

ABALONE SHELL

- Has a soothing vibration and hold the powerful healing energy of the ocean.
- Open and activate the third eye chakra, greatly enhancing intuition and opening one's psychic channels.
- Promote deep emotional healing and are a gentle companion for survivors of traumatic experiences by calming the mind and body.
- In some cultures, wearing Abalone is believed to bring good luck and prosperity.

Chakras: Third Eye, Crown, Heart

Element: Water

Zodiacs: Pisces, Cancer, Aquarius

Affirmation: *"The healing energy of the ocean flows within me."*

AFRICAN TURQUOISE

- A stone of self-growth, spiritual awakening, and transformation.
- Opens the mind to new ideas, perspectives, and possibilities, and renews one's spirit, energy, and zest for life.
- Awakens the soul to its intended purpose and encourages one to let go of fear, self-doubt, and limiting beliefs.
- Activates the third eye chakra, helping one receive guidance from their higher self.

Chakra: Third Eye

Element: Storm

Zodiacs: Pisces, Sagittarius, Scorpio

Affirmation: *"I stay true to myself and follow the path of my heart's desires."*

AGATE

- A stone with a soothing and calming energy that works slowly, but brings great strength.
- Effective for enhancing mental functioning, and greatly improves concentration and memory retention.
- Provides emotional and energetic support, making it beneficial to work with during times of stress.
- Imparts courage and strength, and gently facilitates acceptance of oneself and others.

Chakras: Root, Sacral

Element: Earth

Zodiac: Gemini

Affirmation: *"I face life's challenges with courage and confidence."*

AMAZONITE

- Empowers one to express their thoughts and feelings without fear of judgment.
- Enables one to establish a healthy sense of self-worth and reduces tendencies to self-neglect, especially in women.
- Enhances communication and gives one the courage to set clear, firm boundaries with others.
- Has a deeply calming effect on the mind, making it excellent for meditation.

Chakras: Throat, Heart

Element: Water

Zodiac: Virgo

Affirmation: *"I am aligned with my highest truth and speak it forth with courage."*

AMBER

- Promotes a positive mental attitude and helps alleviate feelings of depression.
- A powerful healer of the body, mind, and spirit, and is recommended to be worn by anyone recovering from an illness or injury.
- Absorbs pain and negative energy, and transmutes it into positive forces that stimulate the body to heal itself.
- Encourages creative self-expression and stimulates the intellect.

Chakras: Solar Plexus, Sacral

Element: Fire

Zodiacs: Leo, Aquarius

Affirmation: *"Healing light surrounds my body, mind, and soul."*

COBALTO CALCITE

- Cobalto Calcite is talisman of love that helps one discover their true emotions and feelings buried within.
- Provides the nourishment and love needed to release and heal from trauma.
- Celebrates the inner strength it takes to move forward each day.
- Helps one to live a live full of joy and compassion, without forgetting where you came from.

Chakra: Heart

Element: Fire

Zodiacs: Cancer

Affirmation: *"It's okay to put myself first."*

AMETHYST

- Has a soothing vibration that promotes emotional balance and inner peace.
- Deeply stimulates the third eye chakra, strengthens intuition, and accelerates the development of psychic abilities.
- A powerful aid in helping one overcome addictions and compulsive behaviours, bringing self-awareness and healing.
- Highly protective stone, guarding one from negative energy and psychic attacks.

Chakras: Third Eye, Crown, Etheric

Element: Wind

Zodiacs: Aquarius, Capricorn, Pisces, Virgo

Affirmation: *"I am connected with my higher self and trust my intuition."*

AMETRINE

- A combination of the uplifting energy of Citrine, and the spirituality of Amethyst.
- Gives one the willpower to overcome self-sabotaging behaviors, particularly substance abuse, procrastination, and overeating.
- Its high vibration imparts energies of perseverance and strength, helping one stay focused on achieving their goals.
- Removes energy blockages that are preventing one from achieving their potential.

Chakras: Solar Plexus, Crown, Third Eye

Elements: Wind, Fire

Zodiac: Libra

Affirmation: *"I can overcome anything I set my mind to."*

AMMONITE

- An ancient fossil that has been in existence for millions of years.
- Promotes prophetic dreams and is believed to hold the ancient knowledge of the Earth.
- Its unusual spiral shape represents continual evolution and is said to aid in past-life recall.
- Working consistently with Ammonite can guide one into alignment with their life path.
- A powerful ally for anyone starting a new endeavor in their life.

Chakra: Third Eye

Elements: Water, Earth

Zodiac: Aquarius

Affirmation: *"I am completely focused on fulfilling my life purpose."*

AMPHIBOLE QUARTZ

- A powerful stone to help one connect to the angelic realm.
- Expands one's consciousness and opens the mind to the guidance of one's higher self.
- Wearing Amphibole Quartz is believed to fill one's heart with a sense of joy and kindness.
- Activates and links the crown and third eye chakras, and can be used in a crystal body layout to cleanse and purify the physical and etheric bodies.

Chakras: Third Eye, Crown

Element: Storm

Zodiac: Aries, Aquarius, Pisces

Affirmation: *"I am deeply connected to the angelic realm."*

ANGEL AURA

- A very high vibrational stone that has the ability to expand one's consciousness.
- Meditating with this stone is said to bring one into the higher realms and better facilitate contact with angels.
- Cleanses and heals the heart, helping release feelings of grief and anger to allow one to begin on the path of personal growth.
- Has an uplifting energy that promotes feelings of joy, serenity, and optimism.

Chakras: Crown, Etheric

Element: Wind

Zodiac: Aries

Affirmation: *"I am optimistic, joyful, and connected with my angels and guides."*

ANGELITE

- One of the most powerful stones to facilitate contact with angels and spirit guides.
- Enhances telepathic communication, channeling, mediumship, and clairvoyance.
- Has a gentle and calming vibration that can soothe overwhelming emotions.
- Improves spiritual awareness and helps one better connect with their higher self.
- Promotes lucid dreaming and helps one interpret the symbolism of their dreams.

Chakras: Third Eye, Throat, Crown

Element: Wind

Zodiac: Aquarius

Affirmation: *"I am open and ready to receive guidance from my angels."*

APACHE TEARS

- One of the most effective stones to comfort anyone experiencing grief or loss.
- Raises one's level of awareness so that one is able to easily sense threatening people, situations, or energies around them.
- Helps one gently release pain associated with loss, heartache, or trauma and begin the process of deep emotional healing.
- Its gentle vibration promotes forgiveness and compassion towards oneself and others.

Chakras: Root, Heart

Elements: Earth, Fire

Zodiacs: Aries, Capricorn

Affirmation: *"I am supported and comforted as I allow myself to grieve."*

APATITE

- A powerful stone of manifestation that improves motivation and self-confidence.
- Beneficial for those who have started a new business venture as it encourages one to maximize their creative potential.
- One of the most effective stones to curb appetite, stimulate metabolism, and aid one on their weight loss journey.
- Its vibrations attract spirits and angels to help guide one on their journey to success.

Chakras: Third Eye, Throat

Element: Wind

Zodiac: Capricorn, Gemini, Pisces

Affirmation: *"I work relentlessly each day to achieve my goals."*

APOPHYLLITE

- A high vibrational stone that promotes lucid dreaming and enhances psychic abilities.
- Helps one process spiritual information and better interpret the messages they receive in their dreams and during meditation.
- Its vibration may be too powerful, particularly for those who are new or sensitive to the energies of crystals.
- A strong grounding stone is recommended to be worn when first using Apophyllite.

Chakras: Crown, Third Eye

Elements: Wind, Earth

Zodiacs: Libra, Gemini

Affirmation: *"I am open and ready to receive guidance from higher realms."*

AQUAMARINE

- Opens the throat chakra and aids all types of communication.
- Enables one to speak clearly and calmly, especially in difficult situations.
- Gently brings one in touch with their subconscious and deepest emotions.
- Allows one to connect with their true self, leading to an enhanced sense of inner peace.
- Its calming energies reduce stress levels and help to quiet an overactive mind.

Chakras: Throat, Heart

Element: Water

Zodiacs: Aries, Gemini, Pisces

Affirmation: *"I clearly and calmly express my most authentic truth."*

ARAGONITE

- Highly attuned to the Earth Goddess and encourages one to live a more sustainable life.
- An effective stone for those who feel overwhelmed in life as it promotes patience, acceptance, and inner peace.
- Its calming energies help prepare the mind for meditation by raising one's vibrations to a high spiritual level.
- Enhances focus and concentration, making it a beneficial stone for students.

Chakras: All

Element: Storm

Zodiac: Capricorn

Affirmation: *"I am deeply connected to the energy of Mother Earth."*

ARFVEDSONITE

- Facilitates visualization and enables one to better understand Divine messages.
- Highly effective for psychics, healers, mediums, and those wishing to enhance their connection to the spirit world.
- Has extreme manifestation powers and can help one rapidly attract what they focus their thoughts and energies on.
- Channels a significant increase of the Divine Light into one's being.

Chakras: Crown, Third Eye, Throat

Element: Storm

Zodiac: Gemini

Affirmation: *"I receive Divine messages easily and clearly."*

ASTROPHYLLITE

- A rare stone that helps one become more aligned with their true purpose in life.
- Through deep meditation with Astrophyllite, one can take their spiritual journey to new heights.
- Promotes qualities of self-love and compassion, and helps one let go of their past and any associated guilt.
- Infuses the entire being with light, illuminating one's true self.

Chakras: All

Element: Storm

Zodiac: Scorpio

Affirmation: *"My past does not determine my future."*

ATLANTISITE

- Combines the earthly powers of Serpentine, with the compassionate energies of Stichtite.
- Meditating or sleeping with Atlantisite is said to help one access knowledge and wisdom from past lives.
- Helps in releasing fear of change and the unknown, and encourages one look toward the future with excitement and hope.
- Cleanses all the chakras, allowing kundalini energy to flow freely throughout the body.

Chakras: All

Element: Earth

Zodiacs: Virgo, Libra

Affirmation: *"I am flexible, adaptable, and embrace change in my life."*

AURALITE-23

- A rare and relatively new crystal that was discovered in Canada.
- Contains 23 different minerals and has a very soothing and calming vibration.
- Helps control anger and frustration, and encourages one to think before they speak.
- Promotes mental clarity, and is a powerful crystal to balance and align all the chakras.
- Relaxes the body and calms the mind, making it an effective stone to meditate with.

Chakras: All

Elements: Earth, Water, Storm

Zodiacs: All

Affirmation: *"I am completely in control of my life and emotions."*

AXINITE

- A very grounding and protective stone, both physically and spiritually.
- Carries the ability to bring Earth energies up through the feet and into the body.
- Recommended for anyone who works in an occupation requiring long hours as it imparts vitality, strength, and perseverance.
- Promotes self-growth and transformation, and helps one navigate challenging circumstances in their life with ease.

Chakras: Root, Third Eye

Elements: Storm, Earth

Zodiac: Aries

Affirmation: *"I draw upon the nurturing energy of Mother Earth to heal."*

AZURITE

- Deeply stimulates the third eye chakra and enhances psychic development.
- Strengthens the astral and etheric bodies, making one less vulnerable to psychic attack and negative influences.
- Stimulates the intellect and aids the assimilation of new information, making it an effective stone for students.
- Raises one's consciousness to a higher level and brings greater mental clarity.

Chakras: Third Eye, Crown

Element: Wind

Zodiac: Sagittarius

Affirmation: *"I am moving into alignment with my inner knowing."*

BLACK AGATE

- Connects the spiritual and physical bodies together to ground one in reality.
- Helps one get in touch with their inner self and promotes deep self-reflection, making it effective for shadow work.
- Transmutes dark emotions such as jealousy, resentment, and anger into positive emotions such as love, acceptance, and forgiveness.
- Believed to bring prosperity, security, and good health into one's life.

Chakra: Root

Element: Earth

Zodiac: Gemini

Affirmation: *"I release all attachments and behaviors that no longer serve me."*

BLACK AMETHYST

- A darker natural version of Amethyst due to its inclusions of Hematite and high iron content found inside its crystalline matrix.
- Forms a shield around the aura, guarding one from negative energy and psychic attacks.
- Greatly enhances clairvoyant abilities and helps facilitate a strong connection with the Divine Source.
- Believed to be the most effective stone to relieve the pain of migraine headaches.

Chakras: Third Eye, Crown, Root

Element: Wind

Zodiacs: Aquarius, Capricorn, Pisces, Virgo

Affirmation: *"My mind, body, and spirit are Divinely protected."*

BLACK KYANITE

- Reveals undiscovered talents and clears the way towards one's destined path.
- A powerful tool for self-discovery, helping one search deep within themselves to understand their truest hopes and dreams.
- Enhances empathy and helps one experience a deeper understanding of other people's feelings and emotions.
- Brings clarity and awareness by opening the mind to receiving Divine messages.

Chakras: All

Element: Storm

Zodiacs: Aries, Libra, Pisces

Affirmation: *"I am in alignment with my Divine purpose."*

BLACK MOONSTONE

- A stone of new beginnings that carries the energy of the New Moon.
- Enhances intuition and inner knowing, and helps one connect with their feelings and emotions on a deeper level.
- Recommended to be worked with during a New Moon period when setting new intentions.
- Effective for new mothers, as it brings out nurturing, feminine energy.

Chakras: Crown, Third Eye

Element: Wind

Zodiacs: Cancer, Libra, Scorpio

Affirmation: *"I am open and ready for new beginnings in my life."*

BLACK OBSIDIAN

- Forms a shield around one's aura, protecting one from negative energy and psychic attacks.
- Strong healing energy that aids the release of addictive and compulsive behaviors, eating disorders, and emotional blockages.
- A powerful protection stone that enhances self-discipline and determination, and brings great mental strength.
- Helps clear negative energy from one's auric field and surrounding environment.

Chakra: Root

Element: Wind

Zodiacs: Scorpio, Sagittarius

Affirmation: *"I gently release negative energy within and around me."*

BLACK ONYX

- A powerful protection stone that works to absorb negative energy.
- Heals past pain and resentment, and gives one the courage to start a new journey.
- Acts as a gentle companion during times of emotional stress, grief, or trauma.
- Enhances self-discipline and encourages one to take action to achieve their goals.
- Helps one make wise decisions and opens the mind to new opportunities.

Chakras: Root, Solar Plexus, Third Eye

Element: Earth

Zodiac: Leo

Affirmation: *"I am focused, grounded, and can do anything I set my mind to."*

BLACK TOURMALINE

- Protects against psychic attacks, spells, evil spirits, and negative energies of all kinds.
- Recommended to be worn by anyone living or working in uncomfortable and negative environments.
- Eliminates negative thought patterns, giving one the strength to embrace who they are and speak their truth.
- Very effective grounding stone, helping one feel safe, secure, and purposeful.

Chakra: Root

Element: Earth

Zodiac: Capricorn

Affirmation: "I release all negativity and feel safe, secure, and protected at all times."

BLOODSTONE

- One of the most powerful physical and emotional healing stones available.
- Believed to be very effective in treating disorders of the blood, healing muscle injuries, lowering blood pressure, and providing pain relief.
- Radiates a warm and comforting energy, and imparts resilience and strength.
- Draws energy through the root chakra, giving one a sense of renewed vitality.

Chakra: Root

Element: Earth

Zodiacs: Aries, Libra, Pisces

Affirmation: *"My mind, body, and spirit are capable of healing."*

ORCA AGATE

- A calming stone that lifts one's spirit with its positive and supportive vibrations.
- Encourages quiet contemplation and assimilation of life experiences, leading to spiritual growth and inner peace.
- Deeply stimulates the throat chakra, promoting clear and calm communication of one's thoughts and feelings with others.
- Gently facilitates self-acceptance and builds confidence.

Chakra: Throat

Element: Water

Zodiac: Pisces

Affirmation: *"I am at peace with myself and the world around me."*

BLUE ARAGONITE

- A calming stone that lifts one's spirit with its positive and supportive vibrations.
- Encourages quiet contemplation and assimilation of life experiences, leading to spiritual growth and inner peace.
- Deeply stimulates the throat chakra, promoting clear and calm communication of one's thoughts and feelings with others.
- Gently facilitates self-acceptance and builds confidence.

Chakras: Throat, Third Eye, Heart

Elements: Wind, Water

Zodiac: Pisces

Affirmation: *"Inspiration flows to me easily and effortlessly."*

BLUE AVENTURINE

- A stone of inner strength and self-discipline.
- Can be very beneficial in helping one overcome self-sabotaging behaviors and negative habits that do not serve one's highest good.
- Working consistently with Blue Aventurine is said to aid one in tapping into their psychic and intuitive abilities.
- Physically, it is effective in balancing hormones and healing the respiratory system.

Chakra: Third Eye

Elements: Wind, Water

Zodiac: Aries

Affirmation: *"I have the power to create positive change in my life."*

BLUE CALCITE

- Forms a protective shield around one's aura and softens the impact of psychic stimuli.

- Excellent stone for empaths as it allows those who are sensitive to the energies of others to not feel so overwhelmed.

Beneficial for anyone suffering with depression, anxiety, or grief due to its calming, healing, and comforting effect.

Enhances the vividness of dreams and improves one's ability to interpret them.

Chakras: Third Eye, Throat

Elements: Air, Fire

Zodiac: Cancer

Affirmation: *"I do not allow outside influences to disturb my inner peace."*

BLUE CHALCEDONY

- Greatly enhances communication with the invisible realms and stimulates telepathy.
- Gives one the courage to speak from the heart and communicate their true feelings and thoughts with others.
- An excellent stone for public speaking as it promotes calm expression of one's thoughts.
- Physically, it is believed to improve the immune system, heal the lungs, and lower blood pressure.

