

# The Magical Power of Gemstones and Crystals

*An Online Psychic Course by Tana Hoy (Complete Course Book)*

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# The Magical Power of Gemstones and Crystals

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## Chapter 1: What are Gemstones and Crystals?



Gemstones are attractive pieces of stone that are prized for their beauty. Because of this, they are often crafted into jewelry. Apart from their aesthetic value, gemstones have natural energetic properties that can be used in many different ways. In this course, you will learn about the magical properties of gemstones and crystals, as well as how these properties can be put to work in your life.

### How Crystals Are Formed

Hot gases and mineral solutions rising from the molten layer of the Earth up to the Earth's surface form crystals. As this molten layer cools, the atoms arrange themselves into patterns of three-dimensional lattices, creating what we know as crystals.

The special structure of a crystal allows it to absorb, amplify, and transmit electromagnetic energy that can be tapped and used to heal and energize. Some gemstones also go through a crystallization process, which transforms them into crystals.

Not all crystals are gemstones, and not all gemstones form into crystals. Snowflakes and grains of salt are technically crystals, for instance. In this book, I am going to focus on gemstones and crystals that come from natural minerals, rocks, and other organic materials, particularly those used in jewelry. You are going to learn about the different types of gemstones and crystals, their qualities and properties, and how to care for them. We will also discuss the various magical properties of these gemstones and crystals, and how you can put them to use in your life.

Each person has a unique connection with certain gemstones and crystals. In this book, you will discover which ones you are most connected with!

Welcome to the amazing world of magical gemstones and crystals!



## **Chapter 2: Gemstones and Crystals – Discovering Nature’s Powerful Psychic Energy Tools**

Many people own gemstones and crystals, but most people do not realize the true power that these stones actually possess. Take a closer look at all the gemstones and crystals that you currently own; did you know that each of them has unique and powerful energies that can be used to help you? If you learn how to use these stones’ energies, you can manifest almost any desire! You have unlimited powers in your possession to create your dreams, and what you create is only limited by your imagination!

### **Why Gemstones and Crystals Are Powerful Psychic Energy Tools**

What is it about gemstones and crystals that allow them to be used as powerful psychic energy tools? I use the word “psychic” because, as you will learn, working with gemstones and crystal takes place on a psychic level. Even the powers that you use to attune to and care for them will come from your inner psychic reserves.

It is the unique, natural, and powerful energetic makeup that each gemstone and crystal possesses that make it a very effective tool. The magical properties of gemstones and crystals can be used for healing, empowerment, protection, and manifesting your desires. They can also be used to invite love into your life, increase the amount of wealth you possess, or bolster your spirits when you are down.

### **How They Work**

Gemstones and crystals contain magnetic vibrations, which can positively affect the energies surrounding them, including your own personal energy fields. Because each gemstone or crystal has its own unique energy, each type of stone produces a different effect. Some can charge you with energy, while others can put you in a deep state of relaxation, helping you to experience greater levels of peace in your personal meditations. You will soon discover that each of your gemstones and crystals radiates a different frequency of energy that is as unique to each of type of stone as our fingerprints are to each of us.

Because of the powerful energies that gemstones and crystals contain, they have been used for magical purposes in various cultures and traditions throughout the ages. In addition to being beautiful accessories and elegant adornments, they have been collected, used, and treasured for their powerful energetic qualities.

Once you learn the amazing powers that each gemstone and crystal possesses, you will be able to start collecting gemstones and crystals, and using them to fulfill your wishes and manifest your desires.

In the following chapters, I will teach you how to choose and cleanse these precious stones. I will teach you the powers that each gemstone and crystal possesses within it. The more you understand them, the more powerful they will become for you. Remember that knowledge is power, and power is put to the best use in the hands of someone knowledgeable.

## **Chapter 3: How to Choose, Cleanse, and Care for Your Gemstones and Crystals**

### **Choosing the Right Gemstones and Crystals**

There are no specific rules to follow when beginning your collection of gemstones and crystals. All you need to do is trust your instincts, and you will know when you have found the right gemstone or crystal for you.



When selecting your gemstones and crystals, it is a good idea to visit several different stores, and then revisit them again if you did not find any stones that you liked on your first visit.

Apart from visiting stores that specialize in gemstones and crystals, you can also visit smaller establishments such as antique shops, or souvenir stores, as these places often sell stones. In some nature spots, you might come across little stalls where locals sell gemstones and crystals. Always keep your eyes open when you travel, because gemstones and crystals can be found in the most unlikely places. While you are searching for them, their energies will be simultaneously drawing you in their direction.

Before going out to search for stones, take a few minutes to meditate before you leave your house. Visualize yourself holding the right stones in your hand, and then focus your intention on finding the right gemstone or crystal for you.

### **How to Know When You Have Found the Right Gemstone or Crystal**

When you have found a gemstone or crystals that is right for you, you will experience any, or all, of the following signs:

- You will feel drawn to a particular stone. You may feel like you cannot take your eyes off of it. If you do, you will be drawn back to it, as if this particular gemstone or crystal is calling out to you.

- You will feel a strong need to take the stone with you. You almost feel uncomfortable with the thought of the stone not being in your possession.
- Despite the physical similarity of stones in a basket or on a shelf, one particular stone will jump out at you, and you will be able to pick it out it, even among the other stones.
- You will feel a strong jolt of energy when you touch the stone.

You will experience these signs when you find the right stone because an energy link has been formed between you and the gemstone or crystal. When you experience any of the above signs in regard to a particular gemstone or crystal, that stone is the one you should purchase.

Do not be limited to above signs; sometimes, when you find the right gemstone or crystal, you will just “know” it. You will “feel” deep within you that it is *the* gemstone or crystal for you. You should always listen to these feelings.

## **There Are No Rules**

When looking for gemstones and crystals, there are no specific rules to follow. There are only a couple of things to remember.

First, keep an open mind and heart when searching for your stone. This will help in making you receptive to the connection that you will undoubtedly have with the right stone.

Second, follow your instincts. When you feel strongly about a particular stone, or experience any of the signs listed above, you should seriously consider purchasing it.

## **How to Cleanse and Care for Your Gemstones and Crystals**



Once you have purchased your gemstone or crystal, the first thing you should do is cleanse it! NEVER put a stone that has not been cleansed into your collection of cleansed gemstones and crystals, as it can contaminate the energies of all of your other stones.

Each gemstone or crystal absorbs the energies of everyone who has handled it before it made its way to you, so you need to make sure that its energies are neutralized and purified before working with it, in order for it to be 100% effective.

There are various ways of cleansing gemstones and crystals. Each method involves different tools, ingredients, materials, and even locations. Use whichever method feels right to cleanse your gemstones and crystals.

I will teach you how to perform different types of cleansing. Later on in this course, I will teach you about specific types of stones, and what sort of special cleansing each one requires. For example, there

are some stones that need to be submerged in water, while there are others that should not. Don't worry if you don't remember all of this right away; you can always refer back to this book.

There are a lot of different gemstones and crystals out there, so take your time, and learn at your own pace. Eventually, you will become so attuned to your stones and working with them that everything you have learned will become second nature to you.

First, I am going to teach you about the more common ways of cleansing your gemstones and crystals using salt water and smudging.

## **Common Ways to Cleanse Your Gemstones and Crystals**

### **Salt Water**

Most gemstones and crystals can be cleansed in water, but common sense will dictate which ones should not be. For those that can be cleansed in water, the following steps should be followed. It is best to perform this method of cleansing at night, particularly when the moon is starting to wane.



Prepare the following materials:

- A glass bowl of warm water to submerge the stone in (Never cleanse your gemstones and crystals using hot water, as this may destroy the stones and affect their quality.)
- A tablespoon of sea salt
- The stone that requires cleansing

Here is what you should do:

1. Go to a quiet place where you will not be disturbed. Sit down comfortably and place all of your materials in front of you.
2. Close your eyes and take a few deep breaths to relax your body and mind. To effectively cleanse the stone, your own energy should be relaxed, and your mind should be rid of any thoughts that will distract you. Feel your entire body relaxing, but do not slouch. Empty your mind of all thoughts. If any thoughts attempt to enter your mind, gently put them out.
3. When you feel completely relaxed, open your eyes. Take the bowl of warm water and place it in front of you.
4. Take the salt and sprinkle it into the water. As you do this, visualize the purifying qualities of the salt removing all unclean and stale energies from the water. Imagine the water becoming even purer than it was before you sprinkled the salt into it.

5. Now, take the stone that requires cleansing and place it in the bowl of warm water. Let it stay submerged in the water for about ten minutes. During this time, close your eyes, and imagine the stone being thoroughly cleansed. Visualize all of its impurities, from the surface to its core, being washed away by the salt water.
6. After approximately ten minutes, or whenever you feel that the stone has been fully cleansed, open your eyes.
7. Take the entire glass bowl to the sink. Take the stone out of the bowl and rinse it under cold, running water. Handle your stone with care as you rinse it.
8. When your stone has been fully rinsed, let it sit out to dry under the waning moon. It is best to let the waning moon shine upon it, so that the purification process is strengthened. The waning of the moon is best utilized for cleansing, as it removes any residual energy that may still be in the stone.
9. As soon as you wake up in the morning, you may retrieve your stone. It is now completely cleansed, and should be kept in a safe place.

## Smudging

For gemstones and crystals that cannot be submerged in water, a smudge stick can be used for cleansing. A smudge stick is a bundle of dried herbs tied together with string. Smudge sticks are primarily made of sage. Occasionally, pine or lavender is used in addition to sage to create a pleasant aroma.



It is the smoke that emanates from the smudge stick that does the work of cleansing the stones. The purifying properties of the herbs, in the form of the smoke, will cleanse your gemstones and crystals.

Smudge sticks can be bought in most new age stores, but I will teach you how to make your own smudge sticks, so that you can create your own cleansing tool. Then, I will teach you how to cleanse your gemstones and crystals using a smudge stick.

### How to Make a Smudge Stick

Creating a smudge stick that is firmly rolled and held together will require a lot of practice, so do not worry if you can't seem to make a perfect smudge stick on your first attempt. The important thing is that you learn more and more with each failed attempt. It also helps you to establish a deeper connection with the cleansing of your stones when you are the one making the smudge stick you will use to cleanse them.

The following materials are needed for making your smudge stick:

- A thin but strong piece of string for tying the herbs together
- The herbs that will make up your smudge stick
- Scissors to cut the herbs

Herbs you can use for creating your smudge stick are:

- Sage or White Sage (White Sage is the herb most commonly used in smudge sticks. You can use sage alone, or mix it with any of the herbs in the list below.)
- Lavender
- Pine
- Cedar
- Mugwort
- Cilantro
- Sweet grass
- Copal
- Juniper

Here is what you need to do:

1. Gather all your materials together and find a quiet place where you can work on your smudge sticks without being disturbed.
2. Meditate for a short while on the task you are about to perform. Concentrate on the natural cleansing properties of the herbs, and what they will do for your gemstones and crystals when you use them. Then, close your eyes and focus all your attention on the creation of a cleansing and purifying tool.
3. When you are ready, open your eyes and begin your work.
4. Take the herbs and cut them into lengths of about six to ten inches. Continue doing this until you have a thick clump of herbs that are all roughly the same length.
5. Next, place a bunch of herbs in one hand, then take the string in your other hand and begin winding it around the herbs. Start with the base of the herbs, and work your way up toward the tips. When you get to the tips, begin winding the string down toward the base again.
6. After you have wound the string twice around the herbs from top to bottom, find the other end of the string and tie the two ends into a knot. Cut off any excess string. Make sure your herbs are firmly tied together, but be careful not to tie them together too tightly.
7. Snip off any pieces of herb that are sticking out, and remove any small pieces that are falling off.
8. Your smudge stick is now complete, and can be used to cleanse your gemstones and crystals.

[How to Cleanse Your Stones Using a Smudge Stick](#)

Cleansing your stones using a smudge stick is very easy, but it requires a great deal of concentration. Because you are not physically washing your gemstone or crystal, you need to be mentally present and psychically connected with the activity of smudging. This will make it easy for you to "sense" or "know" when the gemstone or crystal has been completely cleansed.

Before you begin your cleansing ritual, you need to prepare the following items:

- Your smudge stick
- A candle with which you can light your smudge stick
- Something to light the candle with
- A safe, fireproof dish
- The stone that requires cleansing

Here is what you should do:

1. Go to a quiet place where you will not be disturbed. Sit down comfortably and place all of your materials in front of you.
2. Close your eyes and take a few deep breaths to relax your body and mind. To effectively cleanse the stone, your own energy should be relaxed, and your mind should be free of any thoughts that will distract you. Feel your entire body relaxing, but do not slouch. Empty your mind of all thoughts, and when unwanted thoughts occur, gently put them out of your mind.
3. When you feel completely relaxed, open your eyes and light the candle.
4. Now, take your smudge stick and light it using the candle flame. It is easier to light the smudge stick this way than to try and light it using a match or a lighter. When lighting your smudge stick, let it burn until the end becomes red embers, then blow out the flames. The idea is to let it smolder until it produces smoke, as the smoke will do the actual cleansing.
5. Once the smudge stick is smoking, place a fireproof plate underneath it to catch any falling embers.
6. When your smudge stick is continuously producing smoke, move it around the stone that needs to be cleansed. Let the smoke surround the stone, and gently fan the smoke towards the stone with your hands. If you are cleansing a small piece of stone, you can put down the smudge stick on the fire proof dish and hold the stone over the smoke.
7. As you do this, visualize the purifying powers of the herbs cleansing your gemstone or crystal. Imagine all the stale energies and impurities from the stone dissipating with the smoke.
8. When you "feel" that the stone has been thoroughly cleansed, you can extinguish your smudge stick by pushing it into a bowl of sand or running it under water, then allowing it to dry.

