

Gemstone Energy Medicine



Therapeutic Gemstones
for
300 Common Conditions and Goals



Gemisphere[®]

Quick Reference Guide



Gemstone Energy Medicine

*A simple, beautiful
and powerful way to
experience healing and
personal transformation*

Therapeutic Gemstones for 300 Common Conditions and Goals

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Gemstone Energy Medicine

Gemstones, with their powerful energies and profound resonance with the human body, are the perfect energy medicine tools.

Like other forms of energy medicine, *gemstone energy medicine* uses the body's inherent healing force to nourish and heal us in multiple ways. Similarly, each type of gemstone embodies a unique, vibrant energy that focuses and amplifies this healing force to produce specific therapeutic effects.

To effect a complete healing of any condition, we must eliminate its underlying causes—the energetic deposits and disruptions that block the flow of life energy within us. When used properly, the energy concentrated in therapeutic gems can neutralize these blockages and bring vital nourishment to the body.

In this way, therapeutic gemstones help resolve a wide variety of conditions. They can also serve as powerful tools to enrich our quality of life, enhance overall health, and support personal growth.

Therapeutic Gemstone Necklaces: Potent Energy Medicine Tools

One of the most effective energy medicine tools available today is the therapeutic gemstone necklace. Wearing a gemstone necklace can energize and inspire us, help restore our health, and initiate enduring changes.

How can a seemingly ordinary gemstone necklace be such a potent healing tool? Three things are required:

Therapeutic Quality

When it comes to using any therapeutic tool, we demand purity and quality, and rightly so. The gems in a therapeutic necklace must be high enough in quality to deliver the healing and transformation we seek from them. If a gemstone's inherent quality is insufficient—if it is filled with impurities and flaws, and its color is muddy—its energy will be distorted and weakened. The dyeing, irradiation, and waxing to which gems are commonly subjected in the jewelry industry also nullify or corrupt the gemstones' healing energies. To be therapeutic, a gemstone's physical matrix must be pure, and its color must be vibrant and true.

Shape

A gemstone's shape affects the way energy flows through it, and thus our ability to benefit from the gem's healing properties. Rounding gemstones unleashes their therapeutic power. A sphere represents wholeness and infinite potential. Cutting a gemstone into a sphere or other rounded form fulfills a gem's potential to work with all of our dimensions, physical and subtle—and thus to heal and transform our entire being.

Location on the Body

When rounded gemstones are worn around the neck, their energies can radiate deep into the entire body and aura, or energetic field. There, the gems work on dissipating the energetic clouds and other blockages that obscure our natural radiance, limit positive growth, and lead to ill health. At the same time, the gemstones' energies uplift and nourish all aspects of our being.

Many necklaces can also be placed on specific areas of the body to focus their healing effects there. To learn more about the many ways you can use therapeutic gemstone necklaces for healing, see “Ways to Learn More,” on page 53.

A Pharmacy of Gemstones

At Gemisphere, we have dedicated ourselves to creating a pharmacy of therapeutic gemstones of unparalleled purity and quality.

As one might expect, therapeutic quality gemstones are rare. The vast majority of rounded gems available today simply don't meet the therapeutic quality requirements for purity, cut, color, or shape.

To ensure the quality of our gemstones, we take extraordinary steps. Whenever possible, we obtain our gems uncut and directly from the mines. First, we examine each stone to ensure that it meets all therapeutic quality requirements. Then we precisely shape and polish each one to ensure a smooth flow of the gem's energy. Other companies' gems are often impure, dyed, or poorly cut—while ours meet the most stringent standards of therapeutic quality.

Before leaving our gemstone pharmacy, we give each bead of every necklace a Rallop® Diamond treatment. This treatment enlivens the individual gemstones and prepares them to interact most effectively with a person's energy field. It also clears the gems of any disharmonious energies picked up during mining, cutting, and handling.

Two Types of Necklaces

This guide recommends two types of therapeutic gemstone necklaces: **solid** and **combination**.

Solid necklaces contain one kind of gemstone and provide the pure essence of that gem's healing energy.



Combination necklaces bring together two or more kinds of gems to create new healing tools with unique benefits. When gems are harmoniously combined in the same necklace, they provide effects that are not available when they are worn in separate necklaces. In this way, they are like herbal formulations: a harmonious combination of herbs or gems produces a synergy that can be greater than the sum of its parts.

To signify its unique energetic essence, each combination necklace has been given a special name.



Combination Necklaces

Necklace Name	Components
Angelfire	Blue Sapphire, White Coral
Blue Phoenix	Sodalight swirls, Quartz, 14K gold
Breanna	Purple Rainbow Fluorite cylinders, Lavender, Amethyst
Dark Green Emerine	Dark Green Aventurine, Emerald
Fluorite Rainbow	Purple Rainbow Fluorite, Lavender, Ruby, Carnelian, Citrine, Emerald, Blue Sapphire, Indigo, Amethyst
Golden Leopard	Leopardskin Jasper cylinders and spheres, 14K gold
Inner Quest	Blue Sapphire, Lavender, Quartz
Insight	Amethyst, Lavender, 14K gold
Lavender Fire	Blue Sapphire, Quartz, Lavender
Lavender Light	Sodalight, Lavender cylinders, 14K gold
Lavender Rainbow	Ruby, Carnelian, Citrine, Emerald, Blue Sapphire, Indigo, Amethyst, Lavender
Leopard Magic	Leopardskin Jasper, Opalight, Riverstone, 14K gold
Libra	Rhodochrosite, Quartz
Light Green Emerine	Emerald, Light Green Aventurine

Necklace Name	Components
Light Stream	Purple Rainbow Fluorite, Lavender, Ruby, Carnelian, Citrine, Emerald, Blue Sapphire, Indigo, Amethyst
Magic Gift	Rhodochrosite, Ruby, Biwa Pearl
Ocean Rainbow	Ruby, Carnelian, Citrine, Emerald, Blue Sapphire, Indigo, Amethyst, Biwa Pearl
Patience	Malachite spheres and cylinders, 14K gold
Pharaoh	Lapis Lazuli cylinders, 14K gold
Purple Eagle	Purple Rainbow Fluorite cylinders, Quartz, Amethyst
Purple Ray	Amethyst, Biwa Pearl, 14K gold
Radiant Heart	Rhodonite, Roselle, Mother of Pearl, 14K gold
Rubelle	Pink Tourmaline, Biwa Pearl, 14K gold
Ruby Dream	Ruby, Quartz, Roselle
Ruby Rose	Ruby, Roselle
Summer	Emerald, Quartz, Light Green Aventurine
True Self	Lapis Lazuli cylinders, Lavender, 14K gold

Therapeutic Gemstones for 300 Common Conditions and Goals

The two charts that follow this page recommend therapeutic gemstone necklaces that can remedy unwanted conditions and support personal growth.

The **Common Conditions** chart recommends gemstones for helping resolve common conditions, ailments, and illnesses.

The **Goals and Desires** chart recommends gemstones for enhancing your well-being and helping you achieve specific desires and life goals.

Gemstone Recommendations

For each condition and goal, the primary gemstone recommendations are listed first, in bold type. The additional suggestions, listed in regular type, are also exceptionally effective. Combination necklaces appear in italics.

For practical reasons, not every therapeutic gemstone necklace that can address a particular condition or goal is listed in this guide. Depending on a condition's underlying cause or how you wish to approach a given goal, other gemstone necklaces may provide significant support.

More Help for You

To help you make a selection, we suggest learning more about the therapeutic gemstone necklaces that interest you. See page 53 for resources to learn more about gemstone energy medicine and these extraordinary healing tools.