Chakras: Throat, Third Eye

Element: Water

Zodiac: Aries

Affirmation: *"I express myself clearly, calmly, and authentically."*

BLUE GOLDSTONE

- A crystal commonly associated with career success and abundance in all areas of life.
- Imparts strength, confidence, and perseverance, and is excellent for improving creativity and imagination.
- Working consistently with this stone can help one reach for the stars and have the courage to achieve their dreams and desires.
- Assists in improving concentration, efficiency, and memory retention.

Chakra: Throat

Element: Water

Zodiac: Sagittarius

Affirmation: *"I am worthy of success, abundance, and prosperity."*

BLUE KYANITE

- Has a very strong vibration and removes blockages from one's auric field.
- A great stone for healers as it places a protective shield around the healer and grounds spiritual energy.
- As it does not absorb negativity, it is one of the very few stones that does not require cleansing.
- Very effective for aligning and restoring the energy balance in all the chakras.

Chakras: Third Eye, Throat

Element: Storm

Zodiacs: Gemini, Pisces

Affirmation: *"I am open to receiving Divine guidance from my spirit guides."*

BLUE LACE AGATE

- Aids in the verbal expression of thoughts and feelings, helping one express themselves.
- Allows one to speak clearly and calmly, and not concern themselves with the opinions of others.
- Works at a slow and steady pace, making it a beneficial stone to work with over a long period of time.
- Relieves insomnia, calms an overactive mind, and soothes tension headaches.

Chakra: Throat

Element: Water

Zodiacs: Gemini, Pisces

Affirmation: *"I express my thoughts authentically and with clarity."*

BLUE ONYX

- Brings balance to the body, mind, and spirit, and helps one focus their attention.
- Imparts strength and courage, and is recommended for anyone who is under constant physical or emotional stress.
- Improves self-confidence, motivation, and persistence, and aids one in eliminating distractions and bad habits.
- Alleviates feelings of self-doubt that can hold one back from pursuing their dreams.

Chakras: Third Eye, Throat

Element: Earth

Zodiac: Leo

Affirmation: *"I greet each day with strength and courage."*

BLUE OPAL

- A stone of communication, allowing one to speak their mind without fear.
- Radiates a soothing and calming energy that helps eliminate tension from the body.
- Enhances mental clarity and harmonizes both hemispheres of the brain.
- Improves self-confidence and helps one attract like-minded people into their life.
- Promotes open-mindedness as it stimulates logic and expands consciousness.

Chakras: Third Eye, Throat

Element: Water

Zodiacs: Pisces, Cancer

Affirmation: *"My mind is calm and filled with peaceful thoughts."*

BLUE QUARTZ

- Beneficial for those who experience high levels of anxiety due to its soothing vibration that eliminates fear and negative thoughts.
- Enhances mental clarity, self-discipline, and organizational abilities due to its balancing effect on the lower (physical energy) and higher (mental and spiritual energy) chakras.
- Improves one's ability to connect with others, as well as with their higher self, angels, and spirit guides.

Chakras: Third Eye, Throat

Elements: Air, Water

Zodiacs: Aquarius, Pisces

Affirmation: *"My mind is clear, organized, and filled with positive thoughts."*

BLUE SAPPHIRE

- Associated with the planet Saturn, Blue Sapphire is a stone of order, structure, ambition, and limitation.
- Highly effective for organizing ideas and bringing them into form.
- Helpful in matters of self-discipline, whether routine daily tasks or projects requiring extreme focus over the long term.
- Physically, it is said to aid insomnia, relieve headaches, and heal the thyroid gland.

Chakras: Third Eye, Throat

Elements: Earth, Wind

Zodiac: Capricorn

Affirmation: *"I remain focused each day on achieving my goals."*

BLUE SELENITE

- A protective stone that guards a person or space from negative influences.
- Placing Blue Selenite on the third eye chakra during meditation helps to quiet the mind and relax the physical body.
- Allows one to connect to the angelic realm, and can be used to strengthen the connection with our higher self.
- Enhances mental clarity and cleanses the mind, body, and spirit of negative energy.

Chakras: Third Eye, Crown, Etheric

Element: Wind

Zodiacs: Cancer, Gemini

Affirmation: *"I clear away all energy that no longer serves me."*

BLUE SANDSTONE

- Known as the stone of victory, Blue Sandstone gives you the drive and determination to keep going.
- A stone to boost energy levels, use this stone to empower and encourage you on your path to success.
- This stone can soothe the mind and help you focus by organising thoughts and information to keep you level-headed in times of overwhelming stress.
- Efficiency is the key to getting to your destination quickly and this stone will help you get there.

Man made: silica glass containing metallic crystals

BLUE SPOT JASPER

- Blue Spot Jasper is “Stone of Hope” and also peace and tranquility stone.
- A helpful aid in any issues requiring diplomacy, Blue Spot jasper is a soothing and calming stone, bringing a relaxing, peaceful vibe to any situation.
- Blue Spot Jasper enhances organisational abilities, self-discipline and orderliness by balancing the Throat Chakra.

Chakra: Heart, Throat

Element: Water

Zodiacs: Capricorn

Affirmation: *“I am calm and at peace. I make wise decisions. I am a voice for those who cannot be one for themselves.”*

BLUE TIGER'S EYE

- A very protective stone that has long been used to ward off spells and the evil eye.
- Has a gentle vibration that stabilizes one's emotions and is believed to be helpful in soothing symptoms of anxiety and phobias.
- Beneficial for those who are quick-tempered, helping them keep their emotions under control and remain calm under stress.
- Believed to be one of the most effective stones to ease one's fear of flying.

Chakras: Throat, Third Eye

Element: Wind

Zodiac: Capricorn

Affirmation: *"I am Divinely guided and protected everywhere I go."*

BOTSWANA AGATE

- Has a high vibrational healing energy and is helpful during times of transition.
- Believed to be one of the most effective stones to assist those who are on a journey to overcoming self-sabotaging behaviors and addictions, especially smoking.
- Gentle companion for anyone dealing with heartache, loneliness, or grief.
- One may experience a sudden spiritual awakening when working with this stone.

Chakras: Crown, Third Eye

Element: Earth

Zodiac: Scorpio

Affirmation: *"I release all thoughts, habits, and behaviors that no longer serve me."*

BRONZITE

- Has a gentle, soothing vibration that encourages a polite nature in people.
- An effective stone for those who assist the public daily, helping them remain calm and patient under stress.
- A wonderful muscle relaxant that helps release built-up tension, especially in the neck, upper back, and shoulders.
- Aids in overcoming procrastination by bringing drive and control back into one's life.

Chakras: Sacral, Root, Solar Plexus

Element: Earth

Zodiac: Leo

Affirmation: *"I send out positive, loving energy and I receive the same in return."*

BUMBLEBEE JASPER

- Enhances creativity and self-confidence, and encourages one to chase after their dreams.
- Enables one to make decisions from a place of reason and not be influenced by their emotions.
- The combination of passion and creative energy can result in a major life shift and personal transformation.
- Recommended to be worn by those who are closing a chapter in life and starting anew.

Chakras: Sacral, Solar Plexus

Element: Fire

Zodiacs: Taurus, Leo

Affirmation: *"I am ready to manifest my greatest desires in life."*

CACOXENITE

- Known as a stone of ascension that raises one's vibration to a higher level, promoting spiritual growth and contact with angels.
- Facilitates visionary experiences and enables one to develop a deep connection to Spirit.
- Opens one's mind to receiving the spiritual guidance needed to move forward and begin on their healing journey.
- Helps one let go of relationships that do not serve their highest good.

Chakras: Third Eye, Crown

Element: Wind

Zodiac: Sagittarius

Affirmation: *"I allow the Divine spirit to guide me through life."*

CARIBBEAN CALCITE

- Relatively new stone discovered in Pakistan that is a unique combination of two stones, Blue Calcite and Aragonite.
- Activates the mind, tapping into one's higher consciousness and psychic abilities.
- Its gentle, soothing energy helps balance the mind, creating space for calm and peaceful thoughts.
- Provides enhanced dream insight and facilitates lucid dreaming.

Chakras: Third Eye, Crown

Elements: Water, Earth

Zodiacs: Taurus, Libra

Affirmation: *"I am calm, balanced, and at peace with myself and others."*

CARNELIAN

- A high energy crystal that restores vitality and increases motivation.
- Stimulates creativity and imagination, and brings out undiscovered talents and abilities.
- Gives one the confidence to achieve success in business and other pursuits.
- Enhances mental clarity to aid decision-making and overcome procrastination.
- Assists one in becoming more independent and promotes healthy sexual relationships.

Chakras: Root, Sacral, Solar Plexus

Element: Fire

Zodiacs: Cancer, Leo, Taurus, Virgo

Affirmation: *"I am filled with creativity and confidently share my gifts with others."*

CELESTITE

- Promotes purity of the heart, heals the aura, and helps one recall their dreams with ease.
- A very effective stone for stimulating clairvoyance, and helping one access and communicate with the celestial realm.
- Improves dysfunctional relationships by facilitating communication in a gentle and peaceful manner.
- Helpful for those experiencing feelings of depression as it clears negative thoughts.

Chakras: Third Eye, Crown, Etheric, Throat

Element: Wind

Zodiac: Gemini

Affirmation: *"My heart is pure and my mind is filled with peaceful thoughts."*

CHALCEDONY

- Alleviates negative thoughts and emotions, and transforms them into feelings of joy.
- A powerful physical healing stone that is said to be effective in healing issues of the circulatory system, bones, and eyes.
- Aids in the absorption of minerals and vitamins, and combats feelings of lethargy, fatigue, and emotional overwhelm.
- Promotes qualities of generosity, compassion, and kindness towards others.

Chakras: Sacral, Solar Plexus

Element: Earth

Zodiac: Gemini

Affirmation: *"My body is healthy, strong, and energized."*

CHALCOPYRITE

- Offers transformative energies that can assist one in changing their lifestyle.
- Has long been used by shamans and reiki professionals to remove energy blockages within each chakra.
- Can aid one in finding their life purpose, making it ideal for anyone feeling stuck in life and looking for a sudden change.
- Associated with new beginnings and increases one's confidence in their abilities.

Chakras: All

Element: Storm

Zodiac: Capricorn

Affirmation: *"I am filled with the healing energy of the Universe."*

CHAROITE

- Promotes deep self-reflection, helping one discover the answers that lie within.
- Stimulates inner vision and spiritual insight, and encourages one to follow the path of their soul's calling.
- Opens the mind to new possibilities and perspectives, and assists one in coping with change at a spiritual level.
- Enhances one's psychic abilities, intuition, and spiritual gifts.

Chakras: Third Eye, Crown, Solar Plexus, Root

Element: Wind

Zodiac: Sagittarius

Affirmation: *"I open my mind to new possibilities and welcome changes in my life."*

CHEVRON AMETHYST

- Combines the high spirituality of Amethyst, and the gentle support of White Quartz.
- Encourages self-reflection and promotes personal growth.
- Gives one the courage they need to follow their spiritual callings in life.
- Cleanses the aura and protects one from negative influences and psychic attacks.
- Promotes a deep and restful sleep, making it beneficial for those who suffer with insomnia.

Chakras: Third Eye, Crown, Etheric

Element: Wind

Zodiacs: All

Affirmation: *"I am ready to embark on my spiritual journey."*

CHRYSANTHEMUM

- Sleeping or meditating with this stone can help reveal one's life purpose.
- Beneficial for anyone who feels lost in life, giving them the courage to move towards a path of total self-transformation.
- Cleanses and aligns all the chakras, and is an excellent aid to help one eliminate negative thought patterns and behaviors.
- Promotes self-awareness and mental clarity, and puts one in touch with their emotions.

Chakras: All

Element: Earth

Zodiacs: Aquarius, Taurus

Affirmation: *"I am creating a life of passion and purpose."*

CHRYSOCOLLA

- Stimulates the throat chakra for clear communication of one's inner wisdom.
- Within the home, Chrysocola dispels negative energy and promotes harmony between family members.
- Enhances romantic relationships by promoting patience and facilitating communication in a gentle, loving manner.
- Working closely with this stone over time can help one find their true purpose in life.

Chakras: Throat, Heart, Root

Element: Water

Zodiacs: Gemini, Taurus, Virgo

Affirmation: *"I am not afraid to communicate my wisdom to benefit others."*

CHRYSOPRASE

- A powerful healer of the heart chakra that promotes deep emotional healing.
- Meditating with this stone in nature enables one to establish a deep connection with the spirit of the Earth.
- Helps one heal from codependency by bringing a sense of security, independence, and acceptance of oneself and others.
- A stone of fidelity in both personal and business relationships.

Chakras: Heart, Solar Plexus

Element: Water

Zodiac: Libra

Affirmation: *"I allow compassion, patience, and love to fill my heart."*

CINNABAR

- A stone that helps one rapidly attract abundance, success, and prosperity.
- Accelerates the manifestation process and enhance one's ability to visualize their future.
- Encourages one to take control of their life and better connect with their higher self.
- Often used in magic and spiritual alchemy work to affect the transformation of energy.
- Believed to be very effective in treating infertility and sexual dysfunction.

Chakras: Root, Sacral, Third Eye

Element: Fire

Zodiac: Leo

Affirmation: *"I attract wealth and prosperity easily and effortlessly into my life."*

CITRINE

- A stone of individuality, confidence, and manifestation, helping one rapidly attract success and prosperity into their life.
- Has a joyful and uplifting energy as it possesses healing properties of the sun.
- Treats depression by helping one stay in the present moment and look to the future with an optimistic mental attitude.
- Helps one become less sensitive to criticism from others.

Chakras: Root, Solar Plexus, Sacral

Element: Fire

Zodiacs: Aries, Gemini, Leo, Libra

Affirmation: *"I am worthy of attracting success and abundance into my life."*

CLEAR QUARTZ

- A very powerful stone often referred to as a 'Master Healer'.
- Enhances mental clarity, enabling one to focus and better organize their thoughts.
- Balances all the chakras, clears stagnant energy, and helps one establish a strong connection to higher guidance.
- Amplifies the energies of other crystals as well as one's own energy, and can be programmed to manifest any intention.

Chakras: All

Element: Storm

Zodiacs: All

Affirmation: *"I have the power to manifest all my dreams and desires."*

COBALTO CALCITE

- Cobalto Calcite is talisman of love that helps one discover their true emotions and feelings buried within.
- Provides the nourishment and love needed to release and heal from trauma.
- Celebrates the inner strength it takes to move forward each day.
- Helps one to live a live full of joy and compassion, without forgetting where you came from.

Chakra: Heart

Element: Fire

Zodiacs: Cancer

Affirmation: *"It's okay to put myself first."*

COFFEE MOONSTONE

- A unique form of Moonstone that greatly enhances psychic abilities and intuition.
- Possesses the same metaphysical properties as Moonstone, but with more of an emphasis on emotional healing and balance.
- Filled with feminine energy that soothes emotional instability and helps calm overreactions to situations.
- Beneficial to facilitate lucid dreaming, particularly around the time of the full moon.

Chakras: Heart, Third Eye, Crown

Element: Wind

Zodiac: Gemini

Affirmation: *"I am connected to the Divine Feminine within me."*

CRACKLE QUARTZ

- A pure Quartz that has been heated and quickly cooled to form cracks in the crystal.
- Retains the healing qualities of Quartz, as well as the chakra properties that have been introduced by the enhanced color.
- Cleanses all the chakras and is a powerful energy amplifier, improving one's ability to manifest what they desire.
- Raises one's vibration and attunes one to their spiritual purpose.

Chakras: All

Element: Storm

Zodiacs: All

Affirmation: *"I am confident in my ability to manifest my dreams."*

CRAZY LACE AGATE

- Referred to as the 'Laughter Stone' as it brings joy and happiness to those who wear it.
- Recommended to be worn by anyone consciously working to shift their thought pattern to a higher, positive vibration.
- Helps trigger the release of endorphins, making it a great companion for anyone suffering with depression.
- Promotes a healthy work-life balance and encourages one to not take life too seriously.

Chakras: Third Eye, Crown

Element: Earth

Zodiac: Gemini

Affirmation: *"I am so grateful for all the amazing blessings I have in my life."*

CRYOLITE

- A high vibrational stone that promotes deep spiritual growth and facilitates awakening and enlightenment.
- Resonates with all the chakras, but is very stimulating to the third eye chakra.
- Aligns one with their spiritual truth, helping one dispel thoughts and belief systems that are no longer serving them.
- Stimulates lucid dreaming, prophetic visions, and astral projection.

Chakras: All

Element: Storm

Zodiacs: Gemini, Aquarius

Affirmation: *"I am on the path to spiritual enlightenment."*

DALMATIAN STONE

- Harmonizes emotions and encourages loyalty to both oneself and others.
- Eliminates negative thinking patterns, making it an effective aid for anyone experiencing feelings of fear and self-doubt.
- Balances yin and yang, and dispels any dysfunctional energies.
- Helps one reconnect with their inner child and become more appreciative of all the little things in life.