When smudging, make sure that pregnant women, babies, children, or people with allergies and respiratory ailments are not in the room. Also, do your smudging in a well-ventilated area.

## Other Ways to Cleanse Your Gemstones and Crystals

Using water and smoke are two of the several methods available for cleansing your gemstones and crystals. Nature itself offers various means of purifying them – the light of the moon and sun, the water that flows in oceans and rivers, and the rich soil of the earth, just to name a few. Utilizing these natural methods of cleansing will be discussed in the next section.

### Rain



Rainwater can be used to cleanse your gemstones and crystals. If you know that it is about to rain, you can place your stone on the ground where the rainwater can wash over it.

To attune yourself to your stone and the process of cleansing, here is what you should do:

1. After you place the stone out in the rain, take some time to meditate upon its purification process. Sit down comfortably at a quiet spot in your home.
2. Close your eyes and take a few deep breaths to relax your body and mind. To effectively cleanse the stone, your own energy should be relaxed, and your mind should be free of any thoughts that will distract you. Feel your entire body relaxing, but do not slouch. Empty your mind of all thoughts, and when unwanted thoughts occur, put them out of your mind.
3. Visualize the stone's impurities being washed off by the rain and soaked up into the ground. Continue doing this until you feel that the stone has been thoroughly cleansed.
4. After a while, you may open your eyes. You can bring your stone back in the house, rinse it, and then pat it dry.
5. If you wish to wait until the rain has stopped to bring your stone in that is fine, but make sure that you do not leave it outside very long. After the rain stops, immediately bring the stone back in, rinse it, and then pat it dry. You can leave the stone in the rain as long as you feel it is necessary for it to be thoroughly cleansed.

### Rivers



You can cleanse your stones in rivers, creeks, or any small body of clear, running water. All you need to prepare is the stones that require cleansing.



Here is what you should do:

1. Go to a quiet spot by a river where you will not be disturbed. Sit down comfortably near the river.
2. Close your eyes and take a few deep breaths to relax your body and mind. To effectively cleanse the stone, your own energy should be relaxed, and your mind should be clear of any thoughts that will distract you. Feel your entire body relaxing, but do not slouch. Empty your mind of all thoughts, and when unwanted thoughts occur, put them out of your mind as gently as you can.
3. When you feel completely relaxed, open your eyes and take out your stones.
4. Simply place the stones into the current, and the natural rhythm of the water will cleanse your stones. Of course, you need to place them in spots where they will not be carried away by the current.
5. As the water is cleansing your stones, visualize all of their impurities and negative energies being taken away by the current.
6. When you feel that your stones are thoroughly cleansed, you may take them out of the water.
7. Pat them dry with a soft cloth, or let them dry out in the sun for a while, before placing them back into their pouches or containers.

## Ocean



The ocean is very powerful. The rays of the sun and moon continuously energize it, and it has a high salt content. Its tides are also continuously shifting, therefore its energies are always in motion, and never stagnant.

You can cleanse your gemstones and crystals in the ocean. The ocean not only purifies your stones, but energizes them, as well. If you wish to cleanse your gemstones and crystals in the ocean, you will need a mesh bag to put them in. This will ensure that you do not lose your stones while you are allowing the waves to wash over them.

Here is what you need to do:

1. Place the stone that requires cleansing inside a mesh bag, preferably one with a handle or a sturdy string attached to it. This will allow you to have your stone washed by the ocean without having to hold the stone itself.

2. Find a spot by the shore where the waves can reach you. Make sure it is somewhere that you will not be disturbed.
3. Sit by the shore and allow the waves to wash over the stone in the mesh bag that you are holding. Once you are seated comfortably, close your eyes and start relaxing your body and mind.
4. Take a few deep breaths, taking in the feelings of peace that surround you. Then, visualize the waters of the ocean completely cleansing your stone. Whenever the waves retreat back into the ocean, imagine them taking the stone's impurities with them. Meditate upon this for as long as you wish, until you can sense that your stone has been totally cleansed.
5. When you are ready, open your eyes. Dry your stone with a soft cloth, or let it dry naturally. It is now ready for use.

## Sunlight

The sun is a very good source of purifying energies. You can cleanse some of your gemstones by placing them directly under the light of the sun. You can place them in a windowsill, or outside in the direct sunlight.

For this method, all you need is the stone that requires cleansing. I would suggest setting out the gemstone or crystal at either sunrise or sunset. Putting out the stone during the hottest part of the day may damage it.



Here is what you should do:

1. Find a spot where you can place your gemstone or crystal safely under the direct light of the sun.
2. Place your stone on the selected spot. As the sun shines upon your stone, sit down near it. You do not need to sit directly under the sun; just sit comfortably somewhere nearby.
3. Relax your body and mind by taking a few deep breaths. Your own energy should be relaxed to effectively cleanse the stone, and your mind should be cleared of any distracting thoughts. Relax your entire body, but do not slouch. Free your mind from all thoughts. If unwanted thoughts occur to you, gently let them go.
4. Visualize the power of the sun's rays removing all impurities and unwanted energies from your stone.
5. Continue meditating for about ten to twenty minutes. Finish your meditation by visualizing your stone in your mind's eye, completely cleansed of all its impurities. Then, open your eyes. You may now use your thoroughly purified stone.

## Moonlight



The light from the moon is also a powerful way to cleanse your gemstones and crystals. For this method, you need only the stone that requires cleansing. Performing this method during any phase of the moon is fine, though the period between the Full Moon and the New Moon is best. As the moon wanes, unwanted energies will be removed from your stone more effectively.

Here is what you should do:

1. Find a spot where you can place your gemstone or crystal safely under the direct light of the moon.
2. Place your stone on the selected spot. As the moon shines upon your stone, sit down nearby.
3. Close your eyes and take a few deep breaths to relax your body and mind. Effectively cleansing the stone requires your own energy to be relaxed as well. Feel your entire body relaxing, but be careful not to slouch. Empty your mind of all thoughts. When unwanted thoughts occur, gently put them out of your mind.
4. Now, visualize the light of the moon cleansing all impurities and unwanted energies from your stone.
5. Continue meditating for as long as you wish, or until you feel that your stone has been completely cleansed of all its impurities. Then, open your eyes. You may now take your thoroughly purified stone and work with it.

## Earth or Soil

The earth is rich with different forms of energy that can cleanse, balance, heal, and comfort. You can use fresh earth from your garden or the soil in your plant boxes for cleansing your gemstones and crystals. If possible, try not to use soil with fertilizer or pesticide in it. To cleanse your stones using soil, you will need to prepare the following:



- A patch of earth in your garden or a pot of soil, with or without a plant in it
- A hand shovel
- The gemstones and crystals that require cleansing

Here is what you should do:

1. Choose a spot in your garden where you can bury your gemstones or crystals. Sit down comfortably near the selected spot. If you plan to use a pot of soil, make sure you bring it with you. Also, have your hand shovel and stones ready.
2. Close your eyes and take a few deep breaths to relax your body and mind. To effectively cleanse the stone, your own energy should be relaxed, and your mind should be free of any thoughts that might distract you. Allow your entire body to relax, but take care not to slouch. Empty your mind of all thoughts, and when unwanted thoughts occur, gently put them out of your mind.
3. When you feel completely relaxed, open your eyes and pick up your hand shovel.
4. Dig out a space where your gemstones and crystals will be placed. Do not dig too deeply; you do not want to lose your stones. Dig just deep enough to make sure that your stones will be fully covered by the soil, but not so deep that you will not be able to find them.
5. When you have dug out a space for your stones, place your stones in the hole. Make sure to allow for space in between each stone, so that they are not touching.
6. Cover them completely. After they are fully covered by soil, meditate for a while, and visualize the natural powers of the earth removing all of the stones' impurities. Do this for as long as you feel is necessary.
7. Leave the stones buried overnight. You may want to mark the spot where you buried your stones with a flower or a popsicle stick. The following morning, dig them out and rinse them. Your stones are now cleansed and ready for use.

Because you are working with fresh earth, make sure that your stomach is not empty when doing this exercise. Have a light meal or some bread before beginning your cleansing activity.

It is also wise to bury your stones in a patch of earth that is not easily accessible to other people or their pets. For example, your front yard may have a lot of space for burying stones, but it is also open to anyone that happens to pass by. You would not want your stones dug up by somebody's dog. Make sure that the spot where you choose to bury your stones is accessible only to you.

## Sea Salt



Sea salt has been used in various rituals of cleansing for centuries. It can be used alone, or mixed with water for cleansing, healing, and purifying. You will find that salt is always present in mixtures, solutions, and other tools that are used to drive away negative energy.

When using salt to cleanse your gemstones and crystals, remember to use sea salt, not table salt. Table salt has already been processed, and may contain chemicals that could damage your stones. Sea salt can usually be purchased from your local grocery store.

Here are the three things that you need to prepare for this method of cleansing:

- A shallow glass container, in which you will place the salt, as well as your gemstone or crystal
- Sea salt
- The stone that requires cleansing

Here is what you will do:

1. Choose a spot where you can perform your cleansing without being disturbed. Sit down comfortably, and lay out all of your things in front of you.
2. Relax your body and mind. Do this by closing your eyes and taking a few deep breaths. Your own energy should be relaxed in order to effectively cleanse the stone. Relax your whole body, but do not slouch. Your mind should be free of any bothersome thoughts. When unwanted thoughts occur, gently put them out of your mind.
3. When you feel completely relaxed, open your eyes, and place a layer of salt upon the glass container.
4. Place your gemstone or crystal on the bed of salt.
5. Meditate for a while, visualizing the natural cleansing powers of the salt absorbing all of the stones' impurities. Do this for as long as you wish.
6. Let the stone rest upon the bed of salt until you feel that the stone has been fully cleansed of its impurities. This may take several hours or a few days. You will naturally sense when the stone has been thoroughly cleansed.
7. When the stone is completely cleansed, take it from the bed and rinse it to remove the traces of salt. It is now ready for use. Make sure to dispose of the salt that you used.

## Herbs and Dried Flowers

Certain herbs and dried flowers possess purifying and cleansing qualities. You can use these herbs in the same way that you would use sea salt. Here are some examples of herbs that may be used for cleansing and purifying your gemstones and crystals:



- Acacia
- Basil
- Bay
- Carnation
- Cedar
- Eucalyptus
- Frankincense

- Hyssop
- Irish Moss
- Juniper
- Lavender
- Lemon Verbena
- Lemongrass
- Mugwort
- Myrrh
- Peppermint
- Red Clover
- Rose Petals
- Rosemary
- Sage
- Sandalwood
- St. John's Wort
- Star Anise
- Sweetgrass
- Thyme
- Valerian Root
- Vervain
- Witch Hazel
- Yarrow

Select the herbs that you wish to use for cleansing your gemstones and crystals. You can use just one type of herb, or a combination of two or more different types. When you have chosen the herbs you will use, you need to prepare them, along with the following items:

- A shallow glass container, in which you will place the herbs, along with your gemstone or crystal
- The herbs you have chosen to use
- The stone that requires cleansing

Here is what you should do:

1. Choose a spot where you can perform your cleansing without being disturbed. Sit down comfortably and lay out all of your things in front of you.
2. Close your eyes. Begin relaxing your body and mind by taking a few deep breaths. It is important that your own energy is relaxed, in order for your stone to be effectively cleansed. Let your entire body relax, but do not slouch. Empty your mind of all distracting thoughts. If unwanted thoughts occur, put them out of your mind gently.
3. When you feel completely relaxed, open your eyes. Create a bed of herbs in the glass container. You can trim or cut any long pieces of herbs, allowing you to mix the herbs more easily.
4. Place your gemstone or crystal upon the bed of herbs that you have created.

5. Meditate for a while, visualizing the natural purifying energies of the herbs absorbing all the stones' impurities. Do this for as long as you feel is necessary.
6. Let the stone rest upon the bed of herbs until you feel that the stone has been fully cleansed of its impurities. This may take a whole day or more; you will naturally sense when the stone is thoroughly cleansed.
7. When the stone is completely cleansed, you may take it from the bed of herbs and rinse it to remove any traces of herbs. It is now ready for use. You can now dispose of the herbs that you used.

## Quartz Crystals



Quartz crystals can be used to cleanse unwanted energies from your other gemstones and crystals. This requires a larger collection of quartz crystals, as a single quartz crystal will not be able to do the work. Here is what you need to do:

1. Make sure that your cluster of quartz crystals has been thoroughly cleansed. This will make them more effective in cleansing your other stones.
2. Sit down and close your eyes. Take a few deep breaths to relax your body and mind. To effectively cleanse the stone, your own energy should be relaxed. Clear your mind of any thoughts that will distract you. If any unwanted thoughts occur, gently let them go. Let your entire body relax, but do not slouch.
3. When you feel completely relaxed, open your eyes, and place the stone that requires cleansing on top of the cluster of quartz crystals. You can also place the stone beside the cluster, as long as your stone is still touching the cluster.
4. Close your eyes and visualize the cluster purifying the stone you have placed on top of or beside it. Meditate on this for as long as you feel is necessary.
5. Leave your stone in contact with the cluster of quartz crystals until you can sense that the stone has been thoroughly cleansed. This may take a whole day or more.
6. When the cleansing process is finished, you may remove your stone. It is now ready for use.
7. Cleanse your cluster of quartz crystals.

## Things to Remember When Cleansing Your Gemstones and Crystals

In addition to knowing how to properly cleanse your gemstones and crystals, there are some things that you should take note of in order to make the cleansing process as effective as possible.