Common Conditions

Condition

Therapeutic Gemstone Necklaces

Abandonment or loss, sense of

Mother of Pearl • Pink Sapphire • Radiant Heart • Ruby Rose • *Magic Gift* • Rhodonite • *True Self*

Absorption of nutrients, difficulty with

Apatite • Blue Topaz • Clear Topaz • Agate • Bloodstone • Citrine • Yellow Sapphire

Abuse, emotional

Mother of Pearl • Radiant Heart • Rhodochrosite • Rubelle • Ruby Rose • Blue Lace Agate • *Magic Gift* • Pink Sapphire

Accidents, recurring

Blue Lace Agate • Libra • Quartz • Rhodochrosite • *Fluorite Rainbow • Light Stream*

Acid reflux or heartburn, chronic

Bloodstone • Citrine • Apatite • Quartz • Yellow Sapphire
When stress-related:
Amethyst • Rhodonite • Roselle

Acne

Bloodstone • White Beryl • White Flash Moonstone • Carnelian • Citrine • Dark Green Aventurine • Yellow Sapphire

Acute illness

Bloodstone • Carnelian • Quartz • White Beryl • Blue Lace Agate • *Dark Green Emerine* • Emerald • *Summer*

Addiction

Apatite (*food addiction*) • **Blue Phoenix • Libra • Rhodochrosite** • Blue Topaz • Onyx • Quartz

Aging, undesirable effects of

Aquamarine • Blue Topaz • Moonstone • White Beryl • *Dark Green Emerine* • Emerald • Malachite • Pink Sapphire • Sugilite • *Summer*

Necklace recommendations: **Bold** = primary • Regular = additional • *Italics* = combination necklace

Condition

Therapeutic Gemstone Necklaces

AIDS (see HIV/AIDS)

Air travel, damaging effects of

Agate • Yellow Sapphire • Mother of Pearl

Alcoholism (see Addiction)

Allergies or sensitivities

Apatite (*particularly to food*) • **Bloodstone • Carnelian • Clear Topaz • White Beryl • Dark Green Emerine • Emerald • Sugilite • Summer**

Anemia

Apatite • Bloodstone • Blue Lace Agate

Anxiety

Amethyst • Magic Gift • Mother of Pearl • Rhodonite • Citrine • Onyx • Patience • Roselle • Yellow Sapphire

Apathy

Carnelian • Rhodochrosite • Ruby • Ruby Dream • Libra • Poppy Jasper

Arthritis, rheumatoid

Bloodstone • Indigo • Lavender • Moonstone • Agate • Apatite • Blue Topaz • Light Green Emerine • Sugilite

Artificial lights, frequent exposure to

Agate • Rubelle • Yellow Sapphire • Mother of Pearl • Pink Tourmaline

Asthma

Emerald • Quartz • Summer • Light Green Aventurine

Attention deficit disorder

Blue Sapphire • Lavender Fire • Sodalight • Inner Quest • Onyx • Poppy Jasper

Autoimmune condition

Bloodstone • Moonstone • Carnelian • White Beryl

Back pain (see Joint condition or pain)
(see also Tight or tense muscles)

Condition

Therapeutic Gemstone Necklaces

Behavior patterns, unhealthy or destructive	Libra • Rhodochrosite • Aquamarine • <i>Breanna</i> • Pink Sapphire • <i>Purple Ray</i>
Bladder condition	Citrine • Yellow Sapphire
Bladder infection	Bloodstone • Carnelian • Citrine • White Beryl • Yellow Sapphire • Dark Green Aventurine • <i>Dark Green Emerine</i> • Emerald • <i>Summer</i>
Blood condition	Apatite • Bloodstone
Bone condition	Apatite • Indigo
Bone marrow condition	Apatite • Bloodstone • Indigo
Bone, broken	Apatite • Indigo • Lavender • Quartz
Brain, any complaint	Amethyst • Blue Sapphire • Emerald • Summer • <i>Dark Green Emerine</i> • <i>Inner Quest</i> • <i>Lavender Fire</i> • Leopardskin Jasper • <i>Purple Eagle</i>
Bronchitis	Bloodstone • Carnelian • Quartz • White Beryl • Dark Green Aventurine • <i>Dark Green Emerine</i> • Emerald • <i>Summer</i>
Bruise	Bloodstone • Quartz
Burdened, sense of being	Pink Sapphire • Roselle • Ruby Rose • Sodalight • Blue Flash Moonstone • <i>Insight (when money issues are involved)</i> • <i>Radiant Heart</i>
Bursitis	Apatite • Aquamarine • Lavender • Blue Topaz • Carnelian • Quartz
Caffeine withdrawal	Blue Topaz • Poppy Jasper • Apatite • Quartz

Necklace recommendations: **Bold** = primary • Regular = additional • *Italics* = combination necklace

Condition

Therapeutic Gemstone Necklaces

Cancer

As an adjunct to other treatments:
Dark Green Aventurine* • **Emerald** • **Sugilite** •
*Dark Green Emerine** • *Light Green Aventurine* •
Summer • *White Beryl*

**Not during chemotherapy or radiation therapy*

Candida infection (yeast or fungal)

Bloodstone • **Carnelian** • **Clear Topaz** • **White Beryl**

Canker sores or fever blisters

Bloodstone • **White Beryl** • **Carnelian** • **Emerald** •
Summer

Cartilage condition

Apatite • **Carnelian** • **Indigo**

Cellulite

Carnelian • **Clear Topaz** • **Poppy Jasper** • **White Beryl**

Cerebrospinal fluid condition

Blue Sapphire • *Inner Quest* • *Lavender Fire*

Change, difficulty adapting to
(chronic or acute)

Agate • **Blue Lace Agate** • **Libra** • **Citrine** •
Golden Leopard • *Moonstone* • *Quartzite* •
Radiant Heart

Chronic fatigue syndrome

Bloodstone • **Carnelian** • **Lavender** • **Quartz** •
Blue Lace Agate • *Dark Green Emerine* • **Emerald** •
Poppy Jasper • *Summer* • *White Beryl*

Chronic illness or disease

Emerald • **White Beryl** • **Blue Topaz** • **Moonstone** •
Sugilite

Circulation, poor

Blue Sapphire • **Malachite** • **Poppy Jasper** •
Inner Quest • *Lavender Fire*

Claustrophobia

Pink Sapphire • **Rhodonite** • **Sodalight** •
Rhodochrosite

Condition

Therapeutic Gemstone Necklaces

Cold sores (see Canker sores or fever blisters)	
Colitis (see Inflammatory bowel disease, Crohn's disease, or colitis)	
Common cold	Bloodstone • Carnelian • Quartz • White Beryl • Dark Green Aventurine • <i>Dark Green Emerine</i> • Emerald • <i>Summer</i>
Concentrating, difficulty	Blue Sapphire • Lavender Fire • Onyx • Sodalight • Carnelian • <i>Inner Quest</i>
Confusing symptoms	Aquamarine • Lavender • Clear Topaz
Confusion, mental	Blue Sapphire • Lavender Fire • Sodalight • Blue Topaz • Carnelian • <i>Inner Quest</i>
Congestion, lung	Quartz • Bloodstone • Carnelian • Malachite
Congestion, sinus (see Sinus congestion or sinusitis)	
Constipation	Citrine • Yellow Sapphire • Blue Topaz • Malachite • Poppy Jasper • Quartz
Coordination, poor physical	Blue Sapphire • Inner Quest • Lavender Fire • Citrine • <i>Leopard Magic</i> • Malachite • Quartzite
Cough	Bloodstone • Carnelian • Emerald • Quartz • Dark Green Aventurine • <i>Dark Green Emerine</i> • <i>Summer</i> • White Beryl

Necklace recommendations: **Bold** = primary • Regular = additional • *Italics* = combination necklace

Condition

Therapeutic Gemstone Necklaces

Crohn's disease

(see Inflammatory bowel disease,
Crohn's disease, or colitis)

Cysts (see Growths, cysts, or tumors)

Dehydration, chronic

Blue Topaz • Moonstone • Aquamarine

Depression

**Angelfire • Mother of Pearl • Pink Sapphire •
Poppy Jasper • Carnelian • Lavender Light •
Rhodonite • Ruby • Ruby Dream • Sodalight •
Yellow Sapphire**

Diabetes

**As an adjunct to other treatments:
Carnelian • Emerald • Dark Green Aventurine •
Dark Green Emerine • Light Green Aventurine • Summer**

Diarrhea

**Bloodstone • Citrine • Dark Green Emerine •
Emerald • Summer • Dark Green Aventurine •
Light Green Aventurine • Yellow Sapphire**

Disconnection from natural environment

Agate • Onyx • Patience

Disconnection from others, sense of

**Mother of Pearl • Ruby • Ruby Dream • Roselle •
Ruby Rose**

Disconnection from self

**Amethyst • Lavender • Radiant Heart • True Self •
Blue Lace Agate • Malachite**

Disempowerment, sense of

**Blue Lace Agate • Magic Gift • True Self •
Green Tourmaline (men) • Lapis Lazuli • Rhodochrosite •
Rubelle (women)**

Diverticulitis (see Intestinal condition)