Chakras: Sacral, Solar Plexus, Root

Element: Earth

Zodiac: Gemini

Affirmation: *"I gently release all negative thought patterns that are holding me back."*

DESERT ROSE

- A unique and natural stone formed from a combination of water, sand, and wind.
- Helps one remain grounded during meditation and healing sessions, enabling one to better connect with their higher self.
- Considered a lucky stone as it combines the powers of Father Sky and Mother Earth, bringing abundance to the wearer.
- Enhances mental clarity so one is able to receive guidance from their intuition.

Chakras: All

Elements: Earth, Water, Wind

Zodiacs: All

Affirmation: *"I allow my intuition to guide me as I move through life."*

DIOPTASE

- One of the purest stones of the Green Ray, with a strong vibration that penetrates deep into the heart chakra.
- Resets the emotional body and gives one the strength and courage to move forward.
- Recommended to be worn or carried by anyone who is on a journey of healing old inner wounds and past pain.
- Helps one gently release emotions of grief, sadness, and emotional trauma.

Chakra: Heart

Element: Water

Zodiacs: Sagittarius, Scorpio

Affirmation: *"I give myself permission to heal from my past and move forward."*

DRAGON BLOOD JASPER

- Powerful manifestation tool that is believed to attract abundance, prosperity, and success.
- A unique combination of two powerful stones, Piemontite and Epidote, that embody the fiery and persistent power of the dragon.
- Excellent stone for physical healing as it provides a boost of vitality and strength to help overcome illnesses and injuries.
- Helps one move towards their goals with ease as it imparts resilience and perseverance.

Chakra: Heart

Element: Fire

Zodiacs: Gemini, Sagittarius

Affirmation: *"I am filled with courage, vitality, and strength."*

DRUZY AGATE

- Induces deep relaxation and is a powerful stress reliever, promoting healing on a physical, emotional, and spiritual level.
- Druzy crystals are believed to amplify and purify the body's natural energy.
- Opens the heart chakra and gently releases suppressed emotions associated with past trauma, heartache, or loss.
- Promotes self-love and encourages one to appreciate their unique talents and abilities.

Chakras: All

Element: Earth

Zodiacs: All

Affirmation: *"I love and accept myself for the person I am."*

DUMORTIERITE

- Promotes self-discipline, especially in regard to learning new things.
- Beneficial for students as it enhances all mental abilities, and improves memory retention and concentration.
- Assists one in connecting with their spirit guides, stimulates clairvoyance, and promotes intense lucid dreaming.
- In gifted individuals, it can instill the gift of prophetic vision.

Chakra: Third Eye

Element: Wind

Zodiac: Leo

Affirmation: *"My mind is focused and ready to learn new information."*

ELEPHANT JASPER

- A unique stone that is comprised of both Hematite and iron shell fossil.
- Has a gentle, nurturing energy that promotes self-love and aids in overcoming feelings of loneliness.
- Allows one to enter a deep meditative state and is recommended to be used when accessing Akashic records.
- One of the most effective stones to connect with for past-life and soul work.

Chakras: Third Eye, Sacral

Element: Earth

Zodiac: Pisces

Affirmation: *"I am ready to ascend to higher realms."*

ELESTIAL QUARTZ

- Elestial quartz is highly regarded for its ability to amplify energies and facilitate spiritual growth.
- It is believed to assist in emotional healing and transformation, releasing deep-seated traumas and promoting inner peace.
- This crystal is associated with spiritual protection, shielding the aura from negative influences and transmuting lower vibrations.
- Additionally, Elestial Quartz is thought to enhance divine guidance and aid in past life exploration and self-discovery.

Chakra: Crown, Third Eye

Element: Earth

Zodiacs: Capricorn, Sagittarius

Affirmation: *"I am open myself to spiritual wisdom, deep healing, and divine guidance."*

ELITE SHUNGITE

- A rare stone that contains a much higher carbon content than regular Shungite.
- Elite Shungite accounts for approximately 1% of all Shungite found in the world.
- Has a strong connection to the Earth, making it effective for spiritual grounding.
- Removes toxins from the body and aids recovery from an illness or injury.
- Offers protection against harmful influences, particularly the effects of EMFs.

Chakra: Root

Elements: Fire, Wind, Storm

Zodiacs: Cancer, Capricorn, Scorpio

Affirmation: *"I am shielded from negative energy and influences."*

EMERALD

- A stone that encourages one to live and act from the heart, enhancing feelings of unconditional love and compassion.
- Opens the heart to receiving love and releases the need to please other people.
- Wearing Emerald is said to attune one's vibrational pattern to the spectrum of abundance and prosperity.
- Helps one let go of superficial relationships that no longer serve their highest good.

Chakra: Heart

Element: Water

Zodiacs: Aries, Taurus, Gemini

Affirmation: *"My heart is open to receiving Divine love."*

ENHYDRO QUARTZ

- A unique crystal with small inclusions of water inside, helping one 'flow like water' and adapt to life changes with ease.
- Encourages openness to new opportunities and inspires one to take action.
- Balances and cleanses all the chakras, and is an excellent stone for removing built-up toxins in the body.
- Calms the mind and promotes deep physical, mental, and spiritual healing.

Chakras: All

Element: Storm

Zodiacs: All

Affirmation: *"I am adaptable, balanced, and centered."*

EUDIALYTE

- Aids in healing matters of the heart and encourages one to let go of past hurt in order to move forward in life.
- Believed to have a strong ability to cause coincidence or synchronicity in life, and enables one to see why certain things have occurred in the past.
- Has a gentle vibration that supports one in pursuing their true inner calling and using their unique talents to the best of their ability.

Chakras: Heart, Root

Elements: Earth, Water

Zodiac: Virgo

Affirmation: *"I walk my path with love, kindness, and courage."*

FANCY AGATE

- Soothes feelings of resentment, pain, and anger, giving one the courage and inner strength to start again.
- Helps one cope with unexpected changes in life, such as the loss of a loved one, a relationship breakdown, or job redundancy.
- Harmonizes emotions and encourages honesty to both oneself and others.
- Place this stone on the heart chakra to heal emotional blockages.

Chakras: Root, Heart

Element: Earth

Zodiac: Gemini

Affirmation: *"My heart is open to giving and receiving love from others."*

FANCY JASPER

- A highly protective stone that absorbs negative energy from one's aura and deflects psychic attacks.
- Has a gentle and soothing vibration that is supportive during times of stress.
- Promotes imagination and creativity, and inspires one to become more persevering and enthusiastic in their endeavors.
- Detoxifies the body, reduces inflammation, and brings feelings of wholeness.

Chakras: All

Element: Earth

Zodiacs: Aries, Scorpio

Affirmation: *"I will continue working towards my goals no matter what happens."*

FIRE AGATE

- An uplifting and energizing stone associated with passion, motivation, and creativity.
- Encourages one to take immediate and decisive action to achieve their goals.
- Disperses fear and self-doubt, helping one reconnect with their deepest desires.
- Encourages self-expression and helps in overcoming creative blocks.
- Aids in overcoming procrastination and is effective in treating lethargy and low libido.

Chakras: All

Elements: Earth, Fire

Zodiacs: Leo, Aries, Sagittarius

Affirmation: *"My fears will not stand in the way of my goals."*

FIRE OPAL

- A powerful energy amplifier that enhances determination, vitality, and enthusiasm.
- Excellent to work with when starting a new business venture as it is said to draw money to the business and encourage progress.
- Believed to be effective in treating chronic fatigue, balancing hormones, and promoting fertility in both men and women.
- Improves the intimate connection between couples and promotes feelings of harmony.

Chakras: Solar Plexus, Sacral

Element: Fire

Zodiac: Aries

Affirmation: *"I am filled with passion, energy, and enthusiasm."*

FIRE QUARTZ

- Combines the intense energy of Quartz, with the stabilizing properties of Hematite.
- Aids in emotional regulation and helps one gain a new sense of confidence and self-acceptance.
- Enhances focus, making it beneficial for those with short attention spans or have trouble seeing projects through to the end.
- Helps one remain grounded and balanced when feeling scattered or overwhelmed.

Chakras: Root, Sacral, Solar Plexus

Element: Fire

Zodiacs: Aquarius, Aries

Affirmation: *"My thoughts are clear, grounded, and focused."*

FLOWER AGATE

- Recommended to be worn by those starting a new endeavor in their life.
- The best analogy to describe the energy flowing from Flower Agate is "from seed to blossom", as it enables one to grow and reach their full potential.
- Can serve as a powerful protector from one's own fears, doubts, and anxieties.
- Ignites a sense of passion and enthusiasm, and inspires one to manifest their dreams.

Chakras: Heart, Root

Element: Earth

Zodiac: Virgo

Affirmation: *"I am living life to the fullest and reaching my full potential each day."*

FLUORITE

- A highly protective and stabilizing stone that cleanses the mind, body, and spirit.
- Promotes mental clarity, making it beneficial for those who are indecisive or have trouble organizing their thoughts.
- One of the most effective stones for promoting deep concentration, improving memory, and enhancing creativity.
- Releases negative thought patterns and helps one remain in the present moment.

Chakras: Heart, Throat, Third Eye

Element: Wind

Zodiacs: Libra, Capricorn, Pisces

Affirmation: *"My mind is clear and free from distractions."*

FOSSIL CORAL

- Fossilised Coral is not only a grounding stone, but a stone of change, meaning it can help one make the longstanding changes they have been putting off and help one stick with them.
- It is an excellent stone for embarking down a new path with steady, resolute energy.
- Brings embedded feelings from one's subconscious to the surface to remove unnecessary limits on one's potential.

Chakra: Heart

Element: Water

Zodiacs: Taurus, Pisces

Affirmation: *"I am grateful for the years of experience that have moulded today's success. My expertise is valuable."*

FUCHSITE

- A stone that teaches true self-worth and guides one to only do what is necessary for someone else's soul growth.
- Promotes healing from emotional trauma and helps one overcome codependency.
- Enables one to easily channel information regarding herbal treatment, holistic remedies, and other health matters.
- Amplifies the effects of other crystals and facilitates their energy transfer.

Chakra: Heart

Element: Earth

Zodiac: Aquarius

Affirmation: *"I am a channel for love, light, and wisdom."*

GARDEN QUARTZ

- Brings repressed emotions to the surface to allow for healing and transformation.
- A stone that has long been favoured by shamans as it helps one connect to their spirit and animal guides with ease.
- Recommended for anyone who experienced early childhood traumas that are causing them to hold fear, anxiety, and stress.
- Allows one to gently release emotional issues from this lifetime as well as past lives.

Chakras: Root, Sacral, Solar Plexus

Element: Fire

Zodiac: Aquarius

Affirmation: *"I let go of past hurt and allow myself to heal."*

GARNET

- Helps stimulate passion, enthusiasm, and creativity in all areas of life.
- Very powerful stone of attraction, helping one quickly turn their dreams into a reality.
- Balances the sex drive and enhances love between partners.
- Has a strong connection to the pituitary gland, which aids past-life recall.
- Stimulates the metabolism, and assists the assimilation of minerals and vitamins.

Chakras: Root, Crown

Elements: Fire, Earth

Zodiacs: Aries, Leo, Capricorn, Aquarius

Affirmation: *"I am passionate and enthusiastic in all areas of my life."*

GIRASOL

- Girasol Rose Quartz cleanses the heart chakra, allowing vibrations of love to flow freely without fear.
- Promotes healthy and harmonious relationships of all kinds, and can be effective for attracting new love.
- Strengthens qualities of empathy, patience, compassion, and sensitivity, and aids the acceptance of necessary change.
- Opens the heart at all levels to promote self-love and acceptance of oneself and others.

Chakra: Heart

Element: Water

Zodiacs: Taurus, Libra, Scorpio

Affirmation: *"I radiate love, beauty, confidence, and grace."*

GOLD

- Has long been recognized as a symbol of abundance, power, and prosperity.
- Wearing Gold can infuse one with self-confidence, endurance, and willpower.
- Has a harmonizing effect on the mind, body, and spirit, and alleviates tension and stress.
- Believed to improve blood circulation, boost the immune system, and relieve pain.
- Revitalizes one's physical energies and magnifies the power of other crystals.

Chakras: All

Element: Earth

Zodiacs: All

Affirmation: *"I easily attract abundance, success, and prosperity into my life."*

GOLDEN HEALER

- A powerful stone of the Golden Ray that clears energy blockages and imbalances.
- Brings the entire body into balance by aligning all the chakras, and balancing yin and yang energies.
- Facilitates spiritual communication over a long distance, including between different worlds and dimensions.
- Removes all negative energies from one's auric field and surrounding environment.

Chakras: All

Element: Fire

Zodiac: Leo

Affirmation: *"I am filled with the Divine healing energy of the Golden Ray."*

GOLDEN MICA

- Golden Mica aids in balancing energy and generating an increase in willpower. This stone helps awaken your true strength, and allows you to focus on your tasks and long-term goals.
- It is an uplifting stone that can change your daily attitude and to combat negativity from the inside out.
- Golden Mica helps us recognise flaws without being hard on ourselves, so that we are able to effectively tackle negative traits.
- Golden Mica is also used to reduce hostile or nervous energy, making it an ideal stone to use in the face of criticism.

GOLDEN OBSIDIAN

- Helps one find a sense of direction in their life that aligns with Divine will.
- Enables one to eliminate negative thoughts, habits, and behaviors that are preventing them from achieving their goals.
- Believed to be effective for crystal ball scrying, helping one discover hidden knowledge and develop their psychic abilities.
- Attracts prosperity and enhances one's ability to visualize their desired future.

Chakras: Root, Solar Plexus

Element: Earth

Zodiac: Sagittarius

Affirmation: *"I am strong and embrace my personal power."*

GOLDEN TOPAZ

- Enhances personal will through its deep connection with the solar plexus chakra.
- One of the most powerful manifestation stones available, helping one guide their desires into alignment with Divine Will.
- Meditating with this stone is said to help one discern Divine wisdom and connect to the spiritual realm.
- Strengthens optimism and increases self-confidence without inflating the ego.

Chakra: Solar Plexus

Element: Fire

Zodiacs: Leo, Scorpio

Affirmation: *"I am living in harmony with Divine will."*

GOLDSTONE

- Known as the 'Stone of Ambition' as it increases persistence and determination.
- Enables one to remain calm and patient, even in the most stressful situations.
- Deflects unwanted energies, making it a very useful protection stone.
- Helpful in reducing stomach tension and painful joints.
- Allows one to think clearly and refrain from making impulsive decisions.

Chakras: Root, Sacral, Solar Plexus

Elements: Earth, Fire

Zodiac: Sagittarius

Affirmation: *"I am successful, abundant, and filled with positive energy."*

GOSHENITE

- Promotes love, commitment, and loyalty in romantic relationships.
- Improves self-discipline and perseverance, making it beneficial for those who have trouble seeing projects through to the end.
- Facilitates open and honest communication, and aids in resolving misunderstandings and disagreements with others.
- Enhances the power of prayer and aids one in calling on their spirit guides.

Chakras: Third Eye, Crown, Etheric

Element: Wind

Zodiac: Libra

Affirmation: *"I am not afraid to speak my truth freely and openly."*

GRAPE AGATE

- Relatively new stone discovered in Indonesia with a strong connection to Goddess energy.
- Sleeping with Grape Agate can promote intense lucid dreaming and help one better interpret the symbolism of their dreams.
- Forms a strong shield around the aura, protecting one from psychic attack and negative influences.
- Enhances intuition and psychic abilities, and helps one connect with the Divine Feminine.

Chakras: Crown, Third Eye, Etheric

Element: Storm

Zodiacs: Cancer, Sagittarius

Affirmation: *"Being intuitive comes easily and freely to me now."*

GREEN AGATE

- Has long been recognized as a powerful healing crystal of the physical body.
- Recommended for anyone who is overcoming an illness or caring for someone who is unwell, as it imparts inner strength and compassion towards oneself and others.
- Brings balance and harmony to all areas of life, and promotes feelings of inner peace.
- Strengthens the immune system and helps fight diseases.

Chakra: Heart

Element: Earth

Zodiacs: Gemini, Virgo

Affirmation: *"My mind and body are strong, healthy, and balanced."*

GREEN AVENTURINE

- Believed to help one rapidly manifest prosperity, abundance, and career success.
- Beneficial stone for those in leadership positions as it promotes courage, self-confidence, compassion, and decisiveness.
- Heals and soothes painful emotions, particularly those experienced during childhood.
- Encourages one to look toward the future with optimism and excitement.

Chakra: Heart

Elements: Earth, Water

Zodiacs: Aries, Leo

Affirmation: *"I am so thankful for all the abundance in my life right now."*

GREEN CALCITE

- A grounding stone that aids one in becoming more attuned to nature.
- Relieves emotions such as anger, resentment, and irritability, and nurtures positive traits such as love and forgiveness.
- Helps one gently release what is no longer serving them, and regain their sense of purpose and direction in life.
- Accelerates the manifestation of one's financial goals and material desires.

Chakra: Heart

Elements: Water, Fire

Zodiacs: Aries, Cancer, Libra, Taurus

Affirmation: *"I release feelings of pain and forgive those who have hurt me."*

GREEN FLOWER JASPER

- Green Flower Jasper provides protection and absorbs negative energies.
- It ignites one's creativity and elevates self esteem and self worth.
- Green Flower Jasper encourages one to embrace change and look ahead with no fear.
- This crystal brings comfort and a sense that all is right in one's world.
- It allows one to grow and is a reminder that we start from seed to blossom.