- **Never allow your gemstones and crystals to be handled by other people.**

The reason that you have to cleanse your stones before using them is to remove all traces of energies that they have absorbed from other people before the stones came into your possession. These energies come from other people who handled them, or from other objects they have been stored in close contact with. Once you have cleansed your gemstones and crystals, do not let other people touch or play with them. Do not leave them where curious hands can touch them.

- **Cleanse your gemstones and crystals as often as needed.**

Cleansing your gemstones and crystals is not a one-time practice. You should cleanse them as soon as you obtain them, and repeat the process as often as necessary. It is best to cleanse them before and after each use, especially if you have used a stone to absorb negative energy, or heal someone of an ailment. You do not want to store a gemstone or crystal with your other stones if it still contains negative energy!

- **A properly and completely cleansed gemstone or crystal is in its most effective state.**

If at any point your gemstones and crystals are neglected or untouched for a long time, they may become less effective, and will require a thorough cleansing to remove any stale energy.

- **Never cleanse your gemstones and crystals when you are in a hurry.**

When preparing to cleanse your gemstones and crystals, make sure that you set aside plenty of time to do so. You do not bathe yourself just because you are required to. You take time in bathing yourself and applying any necessary products for body care because you want to be totally cleansed and comfortable. You should treat your gemstones and crystals in the same way. Give your full attention to the cleansing ritual, and feel them being renewed and recharged during the process. Also, make sure that each gemstone and crystal receives the same amount of time and care as the other stones. Each of them is special and beneficial to you in its their own way.

## Taking Proper Care of Your Gemstones and Crystals

In addition to cleansing your gemstones and crystals from all forms of impurities, proper handling and care are also crucial to the life and effectiveness of your stones. Here are some important tips for you to



remember in order to ensure that your gemstones and crystals are not only properly cleansed, but also kept and handled in a way that will maximize their effectiveness.

- **Never leave your gemstones and crystals on rough surfaces.**

Your stones may get scratches and incur minor damages, which can affect their performance. The luster of your stones will also be affected.

- **When leaving your gemstones and crystals out in the sun, make sure that you do so only within the allotted time frame.**

Leaving your gemstones and crystals out in the sun and forgetting about them affects the quality of the cleansing process. Remember that cleansing your stones requires your involvement, not just on a physical level, but on a psychic level as well. This means that you should be attuned to your stones, knowing when they are thoroughly cleansed, and when they need to be cleansed again.

- **When traveling with your gemstones and crystals, wrap each stone separately in a natural fabric like cotton, silk, or pure wool.**

Each stone has to be separately wrapped because each stone has different energies. Also, do not place heavy objects on top of them, even if they are securely wrapped in a thick material.

- **Do not store your gemstones and crystals in places where their energies can be disrupted.**

Electromagnetic fields from televisions, computers, and certain mobile devices may disrupt the natural flow of energies within your gemstones and crystals. Try not to store or display them near these electronic devices.

Knowing how to properly cleanse and care for your gemstones and crystals is as important as knowing how to use them. If you do not take proper care of your gemstones and crystals, it will affect your connection and relationship with them, as well as how they perform for you.

Gemstones and crystals are more than just beautiful rocks. Gemstones and crystals are alive – they pulsate with powerful energies, and are connected with the consciousness of the Universe. It is wise to treat them with respect, and to use them properly. What they can do for you in return is only limited by your imagination and knowledge.

## Chapter 4: The Unlimited Benefits of Gemstones and Crystals



Gemstones and crystals can offer unlimited benefits that can help you to improve your quality of life. There are gemstones and crystals that aid in alleviating pain, help you to find peace of mind, invite luck into your life, make it easier for you to find employment, and wrap you in comforting energies in times of distress. The endless list of things that gemstones and crystals can do for your life is simply remarkable. As you progress through this course, you will be amazed by their unlimited powers and the magical possibilities that they can create.

Whatever you desire can be achieved when you understand how to manipulate the energy that is contained within these stones. Each gemstone and crystal has its own natural powers that can be used to manifest anything you want; you need only learn which gemstones and crystals possess the needed qualities and powers, then learn how to utilize them.

In order to experience the infinite benefits of gemstones and crystals, there are a few things you need to know. You need to be familiar with the different kinds of gemstones and crystals that exist, what each type of stone can be used for, how to care for them, and how tap the energy inside of them.

In the upcoming chapters, I am going to show you how all of this can be accomplished. You will also learn about the power of combining gemstones and crystals to obtain even more powerful results from them. For now, let us start by learning the individual purpose of each of your gemstones and crystals.

### How to Tune in to the True Soul Nature of Each of Your Individual Gemstones and Crystals

While each gemstone or crystal has its own properties, qualities, and benefits, it also has its own special purpose for coming into your life. This is the reason that you felt it was calling out to you in the first place – it has a personal connection with you. To understand the true purpose of your gemstone or crystal coming into your life, you can perform the following exercise.

1. After you have cleansed your new gemstone or crystal, place it between the palms of your hands and align your breathing with it. Do this by slowing down your breathing to match the pulsating rhythm you will feel radiating from the gemstone or crystal. By doing this, you are tuning into its energy.
2. When you feel that you are tuned in to your gemstone or crystal, mentally ask the stone what its purpose is for coming into your life. Listen with an open mind and heart. By tuning into your gemstone or crystal with your body, mind, and intuition, you will come to understand its unique purpose for coming into your life.

3. When the answer is clear to you, slowly open your eyes and put your gemstone or crystal down. Write down the answers that you received, and make notes about the entire experience within a psychic journal. Having a journal as a companion will be very helpful to you when working with your gemstones and crystals.

Having a deeper and more personal connection with your stones will aid you in working with each of them in the future. Knowing and understanding the true purpose of each gemstone and crystal magnifies your connection with it. It is similar to the connection you have with your best friend. Often, you think along the same lines, and even finish each other's sentences. You know how the other person will feel in certain situations without having to ask. Usually, you can tell what the other person is feeling before they even speak. You will develop a similar connection with your gemstone or crystal when you get to know its true purpose.

## **Chapter 5: Different Types of Gemstones and Crystals – Their Energetic Properties and What They Are Used For**

This chapter covers many different types of gemstones and crystals. You will learn the qualities each type possesses, what it is best used for, as well as other important details. Now that you are familiar with the various methods of cleansing gemstones and crystals, you will also learn about any special instructions for cleansing certain types of stones.

In this chapter, you will get to know each particular variety of gemstone or crystal better in order to learn how each one can be utilized. In a later chapter, we will discuss how to unlock the powers of the stones and channel them for achieving your specific intentions and goals.

### **Agate**



Agate is characterized by the formation of bands or lines upon its surface. These bands are naturally formed from volcanic rocks and lava that crystallize within the rock cavities. There are several different types of Agate; their differences lie in the various patterns that are formed within them. Each type of Agate has its own form and appearance, and each is beautiful in its way. No two pieces of Agate are ever alike; each piece is unique. It is not surprising that many people are drawn to the marvelous beauty that each unique Agate possesses.

In ancient times, Agate was used in the European and Eurasian lands as an amulet for protection against sickness and natural calamities. Other cultures used Agate as protection during wars and times of crisis, to keep danger at bay.

## **The Magical Powers of Agate**

### **What it helps with:**

- Physical and emotional balance
- Healing
- Grounding
- Protection

### **How it can help you:**

Agate is very effective for grounding because it creates a balance between your physical and emotional aspects. It helps you to get in touch with your physical *and* emotional state, so that you are more aware of both of these aspects, therefore creating balance within your soul. It balances your view of any situation, also due to your heightened awareness of both your physical and emotional realities.

When you need healing, especially emotional healing, Agate can be very helpful. The emotional healing which Agate brings also frees you from any form of bitterness inside you, allowing you to practice forgiveness and show compassion to others. Agate is very useful for pacifying your emotions and creating a sense of calm within you.

Because Agate can attune well to your emotions, it can also protect you from anything that may emotionally, mentally, or psychically drain you. Agate prevents bad dreams, dark thoughts, or depressing memories from leaving lasting effects. Just as it heals you from sadness and anger, it helps you release any bad or negative feelings quickly.

## **Cleansing Recommendation**

You may cleanse your agate using any of the methods we have previously discussed.

## **Varieties of Agate**

### **Crazy Lace Agate**

Crazy Lace Agate is also called Mexican Lace Agate. This type of agate is called "crazy lace" because of its unique, beautiful, paisley-like pattern. Each piece of Crazy Lace Agate has its own unique mixture of colors and flowing shapes.

## **The Magical Powers of Crazy Lace Agate**

What it helps with:

- Self-confidence and self-esteem
- Comfort
- Courage
- Healing

#### How it can help you:

Just gazing at the beauty of this attractive piece of Agate will inspire you and remind you of your own natural beauty; both outside, as well as within. When you are fully aware of your own natural beauty, skills, and talents, your self-confidence will increase, causing you to see yourself in a more positive light. Whenever you look at a piece of Crazy Lace Agate, you should know that it does not have another exact match, just like your beauty and capability as a person.

Crazy Lace Agate also provides comfort in times of distress. This stone will help to inspire hope within you, despite any difficulties and challenges that you may be facing. Have this stone with you whenever you feel exhausted or doubtful of achieving good results in a situation.

In addition to driving away despair, this beautiful stone also chases away fear and anxiety. In times of weakness, this stone will awaken your spirit, and remind you that if you continue to move on with your life and face everything that comes at you head on, you will always find the resources you need in order to reach your goals.

Any form of failure can leave you feeling wounded or discouraged. True strength lies in how fast you can recover from this state of depression. With the help of a piece of Crazy Lace Agate, mental, emotional, and spiritual healing will take place at an accelerated rate.

## **Dendritic Agate**

Pieces of Dendritic Agate have amazing patterns within them. Instead of lines parallel to one another, the formations on these stones resemble trees or shrubs. Because of these tree-like patterns, Dendritic Agate is also sometimes called Tree Agate.

### **The Magical Powers of Dendritic Agate**

#### What it helps with:

- Connecting with nature
- Prosperity
- Healing
- Friendships
- Protection

#### How it can help you:

When you need to connect with nature – clearing your mind with the ocean's waves, grounding yourself, receiving wisdom from the wind, energizing yourself with the sun, or getting in touch with your inner human nature – Dendritic Agate can help you in establishing and strengthening this connection. This wonderful stone will enrich even the experience of taking a walk along the beach or in the park.

Dendritic Agate is also a prosperity stone. It is not just for increasing prosperity in terms of monetary wealth, but also for drawing in the abundance offered by nature. This stone reminds you that there can never be any lack in your life because the universe you live in will always provide for you. Natural riches, both from the world around you and from within you, are magnified and drawn to you by this stone.

Because of its connection with the cycles of nature, this type of agate can be very useful in healing exercises and rituals. The natural cycle of healing and restoration is a gift that you have been given by nature, and Dendritic Agate possesses the power to enhance this natural healing and restoration ability, making it faster and less painful.

Human beings are part of the natural world. With Dendritic Agate, connecting with others becomes much easier, and the bonds of friendship become much stronger. The bond you have with your existing friends, as well as friendships that are still forming, are strengthened and deepened by this stone. Dendritic Agate can make the roots of your friendships grow deeper, just as the roots of a tree grow to make the tree stronger, firmer, and tougher.

Dendritic Agate is also a protective stone, like most Agates. You can use it for protection, particularly for safe travel.

## **Moss Agate**

Pieces of Moss Agate contain patterns that resemble moss, and are usually greenish in color.

### **The Magical Powers of Moss Agate**

#### What it helps with:

- Strength
- Emotional balance
- Healing
- Wealth and abundance
- Focus and concentration

#### How it can help you:

Moss Agate is a very helpful stone to have during challenging and stressful times. It can provide you with energies that strengthen your spirit. At the same time, it balances your emotions, so that you do not become overwhelmed by negative feelings such as anger, self-pity, and other emotions that will only serve to make any stressful situation worse than it already is.

This stone can help speed up any form of healing or recovery that you are currently undergoing. Its powerful healing energies work in conjunction with your own natural healing ability, doubling the effects.

Moss Agate is the perfect stone to have in your work area, or to carry with you whenever you need to accomplish something that requires complete focus and concentration. It also helps to sharpen your attention to detail. This stone guides your mind towards success, helping you to focus on your goal, and do what needs to be done to achieve it.

Wealth and riches are attracted to the energies of this stone. As the bearer of Moss Agate, you will experience the shower of wealth and abundance this stone brings into your life. Abundance may come in various forms, such as money, friends, beauty, or creative ideas. It all depends upon what you need at the moment.

## Alexandrite

Alexandrite is a variety of Chrysoberyl. One of the most remarkable characteristics of this stone is its ability to change colors. Alexandrite may appear in different hues of red, green, yellow, or violet, depending on how the light shines upon it.

### The Magical Powers of Alexandrite

#### What it helps with:

- Good Luck
- Self-confidence

#### How it can help you:

Alexandrite is known to bring good fortune to its bearer. With the help of your alexandrite, loving and joyful energies are drawn to you. Surrounded by positive energies, you become a magnet to good luck.

This stone also banishes negative thoughts. It inspires you to see your strengths, so that you do not dwell upon your insecurities. When you have the proper amount of respect for yourself, you are more likely to command the respect of others.

### Cleansing Recommendation

Alexandrite can be damaged by salt. Prolonged exposure to the sun's heat may also affect the stone's quality. Use cleansing methods that do not require the use of a salt bed, or too much sunlight. If you leave it out in the sun, make sure you do not leave it out for too long. Placing it in very cold places can do as much damage as too much heat, so do not leave it out in the rain. When washing it in rivers or fresh water, do not leave it underwater too long, as it might get too cold while submerged in the water.

