**AMBER**

**MAIN POINTS/FOCUS:** Light, warmth, allows the body to heal itself by absorbing and transmuting negative energy into positive energy, has a sunny and bright soothing energy which helps calm nerves and enliven disposition, recommended to be worn/carried by anyone recovering from illness or injury as it puts us in touch with our own strength and security, helps to see the path of recovery, the solar energies are helpful with winter blues, clarification, manifest prosperity and good luck, purifies mind/body/spirit, burned as a fumigate to cleanse environment and clear out negative energy, great mineral to purify birthing rooms, purifies one’s body, mind and spirit when worn or carried, carries the vibration of organic life, key to ancient knowledge that makes it great to clear family patterns, can assist in past lives and powerful in shamanic journeys, has been used as a symbol for renewal of marriage vows and to assure promises, bring good luck to warriors, a sacred stone of Native Americans, Eastern Indians, ancient tribal leaders

**SIGN/S:** Leo/Aquarius

**CHAKRA/S:** Solar Plexus (3rd)

**ELEMENT/S:** Earth

**VIBRATES to the NUMBER:** #3

**ASSOCIATED TAROT CARD:** The Chariot, Death, The Sun

**ASSOCIATED RUNE:** Inguz

**ASSOCIATED HERBS:** Anise seed and Lotus

**HEALTH/PHYSICAL:** Goiter, throat diseases, kidney/bladder, great for Seasonal Affective Disorder, depression, helps increase vitality and energy levels, stimulate sluggish digestion, organ and gland functions

**WORKS WELL WITH:** Yellow Sapphire, Tsavorite, Moldavite, Jet

**AMETHYST**

**MAIN POINTS/FOCUS:** Protection, used to protect against psychic attacks, removes unwanted energy, purification, clears the aura, balances the energies of the intellectual, emotional and physical bodies, helps with stability, strength, invigoration and peace, enhances the ability to manage responsibilities, cooperation with others, helps business affairs to prosper, used to encourage and support sobriety, release of addictions, aids to curbing overindulgence and give up bad habits, helps w/meditation, “stone of meditation” , enhances psychic abilities, stimulates the mind, the intuitive, psychic abilities and one’s connection to the spiritual realms, stone of spirituality and contentment” , helps connect to the divine, guides and angels, excellent for journeying, inner-self, evaluation and evolution, helps open the upper chakra’s, great for healing, helps one understand the root causes of one’s diseases or imbalance, helps those that are prone to disassociation, playing the victim

**SIGN/S:** Pisces, Virgo, Aquarius, Capricorn

**CHAKRA/S:** Third eye, Crown, Etheric

**ELEMENT/S:** Wind

**VIBRATES to the NUMBER:** #3

**ASSOCIATED TAROT CARD:** The Wheel, Temperance, Judgement, The Hierophant, Ace of Swords and Ace of Cups

**ASSOCIATED RUNE:** Algiz

**ASSOCIATED HERBS:** Cedar and Hyssop

**HEALTH/PHYSICAL:** Counter addictive behavior and thought patterns, balances nervous system and brain, nerve disorders, helps with tinnitus and hearing disorders, treatment of disorders of the nervous system, digestive tract, heart, stomach, skin and teeth, used for insomnia, supports oxygenation

**WORKS WELL WITH:** Moldavite, Azeztulite, Phenacite, Scolecite, Natrolite, Citrine, Quartz, Chrysoprase, Opal, Tiger Eye. For protection: Jet, Black Tourmaline, Obsidian, Healer’s Gold

**APACHE TEARS**

**MAIN POINTS/FOCUS:** Traditionally considered to be one of the tears of Native American women, provides comfort in times of grief, promotes a forgiving attitude and a release of grievances which have been held against another, stimulates spontaneity and helps remove any barriers which are self-limiting, used for grounding and for protection from negative energies, excellent talisman, excellent “vacuum cleaner” for negative vibrations, used to cleanse and heal old wounds or emotional baggage, helps process and release of frozen emotional patterns, allows the release of feeling of woundedness or victimization, enjoyment of physical experience, excellent when doing shadow work because of the ability to assist one in crossing between the lower world and the Earth plane. Opens portals to the interdimensional worlds of Nature, helps connect with the realms of Faery, elemental beings and guides

**SIGN/S:** Aries

**CHAKRA/S:** Root (1st), Sexual (2nd), Heart (4th)

**ELEMENT/S:** Earth & Fire

**VIBRATES to the NUMBER:** #6

**ASSOCIATED TAROT CARD:** Death, 3 of Swords, 9 of Swords

**ASSOCIATED RUNE:**

**ASSOCIATED HERBS:**

**HEALTH/PHYSICAL:** Expel the venom from a snake bite, eliminates toxins, helps vitalize and purify the blood, stimulate hair & nail, helps to enhance Vitamins C and D, boost the immune system

**WORKS WELL WITH:** Smokey Quartz, Black Tourmaline, Aegirine, Red Garnet, Tekite, Moldavite, Lemurian Jade, Healers Gold

**AFFIRMATION:** *I affirm that the Earth is my home, that I am grounded, safe and protected, and I release any wounds or negativity that might hold back my spiritual growth.*

**APATITE-BLUE**

**MAIN POINTS/FOCUS:** Cleansing influence on the auric field, stimulating to visionary states and is a good stone to keep in one’s pillowcase for lucid dreaming and astral travel, stimulates inner vision and enhancing psychic ability, great for use in past-life or alternate-life work, access to knowledge, Akashic records, commune with divine/ ET’s, stone of inspiration, stimulates the development of clairvoyance, clairaudience, clairsentience, helps to reach deeper states of meditation and reflection, helps one to understand and provide answers to long standing problems or questions, good for pointing out karmic roots for physical imbalances and medical conditions, uplifts the spirits and lends a positive outlook and a hopeful attitude, helps to eliminate over-activity, under-activity, blockage or congestion from any of the chakras, enhances creativity, related to service and to the development of humanitarian pursuits, stone of the future and will bring knowledge and clear mental confusion

**SIGN/S:** Gemini

**CHAKRA/S:** Third Eye (6th)

**ELEMENT/S:** Wind

**VIBRATES to the NUMBER:** #9

**ASSOCIATED TAROT CARD:**

**ASSOCIATED RUNE:**

**ASSOCIATED HERBS:**

**HEALTH/PHYSICAL:** Soothe headaches, eye stimulation, great for eye problems rooted in lack of eye movement, such as declining eyesight, also helps those who have vertigo or dizziness, hunger suppression

**WORKS WELL WITH:** Danburite, Phenacite, Azeztulite & Larimar

**AFFIRMATION:** *I open my inner eyes to the realms of hidden knowledge.*

**APATITE-GOLDEN**

**MAIN POINTS/FOCUS:** Solar and male in tone, helps either men or women strengthen the male personality, helps to develop assertiveness and confidence, vibration of mental clarity, strength of will and manifestation, “stone of learning”, enhances a persons capacity for taking in and digesting new information, if one is unclear on what they want in life, meditation will give needed insight, useful in all aspects of creation and manifestation, very helpful for starting new ventures, excellent for business people, helps to overcome self-imposed limitations, can increase the effect of a persons will in social situations and can enhance personal charisma, helps w/social life, assists w/prosperity on all levels, uplifts the spirits and lends a positive outlook and a hopeful attitude, helps to eliminate over-activity, under-activity, blockage or congestion from any of the chakras, helps find the courage to take risks, it’s a useful ally to anyone in a competitive situation, CAUTION- those who have an overabundance of confidence may make them too assertive to others

**SIGN/S:** Gemini

**CHAKRA/S:** Solar Plexus (3rd)

**ELEMENT/S:** Fire

**VIBRATES to the NUMBER:** #9

**ASSOCIATED TAROT CARD:**

**ASSOCIATED RUNE:**

**ASSOCIATED HERBS:**

**HEALTH/PHYSICAL:** Stimulates endocrine system and helps improve energy levels, stimulates metabolism, aids w/weight loss and enhancing the effects of exercise, energizes the spleen and gallbladder and improves digestion

**WORKS WELL WITH:** Danburite, Phenacite, Azeztulite & Larimar

**AFFIRMATION:** *I call forth my rightful clarity of mind, strength of purpose and success in creation and manifestation.*

**APATITE-GREEN**

**MAIN POINTS/FOCUS:** Exudes a soothing and cooling energy and helps bring freshness and vitality after difficulty or pain, great tonic for frayed nerves and stress, helps a person to relax, stimulates hope and renewed courage in the face of adversity, revitalization, a stone of abundance, helps a person to feel gratitude for life, breath and love, assists in attracting money, knowledge of the heart, allows a person to clearly communicate the balanced wisdom of the mind and heart, keeping a person attuned so as not to overdo logical or emotional side, great for healers & teachers, excellent stone for people who are recovering from a long illness or emotional pain, awakens heart knowledge, allowing a person to understand karmic experiences, works to clear emotional patterns from relationships or to discontinue negative communication habits, helps to commune w/nature spirits, helps in channeling healing energies to the Earth.

**SIGN/S:** Gemini

**CHAKRA/S:** Heart (4th), Throat (5th) & Third eye (6th)

**ELEMENT/S:** Water & Earth

**VIBRATES to the NUMBER:** #9

**ASSOCIATED TAROT CARD:**

**ASSOCIATED RUNE:**

**ASSOCIATED HERBS:**

**HEALTH/PHYSICAL:** Stimulates the heart and helps w/heart related conditions, great for people who are recovering from a heart attack, heart surgery or other heart disease, especially those heart related issues that are caused from stress

**WORKS WELL WITH:** Danburite, Phenacite, Azeztulite & Larimar

**AFFIRMATION:** *I open my heart to receive new energy, new hope & new life.*

**AQUAMARINE**

**MAIN POINTS/FOCUS:** Powerful cleansing agent for the emotional body and in employing clear communication, helps one release old emotional baggage/patterns/abuse, helps one identify where ego is causing one to overreact, assume a victim or abuser role, act in a passive-aggressive manner, manipulate others or martyr oneself, great for all types of calming and cooling from hot flashes, anger and hysteria, assists in releasing vengeful thoughts and helps one see where one is perpetuating negative emotional patterns in relationships, useful in moving through grief, as it helps a person to release the attachment of a physical body, also helps “pack rats” to release attachments of physical items, helps bring a person in touch with the subconscious, the domains of Spirit and our deepest emotions, enhances communication, can help a person to overcome fear of speaking and is a great stone for teachers and presenters, accelerates the intellectual reasoning process, Stone of Release, FOR WOMEN-lends the courage and clarity to express one’s inner knowing and it enhances intuitive abilities, doorway to communication with the Goddess, FOR MEN- helps dispel emotional numbness and helps communicating feelings

**SIGN/S:** Gemini, Pisces & Aries

**CHAKRA/S:** Throat (5th) & Third eye (6th)

**ELEMENT/S:** Water

**VIBRATES to the NUMBER:** #1

**ASSOCIATED TAROT CARD:** The High Priestess, The Hanged Man, The King of Swords, The Emperor

**ASSOCIATED RUNE:** Perthro

**ASSOCIATED HERBS:** Lotus

**HEALTH/PHYSICAL:** Helps counter infection and is especially useful for laryngitis, strep throat, sore throat, helps the healing of inflammatory diseases, soothing to eczema, hives, rosacea and psoriasis, quiets the nervous system, can help one avoid outbreaks of herpes and curb allergy symptoms, treat swollen glands, excellent for the eyes and improving vision, assists teeth & bones

**WORKS WELL WITH:** Larimar, Gem Silica, Chrysocolla, Turquoise, Blue Topaz, Ajoite, Beryl Family, Emerald

**AVENTURINE-GREEN**

**MAIN POINTS/FOCUS:** Assists one in finding hope, optimism and joy in daily life, helps to peacefully navigate difficult emotional experiences, helps one’s willingness to release attachments to past relationships or life situations and to embrace change, growth, renewel, vitality, helps one move forward with confidence into new situations such as employment, school, residence, relationships or spiritual focus, assists one in embracing such challenging issues as aging, illness and one’s own mortality, a stone of “good luck” and is recommended for those who wish to manifest greater prosperity, supports emotional and physical healing and energy balancing, very useful for those who suffer from depression, allows one to remain emotionally stable through periods of change or upheaval, provides a shield to block the entry from those who to “tap in” and use the energy of another, provides for balancing of the male/female energies, enhancing one’s creativity, supplementing motivation in activities, reinforces one’s decisiveness, amplifies leadership qualities

**SIGN/S:** Aries

**CHAKRA/S:** Heart (4th)

**ELEMENT/S:** Water & Earth

**VIBRATES to the NUMBER:** #3

**ASSOCIATED TAROT CARD:** The Empress, The Wheel of Fortune, The Hermit

**ASSOCIATED RUNE:**

**ASSOCIATED HERBS:**

**HEALTH/PHYSICAL:** Helps w/depression, heal the and regulate the heart and circulatory system, stimulates cell repair, regrowth and general healing, helps slow-development infants and children to blossom, treats disorders of the lungs, heart, adrenal glands and the muscular and urogenital systems

**WORKS WELL WITH:** All Quartz, Moldavite, Moonstone, Morganite, Green & Pink Tourmaline

**AFFIRMATION:** *I move forward with optimism, confidence and renewed vitality.*

**RED – ADVENTURINE**

**MAIN POINTS/FOCUS:** Stone of vitality, creativity, sexuality, mental alertness and manifestation through action. Increases a persons desire to take on and overcome the challenges of lifeHelps one with self-forgiveness and enables one to laugh at one’s mistakes. It’s energy quickly reveals self-deception. Helps a person develop the necessary fortitude to manifest one’s highest ideals through consistent action, helps prevent one from being swayed from the course aligned with one’s highest good at the same time it allows one to recognize if one is on the less-than-highest path. It encourages discernment, dedication, commitment and perseverance. Helps to focus energy into action. Amplifies one’s leadership qualities, balances of the male/female energies, enhances creativity and has a “pioneering” spirit.

