



Gem Set - Energetic Remedies for Vitality & Health

Delta Gardens gem essences are liquid, energetic remedies derived from gemstones. They bring the dynamic energy of the mineral world directly into the human system, supporting movement towards greater vitality and balance.

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Abalone : Eases rigidity in the personality; provides energetic support for the heart, muscle, spine

Amethyst : Helps with scattered thinking; provides energetic support for the eyes, neurological system

Aquamarine : Promotes inspiration; provides energetic support for detoxification and the kidneys and liver

Aventurine : Eases fear and anxiety; elevates frequency to strengthen conscious manifestation; provides energetic support for muscle and the nervous system

Azeztulite : Helps to calm and uplift; strengthens essence combinations; for use in combinations of release; provides energetic support when hives or inflammations surface

Azurite : Increases sensitivity to others; can help with compulsive eating; provides energetic support for the thyroid; helpful when inflammations surface

Beryl : Soothes anxiety and nervous tension; provides energetic support for the intestines, cardiovascular system and pituitary gland

Black Tourmaline : Stimulates the first chakra and protects against negativity and environmental disturbances; energetically supports the adrenals and the release of toxicity

Blue Quartz : Supports the fourth and fifth chakras; energetically resonant with the throat and thymus; energetically supports a healthy metabolism

Boji Stone : For connecting with nature and enhancing plant spirit communication; for use in plant sprays and essence combinations; use to energetically enhance tissue strength and encourage repair

Botswana Agate : Helps some forms of depression; provides energetic support for the lungs and oxygenation

Carnelian : Opens the heart chakra; activates sense of touch; energetically supports blood oxygenation and mineral absorption

Chalcedony : Supports inspiration and creativity; use when arteries have hardened; helps to energetically support the blood

Chrysocolla : Eases stress and tension; provides energetic support for high blood pressure, lungs and throat

Chrysoprase : Addresses issues in the second chakra; energetically resonant with the reproductive organs

Cinnabar : Clears the fourth chakra; releases entity attachments; provides energetic support when candida or parasites are present

Citrine : Clears toxic thought forms and alleviates self-destructive tendencies; helps to energetically clear toxicity; provides energetic support to the kidneys and liver

Clay : Strengthens meridians and increases receptivity to healing; a complement to internal clay preparations and clay used in a bath; provides energetic support when clearing toxicity

Clear Quartz : Enhances manifestation; helps with emotional extremes and hysteria; energetically resonant with the intestinal tract; provides energetic support when ulcers arise

Copper : Stimulates self-awareness and self-confidence; provides energetic support when inflammation is present; energetically resonant with the neurological system

Coral : Improves concentration; energetically supports the circulatory system and bones; helps to disperse systemic heat

Coprolite : Eases critical tendencies; addresses energetic issues with the colon; energetically supports muscle elasticity

Diamond : Removes blockages in the crown chakra; aligns the etheric body and physical body; supports the brain energetically; use with head injuries

Diopside : Helps us process trauma from parents; energetically supports the kidneys

Emerald : Reduces unconscious fears; balances the heart chakra; provides energetic support for the heart, kidneys, liver and pancreas

Fire Agate : Connects the second chakra and the fourth chakra; for grounding and balance; energetically supports cell memory, the endocrine system, the heart and tissue regeneration

Fluorite : Soothes anxiety and hyperactive behavior; energetically supports calcium absorption; energetically resonant with bone and tooth health

Garnet : Helps ease depression and elevates self-esteem; energetically supports detoxification, the heart, kidneys, liver and thyroid

Gold : Relieves many nervous disorders; energetically resonant with the nervous system

Golden Topaz : For fears related to aging; relieves tension and improves confidence; enhances other essences; energetically supports the sympathetic nervous system

Green-Black Tourmaline : Clears emotional toxins from the heart; energetically resonant with the adrenals, heart, immune system

Green Garnet : For pelvic imbalances; eases anxiety; energetically supports the colon, kidneys and urinary tract

Green Jasper : For overly-sensitive, overly-absorbent healers; strengthens life forces and eases anxiety; energetically resonant with the liver

Green Tourmaline : Opens the heart; supports sensitivity; energetically resonant with the heart and immune system

Hematite : Alleviates low self-esteem; use when vitality is low; energetically supports the blood