## Amber



Amber is formed by the fossilization of tree resin, which means that it takes several years to form. Because of its origin, amber sometimes contains tiny organisms, bugs,

or traces of plants and leaves that became trapped inside during its formation. Amber can be found in many different colors, but is usually a yellowish-orange or yellowish-brown color. It can also be blue or green, but this is very rare.

## **The Magical Powers of Amber**

### **What it helps with:**

- Healing
- Happiness

### **How it can help you:**

Amber is often used for healing, and for aiding in a speedy recovery. It helps absorb negative energies that can cause or aggravate ailments. It takes away thoughts and emotions that can burden you, and make you feel trapped or helpless. When the stone absorbs these energies, its quality visibly changes, in that the stone becomes cloudier than normal. This is why it is very important to cleanse it immediately after use.

Amber transforms negative energies into positive energies, showering you with positive emotions. As it lifts off burdensome thoughts and emotions, it allows happiness and healing to come into you. Anything that is preventing positive energies from flowing into you is removed by amber. This is why you feel lighter after working with its powers.

In addition to removing energies that cause you to feel bad or slow down your recovery, it also helps you to maintain a positive mental state. When you are in a positive state of mind, your healing process takes less time. Amber does not only heal you, it also unlocks your own healing energies.

## **Cleansing Recommendation**

You can allow your amber to bathe under the sun in order to cleanse and recharge it. However, do not let it sit in direct sunlight for too long. While the energy from the sun helps to recharge your amber, too much of it may also cause your stone to be brittle. If you let it sit out to catch some sun, only leave it there for few minutes. Its surface is also easily scratched, so avoid placing it on rough surfaces, and take extra care if you choose to cleanse the stone on a bed of salt. Cleansing amber in gentler ways is recommended in order to preserve its quality.

## **Amethyst**

Amethyst is a type of quartz crystal, and can be used in many of the ways that quartz is used. Its crystals are distinguished by their beautiful purple color.





## **The Magical Powers of Amethyst**

### **What it helps with:**

- Healing
- Focus and concentration
- Sleep

### **How it can help you:**

Amethyst is a very powerful healing stone. Whether your ailment is physical, mental, emotional, or spiritual in nature, amethyst can be an important element in the healing process. It aids significantly in calming and soothing your mind, so that stressful thoughts and negative emotions do not aggravate your physical state. As a result, your natural healing powers are able to flow more freely, and your personal energy is fully channeled into the healing process.

Because of its power to calm your mind and body, amethyst can also be used to aid you in any practice or activity that requires concentration. It is a very useful stone to have during meditation, or when you want to perform a healing technique on another person. Because it helps you to focus, your ability to direct or channel your energies is strengthened, making you work more effectively on the task at hand. Amethyst can also be used for any other activities that require concentration, such as studying, memorizing, planning, or writing. The quality of your meditation is also greatly improved by amethyst, as it helps in clearing your mind. With a clearer mind, you can more easily reach a deeper state of meditation.

Sometimes, you may find it hard to get a good night's sleep, because your mind is bombarded by thoughts. Amethyst, with its power to calm and soothe you, can aid in putting you to sleep.

When amethyst heals, it helps in taking away negativity. In the same manner, it can be used to "heal" your other stones of negative and unwanted energy. A cluster of amethyst can work in the same way as a cluster of quartz crystals.

## **Cleansing Recommendation**

Amethyst should not be cleansed using sunlight, as sunlight can cause the stone to fade and become weak.

## **Angelite**

Angelite is usually light blue in color. Sometimes, the shade of blue is so light that the stone looks somewhat silvery or white. Angelite can also be a deeper shade of blue, although lighter shades are much more common.

## The Magical Powers of Angelite

### What it helps with:

- Communication

### How it can help you:

Angelite aids in communication. It helps you to express what you wish to say, and opens you up to receive and understand the messages of others. It enhances your ability to communicate, even with those who are physically far away from you. It also heightens your psychic awareness, so that you become more receptive to communication from beings in the higher realms.

Your ability to understand others on a deeper level is also improved by this stone. In a lot of cases, your understanding of what another person is saying may only be from a rational or logical perspective. Angelite helps you to understand and identify with others on a more spiritual level. When you need to communicate with others, you will find it much easier to express yourself clearly. Angelite is especially helpful when you need to say something that is hard for you to articulate, or when you are about to declare something that requires a lot of courage to say.

## Cleansing Recommendation

Angelite should not be immersed in water. To cleanse it, either smudging or moon bathing is recommended. You can also let it sit outside under the sun, or place it on or near a cluster of quartz crystals. Placing it in a bowl of dried herbs and flowers is also a good way to cleanse it.

## Emerald

Emerald has a lovely green color. At times, these stones contain shades of blue or yellow mixed in with the green. No matter what the shade, they are always elegant and lovely.



## The Magical Powers of Emerald

### What it helps with:

- Healing
- Love and harmony
- Enhancing focus and quick thinking

### How it can help you:

Emerald can be very useful for helping you to quiet your mind, allowing you to focus and think more clearly. Placing a piece of emerald on your work desk, or keeping one in your pocket during an important discussion, will prove very effective in helping you to stay focused.

Emerald is also known as a healing stone, regardless of whether the healing you require is physical or emotional in nature. To help you recover quickly from physical ailments, emerald removes negativity and stress from your thoughts. When dealing with pain caused by a relationship, a piece of emerald held close to your heart during meditation would help in soothing and comforting you.

Emerald is also a good stone for creating a loving and harmonious atmosphere. You can keep a piece of emerald in any part of your home, especially in rooms where people gather. Harmony is sure to be felt at all of your get-togethers.

## **Cleansing Recommendation**

Emerald may be cleansed using any of the methods that were discussed in the previous chapters. However, if you rinse it after using earth, salt, or herbs, make sure that the water is not too warm, because the heat can damage your stone.

## **Fluorite**

Fluorite is a gemstone that is cubic in form, which causes its glassy surface to reflect light in attractive ways.



## **The Magical Powers of Fluorite**

### **What it helps with:**

- Balance
- Healing

### **How it can help you:**

Fluorite heals by banishing negative energies that may be affecting you physically, mentally, or emotionally. As it banishes negativity, it makes you more receptive to positive energies. It also helps in reenergizing you as part of its healing process.

This stone is also a very good “mind” stone. It helps increase your intelligence, and creates a balance between your mental and emotional self. It clears your mind, so that you are able to see any given situation with a more balanced perspective. This stone helps you in decision making, or determining the important aspects that you need to consider for a problem that needs resolution.

## Cleansing Recommendation

Fluorite may be cleansed using any of the methods that you have learned, but it is best to cleanse it using any method that involves water.

## Varieties of Fluorite

### Blue Fluorite

This variety of fluorite is blue in color.

### The Magical Powers of Blue Fluorite

#### What it helps with:

- Protection
- Grounding
- Clarity of mind

#### How it can help you:

Blue Fluorite is a protective stone. It shields you from unwanted energies, and prevents you from dwelling on unhappy thoughts or worries. It clears your mind, enabling you to examine a situation from a clearer perspective, and in turn helping you to make the right decisions. In effect, this stone protects you from getting yourself into trouble.

Using Blue Fluorite for grounding is very effective in calming your emotions and creating balance.



### Clear Fluorite

This variety of fluorite is colorless, though it is sometimes whitish in appearance.

### The Magical Powers of Clear Fluorite

#### What it helps with:

- Spiritual Cleansing
- Healing
- Peace and harmony among individuals

#### How it can help you:

Clear Fluorite promotes a peaceful and harmonious environment, especially within the home. It magnifies your inner peace, and affects those around you in a very positive way. It also makes it easier to connect with others.

Clear Fluorite is a very good stone for purification of the spirit. It washes away negative energies and lets energies of peace, love, and harmony flow through you. Its cleansing powers penetrate deep within your innermost self. Meditating with this stone will make you feel very light and joyful afterwards.

Clear Fluorite is also a good healing stone. It is very effective in healing you on a physical, mental, and emotional level by freeing you from the burdens of negative thinking.

## **Green Fluorite**

This variety of fluorite is green in color.

### **The Magical Powers of Green Fluorite**

What it helps with:

- Balance
- Healing
- Clarity of mind

How it can help you:

Green Fluorite is an excellent stone to use for meditation prior to making an important decision. It clears your mind and allows you to see any situation in an objective manner, while helping to balance your logic and emotions.

It is also very effective in healing because it releases energies that prevent the illness from spreading or getting worse.



## **Hematite**

Hematite is often found in a dark gray or black form, though sometimes it comes in a reddish-brown color.

### **The Magical Powers of Hematite**

**What it helps with:**



- Grounding
- Harmonious Relationships

### **How it can help you:**

This stone is highly recommended for grounding yourself. It gathers your scattered energies and calms you down. It also allows you to focus.

Hematite banishes negativity. This is especially helpful when a room in your home is thick with tension, or when there is conflict between people. Hematite helps in restoring balance and harmony, remarkably improving the relationships you have with others.

### **Cleansing Recommendation**

Never cleanse your hematite in water. It is best to purify it by allowing it to rest among a cluster of quartz crystals. Salt is not good for hematite either, so do not put it on a bed of salt.

### **Howlite**

Howlite is a white stone with vein-like patterns across it. These vein-like patterns are usually gray or black, and look like the veins seen on a marble floor.

### **The Magical Powers of Howlite**

#### **What it helps with:**

- Reasoning
- Calming and soothing



#### **How it can help you:**

Howlite is a stone that works with your reasoning, or your ability to be rational. It calms your mind and increases your patience, enabling you to look at things more rationally.

The calming and soothing energies of Howlite also help in communicating with others and finding solutions to problems.

Carrying Howlite in your pocket when you are anxious or angry prevents you from taking out your frustrations on other people. It also keeps you from being affected by the anxiety and anger of others.

### **Cleansing Recommendation**

Howlite may be best cleansed using any method that involves water. You can also place it under the sun or the moon, but make sure that it does not stay out in the sun for too long.

## Jade

Jade comes in several different colors, but is most commonly found in green. You can usually find several pieces of Jade in Asian jewelry stores. It is sold as jewelry, as a lucky stone, or sometimes carved into the form of animals. For example, you can commonly find Jade that has been carved into a frog. People place coins in the mouths of these carved frogs to invite more wealth into their lives, or to increase their businesses.

### The Magical Powers of Jade

#### What it helps with:

- Harmony
- Relaxation
- Protection
- Love
- Money and wealth



#### How it can help you:

In any situation, Jade can help in creating a harmonious atmosphere. It aids greatly in reducing tension and providing calming energies.

Jade is also a protective stone. It shields you from negativity, especially from negative energies directed at you by others.

You can wear Jade as jewelry, or carry a piece in your pocket to attract love to you.

This is also a powerful stone for inviting money into your life. It opens your mind to opportunities that will create more wealth for you. Placing Jade in your home invites wealth to enter it. Carrying it with you when making important business or financial decisions will help clear your mind, and allow you to determine the best course of action to take in order to increase your personal wealth.

### Cleansing Recommendation

You may cleanse jade using any of the methods you have learned. If you choose to cleanse it using sunlight, be sure that you only leave it out for a very short while. The heat of the sun may affect the quality of your stone.

## Varieties of Jade

### Purple Jade

Purple Jade is a very beautiful variety of Jade. Its shades of purple may differ from lavender to royal purple.

#### The Magical Properties and Powers of Purple Jade

##### What it helps with:

- Joy
- Dispelling negative energies
- Openness and kindness



##### How it can help you:

The positive energies of Purple Jade can fill you with feelings of joy and calm. As it fills you with happiness, it also works to drive away any negativity from within you.

This stone is a remarkable stone to carry with you. Its energies will constantly open your mind and magnify the kindness within your heart. This will make you more understanding and compassionate of others, yet still allow you to display wisdom for determining when something has to be corrected.

### Green Jade

This is the most common variety of Jade.

#### The Magical Properties and Powers of Green Jade

##### What it helps with:

- Balance and inner harmony
- Love
- Wealth

##### How it can help you:

Green Jade attracts wealth to you in the form of money, health, success, and love. You can wear it, carry it, or place it in a specific part of your home or work area to energize yourself, or the place, with its powerful wealth energies.

You can also use this stone for meditation, because its soothing energies help in creating a balance among your physical, mental, emotional, and spiritual aspects.



## Red Jade

This variety of Jade is red in color.

### The Magical Properties and Powers of Red Jade

#### What it helps with:

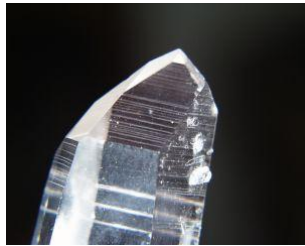
- Release of energy and tension

#### How it can help you:

As its color suggests, Red Jade works well with intense energy. It is best to use this stone when you want to release anxiety or tension, or learn how to manage your intense emotions.



## Quartz Crystal



Quartz Crystal is called a universal stone because it is the most versatile of all the stones discussed in this course. Of all the gemstones and crystals covered within this book, quartz is perhaps the most important to have in your collection.

Quartz crystals can be used for almost anything. You can use them for healing, cleansing, inviting good energies into your life, amplifying psychic energies, as well as many other things. Did you know that placing a Quartz Crystal near your drinking water will add further purifying affects to the energy of the water? Many people claim that the water even tastes more pure.

Many people own Quartz Crystals, but very few realize how special these stones really are. What makes a Quartz Crystal so unique is that it can be "programmed". Quartz Crystals can be programmed for just about any purpose, which is what makes them so versatile. You can reprogram the same Quartz Crystal over and over again, to aid in any task that you wish to perform. As you eventually grow your collection of Quartz Crystals, you will naturally tune in to each of them, and you will know which crystal is the best one to work with to achieve a specific intention or goal.