**SIGN/S:** Aries

**CHAKRA/S:** Root (1st), Sexual/Creative (2nd) and Third Eye (6th)

**ELEMENT/S:** Earth and Fire

**VIBRATES to the NUMBER:** 3

**ASSOCIATED TAROT CARD:**

**ASSOCIATED RUNE:**

**ASSOCIATED HERBS:**

**HEALTH/PHYSICAL:** Strong blood strengthening, stimulates red blood cell and bone marrow, helps to balance auto-immune disorders, great for liver detox, helps those with diminished sexual appetite and general energy

**WORKS WELL WITH:** All forms of Quartz and other Aventurines, for vitality and life force- Ruby, Zincite, Phenacite and Golden Labradolite

**AZURITE**

**MAIN POINTS/FOCUS:** Has the ability to help one understand the root of one’s fears when one is habitually untruthful or deceptive, can lend one courage to correct these patterns and be more clear and truthful to oneself and others, opens the 3rd eye and crown, stimulating psychic powers, enhances dreams, assisting in past-life recall and bringing an increased sense of connection to the Divine, helps to sense the truth in a situation and protects one from being misled, is a stone of inner vision, lends us the inner sight to honestly see where our motives our based, used for the highest good of all beings, NOT personal gain or ego fulfillment, stimulates intellect and is helpful for those who are studying new or challenging subjects, used to strengthen the astral and etheric bodies, making one less vulnerable to psychic attack or attachments, used to seal holes in the aura, works well in the dissolution of energy blockages, excellent antidote for boredom, great for the psychic, medium, channel or other intuitive workers, helps improve the accuracy of their interpretations, w/MEDITATION- provides for relaxation for the easy entry to the void of the state of “no mind”,

**SIGN/S:** Sagittarius

**CHAKRA/S:** Third eye (6th) & Crown (7th)

**ELEMENT/S:** Wind

**VIBRATES to the NUMBER:** #1

**ASSOCIATED TAROT CARD:**

**ASSOCIATED RUNE:**

**ASSOCIATED HERBS:**

**HEALTH/PHYSICAL:** Helpful in all issues of the brain and head, helps soothe tics/vertigo/migraines/tinnitus, used in the treatment of disorders of spinal alignment, circulatory disorders, to disperse growths, clear toxins

**WORKS WELL WITH:** Malachite, Cuprite, Covellite, Chrysocolla, Turquoise, Phenacite, Brookite, Natrolite, Scolecite, Moldavite, Red Aventurine, Carnelian & Rainbow Moonstone

**AFFIRMATION:** *I open my mind to new vision, both inner and outer, as I expand my awareness.*

**BLOODSTONE**

**MAIN POINTS/FOCUS:** Great purifier, healing tool for dispelling negative influences from auric field and bringing one’s subtle energies into wholeness and balance, grounds one fully in the body and with that grounding comes the enhancement on one’s capacity to function with strength, determination and courage, assists one in taking the right action, helps one fulfill commitments in the face of obstacles, excellent for those undergoing tremendous change in their lives due to spiritual awakening, used to facilitate admittance to the spiritual realms of the ancestors, stone of noble sacrifice, red spots are said to be the blood from Jesus

Helps one to demonstrate unselfishness and idealism, enhances creative efforts, keeps one from becoming discouraged, increases vitality and assists one facing the realities of physical mortality and death, provides the revitalization of love, relationships and friendships

**SIGN/S:** Aries, Pisces & Libra

**CHAKRA/S:** Root (1st)

**ELEMENT/S:** Earth

**VIBRATES to the NUMBER:** #4 & #6

**ASSOCIATED TAROT CARD:** The Hermit, Justice, Death, The Sun, 5 of Cups

**ASSOCIATED RUNE:** Kenaz

**ASSOCIATED HERBS:**

**HEALTH/PHYSICAL:** Useful for all types of blood related conditions, anemia, leukemia, works with the bone marrow, stimulating to the liver and endocrine system, balance female hormones and helps to stabilize hormones throughout menopause, used in the treatment of the spleen and to purify the kidneys, bladder, intestines and liver

**WORKS WELL WITH:** Cuprite, Smoky Quartz, Zincite, Black Tourmaline, Jet & Obsidian, Imperial Topaz, Moldavite

**AFFIRMATION:** *I am at home and alive in my physical body, which vibrates at its optimal level of strength, vitality and purity, and I act for the highest good of all.*

**CALCITE-BLUE**

**MAIN POINTS/FOCUS:** Promotes inner vision, clairvoyance and telepathy, helps one refocus the mind on positive thoughts, enhances affirmations, helps one to connect with one’s muse, softens the impact of physical stimuli, allowing empaths and those who are energetically sensitive to relax, soothes the emotional body and protects from being bombarded by other people’s thoughts and energy, enhance psychic ability, enables out of body experiences/astral travel/dreams, helps the mind and body to remember, stimulates access to inspiration and creativity, excellent when studying the arts and sciences, releases electrical impulses and is an energy amplifier, clears and removes blockages from all chakra’s, has a cleansing, refreshing and revitalizing influence

**SIGN/S:** Cancer

**CHAKRA/S:** Throat (5th) & Third eye (6th)

**ELEMENT/S:** Fire & Air

**VIBRATES to the NUMBER:** #8

**ASSOCIATED TAROT CARD:** The Hermit

**ASSOCIATED RUNE:**

**ASSOCIATED HERBS:**

**HEALTH/PHYSICAL:** Helps in clearing congestion in the lungs and respiratory system, great for emphysema, also useful for headaches and cataracts/eye health, balances calcium and helps with de-calcification of bone growths

**WORKS WLL WITH:** Moldavite, Herderite, Brookite, Blue Chalcedony, Blue Lace Agate, Owyhee Blue Opal, Blue Calcite with Aquamarine

**AFFIRMATION:** *My intuitive awareness is always increasing, my emotions are calm and serene, and I express my inner visions with truth and clarity.*

**CALCITE-CLEAR**

**MAIN POINTS/FOCUS:** Helps clear energetic blockages that are impeding one’s spirit connection, stimulates psychic activity and aids in releasing the past and attachments, encourages one to begin again with a clean slate, enables out of body experiences/astral travel/dreams, helps the mind and body to remember, stimulates access to inspiration and creativity, excellent when studying the arts and sciences, provides clarity about the correct path to take towards a new reality, helps one to see possibilities for renewal, growth and creation that were previously hidden, can be programmed to amplify the effect of one’s intent and manifestation, great for people that need an “attitude adjustment”, helps one see the roots that cause symptoms of anger, resentment, envy, arrogance, with these insights one can more easily forgive oneself and others for past actions and move to the higher good

**SIGN/S:** Cancer

**CHAKRA/S:** All chakra’s

**ELEMENT/S:** Fire & Wind

**VIBRATES to the NUMBER:** #8

**ASSOCIATED TAROT CARD:**

**ASSOCIATED RUNE:** Ehwaz

**ASSOCIATED HERBS:**

**HEALTH/PHYSICAL:** Stimulates metabolism and can be used as an aid in weight loss, particularly if a person is using food as self-punishment, balances calcium and helps with de-calcification of bone growths

**WORKS WELL WITH:** Other Calcites, Moldavite, Phenacite, Azeztulite, Scolectite & Danburite

**AFFIRMATION:** *I see all aspects of myself and the world with ever-greater clarity, and I accept all that I see.*

**CALCITE-GREEN**

**MAIN POINTS/FOCUS:** Helps one to resonate with love energy and to express compassion and goodwill towards others, brings a sense of renewed purpose and vitality and a desire to make positive changes in one’s life, helps one forgive oneself and others, helps to recognize where self-improvement is needed and gives one the willingness to change, helps to cool emotions such as anger and irritability, clears the heart chakra of stress and others types of unhealthy psychic debris, assists one to become more attuned to Nature and the spirits of plants and animals, helps improve the quality of meditations, helps bring a fresh energy into one’s environment and is especially helpful for those with seasonal affective disorders or winter depression, helps to balance emotions and relax, assists in overcoming social phobias

**SIGN/S:** Cancer

**CHAKRA/S:** Heart (4th)

**ELEMENT/S:** Fire & Water

**VIBRATES to the NUMBER:** #8

**ASSOCIATED TAROT CARD:** The Hanged Man

**ASSOCIATED RUNE:**

**ASSOCIATED HERBS:**

**HEALTH/PHYSICAL:** Helps to rid body of infections/fungal infections, helps with clearing excessive plaque and blockages in the arteries, stimulates the body to overcome health decline and the effects of aging.

**WORKS WELL WITH:** Green Apophyllite, Chrysoprase, Petalite & Lepidolite

**AFFIRMATION:** *I listen for the silent voice of my heart, and I follow its wisdom.*

**CALCITE-HONEYCOMB**

**MAIN POINTS/FOCUS:** One of the best stones for those who have experienced sexual or emotional abuse, has the ability to dislodge the restrictive patterns that abuse creates. Clarity of insight and action, confidence, persistence, intellectual power, stimulates the will and mind, clears the mind and prepare it to receive new learning and higher knowledge, great for students, developing new skills/tools, has the ability to “teach old dogs new tricks”, gives a person the determination and faith to break out of old patterns and undertake exciting new directions, overcome fear of taking action and helps stop procrastination, increases a person’s sense of self-worth, teaches the right use of power and can assist one in perceiving and integrating lessons about the right use of power.

**SIGN/S:**

**CHAKRA/S:** Root (1st), Solar Plexus (3rd), Third Eye (6th)

**ELEMENT/S:** Fire and Wind

**VIBRATES to the NUMBER:**

**ASSOCIATED TAROT CARD:**

**ASSOCIATED RUNE:**

**ASSOCIATED HERBS:**

**HEALTH/PHYSICAL:** Great use to balance the endocrine system and to balance hormone levelsWorks great for eye problems and can promote weight loss.

**WORKS WELL WITH:**

**CALCITE-ORANGE**

**MAIN POINTS/FOCUS:** Helps one mobilize one’s energies and resources for all types of activities, especially those involving creativity and/or sexuality, great for those who are looking for new and innovative strategies for dealing with long-standing problems or stalled projects, used for healing emotional issues related to childhood wounds, experiences of shame and deep issues like sexual abuse. It stimulates the inner child, infuses with light and warmth. Helps one to overcome depression, lethargy or inactivity. Great for creativity, excellent for improving business or increasing the flow of money through already established channels. Encourages new endeavors and helps one to break out of old patterns and overcoming shyness, social phobias and/or indecision

**SIGN/S:** Cancer

**CHAKRA/S:** Sexual/Creative (2nd) and Solar Plexus (3rd)

**ELEMENT/S:** Fire

**VIBRATES to the NUMBER:**

**ASSOCIATED TAROT CARD:**

**ASSOCIATED RUNE:**

**ASSOCIATED HERBS:**

**HEALTH/PHYSICAL:** Helps with sexuality, regulates the endocrine and hormonal functions. Clears the digestive system

**WORKS WELL WITH:** Carnelian, Golden Labradorite, Citrine, Helidor and all other Calcites, Cuprite and Selenite

**CALCITE-PINK/OPAQUE**

**MAIN POINTS/FOCUS:** Great for those who have difficulty connecting with their emotions or who tend to bury their emotions, helps those in being more honest when communication and can help passive-aggressive behavior and/or irrational anger. Helps to clear blocks of emotional expression and in clearing long-standing emotional patterns which a person has outgrown. Provides great support for those in deep grief, trauma or emotional hysteria. Fills the heart with love and heals inner child hurts and past abuse by filling one with a sense of motherly love. Is very nurturing and helps us take of ourselves. Great stress reliever, used to remove fear of all kinds. Enhances self-confidence and self-esteem. A stone of empathy and can help individuals increase their empathic connections and healing. Great stone for use in conflicts between parents and children (put stone under each pillow). Allows others to see opposing point of views

**SIGN/S:** Cancer, Libra and Taurus

**CHAKRA/S:** Heart (4th)

**ELEMENT/S:** Fire

**VIBRATES to the NUMBER:** 4 and 55

**ASSOCIATED TAROT CARD:**

**ASSOCIATED RUNE:**

**ASSOCIATED HERBS:**

**HEALTH/PHYSICAL:** Healing, nervous system, nightmares, abuse, trauma

**WORKS WELL WITH:** Rose Quartz, Morganite, Kunzite and all other Calcites

**CALCITE-RED**

**MAIN POINTS/FOCUS:** Is an energizing and detoxifying stone, Brings stability to one’s will and increases inner strength, assists with problem solving and can also attract love, helps one in feeling comfortable being physical and can help one enjoy sensory experiences, it is also grounding and helps with excessive spaciness. Helps a person feel more vital, energetic and willing to experience life, boosts energy and increases the life force, soothes imbalances which bring on fatigue and exhaustion, helps activate inner reserves of energy, aids in overcoming fears around sexuality or the expression of passion or affection, helps prevent overextension of one’s energies and alleviate feelings of being overwhelmed, helps ease and release fear, calming over-stimulation of adrenaline caused by fear

**SIGN/S:** Cancer

**CHAKRA/S:** Root (1st) and Crown (7th)

**ELEMENT/S:** Fire and Earth

**VIBRATES to the NUMBER:**

**ASSOCIATED TAROT CARD:**

**ASSOCIATED RUNE:**

**ASSOCIATED HERBS:**

**HEALTH/PHYSICAL:** Helps support reproductive health, pregnancy, birth, helps to balance the endocrine system and regulate hormones, great for bone and blood strength, great for weight loss, helps with food poisoning and alcoholism

**WORKS WELL WITH:** Life Force- Cuprite, Ruby, Red Garnet, Grounding- Hematite, Smokey Quartz, Black Tourmaline, Celestite

**CARNELIAN**

**MAIN POINTS/FOCUS:** Assist in taking action to manifest one’s highest goals and dreams, helps one overcome fear of taking action or fear of doing the wrong thing, helps a person to embrace change and transformation in one’s life, supports qualities of leadership and courage, brings an influx of life force, sexual and creativity energies and assertive will, assists those who procrastinate or are unable to decide on a course of action, excellent for its ability to strengthen and fortify the physical body, enhancing the flow of life-force energy, helps one purify and sanctify the body as a temple of the spirit, excellent support for detoxification from alcohol or others drugs, breaking negative or hurtful physical habits, protects against envy, fear, rage and helps to banish sorrow, powerful aid to those who wish to build confidence, courage, passion and power within themselves, great for those who are gentle souls, assists one in drama or theater, gives one’s sexuality a boost, most powerful for enhancing the lusty desires of the body in conjunction with the playfulness of creative consciousness

**SIGN/S:** Taurus, Cancer & Leo

**CHAKRA/S:** Root (1st), Sexual (2nd) & Solar plexus (3rd)

**ELEMENT/S:** Fire

**VIBRATES to the NUMBER:** #5 & #6

**ASSOCIATED TAROT CARD:** The Emperor, The Empress, The Hierophant, Justice, Eight of Pentacles

**ASSOCIATED RUNE:** Jera

**ASSOCIATED HERBS:**

**HEALTH/PHYSICAL:** Helps with detox from alcohol or other drugs, useful in balancing and healing the ovaries or testes, used in the treatment of neuralgia, gallstones, kidney stones, pollen allergies, and colds, helps heal cuts and abrasions

**WORKS WELL WITH:** All Quartz, Jasper, Chalcedony, Phenacite, Danburite, Petalite. Increase Sexuality- Zincite & Orange Calcite

**AFFIRMATION:** *I am filled with the vital energies of life, and I take action with confidence and power.*

**CHAROITE**

**MAIN POINTS/FOCUS:** Used to purify and cleanse one’s etheric body, releasing disharmonies and dispelling negativity, for those who have “difficult-to-diagnose maladies that stem from negativity or fear it is a powerful aid for releasing such things, protects from psychic attack and dispel the tendency to have bad dreams, helps to release unconscious fears, helps access past life memories, assists in recognizing one’s Path of Service and helps overcome resistance to one’s sacred path, stimulates intuitive and psychic ability, increases synchronicities and “second sight “clears negativity and assists one in being a more effective healer, assists in grounding high-frequency energy and prevent psychic burn-out, assists in acclimating to high frequency vibrations

**SIGN/S:** Sagittarius & Scorpio

**CHAKRA/S:** Third Eye (6th), Crown (7th), Soul Star (8th), Solar Plexus (5th), Root (1st) & Earthstar (below feet)

**ELEMENT/S:** Wind

**VIBRATES to the NUMBER:**

**ASSOCIATED TAROT CARD:** The Devil

**ASSOCIATED RUNE:**

**ASSOCIATED HERBS:**

**HEALTH/PHYSICAL:** Stimulate and regulate the blood pressure and heart rate, treat disorders of the heart and eyes, provides improvement of autistic pursuits, allay headaches and general aches and pain, improves liver and pancreatic functions

**WORKS WELL WITH:** Moldavite, Phenacite, Seraphinite, Petalite, Amethyst, Kunzite & Blue Apatite. Protection-Sugilite, Jet, Black Tourmaline & Smokey Quartz

**AFFIRMATION:** *I ask for the revelation of my highest path of service, and I embrace it fully, knowing I am protected from all harm.*

