

A PRINTABLE PRODUCT GUIDE

Find Your Moonstone

The Four Kinds and How to Choose

Moonstone is a feldspar (mostly orthoclase and albite), and the milky glow you see when you tilt it has a name: adularescence. People have carried it for thousands of years for emotional steadiness, intuition, and new starts. The Romans believed it was hardened moonlight, the Greeks linked it to their lunar goddesses, and in India it's been a traditional wedding gift for centuries. But "Moonstone" comes in four kinds. Here's how to tell them apart.

THE FOUR VARIETIES

WHITE / MIXED

The Classic

Cream-to-white, soft blue sheen. Sri Lanka & India.

The all-purpose Moonstone. Start here for a general reset, emotional steadiness, and better sleep.

- **Chakra:** Third Eye — intuition, inner vision.
- **Emotional balance:** Calms emotional turmoil, soothes stress, supports clarity and patience.
- **Cycles:** Linked to the lunar cycle, the divine feminine, and natural hormonal rhythms.
- **Sleep & dreams:** Placed under the pillow to ward off insomnia and encourage lucid dreaming.
- **Zodiac:** Beneficial for Cancer, Scorpio, Pisces. Cautioned against for Aries, Capricorn.

RAINBOW

The Uplifter

Blue and full-spectrum flash. Madagascar & India.

Technically a labradorite. The one for heavy, foggy moods and bracing against change.

- **Intuition:** The "stone of vision" — enhances intuition, psychic perception, lucid dreaming.
- **Emotional balance:** Brings harmony, eases the fear of change, steadies mood swings.
- **Chakra:** Crown for higher consciousness, Third Eye for intuition.
- **Energy:** Divine feminine. Used in meditation for personal renewal and inner peace.

PEACH

The Heart-Softener

Warm peach-to-apricot, opaque. India & Madagascar.

The one for a worried, anxious heart and a loud inner critic. Self-compassion and warmth toward yourself.

- **Emotional healing:** An emotional reset button — supports you through past trauma, breakups, intense change.
- **Chakras:** Sacral for emotion and creativity, Heart for compassion and self-love.
- **Mind:** Quiets the inner critic, eases anxiety, anchors highly intuitive or sensitive people.
- **Spiritual:** Divine feminine energy. Traditional token of love and fertility.

BLACK

The New-Moon Stone

Dark gray to black with silver or blue flash. Madagascar.

The one for setting new-moon intentions and grounded inner work. Pairs intuition with protection.

- **Manifestation:** Aligns with new beginnings — setting intentions, focusing concentration, committing to goals.
- **Protection & grounding:** A shield against toxic emotions, stress, and other people's negativity.
- **Insight:** A "visionary stone." Stimulates Crown and Third Eye; vivid dreams, past-life recall.
- **Divine feminine:** Balances the hormonal cycle, soothes menstruation, supports fertility.

HOW TO CHOOSE

Pick the one that aligns with your unique needs right now:

- **White / Mixed** if you want general emotional steadiness, or your sleep has been off.
- **Rainbow** if you're heavy, foggy, or fighting a change in progress.
- **Peach** if you're anxious or hard on yourself.
- **Black** if you're setting new-moon intentions or doing inner work.