Condition

Therapeutic Gemstone Necklaces

Dizziness, vertigo, or lightheadedness	Bloodstone • Blue Lace Agate • Blue Sapphire • Citrine • <i>Lavender Fire</i> • Lavender • Onyx
Ear infection (otitis media)	Bloodstone • Blue Lace Agate • Carnelian • White Beryl • Clear Topaz • Dark Green Aventurine • Emerald
Eating disorder or issue	Apatite • Rhodochrosite • Rhodonite • Roselle
Eczema	Bloodstone • Carnelian • Citrine • Moonstone • White Beryl • Yellow Sapphire
Edema	Aquamarine • Citrine • Yellow Sapphire • Green Tourmaline (<i>men</i>) • Malachite • Poppy Jasper
Electromagnetic radiation, exposure to	Yellow Sapphire
Emotional exhaustion	Pink Sapphire • Rhodonite • Ruby • Ruby Dream • Mother of Pearl • <i>Ruby Rose</i>
Emotional expression, difficulty with	Pink Sapphire • Roselle • Ruby Rose • True Self • Amethyst • Blue Flash Moonstone • <i>Radiant Heart</i>
Emotional imbalance or extremes	Amethyst • Rhodonite • Roselle • Blue Lace Agate • Carnelian • <i>Light Green Emerine</i> • Pink Sapphire • Quartz • Sodalight
Emotional instability	Pink Sapphire • Radiant Heart • Rhodonite • Blue Lace Agate • Mother of Pearl • Quartz
Emotional pain	Mother of Pearl • Pink Sapphire • Radiant Heart • <i>Ruby Rose</i> • Aquamarine (<i>when grieving</i>) • Rhodonite • Roselle • Ruby • <i>Ruby Dream</i>

Necklace recommendations: **Bold** = primary • Regular = additional • *Italics* = combination necklace

Condition

Therapeutic Gemstone Necklaces

Emotional patterns, unhealthy
or destructive

Pink Sapphire • Rhodochrosite • Rhodonite •
Breanna • Libra • Purple Ray

Emotional withdrawal or flatness

Pink Sapphire • Ruby • Ruby Dream • Ruby Rose •
Carnelian • Roselle

Emotionally burdened, sense of being
(see Burdened, sense of being)

Emotions, suppressed

Roselle • Ruby Rose • Blue Flash Moonstone •
Pink Sapphire • *Radiant Heart*

Endocrine imbalance

Carnelian • Green Tourmaline (men) •
Rubelle (women) • Leopardskin Jasper • Moonstone •
Pink Tourmaline (women)

Endometriosis

Rubelle • Bloodstone • Citrine • Dark Green Aventurine •
Emerald • Yellow Sapphire

Energy, low or sluggish

Carnelian • Clear Topaz • Green Tourmaline (men) •
Poppy Jasper • Quartz • Lavender • Moonstone •
White Beryl

Environmental allergies or sensitivities

Bloodstone • Carnelian • White Beryl •
Yellow Sapphire • Clear Topaz • Emerald • Sugilite

Environmental toxins, exposure to

Blue Topaz • Clear Topaz • Sugilite • White Beryl •
Bloodstone • Moonstone

Eye condition

Blue Sapphire • Lavender Fire • Blue Lace Agate •
Emerald • *Inner Quest*

Eye fatigue or strain
(see also Vision problem or weakness)

Blue Sapphire • *Lavender Fire*

Condition

Therapeutic Gemstone Necklaces

Fascia, weakened or tight	Blue Topaz • Moonstone • Aquamarine • Blue Lace Agate • Ruby • <i>Ruby Dream</i>
Fatigue	Blue Topaz • Carnelian • Lavender • Poppy Jasper • Quartz • Blue Lace Agate • <i>Dark Green Emerine • Emerald • Golden Leopard • Summer</i>
Fear	Aquamarine • Green Tourmaline (men) • Rhodonite • Rubelle (women) • Yellow Sapphire • Lapis Lazuli • Mother of Pearl • Rhodochrosite
Fever	Bloodstone • Carnelian • White Beryl • Agate • Emerald • Light Green Aventurine • <i>Light Green Emerine</i>
Fever blisters (see Canker sores or fever blisters)	
Fibromyalgia	Bloodstone • Carnelian • Emerald • Sugilite • White Beryl • <i>Dark Green Emerine • Lavender • Quartz • Summer</i>
Flu	Bloodstone • Carnelian • Dark Green Aventurine • White Beryl • Blue Lace Agate • Clear Topaz
Focusing, difficulty	Blue Sapphire • Inner Quest • Lavender Fire • Onyx • Sodalight • Amethyst • Poppy Jasper
Frequent or recurring illness	Blue Lace Agate • Carnelian • White Beryl • Moonstone
Frustration	Patience • Rhodonite
Gall bladder condition	Emerald • Dark Green Emerine • Summer
Gastrointestinal discomfort	Citrine • Yellow Sapphire

Necklace recommendations: **Bold** = primary • Regular = additional • *Italics* = combination necklace

Condition

Therapeutic Gemstone Necklaces

Gender-related imbalance

Green Tourmaline • Pink Tourmaline • Rubelle • Quartz

Gingivitis

(see Gum disease or disorder)

Gland, any complaint

Carnelian • Green Tourmaline (men) • Pink Tourmaline (women) • Rubelle (women) • Leopardskin Jasper • Poppy Jasper (when sluggish)

Goals, difficulty defining

Blue Phoenix • Breanna • Lapis Lazuli • Indigo • Lavender • Onyx

Gout

Bloodstone • Blue Topaz • Carnelian • Aquamarine • Dark Green Aventurine • Light Green Aventurine

Grief

Radiant Heart • Rhodonite • Roselle • Ruby Rose • Aquamarine • Mother of Pearl • Pink Sapphire

Growths, cysts, or tumors

**As an adjunct to other treatments:
Dark Green Emerine • Emerald • Summer • Bloodstone • Blue Lace Agate • Blue Topaz • Dark Green Aventurine • Moonstone**

Gum disease or disorder

Carnelian • Apatite • Bloodstone

Headache

Lavender • Amethyst • Aquamarine • Dark Green Aventurine • Quartz

Hearing problem

Blue Lace Agate • Blue Sapphire • Lavender Fire • Citrine (when caused by fluid accumulation) • Inner Quest

Heart and mind, conflict between

Blue Lace Agate • Lapis Lazuli • Carnelian

Condition

Therapeutic Gemstone Necklaces

Heart condition	As an adjunct to other treatments: Dark Green Emerine • Emerald • Ruby Rose • Summer • Pink Sapphire • Roselle • Ruby • <i>Ruby Dream</i>
Heart, weakness in regulatory function	Leopardskin Jasper
Heartburn (see Acid reflux or heartburn, chronic)	
Hepatitis (see Liver condition)	
High blood pressure (hypertension)	Leopardskin Jasper • Light Green Aventurine • Quartz • Aquamarine • Rhodonite • Roselle • <i>Ruby Rose</i>
High-rise, live or work in	Agate
HIV/AIDS	As an adjunct to other treatments: Bloodstone • Carnelian • Dark Green Aventurine • Emerald • Dark Green Emerine • Light Green Aventurine • Quartz • Summer
Hormonal imbalance	Carnelian • Green Tourmaline (men) • Rubelle (women) • Pink Tourmaline (women)
Hyperactivity	Onyx • Quartz • Clear Topaz • Poppy Jasper • Quartzite • Sodalight
Hypersensitivity, emotional	Pink Sapphire • Rhodonite • Rubelle (women) • Ruby Rose • Blue Flash Moonstone • Blue Lace Agate • <i>Radiant Heart</i> • Sodalight
Hypoglycemia	Carnelian • Blue Lace Agate • Leopardskin Jasper • Quartz

Necklace recommendations: **Bold** = primary • Regular = additional • *Italics* = combination necklace