Hemimorphite : Helps with tolerance and flexibility; energetically resonant with the skin

Herkimer Diamond : For releasing stress; enhances generosity; energetically supports the release of toxicity

Jade : Awakens love for the earth and sensitizes us to our ancestry; energetically supports the pelvis, prostate and thyroid

Jet : Eases depression and anxiety; energetically supports the adrenals and lower spinal column

Kunzite : A fortifying essence; supports courage; energetically helpful for the arteries, blood and heart

Lepidolite : Eases nervous tendencies; protects us from negativity; offers energetic support for the central nervous system

Light Amber : For clarity and certainty; eases ambivalence; use with memory loss and viral inflammations

Limestone : Balances lower chakras, eases fears; provides energetic support to help clear toxicity

Loadstone : Strengthens the aura and supports altruism; offers energetic support for capillaries; energetically addresses cellular toxicity

Mahogany Tiger Eye : Eases irrational fears; energetically boosts the kidneys

Malachite : Enhances the ability to manifest; energetically supports the brain and provides protection against radioactivity

Moldavite : Tunes upper chakras to higher beings and guides; eases spiritual fears; energetically supports the brain and central nervous system

Morganite : An essence for speakers and singers; energetically strengthens the lungs and throat

Obsidian : Helps to dispel anxiety; energetically strengthens bones, intestines and stomach

Opal : Alleviates apathy and lethargy; provides energetic support for the abdomen, throat and thyroid

Orange Calcite : Soothes fears associated with sexuality; addresses psychological effects of sexually transmitted diseases; provides energetic support for the pelvis and sexual organs

Pearl : Steadies many emotional imbalances; energetically supports digestion and stomach health; use for ulcers or other stomach upsets

Peridot : Increases clarity and activates the heart chakra; energetically supports the heart, pancreas and spleen

Petrified Wood : For past-life regression and fear of aging; energetically supports arteries, bones, hardening tissue, skin

Pink Onyx : For stress and apathy; offers energetic support for neurological structures

Pyrite : Helps with depression and frustration; energetically supports the blood, kidneys and stomach

Red-Blue Tourmaline : For passive-aggressive personalities and mood disorders; energetically strengthens the blood and the throat

Rhodochrosite : Clears the subconscious and eases nightmares; energetically reinforces the pancreas

Rose Quartz : Eases anger and promotes forgiveness; energetically strengthens the circulatory system and heart

Ruby : Strengthens the heart chakra; helps with procrastination and builds confidence; energetically supports the heart

Ruby-Emerald-Sapphire : Aligns higher chakras with the heart and solar plexus; energetically supports digestion, metabolism, mineral absorption and the heart

Rutilated Quartz : Eases depression; enhances positive thought forms; energetically supports the brain and nervous system; offers energetic protection from radiation

Sand : Supports elasticity, flexibility and detoxification; energetically helps with hardened tissues and supports the energy body if exposed to radiation

Sapphire : For mental and spiritual clarity; provides energetic support for the brain, eyes and pituitary

Silver : Improves mental functioning and alleviates nervous stress; provides energetic support for the brain and central nervous system

Smithsonite : Eases fear of relationships; creates stability and confidence; provides energetic support for the heart and solar plexus chakras

Smoky Amethyst : Removes lower thought forms and negativity; good for couples therapy; offers energetic support for the eyes and sinuses

Smoky Quartz : Addresses many pelvic imbalances in men and women; energetically supports the reproductive system and urinary tract

Sulphur : Elevates mental functioning and supports inspiration; provides energetic support for the brain, central nervous system, muscle and pancreas

Tree Agate : Enhances connection to the earth and improves the circulation of energy; offers energetic support for the circulatory system, lymphatic system and plasma

Turquoise : Increases psychic capacity; supports communication skills; amplifies thought forms; provides energetic support for circulation and nutrient absorption; energetically strengthens the heart and muscle

Watermelon Tourmaline : Engenders lightness; provides energetic support for the heart and thyroid

Delta Gardens makes no claims that the essences in the Gem Set can affect any physical, mental or emotional healing. Essences should not be used as a substitute for professional medical evaluation and care. For more information about the Gem Set, contact us at: info@deltagardens.com / 603.601.6929.

Visit us online and order our essences at: deltagardens.com
83 Lafayette Road | Hampton Falls, NH 03844