

# Gem Essence Indications

## Aquamarine

Brings a calm, quiet clarity to an over active mental body; increases one's ability to achieve a neutral, serene state of mind; helps one create a mental oasis of cool, clear receptivity.

## Aventurine

Strengthens the central vertical axis which stabilizes us during expansion experiences; helps us move into and through new experiences with grace, stamina and perseverance; good for spiritual trailblazers and pioneers.

## Azurite

Grounding communication; opens and strengthens the connection between the feminine earth forces and the 5th chakra; helps us communicate with vitality, authenticity, and gentleness.

## Black Tourmaline

Helps us exchange old unwanted energies for fresh, clean, neutral energy; a precision tool for the release of toxic energy from the mind, emotions, and especially the physical body.

## Bloodstone

Strengthens our connection to the earth; brings a stronger flow of earth energies into the 1st and 2nd chakras; stimulates the release of emotional energies that have been stuck in the lower chakras; rebalances these energy centers after trauma or emotional upset.

## Brazilian Amethyst

Transmutes energy from lower to higher vibratory rates; helps to lift energy from an overly material state; helps one sense and experience one's unique spiritual reality.

## Brazilian Quartz

The essence of cleansing white light; energizes and synchronizes the auric field, the subtle bodies, and the physical body to the earth's natural vibration.

## Carnelian

Increases the etheric body's ability to access pranic energy; energizes and clears the nadirs, (the energetic interface between the etheric body and the meridians), allowing a greater flow of energy to the meridians.

## Chrysocolla

Opens, softens, and expands the inner dimensions of the heart chakra; helps us release tension and armoring around giving and receiving love; increases flexibility in the mind and body to allow the vibration of love to flow.

## Chrysoprase

Brings the heart chakra into harmonious union with the green energy frequency of the planet; synchronizes the subtle bodies with the heart energy of the earth; helps us accept the earth as our home.

## Citrine

Harmonizes the mental body with higher spiritual laws; increases access to divine truth and intelligence; amplifies qualities of concentration, centering, and rational mind.

## Covellite

Brings strength, clarity and definition to the auric field; acts as a protective filter that encourages us to relax energetically, thereby enhancing our natural ability to receive love and support from the environment.

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## Diamond

Brings clarity to the 6th chakra; harmonizes divine and personal will; helps us activate personal will in its highest form; strengthens our ability to act in alignment with divine purpose.

## Emerald

A universal heart cleanser and balancer; energies of the Divine Mother and the Divine Feminine; gently coaxes the heart to open to allow a greater experience of love in the physical body.

## Fluorite

The "break up" elixir; works to bring increased energies into the physical body by breaking up blockages in the etheric body.

## Fluorite Combo

Synchronizes movement between the etheric and physical bodies; fine tunes our focus so that we can move through an issue or healing process with precision and balance.

## Gold

Brings strength and balance to the 3rd chakra; enables us to access and bring forth into physical reality the highest aspects of our personal identity; helps us tap into our inner truth, joy, and wisdom as a source of creative power.

## Green Jasper

Reconnects body rhythms with earthly rhythms when there has been a disruption to the natural flow; helps us connect to the wild feminine; restores earthly sensuality and healthy sexuality.

## Hematite

Strengthens energetic boundaries in the emotional body; promotes emotional independence rather than co-dependence; helps us maintain a state of compassionate detachment while witnessing an intense emotional experience in another, and contain our own emotional experiences in a responsible way.

## Herkimer Diamond

A highly developed transmitter of white light; promotes clarity of vision; stimulates healing at all levels; facilitates clarity during the dream state; helps us fine tune and focus the activities of the 6th chakra.

## Jadeite Jade

A vibration of peace, balance, and timeless simplicity; helps us stay centered in the moment with an awareness and acceptance of our true essence.

## Kunzite

Opens the heart to an awareness of our own angelic presence; helps us experience the spiritual love of the angelic kingdom and integrate it into the physical body.

## Lapis Lazuli

Opens and clears channels of communication in the 5th chakra; amplifies the ability to hear information from physical and nonphysical sources; clears confusion between hearing and knowing.

## Malachite

Grounding; helps align and harmonize the physical, emotional, mental, and spiritual levels of being; supports the unity of one's being in all circumstances.