**CHRYSOCOLLA**

**MAIN POINTS/FOCUS:** Stone of empowerment of the feminine energies, in both sexes, stone of the Goddess, closely attuned to the vibrations of the Earth, assists in owning the value of one’s experiences, knowledge and contribution, is the “teaching stone” that encourages a person to speak one’s highest knowledge so that others may benefit from our experiences, teaching comes in many different forms, but true teaching is the act of speaking one’s truth from the heart, can help to ease emotional heartbreak and to give renewed strength and balance, further increases ones capacity to love, helps to choose your words consciously and helps to feel more secure when communicating with others and helps dispels fear in social situations, assists one in releasing patterns of sarcasm, criticism when communicating with others, valuable ally for those who speak for a living, opens the channel between higher consciousness and verbal expression soothes emotions and assists in the release of stress and anxiety, governs all aspects of sound healing, purifies the home and the environment and can works to eliminate negativity, helps to stabilize the home and rebuild relationships

**SIGN/S:** Gemini, Virgo & Taurus

**CHAKRA/S:** Throat (5th), Heart (4th) & Root (1st).

**ELEMENT/S:** Water

**VIBRATES to the NUMBER:** #5

**ASSOCIATED TAROT CARD:** The Tower

**ASSOCIATED RUNE:** Dagaz

**ASSOCIATED HERBS:**

**HEALTH/PHYSICAL:** Excellent for laryngitis, sore throats and larynx support, helps regulate thyroid and adrenal glands, assist in the regulation of insulin and to stabilize blood sugar, strengthen the muscular structure of the legs, arms, back and abdomen, helps w/ lung conditions such as TB, asthma, emphysema, increases oxygenation

**WORKS WELL WITH:** Larimar, Aquamarine, Ajoite, Malachite, Azurite, Lapis & Shattckite

**AFFIRMATION:** *I listen deeply to the voice within and express it with freedom, spontaneity, passion and reverence.*

**CHRYSOPRASE**

**MAIN POINTS/FOCUS:** Assists in connecting with the abundant energy and love of the Divine, stimulates the heart chakra and kindles an expanded ability to feel and express love, helps one to connect with Nature beings and the beauty of the natural world, helps one to remain centered in the heart at all times, providing the courage to face difficult or threatening situations with steadfast resolve and truth-centered compassion, assists in fostering positive healing thoughts toward each other and the Earth, can help a person work through a host of emotional imbalances, helps to release attachments to fear-based emotions, belief systems and actions, excellent stone for those who choose to heal from abuse, breaking the cycle of abuse for future generations, helps understand the karmic basis for emotional patterns within relationships, is a “stone of youth”, helps in maintaining a youthful spirit, outlook and energy, carries an energy of growth and ripening promise, is also an excellent prosperity stone and a powerful love attractor, encourages fidelity in business and personal affairs

helps a person prepare the heart for a new relationship, balances yin-yang energy, helps with attitudes, acceptance of others/self, and reduces superiority or inferiority complexes

**SIGN/S:** Libra

**CHAKRA/S:** Heart (4th) & Solar Plexus (3rd)

**ELEMENT/S:** Water

**VIBRATES to the NUMBER:** #3

**ASSOCIATED TAROT CARD:**

**ASSOCIATED RUNE:** Raido

**ASSOCIATED HERBS:**

**HEALTH/PHYSICAL:** Supports general healing and regeneration, heart disorders, increase Ca, increase dexterity, helps with reproductive system, increase fertility

**WORKS WELL WITH:** Ajoite, Danburite, Phenacite, Azeztulite, Kunzite, Morganite, Relaxation- Lepidolite & Amblygonite

**AFFIRMATION:** *I see myself and others through the lens of the heart’s compassion, and I grow in the paths that serve the good of all.*

**CITRINE**

**MAIN POINTS/FOCUS:** Opens the inner doors to increased clarity of thought, enhanced creativity and magnifies powers of will and manifestation, allowing one to purify the manifestation channel and bring Divine energy into form through intention and action, awakens the powers of creative imagination, stimulates the intuitive self and promotes contact with the higher forces of intelligence, excellent for smoothing family or group problems, lends courage and fortitude to make hard choices or take difficult actions, helps one to overcome feelings of being undeserving of abundance, personal will, helps to lighten dark thoughts and brings optimism, playfulness and happiness into ones energy systems, called a “merchant stone”, assists a merchant in acquiring wealth and helps to maintain the state of wealth, place a stone in a cash box for enhanced income

**SIGN/S:** Gemini, Aries, Libra & Leo

**CHAKRA/S:** Root (1st), Sexual/Creative (2nd) & Solar Plexus (3rd)

**ELEMENT/S:** Fire

**VIBRATES to the NUMBER:** #6

**ASSOCIATED TAROT CARD:** The Magician, The Hierophant, Strength, 6 of Swords, 2 of Wands

**ASSOCIATED RUNE:**

**ASSOCIATED HERBS:**

**HEALTH/PHYSICAL:** Aids in digestive disorders, promotes blood circulation, treatment of degenerative disorders, increase visual abilities, balance thyroid and activate thymus, supports weight loss and to increase energy

**WORKS WELL WITH:** Heliodor, Golden Labradorite, Imperial Topaz. For Creativity- Zincite, Orange Calcite, Carnelian. Enhance Visions-Phenacite, Azeztulite, Natrolite. Connect to Higher Realms-Amethyst, Petalite, Danburite, Apophyllite, Scolectie & Herderite

**AFFIRMATION:** *I open myself to the inspiration of my creative imagination, and through the strength of my will, aligned with Divine will, I manifest my dreams.*

**DUMORTIERITE**

**MAIN POINTS/FOCUS:** Used to open or enhance one’s psychic connection and intuitive abilities, helps one to connect to the Divine source and to feel one has a role in the Divine plan, enhances all mental abilities (linguistic, mathematical, abstract, emotional intelligence) activates the latent psychic abilities and stimulates clairvoyance, clairaudience and clairsentience, powerful stone for those who do channeling or psychic work, opens up to divination/astrology/prophetic dreams, facilitates the opening of one’s inner sight, supports those that feel mentally foggy, unable to focus or concentrate or energetically blocked, stone of mental discipline and is capable of enhancing one’s will power in regard to learning, great for students as it aids in memory retention, excellent for receiving Divine inspiration, used to reduce excitability and to eliminate stubbornness, inner guidance, mental discipline, great for patience, stimulate verbalization of spiritual ideas, provide grounding in love matches while clearing away unsettled areas in relationship

**SIGN/S:** Leo

**CHAKRA/S:** Third Eye (6th)

**ELEMENT/S:** Wind

**VIBRATES to the NUMBER:** 4

**ASSOCIATED TAROT CARD:**

**ASSOCIATED RUNE:**

**ASSOCIATED HERBS:**

**HEALTH/PHYSICAL:** Used to diminish wasting disorders, general mental balance, helps with ADHD/focus

**WORKS WELL WITH:** Lapis Lazuli, Blue Sapphire, Phenacite, Azeztulite

**AFFIRMATION:** *I open myself to psychic perception, Divine inspiration and mental discipline, pledging to use my gifts for the good of all.*

**EMERALD**

**MAIN POINTS/FOCUS:** Connects one to the frequency of Divine love, compassion and true appreciation for all of one’s experiences and creations, known as the “stone of successful love”, provides domestic bliss and to instill both sensitivity and loyalty, brings harmony to all areas of one’s life, used to stimulate both wealth and abundance, is a Stone of Prosperity, powerful for shifting consciousness to prosperity consciousness, developing one’s trust that the universe will provide for one’s needs, allows one to develop gratitude through perceiving and receiving the gifts of the Divine, used to eliminate negativity and enhances memory, helps with legal affairs,

wonderful emotional healer, allows a person to display one’s compassionate, caring nature without fear of vulnerability, assists in overcoming feelings of unworthiness, fear of scarcity and abandonment, encourages acceptance of others without judgment or imposition of one’s own views of reality, stimulates the physical heart and clears the emotional body of patterns of victimization and rejection of personal power

**SIGN/S:** Taurus, Gemini, & Aries

**CHAKRA/S:** Heart (4th)

**ELEMENT/S:** Water

**VIBRATES to the NUMBER:** #4

**ASSOCIATED TAROT CARD:** The Empress, Justice, The Emperor, The High Priestess

**ASSOCIATED RUNE:** Ansuz

**ASSOCIATED HERBS:** Rose and Sandlewood

**HEALTH/PHYSICAL:** A strong heart healer, helps recover from all manner of imbalances or diseases, treatment of disorders of spine, lungs, heart & muscular system. Soothe eyes

**WORKS WELL WITH:** Moldavite, Dioptase, Aventurine, Morganite, Kunzite, Rhodochrosite & Rose Quartz. Prosperity-Tsavorite. Soothing-Lepidolite, Aquamarine, Heliodor, Goshenite & Bixbite.

**AFFIRMATION:** *Through love and compassion, all things are healed and blessings flow freely.*

**FLUORITE**

**MAIN POINTS/FOCUS:** Brings structure and focus to incoherent or incohesive energies, acts as a “psychic vacuum cleaner”, clearing the atmosphere of confusion, cluttered thoughts, negativity and any sort of astral “hangers on”, important ally for those who have to make quick clear headed decisions, helps one attune to higher guidance during meditation and will tend to produce meditations with rich visions and insights, ideal for strengthen one’s ability to receive psychic information, can remedy confusion ,mental instability, dishonesty and disorders arising from incoherent thought patterns, helps a person overcome fear of the future, aids one in “thinking through” one’s feelings when a person that is overwhelmed by emotional experiences, increases the ability to concentrate, balancing the positive and negative relationships of the mind, provides mental enhancement and clarity, improved decision making,

**Green Fluorite**-brings a cleansing, tidying, mint-like freshness of spring time and renewal to the chakras, helps to diminish mild trauma in the emotional body and to eliminate negativity within a room, used extensively in the treatment of disorders of the stomach, soothing energy throughout the whole intestinal tract, helps to ease discomforts of colitis, heartburn, sore throat

**Purple Fluorite**-is ideal for purification and access of the mind to the spiritual realm, a 3rd eye stone bringing rationality to the intuitive qualities and assisting one in precise communication of that which is psychically presented, works well for disorders with the bone and bone marrow, excellent in helping to prepare the physical, emotional, intellectual and/or spirit realms of one’s being for healing

**SIGN/S:** Pisces & Capricorn

**CHAKRA/S:** All chakra’s

**ELEMENT/S:** Wind

**VIBRATES to the NUMBER:** Green #2, Purple #77

**ASSOCIATED TAROT CARD:** 3 of Pentacles

**ASSOCIATED RUNE:**

**ASSOCIATED HERBS:**

**HEALTH/PHYSICAL:** Assists in balancing brain chemistry, enhances learning and memorization abilities, stimulates the brain, helps with dizziness or vertigo, provides bone & teeth strength, stomach disorders, treats colds, flu, staph and strep infections, infectious cankers, herpes and ulcers, helps treat early tumors

**WORKS WELL WITH:** Clearing energy field-Black Tourmaline, Smokey Quartz, Jet & Obsidian. Mental enhancement- Lapis, Iolite, Golden Labradorite, Heliodor. Heart work-Emerald, Dioptase, Pink Tourmaline, Rose Quartz, Kunzite & Morganite.

**AFFIRMATION:** *My mind and heart are awake, alert, clear and active, working in unison to make the optimal choices for my life purpose.*

**GARNET- ALMANDINE**

**MAIN POINTS/FOCUS:** Helps one to release panic, worry, fear and anxiety, especially around financial matters, teaches one to develop trust in the infinite abundance of the Universe and helps one to feel calm and grounded, aids one in finding joy in the physical plane, feeling supported in one’s needs and desires and in giving and receiving love, is a “stone of health”, extracting negative energy, balances and stimulates the development and movement of the Kundalini, also known as a “stone of commitment” to purpose, to others and to oneself, reflects the attributes of devotion, very helpful in moods of abandonment, cultivates a sense of physical security, safety and abundance, assists one in accessing past-life memories from ancient civilizations and in clearing karmic patterns

**SIGN/S:** Leo, Virgo, Capricorn & Aquarius

**CHAKRA/S:** Root (1st)

**ELEMENT/S:** Earth

**VIBRATES to the NUMBER:** #2

**ASSOCIATED TAROT CARD:**

**ASSOCIATED RUNE:** Mannaz

**ASSOCIATED HERBS:**

**HEALTH/PHYSICAL:** Supports recuperation after injury, treats disorders of the spine, spinal fluid, equilibrate sexual energies and to enhance the assimilation of iodine, calcium, mg and vitamins A, D and E, health of the ovaries and testes

**WORKS WELL WITH:** Tibetan Tektite, Black Andradite Garnet

**AFFIRMATION:** *I am grounded and secure in my physical body and I draw from deep wells of strength and vitality.*

**GARNET-GREEN/GROSSULAR**

**MAIN POINTS/FOCUS:** Teaches the many facets of abundance, from physical wealth to spiritual connection to the Divine, excellent natural grounders of abundant manifestation, are ready tools for bringing one’s visions into reality, creates an eager confidence, motivation to get down to business and make things happen, helps us to receive sustenance from the Divine source on all levels of our experience, stone of prosperity and wealth in all positive aspects such as financial, creative, emotional, artistic and even physical health, powerful for overcoming scarcity-mindedness, money panic and other forms of financial anxiety

**SIGN/S:** Leo, Virgo, Capricorn & Aquarius

**CHAKRA/S:** Solar Plexus (3rd) & Heart (4th)

**ELEMENT/S:** Earth

**VIBRATES to the NUMBER:** #2

**ASSOCIATED TAROT CARD:**

**ASSOCIATED RUNE:** Mannaz

**ASSOCIATED HERBS:**

**HEALTH/PHYSICAL:** Speeds recovery from physical trauma, balance cell growth

**WORKS WELL WITH:** Aventurine, Green Jade, Emerald, Malachite. Spiritual manifestation-Ohio Celestite, Azeztulite, Natrolite & Clear Apophyllite

**AFFIRMATION:** *I call forth abundance, prosperity, health and wellbeing as my natural birthright, and I manifest them abundantly.*

**GARNET-SPESSARTINE**

**MAIN POINTS/FOCUS:** Resonates with the creative energy of the Universe, helps bring one’s dreams and visions into reality, very powerful stones of attraction, can help to “magnetize” a lover, new job, creative project, enhances charisma, encourages optimism, confidence, daring and action, is a stone of manifestation, creation, conception and birth, aids in matters of fertility and sexual reproduction, great for people who are experiencing creative blocks, great for artists, writers, dancers, actors and others who express creative energy

**SIGN/S:** Leo, Virgo, Capricorn & Aquarius

**CHAKRA/S:** Root (1st), Sexual/Creative (2nd) & Solar Plexus (3rd)

**ELEMENT/S:** Earth & Fire

**VIBRATES to the NUMBER:** #2

**ASSOCIATED TAROT CARD:**

**ASSOCIATED RUNE:** Mannaz

**ASSOCIATED HERBS:**

**HEALTH/PHYSICAL:** Aids with fertility and sexual reproduction, helps with weight loss, excellent tonic for the endocrine system

**WORKS WELL WITH:** Phenacite, Zincite, Orange Calcite, Carnelian, Heliodor. For Prosperity-Tsavorite. New Love- Rose Quartz & Rhodolite Garnet

**AFFIRMATION:** *I attract to myself the people, projects and creative ideas that fire my passion*

**GARNET-RHODOLITE**

**MAIN POINTS/FOCUS:** Allows one to open the channel of Divine love, helps the heart open to all types of love, aids a person in opening up to sharing love, kindness and compassion, helps one to recall and fulfill one’s life purpose, activates one’s connection to inner guides and guardian angels, wonderful for soothing and healing the emotional body especially when dealing with guilt and shame, encourages self-respect and self-worth, alleviates feelings of inadequacy or unworthiness, holds a frequency of comfort and support, helpful in recovery from sexually related abuse

**SIGN/S:** Leo, Virgo, Capricorn & Aquarius

**CHAKRA/S:** Root (1st), Heart (4th) and Crown (7th)

**ELEMENT/S:** Earth

**VIBRATES to the NUMBER:** #2

**ASSOCIATED TAROT CARD:**

**ASSOCIATED RUNE:** Mannaz

**ASSOCIATED HERBS:**

**HEALTH/PHYSICAL:** Helpful in recovery from sexually related abuse; lighten emotional patterns related to abuse. Helps with reproductive organs imbalance, great to use when pregnant.

