essence of our life and our means of survival. It is the place to find your physicality and passions. The Ruby deals with life force or the chi and vitality. Having it with you can increase your energy, enthusiasm, and do wonders for your well-being. It will bring back the life force in you.

MAGICK

The Ruby as an amulet is a very protective stone and is a very effective protection against natural disasters, malicious spirits, evil spells, ill-wishers, and surrounding negativity. It helps you overcome the forces of darkness and also helps you to fight your fears. When a Ruby changes its color, it is its own way to warn you of danger.





PERIDOT



The **Peridot** is a stone of compassion and is associated with the heart chakra. The Peridot can be used to balance and stimulate the heart chakra, and it can be used to assist in rebirth and renewal of all kinds. It also supports the healing and harmony of all types of relationships, especially in marriage. The Peridot also brings abundance and prosperity to one's life.

MENTAL.

The peridot is a strong dispeller of negative energy. It will rid you of elements in your life that you no longer need.

The peridot is also a powerful stone for studying, that's why it is called "The Student's Stone" by some. Because of its strong Earth power, it is the best stone to help with any effort aimed at learning and achieving a higher level of education. It will avoid help you stay on course, distractions, and persevere even when you are tired and wanting to give up all for improving yourself and enhancing your abilities.

PHYSICAL

Physically, the peridot helps strengthen eyesight. It also lessens stress and helps slow aging, heal ulcers and digestive problems. The peridot is believed to create a shield of protection around the body of the wearer.

The peridot vibrates strongly with the heart and solar plexus chakras, so wearing it around your neck and having it land on your chest aids in various chest problems and stomach problems like ulcers. The peridot has healing powers that extend to the heart, lungs, spleen and intestines.

EMOTIONAL

Emotionally, the peridot helps you feel more at ease and to move along with the various developments of life. It helps you navigate life with ease and encourages you to keep standing even when you are at a major crossroad in your life.

In your relationships, the peridot discourages anger and jealousy. It is an excellent stone that encourages happiness and letting go of negative thoughts and feelings.

MAGICK

Peridot crystals are excellent in helping you focus your efforts to seek wisdom and understanding. The peridot helps you become more receptive to new meanings and ideas that you uncover in your magickal workings, ultimately making you more enlightened and knowledgeable. The peridot stone will also assists you well in finding what is lost.



SAPPHIRE SEPTEMBER



The **Sapphire** is the birthstone for the month of September. It is the second hardest mineral on Earth and it comes in various colors: pink, yellow, green, black, orange, purple, white and various shades of blue. The Sapphire brings protection, good fortune and spiritual insight. It is also a symbol of power, strength, kindness, and wise judgment.

MENTAL

The Sapphire aids in concentration. It also helps ease panic attacks. If you suffer from panic attacks or feel yourself becoming anxious, carrying or wearing sapphire can have a balancing and soothing effect. Wearing sapphire earrings is the best method to aid your in your concentration, so long as it is kept close to the head. It also encourages you to get over your fear of speaking in public, and fills you with positivity on what you can accomplish in life.

PHYSICAL

The Sapphire helps treat brain disorders. It also helps with dyslexia. It calms the overactive body systems and regulates the glands. It helps treat blood disorders and prevents excessive bleeding. It strengthens the veins and

improves their elasticity. It also helps to heal the eyes and relieve them of stress. If you are feeling eye strain, take a piece of Sapphire and rub it over your eyelids and you will notice them refreshed.

EMOTIONAL

Blue Sapphire is a stone of love, commitment and fidelity. The Sapphire stone helps cultivate a sense of loyalty in your relationships. If you are going through a divorce, it is best to remove any sapphire stones given to you by your partner, because Sapphires are stones of attachment, and having them around could prolong the healing of bitter feelings.