Condition

Therapeutic Gemstone Necklaces

Hypothalamus condition or weakness

Carnelian • Leopardskin Jasper

Hysteria, acute

Rhodonite • **Ruby Rose** • Quartz

Hysteria, chronic

Rhodonite • *Breanna* • *Libra* • Quartz • Rhodochrosite

Illness, multiple conditions

Agate • **Blue Lace Agate** • **Emerald** • **Lavender** • **Purple Eagle** • **Summer** • *Fluorite Rainbow* • *Light Stream* • Moonstone

Immune dysfunction

Bloodstone • **Carnelian** • **White Beryl** • Moonstone

Impatience

Patience • Rhodonite

Impotence

Carnelian • **Green Tourmaline**

Indecision

Blue Lace Agate • **Rhodochrosite** • Lapis Lazuli • *Lavender Light* • Sodalight

Indigestion, acute

Citrine • **Quartz** • **Yellow Sapphire** • Clear Topaz

Indigestion, chronic

Apatite • **Citrine** • **Yellow Sapphire** • Rhodonite (*when emotions underlie condition*)

Ineffectiveness or difficulty putting ideas into action

Blue Phoenix • **Carnelian** • **Lapis Lazuli** • **Onyx** • Clear Topaz • Green Tourmaline (*men*)

Infection

Bloodstone • **Carnelian** • **White Beryl** • Clear Topaz • *Dark Green Emerine* • Emerald • *Summer*

Infertility

Green Tourmaline (*men*) • **Pink Tourmaline** (*women*) • **Rubelle** (*women*)

Inflammation

Light Green Emerine • **Malachite** • Bloodstone • Light Green Aventurine

Condition

Therapeutic Gemstone Necklaces

Inflammatory bowel disease,
Crohn's disease, or colitis

Bloodstone • **Citrine** • *Light Green Emerine* •
Yellow Sapphire • Dark Green Aventurine •
Dark Green Emerine • Emerald • Light Green Aventurine •
Summer

Inflexibility, mental and emotional

Aquamarine • **Citrine** • **Pink Sapphire** • Blue Topaz •
Lavender Light

Inflexibility, physical

Aquamarine • **Blue Topaz** • **Citrine** • Moonstone

Injury, acute or chronic

Blue Lace Agate • **Lavender** • **Quartz** • Clear Topaz •
Leopardskin Jasper • *Light Green Emerine* • Malachite

Inner conflict

Carnelian • **Lapis Lazuli** • **Rhodochrosite** • *Libra* •
Radiant Heart • *True Self*

Insomnia

Opalight • Aquamarine • *Blue Phoenix* • Malachite •
Rhodonite • Sodalight

Intestinal condition

Citrine • **Yellow Sapphire** • Clear Topaz •
Dark Green Aventurine • *Dark Green Emerine* • Emerald •
Summer

Irritability

Amethyst • **Mother of Pearl** • **Rhodonite** •
Blue Lace Agate • *Purple Ray* • Roselle

Irritable bowel syndrome

Bloodstone • **Citrine** • **Yellow Sapphire** •
Dark Green Aventurine • *Dark Green Emerine* •
Emerald • *Summer*
When stress aggravates condition:
Rhodonite • Amethyst • Mother of Pearl

Jaw pain (see Joint condition or pain)
(see also TMJ)

Necklace recommendations: **Bold** = primary • Regular = additional • *Italics* = combination necklace

Condition**Therapeutic Gemstone Necklaces**

Jet lag

Agate

Joint condition or pain

Apatite • Indigo • Lavender • Moonstone • Quartz • Sugilite

Karmic involvement in illness

Opalight • Pharaoh • Rhodochrosite • Carnelian • Fluorite Rainbow • Libra • Light Stream • Purple Eagle

Kidney condition

Citrine • Yellow Sapphire

Knee pain (see Joint condition or pain)

Letting go, difficulty with

Amethyst • Citrine • Purple Ray • Blue Phoenix

Libido issue (see also Impotence)

Carnelian • Green Tourmaline (men) • Rubelle (women) • Pink Tourmaline (women) • Purple Eagle

Ligament condition

Apatite • Indigo • Carnelian • Lavender

Liver condition

Carnelian • Emerald • Citrine • Yellow SapphireLow or sluggish energy
(see Energy, low or sluggish)

Lupus (see Autoimmune condition)

Lymphatic condition

Carnelian • White Beryl • Moonstone

Medical radiation, frequent exposure to

Yellow Sapphire • Pink Tourmaline • Rubelle

Memories, persistent painful

Pink Sapphire • Sodalight • Blue Lace Agate

Memory loss

Blue Sapphire • Inner Quest • Lavender Fire • Sodalight

Condition

Therapeutic Gemstone Necklaces

Menopause symptoms	Carnelian • Rubelle • Mother of Pearl • Pink Tourmaline
Menstrual cramps	Rubelle • Carnelian • Dark Green Aventurine • Dark Green Emerine • Emerald • Pink Tourmaline • Sugilite • Summer
Menstruation, irregular	Rubelle • Carnelian • Leopardskin Jasper • Pink Tourmaline • Quartz
Menstruation, painful	Carnelian • Rubelle • Sugilite • Dark Green Aventurine • Dark Green Emerine • Emerald • Pink Tourmaline • Summer
Mental disorderliness or fog	Blue Sapphire • Carnelian • Sodalight • Blue Topaz • Indigo • Inner Quest • Lavender Fire • Lavender Light
Mental instability	Blue Sapphire • Lavender Fire • Quartz
Meridian imbalance or sluggishness	Lapis Lazuli • Lavender • Blue Phoenix • Blue Topaz • Sodalight
Metabolic condition or weakness	Carnelian • Clear Topaz • Leopardskin Jasper
Migraine headache	Aquamarine • Lavender For underlying hormonal imbalance: Carnelian • Rubelle (women) • Leopardskin Jasper
Mineral deficiency	Apatite • Blue Topaz • Clear Topaz • Yellow Sapphire
Money, emotional or mental issues regarding	Insight • Purple Ray
Mood swings	Libra • Rhodonite • Pink Sapphire • Quartz • Radiant Heart • Sodalight

Necklace recommendations: **Bold** = primary • Regular = additional • *Italics* = combination necklace

Condition

Therapeutic Gemstone Necklaces

Motion sickness, chronic

Onyx • Agate • Blue Lace Agate • Malachite

Multiple sclerosis
(see also Autoimmune condition)

As an adjunct to other treatments:
Bloodstone • **Blue Sapphire** • **Lavender Fire** •
Carnelian

Muscle condition

Ruby • **Ruby Dream**

Nausea, chronic

Citrine • **Lavender** • **Yellow Sapphire**

Neck pain (see Joint condition or pain)

Negativity (negative attitude)
(see also Pessimism)

Angelfire • **Blue Phoenix** • **Sodalight** • Blue Sapphire •
Lavender Fire • *Lavender Light* • *Magic Gift* • *Purple Ray*

Nerve sheaths condition

Blue Sapphire • *Inner Quest* • *Lavender Fire*

Nervous system condition

Amethyst • **Breanna** • Lavender • *Purple Ray*

New environment, difficulty adapting to

Agate • Citrine

Nutritional deficiency

Apatite • **Blue Topaz** • **Clear Topaz** • *Blue Phoenix*

Organ disease or weakness

Dark Green Aventurine • **Dark Green Emerine** •
Emerald • **Light Green Aventurine** • **Summer** •
Blue Lace Agate • Moonstone

Organ transplant (see Transplanted organ)

Organ, sluggish or congested

Clear Topaz • **Emerald** • **Poppy Jasper** •
Dark Green Aventurine • *Dark Green Emerine* •
Light Green Aventurine • *Summer*

Osteoarthritis

Apatite • **Indigo** • **Lavender** • Aquamarine •
Blue Topaz

Condition

Therapeutic Gemstone Necklaces

Osteoporosis	Apatite • Indigo • Blue Topaz
Ovarian cyst	Carnelian • Rubelle • Dark Green Emerine • Emerald • Pink Tourmaline • Summer
Overactive mind	Angelfire • Aquamarine • Blue Sapphire • Opalight • Inner Quest • Lavender Fire • Quartzite
Overweight or obesity	Clear Topaz • Poppy Jasper • Apatite • Blue Topaz • Carnelian
Overwhelmed, sense of being	Onyx • Pink Sapphire • Quartz • Golden Leopard • Quartzite • Rhodonite • Sodalight
Pain, chronic	Light Green Emerine • Sugilite • Aquamarine • Pink Sapphire (<i>when in chest area, as an adjunct to other treatments</i>)
Pain, emotional (see Emotional pain)	
Pain, localized physical	Lavender • Light Green Emerine • Sugilite • Aquamarine • Emerald • Malachite • Quartz
Paralysis	As an adjunct to other treatments: Amethyst • Lavender • Poppy Jasper • Blue Sapphire • Blue Topaz • Lavender Fire
Parkinson's disease and other palsies	As an adjunct to other treatments: Amethyst • Blue Sapphire • Breanna • Lavender Fire • Dark Green Emerine • Emerald • Purple Eagle • Summer
Periodontal disease (see Gum disease or disorder)	