**WORKS WELL WITH:** Carnelian

**AFFIRMATION:** *My body, emotions and spirit are aligned and working for my highest good.*

**HEMATITE**

**MAIN POINTS/FOCUS:** A stone of manifest union between Spirit and the physical world, teaches the resolution of polarities, the balancing of opposites and the manifestation of Light, strongly grounding stone, a “stone of the mind”, helps one to “sort out” things in one’s mind and can be used for mental attunement, memory enhancement, original thinking and technical knowledge, helps to regulate frequency fluctuations in one’s energy field, assisting one in carrying very high frequency energies while still remaining connected to the Earth, acts as a protective mechanism when the energy field has been drained or de-energized, assists in the dissolution of negativity and transforming that negativity into something positive, attracts a “kind” love and helps enable one to enter into a loving relationship, can help one to see the silver lining on every dark cloud, lends one strength, courage and fortitude for moving through adversity, powerful stone when one is seeking to integrate the shadow self, helps one to release judgment or self-recrimination about one’s spiritual growth and self-worth

**SIGN/S:** Aries & Aquarius

**CHAKRA/S:** Root (1st), Hematite Magnets: All

**ELEMENT/S:** Earth

**VIBRATES to the NUMBER:** #9

**ASSOCIATED TAROT CARD:** The Hierophant, The Devil, The Tower, 3 of Pentacles and 8 of Pentacles

**ASSOCIATED RUNE:**

**ASSOCIATED HERBS:**

**HEALTH/PHYSICAL:** Supports blood production, bone marrow. Helps with anemia, leg cramps, nervous conditions, insomnia, detox. Helps spinal alignment and the proper healing of breaks & fractures.

**WORKS WELL WITH:** Black Tourmaline, Smokey Quartz, Obsidian, Jet, Herkimer, Moldavite & Phenacite. Root chakra work-Cuprite, Ruby, Zincite

**AFFIRMATION:** *Through my body, I ground the energies of the Light realms in this world.*

**HERDERITE**

**MAIN POINTS/FOCUS:** A powerful stone for stimulating the psychic abilities, mental abilities and the activation of the higher chakras, facilitates viewing and communicating with other dimensions, powerful tools for interdimensional travel, communicating with Spirit guides and Light beings and embracing enlightened awareness, encourages the exploration in all areas of one’s life, stimulates directness and passion, is uplifting and enlightening, assists one in gaining a more removed or objective perspective when dealing with emotionally charged situations, speaks of evolution in our bodies, our relationships and our creations, when we open ourselves to the higher vibration, we accept our responsibility to allow deep transformation and emergence into higher light beings, activation of latent capacities, awakening the higher brain functions, discovering the Light body, great for treatment of imbalance in behavior patterns, helps promote leadership qualities and tact and cooperation within groups, one of the 12 synergy stones

**SIGN/S:** Aries

**CHAKRA/S:** Third Eye (6th), Crown (7th), Soul Star (8th) and Transpersonal (9th)

**ELEMENT/S:** Storm

**VIBRATES to the NUMBER:** 2

**ASSOCIATED TAROT CARD:**

**ASSOCIATED RUNE:**

**ASSOCIATED HERBS:**

**HEALTH/PHYSICAL:** Treats disorders of the pancreas, spleen and gall bladder, helps with headaches/brain imbalances, stroke

**WORKS WELL WITH:** Other synergy stones, Merkabite, Calcite, Elestial Calcite and Cinnabar Quartz

**AFFIRMATION:** *I open myself to the higher realms and call forth the activation of my latest capacities, fully embracing the pattern for my evolution as an awakened physical and spiritual being.*

**HERKIMER QUARTZ “DIAMOND”**

**MAIN POINTS/FOCUS:** Manifestations of pure solidified spirit light, assists in all dream work, astral travel, time travel, dimensional shifting and other explorations into expanded reality, great tool for creating and maintaining dimensional doorways, healing grids and vortex grids, stimulates clairvoyant, clairaudient abilities and can assist one in prescience and in telepathic communication, useful purifiers in the energetic field, help illuminate and clear the emotional body, assists in the removal of energetic cords, can accept and retain information which can be retrieved at a later time, enhances and magnifies the properties of other stones, known as a “attunement stone” as it can be used to attune oneself with another person, environment or activity, helps one to begin again in this lifetime, helps clear the body-mind system of unconscious fears and repressions, used in gridding environments to facilitate healing and well-being for others and for the Earth, spiritualization of physical life

**SIGN/S:** Sagittarius

**CHAKRA/S:** Third Eye (6th) and Crown (7th)

**ELEMENT/S:** Storm

**VIBRATES to the NUMBER:** #3

**ASSOCIATED TAROT CARD:** The Fool, Strength

**ASSOCIATED RUNE:**

**ASSOCIATED HERBS:**

**HEALTH/PHYSICAL:** Great for general healing, stamina, energy level, cleansing, purification and detoxification. Helps protect people who work in proximity to radioactive materials, helps correct metabolic rate and eyesight.

**WORKS WELL WITH:** Moldavite, Herderite, Satya Loka Quartz, Azeztulite, Phenacite, Natrolite, Scolecite, Celestite and Danburite.

**AFFIRMATION:** *I call forth my deepest dreams and highest visions and commit myself to attaining and grounding in the physical world the highest possible spiritual energies.*

**IOLITE**

**MAIN POINTS/FOCUS:** Facilitates meditation, opens the visionary centers and assists one in consciously communing with other realms and their inhabitants, takes one on the inner path to the deep self, excellent for shamanic journeying, astral projection, dimensional work, past life work and soul retrieval, enhances creative expression of higher information, empowers one to envision solutions to seemingly insurmountable emotional problems, gives one hope in difficult situations and can assist one in perceiving how best to proceed, helps to calm the too-active-mind, encourages a positive, calm and clear mind in the midst of adversity, helps a person gain emotional distance and a clearer perspective on life situations, dissolves the fear of the unknown or suppressed parts of the psyche, teaches a person that the exploration of one’s wounds is the most direct path to healing, used for the elimination of debts, enables one to understand that the acceptance of responsibility to the self leads to excellence in one’s endeavors and the management of money

**SIGN/S:** Libra, Sagittarius & Taurus

**CHAKRA/S:** Third Eye (6th)

**ELEMENT/S:** Wind

**VIBRATES to the NUMBER:** #7

**ASSOCIATED TAROT CARD:** The Hanged Man

**ASSOCIATED RUNE:**

**ASSOCIATED HERBS:**

**HEALTH/PHYSICAL:** Stimulates memory, assists with sleep imbalances, supports the healing of eyes, helps protect and improve degraded conditions of the liver, rid body of toxins. Helps treat malaria and other fever-producing disorders.

**WORKS WELL WITH:** Lapis, Amethyst, Tanzanite, Lazulite, Azurite, Scolecite & Hematite

**AFFIRMATION:** *I open myself to the path of inner vision and I trust that I will be guided to what I need to see for my highest good.*

**BUMBLE BEE JASPER**

**MAIN POINTS/FOCUS:** Creative manifestation, adventure, mental acuity, personal power, confidence, invigorates one’s will and creative capacities, works spiritually to teach one the possibilities of manifesting dreams and inspirations, helps a person go beyond fear and hesitation, enhancing confidence and sense of adventure

**SIGN/S:**

**CHAKRA/S:** Sexual/Creative (2nd), Solar Plexus (3rd)

**ELEMENT/S:** Earth and Fire

**VIBRATES to the NUMBER:**

**ASSOCIATED TAROT CARD:**

**ASSOCIATED RUNE:**

**ASSOCIATED HERBS:**

**HEALTH/PHYSICAL:** Intestines, liver and kidneys

**WORKS WELL WITH:** Moldavite, Phenacite, Pietersite, Helidor, Golden Apatite

**AFFIRMATION:**

**JASPER-KAMBABA**

**MAIN POINTS/FOCUS:** A stone of peace and tranquility, imbued with the nourishing green energy of nature, the swirls comforts and protects, calms and relaxes, soothing troubled minds and restoring balance to the body and spirit, expands one’s ability to focus and is excellent for meditation and journeying, its cleansing effect eliminates negative energy and stabilizes the aura, great for banishing nightmares, conductive to deep and peaceful sleep, release of negative thoughts and feelings, provides strength for those who are broken-hearted by love, rejection or sudden abandonment, used to increase money flow and prosperity, great in the workplace as it improves a career, wards off unnecessary or unwanted changes and protects against people who purposely destabilize your efforts

**SIGN/S:** Libra and Pisces

**CHAKRA/S:** Root

**ELEMENT/S:** Earth

**VIBRATES to the NUMBER:** #5

**ASSOCIATED TAROT CARD:** The Lovers

**ASSOCIATED RUNE:**

**ASSOCIATED HERBS:**

**HEALTH/PHYSICAL:** Helps aid the circulatory and digestion system, detoxifies the blood, soothes and balances emotions, boosts the immune system, improve conditions of the skin, hair and nails, benefits the jaw and teeth, helps with wisdom teeth and dental work

**WORKS WELL WITH:** Other Jaspers

**AFFIRMATION:** *My physical vitality, emotional balance and personal integrity and enjoyment of life grow ever stronger.*

**PICASSO JASPER**

**MAIN POINTS/FOCUS:** Aids in transformations of relationships, reminds us to celebrate and enjoy life. Used to dissolved creative blocks, find the right path when undergoing a change in relationships, attracts like-minded people who become loyal and trusted friends, as well as helping to renew old friendships that had been lost. The patterns resemble a picture and make it an excellent meditation stone, provides inner visions, power and love. Has strong grounding and calming qualities and helps to engender strength and self-discipline, stone of harmony and stimulates creative visualization, helps to bring hidden thoughts and feelings-grief, fears, guilt, envy, love, hope- to the surface, to be released.

**SIGN/S:** Leo

**CHAKRA/S:** All Chakra’s

**ELEMENT/S:** Earth

**VIBRATES to the NUMBER:**

**ASSOCIATED TAROT CARD:**

**ASSOCIATED RUNE:**

**ASSOCIATED HERBS:**

**HEALTH/PHYSICAL:** Works great for eye problems and can promote weight loss.

**JASPER-RED**

**MAIN POINTS/FOCUS:** Stone of physical strength, vitality and energy, wonderful for those who need extra support to recover from physical weakness due to illness, enhances one’s endurance and stamina, increases the life force, balances the physical, emotional and intellectual bodies, helps to activate and balance sexual and/or creative energy, commonly used to counter issues of impotence or lack of sexual interest, assists one’s ideas and beliefs of sexual expression, helps one to release shame or guilt around sexual expression or orientation, assists one in rectifying unjust circumstances, excellent ally for those who are determined to heal and recover from violent sexual experiences, also assists in providing for recue in dangerous situations, strengthens the root chakra and one’s connection to the Earth, helps aid in manifesting creative ideas, worn by shaman to provide protection from negativity and helps one to ground, enhances memory, especially of dreams

**SIGN/S:** Taurus

**CHAKRA/S:** Root (1st) and Sexual/Creative (2nd)

**ELEMENT/S:** Earth

**VIBRATES to the NUMBER:** #6

**ASSOCIATED TAROT CARD:** The Lovers

**ASSOCIATED RUNE:**

**ASSOCIATED HERBS:**

**HEALTH/PHYSICAL:** Helps recover physical weakness due to illness. Great for weightlifting and bodybuilding, enhance the effects of exercise. Helps stabilize pregnancies and fetal growth, helps regulate mineral content (iron, sulfur, zinc), treats the loss of smell

**WORKS WELL WITH:** Other Jasper’s, Moldavite

**AFFIRMATION:** *My physical vitality, emotional balance and personal integrity and enjoyment of life grow ever stronger.*

**JASPER-UNAKITE**

**MAIN POINTS/FOCUS:** Raises the vibration of the physical and emotional bodies by helping one to release disharmonious emotional patterns, bringing it into alignment with higher forces of spirituality, facilitates the re-birthing process and can help one to deal with both the information and the events of the past which have instilled blockages within the meridians and energy centers of the body, stimulates the healing of disease brought on by the repression of emotions, particularly anger and resentment, has the quality of slow-moving beneficial influence, facilitates the gradual elimination of bad habits, especially those of overeating and over-consumption of alcohol, helps a person unearth and release the bonds of old emotional wounds in a way that avoids shock and trauma, teaches patience and persistence and reminds one that anything worth having is worth waiting for

**SIGN/S:** Scorpio

**CHAKRA/S:** All Chakra’s, especially Heart (4th)

**ELEMENT/S:** Earth

**VIBRATES to the NUMBER:** #9

**ASSOCIATED TAROT CARD:** 2 of Pentacles, 5 of Pentacles

**ASSOCIATED RUNE:**

**ASSOCIATED HERBS:**

**HEALTH/PHYSICAL:** Helps support in the treatment of cancers or heart disease, enhances weight gain, used in the treatment of the reproductive system and helps stimulate healthy pregnancies

**WORKS WELL WITH:** Other Jaspers

**AFFIRMATION:** *I navigate the process of healing and awakening to higher consciousness with patience and faith, moving always, step by step, towards my highest good.*

**JET**

**MAIN POINTS/FOCUS:** A stone of purification and protection, clears the energetic field of attachments and patterns that appear as negative experiences in one’s life, is protective on a physical level, in that it assists one in healing any energy leaks in the aura, it is able to absorb negativity or malicious energy and process it into clear, usable energy, helps to activate the powers of magic and interaction with the forces of the elements, good protection against the misuse of magical energy or power, aids a person in entering and exploring the inner void of creation, helps access ancient memories and Earth wisdom, acts as mirror to show us what we most need, enables one to see the “lesson” behind negative experiences and helps one integrate those lessons so their manifestations can be released, helps to dispel fearful thoughts and can be used for protection against illness and violence, protects during business pursuits and enhances the stability of finances

**SIGN/S:** Capricorn

**CHAKRA/S:** Base (1st) - Purification-All Chakra’s

**ELEMENT/S:** Earth

**VIBRATES to the NUMBER:** #8

**HEALTH/PHYSICAL:** Helps with depression, calming agent, helps treatment of migraines, epilepsy, glandular and lymphatic swelling, stomach pain and colds, helps cleanse the liver and kidneys

**ASSOCIATED TAROT CARD:** The World, The Devil

**ASSOCIATED RUNE:**

**ASSOCIATED HERBS:**

**WORKS WELL WITH:** Black Tourmaline, Aegirine, Smokey Quartz, Tibetan Black Quartz, Black Obsidian. Stimulation-Infinite, Serpentine, Tibetan Tektite. Healing-Amber, Seraphinite, Sugilite. Release of stress-Lepidolite, Gel Lithium Silica, Amblygonite