Chakra: Heart

Element: Earth

Zodiacs: Sagittarius, Aries, Pisces

Affirmation: *"All is well in my life and I am the master of my own destiny."*

GREEN FLUORITE

- Effective crystal for overcoming disorganization and a scattered mind.
- Promotes intense focus and concentration for sustained periods of time.
- Excellent study and learning tool, helping one quickly absorb new information.
- Enhances self-discipline by encouraging one to incorporate structure into their daily life.
- Promotes healing on all levels and purifies the mind, body, and spirit.

Chakra: Heart

Element: Wind

Zodiacs: Capricorn, Libra, Pisces

Affirmation: *"My thoughts are organized, clear, and grounded."*

GREEN JADE

- A stone of abundance, helping one attract wealth and prosperity into their life.
- Commonly used in dream work as it stimulates lucid dreaming, and assists in dream recall and analysis.
- Its energy is so strong that one is said to feel a flow of well-being almost immediately upon touching it.
- Helps calm the nervous system, making it an effective aid in reducing stress and anxiety.

Chakra: Heart

Element: Earth

Zodiacs: Aries, Gemini, Libra, Taurus

Affirmation: *"I easily attract abundance in the form of money, health, and happiness."*

GREEN MOONSTONE

- Has all the properties of Moonstone, with more of an emphasis on emotional healing.
- Meditating with Green Moonstone can help one connect to the Divine Feminine within.
- Strongly connected to the Moon and can enhance intuition.
- Allows one to become more in touch with their feelings and emotions.
- Promotes self-love, acceptance, and sensitivity towards oneself and others.

Chakras: Third Eye, Heart, Solar Plexus

Element: Earth

Zodiacs: Gemini, Virgo

Affirmation: *"I am calm, relaxed, and deeply in touch with my emotions."*

GREEN ONYX

- Carries all the properties of Onyx, with more of an emphasis on the heart chakra.
- Associated with the planet Mercury, which is known to represent intelligence, memory, self-mastery, and decisiveness.
- Improves self-confidence and enhances communication on all levels, making it an effective stone for public speaking.
- Has a soothing vibration that helps alleviate feelings of stress, anxiety, and overwhelm.

Chakra: Heart

Element: Earth

Zodiacs: Gemini, Virgo

Affirmation: *"I am loved and Divinely guided by the Universe."*

GREEN OPAL

- Excellent stone to use during meditation due to its calming effect on the mind and body.
- Imparts strength and courage, and helps one move forward with their life and begin on their healing journey.
- Stimulates creative energy and is recommended to be used by artists, writers, and musicians to help them stay inspired.
- Opens and heals the heart chakra, helping those suffering with heartache or grief.

Chakra: Heart

Elements: Water, Earth

Zodiacs: Aries, Sagittarius

Affirmation: *"I have the support, courage, and strength to move forward."*

GREEN PHANTOM QUARTZ

- Green Phantom Quartz is a crystal known for its powerful spiritual properties. It is believed to promote personal growth and transformation, aiding in spiritual healing and self-discovery.
- This crystal facilitates emotional balance and compassion.
- It is also believed to enhance intuition and connection with nature, fostering a deeper sense of harmony and renewal.

Chakra: Heart

Element: Earth

Zodiacs: Scorpio

Affirmation: *"I embrace personal growth, healing, and transformation with an open heart."*

GREY QUARTZ

- A purifying crystal that helps one to recover from exhaustion and move forward again.
- Helps to improve romantic relationships by protecting against negative or malicious energies.
- Converts one's thinking from negative to positive, and helps to create luck.
- Improves judgement and insight, and aids with decision making.

HEMATITE

- Shields against negativity and removes scattered energy from one's auric field.
- Enhances courage and boldness, and is said to be very beneficial for women who are timid and afraid of speaking their truth.
- Effective in calming an overactive mind, making it wonderful to use during meditation and healing sessions.
- Relieves chronic pain as it maintains the charge of nerve cells in the body.

Chakra: Root

Element: Earth

Zodiacs: Aries, Aquarius

Affirmation: *"I am confident, grounded, and not afraid to speak my truth."*

HEMIMORPHITE

- Has an uplifting energy that amplifies positive emotions of joy and serenity.
- Facilitates psychic visions, enhances empathetic abilities, and raises one to a higher state of consciousness.
- Promotes freedom of emotional expression and helps one communicate their truth in a gentle, loving, and peaceful manner.
- A beneficial stone to work with to heal dysfunctional relationships of all kinds.

Chakras: Heart, Throat, Third Eye

Element: Storm

Zodiac: Libra

Affirmation: *"I communicate from a place of love and truth."*

HERKIMER DIAMOND

- Stimulates the third eye chakra, increasing the occurrence of psychic visions.
- They amplify the energy of other crystals and are useful in attuning one with others, their surroundings, and new energies.
- They help clear the mind, body, and spirit of unconscious fears, allowing for complete relaxation and expansion of life energy.
- Very effective for lucid dreaming and other forms of dream work.

Chakras: Crown, Third Eye, Etheric

Element: Storm

Zodiacs: Aries, Sagittarius

Affirmation: *"I am attuned to the white light of the Divine."*

HIMALAYAN QUARTZ

› Himalayan Quartz brings the spirit of a warm embrace, enveloping us in pure, radiant energy of unconditional love, with compassion, comfort, and the assurance that we are never alone.

› It purifies and heals the heart to allow us to forgive ourselves and others, and provides an easy release of all that is holding us back.

› Will amplify and recharge the energetic properties of other crystals.

› Place it in your home, workspace to bring a fresh perspective that will lead you to your Higher Self.

Chakra: All

Element: All

Zodiacs: All

HONEY CALCITE

- Enhances mental clarity and helps reduce feelings of fatigue and emotional overwhelm.
- One of the most effective crystals to work with when undertaking complex tasks requiring persistence over the long term.
- Helps in manifesting abundance and success, and inspires an attitude of generosity and gratitude.
- Effective in overcoming self-sabotaging behaviors, especially procrastination.

Chakras: Root, Solar Plexus, Third Eye

Elements: Fire, Air

Zodiac: Cancer

Affirmation: *"I am energized and ready to take immediate action to achieve my goals."*

HONEY DRUZY

- Induces deep relaxation and is a powerful stress reliever, promoting healing on a physical, emotional, and spiritual level.
- Druzy crystals are believed to amplify and purify the body's natural energy.
- Opens the heart chakra and gently releases suppressed emotions associated with past trauma, heartache, or loss.
- Promotes self-love and encourages one to appreciate their unique talents and abilities.

Chakras: All

Element: Earth

Zodiacs: All

Affirmation: *"I love and accept myself for the person I am."*

HOWLITE

- A calming and soothing stone that allows one to enter a deep meditative state.
- Beneficial for those who suffer with insomnia as it quiets the mind, helping one experience a peaceful sleep.
- Brings greater gentleness and compassion when dealing with others, and eliminates feelings of frustration, impatience, and anger.
- Relaxes the entire physical body and releases muscle tension.

Chakra: Crown

Element: Wind

Zodiacs: Gemini, Virgo, Scorpio

Affirmation: *"I am calm and allow myself to experience a deep, peaceful sleep."*

HYDROZINCITE

- Hydrozincite provides insight to the hidden turmoil within oneself and allows for free expression and for painless relief of confusion and strife.
- Helps one's inner light to shine, has the capacity to open the chakras and assists in clearing and protecting a room or environment.
- It has also been useful to dispel the fear of water.

Chakras: All

Element: Water

Zodiacs: Gemini

IMPERIAL JASPER

- Has the same properties as Jasper, but with added qualities of focus and organization.
- Encourages one to set goals and remain committed to achieving them, no matter what obstacles they are faced with.
- Helps one acknowledge their insecurities and gently release them so they can achieve their highest potential in life.
- Balances and aligns all the chakras, and promotes feelings of calmness.

Chakras: All

Element: Earth

Zodiacs: Capricorn, Leo, Virgo

Affirmation: *"I let go of my insecurities and embrace who I am."*

INDIAN AGATE

- Promotes feelings of joy and encourages one to develop an optimistic outlook on life.
- Very protective stone and has been used for thousands of years to ward off psychic attacks, misfortune, and negative energy.
- Its vibration transmits serenity and peace, helping one establish a stronger sense of self.
- Brings comfort to the idea of growing old and helps one develop feelings of gratitude for all that is and will be.

Chakra: Sacral

Element: Earth

Zodiac: Gemini

Affirmation: *"I am focused on gratitude and positivity."*

INDIGO GABBRO

- A stone of integration that unifies one's shadow side and conscious side, so that one may achieve harmony and self-acceptance.
- Amplifies higher energies and helps one connect with their higher self.
- Enhances one's ability to connect to the spirit world for clairvoyance and channeling, as well as contacting souls of the deceased.
- A powerful ally in all types of magic and can accelerate one's learning of each type.

Chakras: All

Element: Storm

Zodiacs: Gemini, Libra, Pisces, Scorpio

Affirmation: *"I embrace the light and shadow sides of myself."*

IOLITE

- Effective stone for those with an overactive mind or have difficulty with organization.
- Facilitates psychic visions and intuitive insight, and helps one connect with their angels and spirit guides.
- Beneficial for psychics as it helps them communicate their higher knowing and better understand the messages they receive.
- One of the most effective stones for anyone working to overcome alcoholism.

Chakra: Third Eye

Element: Wind

Zodiacs: Libra, Taurus, Sagittarius

Affirmation: *"I receive Divine messages clearly and have a deep connection with my spirit guides."*

JADE

- Jade promotes harmony, balance, and abundance in all aspects of life.
- Jade is associated with nurturing and healing energies, bringing emotional well-being and tranquility.
- This stone is thought to enhance wisdom, clarity, and insight, aiding in decision-making and spiritual growth.
- Additionally, Jade is often regarded as a protective stone, shielding its wearer from negative energies and fostering a deep connection with nature.

Chakras: Heart

Element: Earth

Zodiacs: Taurus, Libra

Affirmation: *"I am open to abundant love, embracing harmony, balance, and growth in my life."*

JET

- A high vibrational stone of purification, grounding, and protection.
- Quickly absorbs negative energy, making it important to ensure it is regularly cleansed.
- A gentle companion for anyone healing from grief, trauma, or depression.
- Provides pain relief, alleviates migraines, and eases menstrual cramps.
- Recognized as a stone of luck, making it a great gift for anyone starting a new endeavor.

Chakra: Root

Element: Earth

Zodiac: Capricorn

Affirmation: *"I am grounded and protected from negative influences."*

K2 JASPER

- Discovered at the base of K2 mountain, and is a combination of Granite and Azurite.
- Effective stone for psychics and mediums to help them more clearly interpret the messages they receive.
- Enhances intuition and conscious awareness so that one can be open to receiving guidance from higher dimensions.
- Believed to be very beneficial in treating migraines and tension headaches.

Chakra: Third Eye

Element: Storm

Zodiac: Sagittarius

Affirmation: *"I am insightful, intuitive, and connected with my higher self."*

KAMBABA JASPER

- Very grounding stone due to its strong connection with Mother Earth.
- Helps one remain in the present moment and calms feelings of grief, sadness, resentment, and guilt.
- Helps one realize their life purpose and increases one's confidence in learning new skills and knowledge.
- Recommended that one meditates with this stone in nature to experience its full effects.

Chakras: Heart, Root

Element: Earth

Zodiacs: Aries, Cancer, Capricorn, Scorpio

Affirmation: *"I am Divinely supported and guided by the universe."*

KIWI JASPER

- A nurturing and uplifting stone that helps soothe symptoms of depression and anxiety.
- Believed to be extremely helpful for anyone suffering with addictive or compulsive behaviors as it promotes emotional strength.
- Creates a protective shield around one's aura and absorbs negative energy, making it important to ensure it is regularly cleansed.
- Promotes an optimistic mindset and encourages one to develop positive habits.

Chakra: Heart

Element: Fire

Zodiacs: Aries, Leo, Sagittarius

Affirmation: *"I draw upon the nurturing and loving energy of Mother Earth to heal."*

KUNDALINI CITRINE

- Kundalini Citrine only comes from one location in the world, a very remote region in The Congo in Africa.

- Kundalini Citrine is named as such as it is said that when held over our heads, it draws energy up from deep within the Earth Star Chakra, which is the seat of our soul. This energy moves up through our system, igniting and spinning each chakra as it goes.

- Kundalini Citrine is also an incredibly powerful manifestation and abundance tool.

Chakra: All

Element: Fire

Zodiac: Sagittarius

Affirmation: *"I am happy, positive and abundant"*

KUNZITE

- An extremely spiritual stone that opens the heart chakra to unconditional Divine love.
- Beneficial for those who find it difficult to enter a deep meditative state due to its calming effect on the mind and body.
- A powerful healer for anyone who had to grow up too fast, bringing back lost trust and innocence.
- Allows one to heal from past hurt associated with rejection, abandonment, and betrayal.

Chakra: Heart

Element: Water

Zodiacs: Taurus, Leo, Scorpio

Affirmation: *"My heart is open to unconditional Divine love."*

KYANITE

- Reveals undiscovered talents and clears the way towards one's destined path.
- A powerful tool for self-discovery, helping one search deep within themselves to understand their truest hopes and dreams.
- Enhances empathy and helps one experience a deeper understanding of other people's feelings and emotions.
- Brings clarity and awareness by opening the mind to receiving Divine messages.

Chakras: All

Element: Storm

Zodiacs: Aries, Libra, Pisces

Affirmation: *"I am in alignment with my Divine purpose."*

LABRADORITE

- A stone of self-transformation, making it beneficial to work with during life transitions.
- Highly protective and deflects negative energies from one's aura and environment.
- A powerful companion when performing magical or ritual work as it brings a deep awareness of our spiritual knowledge.
- Strengthens intuition, enhances psychic abilities, and aids one on their spiritual journey.

Chakras: All

Element: Wind

Zodiacs: Sagittarius, Pisces, Taurus, Scorpio

Affirmation: *"I welcome transformation and change into my life."*

LAVA STONE

- A very grounding and centering stone due to its strong connection with Mother Earth.
- One of the oldest stones in existence that is created from the raw energies of fire and earth erupting under intense pressure.
- As volcanoes are considered a symbolic sign of creation, Lava Stone is a powerful tool promoting rebirth and transformation.
- Inspires one to take action towards their goals and let go of unhealthy attachments.

Chakra: Root

Elements: Earth, Fire

Zodiacs: Taurus, Scorpio

Affirmation: *"I embrace change and new beginnings in my life."*

LARVIKITE

- A very grounding stone that has a strong connection to the energies of the Earth.
- Holding a piece of Larvikite outdoors can help one absorb elemental energies and deepen their connection with Mother Earth.
- Strengthens intellectual capabilities and helps one quickly absorb new information, particularly complicated spiritual practices.
- Stimulates inner visions, enhances psychic abilities, and assists in past-life and soul work.

Chakras: Third Eye, Root

Element: Water

Zodiac: Cancer

Affirmation: *"I move through life knowing I am safe and protected."*

LAPIS LAZULI

- Reveals one's inner truth and allows for self-expression without holding back.
- Releases feelings of frustration, resentment, and anger.
- Facilitates the acceptance of people and situations we cannot change.
- Excellent for those in leadership positions as it stimulates wisdom and authenticity.
- Enhances empathy and compassion when dealing with others, particularly teenagers.

Chakras: Third Eye, Throat

Element: Wind

Zodiacs: Aquarius, Pisces, Sagittarius

Affirmation: *"I will stand up for what is right and speak my truth with confidence."*

LARIMAR

- Relaxes the nerves and helps one express themselves from the heart.
- Deeply connected to the energy of the Earth Goddess and helps one reconnect with their inner child.
- Gives one the courage to let go of people, attachments, or behaviors that are no longer serving their highest good.
- Helps women reattune to their femininity and renew their connection with nature.

Chakras: Third Eye, Throat

Elements: Water, Fire

Zodiacs: Leo, Taurus

Affirmation: *"I am connected to my inner femininity and allow myself to express it."*

LAVENDER ROSE QUARTZ

- A form of Rose Quartz that contains high levels of manganese or titanium within it, giving it a beautiful lavender colour.
- Has a gentle, calming energy that promotes qualities of compassion and gratitude.
- Cleanses and opens the heart chakra, improves self-worth, and gives one the courage to give and receive love from others.
- Dispels negative thought patterns and heals old emotional wounds.

Chakras: Heart, Solar Plexus

Element: Water

Zodiacs: Taurus, Libra, Scorpio

Affirmation: *"I open my heart to receive love and compassion from others."*

LAZULITE

- Enhances visualization and amplifies the energy of affirmations.
- Activates psychic and intuitive capabilities, and helps one strengthen the connection with their higher self.
- Improves focus and self-discipline in mental pursuits, and is effective for students or professionals with heavy workloads.
- Helps one refrain from engaging in harmful and addictive habits and behaviors.

Chakra: Third Eye

Element: Wind

Zodiacs: Gemini, Sagittarius

Affirmation: *"I am in tune with my higher self and the world around me."*

LEMURIAN QUARTZ

- A powerful healing stone that can assist in removing energy blockages and imbalances, and replacing them with a sense of renewal.
- It was planted in the ground millions of years ago by the Lemurians for their knowledge and wisdom to be uncovered when future generations needed it.
- Embodies the Divine Feminine energy, helping one awaken their spirit and unlock their deeper knowing.

Chakras: Crown, Third Eye

Elements: Earth, Wind

Zodiacs: All

Affirmation: *"I call forth ancient wisdom from the Lemurians."*

LEOPARDITE

- Known as the 'supreme nurturer' and is believed to be greatly beneficial for those suffering with chronic health conditions.
- Gives one the courage to be assertive and stand up for what is right.
- Has long been favored by shamans as it helps one connect with the animal kingdom and work with their spirit animals.
- Supports one during times of stress by bringing feelings of tranquility and peace.