### The Magical Powers of Quartz Crystal

#### **What it helps with:**

- Meditation
- Inner peace and harmony
- Psychic awareness

- Healing
- Cleansing
- Balancing
- Positive energies

### **How it can help you:**

Quartz Crystals are very powerful stones, rich in the earth's natural psychic energies. A piece of Quartz Crystal, when used for different purposes, can be extremely effective. When you are feeling out of sorts, or wrapped up in negativity, you can use your Quartz Crystal to fill you with positive energies. The power that this stone possesses can easily drive out negativity from within you.

Quartz is also an excellent aid in meditation. It helps you to focus and increases your psychic awareness, helping you to reach higher states of consciousness.

Quartz Crystal is also a balancing stone. It gathers your scattered energies and allows them to flow through you smoothly, clearing any blockages within you. This is also how a Quartz Crystal heals you and cleanses you from within. It aligns your chakras, and helps them to work in perfect harmony.

While Quartz Crystal can cleanse you from negative energies, it can also cleanse other gemstones and crystals, as you learned earlier in this course.

## **Cleansing Recommendation**

Quartz crystals can be cleansed using any of the methods you have learned. As you become more attuned to your crystal, you will be able to determine which cleansing method works best for you.

## **Types of Quartz Crystal**

### **Blue Quartz Crystal**

This variety of quartz crystal is bluish in color. The shades of blue are caused by the stone's combination with other minerals. This is also why the shades of blue may differ, ranging from light blue to grayish blue.

### **The Magical Powers of Blue Quartz Crystal**

What it helps with:

- Calms the mind and alleviates fear
- Positive thinking
- Spirituality

How it can help you:

Blue Quartz Crystal has soothing energies that relieve you of your fears and anxiety, helping you to achieve inner peace. It awakens hope within your heart and mind, inspiring positive thoughts that will in turn inspire positive feelings within you.

This stone also helps you to get in touch with your spirituality, improving the quality of your relationship with your higher self.

## **Smoky Quartz Crystal**

Smoky Quartz Crystal is darker in appearance, usually being found in shades of dark brown to black.



### **The Magical Powers of Smoky Quartz Crystal**

What it helps with:

- Getting rid of negative emotions
- Meditation
- Protection from stressful energies and nightmares
- Clarity of mind

How it can help you:

When you want to change your mood from bad to good, Smoky Quartz Crystal is an excellent stone to use. It banishes negative feelings, replacing them with positive ones. This stone also protects you from nightmare-causing energies that you may unknowingly bring with you when you prepare for bed in the evenings.

Smoky Quartz Crystal also works well to enhance your meditation. As you take deep breaths and let go of distracting thoughts, this stone aids in driving them away for good. It offers significant help clearing your mind and helping you to focus.

## **Milky Quartz Crystal**

Milky Quartz Crystal is also known as a White Quartz Crystal. It is named for its white color and cloudy appearance.

### **The Magical Powers of Milky Quartz Crystal**

What it helps with:

- Stress relief
- Focus and concentration



How it can help you:

Milky Quartz Crystal helps you to let go of stress, allowing you to direct your attention and channel your energies towards positive thoughts and actions. It enlightens your mind and heightens your awareness of the good things around you, letting you see and appreciate the beauty that is present in your surroundings.

## **Rose Quartz**

This crystal comes in shades of light pink to reddish pink – but in any shade, Rose Quartz is extremely attractive.



### **The Magical Powers of Rose Quartz**

#### **What it helps with:**

- Self-love and self-confidence
- Balancing and soothing the emotions
- Attracting love
- Beauty

#### **How it can help you:**

Rose Quartz is a love stone. It is rich in energies of love – love for your self, love for others, and love from others.

Carry this stone with you to enhance your love for, and acceptance of, your whole self – your beauty, your talents, your skills, etc. As this stone fills you with love energies, the love grows within you and radiates outward, attracting similar emotions from others.

This stone also magnifies your inner and outer beauty, causing others to feel graced by your presence. While it floods you with good emotions, it balances your energies so that you do not become overwhelmed by them.

### **Cleansing Recommendation**

Rose quartz may be cleansed using any of the methods you have previously learned. If you wish to place it in the sun, however, make sure it does not stay out for too long, as the heat may damage your stone. It may be best to cleanse it with water, and let it dry under the light of the moon.

## Ruby

Ruby is a gemstone that is red in color. Its color makes it even more highly associated with love, the energies of which are overflowing within the stone.



### The Magical Powers of Ruby

#### What it helps with:

- Love

#### How it can help you:

Ruby is not only good for inviting romantic love to manifest in your life; it also heightens your self-love. This stone encourages a healthy balance between love of self and love of others.

If you have had unpleasant experiences in the realm of love that cause you to fear the thought of ever being in a romantic relationship again, this stone aids in alleviating that fear. If you are in a relationship and worry that the passion in it is fading, this stone can also help rekindle that passion.

### Cleansing Recommendation

You can use any of the cleansing methods you have learned when it is time to cleanse your ruby.

## Sapphire

Sapphire can be found in any color except red, though it is most commonly recognized as a blue gemstone. There are Sapphires that are dark gray, pink, purple, colorless, or clear.



### The Magical Powers of Sapphire

#### What it helps with:

- Clarity of mind
- Happiness
- Wish fulfillment
- Inner peace
- Love

## How it can help you:

Sapphire aligns your thoughts in order to keep you from being overwhelmed by them. It helps you think clearly, especially when you need to make a decision, or look more carefully at any situation. As it clears your mind, it also helps you to experience inner peace.

This stone also uplifts your spirit. It allows you to experience the love and joy that surrounds you. Sometimes, because of negative thinking, you may fail to see the blessings around you. Sapphire opens your eyes to these blessings, helping you let go of negativity.

Sapphire can also serve as your personal wishing stone. It can complement your own positive energies to aid in attracting your wishes and desires to you. You can work with the energies within this stone when you are performing techniques that are designed to manifest your desires into your life.

## Cleansing Recommendation

To cleanse your Sapphire, try to use methods that will keep your stone dry. This means that cleansing methods like the use of earth should also be kept to a minimum, because you will have to rinse the Sapphire afterwards. You can place it in the sun, but only for a few minutes at the most. You can wipe the surface of the stone with very soft cloth. If you should cleanse it in water, make sure the water is lukewarm. Do not immerse it in water, or leave it under running water, for an extended period of time. There are many different opinions concerning the right way to cleanse Sapphires, but common sense and your own personal intuitive feelings will be your best guide here.

## Tourmaline

Tourmaline comes in a wide range of colors. It can come in very dark shades, as well as a variety of very bright colors. Sometimes, you can even find tourmaline with two or more colors in one stone.

## The Magical Powers of Tourmaline

### What it helps with:

- Inspiration
- Positive thinking
- Balance

### How it can help you:

Tourmaline is often known as an inspiration stone because it stimulates your creativity, and keeps your good energy flowing. When you use the powers of tourmaline for yourself, you will find your



inner passion being awakened. Expect a rich flow of ideas and amazing results from whatever you are doing when working with Tourmaline.

Your positive energies become active because of this stone, so you feel lighter and more capable of accomplishment, further encouraging positive thoughts and output from within you.

While you are in an active state, Tourmaline works to balance the flow of your energies. It helps you to maintain just the right level of activity that will fully utilize your abilities, without draining you physically, mentally, or emotionally.

## **Cleansing Recommendation**

You may cleanse your Tourmaline using any of the cleansing methods you have already learned.

## **Varieties of Tourmaline**

### **Black Tourmaline**

This is a variety of tourmaline that is black in color.

#### **The Magical Powers of Black Tourmaline**

What it helps with:

- Banishing negative energy
- Protection
- Good Luck

How it can help you:

Black Tourmaline is said to bring good luck to its owner, especially if you carry it with you and rub it whenever you need good luck. By rubbing the stone, you allow its powers to intensify and combine with yours, attracting more good luck energies.

This stone also banishes negative energies, and protects you from being affected by them. You may also carry this stone for protection.



### **Green Tourmaline**

Green Tourmaline always looks lovely, regardless of what shade of green it happens to come in.

#### **The Magical Powers of Green Tourmaline**



What it helps with:

- Abundance
- Passion for life

How it can help you:

Green Tourmaline awakens your passion for life and your appreciation for the little miracles that occur every day. This is a great stone to use or carry when you need to lift your spirits. When you are experiencing a lack of interest in your pursuits, this stone will help you get out of that "dead" state, and inspire you to live your life to its fullest once again.

Because of its close connection with your nature as a living, passionate being, it can easily invite the abundance of nature to supply you with whatever you will need to keep your spirits high, and your passions awake. This stone can show you how the Universe provides for you as one of its children.

## **Pink Tourmaline**

This is another variety of Tourmaline, whose shade of pink may range from light pink to almost lavender.

### **The Magical Powers of Pink Tourmaline**

What it helps with:

- Love
- Happiness
- Emotional healing and cleansing
- Clear thinking
- Spiritual Growth



How it can help you:

Pink Tourmaline contains very powerful relaxing energies. It is perfect to use when you need emotional healing and cleansing. Sometimes, you find yourself feeling hopeless, insecure, or crushed, and feel that there is no end to these crippling emotions. This is normal for anyone who has undergone a great emotional challenge or ordeal. This stone will help to calm you down, allowing you to clear your mind. It frees you from the recurring negative thoughts within your mind, especially those that bring you down.

This stone also envelopes you in love energies. When you find yourself feeling unloved or alone, having this stone with you will help you to realize that you are never truly alone, and that love and happiness are always surrounding you. It opens your mind to a more positive perspective, aiding in your spiritual growth.



## Turquoise

The color of turquoise is a varying mixture of blue and green. It more often blue, though some display a greenish hue. This stone is well known as a healing stone.



### The Magical Powers of Turquoise

#### What it helps with:

- Healing
- Driving away negativity
- Protection
- Communication
- Forming and strengthening friendships

#### How it can help you:

Turquoise is a very powerful healing stone. It aids in fast recovery, whether your ailment is physical or emotional. It dispels all the negativity that aggravates your condition, and protects you from any harmful energy. Your body has its own natural process of healing and restoring itself, and turquoise magnifies this ability, speeding up the healing process. The healing powers of this stone are simply remarkable.

This stone can also be used as an aid to communication, whether you are connecting with other people or trying to communicate with higher, spiritual beings. It heightens your awareness, making you more receptive to the information that is of importance to you.

Because Turquoise aids with communication, carrying it in your pocket or wearing a piece as jewelry will make it easy for you to get along with others, including those you do not know very well. This is why it is helpful to have this stone with you when you wish to make new friends, or revive and strengthen existing friendships.

### Cleansing Recommendation

Turquoise may be cleansed using any of the cleansing methods you have learned in this course.

## Aquamarine

The color of Aquamarine varies, but each stone is a beautiful shade of blue. Its color is often similar to that of the ocean. It can be lighter or darker, but it will always remind you of the sea's beautiful blue.



## The Magical Powers of Aquamarine

### What it helps with:

- Calming and soothing
- Intuition

### How it can help you:

Aquamarine is commonly associated with the ocean. This is why its powers are closely related to the water element. Water has a relaxing and calming effect, which this stone is also able to provide. Water is associated with your subconscious, and Aquamarine helps you tune in to your inner voice, or intuition.

Aquamarine is great for meditation when you seek peace and quiet, especially if you are troubled by recurring thoughts, or agitated by a certain situation. Aquamarine helps you attune to its calming and soothing energies. Its effect on you extends beyond your meditation. As its calming and soothing powers work on you, you become more comfortable with your nature, as well as more understanding and tolerant of other people.

As this stone quiets your mind, it also allows you to hear what your inner self is communicating to you. You learn to listen to and follow your intuition. You become free of the other voices you hear in your mind, which represent your worries and negative thoughts.

## Cleansing Recommendation

Aquamarine fades when exposed to sunlight for a long period of time, so it is best to cleanse it using a method that does not require light from the sun.

## Aventurine

Aventurine comes in several different colors, though it is most often seen in green. Regardless of its color, Aventurine has tiny, glitter-like flecks in it, which cause the stone to shimmer in the light.



## The Magical Powers of Aventurine

### What it helps with:

- Money and prosperity
- Leadership
- Healing
- Financial Luck

### **How it can help you:**

When Aventurine heals, it not only removes stress and anxiety from your system, but it also empowers you by strengthening your body's natural processes.

In addition to empowering you for healing purposes, Aventurine also empowers you by increasing your self-confidence and leadership skills. This is what many describe as "having a strong spirit," or a strong personality.

Aventurine is also a very powerful stone when it comes to aiding in financial matters. When you carry or wear Aventurine, you are transforming yourself into a magnet for wealth. It works with your own psychic powers to draw money to you.

### **Cleansing Recommendation**

It is best to clean your Aventurine using a smudge stick, or any method that involves water. Too much heat, or staying in the sun for too long, may affect the quality of your stone.

## **Citrine**

Citrine is a variety of Quartz Crystal. Its color usually ranges from yellow to brown. Yellow Citrine is often confused with yellow Topaz because of their similarities in appearance.



### **The Magical Powers of Citrine**

#### **What it helps with:**

- Intuition and clarity of mind
- Wealth
- Removing negative energy
- Positive thinking
- Motivation

#### **How it can help you:**

Citrine helps in clearing your mind, so that you can easily tune in to what your inner voice is saying. It also dispels negative thoughts, which can often prevent you from thinking clearly.

This stone is very effective for attracting wealth and abundance into your life. You can place a piece of Citrine in an area where you normally conduct business or manage your finances to attract

prosperity and wealth into the environment. Keeping a tiny piece of citrine in your wallet or purse will help to stretch your dollars.