**AFFIRMATION:** *My body, mind and spirit are grounded, centered and purified*

**KUNZITE**

**MAIN POINTS/FOCUS:** Opens the heart to the energies of love-self-love, interpersonal love, love for humanity, animals, plants, minerals-all that is, a conduit from one’s heart to the vibration of Divine love, teaches us the value of joy and celebration, helps one release the blocks one has set around the heart, encourages one to approach life like a child-with joy and excitement, assists one in releasing resistance to life and aids one in becoming receptive to experience love and energy, helps a person react with kindness, gentleness and serenity, powerful healer of the emotional body, especially for those who have closed themselves off from the full experiences of life to protect themselves emotionally, its frequency encourages one to release fear, used to remove obstacles from one’s path, dissolves negativity, automatically raises the vibration of the area surrounding it, provides protection on the outer areas of the aura, produces a shield from unwanted energies, assists one in attaining deep meditative states and provides for centering in all situations, , dispels static un-focused energy, facilitates stress relief, stimulates sensitivity and sensuality, one of the best stones to give a person

**SIGN/S:** Scorpio, Taurus & Leo

**CHAKRA/S:** Heart (4th)

**ELEMENT/S:** Water

**VIBRATES to the NUMBER:** #7

**ASSOCIATED TAROT CARD:** Temperance, The World

**ASSOCIATED RUNE:**

**ASSOCIATED HERBS:**

**HEALTH/PHYSICAL:** Eases stress and supports parasympathetic nervous system, heals physical blockage or obstruction, strengthen heart muscles, helps with disorders of the lungs and circulatory functions, promotes stability with Ca and Mg

**WORKS WELL WITH:** Pink Lazurine, Hiddenite, Moldavite, Morganite, Rose Quartz, Ajoite, Emerald, Pink Tourmaline, Iolite, Lapis. Open doors to higher realms-Phenacite, Azeztulite, Scolecite & Natrolite

**AFFIRMATION:** *I open to receive Divine Love, and I listen to its silent voice in my heart.*

**KYANITE-BLACK**

**MAIN POINTS/FOCUS:** Clears blocked energies in any chakra and can replenish the meridian system, it is both grounding and energizing, never needs cleaning or clearing because it will not accumulate or retain negative energy or vibrations, increasing one’s vibrational frequencies, great for use in energetic healing because it clears imbalances, aligns ALL chakras and stimulates communication and psychic abilities on all levels, helps with connecting with Nature, can take a person back to past lives and forward to probable futures, enhances telepathy, empathy, powerful and dynamic that can help one plumb the depths of the subconscious world, known as a stone of connection, can bridge energetic blocks in the aura and emotional blocks, helps to create new pathways of energy flow, has a high vibration and creates very rapid transfers of energy, opens the psychic channels, accentuating one’s mental capacities and enhancing one’s ability to download information from “higher” sources, links the physical, astral and causal bodies, can assist in negotiations, diplomatic missions, arbitration and other forms of communication between difficult people, can help find a way to bridge different beliefs and ideas

**SIGN/S:** Taurus, Libra & Aries

**CHAKRA/S:** All, especially Third Eye (6th) and Heart (7th)

**ELEMENT/S:** Storm

**VIBRATES to the NUMBER:** #4

**ASSOCIATED TAROT CARD:** The High Priestess

**ASSOCIATED RUNE:**

**ASSOCIATED HERBS:**

**HEALTH/PHYSICAL:** Treat disorders of the muscular and urogenital system, adrenal glands, throat, parathyroid glands and brain. Help bridge energy gaps caused by bone breakage, surgery and other intrusive trauma, assisting nerves and tissues to reestablish pathways through and around trauma site, ideal for working to heal brain from effects of head trauma, seizure or stroke.

**WORKS WELL WITH:** Nuummite, Black Tourmaline, Ajoite, Azeztulite & Tibetan Tektite

**KYANITE-BLUE**

**MAIN POINTS/FOCUS:** Has a very high vibration and creates very rapid transfers of energy which increases one’s vibrational frequencies, great for use in energetic healing because it clears imbalances, aligns ALL chakras and stimulates communication and psychic abilities on all levels, accentuating one’s mental capacities and enhancing one’s ability to download information from “higher” sources, helps with connecting with Nature, Divine, Ancestors and Guides, great for meditation, lucid dreams, catalyzing full consciousness in waking, dreaming and dreamless sleep, helps link the physical, astral and causal bodies, never needs cleaning or clearing because it will not accumulate or retain negative energy or vibrations

**SIGN/S:** Taurus, Libra & Aries

**CHAKRA/S:** All, especially Third Eye (6th) and Heart (7th)

**ELEMENT/S:** Storm

**VIBRATES to the NUMBER:** #4

**ASSOCIATED TAROT CARD:**

**ASSOCIATED RUNE:**

**ASSOCIATED HERBS:**

**HEALTH/PHYSICAL:** Treat disorders of the muscular and urogenital system, adrenal glands, throat, parathyroid glands and brain. Help bridge energy gaps caused by bone breakage, surgery and other intrusive trauma, assisting nerves and tissues to reestablish pathways through and around trauma site, ideal for working to heal brain from effects of head trauma, seizure or stroke.

**WORKS WELL WITH:** Green Kyanite, Nuummite, Black Tourmaline, Ajoite, Azeztulite & Tibetan Tektite

**AFFIRMATION:** *I cross the inner bridges which lead to my growth, opening to the etheric realms, the world of Nature, and the land of the heart.*

**KYANITE-GREEN**

**MAIN POINTS/FOCUS:** Can create a bridge between one-self and the dynamic balance of Nature, Divine, Ancestors and Guides, creates pathways where none existed before. Helps one connect with the truth of the heart, can aid in discerning truth in one’s environment. Transmits and amplifies high-frequency energies, opens portals to inner domains, astral travel and lucid dreams, great for meditation, catalyzing full consciousness in waking, dreaming and dreamless sleep, helps link the physical, astral and causal bodies, brings a calming and tranquilizing energy to the body, enhancing telepathic and psychic abilities, bridging gaps in all communication efforts and providing a link for transmitting or receiving healing energy, never needs cleaning or clearing because it will not accumulate or retain negative energy or vibrations

**SIGN/S:** Taurus, Libra & Aries

**CHAKRA/S:** All, especially Third Eye (6th) and Heart (7th)

**ELEMENT/S:** Storm

**VIBRATES to the NUMBER:** #4

**ASSOCIATED TAROT CARD:**

**ASSOCIATED RUNE:**

**ASSOCIATED HERBS:**

**HEALTH/PHYSICAL:** Treat disorders of the muscular and urogenital system, adrenal glands, throat, parathyroid glands and brain. Help bridge energy gaps caused by bone breakage, surgery and other intrusive trauma, assisting nerves and tissues to reestablish pathways through and around trauma site, ideal for working to heal brain from effects of head trauma, seizure or stroke.

**WORKS WELL WITH:** Nuummite, Black Tourmaline, Ajoite, Azeztulite & Tibetan Tektite

**AFFIRMATION:** *I cross the inner bridges which lead to my growth, opening to the etheric realms, the world of Nature, and the land of the heart.*

**LABRADORITE**

**MAIN POINTS/FOCUS:** Assists one in moving between realities and connecting with the unseen realms, very useful for magical and ritual work and acts as a psychic protection for those who travel and serve on other levels of reality, gemstone of magic, awakens innate magical powers, enhances clairvoyance, telepathy, astral travel, prophecy, psychic readings, access to Akashic records, past life recall, communication with higher guides and spirits, aids in uncovering unconscious and subconscious belief patterns that generate unpleasant emotional states, helps to provide clarity to the inner sight, increases the observed degree of synchronicity and serendipity in one’s life, a gemstone of adventure, for it offers one the chance to embark upon a multitude of voyages and self -discovery, creates a force field throughout the aura, protecting and strengthening the energies within and preventing others from tapping in to your personal energy and draining you, also symbolizes the moon and helps one to advance, without constraint, through the cycles of progression

**SIGN/S:** Sagittarius, Scorpio & Leo

**CHAKRA/S:** All Chakra’s

**ELEMENT/S:** Wind

**VIBRATES to the NUMBER:** #6 & #7

**ASSOCIATED TAROT CARD:** The Moon, The High Priestess, Page of Pentacles, Knight of Pentacles

**ASSOCIATED RUNE:**

**ASSOCIATED HERBS:**

**HEALTH/PHYSICAL:** Helps reveal the nature of “mystery illness”, treat brain disorders, stimulate mental acuity, reduce anxiety and stress, aids in digestion, regulation and metabolism.

**WORKS WELL WITH:** Moonstone, Sunstone, Spectrolite & Golden Labradorite

**AFFIRMATION:** *I call forth the magic of higher awareness*

**LAPIS LAZULI**

**MAIN POINTS/FOCUS:** Inner vison, truthful communication, royal virtues-ancient Egypt, steadfast aid for deep inner journey’s and is the path of self-knowledge, activates the psychic centers, allowing one to develop enhanced intuition and access to spiritual guidance, is a stone of visionary awareness, bringing information to the mind in images rather than words, enhances intellectual abilities, stone of the spiritual seeker and student, stimulating a desire for knowledge and understanding, helps a person learn more effectively and is great for enhancing memory, stone of truth and also a stone of initiation, helps a person with wisdom and the mystical realm, giving a person a piece of Lapis can be a catalyst for a mystical journey, one of the best stones for use in alternate and past-life exploration, helps gain access to the Akashic records, helps one to overcome depression and enhances the states of serenity and self-acceptance, assists in the organization of a person’s life and in the routine day-to-day activities,

**SIGN/S:** Sagittarius

**CHAKRA/S:** Third Eye (6th) and Throat (5th)

**ELEMENT/S:** Wind

**VIBRATES to the NUMBER:** #3

**ASSOCIATED TAROT CARD:** The High Priestess, The Hierophant, The Wheel of Fortune, The World

**ASSOCIATED RUNE:** Nauthiz

**ASSOCIATED HERBS:** Hyssop and Pennyroyal

**HEALTH/PHYSICAL:** Treat disorders of the throat, bone marrow, thymus and immune system. Helps relieve insomnia, vertigo and dizziness, hearing loss

**WORKS WELL WITH:** Turquoise, Rhodochrosite, Suglite, Chrysoprase, Pietersite, Rhodonite & Larimar. Past-life- Alexandrite, Oregon Opal

**AFFIRMATION:** *I claim the sovereignty and power of my highest self, and I align myself with my highest truth.*

**LARIMAR**

**MAIN POINTS/FOCUS:** Provides the power of clear communication and the emotional strength and stability that enable one to speak from the heart, a stone of feminine power, bringing in the Goddess energies and allowing one to access the Divine Feminine within, powerful emotional cleanser and healer, great for those with phobias, panic attacks, stress- related imbalances and excessive anger or fear, helps one release judgement/unhealthy attachments, teaches one to respect, love and nurture oneself, so one can have the inner resources to give these gifts to others, great for healers and caretakers, helps those who continually complain and those in a constant state of resentment so that they can release egoic judgement, helps break down emotional dams one has built around one’s heart and facilitates emotional release during healing work and encourages the clearing of deep emotional patterns, helps one to admit guilt, when guilty, and emits a love for the user that brings a sense of peace in truthfulness, great for mothers during and after pregnancy, alleviates post-partum depression and relax the stress associated with new parenthood

**SIGN/S:** Leo

**CHAKRA/S:** Throat (5th)

**ELEMENT/S:** Water and Fire

**VIBRATES to the NUMBER:** 6 and master number 55

**ASSOCIATED TAROT CARD:**

**ASSOCIATED RUNE:**

**ASSOCIATED HERBS:**

**HEALTH/PHYSICAL:** Valuable tool during pregnancy, birth and post-partum, helps relieve high blood pressure and stress-related illnesses, helps with infections, fevers and inflammation, great for colds, flu, mucus regulation, sore throat

**WORKS WELL WITH:** Aquamarine, Ajoite, Turquoise, Chrysocolla, Lemurian Seed crystals, Moldavite, Tibetan Tektite

**AFFIRMATION:** *I’am cool, calm and serene, yet fully in touch with my feminine power, and I clearly communicate my wisdom and my desires*

**LEPIDOLITE-GOLDEN**

**MAIN POINTS/FOCUS:** Enhances self-confidence and the ability to listen to your intuition, enables quick-thinking and better communication of one’s feelings, creates an increased number of coincidences and/or synchronicities, helps to activate your connection with your higher-self and aids you to recognize the Divinity within your own self, extremely helpful when experiencing the stress of grief, loss or other sorts of deep emotional suffering and anguish, especially helpful with depression, anxiety, ADD/ADHD, bipolar, provides emotional balance, aids in the stilling of obsessive thoughts and helps to make decisions more easily, great stone for students as it helps to retain and understand materials, stimulates intellectual and analytical abilities

**SIGN/S:** Aquarius & Leo

**CHAKRA/S:** Heart (4th)

**ELEMENT/S:** Water

**VIBRATES to the NUMBER:** #1

**ASSOCIATED TAROT CARD:** The Fool, 8 of Cups

**ASSOCIATED RUNE:**

**ASSOCIATED HERBS:**

**HEALTH/PHYSICAL:** Helps with blood sugar, diabetes**,** insomnia, kidneys, pancreas, helps allergies, strengthen the immune system, relieves exhaustion, great aid during menopause, helpful with bipolar, Alzheimers, sciatica, neuralgia, joint pain and arthritis

**WORKS WELL WITH:** Tourmaline, Kunzite, Petalite, Amblygonite, Amethyst. Spiritual- Phenacite, Azeztulite, Natrolite, Scolecite, Elestial Calcite, Merkabite Calcite, Lemurian Seed crystals and Alexanderite

**AFFIRMATION:** *I am emotionally balanced and filled with inner peace*

**LEPIDOLITE-LIIAC**

**MAIN POINTS/FOCUS:** Assists one in finding a strong emotional center, unaffected by the dramas and events of one’s external experience, helps balance the emotions and prevents extreme emotional shifts, excellent stone for those with excessive worry or fear, encourages release of identification with the ego, soothing to the emotional body, relieving stress, is a “stone of transition”, helping one through situations of variability in this life and assisting in the restructuring and reorganization of old patterns, gently induces change and to allow for smooth passage during change, helps one with transitions from one life to another, facilitates astral travel and meditation, induces self-love, bringing a child-like love and acceptance to the user, while allowing for the aspect of trust to flourish, assists one in openness and honesty and of those within proximity, great for business pursuits, combining the energy of diplomacy, also assists in gardening and in agriculture, enhancing meditation, peace, serenity, love, Divine connection. Emotional healing and balance, purification, relaxation, stress relief. Decreases anxiety, manic-depression, PTSD, addictions, nightmares, helps with difficult times such as illness, marital breakup, career shift, excellent for those who are grieving after a loss or for those who have suffered intense emotional trauma

**SIGN/S:** Libra

**CHAKRA/S:** All chakra’s, especially Heart (4th) and Crown (7th)

**ELEMENT/S:** Water and Storm

**VIBRATES to the NUMBER:** #8

**ASSOCIATED TAROT CARD:** The Fool, 8 of Cups

**ASSOCIATED RUNE:**

**ASSOCIATED HERBS:**

**HEALTH/PHYSICAL:** Excellent support for many types of mental and emotional imbalances. Helps with hyperactivity, ADD, sleep disorders, help recovery after heart attack or nervous breakdown, helps disorders related to tendonitis, leg cramps, helps with wrinkles, assists in digestion.