The Sapphire frees you from your inner prisons and psychic sufferings that cause you to shut down emotionally. It is an effective aid in treatment for neurosis or psychosis because it eases depression and lightens the mood. It calms you and

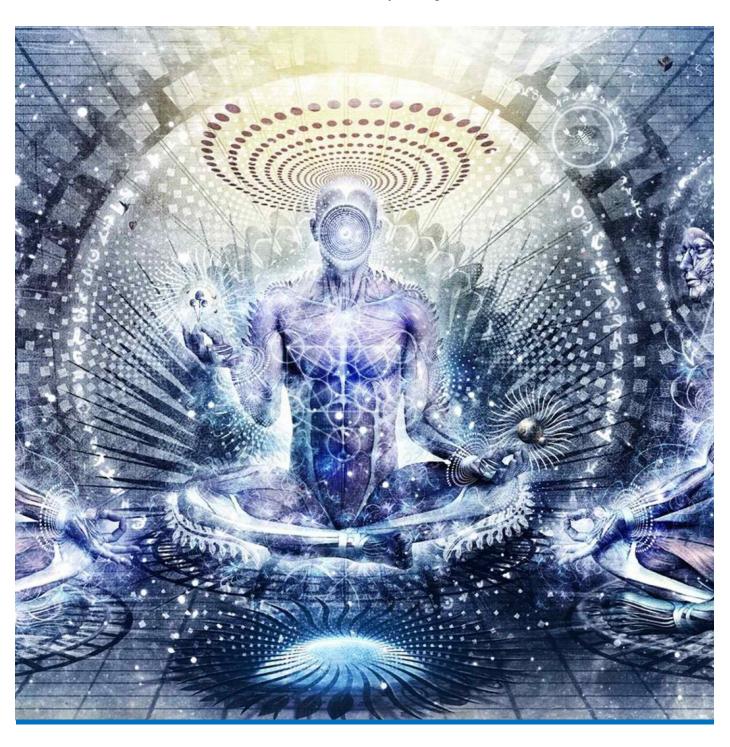
restores balance within your body.

MAGICK

The Sapphire stone is one of the best stones for meditation. The peace and serenity it gives you removes distractions and draw negative energy away from you. It also allows you to see through lies and

reveal to you the truth. It helps clear any spiritual confusion you may have and keeps you in touch with your inner-self.

As a talisman, the Sapphire preserves chastity and discovers fraud, lies, and treachery. It also protects its wearer from poisons, plagues, and resists black magic and ill-wishes. If worn by the wrong person, the Sapphire will show this by losing its luster.





TOURMALINE

OCTOBER



Pink Tourmaline may vary in color from pale pink to deep red. The pink tourmaline serves the highest aspects of the heart. It is a primary stone of the Heart Chakra. The Pink Tourmaline also links to the Crown Chakra infusing love and spirituality in a person and encourages compassion and gentleness during periods of growth and changes as you walk the path to enlightenment.

EMOTIONAL

Wearing Pink Tourmaline throughout the day helps relieve stress, calms your worries, and treats depression and anxiety.

Pink Tourmaline is one stone for the children. It comforts those who have experienced abuse in the past and helps them achieve a deep sleep. It also helps pregnant teengers deal with the reality of the present and helps them form a bond with their baby.

Pink Tourmaline cleanses you of destructive feelings and old wounds that have accumulated over time. It releases guilt, worry, depression, and anxieties. It helps turn all negative emotions into self-love. For the emotionally numb, this stone will help recover their passion and make them have a zest for life. For those who have shut themselves down, it helps them find the courage to love again by changing old patterns of thinking and learning to trust again.

PHYSICAL

Tourmaline is used to treat motion sickness. It also restores luster and shine to your hair and nails. It calms and soothes the heart, and assists those diagnosed with angina, irregular heartbeats, and those recovering from a heart attack.

It can also be used to treat all forms of gynecological conditions like regulating the menstrual cycle to make conception easier. It also provides support for girls and boys undergoing puberty.

Pink tourmaline helps with spinal problems, injuries, problems with the nervous system, neuralgia, and migraines. It also aids in balancing a dysfunctional endocrine system, and is useful in treating lung problems and skin disorders.





SPIRITUAL

The Pink Tourmaline cleanses the emotional body and unites it with the etheric body, infusing love and spirituality. It is highly receptive to healing energies and the wisdom of Spirit, which translates to having an inner gentleness and compassion to one's nature. With it you will have peace and understanding, awareness and trust.

MAGICK

The Pink Tourmaline is a stone for divination and meditation. The Pink Tourmaline effectively clears blockages in

the aura and removes negative energy. Place it on the Heart Chakra and visualize a pink light radiating from the stone, infusing the entire emotional body with love and restoring your wholeness.