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## Moldavite

Connectedness; an energetic window into universal perspective; helps us stay present in the moment while accessing what we need to express our earthly potential.

## Montana Rhodochrosite

Brings strength and solidity to the 4th chakra; clears confusion and chaos from the heart; clarifies intent and promotes courageous, heart centered action.

## Moonstone

Cleanses and circulates energy in the emotional body; increases feminine energy aspects of receptivity and intuition in women and men; balances and focuses the psychic forces during menses.

## Opal

Feeds the etheric and subtle bodies with a full spectrum of luminous colors; rejuvenates spent emotional and mental forces and counteracts the depletion of color frequencies in the aura; replenishes our creative energies

## Orange Calcite

Amplifies the body's ability to assimilate light at the cellular level; uplifting, energizing and warming; dispels darkness and grief.

## Pearl

Promotes the release of layers of irritation in the mental and emotional bodies which are seen in the physical body as hardness and inflexibility; helps one turn antagonism for oneself or one's illness into awareness and acceptance.

## Peridot

The stone of new beginnings; stabilizes the subtle bodies during the incubation period of new ideas and creative projects; helps us initiate new cycles of learning and experience.

## Pyrite

Helps one build an energetic foundation in life based on one's highest personal truth; strengthens one's sense of self, especially with regard to group dynamics and peer pressure; helps one solidify and honor one's values.

## Rhodochrosite

Increases energy, balance, and stability in the heart chakra and in the physical body; brings a balance of nurturing earth energy to the heart chakra after an experience of healing and transformation.

## Rhodolite Garnet

Increases our ability to inhabit the physical body; helps us reconnect energetically with parts of the body that have been injured or traumatized; rebuilds the web of etheric energy in areas disrupted by surgery.

## Rose Quartz

Opens, softens and soothes the heart; helps one connect to and nurture the inner child; harmonizes the heart forces so one is able to maintain intimacy with oneself and others.

## Ruby

Energizes and balances the 1st chakra and supports the ability to ground spiritual energy into the physical body; works with the lower chakras to awaken higher impersonal love.

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## Rutilated Quartz

Promotes precision alignment with higher sources of energy and inspiration; helps us physically anchor the ability to access, synthesize, and communicate information from other dimensions

## Sapphire

Devotion to divine purpose; helps synchronize our energy system with our higher purpose; intensifies the qualities of loyalty and responsibility to our true work on the planet.

## Sapphire/Ruby

For balancing spirituality with physical ability; enables one to gently integrate higher purpose into physical reality and receive physical nurturing through the fulfillment of divine responsibilities.

## Scepter Amethyst

Opens and prepares the 7th chakra to receive energy from the higher chakras; helps us activate our highest potential through the embodiment of a new core of spiritual identity, authority and leadership.

## Smoky Quartz

Grounding and calming; synchronizes body energy with earth energy; regulates and stabilizes the detoxification of unwanted energies from the physical, emotional, and mental bodies

## Spectrolite

Bathes and nourishes the entire energy system with full spectrum light; renews and refreshes our perspective; helps us again see the magnificent in the mundane, and the divine in the ordinary.

## Star Sapphire

Promotes trust in the universe; helps us focus our awareness on what is necessary for the soul's progression in life; supports the formation of energetic connections that support the realization of our life goals.

## Sugilite

Brings depth and a physical richness to our spiritual lives; helps us physically manifest a warmer, more feminine quality of spirituality; promotes an easy acceptance of—rather than a hard striving for—the spiritual realm.

## Tiger's Eye

Self-empowerment; strengthens the energetic boundary between our true natures and our emotional experiences; helps us maintain a strong sense of self-identity when dealing with powerful emotions such as anger, fear and jealousy.

## Topaz

Clears energy blockages in the solar plexus; helps us tap into appropriate sources of universal energy; strengthens the ability to act decisively from a clear sense of personal identity.

## Turquoise

Attunes the energy field to the ancient wisdom and sacredness inherent in all of life; cleanses and deepens our connection to the Soul of the earth; helps us live a life of simplicity with gratitude and reverence for All.

## Watermelon Tourmaline

Balances the universal polarities of yin and yang; helps us establish equality between the giving and receiving qualities of love; brings the green, physical, Earth frequency into harmony with the pink, spiritual, angelic qualities of love.