Chakras: Heart, Root

Element: Earth

Zodiacs: Leo, Scorpio, Virgo

Affirmation: *"I treat myself with kindness, gentleness, and compassion."*

LEOPARD SKIN JASPER

- Known as the 'supreme nurturer' and is believed to be greatly beneficial for those suffering with chronic health conditions.
- Gives one the courage to be assertive and stand up for what is right.
- Has long been favored by shamans as it helps one connect with the animal kingdom and work with their spirit animals.
- Supports one during times of stress by bringing feelings of tranquility and peace.

Chakras: Heart, Root

Element: Earth

Zodiacs: Leo, Scorpio, Virgo

Affirmation: *"I treat myself with kindness, gentleness, and compassion."*

LEPIDOLITE

- Facilitates the release of old behavioral and psychological patterns.
- Helps stabilize emotions as this stone contains a high amount of natural lithium which is used in many anxiety medications.
- Aids one in overcoming emotional or mental dependency, and helps treat addictions, bipolar disorder, and ADHD.
- Brings deep emotional healing and gives one hope in dark times.

Chakras: Third Eye, Heart, Crown

Element: Water

Zodiacs: Libra, Pisces

Affirmation: *"I am mentally strong, capable, and independent."*

LITHIUM QUARTZ

- Contains small inclusions of Lithium, a mineral which is often used in the treatment of depression and anxiety.
- Has a very calming vibration that soothes feelings of panic and promotes a restful sleep.
- Brings suppressed emotions to the surface, allowing one to acknowledge past trauma and release negative attachments.
- Very effective stone for stabilizing mood swings and calming an overactive mind.

Chakras: All

Elements: Storm, Water

Zodiac: Aquarius

Affirmation: *"I am calmer and more relaxed with each deep breath I take."*

MADAGASCAR ROSE

- A gentle, soothing stone that symbolizes femininity, inner peace, and self-love.
- Encourages one to share their gifts and talents for the highest good of all.
- Enhances feelings of compassion, trust, and empathy towards others.
- Promotes feelings of harmony and helps one develop closer bonds with loved ones.
- Madagascar Rose is difficult to locate and mine, making it highly sought-after.

Chakra: Heart

Element: Water

Zodiacs: Taurus, Libra, Scorpio

Affirmation: *"I open my heart to love, forgiveness, and joy."*

MARCASITE

- This is a powerful ascension stone which will assist with very intense deep meditation, aligning of the chakras, and psychic visions.
- This is the stone of soul attraction that brings together souls with similar hopes and dreams.
- If you suffer from confused or scattered thinking and impaired memory, Marcasite is the stone of clarity.

Chakra: Crown, Third Eye

Element: Fire

Zodiacs: Leo

Affirmation: *"My thoughts are clear, grounded, and focused."*

MAGNESITE

- Brings a deep sense of inner peace and relaxation, making it effective for meditation.
- A beneficial stone for those who wish to perform inner work, contact spirit guides, and access higher states of consciousness.
- Promotes unconditional love for others, stabilizes emotions, and aids one in healing from codependency issues.
- Placing Magnesite on the third eye chakra is said to enhance creative visualization.

Chakras: Third Eye, Crown

Element: Storm

Zodiac: Aries

Affirmation: *"I am calm and at peace, and all that I seek is already within me."*

MAHOGANI OBSIDIAN

- A unique form of Obsidian containing small inclusions of Magnetite or Hematite.
- A deeply grounding stone that activates the lower chakras, removing any imbalances and blockages from old wounds and past pain.
- Promotes personal growth and releases one from their self-imposed limitations that prevent them from following their purpose.
- Enhances creative energy and imagination, and encourages self-expression.

Chakras: Root, Sacral, Solar Plexus

Element: Earth

Zodiac: Libra

Affirmation: *"I have the ability to achieve anything I desire."*

MALACHITE

- A powerful stone of self-transformation that amplifies positive and negative energies.
- Placed on the third eye, Malachite can enhance visualization and assist in receiving insights from the subconscious mind.
- Absorbs negative energy but does not release it, making it important to ensure it is cleansed regularly.
- Opens and heals the heart, eases heartache, and promotes deep emotional healing.

Chakras: Heart, Solar Plexus

Element: Fire

Zodiacs: Capricorn, Scorpio

Affirmation: *"I choose to radiate love, kindness, and positive energy."*

MALIGANO JASPER

- Relatively new stone discovered in Indonesia that has a deep connection to the Earth.
- A beneficial stone for those who hold rigid beliefs as it promotes open-mindedness, allowing one to consider new possibilities.
- Promotes endurance, determination, and willpower, helping one achieve all their dreams and desires.
- Helps one attract abundance in all areas of life; financial, personal, and spiritual.

Chakras: All

Element: Earth

Zodiac: Virgo

Affirmation: *"I open my mind to new perspectives and possibilities."*

MOLDAVITE

- A stone of awakening and transformation that carries a very intense frequency.
- It attracts all that relates to one's personal and spiritual evolution, which can include changes in relationships, lifestyle, and career.
- It is recommended that a strong grounding stone, such as Black Tourmaline, is worn when first starting to use Moldavite.
- One may experience sudden awakenings and visions of their true purpose in life.

Chakras: All

Element: Storm

Zodiacs: All

Affirmation: *"I am ready to completely transform my life."*

MONTANA AGATE

- A powerful grounding stone that enhances one's connection to Mother Earth.
- Dispels feelings of fear, resentment, and frustration by bringing stability and grounding to the emotional body.
- Improves stamina and physical strength, and is said to aid one in recovering from illnesses, injuries, and addictions.
- Balances yin and yang energies, and promotes an overall sense of well-being.

Chakras: Root, Sacral, Solar Plexus

Element: Earth

Zodiac: Gemini

Affirmation: *"I am a vibrant, happy, and healthy being."*

MOOKAITE JASPER

- Enhances feelings of inner peace, calmness, and relaxation.
- Aids decision-making and encourages one to become more open and adaptable to changes in their lives.
- Improves the general health of the physical body, strengthens the immune system, and is supportive during times of stress.
- Acts as a protective shield against negative people and influences.

Chakras: Root, Heart, Solar Plexus

Elements: Fire, Earth

Zodiac: Leo

Affirmation: *"I am calm, peaceful, and embrace change with an open mind."*

MOON SHRINES

- › Celebrate the beauty and mystery of feminine spirituality with your very own magical moon shrine.
- › Each unique shrine has been handcrafted as a portal to attract the softer, calmer, feminine energies that allow us to exhale, surrender, flow, and effortlessly receive abundance.
- › These energetically activated shrines attract a powerful stream of universal energy - they are a wonderful tool for manifesting, healing, and clearing old energy and emotions.
- › These beautiful shrines will clear and purify your space and bring you joy and abundance!

MOONSTONE

- A stone of new beginnings that helps one connect with the Divine Feminine.
- Harmonizes the mind, body, and spirit, and enables one to become more attuned with their feelings.
- Improves emotional regulation and is said to be beneficial for premenstrual syndrome, pregnancy, and childbirth.
- An effective crystal for developing psychic awareness and strengthening intuition.

Chakras: Third Eye, Heart, Crown

Element: Wind

Zodiacs: Cancer, Libra, Scorpio

Affirmation: *"The energy of the Divine Feminine flows through me."*

MORGANITE

- A stone of Divine Love, allowing one to feel infinite love for themselves and others.
- Effective for those who wish to attract more love and romance into their life.
- Helps create deeper levels of connection in existing romantic relationships.
- Releases old emotional attachments, healing one from past heartache and loss.
- Has a calming effect that helps one embrace the beauty and joy of life.

Chakra: Heart

Element: Water

Zodiac: Libra

Affirmation: *"I am worthy of receiving love from others."*

MOSS AGATE

- Helps correct imbalances between the left and right side of the brain.
- Boosts mental function and can be a beneficial stone for those who lack creativity and imagination.
- A stone of emotional regulation and stability, making it effective for those who experience frequent mood swings.
- Helps one feel grounded and secure due to its strong connection with Mother Earth.

Chakras: Heart, Root

Element: Earth

Zodiac: Virgo

Affirmation: *"I draw upon the nourishing energy of the Earth to heal."*

MOTHER OF PEARL

- Calms and stabilizes one's emotions and soothes feelings of stress and anxiety.
- Commonly used in mystical work as it stimulates intuition, promotes spiritual growth, and heightens psychic powers.
- Physically, it is believed to be effective in treating dizziness, vertigo, and vision problems, and healing wounds.
- Helps one release feelings of anxiety and fear, particularly fear of the unknown.

Chakras: Solar Plexus, Throat

Element: Water

Zodiacs: Cancer, Gemini

Affirmation: *"I release the past and let go of the future."*

NEW JADE

- New Jade encourages mental and emotional balance and restores a feeling of control over one's life.
- This stone helps to restore confidence and dispel fear, encouraging new beginnings and helping to clear emotional baggage.
- It is peaceful and nurturing and can relieve stress while aiding the recollection of dreams.
- New Jade is also said to promote good luck.

Chakra: Heart

Element: Earth

Zodiacs: Gemini, Scorpio

Affirmation: *"I am surrounded by people who help, guide, and support me. The Universe provides all of my needs."*

NUUMMITE

- One of the oldest stones in existence today, discovered around three billion years ago.
- Greatly enhances clairvoyant abilities and assists one on the journey to self-mastery.
- Believed to be one of the most effective stones for shamanic journeying.
- Helps one release energies trapped in the subconscious, particularly from childhood.
- Gives one the courage, determination, and strength to do what is necessary to heal.

Chakras: Third Eye, Solar Plexus, Root

Elements: Earth, Storm

Zodiac: Sagittarius

Affirmation: *"I am kind, patient, and gentle with myself."*

OCEAN JASPER

- A unique stone that carries the powerful healing energy of the ocean.
- Highly effective for calming feelings of anger, guilt, and resentment, and nurturing positive traits such as patience and love.
- Releases suppressed emotions, bringing them to the surface to allow for transformation and healing.
- Opens the heart chakra and reminds one to be accepting of the cycles of life.

Chakras: Throat, Heart, Solar Plexus

Element: Earth

Zodiac: Capricorn

Affirmation: *"The healing energy of the ocean flows within me."*

ONYX

- Onyx is seen as a protective stone, creating a shield against negativity and grounding the wearer.
- It promotes self-mastery, emotional balance, and inner strength.
- Onyx is also associated with spiritual transformation and physical vitality, aiding in personal growth and boosting energy levels.
- This stone serves as a reminder of the interconnectedness of the spiritual and physical realms.

Chakra: Root

Element: Earth

Zodiacs: Leo

Affirmation: *"I am grounded, protected, and filled with inner strength."*

OPAL

- A stone of love and passion that greatly enhances loyalty, spontaneity, and commitment in romantic relationships.
- Has long been used in spiritual journeying as it facilitates psychic and mystical visions.
- A powerful amplifier of our traits, bringing both positive and negative characteristics of our true self to the surface.
- Helps one release negative traits and begin the journey of self- transformation.

Chakras: All

Element: Water

Zodiac: Libra

Affirmation: *"I am becoming the best version of myself."*

OPALITE

- Has a soft, delicate energy and symbolizes clarity, purity, and new beginnings.
- Enhances one's connection with the spirit world and aids the interpretation of psychic information.
- Gentle companion to assist one during life transitions by promoting a sense of confidence, self-esteem, and courage.
- Balances yin and yang energies, and stabilizes mood swings.

Chakras: Crown, Third Eye

Element: Wind

Zodiac: Cancer

Affirmation: *"I am deeply connected to the spirit world."*

OPTICAL CALCITE

- Optical Calcite offers clarity, insight, manifestation, enhancement, power, and intention programming
- It's a stone for finding solutions as it will aid in seeking the root of the problem and removing it.
- It is also a perfect meditation stone due to its ability to realign our chakras and cleanse one's aura.
- Psychic abilities become unlocked when working with this stone.

Chakra: All

Element: Fire, Wind

Zodiacs: Cancer, Aquarius

Affirmation: *"I am clear in my intention and direction."*

ORANGE CALCITE

- Effective in healing emotional issues related to wounds to one's creativity or sexuality.
- Enhances self-confidence and encourages one to break out of old patterns and behaviors, and pursue new endeavors.
- Promotes the expression of creativity, and can provide one with insights for dealing with creative blocks or delayed projects.
- Assists in overcoming feelings of depression, hopelessness, and lethargy.

Chakras: Solar Plexus, Sacral

Element: Fire

Zodiac: Cancer

Affirmation: *"My mind is filled with new, creative ideas."*

ORCHID CALCITE

- Orchid Calcite is refreshing to the mind, body and spirit.
- It is a stone that encourages one to take steps forward instead of backwards, helping to raise confidence and courage.
- Orchid Calcite raises energy levels and improves motivation.
- A stone that helps one to put ideas and dreams into action.

Chakra: Sacral, Solar Plexus

Element: Fire

Zodiacs: Cancer, Leo

Affirmation: *"I have great creative ideas that I easily bring into reality. I trust in the relaxed flow of the day."*

ORGONITE

- A substance comprised of resin, metals, and quartz that harmonizes bio-energy.
- Functions as a continuously operating energy transmutation device that draws in negative energy and transmutes it into positive energy.
- It is believed that crystals are not necessary for Orgonite to function effectively.
- Protects against EMFs and can balance the energy of a home or office space.

Chakras: All

Elements: All

Zodiac: All

Affirmation: *"I am protected from negative influences."*

PALO SANTO

- Has traditionally been used to purify spaces, people, and objects of negative energy.
- Palo Santo triggers the olfactory system in the brain which promotes feelings of relaxation, calmness, and peace.
- Its scent is said to enhance creative flow, help prepare the mind for meditation, as well as ease cold and flu symptoms.
- An effective aid for treating anxiety and promoting a deep, peaceful sleep.

Chakras: All

Element: Earth

Zodiacs: All

Affirmation: *"I release all negative and stagnant energy within and around me."*

PALM ROOT

- Fossilised palm root is a stone of tender and gentle transformation.
- This stone carries the timeless wisdom and knowledge of the evolving Earth into our present moment. This knowledge reveals to us the sacred nature that is inherent in all life, including ourselves.
- This stone shows us the way to release and heal past life issues and current life challenges, confusion and fear.
- Fossilised Palm Root grounds us deeply into the natural kingdom and body of Earth revitalising our physical, emotional and mental bodies with vital life force and chi.

PEACH MOONSTONE

- Brings out the best in people and promotes feelings of self-love, joy, and optimism.
- Calms the emotions and helps one overcome feelings of depression and hopelessness.
- Acts as a wonderful emotional support for intuitive and sensitive children.
- Helps one connect with Divine Feminine energies, and promotes fertility and love.
- Recommended to be worn by anyone who is experiencing major life changes.

Chakras: Crown, Heart, Solar Plexus

Elements: Wind, Water

Zodiacs: Cancer, Libra, Scorpio

Affirmation: *"I am balanced, centred, and welcome change in my life."*

PEACH SELENITE

- Peach Selenite resonates with pure, unconditional love and can help us to release old emotional traumas. When we want to awaken self-esteem, Peach Selenite is one of the best stones we can have.
- This stone can be used every time we want to connect with our Highest Self, our spirit guides or guardian angels.
- Peach Selenite clears mental blockages and helps us to focus.

Chakra: Sacral, Solar Plexus

Element: Air

Zodiac: Cancer

Affirmation: *"I am cleansed and protected. I embrace transformation."*

PEACHSTILBITE

▷ Peach Stilbite resonates with the vibration of Universal Love, it aids with opening the heart and overcoming fears and loss.

▷ It's calming influence brings inner peace and in meditation it gently expands our consciousness to be aware of other realms and dimensions.

▷ Stilbite is also a powerful manifestation stone. When you connect with the energy of this stone, you will be able to turn your dreams to reality.

Chakras: Sacral, Heart

Element: Wind, Fire

Zodiacs: Aries, Gemini

Affirmation: *"The quieter I become, the more I can hear."*

PERIDOT

- A powerful cleanser that brings a sense of well-being, grounding, and inner peace.
- A stone of financial and spiritual abundance that encourages one to feel gratitude and contentment in all areas of their life.
- Helps one detach themselves from negative influences and look to their own higher energies for guidance.
- Enhances qualities of compassion, patience, and generosity towards others.

Chakras: Solar Plexus, Heart

Element: Earth

Zodiacs: Leo, Virgo, Scorpio, Sagittarius

Affirmation: *"I welcome abundance in all areas of my life."*

PETRIFIED WOOD

- Gives one the ability to translate spiritual insights into real changes in their physical life.
- A stone of spiritual transformation with a deep connection to Mother Earth, making it an effective grounding and centering stone.
- Promotes deep emotional healing linked to difficult relationships, especially those of ancestral origin.
- Teaches one to remain patient and not be too hard on themselves.

Chakras: Root, Third Eye

Element: Earth

Zodiac: Leo

Affirmation: *"I easily and effortlessly apply spiritual insights directly to my life."*

PHANTOM QUARTZ

- Connects deeply with the emotional body and assists the user moving past anger, resentment and fear to allow positive energy into their lives.
- Effective for cleansing auras and dispelling negative energies.
- It helps with personal inner growth and overcoming stagnation.
- It aids and enhances healing abilities and connects the earth to the higher realms.