Necklace recommendations: **Bold** = primary • Regular = additional • *Italics* = combination necklace

Condition

Therapeutic Gemstone Necklaces

Personal boundary issues

Leopard Magic • Pink Sapphire • Rubelle (women) • Blue Lace Agate • Pink Tourmaline (women) • Sodalight

Pessimism

Angelfire • Carnelian • Magic Gift • Poppy Jasper • Sodalight

Pineal gland condition or weakness

Carnelian • Leopardskin Jasper • Moonstone • White Beryl

Pituitary gland condition or weakness

Carnelian • Leopardskin Jasper • Moonstone

Plaque in tissues

Aquamarine • Blue Topaz • Moonstone

PMS (premenstrual syndrome)

Carnelian • Rubelle • Pink Tourmaline • Quartz • Rhodonite

Progress in life or health,
slow or impeded

Blue Phoenix • Lavender • Lavender Light • Riverstone • Blue Lace Agate • *Fluorite Rainbow • Libra • Light Stream* • Rhodochrosite

Prostate condition or weakness

Green Tourmaline • Carnelian

Protection from negative mental or
emotional energies, child's need for

Mother of Pearl • Moonstone

Psoriasis

Bloodstone • Citrine • Dark Green Aventurine • Light Green Aventurine • Yellow Sapphire

PTSD (Post-traumatic stress disorder)

Rhodonite • Sodalight

Public interaction, draining effects of

Pink Tourmaline • Rubelle • Sodalight

Public speaking, discomfort with

Amethyst (short necklace) • *Magic Gift* • Rhodochrosite • *Rubelle • True Self*

Condition

Therapeutic Gemstone Necklaces

Recent move, difficulty adapting to	Agate • Citrine
Regret	Blue Lace Agate • <i>Lavender Light</i> • Pink Sapphire
Regulatory dysfunction	Leopardskin Jasper
Relationships, pattern of unhealthy	Libra • Rhodochrosite • <i>Breanna</i> • Green Tourmaline (<i>men</i>) • <i>Leopard Magic</i> • <i>Purple Ray</i> • <i>Rubelle</i> (<i>women</i>)
Reproductive disorder or weakness	Green Tourmaline (<i>men</i>) • Pink Tourmaline (<i>women</i>) • Rubelle (<i>women</i>)
Resistance to healing	Lavender • Purple Eagle • Agate • <i>Fluorite Rainbow</i> • <i>Light Stream</i> • Malachite • Pink Sapphire • Rhodochrosite • Riverstone
Rosacea	Moonstone • White Beryl • Bloodstone • Citrine • <i>Light Green Emerine</i> • Yellow Sapphire
Scattered, feeling	Onyx • Rhodonite • Blue Flash Moonstone • <i>Patience</i> • White Beryl
Sea, live or work at	Agate
Seasonal affective disorder (seasonal depression)	Yellow Sapphire
Self-confidence, low (see Self-esteem, low)	
Self-criticism	Angelfire • <i>Lavender Light</i> • Magic Gift • Mother of Pearl • <i>Radiant Heart</i> • Sodalight
Self-esteem, low	Green Tourmaline (<i>men</i>) • <i>Lavender Light</i> • Magic Gift • Rubelle (<i>women</i>) • True Self • Blue Lace Agate • Lapis Lazuli • Pink Sapphire • <i>Radiant Heart</i>

Necklace recommendations: **Bold** = primary • Regular = additional • *Italics* = combination necklace

Condition

Therapeutic Gemstone Necklaces

Self-expression, difficulty with

Amethyst • Roselle • True Self • Magic Gift • Purple Ray

Sense of self, weak or confused

Blue Lace Agate • Leopard Magic • True Self •
Green Tourmaline (*men*) • Pink Sapphire • *Radiant Heart •*
Rubelle (women)

Sensory processing dysfunction
(smell, taste, touch, sight, or hearing)

Blue Sapphire • Inner Quest • Lavender Fire

Sexual dysfunction

Green Tourmaline (*men*) • Pink Tourmaline (*women*) •
Rubelle (women)

Shoulder pain (see Joint condition or pain)

Sinus congestion or sinusitis

Bloodstone • Carnelian • Citrine • Light Green Emerine •
White Beryl • Yellow Sapphire

Skin condition

Citrine • Moonstone • White Beryl •
Yellow Sapphire • Bloodstone (*with infection*)

Slowness in healing
(see Resistance to healing)

Soft tissue condition

Carnelian • White Beryl

Sore throat

Bloodstone • Carnelian • Dark Green Emerine •
Emerald • Summer • White Beryl •
Amethyst (short necklace, for strained voice) •
Dark Green Aventurine • Light Green Aventurine

Spaciness (see also Scattered, feeling)

Onyx • Agate • Quartz

Spinal misalignment

Citrine • Lavender • Apatite

Sprain (see Strain or sprain)

Condition

Therapeutic Gemstone Necklaces

Stiffness (see <i>also</i> Inflexibility, physical)	Aquamarine • Blue Topaz • Citrine • Moonstone • Lavender
Stimulants, craving for	Apatite • Blue Topaz • Onyx • <i>Blue Phoenix</i> • Poppy Jasper
Stomach condition	Citrine • Yellow Sapphire • Dark Green Aventurine • Dark Green Emerine • Emerald • Light Green Aventurine • Summer
Stomachache	Citrine • Yellow Sapphire When emotions underlie condition: Rhodonite • Roselle • Amethyst
Strain or sprain	Lavender • Quartz • Apatite • Indigo
Stress, chronic or acute	Amethyst • Patience • Quartz • Rhodonite • Blue Lace Agate • Golden Leopard • Malachite • Pink Sapphire
Sun exposure, damaging effects of	Yellow Sapphire • Moonstone
Sunlight, sensitivity to	Yellow Sapphire
Surgery, negative effects of frequent	Pink Sapphire • Light Green Emerine
Swollen glands	Bloodstone • Carnelian • White Beryl • Moonstone • Sugilite
Systemic illness	Clear Topaz • Moonstone • Purple Eagle • White Beryl • Blue Lace Agate • Emerald • Malachite • Summer
Tension, feelings of	Aquamarine • Citrine • Amethyst • Carnelian • Roselle

Necklace recommendations: **Bold** = primary • Regular = additional • *Italics* = combination necklace

Condition

Therapeutic Gemstone Necklaces

Thyroid condition or weakness	Carnelian • Leopardskin Jasper • Moonstone
Tight or tense muscles	Aquamarine • Blue Topaz • Citrine • Lavender • Malachite • Quartz
TMJ (temporomandibular joint pain)	Apatite • Citrine • Lavender • Sugilite
Tooth decay or weakness	Apatite • Indigo
Toothache	Quartz • Sugilite • Bloodstone • <i>Dark Green Emerine</i> • Emerald • Sodalight
Transplanted organ, integration of	Blue Topaz
Trauma, emotional	Mother of Pearl • Pink Sapphire • Radiant Heart • Rhodonite • Ruby Rose • Carnelian
Trauma, physical (injury)	Blue Lace Agate • Clear Topaz • Light Green Emerine • Blue Topaz (<i>when injury is longstanding</i>) • Quartz • Sugilite
Tumor (see Growths, cysts, or tumors)	
Ulcers, gastric	Bloodstone • Citrine • Yellow Sapphire
Urban setting, live or work in	Agate
Urinary tract condition, non-infectious	Citrine • Yellow Sapphire
Urinary tract infection (see also Infection)	Bloodstone • Citrine • Yellow Sapphire • Carnelian • Clear Topaz • White Beryl
Uterine fibroids	Moonstone • Rubelle • Blue Lace Agate • Blue Topaz • Pink Tourmaline

