

Trinity Elixir Reference Guide

Amber

"The Stone for Drawing Out Negative Energy."

Spiritually: Promotes altruism and brings wisdom.

Emotionally: Helps bring stability to life. Encourages peacefulness and develops trust.

Mentally: Stimulates the intellect, clears depression, and promotes a positive mental state and creative self-expression.

Physically: Absorbs negative energy and helps draw disease out of the body. Helps to imbue the body with vitality; assists the stomach, spleen, kidneys, bladder, liver and gallbladder, helps alleviate joint problems and strengthens the mucus membranes. Traditionally, Amber has been used as an excellent natural antibiotic.

Amethyst

"Stone of Spirituality and Contentment"

Spiritually: One of the most spiritual stones, encouraging selflessness and spiritual wisdom. It opens intuition and enhances psychic gifts; excellent for meditation.

Emotionally: Balances out highs and lows, promoting emotional centering. Dispels anger, rage, fear and anxiety; alleviates sadness and grief.

Mentally: Facilitates the decision making process, bringing in common sense and spiritual insights, and putting decisions and insights into practice.

Physically: Helps boost production of hormones, and tune the endocrine system and metabolism. It strengthens the cleansing and eliminating organs and the immune system.

Aquamarine

"Stone of Courage"

Spiritually: Sharpens intuition, clairvoyance, and spiritual awareness and is good for meditation. It invokes high states of consciousness and spiritual awareness and encourages service to humanity.

Emotionally: Soothes fears and increases sensitivity, invokes tolerance and overcomes judgmental attitudes.

Mentally: Calms the mind, removing extraneous thoughts, clarifies perception, sharpens the intellect, and clears up confusion.

Physically: Helps calm overreactions of the immune system, and harmonize the pituitary

and thyroid. Strengthens the body's cleansing organs and aids the eyes, jaw, teeth and stomach. Assists the autoimmune conditions such as hay fever and other allergies.

Beryl

"Stone of New Beginnings"

Spiritually: Aids in tuning into guidance. Opens and activates the crown and solar plexus chakras.

Emotionally: Enhances courage, relieves stress, calms the mind, brings compassion, forgiveness, generosity and confidence. It strengthens the magnetism of the wearer and gives him/her sex appeal and charm.

Mentally: Filters out distractions, reduces overstimulation, discourages over-analysis and anxiety, and encourages a positive view.

Physically: Aids the organs of elimination, strengthens the pulmonary and circulatory systems, increases resistance to toxins and pollutants.

Black Tourmaline

"Stone of Cleansing and Protection"

Spiritually: Grounds spiritual energy, clears and balances all the chakras, and forms a protective shield around the body. Clears the aura.

Emotionally: Aids in understanding, removes blockages and disperses negative energy. Awakens altruism.

Mentally: Powerful mental healer. Promotes clear, rational thought processes.

Physically: Useful as a healing tool for grounding, clearing, balancing and connecting meridians and chakras. Strengthens the immune system, defends against debilitating conditions, helps relieve pain and realigns the spinal column.

Citrine

"Stone of Cleansing"

Spiritually: Cleanses the subtle bodies and the chakras; activates the crown chakra and opens the intuition; protects the aura. It is warming, energizing and highly creative.

Emotionally: Raises self-esteem and confidence, and removes destructive tendencies. It activates creativity, improves motivation; improves emotional balance.

Mentally: Enhances concentration and revitalizes the mind. Awakens the higher mind.

Physically: Imparts energy and invigoration to the physical body, and immune system. Addresses sensitivities to environmental and outside influences.

Dendritic Agate

"Stone of Plenitude"

Spiritually: Opens and aligns the chakras enabling them to integrate higher consciousness. Brings abundance and fullness to all areas of life.

Emotionally: Encourages centeredness in times of strife or confusion.

Mentally: Brings stability, patience and perseverance.

Physically: Assists conditions caused by chakra imbalances. Addresses skeletal disorders and aligns the skeleton. Help the nervous system. This crystal has a particularly strong connection with the plant kingdom, and so amplifies the effect of herbs.

Diamond

"Stone of Clarity"

Spiritually: Cleanses the aura allowing the soul's light to shine out. Removes blockages and activates the crown chakra, linking it to divine light. Reminds you of your soul's aspirations and aids spiritual evolution.

Emotionally: Imparts fearlessness, invincibility and fortitude. Clears emotional and mental pain, reduces fear and brings about new beginnings. Stimulates the imagination and inventiveness.

Mentally: Provides a link between the intellect and the higher mind. Brings clarity of mind and aids enlightenment.

Physically: Useful for a broad range of brain conditions, brain tumors, problems with the pituitary and pineal glands, conditions of the mid-brain, other brain imbalances, and left-right brain disorders including autism, dyslexia, epilepsy, physical coordination and visual problems. Traditionally used to counteract poisons. Helps glaucoma, clears sight.