Chakras: Crown

Element: Fire, Water

Zodiacs: Leo, Gemini and Capricorn

Affirmation: *"I am Clear. I am Open. I am Ready to connect deeply with my Higher Self."*

PHOENIX STONE

- Phoenix Stone is a symbol of transformation, encouraging personal growth and shedding old patterns.
- It is thought to help individuals rise from their past challenges like a phoenix from the ashes, fostering resilience and inner strength.
- This crystal is often used in meditation and energy work to connect with one's inner fire and ignite a sense of purpose and passion in life.

Chakras: Heart, Third Eye

Element: Fire

Zodiacs: Aquarius, Libra

Affirmation: *"I rise from the ashes of my past, reborn and empowered."*

PHOSPHOSIDERITE

- Has a peaceful energy that helps one remain focused on their spiritual path.
- A wonderful stone to use in meditation as it enhances communication with spirit guides, angels, and our higher self.
- Sleeping with this stone can help relieve insomnia, prevent nightmares, promote a peaceful sleep, and calm an overactive mind.
- Physically, it is believed to alleviate upper respiratory infections and ease thyroid issues.

Chakras: Third Eye, Heart

Element: Wind

Zodiac: Virgo

Affirmation: *"My higher self has all the answers I need."*

PICASSO JASPER

- Has an uplifting energy that promotes deep reflection and self-transformation.
- Encourages one to develop their creative talents and move out of their comfort zone.
- Heals feelings of shame and guilt, especially those related to sexuality.
- Helps one break away from past hurt and begin on a new path of independence.
- Beneficial for anyone in a creative field of work by helping them stay inspired.

Chakras: Root, Sacral, Solar Plexus

Element: Earth

Zodiacs: Leo, Virgo, Scorpio

Affirmation: *"Creative inspiration comes naturally to me."*

PICTURE JASPER

- Helps one form a greater bond with Mother Earth and Earth Goddess energies.
- A very centering and grounding stone that helps give one a stronger sense of purpose and direction in their life.
- Enables one to gain a better understanding of their past fears, and have the strength to move forward and overcome them.
- Quickly absorbs negative energy, making it important to ensure it is cleansed regularly.

Chakras: Root, Third Eye

Element: Earth

Zodiac: Leo

Affirmation: *"I no longer allow fear and self-doubt to rule my life."*

PIETERSITE

- Also known as the 'Tempest Stone' due to its swirling colors resembling a storm.
- Meditate with this stone on the third eye chakra to enhance psychic visions and move into a higher state of awareness.
- Many people who work with Pietersite experience a rapid personal transformation, which may feel uncomfortable at first.
- Aids readers of tarot and other oracles to make their predictions more accurate.

Chakras: Solar Plexus, Third Eye

Element: Storm

Zodiacs: Leo, Sagittarius

Affirmation: *"I allow my intuition to lead me to my true purpose in life."*

PINEAPPLE QUARTZ

- Enhances intuition, attracts abundance and is helpful when attempting to create group harmony.
- Restores trust and innocence, brings healing to our wounded inner child and creates an aura of unconditional love.
- Dissipates feelings of oppression and despair to create tranquillity and confidence in an illumined mind that sees beyond the confines of everyday circumstance.
- Teaches us that we are never truly alone, and connects us to the divine love of our inner being.

PINK AVENTURINE

- A calming stone that gives one the strength to let go of people and situations that are no longer serving their highest good.
- Enhances creative inspiration and supports one from imagining to actualizing.
- An effective stone for people who have trouble drawing love into their life as it opens the heart to accepting love from others.
- Boosts self-esteem and encourages one to develop a bright outlook towards life.

Chakra: Heart

Element: Earth

Zodiac: Aries

Affirmation: *"I easily turn my creative ideas into a reality."*

PINK AGATE

- A powerful healer of the heart chakra, helping one overcome feelings of pain.
- Enhances creativity, attention to detail, concentration, and analytical abilities.
- Associated with parental love, and enhances the relationship between a child and parent.
- Helps one feel worthy and deserving of love and increases self-confidence.
- It is recommended to wear Pink Agate near the heart to experience its full healing effects.

Chakra: Heart

Element: Earth

Zodiacs: Capricorn, Gemini, Libra, Scorpio

Affirmation: *"I am worthy of receiving unconditional love."*

PINK AMETHYST

- The soft but powerful energy of this stone enhances empowerment and self-expression.
- Provides comfort during overwhelming situations, such as a relationship breakdown, loss of a loved one, or a job redundancy.
- Promotes a positive self-image and encourages one to be kind, gentle, and more compassionate with themselves and others.
- The high vibration of this stone cleanses the aura and clears negative thoughts.

Chakras: Heart, Third Eye, Crown

Element: Wind

Zodiacs: Aquarius, Pisces, Virgo

Affirmation: *"I am a strong, generous, and loving person."*

PINK ARAGONITE

- A powerful grounding stone that is deeply connected to Gaia and the Earth Goddesses.
- Holds significant power over the heart chakra and is useful in matters of love.
- Promotes deeper, healthier, and more fulfilling romantic relationships.
- Encourages one to open their heart to giving and receiving love from others.
- A useful stone for healing heartache and alleviating feelings of loneliness.

Chakra: Heart

Element: Earth

Zodiac: Capricorn

Affirmation: *"Love flows easily and freely through me."*

PINK CALCITE

- One of the most beneficial stones to help in treating postpartum depression.
- Enables one to develop a deep and loving connection with their newborn, and aids in healing feelings of fatigue and overwhelm.
- Sleeping with Pink Calcite promotes a deep and peaceful sleep, prevents nightmares, and calms an overactive mind.
- Effective healer for anyone experiencing heartache or the sudden loss of a loved one.

Chakra: Heart

Element: Earth

Zodiac: Cancer

Affirmation: *"I am compassionate and gentle with myself and others."*

PINK HALITE

- Pink Halite is a stone that pushes one to love every ounce of themselves and who they truly are.

- It's a strong stone that helps one release emotional strain such feelings as self guilt, low self-esteem, and overwhelming anxiety.

- Pink Halite urges one to open their heart and allow all emotional strain to surface so that it may be dealt with.

- Pink Halite is also a stone of great clarity.

This stone teaches one to take great pride and care in personal decisions and assists with finding abundance of joy in difficult decisions.

Chakra: Heart

Element: Earth

Zodiacs: Cancer, Pisces

PINK JASPER

- A nurturing stone that offers protection from both physical and spiritual harm.
- An excellent aid when performing spiritual work within the higher realms due to its grounding and centering effect.
- Intuition is heightened when working with this stone, connecting one to the deeper spiritual aspects of themselves.
- Its calming vibration promotes feelings of relaxation and reduces stress levels.

Chakra: Heart

Element: Earth

Zodiac: Libra

Affirmation: *"I am grounded and content in this present moment."*

PINK ONYX

- Pink Onyx attracts great romance to your life, and brings out adventure and fun in your love life; inspiring you to be exciting and open to new things in your path of happiness.

- This stone reminds you to be receptive to your intuition and accept the part of you that is able to hold a vision and imagine a better way of life.

- Pink Onyx can help you to balance your emotions, thereby increasing your emotional maturity.

Chakra: Heart

Element: Water

Zodiac: Aquarius, Pisces

Affirmation: *"I am compassionate, kind and receptive to love."*

PINK OPAL

- Promotes emotional healing, especially those associated with subconsciously held pain and past trauma.
- Helpful for anyone experiencing a relationship breakdown or grieving the sudden loss of a loved one.
- Excellent sleeping aid due to its ability to calm and soothe the mind and body.
- Effective for people who suffer from excessive fear, anxiety, and panic attacks.

Chakra: Heart

Element: Water

Zodiac: Cancer

Affirmation: *"I am calm and stable, and my mind is filled with peaceful thoughts."*

PINK TOURMALINE

- Effective stone for therapists as it allows them to better connect with their patients.
- Recommended for those who experience frequent panic attacks as it helps calm the emotions in times of distress.
- Provides comfort and support to those who are experiencing any form of emotional trauma, heartbreak, or loss.
- Enhances qualities of understanding, gentleness, compassion, and wisdom.

Chakra: Heart

Element: Water

Zodiac: Libra

Affirmation: *"I am ready to begin on my healing journey and move forward."*

PINK ZEBRA JASPER

- A nurturing stone that offers protection from both physical and spiritual harm.
- An excellent aid when performing spiritual work within the higher realms due to its grounding and centering effect.
- Intuition is heightened when working with this stone, connecting one to the deeper spiritual aspects of themselves.
- Its calming vibration promotes feelings of relaxation and reduces stress levels.

Chakra: Heart

Element: Earth

Zodiac: Libra

Affirmation: *"I am grounded and content in this present moment."*

PISTACHIO CALCITE

- A grounding stone that aids one in becoming more attuned to nature.
- Relieves emotions such as anger, resentment, and irritability, and nurtures positive traits such as love and forgiveness.
- Helps one gently release what is no longer serving them, and regain their sense of purpose and direction in life.
- Accelerates the manifestation of one's financial goals and material desires.

Chakra: Heart

Elements: Water, Fire

Zodiacs: Aries, Cancer, Libra, Taurus

Affirmation: *"I release feelings of pain and forgive those who have hurt me."*

POLYCHROME JASPER

- A rare and relatively new stone that combines Fire and Earth elements.
- Its healing energy will light new paths, helping one discover new approaches to their heart's truest desires.
- Has a strong grounding energy due to its deep connection to Mother Earth, helping one feel secure, safe, and purposeful.
- Clears energy blockages in all the chakras, enabling rebirth and transformation.

Chakras: All

Elements: Earth, Fire

Zodiacs: Aquarius, Pisces

Affirmation: *"I am grounded and ready to take immediate action towards my goals."*

POPPY JASPER

- A relatively rare form of Jasper that enhances personal strength and willpower.
- Increases one's mental fortitude to help with life's daily challenges and imparts a sense of wholeness and well-being.
- Recommended to be worn by anyone suffering with depression, chronic fatigue, or impaired functioning of an organ or gland.
- Highly effective healing stone that has the power to energize and realign all the chakras.

Chakras: All

Element: Earth

Zodiacs: Libra, Scorpio

Affirmation: *"I have the mind, heart, and spirit of a warrior."*

PRASIOLITE

- Clears blockages within the heart chakra, helping one release any feelings of past pain.
- A strong energy amplifier that works to amplify the energies of other crystals as well as one's thoughts and intentions.
- A stone of originality and self-expression that encourages one to confidently share their unique talents with others.
- Aids one in manifesting abundance and career success into their life.

Chakras: Heart, Crown, Third Eye

Element: Earth

Zodiacs: Scorpio, Capricorn

Affirmation: *"I have the courage to stay true to myself."*

PREHNITE

- Encourages one to have faith in the universe and trust in the divine timing of their life.
- Induces a deep meditative state and facilitates communication with angels, spirit guides, and our higher self.
- Recommended to be worn by anyone who suffers with anxiety, an overactive mind, and restlessness.
- Has a strong connection with Mother Earth and helps one remain in the present moment.

Chakras: Heart, Solar Plexus

Elements: Earth, Water

Zodiacs: Capricorn, Libra

Affirmation: *"I trust what the universe has in store for me."*

PURPLE AGATE

- A stone of spiritual transformation that teaches one to trust their intuition.
- Its calming and soothing vibration can help dispel fear and impart one with courage, confidence, and strength.
- Meditating with this stone enables one to enter a deep meditative state and clears the mind for insights and visions.
- Has a strong connection to the Violet Flame, a divine gift given to us by Saint Germain.

Chakras: Third Eye, Crown

Element: Wind

Zodiacs: Aries, Leo, Sagittarius

Affirmation: *"I trust my own insights and allow my intuition to guide me."*

PURPLE FLUORITE

- A spiritual and peace-giving stone that opens and activates the third eye chakra.
- Enhances self-awareness and helps one form a connection between their intuition and rational mind.
- It is a very protective stone, especially on a psychic level, and is said to become more protective the longer one works with it.
- It reminds us that we are not alone and are always supported by the Divine.

Chakra: Third Eye

Element: Wind

Zodiacs: Pisces, Capricorn

Affirmation: *"I am connected to my inner guidance."*

PYRITE

- A stone of manifestation that attracts abundance and prosperity to the wearer.
- Carries powerful vibrations of strength, willpower, and protection.
- Imparts an immediate increase in vitality, creativity, and motivation.
- Forms a protective shield around the aura, guarding one from negative influences.
- Encourages one to eliminate negative habits and establish new, positive behaviours.

Chakra: Solar Plexus

Element: Earth

Zodiac: Leo

Affirmation: *"I am prosperous and abundant in all areas of my life."*

QUANTUM QUATTRO

- Quantum Quattro consists of five powerful minerals; Shattuckite, Dioptase, Smoky Quartz, Malachite, and Chrysocolla.
- Placed within the home, it can bring in a new vibration of love, stability, and harmony.
- Being a combination stone, it carries the unique properties of each stone within it, as well as its own.
- Strengthens the immune system, and heals the effects of grief, trauma, and heartache.

Chakras: Heart, Third Eye, Throat

Elements: All

Zodiacs: All

Affirmation: *"Healing energy flows freely through my mind and body."*

QUE SERA

- Que Sera possesses the power to make one happy, live at peace, and make the most of one's life.

- It will enable one to be optimistic, have an unwavering trust in the universe, and realise that every good and bad situation contains a spiritual lesson.

- Que Sera empowers one to say no and removes the tendency to give in to others.

Chakra: Third Eye, Heart, Root

Element: Wind, Water

Zodiacs: Cancer, Aquarius

Affirmation: *"I release my need to control the future and focus on enjoying the present moment. I live my life to the fullest."*

RAINBOW FLUORITE

- Enhances concentration and mental clarity, and helps one ground their thoughts.
- Ideal stone for overcoming procrastination and disorganization, giving one the motivation to complete tasks to the end.
- Increases self-discipline and willpower, and encourages one incorporate structure and routine into their daily life.
- Helps one quickly absorb new information and improves memory retention.

Chakras: All

Element: Wind

Zodiacs: Capricorn, Libra, Pisces

Affirmation: *"I am organized and disciplined in all areas of my life."*

RAINBOW MOONSTONE

- Activates and aligns all the chakras, allowing energy to flow freely throughout the body.
- A powerful emotional healer that is recommended for those who carry old emotional wounds.
- Aids in eliminating self-doubt and fear, and encourages one to take on new opportunities that may come their way.
- Forms a shield around the aura, protecting one from negativity and psychic attacks.

Chakras: All

Element: Water

Zodiac: Cancer

Affirmation: *"My mind is open to new possibilities and opportunities."*

RAINBOW OBSIDIAN

- A stone of transformation that helps one gently release suppressed emotions.
- Takes one on a journey into the depths of the subconscious mind, helping one resolve past issues and heal old emotional wounds.
- Absorbs negative energy from the aura, making it important that this stone is regularly cleansed.
- Recommended to be worn by anyone experiencing a broken heart.

Chakra: Root

Element: Earth

Zodiac: Libra

Affirmation: *"I release negative and painful emotions, and allow myself to move forward."*

RAINBOW TOURMALINE

- A unique stone formed from multiple colored varieties of Tourmaline.
- Enhances confidence and promotes joy, harmony, and unconditional love towards oneself and others.
- Eliminates negative thoughts, habits, and behaviors, encouraging one to make positive changes in all areas of their life.
- Cleanses and protects one's auric field, and balances the entire meridian system.

Chakras: All

Element: Water

Zodiacs: Gemini, Virgo

Affirmation: *"I radiate positive energy, happiness, and joy each day."*

RAINFOREST RHYOLITE

- An ancient stone that carries a strong vibration promoting self-transformation.
- Encourages one to take time for themselves to actively pursue their goals and dreams.
- Imparts a sense of acceptance of one's true self and eliminates feelings of self-doubt.
- Allows one to deepen their connection with Mother Earth and nature spirits.
- Recommended to meditate with this stone in nature to experience its full healing effects.

Chakras: All

Element: Earth

Zodiac: Sagittarius

Affirmation: *"I believe in my ability to succeed in anything I put my mind to."*

RED AGATE

- Lights a fire within and motivates one to passionately pursue all their desires.
- A wonderful support stone for artists, writers, and musicians as it boosts creativity, inspiration, and imagination.
- Encourages one to reflect on all aspects of their life and make wiser choices, particularly in relation to their finances.
- Has been used for centuries to protect one from negative influences and psychic attacks.

Chakras: Heart, Solar Plexus

Element: Fire

Zodiac: Capricorn

Affirmation: *"My creativity is boundless and flows effortlessly."*

RED AVENTURINE

- An energizing stone that is effective for combating fatigue, mental fog, and lethargy.
- Encourages one to take decisive action to achieve their goals and remain committed, despite any setbacks or challenges.
- Believed to be effective in reducing back pain, treating autoimmune disorders, and stimulating the production of red blood cells.
- Inspires creativity and promotes a fearless and optimistic mindset.

Chakras: Sacral, Root

Elements: Earth, Fire

Zodiac: Virgo

Affirmation: *"I am energized and committed to achieving success."*

RED CALCITE

- An energizing and detoxifying stone that helps rejuvenate the physical body.
- Reduces stress and soothes imbalances which bring on fatigue and exhaustion.
- Assists in balancing hormones and enhancing the absorption of vitamins.
- A wonderful support stone for women who are preparing for pregnancy and childbirth.
- Removes stagnant energy from one's auric field and dissolves emotional blockages.