Condition

Therapeutic Gemstone Necklaces

Vaginitis

Bloodstone • *Rubelle* • Emerald • Pink Tourmaline •
Summer

Vascular condition

Blue Sapphire • *Inner Quest* • *Lavender Fire*

Viral infection

Bloodstone • **Carnelian** • **White Beryl** •
Clear Topaz • Quartz

Vision problem or weakness

Blue Sapphire • *Inner Quest* • *Lavender Fire* •
Blue Lace Agate

Water retention (see Edema)

Weakness, physical

Blue Lace Agate • **Green Tourmaline** (*men*) •
Moonstone • Ruby • *Ruby Dream*

Yeast infection (see Candida infection)

Necklace recommendations: **Bold** = primary • Regular = additional • *Italics* = combination necklace

Goals and Desires

Goal or Desire	Therapeutic Gemstone Necklaces
Abundance	Insight • <i>Purple Ray</i>
Athletic performance, improved	Green Tourmaline • Apatite • Blue Sapphire • Quartz
Awareness or consciousness, expanded	Amethyst • Aquamarine • Breanna • Indigo • <i>Angelfire</i> • <i>Fluorite Rainbow</i> • Lapis Lazuli • Lavender • <i>Lavender Light</i> • <i>Light Stream</i>
Balance in life	Libra • Quartz • White Beryl • <i>Breanna</i> • <i>Golden Leopard</i> • Rhodonite
Cancer prevention, support for	Dark Green Emerine • Emerald • Summer • Dark Green Aventurine • Moonstone • Yellow Sapphire
Cause of illness, desire to understand	Aquamarine • Opalight • Sugilite
Childbirth, recovery from	Light Green Emerine • Quartz • Rubelle • Mother of Pearl • Pink Tourmaline
Childbirth support (labor and transition phase)	Riverstone
Childbirth support (pushing phase)	Poppy Jasper
Childhood health	Bloodstone (<i>immune support</i>) • Mother of Pearl (<i>emotions</i>) • Carnelian (<i>vitality</i>) For general development: Moonstone • Leopardskin Jasper
Chiropractic adjustment, enhancement of	Lavender • Quartzite (<i>following adjustment</i>) • Rhodochrosite • Rhodonite
Consciousness, expanded (see Awareness, expanded)	

Goal or Desire

Therapeutic Gemstone Necklaces

Cranio-sacral health	Lavender • Lavender Light • Blue Sapphire • Citrine • <i>Inner Quest</i> • <i>Lavender Fire</i>
Creativity, enhanced	Aquamarine • Blue Flash Moonstone • Breanna
Detoxification	Bloodstone • Citrine • Clear Topaz • White Beryl • Blue Topaz • Carnelian • Dark Green Aventurine • <i>Dark Green Emerine</i> • Emerald • Sugilite • <i>Summer</i>
Effects of other gemstones, enhanced	Clear Topaz • Lavender • Riverstone • Agate • Leopardskin Jasper • Quartz • White Beryl
Electromagnetic radiation, protection from	Mother of Pearl • Pink Tourmaline • Rubelle • Yellow Sapphire
Emotional resilience	Blue Lace Agate • Pink Sapphire • Rhodonite • <i>Radiant Heart</i> • Ruby • <i>Ruby Dream</i>
Emotional soothing	Mother of Pearl • Pink Sapphire • Ruby Rose • Aquamarine (<i>for grief</i>) • <i>Light Green Emerine</i> • <i>Patience</i> • <i>Radiant Heart</i> • Rhodonite
Emotions, desire to understand	Aquamarine • Lapis Lazuli • Pink Sapphire • <i>Radiant Heart</i> • Roselle • Ruby • <i>Ruby Dream</i>
Endurance, improved	Green Tourmaline
Gemstone therapy, desire to enhance	Clear Topaz • Lavender • Riverstone • Leopardskin Jasper • Quartz • Quartzite
Genetic health	Moonstone • Yellow Sapphire
Habit, desire to break	Blue Phoenix • Onyx • Purple Ray • Rhodochrosite • Blue Flash Moonstone • Blue Topaz • Leopardskin Jasper • <i>Libra</i>

Necklace recommendations: **Bold** = primary • Regular = additional • *Italics* = combination necklace

Goal or Desire

Therapeutic Gemstone Necklaces

Heart chakra, heal or open

Pink Sapphire • Radiant Heart • Ruby Rose •
Roselle • Ruby • *Ruby Dream*

Immune function support

Bloodstone • Carnelian • White Beryl • Moonstone

Inner freedom

Blue Phoenix • Libra • Rhodochrosite

Inner guidance, improved

Amethyst • Indigo • Lavender • Lavender Light •
Radiant Heart • Angelfire • Blue Lace Agate

Inner peace

Mother of Pearl • Patience • Radiant Heart •
True Self • Blue Flash Moonstone • Blue Lace Agate •
Pink Sapphire

Insight

Aquamarine • Breanna • Insight • Amethyst • Indigo •
Lapis Lazuli

Intuition, improved

Angelfire • Breanna • Indigo • Amethyst • Lavender •
Lavender Light

Jet lag prevention

Agate • Pink Tourmaline • Rubelle • Yellow Sapphire

Life goals, desire to clarify

Amethyst • Blue Lace Agate • Lavender •
Aquamarine • Indigo • Lapis Lazuli

Longevity

Aquamarine • Blue Topaz • Moonstone •
Bloodstone • *Dark Green Emerine • Emerald • Lavender •*
Pink Sapphire • *Summer • White Beryl*

Meditation, enhanced

Aquamarine • Breanna • Lavender • Riverstone •
Amethyst • *Fluorite Rainbow • Light Stream*

Memory, improved

Blue Flash Moonstone • Blue Sapphire • Carnelian •
Lavender Fire • Inner Quest • Sodalight

Goal or Desire

Therapeutic Gemstone Necklaces

Mental abilities, expanded	Blue Flash Moonstone • Blue Sapphire • Lavender Fire • Aquamarine • Inner Quest • Quartz • Sodalight
Motivation	Carnelian • Poppy Jasper • Green Tourmaline (men) • Rhodochrosite
Muscle strength, improved	Green Tourmaline • Moonstone • Ruby • Ruby Dream
Multi-tasking, support for	Blue Flash Moonstone • Onyx
Nurturing, desire for	Mother of Pearl • Pink Sapphire • Blue Phoenix • Moonstone
Perception, enhanced	Aquamarine • Blue Lace Agate • Citrine • Pink Sapphire • Blue Sapphire • Lavender Fire • Moonstone • Pharaoh
Postpartum care	Light Green Emerine • Rubelle • Carnelian • Mother of Pearl • Pink Tourmaline
Pregnancy, desire to connect with child	Aquamarine
Prevention of illness	Bloodstone • Carnelian • Emerald • Leopardskin Jasper • Summer • White Beryl • Blue Topaz • Dark Green Emerine • Lavender • Light Green Aventurine • Moonstone
Protection from negative mental or emotional energies	Mother of Pearl • Pink Tourmaline • Rubelle • Sodalight • Moonstone
Relationship with mate, desire to enhance	Green Tourmaline (men) • Pink Tourmaline (women) • Rubelle (women)
Relationship with pet, desire to enhance	Sodalight • Indigo
Relationships, attracting beneficial	Leopardskin Jasper

Necklace recommendations: **Bold** = primary • Regular = additional • *Italics* = combination necklace