Emerald

"Stone of Successful Love"

Spiritually: Stimulates gathering of wisdom. Opens the heart chakra. Aligns the subtle bodies. Enhances psychic abilities and increases clairvoyance and empathy.

Emotionally: Soothes fears and increases sensitivity. Stabilizes the personality. Imparts strength of character to overcome misfortunes. Brings domestic bliss and loyalty; enhances unconditional love and partnership.

Mentally: Increases mental clarity, strengthens memory, inspires deep inner knowing.

Physically: Helps aid in recovery after infectious illness. Helps muscles, spine, heart and

lungs, liver, and pancreas. Strengthens the heart to deal with the detoxification process. Adds energy to strengthen kidneys and liver to remove toxins from the body. Assists with the formation of hemoglobin and plasma.

Garnet

"Stone of Regeneration"

Spiritually: Stimulates expanded awareness and past life recall. Cleanses and re-energizes the chakras. Balances and stimulates the development and movement of the Kundalini.

Emotionally: Inspires love and devotion. Dissolves ingrained behavior patterns. Fortifies, activates and strengthens the survival instinct, inspires love and devotion, alleviates emotional disharmony.

Mentally: Helps to release useless, old, or obsolete ideas.

Physically: Helps to regenerate the body and stimulate the metabolism. Assists spinal and cellular disorders. Purifies and re-energizes blood, heart, and lungs. Helps regenerate DNA.

Green Fluorite

"Stone of Integration"

Spiritually: Grounds and integrates spiritual energies, heightens intuitive powers, increases awareness of higher spiritual realities, quickens spiritual awakening.

Emotionally: Increases self-confidence, dissipates emotional trauma, brings suppressed feeling to the surface for resolution.

Mentally: Mental cleanser. Focuses the mind and links it into universal mind.

Physically: Strengthens bone tissue, stimulates lung tissue, and eases viral inflammation, and helps clear bacterial infections.

Herkimer Diamond

"Stone of Attunement"

Spiritually: Stimulates psychic abilities such as clairvoyance, spiritual vision, and telepathy. Links to guidance from higher dimensions. Cleanses subtle bodies.

Emotionally: Releases stress that may lead to pre-cancerous conditions and malignant tumors. Develops balance within the personality structure.

Physically: Helps release stress and tension in the physical body. Assists detoxifying of the body from exposure to radioactivity, geopathic stress or electromagnetic pollution. Helps correct metabolic imbalances.

Kyanite

"Stone of Truth"

Spiritually: Excellent for attunement and meditation. It brings tranquility and at the same time it is a powerful transmitter and amplifier of high frequency energies. Stimulates psychic abilities and intuition. Connects to the spirit guides.

Emotionally: Encourages speaking one's truth, cutting through fears and blockages. Instills compassion.

Mentally: Stimulates the higher mind and links into the causal level.

Physically: Supports the thyroid, parathyroid, adrenal glands, throat and brain. Heals infections, and is a natural pain reliever. Helps treat muscular disorders.

Moldavite

"Stone for Spiritual Growth"

Spiritually: Provides a fusion of extraterrestrial energies with earth energies. Clears blockages, aligns the chakras. Resonates with the crown chakra, opening it to receive the highest spiritual guidance.

Emotionally: Supports qualities such as empathy and compassion.

Mentally: Helps access spiritual information through the intellect. Expands the mind and broadens perspective.

Physically: Makes one aware of the cause and source of disease. Supports the releasing and healing process.

Obsidian

"Stone of Deep Healing and Protection"

Spiritually: Vitalizes soul purpose through deep soul healing, promoting spiritual integrity. Stimulates growth on all levels. Encourages exploration of the unknown in inner journeys.

Emotionally: Helps you to know who you truly are. Provides insight into emotional blockages and ancient traumas. Promotes compassion and strength.

Mentally: Brings clarity to the mind and clears confusion and constricting beliefs.

Opal

"Stone of Happy Dreams and Changes"

Spiritually: Enhances cosmic consciousness and stimulates mystical experiences. Enhances meditation and aligns the etheric, mental and emotional bodies. Stimulates intuition and creativity.

Emotionally: Amplifies and brings things to the surface for transformation. Associated with love and passion, Opal intensifies emotional states and releases inhibitions. Enhances self-worth and brings understanding of full potential.

Mentally: Brings lightness and spontaneity. Encourages an interest in the arts. Strengthens memory.

Physically: Strengthens the will to live. Addresses Parkinson's disease, and infections. Helps to purify the blood and kidneys. Helps regulate insulin. Assists in easing childbirth, and PMS. Beneficial to the eyes.

Peridot

Stone of Purification"

Spiritually: Protective stone for the aura. Aligns and purifies the subtle bodies releasing toxins at all levels. Clears the way to receive information from the higher self. Attuned to the attainment of spiritual truth.

Emotionally: Increases clarity and patience, helping with the release of negative emotions. Promotes a positive outlook on life.

Mentally: Sharpens the mind and opens it to new levels of awareness. Helps you to take responsibility for your own life.

