

Carnelian

Gemstone Family - Quartz (Chalcedony)

Chakras- Sacral Chakra (2nd)

Colour - Red, Orange

Found in - India, Japan, Madagascar, Russia, Poland, Iceland, Slovakia, Peru and Romania.

Element - Fire

Also known as - Cornelian, Odem, "Mecca Stone"

Meaning - From the Latin word "Carneus", meaning fleshy

Birthstone Month - August

Zodiac Sign - Virgo

Chemical Composition - SiO₂

Hardness on the Mohs scale - 6.5 (1 being softest, 10 being hardest)

Physical Healing Properties - Stimulates metabolism, increases fertility, reduces menopausal symptoms, reduces congestion, reduces skin irritation, helps with lower back and joint pain, relieves depression, increases circulation

Emotional Healing Properties - Restores motivation, stimulates creativity, improves concentration, reduces the feelings of rage, envy and resentment, encourages love, aids confidence in public speaking

Spiritual Properties - Encourages inner self connection, promotes energy to realise talent, increases perception, improves past life awareness

Legend has it that.... Whilst in Egypt, Napoleon picked up an octagonal carnelian on the battlefield, and returned from Egypt with this stone, wearing it all the time, and then leaving it to his nephew. Egyptians engraved some parts of the Book of the Dead on carnelian amulets