Goal or Desire

Therapeutic Gemstone Necklaces

Self-knowledge	Aquamarine • Blue Lace Agate • Lapis Lazuli • Lavender Light • <i>Opalight • Pharaoh • True Self</i>
Sexual health	Green Tourmaline (men) • Pink Tourmaline (women) • Rubelle (women)
Smoking, desire to quit	Blue Topaz • Libra • Onyx • Rhodochrosite • Blue Flash Moonstone • Leopardskin Jasper
Spiritual development	Amethyst • Aquamarine • Breanna • Citrine • Lavender • Angelfire • Lapis Lazuli • Lavender Light • Magic Gift • Purple Ray
Stabilize healthy changes or progress, desire to	Golden Leopard • Quartzite
Surgery, preparation for	Lavender • Light Green Aventurine • <i>Light Green Emerine</i>
Surgery, recovery from	Light Green Emerine • Pink Sapphire • Quartz
Therapy, preparation for	Lavender
Travel, desire to minimize the negative effects of	Agate • Rubelle • Yellow Sapphire • Pink Tourmaline
Vitality, increased	Carnelian • Clear Topaz • Green Tourmaline (men) • Poppy Jasper • Rubelle (women) • Quartz • Lavender • Moonstone • White Beryl
Voice, desire to strengthen	Amethyst (short necklace)
Weight gain, desire to support	Apatite • Blue Topaz • Leopardskin Jasper • Blue Phoenix • Citrine • Yellow Sapphire
Weight loss, desire to support	Apatite • Carnelian • Clear Topaz • Poppy Jasper • Blue Phoenix • Blue Topaz • Citrine • Leopardskin Jasper

Necklace recommendations: **Bold** = primary • Regular = additional • *Italics* = combination necklace

Chakra Healing

The seven primary chakras are nourished by all colors of the life force spectrum. Yet each chakra is also most attuned to and nourished by one particular color. Wearing a therapeutic gemstone necklace that carries that color ray is especially healing, nourishing, and balancing to its corresponding chakra.

Color Ray

Purple/violet

Indigo

Blue

Green

Yellow

Orange

Red

Gemstone Necklaces

Amethyst • Breanna • Purple Ray

Indigo

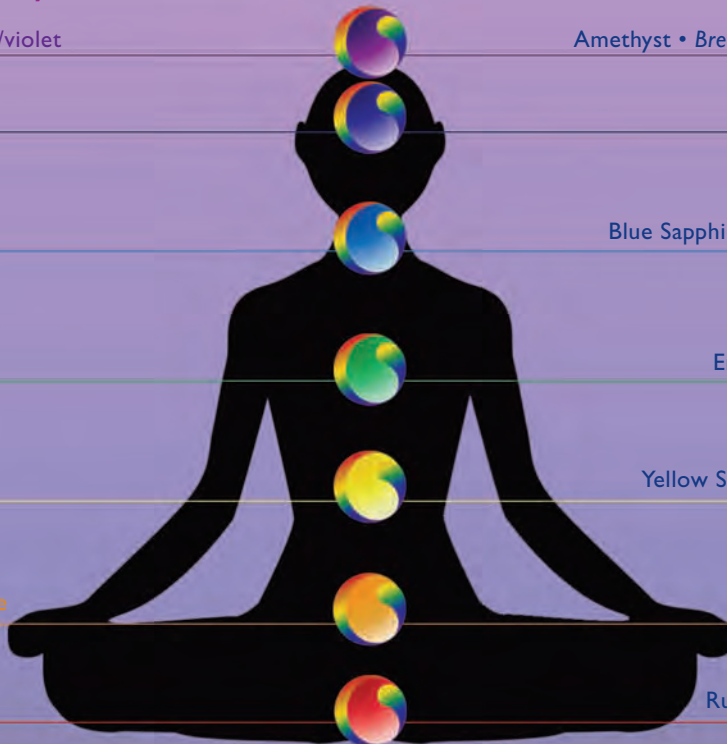
Blue Sapphire • Lavender Fire

Emerald • Summer

Yellow Sapphire • Citrine

Carnelian

Ruby • Ruby Dream



Color Healing and Gemstones

Color Ray	Gemstone Necklaces	Inner Benefits Summary	Physical Systems Benefited
	Amethyst <i>Purple Ray</i>	Cultivation of wisdom	Nerve cells Brain
	Indigo	Development of intuition	Skeletal system (bones, ligaments, joints, cartilage)
	Blue Sapphire <i>Lavender Fire</i>	Mental clarity and expansion	Vascular system • Blood • Cerebrospinal fluid • Nerve sheaths • Sense organs • Brain
	Emerald <i>Summer</i>	Deep connection with your body and the Earth	Organs in the torso Brain
	Yellow Sapphire <i>Citrine</i>	Realization of your full potential	Organs of elimination (bladder, urinary tract, kidneys, intestines)
	Carnelian	Vitality and zest for life	Immune system • Lymphatic system • Connective tissue • Glands • Fat
	Ruby <i>Ruby Dream</i>	Emotional healing and support	Muscular system (muscles, tendons, fascia)
	Pink Sapphire	Emotional nourishment and freedom	All cells
	White Beryl	Sense of renewal and expansion	Lymphatic system Constitutional strength

Gemisphere's Pharmacy
of
Therapeutic Gemstone
Necklaces





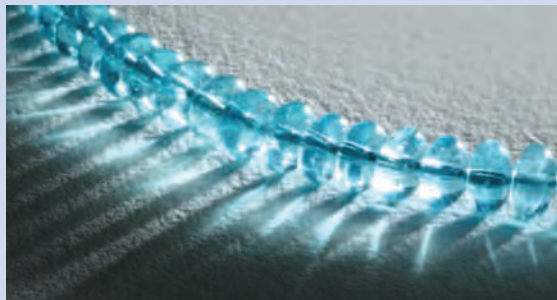
Agate
Nature's Nourishing Energies



Amethyst
Attaining Wisdom



Angelfire
Purifying the Higher Mind



Apatite
Nourishing the Physical Body



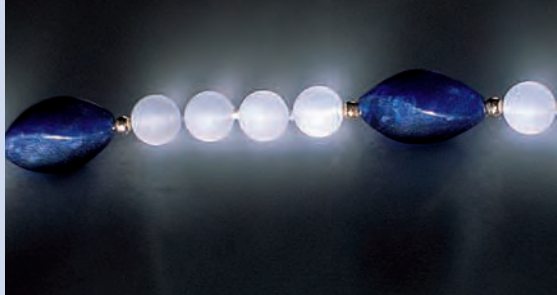
Aquamarine
Illumination



Bloodstone
Strengthening the Immune System



Blue Lace Agate
Inner and Outer Strength



Blue Phoenix
Rebirth



Blue Sapphire
Healing the Mind



Blue Topaz
Vitality



Breanna
Higher Consciousness



Carnelian
Revitalizing Your Being



Citrine
Fulfilling Your Potential



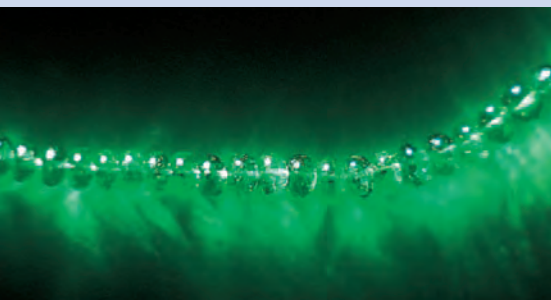
Clear Topaz
Manifesting Your Vision of Health



Dark Green Aventurine
Purifying the Physical Body



Dark Green Emerine
Physical Healing and Purification



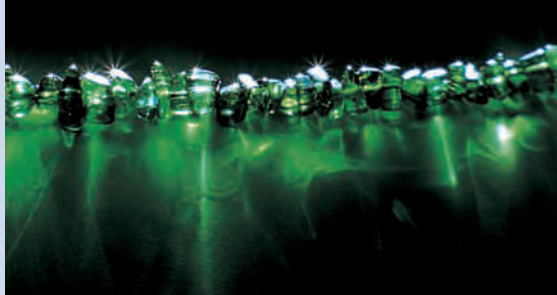
Emerald
Healing the Physical Body



Fluorite Rainbow
Color Ray Healing



Golden Leopard
Supporting Inner Transformation



Green Tourmaline
Empowering the Masculine



Indigo
Developing Intuition



Inner Quest
Opening to the Blue Ray



Insight
True Meaning of Wealth



Lapis Lazuli
Harmonizing Heart and Mind



Lavender
Awakening to Soul



Lavender Fire
Healing the Mind



Lavender Light
Connecting with Higher Truth



Lavender Rainbow
Color Ray Nourishment



Leopard Magic
Unifying the Body



Leopardskin Jasper
Attracting Beneficial Influences



Libra
Balanced Change



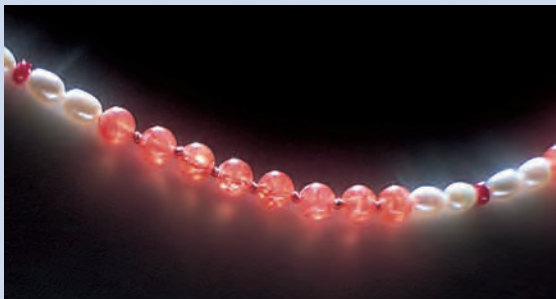
Light Green Aventurine
Uplifting the Physical Body