Physically: Helps stimulate tissue regeneration, and removes toxicity from the physical body. Helps strengthen the metabolism; aids the heart, thymus, lungs, gallbladder, spleen, intestinal tract, ulcers, and strengthens eyes.

Quartz Lepidocrocite

"Stone of Releasing"

Spiritually: Stimulates the pineal gland. Helps release past life information. Aligns the subtle bodies. Activates the crown chakra and the seat of consciousness associated with the kidneys.

Emotionally: Releases anger and hidden fears in order to allow the soul to expand to higher dimensions.

Mentally: Clears the mind.

Physically: Assists with tissue regeneration, and helps reverse aging of the endocrine system.

Rhodocrosite

"Stone of Selfless Love and Compassion"

Spiritually: Expands consciousness. Instills second-sight, and activates channeling abilities.

Emotionally: Promotes truthfulness, improves self-worth and soothes emotional stress. Excellent for healing sexual abuse. Brings repressed memories to the surface. Encourages spontaneous self-expression and insists that you face the truth about yourself and other people.

Mentally: Mentally enlivening.

Physically: Helps purify the circulatory system, and helps normalize blood pressure. Helps relieve migraines, asthma and respiratory problems, as well as reproductive system problems. Helps improve the skin and balances the thyroid.

Rose Quartz

"Stone of Unconditional Love and Infinite Peace"

Spiritually: The most important crystal for the heart and the heart chakra; opens the heart at all levels and brings deep, inner healing.

Emotionally: The finest healer; releasing unexpressed emotions and heartache and transmuting emotional conditioning that no longer serves; soothes internalized pain and heals deprivation. Strengthens empathy and sensitivity.

Mentally: Draws out negativity.

Physically: Strengthens the physical heart and circulatory system and releases impurities from the body fluids. Aid chest and lung problems; helps the kidneys and adrenals. Useful for most sexual disorders.

Rutilated Quartz

"Stone of Integration"

Spiritually: Integrates energy at every level, illuminating soul lessons and promoting spiritual growth. Cleanses and energizes the aura. Breaks down barriers to spiritual progress.

Emotionally: Reaches the root of problems and facilitates a change of direction. Acts as an anti-depressant relieves fears, phobias, and anxiety. Promotes forgiveness.

Mentally: Stabilizes the mind. Draws out negativity.

Physically: Helps stimulate tissue regeneration in the entire body. Assist radiation and mercury-related problems. Helpful for chronic conditions, immune problems, impotence and infertility.

Seraphinite

"Stone of Spiritual Enlightenment"

Spiritually: Helps with angelic connection, and opening the crown and higher crown chakras.

Emotionally: Promotes living from the heart, opening to love.

Mentally: Calms the mind, removing extraneous thoughts.

Physically: Works best at a subtle level. Useful for easing muscle tension in the neck. Enhance circulation of both chi and the blood.

Topaz

"Stone of True Love and Success in all Endeavors"

Spiritually: Helps speed up spiritual development and cleansing of the aura. Encourages rejuvenation and rebirth of the self within the spiritual context.

Emotionally: Stabilizes the emotions. Brings joy, generosity, and abundance.

Mentally: Promotes problem solving, honesty, self-realization, and self-control.

Physically: Helps soothe, stimulate, recharge, and align the meridians. Stimulates the sympathetic nervous system and promotes general tissue regeneration. Helpful with diseases associated with the aging process.

Turquoise

"Stone of Healing and Protection"

Spiritually: Promotes spiritual attunement and enhances communication between the physical and spiritual worlds. Enhances intuition and meditation.

Emotionally: Dispels negative energy, stabilizes mood swings, dissolves self-defeating behavior and depression.

Mentally: Instills inner calm and alertness and aids creative expression. Enhances communication skills.

Physically: Considered a "profound master healer". Strengthens the entire anatomy and eases all conditions. Enhance the physical and psychic immune systems, aids regenerating tissue, stimulates absorption of nutrients. All chakras, meridians and subtle bodies are aligned and strengthened. Protect against environmental pollutants.

Zeolite

"Stone for Spiritual Journeying"

Spiritually: Creates a conscious connection between the physical and spiritual realms during spiritual journeys. Allows information to be transmitted from the spiritual realm. Helpful in metaphysical workings at all levels. Enhances intuition and prophecy and shows you the way forward for your spiritual growth. Facilitates deep karmic healing. Links to the higher self. Enhances visualization and deep meditation. Carrier of the Akashic Record. Used to heal the "healers."

Emotionally: Alleviates nightmares, phobias and deep fears, uncovering and healing the disease that creates them. Releases suppressed emotions. Allows uncertainty to be tolerated.

Mentally: Reduces stress, releases mental blockages and negative thought patterns.

Physically: Potent detoxifier; works on the respiratory system, allergies, skin problems and regeneration of the mucus membranes. Assists brain disorders, connective tissue repair, and much more. Useful for going to the root cause of the problem. Effective against radioactivity.