**WORKS WELL WITH:** Pink Lazurine, Azeztulite, Morganite, Tourmaline, Gel Lithium Silica, Amblygonite, Lithium Quartz, Smithsonite and Seraphinite.

**MALACHITE**

**MAIN POINTS/FOCUS:** Helps one recognize and utilize one’s power in a constructive, creative manner, used as a grounding tool and will assist one in identifying the steps necessary to bring dreams, visions and wishes into physical reality, powerful stone for protection from negative energies, power abuse on psychic, energetic and emotional levels, permeates the auric field with positive vibrations and strengthens the energetic shell which can screen out hostile forces, helps one overcome the abuser/victim polarity and find strength within oneself, assist one in overcoming fear of confrontation or self -expression, enhances the ability to see where one’s own emotional traps and pitfalls lie, and how to avoid them, drives one to create and manifest one’s desires and dreams, stimulates one’s higher passions for life and creating, Enlightened leadership, healed heart, stone of transformation, assisting one in changing situations, great stone that helps clarify emotions, helps one to accept responsibility for ones actions, circumstances, stimulates instinctive and intuitive reasoning, represents fidelity in love and friendship, loyalty in partnerships/business

**SIGN/S:** Capricorn and Scorpio

**CHAKRA/S:** Solar Plexus (3rd), Heart (4th)

**ELEMENT/S:** Fire

**VIBRATES to the NUMBER:** #9

**ASSOCIATED TAROT CARD:** Judgement, Page of Swords and 7 of Swords

**ASSOCIATED RUNE:**

**ASSOCIATED HERBS:**

**HEALTH/PHYSICAL:** Great for reducing inflammation due to sprains, strains, tumors, broken bones, helps draw out toxins, supports fasting, detox and other cleansing rituals. Helps with arthritis, inflammatory diseases, digestion, stomach and colon function

**WORKS WELL WITH:** Morganite, Azurite, Turquoise, Shattuckite, Chrysocolla and Ajoite. Tiger Eye for physical energy and protection.

**AFFIRMATION:** *I align my personal will with my understanding of Divine will, and I move forward with clarity and confidence.*

**MOONSTONE**

**MAIN POINTS/FOCUS:** Emanate great vitality, life-force and joy, offers the gifts of inner peace and harmony, emotional balance and strength, purification and transformation of negativity, as well as psychic protection, gem of the High Priestess, keeper of the feminine mysteries, energy is balancing, introspective, reflective and lunar, powerful stone for psychic awareness and intuition, helps one sort through one’s emotions and gain a higher perspective, aids in releasing frustration and surrendering to the natural progress of the cycles of life, asks us to celebrate the milestones and rites of passage each new cycle brings, just as the moon grows full and wanes, so, too, do the aspects of our lives, talisman for the inward journey, great for meditation, past-lives, soul retrieval, stone for hoping and wishing, sustains and supports while promoting growth and supplementing energy, cleanses negativity from the chakra’s, enhancing the feminine aspects of one’s nature while providing for spiritual nourishment and sustenance, used to alleviate emotional tension and brings calmness coupled with awareness, enhances the positive attributes of creativity and self-expression

**SIGN/S:** Cancer, Libra and Scorpio

**CHAKRA/S:** Third Eye (6th) and Crown (7th)

**ELEMENT/S:** Wind

**VIBRATES to the NUMBER:** #4

**ASSOCIATED TAROT CARD:** The Moon, The High Priestess, The World, Queen of 4 suits

**ASSOCIATED RUNE:** Berkana

**ASSOCIATED HERBS:** Cornflower and Mugwort

**HEALTH/PHYSICAL:** Helps stabilize female cycles and men becoming aware of hormonal shifts, helps withwater retention, promotes ease in pregnancy and childbirth, enhance fertility, helps with PMS, treats disorders of the digestive and elimination systems, treats pulmonary consumption

**WORKS WELL WITH:** Sunstone, Labradorite, Black Jade, Amber, Golden Labradorite, Moldavite, Amethyst, Jet and Tibetan Tektite

**AFFIRMATION:** *I call forth the energies of the deep Feminine*, *and I open myself to the inner gifts of the Goddess.*

**OBSIDIAN-BLACK**

**MAIN POINTS/FOCUS:** Powerfully eliminates negative energies in oneself and one’s environment, acts as a “psychic vacuum cleaner”, cleansing the auric field of disharmony, negative attachments, astral plane junk and one’s own anger, greed, fear and resentment, seals the aura and removes emotional hooks and cords, creates a protective shield that helps one remain centered when faced with negativity, strong grounding stone and provides for a connection from the root chakra to the heart of the Earth, helps uncover unconscious thoughts and patterns that inhibits one’s spiritual and personal growth, these patterns can contribute to addiction, abusive behavior (towards oneself or others) negativity and other undesirable traits, powerful emotional teacher, leads one to an understanding and acceptance of the darker side of one’s nature, assists in breaking self-abuse, eating disorders, addictions, great for all types of scrying and Spirit communication, used in shamanic ceremonies to aid in the removal of disorder from the body

**SIGN/S:** Sagittarius

**CHAKRA/S:** Root (1st)

**ELEMENT/S:** Earth

**VIBRATES to the NUMBER:** #3

**ASSOCIATED TAROT CARD:** Death, The Devil, The Tower

**ASSOCIATED RUNE:**

**ASSOCIATED HERBS:** Deadly Nightshade

**GOD/S:** Lugh

**GODDESS/ES:** The Morrigan, Pele

**HEALTH/PHYSICAL:** Helps clear reproductive problems based in past abuse or current self-abuse issues.

**WORKS WELL WITH:** Grounding- Jet, Black Tourmaline and Smokey Quartz. View past lives- Moldavite, Alexandrite and Oregon Opal. Enhance psychic abilities- Phenacite, Scolecite, Natrolite and Azeztulite.

**AFFIRMATION:** *I cleanse my energy field of negativity and ground myself to the Earth’s heart.*

**OBSIDIAN-MAHOGANY**

**MAIN POINTS/FOCUS:** Stimulates growth of the physical, emotional, intellectual and spiritual centers and to provide strength in times of need, provides vitality to one’s lifework and/or to the fulfillment of one’s aspirations, assists in opening and cleansing the grounding channel, which is critical if one is to embody a full spectrum of energetic frequencies, shields one from psychic attacks, helps one dissolve ancestral patterns of abuse, negativity, hatred or fear that are ingrained in the emotional body, helps cleanse the second chakra of negative energies and residue from old wounds, draws out the poison of old unconscious memories of shame, humiliation or abuse, releasing them into the Light for dissolution and healing, removes negative psychic implants that hold one back in other areas, dispels feelings of unworthiness that holds one back from fulfilling one’s potential in work, love and spiritual awakening, helpful in clearing birth trauma for mother and child and is a wonderful aid in the rebirthing experience

**SIGN/S:** Libra

**CHAKRA/S:** Root (1st), Sexual/Creative (2nd)

**ELEMENT/S:** Earth

**VIBRATES to the NUMBER:** 4

**ASSOCIATED TAROT CARD:**

**ASSOCIATED RUNE:**

**ASSOCIATED HERBS:**

**HEALTH/PHYSICAL:** Supports detoxification by increasing liver and kidney function, strengthens the organs and tissues

**WORKS WELL WITH:** For protection-Tibetan Black Quartz, Sugilite, Black Tourmaline, Zincite helps with healing wounds

**AFFIRMATION:** *I am worthy of the blessings of a good and fruitful life*

**OBSIDIAN-RAINBOW**

**MAIN POINTS/FOCUS:** Brings hope, illumination and energy into the most blocked and stagnant areas of the emotional body, helps one to feel more optimistic and willing to engage with life, wonderful stone to use for alleviating depression and mood swings, great for grounding light into the aura and physical body, helps cleanse and align all chakras, as it removes blockages and densities, Recovery from emotional wounds, the deep journey through darkness into light, one may experience more emptiness and deeper darkness before suddenly bursting into light, journeys downward are often precipitated by a crisis in one’s outer life, brings light and love to one’s life, allowing for the recognition of the spiritual side on one’s nature, used for “gazing”, especially in the areas of love matters, relationships and total development of one’s etheric and physical forms, strong grounding stone and provides for a connection from the root chakra to the heart of the Earth, helps uncover unconscious thoughts and patterns that inhibits one’s spiritual and personal growth

**SIGN/S:** Libra

**CHAKRA/S:** Root (1st)

**ELEMENT/S:** Earth

**VIBRATES to the NUMBER:** #2

**ASSOCIATED TAROT CARD:**

**ASSOCIATED RUNE:**

**ASSOCIATED HERBS:** Deadly Nightshade

**HEALTH/PHYSICAL:** Great for bruising, bone breaks, tissue trauma, helps stabilize the heart

**WORKS WELL WITH:** Rainbow Moonstone

**AFFIRMATION:** *I willingly choose to take the journey through the darkness of my unconscious, recovering the lost parts of myself, moving to rebirth in the Light.*

**OBSIDIAN-SNOWFLAKE**

**MAIN POINTS/FOCUS:** Perseverance, insight, attunement to spiritual guidance, past life recall, spirit communication, one to recognize the unnecessary patterns, helps to make the best of a bad situation, clears negative and self-defeating thoughts and inspiring one with new ideas, helps one to overcome “poor me” attitudes or feelings of victimization, enables one to find strength and willingness to shift one’s reality for the better, increases one’s psychic sensitivity, can put one in touch with the world of souls and communication with lost loved ones, also attunes one to memories of past lives or forgotten events of the present life, allows one to overcome and release the problems, assists one in the inner journey to healing and wholeness, is a “stone of purity”, bringing both purity and balance to the body, mind and spirit

**SIGN/S:** Virgo

**CHAKRA/S:** Root (1st) and Third Eye (6th)

**ELEMENT/S:** Earth

**VIBRATES to the NUMBER:** #8

**ASSOCIATED TAROT CARD:** 2 of Cups, 4 of Wands

**ASSOCIATED RUNE:**

**ASSOCIATED HERBS:** Deadly Nightshade

**HEALTH/PHYSICAL:** Used in disorders of the veins and skeletal structure, smooth skin, helps energetically to limit the spread of cancer cells

**WORKS WELL WITH:** Magnesite, Zincite. Psychic attunement-Lapis Lazuli, Iolite, Siberian Blue Quartz, Scolecite and Herderite

**AFFIRMATION:** *In my evolutionary process, I call forth for assistance from the Universe and all friends in Spirit, and I ask to be shown everything I need to see for my healing and awakening.*

**PERIDOT**

**MAIN POINTS/FOCUS:** “Stone of financial and spiritual abundance”, increases prosperity, manifest the increase of wealth, increase of health and increase joy and emotional well-being, used to bless and energize one’s work, emits a warm and friendly energy, magnify the inner aspects of any situation, helps one recognize detrimental patterns, stimulates openness and acceptance in the pursuits of love and relationship, helps to regulate cycles (mental, emotional, physical, intellectual), provides a shield of protection and helps remove blockages, helps to heal a “bruised” ego by assisting one in the lessening of anger or jealousy, reestablish a sense of self-worth if a person is plagued with guilt, quiets spiritual fears, helps a person take responsibility and made amends for any suffering they may have caused, inspiring happiness within the self, brings results to one’s search, is a Elven stone and can be used to connect and communicate with the Fairy, Divine and Nature Spirits, wonderful stone to use in animal communication and healing, excellent healing stone, acting as a tonic to strengthen and regenerate the body well- being

**SIGN/S:** Virgo, Leo, Scorpio, and Sagittarius

**CHAKRA/S:** Solar Plexus (3rd) and Heart (4th)

**ELEMENT/S:** Earth

**VIBRATES to the NUMBER/S:** #5, #6 and #7

**ASSOCIATED TAROT CARD:** The Hermit, The Empress

**ASSOCIATED RUNE:**

**ASSOCIATED HERBS:** Narcissus

**HEALTH/PHYSICAL:** Treatment of disorders of the heart, lungs, spleen and intestinal tract. Helps heal ulcers of the stomach and duodenum. Helps with anemia, poor oxygenation, recovery from tobacco or inhalant addiction, facilitates/stimulates the birthing process.

**WORKS WELL WITH:**

**AFFIRMATION:** *I gratefully receive my birthright of success, abundance and prosperity on all levels.*

**PYRITE**

**MAIN POINTS/FOCUS:** Masculine energy, possesses a defending quality and is excellent preventive which will shield one from many forms of negative energy, helps keep out the negative vibration of pollutants, great stone to keep in possession when performing dangerous work, works to allay physical danger, manifestation, action, vitality, immediate increase in vitality and gives a boost for accomplishing challenging tasks, enhances willpower, assist one in overcoming bad habits and establishing new patterns of health and positive energy, helps in overcoming fear and anxiety, helpful for balancing polarities, stimulates creativity in art, mathematics, sculpture, architecture, science and many others, it feeds the qualities of ambition, commitment and persistence, increases mental clarity and focus, great for students, allows one to connect with the energy of the Earth, can increase stamina and enhance physical performance, aids in grounding higher knowledge into action, promotes healthy sexual expression, confidence, helps one to come out of a shell and to encourage one to be more dynamic and confident, symbolizes the warmth and lasting presence of the sun and promotes the recall of beautiful memories of love and friendship.

**SIGN/S:** Leo

**CHAKRA/S:** Solar Plexus (3rd)

**ELEMENT/S:** Earth

**VIBRATES to the NUMBER:** #3

**ASSOCIATED TAROT CARD:** The Chariot, The Devil, The Moon, 10 of Swords

**ASSOCIATED RUNE:**

**ASSOCIATED HERBS:**

**HEALTH/PHYSICAL:** Aids body in purifying the body of infection and stimulating proper endocrine function. Helps male impotence and infertility. Helps with skin disease, fungal infection and cellular invasion by viruses, its Iron component helps blood and tissues, lessens fevers and reduce inflammation, treats bronchitis and lung disorders, treat highly infective disease

**WORKS WELL WITH:** Zincite, Carnelian, Heliodor, Libyan Gold Tektite, Golden Labradorite, Citrine and Hematite

**QUARTZ-CLEAR/TOURMALINATED**

**MAIN POINTS/FOCUS:** By far the most versatile and multidimensional stone in the mineral realm, can be used for almost any metaphysical purpose, including healing, consciousness expansion, chakra opening, communication with guides, past-life recall, interdimensional travel, polarity balancing, enhancement of meditation and dreaming, attracting and sending love, generating prosperity, properties support the amplification, focusing, storage, transfer, programmability, transformation of energy, connects between the physical dimension and the dimensions of the mind, amplification on one’s intention, clearing, cleansing, memory enhancement, heightened spiritual awareness, can be used to amplify the energies of other stones, create grids, pointing up-channels the upper chakra’s, pointing down-assists with grounding

**SIGN/S:** All

**CHAKRA/S:** All

**ELEMENT/S:** Storm

**VIBRATES to the NUMBER:** 4

**ASSOCIATED TAROT CARD:** The Magician, Strength, 8 of Wands

**ASSOCIATED RUNE:**

**ASSOCIATED HERBS:**

**HEALTH/PHYSICAL:** Stimulates the nervous system and the growth of fingernails and hair, assist in removing adhesions in the connective tissue, treats vertigo, dizziness, digestion, kidney and bladder infections

**WORKS WELL WITH:** All crystals

**QUARTZ-DOUBLE TERMINATED**

**MAIN POINTS/FOCUS:** Allows energy to flow both ways, can receive and transmit energy through either termination, great example of the need to both give and receive. Clears energy blockages, bridge gaps in the energy fields or meridian systems. Wonderful examples of the need to both give and receive energy, assist one in expanding one’s consciousness at the same time that they help dispel excess energy and ground the body, multi-functional, energy moves outward in either direction or in both directions concurrently, excellent for astral projection, dreaming and meditation, provides protection from mental and physical harm, helps rid body of excess energy and grounds the body, symbolize patience and perseverance which is important during healing