Choose Citrine to be your companion when you are working on an important task or project. It is rich in positive energies that will continually inspire you, keeping you constantly motivated.

## **Cleansing Recommendation**

Citrine is one of the very few stones that can remove negative energy, but that does not require cleansing. Of course, you are still free to cleanse your stone if you wish to, in which case, follow what your intuition tells you when selecting a cleansing method.

## **Garnet**

Garnet comes in many different colors, the rarest of which is blue.



## **The Magical Powers of Garnet**

### **What it helps with:**

- Good health
- Protection
- Emotional comfort
- Success

### **How it can help you:**

Garnet possesses good energies that help you to maintain your good health. It balances the flow of energies throughout your body, and protects you from anything that may cause you harm.

This is also a good stone to have when you need to let go of negative emotions. It provides you with soothing and warm energies that will comfort you during times of emotional distress. When trying to let go of a relationship, or someone that you care about, holding on to this stone will help you feel calmer and more emotionally balanced. Any feelings of regret, anger, or frustration will gently melt away due to the powers of this stone.

When it comes to success in business or any other plans you have, Garnet magnifies the efforts you put into them, and increases the good energies that will help bring success to you.

## **Cleansing Recommendation**

You may cleanse your Garnet using any of the methods you have already learned. Every now and then, you should place it in sunlight to allow it to recharge.

## **Herkimer Diamond**

Herkimer Diamond is basically a double terminated Quartz Crystal. When a Quartz Crystal is double terminated, it means that it is naturally faceted on its two ends. Because of this formation, Herkimer Diamond is a very effective and powerful tool for various techniques and exercises, as energies can flow through both of its faceted ends.

### **The Magical Powers of Herkimer Diamond**

#### **What it helps with:**

- Enhancing and heightening energy
- Dream recall
- Uplifting your spirit



#### **How it can help you:**

Because of its double-terminated characteristic, Herkimer Diamond may be used to enhance the energy you are channeling towards a specific intention. Since it is basically a Quartz Crystal, this is a very flexible and powerful stone that may be used to enhance energy in just about any situation.

Herkimer Diamond is also believed to be very effective in helping you to remember your dreams. This is especially helpful when you are doing an exercise that utilizes your dreams to obtain answers, or communicate with higher spiritual beings.

You can also use Herkimer Diamond to uplift your spirits when you feel depressed or unmotivated. Its rich, positive energies will lift you up, and you will find yourself in a much better mood.

### **Cleansing Recommendation**

Your Herkimer Diamond may be cleansed using any of the methods you have learned. Just as with your Quartz Crystal, you will be able to identify a specific way of cleansing your Herkimer Diamond as you become more attuned to it.

At this point in the course, you have learned about many different kinds of gemstones and crystals. You have been introduced to various gemstones and crystals, and what they can do for you. In the next few chapters, you will discover more ways to work with them, as well as how helpful they can be to you in your everyday life.

In addition to getting to know each stone's unique powers and the true purpose each one has for your life, in the next chapter, you will learn the significance of specific gemstones and crystals based upon your zodiac sign.

## Chapter 6: Gemstones and Crystals and Your Zodiac Sign

Those born under a particular zodiac sign can acquire the special benefits of the gemstone of that sign by wearing it. This knowledge originated from the historical custom of wearing various ornaments and gemstones in order to imbue the wearer with their magical powers.

In this chapter, I am going to teach you what gemstones correspond to your zodiac sign. You can choose any of the stones listed under your sign and discover how their energies can work for you when you wear them.

### Aries (March 21 to April 20)

#### Bloodstone

If you are born under the sign of Aries, Bloodstone is a very effective healing stone for you. It aids in a speedy recovery, and helps you regain strength more quickly. When you are not feeling well, or feel like you are coming down with something, rest with a piece of Bloodstone near your bed. As you fall asleep, imagine each part of your body relaxing and being enveloped by the healing powers of the stone.



#### Coral

Coral is your protective stone. It shields you from ill intentions and negative energies directed at you.



#### Diamond



If you are agitated or distraught, wearing a diamond will aid in calming you down. It wraps you in its warm, loving energies, soothing you from any distress you may be experiencing. When the diamond has been given to you by a loved one, it has a more heightened ability to soothe your senses.

## **Taurus (April 21 to May 21)**

### **Blue Sapphire**

If you were born under the sign of Taurus, Blue Sapphire is your good luck stone. It welcomes good luck into your home, your workplace, as well as into your relationships. Touching your Blue Sapphire when focusing on a wish will cause your wish to manifest more quickly.



### **Coral**

When you meditate, Coral aids in concentration, and helps you to achieve deeper states of relaxation. It calms you down, and helps to clear your mind.

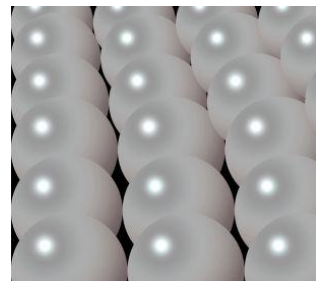
### **Emerald**

Emerald works with your mental powers. It sharpens your mind, opening it to higher wisdom. Wearing a piece of Emerald during a mentally engaging activity will stimulate your mind, and help you to remember information more effectively.

## **Gemini (May 22 to June 21)**

### **Pearl**

Pearl is your protective stone if you were born under the sign of Gemini. Wear pearl jewelry to ward off the harmful intentions of others. Wearing pearl also creates a shield of protection around you from the various negative energies that may disturb your sense of peace or internal balance.



### **Agate**

Your healing stone is Agate. It heals you not only from physical ailments, but also from all forms of negativity. Negativity can manifest within you in the form of unpleasant emotions, difficulty in establishing harmonious relationships, or an unhealthy view of the self. Wearing a piece of Agate will keep you wrapped in its healing and comforting energies, and help to drive away negativity that may cause you sickness.

## **Citrine**

Citrine is the stone you should wear when you need to make important decisions, or engage in challenging discussions. This stone clears your mind, helping you to focus on details. It also broadens your perspective, and helps you to remember vital information.

## **Cancer (June 22 to July 22)**

### **Ruby**

Ruby is your best companion when you want to attract love and passion into your life. Wearing Ruby and touching it with your fingers will strengthen your connection to the stone, and its love energies will be magnified. Ruby will increase your acceptance of your self, and make you more attractive to other people.

### **Emerald**

Negative thoughts are driven away by Emerald when you wear it. If you were born under the sign of Cancer, Emerald is the stone you should wear whenever you feel bothered by a recurring negative thought or unpleasant memory. It helps by taking away all your negative associations with those thoughts, preventing you from dwelling in their negativity.

### **Moonstone**

This stone provides emotional balance. Moonstone is very helpful in soothing aggression, balancing it with gentler energies. On the other hand, it helps you assert and express your thoughts or emotions when your stronger side seems to be dormant. It lets you acknowledge both your stronger, assertive side, and your quiet, flexible personality that readily accepts anything imposed upon it.

## **Leo (July 23 to August 21)**

### **Amber**

Amber is your good luck stone if you were born under the sign of Leo. When you wear it, happiness will follow you wherever you go, and in whatever you do. You will feel as if everything happens at the right time in your life.

### **Peridot**





To attract love into your life, Peridot is your zodiac gemstone. You can also use this stone to help you let go of any negativity that may be blocking the flow of love into your life. Before wearing it, visualize it glowing with warm, loving energies that will drive away all negativity, and replace them with positive energies.

## **Onyx**

Onyx aids in concentration. Wear it when you need to keep your mind focused on an important task. This is especially helpful when you feel distracted or confused about a situation. Onyx calms you down, and lets you see a task or a situation more clearly, so that you can go about it in a more determined manner.

## **Virgo (August 22 to September 23)**

### **Sapphire**

If you were born under the sign of Virgo, Sapphire is your protective stone. It shields you from harm, and keeps away negativity. When you wear a piece of Sapphire, its energies surround you protectively, allowing only good luck to come to you.

### **Carnelian**

Carnelian is your provider of an extra energy boost. When you feel exhausted, physically or mentally, wear a piece of Carnelian. Just close your eyes briefly, and visualize it energizing you, bringing out your reserved energy.



### **Lapis Lazuli**



Wear Lapis Lazuli as jewelry when you are working on anything that requires creativity. This stone will awaken your passions and inspire you in surprising ways, helping your creative ideas to continuously flow.

## **Libra (September 24 to October 23)**

### **Opal**

For Librans, Opal is a good luck stone. When you wear it, you will notice that the things you are involved in tend to go smoother, and you will find yourself in high spirits. With Opal's energy, you will more easily find



solutions to problems, and you will become more likely to succeed in projects or tasks.

## **Peridot**

Peridot is the stone to wear when you wish to invite warm and lasting relationships into your life. This not only attracts romantic relationships, but strong friendships as well. This stone invites people into your life that you are more likely to get along with on an emotional level, while simultaneously magnifying the qualities you have that make people feel drawn to you.

## **Emerald**

Use Emerald to calm your mind whenever you feel stressed or agitated. Wear it when you feel anxious about an upcoming task, or when you are faced with a situation that has caused you to panic.

## **Scorpio (October 24 to November 22)**

### **Ruby**

In order to maximize the full potential of being born a Scorpio, allow the energies of Ruby to empower you and allow you to get in touch with your deepest levels of consciousness. This stone will help you with getting to know yourself on a much deeper level, thus identifying your innermost desires and dreams. This stone can also help you to realize and utilize your many gifts. Wear a Ruby to empower yourself to be the best that you can be.

### **Garnet**

If you were born under the sign of Scorpio, Garnet will help you to ensure success in your life. Wear Garnet to prepare for important meetings, career consultations, or anything else that is related to your career or business. This stone invites the energies of success into your life.

### **Aquamarine**

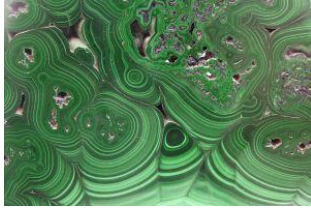
Aquamarine is your cleansing stone. Being closely connected to the water element, Aquamarine allows negativity and unwanted energies to flow away from you, renewing and recharging you with positive vibrations. Wear Aquamarine if you feel burdened with negative emotions or worrisome thoughts. Aquamarine will cleanse your aura, making you feel lighter.

## **Sagittarius (November 23 to December 22)**

## **Turquoise**

If your sign is Sagittarius, then turquoise is your protective stone. It protects you, and everything that is yours, from ill intentions. It keeps you from being drained or affected by the negative energies of others. These energies may not be specifically directed at you, but they can affect you, nonetheless. Turquoise also protects you from losing things that are important to you.

## **Malachite**



Malachite is your success stone. While it enhances the energies of success around you, it also protects you from partnerships that will be harmful to your career or business. Wearing Malachite also improves your working relationship with those associated with you, allowing for a pleasant working environment.

## **Topaz**

Topaz helps to calm your nerves when you are agitated and need to relax. It can also help to quiet your mind when you need a restful night of sleep. It helps to soothe your senses, bringing you closer to inner peace.



## **Capricorn (December 23 to January 20)**

### **Ruby**

If you were born under the sign of Capricorn, then ruby is your protection stone. When you wear it, it is just like wearing a shield that keeps away psychic attacks and other negative energies that can harm you.

### **Garnet**

Wearing Garnet gives you an overall feeling of peace and contentment. If worn on an especially busy day, this stone will balance your energies, keeping you calm and focused throughout the day.

### **Agate**

When it comes to money matters, agate is the stone to use. It helps to maintain the continuous flow of money in your life. Agate causes money to become attracted to you, and whenever you spend it, it will always flow back to you, in greater amounts.

## **Aquarius (January 21 to February 19)**

### **Amethyst**

Amethyst is your calming and balancing stone if you were born under the sign of Aquarius. Wear it as you meditate, or as you spend some quiet time alone. When you are stressed or angry, take a few moments to let its positive energies soothe and recharge you.

### **Garnet**

Garnet is your love-inviting stone. When you wear garnet, it attracts people to you by magnifying your beauty. When you interact with others, garnet highlights your charms and best abilities, causing other people to notice your strong points and feel drawn to you.

### **Turquoise**

For good luck, Turquoise is the stone you should wear. It allows situations to play out in your favor, causes answers to your questions to be more easily obtained, and helps you to spot opportunities. In addition to all of these benefits, your resistance to illness also becomes much stronger. Your courage and confidence are also increased when you wear Turquoise, so take advantage of this positive flow of energy by taking action on any plans that you have.

## **Pisces (February 20 to March 20)**

### **Amethyst**

Pisceans find comfort in amethyst. If you were born under the sign of Pisces, wear this stone to relax your mind and body. It aids in reducing stress, and revitalizes you when you are exhausted, emotionally drained, or agitated. The comforting energies of amethyst will surround you when you wear it, driving away negativity, and enveloping you in its warmth and protection.

### **Aquamarine**

When you must make important decisions or deal with serious issues, Aquamarine strengthens your resolve and keeps you focused on the best solution and most effective course of action. It balances your emotions and your mind, keeping you from getting carried away by either of them. It helps you to remain strong during challenging moments, allowing you to achieve the goals that you have set for yourself.

### **Bloodstone**

Your healing stone is Bloodstone. It balances the flow of energies throughout your body, opening blocked areas so that your energy can flow freely.

Each gemstone and crystal under your corresponding zodiac sign has its own special powers and qualities. You can always use whatever stone you feel is needed at any given moment. It is not a requirement for you to use all the stones that are listed under your sign. You will not invite negative effects into your life by not using the stones as they are described.