Light Green Emerine
Soothing the Body



Light Stream
Color Ray Healing



Magic Gift
Self-Worth



Malachite
Harmonizing the Body



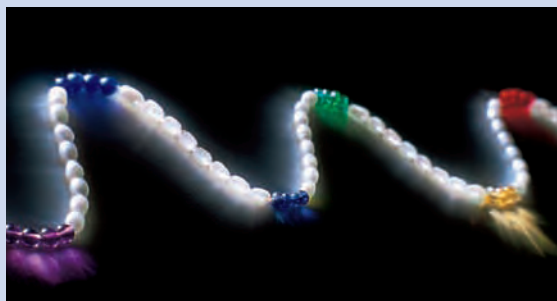
Moonstone (Blue Flash)
Youthfulness



Moonstone (White Flash)
Youthfulness



Mother of Pearl
Emotional Fulfillment



Ocean Rainbow
Color Ray Nourishment



Onyx
Becoming Grounded



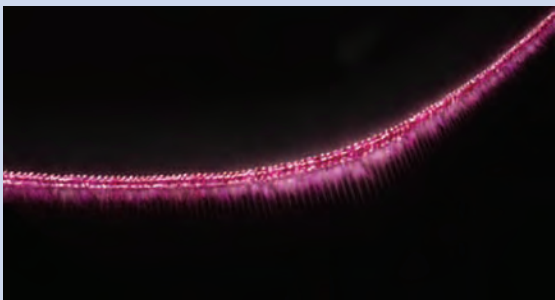
Opalight
Resolving Karma



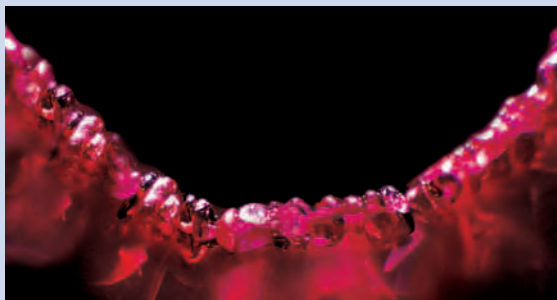
Patience
Here and Now



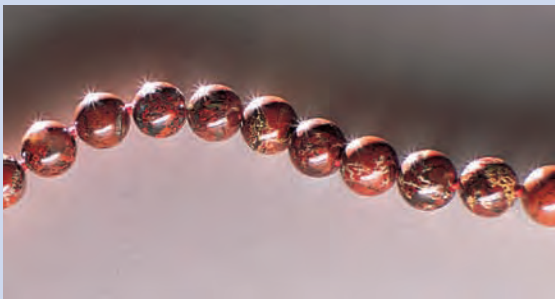
Pharaoh
Resolving Egyptian Karma



Pink Sapphire
Emotional Nourishment



Pink Tourmaline
Empowering the Feminine



Poppy Jasper
Enlivening Your Body



Purple Eagle
Multidimensional Healing



Purple Ray
Letting Go of Attachments



Quartz
Attracting Life Force



Quartzite
Stabilizing Positive Change



Radiant Heart
Finding Inner Peace



Rhodochrosite
Developing Inner Freedom



Rhodonite
Emotional Transformation



Riverstone
Accelerating Change



Roselle
Purifying the Emotions



Rubelle
Empowering the Feminine



Ruby
Healing the Emotions



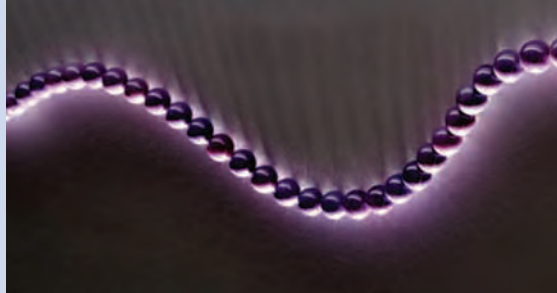
Ruby Dream
Healing the Emotions



Ruby Rose
Healing the Heart



Sodalite
Purifying the Aura



Sugilite
Clearing Unhealthy Energies



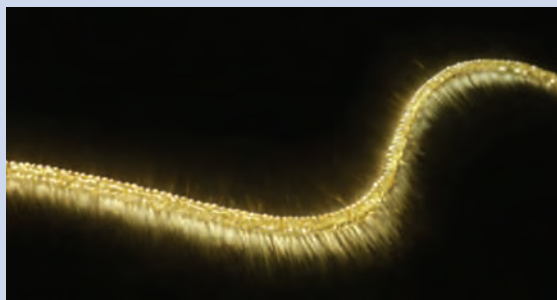
Summer
Healing the Physical Body



True Self
Confidence



White Beryl
White Light and Purification



Yellow Sapphire
Protection in Our Changing Environment

Ways to Learn More

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Visit us online for:

- In-depth information on all Gemisphere therapeutic gemstones
- Online ordering for gemstones and books
- Gemisphere community news and events

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Free Gemstone Consultations

Call for a free, personalized consultation with a trained Gemstone Advisor to answer your questions and help you choose the best therapeutic gemstones for you.

Catalog: *Tools of Gemstone Energy Medicine*

Request your free copy! Our 100+ page catalog features our entire line of therapeutic gemstone necklaces and brief descriptions of each necklace's benefits and the indications for wearing it.

Drop Us a Line

We always enjoy hearing from you and answering your questions about gemstone energy medicine and how gemstones can benefit you. Email us at Source@Gemisphere.com.

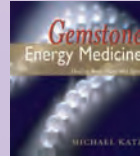
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Books

by Gemisphere founder, Michael Katz

Gemstone Energy Medicine: Healing Body, Mind and Spirit

explores this rapidly growing form of energy medicine. Includes detailed benefits of 30 therapeutic gemstone necklaces and instructions on how to perform simple and effective gem therapies.



414 pages

\$US 29.95

Wisdom of the Gemstone Guardians is the award-winning account of the author's spiritual journey of discovery about the healing power of therapeutic gems.



336 pages

\$US 14.95

Aquamarine Water: Fountain of Youthful Vitality describes the rejuvenating and vitalizing benefits of Aquamarine Water. Includes easy instructions for how to make and drink Aquamarine Water to slow down and reverse the negative effects of aging.



34 pages

\$US 4.95

Gemisphere.com

Gemisphere Workshops

Gemisphere's workshops are profound and illuminating opportunities to experience the benefits of therapeutic gems firsthand and in-depth. We immerse ourselves in the healing energies of specific gemstones and learn how to use all therapeutic gemstones most effectively. In these healing retreats, you will learn and experience:

- Many simple and powerful gemstone therapies and techniques
- How to choose the best therapeutic gemstones for you
- How to use therapeutic gemstones to heal, nourish, and transform all aspects of your life

For a schedule of Gemisphere's workshops, visit [Gemisphere.com](https://www.gemisphere.com).

GEM Certification Program

The Gemstone Energy Medicine (GEM) Certification Program provides a strong foundation in the principles and practice of gemstone energy medicine. While learning in a community of other dedicated gemstone users, participants acquire broad knowledge and in-depth experience of therapeutic gems. Graduates also enjoy unique financial benefits to support the growth of their personal gemstone pharmacies.

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Monday – Friday

8:30 AM – 5:30 PM Pacific Time

Common Sense Caution

The information in this guide should not be considered as a substitute for consultation with a licensed healthcare professional or as a replacement for any medical treatment. This information is for educational purposes only.

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What to Expect When You Wear Therapeutic Gemstones

Like many energy medicine treatments, therapeutic gems address the energetic underpinnings of a condition. Sometimes this results in dramatic relief of acute symptoms. Other times, it may take some time to see symptom relief as the gems' energy works on supporting the resolution of the underlying causes. All the gemstone necklaces in this guide work holistically. When used properly, all will foster harmony, health, and balance.