**SIGN/S:** All

**CHAKRA/S:** All

**ELEMENT/S:** Storm

**VIBRATES to the NUMBER:** 4

**ASSOCIATED TAROT CARD:** The Magician, Strength, 8 of Wands

**ASSOCIATED RUNE:**

**ASSOCIATED HERBS:**

**HEALTH/PHYSICAL:** Stimulates the nervous system and the growth of fingernails and hair, assist in removing adhesions in the connective tissue, treats vertigo, dizziness, digestion, kidney and bladder infections

**WORKS WELL WITH:** All stones

**QUARTZ-RUTILATED**

**MAIN POINTS/FOCUS:** Infuses one’s energy field with Light energy, the threads simply sizzles with energy, like powerlines and radio antennas that are tuned to the frequency of Divine intention, used for “lightening the load” and can help one feel less overwhelmed by life’s responsibilities, excellent for telepathic communication, enhances one’s psychic abilities, receiving spiritual inspiration for creative endeavors such as art or writing, used to magnify the energy of practically any intention or affirmation, amplifies intentions, emotions and pure consciousness, quickens the process of manifestation, intuition, psychic opening, interdimensional travel, effects both etheric and astral bodies, also acts as a grounding influence, helping one to focus and counter spaciness, assists one to getting to the root of a problem, flowing with changes and with accepting alterations, adjustments and insights

**SIGN/S:** All

**CHAKRA/S:** All

**ELEMENT/S:** Storm

**VIBRATES to the NUMBER:** 4

**ASSOCIATED TAROT CARD:** The Magician, Strength, 8 of Wands

**ASSOCIATED RUNE:**

**ASSOCIATED HERBS:**

**HEALTH/PHYSICAL:** Helps with “phantom pain”, stimulates hair growth, counters hair loss, helps with stiches

**WORKS WELL WITH:** All Quartz, synergy 12, Obsidian, Jet

**AFFIRMATION:** *All my positive intentions and the unfolding of my purpose are magnified, accelerated, attuned to the frequency of grace and are in harmony with Divine purpose*

**RHODOCHROSITE**

**MAIN POINTS/FOCUS:** Foremost ally in healing the inner child, especially where deep emotional traumas have left one unable to feel joy or express one’s creativity, love is directed first toward the self, assists in doing the necessary work of recovering, reliving and releasing the memories of one’s emotional wounds, applies to infancy, childhood or even past-lives in which one experienced physical or emotional violence, severe shaming, traumatizing situation, when one experiences these things a person may make severe compromises for survival sakes, inner gifts and talent may be abandoned, repressed and forgotten in an attempt to comply with the immediate demands of the outer situation, helps one rediscover the sacred practice of play, great for soul retrieval, recovery of lost memories and forgotten gifts, self-love, compassion

**SIGN/S:** Scorpio and Leo

**CHAKRA/S:** Heart (4th) and Solar Plexus (3rd)

**ELEMENT/S:** Fire and Water

**VIBRATES to the NUMBER:** #4

**ASSOCIATED TAROT CARD:** Queen of Swords, 8 of Swords

**ASSOCIATED RUNE:**

**ASSOCIATED HERBS:**

**HEALTH/PHYSICAL:** Helps with nervous system imbalances, anxiety, stress, great aid in withdrawal from caffeine and other stimulants, helps stabilize the heart and pulse rate

**WORKS WELL WITH:** Rose Quartz, Pink Calcite, Rhodonite, Morganite, Emerald, Tsavorite Garnet. Past-Life recall-Phenacite, Alexandrite and Oregon Opal. Grounding and protection-Black Tourmaline and Jet.

**AFFIRMATION:** *With compassion for myself and others, I engage the process healing from past wounds and I embrace with joy the recovery of my wholeness.*

**RHODONITE**

**MAIN POINTS/FOCUS:** Helps one to understand one’s purpose, as revealed by one’s gifts or abilities, is a stone of self-worth, the love is more outer-directed to benefit the community, brings more love into the world by acting as a catalyst for the fulfillment of one’s life purpose, through the expression of one’s hidden gifts, key tool in the recovery of one’s inner gifts, discovering and developing hidden talents, in meditation and dream work it can enhance the depth, clarity and meaning of one’s inner experiences, is a stone of learning and development, encouraging one to expand or perfect one’s skills, excellent for stimulation, clearing and activation of the heart chakra, while providing for grounding of the physical and mental energies at the same time, dispels anxiety and promotes coherence, compassion, love, generosity, altruism

**SIGN/S:** Taurus

**CHAKRA/S:** Heart (4th) and Root (1st)

**ELEMENT/S:** Fire and Earth

**VIBRATES to the NUMBER:** #9

**ASSOCIATED TAROT CARD:** 6 of Pentacles, 7 of Cups

**ASSOCIATED RUNE:**

**ASSOCIATED HERBS:**

**HEALTH/PHYSICAL:** Excellent for weight loss, detoxification and purification, ridding of kidney stones and helps with the healing of the liver, used with emphysema, light sensitivity, strep throat, heart disorders.

**WORKS WELL WITH:** Rose Quartz, Pink Calcite, Rhodocrosite, Morganite, Emerald. Higher self-awakening- Phenacite, Scolecite, Natrolite, Herderite, Suglite, Tibetan Black Quartz

**AFFIRMATION:** *I call forth my hidden talents and abilities, and I use them lovingly for the benefit of all.*

**ROSE QUARTZ**

**MAIN POINTS/FOCUS:** Stone of love, love for oneself, one’s life partner, children, family, friends, community, the Earth, the Universe and the Divine, one of the most humble, yet most powerful of the spiritual allies, turns the heart toward love and bathes the body, mind and spirit in that healing and enlightening frequency, calming of the mind, assisting one in releasing worry, fear, anxiety and past emotional trauma, clears the emotional body of ego-driven patterns and can help one feel more open to receiving and sharing love, compassion and kindness, helps dissolve one’s boundaries of isolation and mistrust, helps release tension and stress, the dissolution of anger and resentment, dispelling of fear and suspicion and the rebirth of hope and faith, brings clarity to the emotions and restoring the mind to harmony after chaotic or crisis situations, excellent energy for healing emotional wounds, releasing emotional patterns that are keeping one stuck and embracing higher and finer frequencies of Light, promotes receptivity to the beauty of art, music and the written word, enlivening imagination

**SIGN/S:** Taurus and Libra

**CHAKRA/S:** Heart (4th)

**ELEMENT/S:** Water

**VIBRATES to the NUMBER:** #7

**ASSOCIATED TAROT CARD:** Six of Cups, The Empress, The Lovers

**ASSOCIATED RUNE:**

**ASSOCIATED HERBS:** Damiana, Jasmine and Mugwort

**HEALTH/PHYSICAL:** Helps with heart trauma and imbalance, ideal for premature babies and young children with heart disease. Helps with vertigo, kidney disorders, treatment of skin irritation (wrinkles, burns, blistering)

**WORKS WELL WITH:** Pink Calcite, Rhodonite, Pink Tourmaline, Rhodochrosite, Morganite, Emerald, Tsavorite Garnet. Spiritual Transformation- Moldavite, Phenacite, Natrolite and Scolecite.

**AFFIRMATION:** *I open my heart to receive and express the energy of love.*

**RUBY**

**MAIN POINTS/FOCUS:** Life force, courage, passion, strength, enthusiasm, protectiveness, stimulates the loving emotional side toward nurturing, stand up for those who are threatened, bringing spiritual wisdom, health, knowledge and wealth, “Stone of Nobility”, can improve one’s success in controversies and disputes, encourage gentleness and discouraging violence, excellent shielding stone, protection on all levels and safeguarding from psychic attack, protects against unhappiness, distressing dreams and lightning, represents one’s rise from martyrdom, in ancient cultures it was used for “casting lots” to assist in the determination of resolutions and decisions, induce a stability in one’s economic status, retaining a piece is said that wealth will never depart, traditional stone of prosperity, encourages one to follow bliss, that will light the darkness of one’s life, giving birth to a spark of light, can assist one in changing one’s world, promoting creativity and expansiveness in awareness and manifestation, activates the physical, mental and emotional body, enhances passion and fortitude, stimulates sexual energy and desire, can aid eliminate feelings of hopelessness or defeat from one’s thoughts, improves self- confidence and adventurousness, will help get out of a rut, stone of courage by helping with anxiety and becoming comfortable with the unknown

**SIGN/S:** Leo, Scorpio, Cancer and Sagittarius

**CHAKRA/S:** Root (1st)

**ELEMENT/S:** Earth

**VIBRATES to the NUMBER:** #3

**ASSOCIATED TAROT CARD:** The Emperor

**ASSOCIATED RUNE:** Sowulo

**ASSOCIATED HERBS:** Rue

**HEALTH/PHYSICAL:** Helps treat circulation disorders, sexual dysfunction, infertility, assist in weight loss, reducing fevers and heart disorders, can decrease the time for chemicals and toxins to leave the body, counter-balance of stimulates, used to counter spaciness, dizziness and other symptoms of energetic overload, helps victims of sexual abuse, helps those that are in recovery from addiction or self-abuse.

**WORKS WELL WITH:** Blue Sapphire, Proustite, Cuprite and Zincite. Romance- Rose Quartz and Morganite

**RUBY w/FUCHSITE**

**MAIN POINTS/FOCUS:** Transforms destructive, negative energies into positive, helpful ones. Enhances psychic awareness, awaken latent or hidden psychic abilities, amplifies energy. Enhances the connection to the spiritual realms, spirit guides, departed ancestors.

**SIGN/S:**

**CHAKRA/S:**

**ELEMENT/S:**

**VIBRATES to the NUMBER:**

**ASSOCIATED TAROT CARD:**

**ASSOCIATED RUNE:**

**ASSOCIATED HERBS:**

**HEALTH/PHYSICAL:**

**WORKS WELL WITH:**

**STAR RUBY**

**MAIN POINTS/FOCUS:** A stone for embodiment of Light and can be used by healers to integrate high-frequency energy into the body. Great for recharging energy levels and stimulates the mind to be more positive and self-assured. Encourages vitality, sensuality and sexual energy. Valuable in shedding light on the root causes for sexual dysfunction and healing past sexual- or- power abuse trauma. Helps one release the physical imprint of past emotional trauma or physical abuse from the cellular record. Great for those repelled by being in a body, helps one feel more engaged in life and more loving toward one’s physical body and human existence. A powerful stone for tantric work and manifestation. Helps attract new love and wealth.

**SIGN/S:** Leo, Scorpio, Cancer, Sagittarius

**CHAKRA/S:**  Root (1st)

**ELEMENT/S:** Earth

**VIBRATES to the NUMBER:** 3

**ASSOCIATED TAROT CARD:**

**ASSOCIATED RUNE:**

**ASSOCIATED HERBS:**

**HEALTH/PHYSICAL:** Treats inadequate circulation or energy flow in the feet and legs. Treatment of sexual dysfunction and infertility, used in weight regulation

**WORKS WELL WITH:** Blue Sapphire, Proustite, Cuprite and Zincite. Romance- Rose Quartz and Morganite

**RUBY-ZOISITE**

**MAIN POINTS/FOCUS:** Increase in inner and outer development, awakening of the true self, joyful engagement with life, healing, increase in life force, provides decomposition of negativity and for transmutation of the negative energies to positive force-fields, used to dispel laziness and idleness, creates altered states of consciousness and can serve as vehicle for reaching and utilizing talents and abilities of the mind, provides amplification of the entire energy field of the body, increases the awareness of one’s individuality, enhances contact with etheric bodies and stimulates the crown chakra, harmonizes one’s relationships with others, increasing empathy and compassion, can assist one in becoming aware of suppressed grief, great for relieving boredom and getting involved with other people in friendship and service, teaches growth, healing and enjoyment of the moment, helps one to perceive the gift in every breath of life, at the same time one recognizes the illusion of death, helps alleviate grief, anger, despair, hopelessness and defeat.

**SIGN/S:** Gemini

**CHAKRA/S:** Root (1st), Heart (4th) and Third Eye (6th)

**ELEMENT/S:** Storm

**VIBRATES to the NUMBER:** #4

**ASSOCIATED TAROT CARD:** The Emperor

**ASSOCIATED RUNE:** Sowulo

**ASSOCIATED HERBS:** Rue

**HEALTH/PHYSICAL:** Foremost stone for healing in the experience of terminal disease and the transition of death. Treats disorders of the heart, spleen, pancreas and lungs.

**WORKS WELL WITH:** Tanzanite, Apophyllite, Tugtupite and all forms of Sapphire

**AFFIRMATION:** *My mind, heart, body, soul and spirit blend in perfect harmony as I manifest my true self*

**SELENITE**

**MAIN POINTS/FOCUS:** Spiritual activation, communication with the Higher Self, Spirit Guides and Angels, great for building energy grids in one’s home or outdoors, combines synergistically with almost any stone, blends and amplifies the stones energies, fast and effective when cleansing

**SIGN/S:** Taurus

**CHAKRA/S:** Third Eye (6th), Crown (7th), Transpersonal and Etheric (8th -14th, above the head)

**ELEMENT/S:** Wind

**VIBRATES to the NUMBER:** 8

**ASSOCIATED TAROT CARD:**

**ASSOCIATED RUNE:**

**ASSOCIATED HERBS:**

**HEALTH/PHYSICAL:** Helps with aligning spinal column, correct disorders and deformities of the skeletal system, stabilize epileptic conditions

**WORKS WELL WITH:** Works well with any stones, especially the 12 synergy stones

**AFFIRMATION:** *I move into union with my Higher Self and my interior senses are awakened*

**SERPENTINE**

**MAIN POINTS/FOCUS:** Access to spiritual history of the Earth, connection with Nature, activator of the Kundalini and it assists in bringing about a safe and balanced awakening, clears blocked energies and allows the healthy, natural flow to be reestablished, when awakened individuals may experience a wide range of psychic and spiritual phenomena, great for meditation and clearing chakra’s/energy blockages, enhances communication with Nature, animals, plants and stones, within the stone are the histories and epics of the fairy domains, devic realms and the plant, animal and mineral kingdoms, soothing to the emotional body, allowing release of fear of change and hardship, rewire unhealthy brain patterns

**SIGN/S:** Gemini

**CHAKRA/S:** All chakra’s

**ELEMENT/S:** Earth

**VIBRATES to the NUMBER:** 8

**ASSOCIATED TAROT CARD:** 2 of Cups, 6 of Cups, 10 of Cups and 10 of Pentacles

**ASSOCIATED RUNE:**

**ASSOCIATED HERBS:**

**HEALTH/PHYSICAL:** Treatment of diabetes and hypoglycemia, to eliminate parasitic infestations, increase absorption of calcium and magnesium

**WORKS WELL WITH:** Amethyst, Moonstone, Libyan Gold Tektite, Golden Labradorite, Zincite, Tiger Eye, Emerald, Green Jade, Strombolite. Higher brain areas-Herderite, Phenacite, Natrolite, Scolecite and Azeztulite

**AFFIRMATION:** *I commit myself to manifesting the Divine potential that resides in the cells of my physical body and the vibrational pattern of my energy body, and I offer my service to the healing and evolution of the Earth.*

**SMOKEY QUARTZ**

**MAIN POINTS/FOCUS:** Is a spiritual grounding stone, helping one to receive and utilize more high-frequency energy, helps even the spaciest individuals, transmutation of negative energies, enhances practicality and organization, good to have around when doing bills, lends focus to students and patience to teachers, offers protection from negative energies in one’s environment, it can absorb and transmute almost unlimited amounts of negativity by grounding it in the Earth, where it can be neutralized, keeps things clear by purging the atmosphere of unspoken resentments or suppressed conflicts, manifestation of one’s dreams and inspiration

**SIGN/S:** Capricorn and Sagittarius

**CHAKRA/S:** Root (1st)

**ELEMENT/S:** Earth

**VIBRATES to the NUMBER:** # 2 and # 8

**ASSOCIATED TAROT CARD:** The Magician

**ASSOCIATED RUNE:**

**ASSOCIATED HERBS:** Damiana, Jasmine and Mugwort

**HEALTH/PHYSICAL:** Helps counter the negative effects of radiation, including sunburn, exposure and therapy. Helps to relieve disorders of the hands and feet.