For example, if one of your zodiac's stones is for money, do not think that if you do not wear the stone, you will never be rich. You still have your own natural powers and abilities that will allow you to make money. These stones simply help by magnifying your energies; it doesn't mean that these energies are not available when you do not have the stone with you.

Now that you have a better grasp of the different kinds of gemstones and crystals, and the various ways they can be used, I will teach you how to access their powers using various techniques and exercises.

## **Chapter 7: How to Unlock the Unlimited Powers of Gemstones and Crystals**

Your gemstones and crystals possess unlimited powers that you can use and benefit from. At this point in the course, you have learned how to choose the right gemstones and crystals, how to cleanse and care for them, and what each gemstone and crystal can do in your life. In this chapter, you will learn specific techniques and exercises that can help you to achieve your desires and attain your goals. First, let me teach you how to attune to your gemstones and crystals.



### **Attuning to Your Gemstones and Crystals**

Attuning to your gemstones and crystals will strengthen your connection with them, allowing you to more effectively channel their energies. When your own natural powers combine with the powers within the stone, they produce much greater results.

It is best to perform this attunement technique immediately after acquiring your new gemstone or crystal. Attuning to your gemstone or crystal from the very beginning strengthens the bond between you and your stone, making your rituals and exercises much more effective. It also helps you to understand the purpose for a particular gemstone or crystal coming into your life.

To attune to your gemstones and crystals, you should follow these steps:

1. Bringing your gemstone or crystal with you, find a quiet place where you can spend some time without having to worry about being disturbed.
2. When you have found a suitable location, sit down comfortably. You may choose to sit on the floor, or on a chair. Make sure your back is straight, with your head and neck aligned to it. Let your shoulders and arms relax.
3. Place the gemstone or crystal in between your palms, clasping both hands around it.
4. Close your eyes and breathe deeply, allowing the rhythm of your breathing to follow the natural rhythm of the energy within the stone. You will start to feel the pulse of the stone after a few minutes of quieting your mind.
5. Determine the frequency of the stone's pulsating energy. Allow your own energy to align with the energy emanating from within your gemstone or crystal.
6. As you become more and more attuned to the stone's energy, welcome it in your mind as a new friend. Thank it for the sacred energy that it contains.
7. Ask your gemstone or crystal how the energy within it can best serve you at the moment. Ask what its energies are most suited for. Listen to your gemstone or crystal's answers with your inner ears, and your heart.
8. When you have received your stone's message, thank the stone for its beautiful energy. Express your appreciation for its support and assistance.
9. When you are ready, open your eyes. You can spend as much time as you wish holding your gemstone or crystal. You will find that your level of comfort and connection with your stone has dramatically increased.

Recording your attunement rituals in a psychic journal is highly recommended. For example, in the technique you have just learned, it is wise to take notes about what you learned from your gemstone or crystal, as well as what your experience was like. As you write about each attunement exercise that you perform, you will amass a huge array of notes and knowledge that can be referred back to later in order to help you achieve better results when using your stones in the future. As your collection of gemstones and crystals grows, your journal will help you to remember the special qualities of each stone, and what your experiences with each stone were like.

## **Programming Your Quartz Crystals**

Under the Quartz Crystal section in one of the previous chapters, you learned that Quartz Crystals could be programmed for a variety of specific purposes. This is why it is such a powerful and versatile stone.

When I refer to programming a Quartz Crystal, I am referring to the process of summoning the energies within the crystal that will best serve the technique that you are preparing to perform. For instance, to create a protective shield around your home, you can program your Quartz Crystal to release its energies of protection. If you need a boost of emotional strength, you can program the Quartz Crystal to supply you with the strength that you need. Your Quartz Crystal can also be programmed to magnify your psychic ability, or to aid you in astral travel. As you will see, your Quartz Crystal can be programmed to do just about anything.

Programming your Quartz Crystal for various purposes also helps you practice techniques that may require specific stones that you have not yet obtained. For example, to practice a technique that will invite love into your life, you will need a piece of ruby. However, if you do not yet own a ruby, you can perform the same love-inviting exercise by programming your quartz crystal and using it in place of a ruby.

Here are the steps to follow in order to program your Quartz Crystal for a desired purpose. You first need to have in mind a specific use for the crystal. Spend some time meditating upon what is that you want to do, so that you have a clear purpose in mind before you begin. When you are sure of what you want your quartz crystal to do, you can begin programming it.

1. Bring your quartz crystal with you to a quiet spot where you will not be disturbed.
2. Once you have found the right place, sit down in a comfortable position. You may sit on the floor or on a chair.
3. Take a moment to relax your mind and body. Straighten your back, but do not allow it to become rigid or stiff. Align your head and neck with your spine, and then allow your shoulders and arms to relax. Now, take a few deep breaths.
4. When you feel completely relaxed, hold your quartz crystal between both palms, and clasp your hands around it.
5. Align your breathing with the energy pulsating from within the quartz crystal. As you slowly breathe in and out, adjust your breathing to the energy that you feel radiating from the crystal. Continue doing this for about three minutes.
6. In your mind, communicate with your quartz crystal. Express your intentions concerning what you would like your crystal to do. Communicate to your crystal what you want to achieve with its help. You can do this through visualization or imagination, and while imagining what you would like to happen, know that your crystal will help you achieve your desires with its powerful, magical energies.
7. After sending your intention to the Quartz Crystal, visualize a vibrant white light radiating from your palms and being absorbed into the crystal. Feel your Quartz Crystal awakening to this higher energy vibration.

8. When you feel that your energy is attuned to the energies of the quartz crystal, in your mind's eye, see the crystal glowing with the energies that you have put into it. Your Quartz Crystal has now been programmed, and is ready for use.
9. You may then proceed with the technique or exercise you have programmed the quartz crystal to help you perform.

## Combining Gemstones and Crystals

Different gemstones and crystals may be combined to produce and magnify your desired results. Because each stone has its own qualities and powerful energies, making the proper combinations will ensure the kind of result that you wish to see. You may combine gemstones for love and for passion to renew a relationship. You may also combine a gemstone for confidence with one for good luck in order to do well in a job interview. There are endless ways in which you can combine different gemstones and crystals to produce a number of different results.

Now we come to one of the most exciting parts of the book: teaching you the different techniques and exercises that can be used to manifest your desires. Some of these techniques use just one gemstone or crystal, and you are given options as to which stone to use. Of course, you can use a quartz crystal for any of these techniques, if it has been programmed accordingly. In some techniques, a combination of several gemstones and crystals is required.

Given what you have already learned about the various purposes of gemstones and crystals, you can use certain stones as substitutes when you do not have a particular stone that is called for. Your intuition, as well as your attunement to your stones, will guide you to which stone is best to use when you do not have the one listed for a specific exercise.

## How to Use Your Gemstones and Crystals

### Gemstones and Crystals for Love



your entire life.

The techniques under this section are meant to invite more love into your life. While most techniques are oriented toward romantic love or meeting your soul mate, the love that can be invited into your life may come in the form of the love between family and friends. Sometimes, after performing a certain technique, you meet someone special, and later find out that this person was a means for you to meet the one true love that you have been waiting for



These techniques will also broaden your connections with others, and increase the number of people around you who care for and enjoy spending time with you. You may end up being with the person you attracted through these techniques, or that person may lead you to someone else who will turn out to be your soul mate. In any case, these techniques will give you positive results and expand the connections of love that surround you.

When you practice techniques for attracting love, try not to think of any specific person. Otherwise, you might already be blocking other possibilities by locking your attention on one particular outcome. When practicing various techniques, keep your heart and mind open, and trust that the Universe will give you the best results.

### **How to Attract Someone Who Shares Your Interests and Joys**

This is a technique that will help you to attract a person who has the same interests as you. You may or may not fall in love or be romantically involved – you may end up being in a loving friendship – but the purpose of this exercise is to invite a person into your life whom you can spend time and have fun with, with the possibility of romantic love occurring between the two of you.

For this technique, you will need the following items:

- A pink candle
- Some vanilla oil
- A safe fireproof dish or candle holder
- Something to light the candle with
- A small plate or bowl of sunflower seeds
- A ring with any one of the following gemstones and crystals:
  - Jade
  - Emerald
  - Rose Quartz
  - Ruby
  - Sapphire
  - Pink Tourmaline

After you have gathered all the items that you will need, follow these steps:

1. Find a quiet place where you will not be disturbed.
2. Sit down, and lay out all your items in front of you. Close your eyes, and relax your entire body and mind. Take a few deep breaths, and empty your mind of all thoughts.
3. When you are ready to begin, open your eyes.
4. Anoint the pink candle with some vanilla oil. Do this by rubbing some of the oil on the sides of the candle, until the whole candle is anointed with the oil. As you do this, visualize a person who

shares your interests and joys being drawn to you, as if he or she is being drawn to the pleasant scent of the vanilla oil.

5. Set the candle on the dish or candle holder and light it. Spend a few moments with your gaze resting on the candle flame. Know that as the pink candle burns, the person you will meet and share interests with is being guided to you by this light.
6. Using the light of this candle, you can energize the sunflower seeds. Create a small bed of sunflower seeds within the bowl or plate. Spread out the seeds evenly. This is where your ring will be charged. Place your hands over the seeds and close your eyes. Visualize pinkish light emanating from your hands and into the seeds. You are energizing the bed of sunflower seeds with powerful energies of love.
7. When you feel that you have imbued the sunflower seeds with enough love energies, open your eyes and place your ring upon the seeds. This will allow the ring's own powerful love energies to combine with yours.
8. Leave the ring on the seed bed until the candle has completely burned down. Think of it as the "brewing" time for your ring to absorb and combine your energies with the energies that it already possesses.
9. When the candle has completely burned down, take the ring and wear it. This will open up your heart and mind to the right kind of person, while continuously showing that person the way into your life.

## **How to Attract a Perfect Lover**

This technique will make you more attractive to the person that is right for you. The gemstone or crystal you will use for this exercise will magnify your beauty and your best qualities, and will send out energies of attraction to the person who is right for you.

For this exercise, you will need the following:

- 8 pink or red rose petals
- A small drawstring pouch, preferably a pink or a red one
- Any one of the following stones:
  - Rose Quartz
  - Ruby
  - Pink Tourmaline

Here are the steps you will need to follow:

1. Gather all the items that you will need, and find a peaceful location where you can practice this technique without worrying about being disturbed.

2. Sit down in a comfortable position and place the items that you gathered in front of you. Take a few moments to relax. Close your eyes and breathe deeply. Relax your shoulders, and clear your mind of all thoughts.
3. When you are ready, open your eyes and put your items together. Pick up the drawstring pouch and place the rose petals inside of it. Then, put the stone inside the pouch and close it.
4. Clasp the pouch in both hands near your heart and close your eyes again. Take deep breaths and feel your heart beating against the pouch. Fill the pouch and its contents with loving energy. Allow yourself to feel the feelings of happiness, love, and security. Pour all of these wonderful emotions into the pouch.
5. When you are finished, open your eyes and hold the pouch in your hands. Know that it is filled with love energies that will attract the perfect lover to you. Bring this pouch with you wherever you go, and place it under your pillow as you sleep. Do this until your perfect lover has come into your life.

## **How to Prepare a Love Inviting Bath**

This is a very simple technique for inviting love into your life. By placing the stone in your bathwater, you are cleansed not just physically, but mentally and emotionally, as well. At the same time you become filled with love, making you more attractive and charming to the people around you.

For this exercise, it is best to use a rose quartz, though any of the following gemstones or crystals will suffice if you have not yet obtained one.

- Jade
- Pink Tourmaline
- Ruby
- Emerald (If you are using Emerald, make sure that the water is not too hot.)

Here is what you should do:

1. Run your bath and use any scent of shower gel that pleases you and makes you feel relaxed. Gentle bath salts are also an option. Use any product that makes you feel more energized after stepping out of the tub. Feel free to light some scented candles, as well.
2. Place the gemstone in the bath water. Visualize its energies being released, empowering the water.
3. Get into the bath and hold the stone in your hands. Close your eyes and let yourself relax completely. Visualize energies of love covering you and flowing through you. Do this for as long as you wish.

4. When you feel that you have spent enough time in the bath and have absorbed enough love energies, you can get out of the bath, taking the stone with you.
5. As you dry yourself off, know that you are radiating with love energies that will attract more love to you.

## **How to Invite New Friendships into Your Life**

Anywhere you go, you can meet people and make new friends. Sometimes, you form friendships easily. Other times, you cannot seem to connect with anyone. This technique using gemstones and crystals will help you to become more receptive to new friends, as it sends out an energy that causes others to feel drawn to you.

To do this, you will need:

- A pink candle
- A safe fireproof dish where you can leave the candle burning
- Something to light the candle with
- Any of the following gemstones and crystals:
  - Dendritic Agate
  - Turquoise
  - Pink Tourmaline
  - Sapphire
  - Ruby
  - Rose Quartz
  - Emerald

This is what you should do:

1. Go to a quiet spot in your home where you can perform this friendship ritual without being disturbed.
2. Place your items in front of you. The candle should be placed on the fireproof dish.
3. Spend some time relaxing. Start by closing your eyes and breathing deeply, paying close attention to the rhythm of each breath. Feel your body starting to relax. Keep your back straight, but not stiff, as your breathing becomes deeper and more relaxed.
4. Open your eyes and light the candle. You are lighting this candle to represent your call to invite new friendships into your life.
5. Take the stone in your hands and close your eyes again. Visualize new friends coming your way. Visualize having strong and healthy friendships with them. Feel the joy of being surrounded by friends, and feel the warmth of their love. As you begin to feel these warm and happy emotions, channel them into the stone.
6. When you are finished, open your eyes, then gently give your stone a kiss. Next, place the candle in a safe spot in your room, then place the stone beside it. Light it everyday until it burns down completely.