Chakras: Root, Crown, Heart

Elements: Fire, Earth

Zodiac: Cancer

Affirmation: *"My body is healthy, energized, and balanced."*

RED JASPER

- An ancient and sacred stone that imparts courage, strength, and resilience during times of physical and emotional stress.
- Promotes a sense of justice and gives one the courage to stand up for what is right.
- Increases libido, promotes fertility, and provides support to those who are recovering from an illness or injury.
- Enhances memory retention, especially when it comes to recalling dreams.

Chakra: Root

Element: Earth

Zodiacs: Libra, Scorpio

Affirmation: *"I am filled with vitality and strength to heal my mind, body, and spirit."*

RED ONYX

- Red Onyx is a powerful stone that is believed to bring strength and protection.
- It is used to help clear the mind of negative thoughts and increase one's focus.
- This stone protects one from evil eyes and clears ones aura of unwanted energies.
- Red Onyx is a stone that guides one through life's challenges and helps you overcome them.

Chakra: Root

Element: Earth

Zodiacs: Leo, Virgo

Affirmation: *"I am strong, protected and balanced."*

RED TIGER'S EYE

- A highly stimulating stone that imparts motivation, self-confidence, and ambition.
- Physically, it is believed to alleviate pain, treat blood disorders such as anemia, speed up the metabolism, and boost sex drive.
- It is recommended that one carries this stone in their pocket to add creativity, vitality, and passion to projects they are working on.
- Can help one get through difficult periods in life without losing courage and hope.

Chakras: All

Element: Fire

Zodiac: Capricorn

Affirmation: *"I am successful, confident, and strong."*

RHODOCHROSITE

- A stone of love, compassion, forgiveness, and self-acceptance.
- Gently brings repressed feelings to the surface so that one can heal their emotional wounds and move forward.
- A great support stone for those who are experiencing a relationship breakdown or grieving the loss of a loved one.
- Calms and rebalances the nervous system and promotes feelings of deep relaxation.

Chakras: Heart, Solar Plexus

Elements: Fire, Water

Zodiacs: Leo, Scorpio

Affirmation: *"I gently release past pain with grace, compassion, and love."*

RHODONITE

- Assists one in discovering their true purpose in life and learning new skills.
- Has a joyful and uplifting energy that encourages one to engage in behaviors that help others in need.
- Promotes acceptance and forgiveness of oneself and others, and dissolves any feelings of fear, resentment, and self-doubt.
- Great companion for anyone experiencing anxiety due to its soft, nurturing energy.

Chakras: Heart, Root

Elements: Earth, Fire

Zodiacs: Leo, Sagittarius, Taurus

Affirmation: *"I am so thankful for all the amazing blessings in my life."*

ROSE QUARTZ

- Cleanses the heart chakra, allowing vibrations of love to flow freely without fear.
- Promotes healthy and harmonious relationships of all kinds, and can be effective for attracting new love.
- Strengthens qualities of empathy, patience, compassion, and sensitivity, and aids the acceptance of necessary change.
- Opens the heart at all levels to promote self-love and acceptance of oneself and others.

Chakra: Heart

Element: Water

Zodiacs: Taurus, Libra, Scorpio

Affirmation: *"I radiate love, beauty, confidence, and grace."*

RUBY

- A highly energizing stone that revitalizes the mind, body, and spirit.
- Emanates the highest vibrations of the pure Red Ray, enhancing passion and enthusiasm in all areas of life.
- Eliminates fear and self-doubt, giving one the courage to make whatever leaps of faith are required to achieve their goals.
- An effective companion for those who feel a lack of strength and motivation.

Chakra: Root

Element: Earth

Zodiacs: Aries, Leo, Cancer, Sagittarius

Affirmation: *"I take action towards my goals without fear."*

RUBY FUCHSITE

- Combines the powerful energies of Ruby with the tranquil nature of Fuchsite to create a wonderful stone of emotional support.
- Fosters a sense of overall health and well-being, both mentally and physically.
- Enables one to make decisions from a place of reason and gives one the strength to set clear, firm boundaries with others.
- Clears blockages of the heart, allowing love to flow freely without restriction.

Chakras: Root, Heart

Element: Water

Zodiacs: Cancer, Leo, Scorpio, Sagittarius

Affirmation: *"I am healthy, happy, and optimistic each day."*

RUBY ZOISITE

- A stone that inspires one to live with greater joy, compassion, and gratitude.
- Effective for anyone who is grieving the death of a loved one or fearing for their own death by helping one stay calm and peaceful.
- Helps one let go of any fear, doubt, and anxiety about the future, and remain in the present moment.
- One of the very few minerals that can transmute negative energies into positivity.

Chakras: Root, Heart, Third Eye

Element: Earth

Zodiacs: Aquarius, Aries

Affirmation: *"I radiate love, appreciation, and gratitude each day."*

RUTILATED QUARTZ

- Its high vibration promotes spiritual growth and attunes one to their Divine Purpose.
- Like Clear Quartz, it is very programmable and can be used to magnify the energy of any intention or affirmation.
- Accelerates the manifestation process and enhances intuition, psychic opening, and consciousness expansion.
- Allows one to release fear and anxiety related to traumatic childhood memories.

Chakras: All

Element: Storm

Zodiacs: Taurus, Leo, Gemini

Affirmation: *"I allow myself to pursue my Divine purpose."*

SAMADHI QUARTZ

- Samadhi Quartz envelopes us in pure, radiant energy of unconditional love, with compassion, comfort, and the assurance that we are never alone.
- It purifies and heals the heart to allow us to forgive ourselves and others, and provides an easy release of all that is holding us back.
- Will amplify and recharge the energetic properties of other crystals.
- Place it in your home, workspace to bring a fresh perspective that will lead you to your Higher Self.

Chakra: Crown

Element: Spirit

Zodiacs: All

Affirmation: "I am open to receiving divine wisdom and guidance. I connect deeply with the spiritual realms and experience profound inner peace and clarity."

SARDONYX AGATE

- Contains the protective properties of Onyx, and the revitalizing energies of Carnelian. Greatly enhances willpower and courage, helping one take action to achieve their goals.
- Dissolves feelings of self-doubt and encourages one to have faith that their dreams are within reach.
- The Onyx within this stone helps one remain grounded, improves concentration, and promotes self-discipline.

Chakra: Root

Element: Fire

Zodiacs: Aries, Leo

Affirmation: *"I am filled with courage and confidence."*

SCHEELITE

- A rare stone that promotes spiritual awareness and enhances psychic abilities.
- Its powerful energy can make it too strong for meditation, however, some find it can be beneficial and serve as a point of focus.
- Enables one to create a deep connection with Mother Earth, and is an excellent stone for shamanic journeying and astral travel.
- Cleanses and aligns all the chakras, and stabilizes male and female energies.

Chakras: Sacral, Solar Plexus, Crown

Element: Earth

Zodiac: Cancer

Affirmation: *"My mind is calm, balanced, and grounded."*

SCOLECITE

- Enhances the dream state and stimulates intense lucid dreaming.
- Ideal for use in healing sessions or meditation due to its ability to induce a state of deep relaxation and peace.
- Recommended for introverts and empaths, as it can help them recharge after spending time in high-energy environments.
- Effective stone for anyone who is prone to panic attacks in large crowds.

Chakras: Third Eye, Crown

Element: Wind

Zodiac: Capricorn

Affirmation: *"I am filled with light and connect to the angelic realm with ease."*

SEA SEDIMENT JASPER

- A stone of emotional support and stability that has a soft, nurturing energy.
- Believed to stimulate lucid dreaming and aid one's ability to interpret the symbolic messages of their dreams.
- The purple variety of Sea Sediment Jasper helps one connect to the higher realms and accelerates one's spiritual growth.
- Eliminates fatigue and exhaustion, giving one a sense of renewed vitality.

Chakras: Third Eye, Crown

Elements: Earth, Water

Zodiacs: All

Affirmation: *"I am Divinely guided by the universe each day."*

SELENITE

- Purifies and cleanses the aura, and protects one from negative influences.
- Instills a sense of deep peace, making it effective for use in meditation.
- Enhances thought clarity, clears mental confusion, and assists spiritual insight.
- Can be used to form a protective grid around a home or sacred space.
- Place in a workplace to ensure a harmonious, calm, and peaceful atmosphere.

Chakras: Third Eye, Crown

Element: Wind

Zodiacs: Cancer, Gemini

Affirmation: *"I am at one with myself, the Earth, and the Universe."*

SEPTARIAN

- A unique stone composed of Aragonite, Calcite, and Limestone.
- One may experience an inner awakening when working with this stone, driving a sudden change in forming new habits.
- Improves the balance of the mind, body, and spirit, ensuring peace and harmony in all aspects of one's being.
- Enhances and nurtures communication on all levels, particularly in large group settings.

Chakra: Root

Element: Earth

Zodiac: Taurus

Affirmation: *"Each day, I am transforming myself into a more positive being."*

SERAPHINITE

- Known as the 'Angel Stone' due to its unique white markings that resemble angel wings.
- Holds a great deal of spiritual energy and facilitates contact with the angelic realm, nature spirits, and the Divine Feminine.
- Helps one redefine their sense of purpose and gently release old emotional patterns that are no longer serving them.
- Realigns the entire chakra system and clears energy blockages in the meridians.

Chakras: All

Element: Earth

Zodiac: Taurus

Affirmation: *"I am surrounded by the protective wings of my angels."*

SERPENTINE

- One of the best stones for stimulating kundalini energies.
- Place this stone on the meridian points to clear blockages and allow a healthy flow of energy to radiate through the body.
- Has the ability to deepen one's connection with nature and help them better understand their place in the universe.
- Powerful healing stone that promotes deep personal transformation.

Chakras: All

Element: Earth

Zodiacs: All

Affirmation: *"I allow healing energy to flow through me easily and freely."*

SHATTUCKITE

- A stone of channeling, mediumship, and connection to the inner realms.
- Opens one's psychic channels, enabling one to hear messages from their inner guides and spirits of the deceased.
- Improves one's communication skills, making it an excellent stone for those who use verbal communication as a work skill.
- Enables one to communicate wisdom and information from the higher realms.

Chakras: Heart, Throat, Third Eye

Elements: Water, Wind

Zodiacs: Sagittarius, Aquarius

Affirmation: *"I communicate my inner knowing with ease."*

SHELL JASPER

- Shell Jasper is used for protection and grounding.
- Shell Jasper is said to create serenity and satisfaction while providing stability and protection.
- It is said to offer vigour on the physical, emotional and mental plane which in turn helps people to establish a very practical and safe spiritual connection.
- It is also said to help to overcome resignation, and help us defend against oppression.
- It is used for balance, bringing relaxation, well being and serenity.

SHIVA EYE AGATE

- A stone of channeling, mediumship, and connection to the inner realms.
- Opens one's psychic channels, enabling one to hear messages from their inner guides and spirits of the deceased.
- Improves one's communication skills, making it an excellent stone for those who use verbal communication as a work skill.
- Enables one to communicate wisdom and information from the higher realms.

Chakra: Third Eye

Element: Earth

Zodiac: Gemini

Affirmation: *"My mind, body, and spirit are protected from harm."*

SHIVA LINGAM

- A unique stone named after the Hindu god Shiva and is symbolic of inner transformation.
- The fire energy in this stone is so intense that it can immediately activate kundalini energy and charge the entire chakra system.
- Working consistently with Shiva Lingam balances masculine and feminine energy, resulting in a unified vibration.
- Recommended to be worn by those who need a boost of vitality and prana energies.

Chakras: All

Elements: All

Zodiac: Scorpio

Affirmation: "My emotional, physical, and spiritual bodies are unified."

SHIVA SHELL

- Shiva shells have a very uplifting energy that can awaken a sense of adventure.
- Enhances intuition and promotes wisdom, helping one to better understand themselves and their place in the world.
- Have long been recognized as a divination and transformation tool which can assist one in finding a new path towards success in life.
- Placed under the pillow, they can facilitate lucid dreaming and aid dream recall.

Chakra: Third Eye

Element: Water

Zodiac: Aries

Affirmation: *"I am intuitive and aligned with my inner truth."*

SHUNGITE

- Enhances mental clarity and purifies one's emotions, thoughts, and intentions.
- A very protective stone that counteracts the harmful effects of EMFs and radiation from electronic devices.
- Cleanses and reinvigorates each chakra, removes toxins from the body, and reduces inflammation and pain.
- Its vibration can clear the energy of an entire room and protect one negative influences.

Chakra: Root

Element: Earth

Zodiacs: Cancer, Capricorn, Scorpio

Affirmation: *"I am purified and shielded from negative energy."*

SILVER

- Silver is a very protective mineral associated with emotions and the psychic mind.
- Associated with the Moon, Silver is said to enhance the powers of the Moon, particularly during full and new moon cycles.
- Brings inner peace, calmness, and purity, and enhances qualities of patience and perseverance.
- Increases sensitivity, expands one's psychic awareness, and strengthens intuition.

Chakras: All

Element: Earth

Zodiacs: All

Affirmation: *"I trust my intuition and allow it to guide me in the right direction."*

SILVER OBSIDIAN

- A very protective stone that carries a higher vibration than regular Obsidian.
- Promotes transformation and deep self-reflection that motivates one to take action to change the direction of their life.
- Reminds one that they are the master of their own destiny, and encourages one to make use of the gifts they have been given.
- Effective for anyone who feels lost or dissatisfied with their life.

Chakras: Root, Solar Plexus

Element: Earth

Zodiac: Sagittarius

Affirmation: *"I trust what the universe has in store for me."*

SMITHSONITE

- Smithsonite soothes one's mind and calms one's emotions.
- It refreshes the emotional body and helps to re-evaluate situations causing distress.
- Smithsonite brings clarity when one feels overwhelmed with emotions.
- It encourages one to find resolution and move on from negative situations.
- Smithsonite encourages the release of negative emotions and grudges.

Chakra: All

Element: Water

Zodiacs: Virgo, Pisces

Affirmation: *"I am calm and clear, and my emotional body is in a state of rest."*

SMOKY QUARTZ

- One of the most powerful grounding stones due to its deep connection to Mother Earth.
- Encourages one to focus on solutions to problems, rather than dwell on their current emotional state.
- Clears away negative thoughts and feelings, making it an effective stone for anyone suffering with depression or anxiety.
- Relieves chronic pain, migraines, and tension of the shoulders and back.

Chakra: Root

Element: Earth

Zodiacs: Capricorn, Sagittarius, Scorpio

Affirmation: *"My spirit is deeply grounded and centered in the present moment."*

SMOKY ELESTIAL

- Smoky Elestials carry a powerful force for transformation for both the individual and masses.
- They are believed to empower, inspiring self-confidence and leadership. They are also believed to be a powerful ally during challenging times, helping to dissolve fear of change and guiding one towards the path of new beginnings.
- Additionally, Smoky Elestials are thought to bring healing to imbalances affecting the brain.

Chakra: Throat, Third Eye

Element: Earth

Zodiacs: Capricorn, Sagittarius, Scorpio

SNOWFLAKE OBSIDIAN

- Can help one find light in the darkness and tune into their spiritual guidance.
- Purifies and strengthens the mind, allowing one to overcome negative thought patterns, and destructive habits and behaviors.
- Beneficial to help with past-life recall and recovering deeply held subconscious memories from the present life.
- Helps one think before they act and refrain from making impulsive decisions.

Chakras: Root, Third Eye

Element: Earth

Zodiac: Virgo

Affirmation: *"I am in touch with the hidden parts of myself."*

SODALITE

- Promotes emotional balance, eases anxiety, and calms panic attacks.
- Enhances creativity and imagination, and restores one's confidence in their unique talents and abilities.
- Place in a group setting, such as an office, to promote harmony, cooperation, and teamwork.
- Improves one's self-esteem and acceptance of themselves.

Chakra: Third Eye

Element: Wind

Zodiac: Sagittarius

Affirmation: *"I am grateful for all the unique gifts and talents I have been given."*

SOLAR QUARTZ

- Solar Quartz is believed to radiate positive energy and promote personal growth and transformation.
- This crystal is thought to enhance one's sense of self-confidence and creativity while also providing a strong connection to the spiritual realm.
- It's captivating appearance symbolises the warmth and illumination of the sun, making it a popular choice for those seeking enlightenment and inner radiance.

Chakras: Solar Plexus

Element: Fire

Zodiacs: Leo

Affirmation: *"I radiate positivity, inner strength and warmth."*

SPHALERITE

- A stone of personal power and energy that deeply stimulates the lower chakras.
- Promotes self-confidence, stabilizes mood swings, and encourages one to form positive habits and routines.
- Eliminates fatigue, strengthens the immune system, and is helpful for those who are recovering from an illness or injury.
- Known as a stone of discernment as it guides one in making the right decisions in life.

Chakras: Root, Sacral, Solar Plexus

Elements: Earth, Fire

Zodiac: Gemini

Affirmation: *"My thoughts are clear, focused, and grounded."*

SPIRIT QUARTZ

- Holds a great deal of spiritual energy and creates a sense of magic in one's life.
- Effective stone to help one better connect to the fairy realm and nature spirits.
- Forms a protective shield around one's aura, particularly when performing spiritual work.
- Recommended to be worn by empaths as it softens the impact of psychic stimuli.
- Beneficial for fostering unity and harmony in a household or workplace.