**WORKS WELL WITH:** Sugilite, Black Tourmaline, Jet and Obsidian

**AFFIRMATION:** *I am grounded and centered in my physical body, and I work step-by-step to achieve my goals.*

**SUNSTONE**

**MAIN POINTS/FOCUS:** A stone of personal power, freedom and expanded consciousness, can both clear and energize the chakra’s, provides a freshness and squeaky clean feeling, reflects the qualities of Solar Light, openness, benevolence, warmth, strength, mental clarity and the willingness and ability to bestows blessings upon others, also represents enlightened leadership and the ability to utilize knowledge and wisdom for the highest good of all, excellent stone to use in business dealings, also provides “luck” with games, stimulates one’s creative and sexual energy and increases energy and stamina. Used to dissipate fearfulness, to alleviate stress and to increase vitality. Is also a stone of abundance, helping one to take action to manifest one’s desires, can transform anger into energy, judgement into joy

**SIGN/S:** Libra and Leo

**CHAKRA/S:** Sexual/Creative (2nd), Solar Plexus (3rd)

**ELEMENT/S:** Fire

**VIBRATES to the NUMBER:** 1

**ASSOCIATED TAROT CARD:** The Sun

**ASSOCIATED RUNE:**

**ASSOCIATED HERBS:**

**HEALTH/PHYSICAL:** Helps balance the endocrine system and aids reproductive problems due to imbalanced hormones, helps chronic sore throats, reduce stomach problems, great for athletes, helps with strains

**WORKS WELL WITH:** Moonstone, Labradorite, Amber, Selenite, Prasiolite, Jet, Danburite, Larimar and Quartz

**TIGER EYE-BLUE (Hawk’s Eye)**

**MAIN POINTS/FOCUS:** Soothing stone as it aids in reducing stress, increasing calm and easing anxiety. Brings a “go with the flow” attitude, aiding in relief from fears, phobias (especially fear of flying and speaking in public) and hot tempers. Helps to illuminate issues that have been difficult to see, providing insight to internal conflicts and emotional/mental issues, helps to open, clear and align the mid to higher range chakra’s, which assists in speaking with clarity and acting from a place of integrity, balances the male/female, Yin/Yang energies, encourages emotional balance, helps with fatigue and depression, increases all forms of psychic abilities, clairvoyance, astral travel and remote viewing, increases prosperity, enables a person to expand horizons which can lead to better opportunities, helps a person find courage to recognize thoughts and ideas and the willpower to carry them into the physical realm, protective, wards off nightmares, protects from malice and jealousy

**SIGN/S:** Capricorn and Leo

**CHAKRA/S:** Third Eye and Throat

**ELEMENT/S:** Earth and Fire

**VIBRATES to the NUMBER:** 4 and 9

**ASSOCIATED TAROT CARD:** The Sun, The Magician, The Chariot

**ASSOCIATED RUNE:**

**ASSOCIATED HERBS:**

**HEALTH/PHYSICAL:** Helps with eye problems that deal with focusing, helps with metabolic level and cools an over active sex drive

**WORKS WELL WITH:**

**AFFIRMATION:** *I’m connected to my physical body*

**TIGER EYE- GOLDEN**

**MAIN POINTS/FOCUS:** Supports physical vitality and energy, aids in maintaining balance between extremes, can be the extreme of one’s own light and dark sides, one’s humanity and spirit, or the extreme emotional states of joy and sorrow, provides for balancing of the yin-yang energy, discernment, strength, fairness, solar stone of vitality, practicality and physical action, helps one to see both sides of disagreements, for those going through difficult negotiations (divorce, custody), creates harmony between people with different viewpoints, religious beliefs or approaches to life, excellent to have in bringing harmony to families/partnerships, conducive to peacefulness, produces soothing vibrations, generating a calmness to unsettled turmoil and allowing one to enjoy the actions of being unfenced and uninhibited, brings together the vibrations of sand and sunlight, synthesizing the energies of the Sun and the Earth, carries the frequency of creation-of sunlight upon soil, combines sharpness and grounding, helpful for those seeking clarity, eliminates the “blues” and can bring brightness and optimism, brings scattered details into a pattern, enhance the psychic abilities, best for “earthy” people, stimulates wealth and to enhance the stability required to maintain wealth

**SIGN/S:** Capricorn

**CHAKRA/S:** Solar Plexus (3rd), Sexual/Creative (2nd) and Root (1st)

**ELEMENT/S:** Earth and Fire

**VIBRATES to the NUMBER:** #4

**ASSOCIATED TAROT CARD:** The Sun, The Magician, The Chariot

**ASSOCIATED RUNE:**

**ASSOCIATED HERBS:**

**HEALTH/PHYSICAL:** Blood fortifier, strengthening to the endocrine system, assists in bringing one’s hormones and biochemistry into balance. Has been used in treatment of disorders of the eye, throat, reproductive system, diverticular constrictions and to aid in night vision. Helps strengthen spinal column and mend broken bones.

**WORKS WELL WITH:** Other Quartz, Malachite, Charoite, Seraphinite and most types of Jasper

**TIGER EYE-RED (Ox or Bull’s Eye)**

**MAIN POINTS/FOCUS:** Associated with the strength and courage of an ox, brings energies of vibrance and vitality and of enhancing integrity of self and helps with grounding, it is a survival stone and can help with the correct use of power in difficult times, is a fierce defense against any form of bullying and helps a person to remain calm in situations or places where tempers often flare and stress nears the boiling point, helps to increase one’s inner strength, courage and self-confidence in order to tap into one’s personal power, a very stimulating stone, replacing lethargy and procrastination with enthusiasm and motivation, unblocking creative energy and inspiring one’s inner entrepreneur, increases determination and helps one to implement ideas into action, use with the Root chakra to ground sexual ideas into the physical world or to resolve sexual issues that are causing problems in a relationship, aids in enhancing confidence and self-esteem, enhances balance within one’s energy field and allows a person to open up to unconditional love

**SIGN/S:** Aries

**CHAKRA/S:** Root

**ELEMENT/S:** Fire

**VIBRATES to the NUMBER:** 4

**ASSOCIATED TAROT CARD:** The Sun, The Magician, The Chariot

**ASSOCIATED RUNE:**

**ASSOCIATED HERBS:** Angelica, Cloves, Marjoram and Peppermint

**HEALTH/PHYSICAL:** Increases a low sex drive, helps with vision, great for post surgery, rejuvenating the blood and restore the natural rhythms to a woman’s body

**WORKS WELL WITH:** Red Aventurine, Red Jasper and Golden Tiger Eye

**AFFIRMATION:** *I act with confidence, clarity, balance, fairness, enthusiasm and strength.*

**TOPAZ-GOLDEN (IMPERIAL TOPAZ)**

**MAIN POINTS/FOCUS:** Teaches us to focus our will and desires through our intention, powerful stone for manifestation and can help bring one’s highest visions into being, allows us to learn the value of emotional boundaries and honoring sacred space, helps those who have difficulty maintaining their boundaries or honoring those of other people, enhances one’s creativity, personal will and ability to manifest one’s desires, excellent stone for creating abundance, brings one’s personal desires into alignment with Divine Will, instrumental in visualization in meditation and projection, helps one absorb that which is needed from the universe, prompting receptivity and willingness to act, used to enhance relaxation, to create lightness of spirit and stimulate feelings of peace, acts to initiate faith and to further the quest for the enlightened state

**SIGN/S:** Sagittarius, Leo and Pisces

**CHAKRA/S:** Solar Plexus (3rd)

**ELEMENT/S:** Fire

**VIBRATES to the NUMBER:** #9

**ASSOCIATED TAROT CARD:** The Hierophant

**ASSOCIATED RUNE:** Eihwaz

**ASSOCIATED HERBS:** Frankincense and Peppermint

**HEALTH/PHYSICAL:** Used for urinary and kidney imbalances. Treatment of disorders of the liver, gall bladder and endocrine system, loss sense of taste.

**WORKS WELL WITH:** Other Topaz, Moldavite

**AFFIRMATION:** *I manifest my desires in accordance with my highest good, honoring* *the desires and boundaries of those around me.*

**TOURMALINE-BLACK**

**MAIN POINTS/FOCUS:** Purification and protection, great for psychic protection for anyone who must work/live in challenging places or circumstances, helps clear auric imbalances, acts a psychic vacuum cleaner, clearing oneself and ones surroundings of negativity/disharmony, has the ability to transmute and purify negative energy, turning it into usable energy, especially important as a person opens one’s psychic and empathic abilities, protects one’s energy field against attachments, entities and energetic debris, helps to rid negative thoughts, anxieties, anger and ideas of unworthiness, great for etheric purification, helps one disengage from obsessive or compulsive behaviors and release chronic worry and anxiety, carrying one or sleeping with one under pillow, meditation provides a refreshing dose of cleansing, provides a grounding path for Light to enter the Earth place

**SIGN/S:** Capricorn

**CHAKRA/S:** Base (1st)

**ELEMENT/S:** Earth

**VIBRATES to the NUMBER:** #3 and #4

**ASSOCIATED TAROT CARD:** The Fool, The Hermit, Death, The Devil

**ASSOCIATED RUNE:**

**ASSOCIATED HERBS:**

**HEALTH/PHYSICAL:** Helps purify the body of toxins and wastes. Can support the cleansing of heavy metals and environmental pollutants from the body. It can be used in the treatment of arthritis, dyslexia, heart disease, anxiety and disorientation.

**WORKS WELL WITH:** Jet, Obsidian, Black Andradite Garnet, Smokey Quartz, Sugilite, Charoite, Amethyst and Hematite

**AFFIRMATION:** *I banish all negative attachments, within and without. I am purified, grounded and centered upon the Earth.*

**TOURMALINE-BLUE**

**MAIN POINTS/FOCUS:** Higher awareness, communication

**SIGN/S:** Libra and Taurus

**CHAKRA/S:** Throat (5th) and Third Eye (6th)

**ELEMENT/S:** Water and Wind

**VIBRATES to the NUMBER:** #6, master #55 and #9

**ASSOCIATED TAROT CARD:** The Fool, The Hermit, Death, The Devil

**ASSOCIATED RUNE:**

**ASSOCIATED HERBS:**

**HEALTH/PHYSICAL:** Great for migraines and headaches. Treats disorders of the lungs, throat, larynx, esophagus, thymus and thyroid.

**WORKS WELL WITH:** Blue or Indigo Kyanite, Lapis Lazuli, Blue Chalcedony, Lazulite, Aqua Aura Quartz, Siberian Blue Quartz and Sodalite.

**AFFIRMATION:** *I open my vision to the realm of Spirit, and I freely share its healing, guidance and wisdom.*

**TOURMALINE-GREEN**

**MAIN POINTS/FOCUS:** Healing, strength, vitality, wholeness

**SIGN/S:** Capricorn

**CHAKRA/S:** Heart (4th)

**ELEMENT/S:** Water

**VIBRATES to the NUMBER:** #6

**ASSOCIATED TAROT CARD:** The Fool, The Hermit, Death, The Devil

**ASSOCIATED RUNE:**

**ASSOCIATED HERBS:**

**HEALTH/PHYSICAL:** Can stimulate proper cell function, reproduction, treating cancers and other cell-growth imbalances. One of the strongest stones to heal the heart. Helps with weightloss, purgative.

**WORKS WELL WITH:** Aventurine, Emerald, Hiddenite, Peridot, Tsavorite Garnet and Tiger Iron

**AFFIRMATION:** *I am physically whole and vibrantly alive. The strength of my heart fills and surrounds me, and I am a positive force in the world.*

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**TOURMALINE-ORANGE**

**MAIN POINTS/FOCUS:** Will, confidence, inner strength

**SIGN/S:** Leo and Scorpio

**CHAKRA/S:** Solar Plexus (3rd)

**ELEMENT/S:** Water

**VIBRATES to the NUMBER:** #8

**ASSOCIATED TAROT CARD:** The Fool, The Hermit, Death, The Devil

**ASSOCIATED RUNE:**

**ASSOCIATED HERBS:**

**HEALTH/PHYSICAL:** Helps with disorders related to intestinal disorders, acid reflux, irritable bowel, ulcers, nausea. Also has been used for the repair of the reproductive system

**WORKS WELL WITH:** Heliodor, Golden Labradorite, Libyan Gold Tektite, Yellow Sapphire and Phenacite

**AFFIRMATION:** *I am confident in my own strength, worthiness and power, and I use my energies to manifest the highest good.*

**CRYSTAL NAME:**

**MAIN POINTS/FOCUS:**

**SIGN/S:**

**CHAKRA/S:**

**ELEMENT/S:**

**VIBRATES to the NUMBER:**

**ASSOCIATED TAROT CARD:**

**ASSOCIATED RUNE:**

**ASSOCIATED HERBS:**

**HEALTH/PHYSICAL:**

**WORKS WELL WITH:**

**AFFIRMATION:**

**CRYSTAL NAME:**

**MAIN POINTS/FOCUS:**

**SIGN/S:**

**CHAKRA/S:**

**ELEMENT/S:**

**VIBRATES to the NUMBER:**

**ASSOCIATED TAROT CARD:**

**ASSOCIATED RUNE:**

**ASSOCIATED HERBS:**

**HEALTH/PHYSICAL:**

**WORKS WELL WITH:**

**AFFIRMATION:**

**CRYSTAL NAME:**

**MAIN POINTS/FOCUS:**

**SIGN/S:**

**CHAKRA/S:**

**ELEMENT/S:**

**VIBRATES to the NUMBER:**

**ASSOCIATED TAROT CARD:**

**ASSOCIATED RUNE:**

**ASSOCIATED HERBS:**

**HEALTH/PHYSICAL:**

**WORKS WELL WITH:**

**AFFIRMATION:**

**CRYSTAL NAME:**

**MAIN POINTS/FOCUS:**

**SIGN/S:**

**CHAKRA/S:**

**ELEMENT/S:**

**VIBRATES to the NUMBER:**

**ASSOCIATED TAROT CARD:**

**ASSOCIATED RUNE:**

**ASSOCIATED HERBS:**

**HEALTH/PHYSICAL:**

**WORKS WELL WITH:**

**AFFIRMATION:**

**CRYSTAL NAME:**

**MAIN POINTS/FOCUS:**

**SIGN/S:**

**CHAKRA/S:**

**ELEMENT/S:**

**VIBRATES to the NUMBER:**

**ASSOCIATED TAROT CARD:**

**ASSOCIATED RUNE:**

**ASSOCIATED HERBS:**

**HEALTH/PHYSICAL:**

**WORKS WELL WITH:**

**AFFIRMATION:**