Wands with Tourmaline crystals or stones are very special and can channel a high-powered electrical energy that can transcend the physical laws and perform phenomenal healing. If directed outward, it releases the negative energies from the body and brings forth healing.

Pink Tourmaline re-balances the meridians of the physical body, replacing old hurt with nurturing love, and balances the ethereal body.







The name '**topaz**' is taken from Sanskrit which means 'fire.' It is a very powerful stone. To the Egyptians, they believe the topaz's color was taken after the golden glow of the sun god, Ra. The Romans also associated topaz with the sun god, Jupiter. The ancient Greeks believed that it the topaz had the power to increase the wearer's strength and make him or her invisible during times of emergency. Its mystical powers also wax and wane according to the phases of the moon.

EMOTIONAL

The topaz enhances one's spiritual potential. It inspires you to connect more with the spiritual world and the Divine.

It is also called 'the stone of true love and success in all endeavors.' It promotes understanding, compassion, kindness and empathy. It is a balancing and calming stone that balances your emotions, releases pent up tension, and brings joy. It opens the hearts of the people who have gone through so much hurt and have decided to remain closed. To those who have open hearts, it protects their hearts from unnecessary and unbearable pain.

PHYSICAL

The topaz is worn by those who wish to be clear-sighted since it has amazing eyesight repairing properties. The topaz also stimulates the metabolism and digestion. The ancients used topaz to stanch the flow of blood, ease tension, and promote relaxation. The topaz aids with gout, blood disorders, appetite disorders, problems with regeneration. endocrine system, tissue tuberculosis, and aging. The topaz is said to have anti-aging properties.

The topaz also heightens your sense of taste, making you more discerning of your food and drink. The topaz changes its color in the presence of poisoned food or drink.

MENTAL.

The topaz is used to increase intelligence and creativity. It imparts wisdom upon the wearer which the wearer can use for advancement and to prosper. The topaz will make you more determined to work on your dreams and reach your goals.

MAGICK

The topaz is one stone that is used for its protective powers. It protects the wearer against envy, intrigue, disease, injury, sudden death, sorcery, lunacy, and black magick. Topaz that is worn in any manner it treats depression, releases anger, defeats greed, quells fear, and discourages frenzies and negative emotions. When placed in or around one's home, it serves as a charm against accidents and fires. If placed under a pillow or worn to sleep, the topaz will prevent nightmares and sleepwalking. This crystal also dispels all enchantments.



TANZANITE DECEMBER



Tanzanite is an extraordinary gemstone. It has a blue color that's surrounded by a hint of purple. It is the stone that stimulates the throat chakra, but also the crown and third eye chakras.

PHYSICAL.

The tanzanite teaches you composure, poise, and harmony. It tells you to slow down and take it easy. This stone is good for workaholics who feel restless when they are not doing anything.

EMOTIONAL

Tanzanite is the crystal counselors since it benefits empathetic individuals. It promotes an energy of happiness and relief from worries, allowing you to look at emotional issues without dwelling on them. It inspires one to be compassionate and loving. Tanzanite also helps one overcome experiences of fear and crises. It helps you come to terms with yourself. Tanzanite allows you to speak your heart's truth with eloquence. This stone aids in depression and helps you be more logical than emotional in your dealings.

SPIRITUAL

The tanzanite is the crystal to have when you want to explore more of your spiritual self. It brings together all aspects of communication and psychic power by facilitating spiritual awareness and stimulating insight. It also keeps away negative energy and vibes that can affect your way of living your life. Tanzanite, when touched, has the ability to clear away all your bad karma.





MAGICK

Tanzanite is the crystal for novices to the exploration of their psychic powers. Tanzanite pushes you to trust your intuition, and know that it is guiding you in the right direction. The tanzanite wields its magick no matter how others may blind you with facts and

figures. It is best used for spells where you seek answers and the truth. The tanzanite allows the Brow Chakra to open gradually, this way, psychic impressions won't become overwhelming. To open the Third Eye and psychic powers, circle a Tanzanite clockwise in the center of your brow, and move it counterclockwise to close it.



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