



Amethyst

Amethyst is a stone of psychic power. It helps to promote meditation and is associated with the crown chakra. Also helps to clear the aura. Its physical qualities are boosting hormones, relieves pain and aids in sleep. Can be used to overcome addictions, aid with fibromyalgia, chronic fatigue and helps the immune system.



**Black
Obsidian**

Black Obsidian is used for deep soul healing and is good for protection. It's physical attributes are helps relieve stress, relieves tension and helps with self control.



Blue Lace Agate

Blue Lace Agate is said to help with peace of mind. Physically it's good for throat problems, headaches and arthritis.



Carnelian

Carnelian helps to remove fear, protect against envy and rage. It's good for motivation and vitality.

It is often used for kidney problems, colds and pollen allergies.



Citrine

Citrine is the cleanser of all crystals. It brings abundance and enhances concentration.

It is believed to aid in digestion, balances hormones, increases blood circulation and relieves constipation.



**Clear
Quartz**

Clear Quartz is good for meditation and deep soul cleaning. It helps to activate the third eye. Often used to unblock memory, help concentration and is a powerful healer.



**Green
Aventurine**

Green Aventurine is often called the gambler's stone because it is said to bring good luck and abundance. It promotes well being, calming and strengthens intuitive power. It is associated with the heart chakra.



Hematite

Hematite is good for grounding, gives strength and helps promote self-esteem. It's good for strengthening the blood and stimulates concentration.



**Rainbow
Fluorite**

Rainbow Fluorite is good for opening the third eye and used for the crown chakra. It's good for meditation and brings order to chaos. Physically used for to help with cold, flu and spinal problems.



**Rose
Quartz**

Rose Quartz has a calming effect, aids in love, and restores trust and harmony. It is used for the heart chakra.



**Rutilated
Quartz**

Rutilated Quartz is an energizing stone that cleanses the aura, stabilizes emotions and gets things moving.



**Smoky
Quartz**

Smoky Quartz is a stone used for grounding and protection. It helps with fears, lifts depression and emotions. It is physically associated with the stomach, hips and leg.



Sodalite

Sodalite is associated with the third eye and encourages truth. It aid concentration and eliminates mental confusion. It can be used to balance metabolism, good for throat problems and combats radiation damage.



Sunstone

Sunstone is associated with the navel chakra and is said to give it's owner a squeaky clean feeling. It helps with depression and lifts dark moods.



Tigers Eye

Tigers Eye is used for grounding. It protects against spells and releases curses. Helps enhance perception, is good for personality disorders, and helps heal self esteem. It's used to unblock creativity, lift moods and help with depression.