Chakras: All

Elements: Earth, Storm

Zodiacs: Virgo, Libra, Capricorn, Pisces

Affirmation: *"I am deeply connected with the spiritual realm."*

STRAWBERRY QUARTZ

- Has a playful and joyful energy that allows one to reconnect with their inner child.
- Stimulates creativity and imagination, helping artists, writers, and musicians keep their work fresh and interesting.
- Helps one move on from any past trauma or negative experiences and feel the beauty of the present moment.
- Place in the home to encourage positive bonds to form between loved ones.

Chakras: All

Element: Fire

Zodiac: Libra

Affirmation: *"My imagination and creativity flows effortlessly."*

SUGILITE

- Highly protective stone that shields one from psychic and spiritual attacks.
- Effective stone for those who have autism due to its loving and nurturing energy that promotes self-acceptance.
- Reorganizes brain patterns that underlie learning difficulties, such as dyslexia, dysgraphia, and ADHD.
- Recommended to be worn by empaths and those who feel alienated and alone.

Chakras: Third Eye, Crown, Etheric

Element: Wind

Zodiac: Virgo

Affirmation: *"I am worthy of love and healing, and I accept myself for who I am."*

SULPHUR QUARTZ

- Sulphur Quartz is thought to symbolise a transformative journey, representing the alchemical process of turning challenges into opportunities for growth.
- This crystal is associated with purification and release, encouraging individuals to let go of negativity and embrace personal evolution.
- Its vibrant yellow color further signifies clarity of thought and a renewed sense of vitality in one's spiritual path.

Chakras: Solar Plexus

Element: Fire

Zodiacs: All

Affirmation: *"I embrace transformation, release negativity, and ignite my inner power, fostering growth on my spiritual journey."*

SUNSTONE

- Facilitates feelings of confidence, empowerment, and independence.
- Has a bright, positive energy that aligns the mind, body, and spirit with its highest vibrations.
- Brings passion, enthusiasm, and creativity back into one's life when they have lost touch with those feelings.
- Helpful stone for those who have difficulty setting boundaries with others.

Chakra: Solar Plexus

Element: Fire

Zodiacs: Leo, Libra

Affirmation: *"I am filled with vibrations of love, light, and joy."*

SUPER SEVEN

- A rare mineral with seven crystals in one; Amethyst, Cacoxenite, Goethite, Rutile, Lepidocrocite, Smoky Quartz, and Quartz.
- Due to its high frequency, Super Seven is a stone that does not require cleansing.
- Meditating with this stone can help one access their higher purpose and attune their energy to celestial beings.
- Assists the cleansing of other crystals and the environment they are placed in.

Chakras: All

Elements: Earth, Storm

Zodiacs: All

Affirmation: *"I am attuned to my higher purpose in life."*

TANGERINE QUARTZ

- Stimulates sexual energies and creativity, blending them to enhance spiritual growth.
- Meditating with Tangerine Quartz can trigger bursts of creative ideas, inspiring one to take action to make those ideas a reality.
- Beneficial for romantic partners to sleep with this stone as it can work to elicit sexual desire, love, and passion in the relationship.
- Encourages playfulness and curiosity, helping one reconnect with their inner child.

Chakra: Sacral

Element: Fire

Zodiac: Leo

Affirmation: *"I am passionate and enthusiastic in all areas of my life."*

TEAL AGATE

- Vibrates at a relatively low frequency, making it a soothing and peaceful stone.
- Induces pleasant dreams and promotes a restful sleep by alleviating stress and calming an overactive mind.
- Excellent stone for improving communication skills, enabling one to speak with calmness, clarity, and confidence.
- Harmonizes the mind, and encourages peacefulness and quiet contemplation.

Chakras: Throat, Third Eye

Element: Earth

Zodiac: Virgo

Affirmation: *"I clearly and calmly express my thoughts and ideas with others."*

TEKTITE

- Vibrates on a very high frequency and can be instantly felt by those who are sensitive to the energies of crystals.
- Facilitates astral travel, enhances intuitive gifts, and accelerates psychic development.
- Clears blockages in the lower chakras, allowing energy to flow freely throughout the subtle bodies.
- Meditating with Tektite is said to elevate one to a higher state of consciousness.

Chakras: All

Element: Storm

Zodiacs: All

Affirmation: *"I receive messages from other dimensions with ease."*

TERAHERTZ

- A man-made stone that emits far-infrared and negative ion energy.
- The far-infrared energy helps promote metabolism, improve blood circulation, and ease muscle pain and inflammation.
- The negative ion energy protects the body from harmful radiation and pollutants.
- As Terahertz revitalizes energy flow and enhances circulation in the skin, it is said to slow down the aging process.

Chakra: Root

Element: Earth

Zodiacs: All

Affirmation: *"I move through life knowing I am protected from harm."*

TIGER IRON

- A rare and powerful stone that can only be found in Western Australia.
- Tiger Iron is a unique combination of Hematite, Red Jasper, and Tiger Eye.
- The Hematite within this stone helps one keep their thoughts and ideas grounded.
- Red Jasper's energies help one increase their focus, determination, and endurance.
- Tiger Iron can eliminate procrastination, resulting in one's projects coming to fruition.

Chakras: Root, Sacral, Solar Plexus

Elements: Earth, Fire

Zodiac: Leo

Affirmation: *"I have the power to shape my own destiny."*

TIGER'S EYE

- Carries the energies of a combination of Sun and Earth elements.
- Enhances focus and willpower, giving one the courage to step out of their comfort zone and take action to achieve their goals.
- Amplifies the energies of other crystals as well as one's intentions, making it a powerful manifestation tool.
- Helps one feel self-empowered and reduces the need for approval from others.

Chakras: Root, Solar Plexus

Elements: Earth, Fire

Zodiacs: Capricorn, Leo

Affirmation: *"I have the strength to overcome any challenges that come my way."*

TOURMALINE

- Grounds spiritual energy and forms a protective shield around one's aura.
- Banishes any feelings of being a victim, and promotes tolerance, love, and compassion towards oneself and others.
- Helpful in treating dyslexia as it improves hand-to-eye coordination and aids the translation of complex information.
- Promotes self-confidence and eliminates fear of the unknown.

Chakras: All

Element: Earth

Zodiac: Libra

Affirmation: *"I am kind and gentle with myself and others."*

TOURMALINE QUARTZ

- Combines the powerful properties of Clear Quartz and Black Tourmaline.
- Tourmaline protects one from all kinds of negativity, while Quartz purifies and amplifies the energy of the Tourmaline.
- Helpful for those who need help remaining on their spiritual path, especially if they have deviated to engage in harmful behaviors.
- Cleanses the aura, restores balance to all the chakras, and clears any stagnant energy.

Chakras: All

Element: Storm

Zodiac: Capricorn

Affirmation: *"My mind, body, and spirit are protected, grounded, and balanced."*

TRAVERTINE

› Travertine promotes new interests, new relationships and confidence. It solidifies and amplifies already present positive energy and cheerfulness in a space.

› This stone reminds us of our innocence, grounds and centers us, and encourages positive thoughts.

› Due to its connection and formation along hot springs, this stone has a purifying effect on the energy field.

Chakra: Sacral, Solar Plexus

Element: Earth

TREE AGATE

- A stone of tranquility and inner peace that instills a deep appreciation for nature.
- Helps one connect their conscious self with the angelic realms, and can also be used to attract nature spirits to serve as guides.
- Promotes qualities of strength and courage, making it a beneficial stone for anyone who is ready to stand up for themselves.
- Promotes mental, physical, and spiritual growth and development.

Chakras: Root, Heart, Crown

Element: Earth

Zodiac: Virgo

Affirmation: *"I am devoted to my personal and spiritual growth."*

TROLLEITE

- Trolleite is believed to resonate with the throat chakra, facilitating clear and heartfelt communication.
- It is often associated with enhancing intuition and psychic abilities, guiding individuals on their spiritual journey towards greater self-awareness and wisdom.
- It's presence is thought to invite inner peace and balance, helping individuals attune to their higher selves and access a profound sense of spiritual enlightenment.

Chakras: Throat

Element: Water

Zodiacs: Leo

Affirmation: *"I communicate clearly and am filled with inner peace and serenity."*

TRONA

- Trona cleanses and energises the aura, harmonising the mind and spirit.
- It is a great natural stone to use in order to help relax and unwind at the end of the day.
- Trona is primarily used as a balancing and meditation stone for recentering after excessive exposure to powerful Yang environments.
- If you need to restore yourself, meditation with Trona is highly recommended.

Chakra: Solar Plexus, Third Eye

Element: Earth

TURQUOISE

- Effective crystal for those suffering with depression, panic attacks, or social anxiety.
- Disperses negative energy and can be worn to protect against outside influences or pollutants in the atmosphere.
- Recommended to be worn by those who fear public speaking as it promotes clear and calm communication.
- Encourages one to speak from a place of truth, peace, and love.

Chakra: Throat

Element: Storm

Zodiacs: Pisces, Sagittarius, Scorpio

Affirmation: *"I express myself from a place of calmness, love, and truth."*

UNAKITE

- Promotes feelings of gratitude, helping one see the beauty in life.
- Works to remove obstacles to one's personal growth, especially releasing any emotional pain, resentment, and anger.
- Clears blockages within the heart chakra, soothes feelings of sadness, and calms the nervous system.
- Helps one develop greater acceptance and love towards themselves and others.

Chakra: Heart

Element: Earth

Zodiac: Scorpio

Affirmation: *"I love and accept myself just the way I am in this present moment."*

UNICORN STONE

- Unicorn Stone is a type of Pegmatite made up of Lepidolite, Pink Tourmaline, Smoky Quartz and Cleavelandite.

- All of these crystals work together to provide love, tranquility, grounding, protection, and positivity in times of stress or instability.

- This stone will melt your anxiety away so you can open your heart to others and to new opportunities.

Chakra: Crown, Heart, Root

Element: Water

Zodiacs: Libra

Affirmation: *"I am powerful but gentle, and I can move through challenging circumstances with ease, compassion and without fear.."*

VANADINITE

- Vanadinite is associated with the Root Chakra, aiding in grounding and stability during meditation and energy work.
- Vanadinite is thought to enhance one's focus and determination, helping individuals manifest their intentions and goals.
- It promotes a sense of inner peace and balance, making it a valuable tool for those on a spiritual journey.
- Vanadinite stimulates the creative and intuitive aspects of the mind, fostering a deeper connection with one's higher self and spiritual insights.

Chakras: Root

Element: Fire

Zodiacs: Aries

Affirmation: *"I am grounded, passionate, and resolute, embracing the fiery energy that fuels my desires and intentions."*

VESUVIANITE

- Encourages feelings of gratitude and joy, helping one live life to the fullest.
- An effective stone for those suffering with feelings of sadness, guilt, or regret due to its gentle, nurturing energy.
- Believed to be helpful for those who are undertaking transformation work (e.g. psychotherapy)
- Improves overall well-being and is a useful aid for the manifestation of one's desires.

Chakras: All

Element: Earth

Zodiacs: Capricorn, Sagittarius

Affirmation: *"I have everything I need to create happiness within."*

WHITE AGATE

- A wonderful stone to work with during pregnancy as it soothes labor pains, eases morning sickness, and helps combat fatigue.
- Associated with inner peace and allows one to get in touch with their emotions.
- Deeply stimulates the crown chakra, enhances intuition, and strengthens one's spiritual connection to the Universe.
- Heals emotional trauma, and promotes qualities of forgiveness and acceptance.

Chakra: Crown

Element: Earth

Zodiacs: Gemini, Virgo

Affirmation: *"I gently release pain and allow energies of love and peace to flow within me."*

WHITE CALCITE

- Amplifies and cleanses energy from the environment.
- Restores motivation and accelerates growth and development.
- Raises consciousness, links to higher spiritual states and awakens psychic abilities.
- Absorbs energy and returns it to the sender, having transmuted and amplified it.
- Cleanses the auric field and chakras, and is the stone of new beginnings.

Chakras: Crown

Element: Spirit

Zodiacs: Cancer

Affirmation: *"I am Clear. I am Open. I am Ready to connect deeply with my Higher Self."*

WHITE JADE

- A stone of peace, calmness, and clarity that gently raises one's consciousness and cleanses the aura of negative energy.
- Reduces any feelings of overwhelm when awakening to the spirit world.
- Enhances decisiveness and eliminates distractions, making it a beneficial stone for those who have trouble making decisions.
- Its soothing vibration helps one experience a deep and peaceful sleep.

Chakra: Crown

Element: Earth

Zodiacs: Aries, Gemini, Libra, Taurus

Affirmation: *"My mind is still and my body is relaxed."*

WHITE ONYX

- A nurturing and protective stone, White Onyx inspires us to be more patient with ourselves, while also helping us find clarity and focus, which in turn helps us achieve and hold deeper states of meditation.

- Steady and strong, White Onyx reminds us that common sense, good judgement, and a flexible open-hearted nature can bring us all the success and joy in the world.

- Has a soothing vibration that helps alleviate feelings of stress, anxiety, and overwhelm.

Chakra: Root, Third Eye, Crown

Element: Earth, Spirit

Zodiacs: Capricorn, Leo, Aquarius

WHITE QUARTZ

- White Quartz has a soft feminine energy which can be used to balance the yin and yang energies, align and balance the chakras.
- This stone facilitates mental clarity and alertness during meditation.
- White Quartz teaches patience, discretion and discernment within relationships.
- This stone attracts kindness, compassion, understanding and support and enhances honesty, dignity, hope and faith.

Chakra: Third Eye, Crown

Element: Water

Zodiac: Capricorn, Leo, Gemini

Affirmation: *"I am kind, courageous and prosperous."*

WHITE SAGE

- Has long been considered a sacred, purifying, and protective plant, and is often burned in a ritual known as smudging.
- Smudging is a cleansing ceremony used to rid a person, space, or object of negativity.
- Through the smudging process, one can neutralize their aura or the energy of other spaces to cleanse and renew.
- Shown to enhance mental clarity, improve air quality, and decrease stress levels.

Chakras: All

Element: Earth

Zodiacs: All

Affirmation: *"I am cleansed of all negative energy, thoughts, and intentions."*

WULFENITE

- A powerful grounding stone due to its deep connection to Mother Earth.
- Stimulates creativity, and is a beneficial stone for those who have many ideas but find it difficult to turn them into a reality.
- Helps one feel inspired, motivated, and energized so that pessimism and procrastination can be overcome.
- A stone of originality that encourages one to express themselves without fear.

Chakra: Solar Plexus

Element: Fire

Zodiac: Sagittarius

Affirmation: *"I allow my creative energy to flow freely."*

YELLOW AGATE

- A stone with a soothing and calming energy that works slowly, but brings great strength.
- Effective for enhancing mental functioning, and greatly improves concentration and memory retention.
- Provides emotional and energetic support, making it beneficial to work with during times of stress.
- Imparts courage and strength, and gently facilitates acceptance of oneself and others.

Chakras: Root, Sacral

Element: Earth

Zodiac: Gemini

Affirmation: *"I face life's challenges with courage and confidence."*

YELLOW CALCITE

- Deeply stimulates the solar plexus chakra, enhancing willpower and decisiveness.
- Brings about a combination of focused energy and grounding necessary to successfully complete complex projects.
- Effective for situations requiring persistence over the long term, helping one quickly overcome feelings of fatigue.
- Alleviates depression and promotes an optimistic outlook on life.

Chakra: Solar Plexus

Element: Fire

Zodiacs: Pisces, Sagittarius

Affirmation: *"I am alert, focused, and attentive at all times."*

YELLOW JADE

- An energizing stone that symbolizes wisdom, knowledge, and expansion.
- Inspires one to set goals and work to achieve them, no matter what obstacles they face.
- Attracts good luck and prosperity, and helps one achieve their financial goals with ease.
- Promotes emotional stability, and brings balance and harmony to all relationships.
- Boosts metabolism, eliminates fatigue, and improves poor digestion.

Chakra: Solar Plexus

Element: Earth

Zodiacs: Aries, Gemini, Libra, Taurus

Affirmation: *"I am calm, confident, and motivated as I work towards my goals."*

YELLOW JASPER

- An energizing and uplifting stone that promotes enthusiasm and joy.
- Recommended for anyone who needs a positive boost of energy.
- Eases stomach issues, such as cramping, digestion issues, and nausea.
- Encourages one to complete tasks and projects that they have been delaying.
- Helps one build positive friendships and attract like-minded people into their life.

Chakra: Solar Plexus

Element: Earth

Zodiac: Leo

Affirmation: *"I radiate joy, enthusiasm, and positive energy each day."*

YIN YANG JASPER

- Yin Yang Jasper is a stone that embodies the harmonious balance between opposing energies. It carries the energy of both the yin and yang, representing duality and unity.

- This stone is believed to promote inner strength, vitality, and confidence, helping individuals navigate life's challenges with resilience.

- Yin Yang Jasper is also known for its grounding properties, providing stability and grounding while encouraging a sense of wholeness and harmony within oneself.

Chakras: Root, Solar Plexus

Element: Earth

Zodiacs: Libra

Affirmation: *"I embody balance, strength, and harmony within."*

ZEBRA JASPER

- A gentle stone that brings emotional balance, stability, and contentment.
- Its honey and grey stripes unite yin and yang, and deeply connect one to the energies of Mother Earth.
- Its calming and soothing vibration helps to alleviate tension, anxiety, and stress, allowing one to remain in the present moment.
- A beneficial stone for those who overthink situations and doubt themselves.

Chakra: Root

Element: Earth

Zodiacs: Taurus, Gemini

Affirmation: *"I remain optimistic despite any difficulties I face."*