7. When the candle has burned down, carry the stone with you everywhere that you go. Continue carrying it with you until you have formed all of the friendships that you desired. Remember that you will also need to be able to do your part in maintaining each of these new friendships.

## **Gemstones and Crystals for Prosperity and Wealth**

The following techniques are intended to attract wealth and abundance into your life. While money and business success usually come to mind when we speak of wealth, wealth may also come in the form of health, friends, and an abundance of simple joys. You may use these techniques to invite any form of wealth into your life.



### **How to Attract Money and Success into Your Life**

This is a very helpful technique to use when you want to ensure the success of a business project. Sometimes conflicts arise, and everyone involved in a project is not focused on the same goal. This exercise will help you to assure success in any of your endeavors.

You will need the following items:

- An orange or green candle
- A safe fireproof dish or candle holder
- Something to light the candle with
- Some cinnamon oil
- A combination of the following gemstones and crystals:
  - Citrine (for the motivation of each member of the team)
  - Aventurine (for energies of success and abundance)
  - Rose Quartz (to create a balance within and among each team member)

Here is what you will need to do:

1. Gather all the necessary items and bring them to a quiet spot where you can practice this technique without any interruptions.
2. Sit down and place all the items in front of you. Close your eyes and put yourself in a relaxed state in preparation for the exercise. Take a few deep breaths, and let go of all thoughts.
3. When you are ready, open your eyes. Pick up the candle and anoint it with the cinnamon oil. To anoint, simply dab your fingers into the oil and start rubbing the sides of the candle with it. As you anoint the candle, visualize your project or business being successful. Imagine that you are anointing the candle to become the "torch" of your success.

4. When you are done anointing the candle, set it down on the fireproof dish or candle holder. Light the wick, and imagine that the torch of your success is now ablaze. Feel the thrill of success growing inside you.
5. Then, place the stones around the candleholder one at a time. As you put down the Citrine, visualize all the members of the team, including yourself, becoming motivated to finish tasks efficiently. As you put down the Rose Quartz, see the whole team working well with each other, complementing each other's roles. Finally, as you put down the Aventurine, visualize yourself sealing the project with success.
6. With the stones now in place, close your eyes and visualize each of the stones forming a link of glowing energy with each other. Visualize their powers combining, being guided by your torch of success, and realize that the energies of abundance and success are being channeled into your project or business.
7. Leave the stones around the candleholder until the candle burns down completely. When the candle has burned down completely, take the stones with you and place them in your work area or meeting room.

## **How to Create a Financial Good Luck Charm**

I will now teach you how to create a magical pouch that will draw good luck to you in the area of finances.

For this charm, you will need the following:

- A small yellow or gold-colored drawstring pouch
- A small amount of any of the following herbs (You may also choose to combine them):
  - Bay Leaves
  - Basil
  - Cinnamon
- Any of the following gemstones and crystals:
  - Jade
  - Alexandrite
  - Moss Agate
  - Dendritic Agate

Here's how to create your charm:

1. Find a quiet place where you can practice this technique without being disturbed.
2. Sit down in a comfortable position and place all of the items in front of you. Allow your mind and body to relax completely. To do this, close your eyes and take deep, slow breaths. Let go of all thoughts and focus only on your breathing.

3. When you are ready, open your eyes and take the yellow-gold pouch in your hands. Place the herbs inside. As you do this, keep in mind that these herbs possess energies that invite prosperity. Imagine energies of prosperity being drawn to you.
4. Next, place your stone in the pouch, together with the herbs. Close the pouch and hold it close to you with both hands. Close your eyes. Visualize the herbs and the stone working together to attract wealth and prosperity into your life. Picture the pouch summoning money energies to you. Let yourself feel the joy of having more than enough money in your life.
5. When you are done, slowly open your eyes. Carry the pouch with you whenever you need to do anything that relates to finances – business transactions, job interviews, performance appraisals, requests for increase, sales pitches, etc.

### **How to Ensure That You Always Have the Money You Need**

This is a very simple, yet very effective, technique. This technique has always worked for me, personally. When you make this technique a regular part of your routine, you will look back one day and realize that your purse or wallet never ran dry. You will realize that you always had the amount of money that you needed. You will see how there is always money provided to you by the Universe.

You only need to prepare your wallet or purse and a couple of additional items:

- Some bayberry oil
- Any of the following stones:
  - Dendritic Agate
  - Moss Agate
  - Jade
  - Green Jade
  - Green Tourmaline
  - Aventurine
  - Citrine
  - Emerald
  - Ruby
  - Sapphire

You need to anoint the stone you chose with some bayberry oil. You may also anoint some paper bills and coins, and your wallet or purse as well. Bayberry oil attracts energies of wealth and prosperity. It is best to anoint the stone, your wallet, and the money on a Thursday.

After you have anointed the stone, keep the piece of stone inside your wallet or purse. If it is a small and thin piece of stone, you can keep it in your wallet. If it is rounded and will bulge in your wallet, you can keep it in a coin purse or small pouch. Then, every Thursday, make it a practice to anoint the stone, in order to recharge it and enhance its energies of prosperity and abundance.

With continuous practice, you will become more comfortable and confident about money matters. Eventually, you will notice that your wallet or purse never goes empty.

## Gemstones and Crystals for Emotional Balance



Stressful thoughts and experiences cause you emotional imbalance. You may sometimes feel depressed, angry, or agitated. The following techniques are meant to create an emotional balance within you, so that negative energies and emotions do not take over your mind and heart. These techniques are also aimed at soothing you and making you feel calmer.

### How to Lift Your Spirits

Sometimes, you feel the weight of the world on your shoulders. These feelings of despair may be brought about by a sad memory, a recent heartbreak, or something that you cannot quite put your finger on. Whatever the case may be, you can use your gemstones or crystals to liven up your spirits and get rid of the negative feelings completely. Just follow this exercise, and let your stone work wonders on you!

These are the items that you will need to prepare:

- A small candle or tea light
- Something to light the candle with
- A safe fireproof dish to place the candle on
- Any one of the following stones:
  - Agate
  - Crazy Lace Agate
  - Moss Agate
  - Fluorite
  - Green Fluorite
  - Green Jade
  - Quartz Crystal
  - Rose Quartz
  - Tourmaline

What to Do:

1. Find a quiet room in your home where you can perform this ritual without having to worry about being disturbed. If you are practicing this technique during the day, close the curtains in such a way that a minimal amount of light comes in. If you are practicing it at night, dim the lights.
2. Sit down comfortably, and allow your body to relax. Take a few deep breaths, and let go of any thoughts that may distract you. Try not to think about the cause of your negative emotions. Listen to the sound of your own breathing to help yourself concentrate.



3. When you are ready to begin, place the candle (already on the fireproof dish) and your stone in front of you. Light the candle, placing the stone near it in such a way that the flame of the candle is reflected upon its surface.
4. Tune in to your stone. You can do this by imagining an energetic link between you and stone in your mind's eye. Know that this link has been there from the time the stone came into your possession. Communicate with your stone, and tell it to allow your dark emotions or negative feelings to dissipate as the candle melts.
5. Let your eyes rest on the reflection of the candle flame on the surface of your stone. The reflection will seem like your stone's pulsating energy, especially as the flame flickers. As you do this, know that your stone is at work. Your stone is giving you its fiery energy of happiness and inspiration. At the same time, its energies combined with yours are lifting the veil of sadness away from you, so that all the unwanted energies melt away with the candle.
6. Continue focusing your attention upon the reflection of the flame on the surface of your stone as you continue breathing in a relaxed manner. Keep your mind free of any distractions. Open your chest as you breathe. You will feel, little by little, that your heart becomes less and less heavy. Your entire being starts to feel lighter and more relaxed.
7. Let the candle burn down completely. Know that as it burns, all your sad emotions are released with it. When you are done, pick up your stone, hold it against your heart, and thank it for helping to lift your spirits.

## **How to Ease Away from Emotional Distress**

I am now going to teach you how to use your gemstones and crystals to relieve yourself of emotional stress. Sometimes, you may be so busy throughout the day that the thoughts that make you feel sad or stressed do not seem to enter your mind at all. However, when you get home and finally close your eyes to rest, the thoughts that you have been ignoring all day bombard your mind, keeping you from resting, and causing your stress to compound on the following day. In this next exercise, you will learn how your gemstones and crystals can help you to distance yourself from the day's troubles, allowing you to have a restful sleep.

For this technique, use any of the following gemstones and crystals:

- Garnet
- Pink Tourmaline
- Sapphire
- Purple Jade
- Moss Agate
- Crazy Lace Agate
- Agate

Then these are the steps that you should follow:

1. At the end of the day, right before you go to sleep, take your stone with you to bed. Place it under your pillow, and lie down with your head resting upon it.
2. Close your eyes and take a few deep breaths. Do not think of anything else; just listen to your breathing, and try to relax yourself.
3. Visualize your stone starting to glow from underneath your pillow. It is bringing forth its powers to ease your emotional distress and comfort you. Call out to your stone, and ask for its help in comforting you.
4. Take a few deep breaths, and visualize yourself absorbing the comforting energies that are emanating from the stone. The glow surrounding the stone will grow larger, and start flowing into your head, freeing your mind of stressful thoughts. This light will spread itself throughout your body, enveloping you in comfort as you sleep.
5. As you imagine the stone's light spreading through your whole body, you may shift your body into its natural sleeping position. The stone will do its work as you sleep. If you fall asleep at any point during your visualization, that is perfectly alright. It means that the comforting energies have taken over you and allowed you to rest. If you still find yourself awake after performing this exercise, continue with the visualization, and feel the stone's comforting energy surrounding you with its warmth.
6. You will wake up the following day feeling lighter and more at ease, because the stressful thoughts were kept away from you as you focused on the comfort that you were receiving. The stone's powers also worked on containing you within their comforting embrace.
7. As you get up, take the stone from under your pillow and thank it for its help. You can let it sit under the morning sun for a few minutes to cleanse and recharge it.

## **How to Alleviate Emotional Stress**

To help alleviate any emotional stress that you are experiencing, wear or carry a piece of amethyst with you. If you are working or staying put in one place, place the amethyst just a few feet away from you, where you can see it and connect with its supportive and comforting energies. It will help lighten any emotional burden that is weighing you down.

Other alternatives for an Amethyst are Garnet, Sapphire, Milky Quartz, Clear Fluorite, Amber, Moss Agate, or Crazy Lace Agate.

## **Gemstones and Crystals for Strength and Courage**

These techniques utilize the powers of gemstones and crystals to heighten and magnify your strength and courage. The stones work with your mind, so that you are not hindered by your own doubts of having enough strength and courage to face the challenges in your everyday life.

## **How to Create a Courage Amulet**

I will show you how to make your gemstones and crystals work like a magnet that will bring out all the courage you need from within you. Whether you plan to have a serious one-on-one with an important person, or you set out to accomplish an important task, you can take your courage amulet with you for an added boost.

To create your courage amulet, you will need the following items:

- Some cedar oil
- Either of the following gemstones and crystals
  - Crazy Lace Agate
  - Alexandrite

Then, follow these steps:

1. Sit down and relax in a quiet place where you can meditate without being disturbed.
2. Take a few deep breaths, and feel your body and mind relaxing. Let go of any tension and stiffness in your shoulders, arms, and back. Clear your mind of any distracting thoughts.
3. When you are ready to begin, wet your thumb and middle finger with the cedar oil. Pick up your stone with your other hand, and then anoint it with the oil from your fingers by rubbing the oil all over the surface of the stone. Do this slowly and with complete concentration, keeping your mind focused on what you are doing.
4. As you anoint your stone in your hands, feel it becoming warmer as your connection to it is being heightened. You may dab some oil on your fingers again if the stone is becoming too dry.
5. When you feel the stone becoming warm to the touch, see it glowing in your mind's eye. Think of this glow as the stone's energies of encouragement magnified. Cedar oil magnifies the stone's natural energies of optimism.
6. As the stone glows, imagine it turning into a magnet that will draw out your inner courage and confidence. Know that when you carry the stone with you, it is constantly drawing out your natural reserves of courage, so that you can utilize and benefit from them.
7. When you can sense that the stone is charged with the proper amount of courage "magnetism", you can stop anointing it with the cedar oil. You can carry it with you in your pocket or in a soft pouch in your purse, and trust that its energies will work long after the ritual is over.

## **How to Bring Out Your Inner Strength**

Your inner strength is the core of your being, the spirit within you. When I speak of your spirit, I am not referring to your soul; I am referring to the power that is contained deep within you. Your spirit, or inner

strength, is outwardly reflected in your personality. How you deal with difficulties, how you interact with and treat other people, and how you live your life are all reflections of the spirit that lies within you. When you allow your inner strength to shine through, you become capable of accomplishing things that you would not have been otherwise able to. The following is a technique to help bring out your inner strength.

Use any of the following stones: Crazy Lace Agate, Moss Agate, Alexandrite, or Citrine. Once you have picked out your stone, spend some time in meditation to empower it. Do this by holding it in both hands and focusing on an image of you being confident, strong, and capable of achieving anything. After doing this, always carry the stone with you, especially when you need a little boost of your inner strength.

## **How to Let Go of Your Fears**

In addition to techniques that give you strength and courage, there is also a technique that allows you to let go of any fears that are holding you back in your life.

For this exercise, you will need the following:

- A piece of paper
- A Pen
- Any of the following gemstones and crystals:
  - Citrine
  - Turquoise
  - Black Tourmaline
  - Smoky Quartz
  - Purple Jade

These are the steps to follow for this exercise:

1. Look for a quiet spot where you can practice this exercise in peace, without having to worry about being disturbed.
2. Place all of your materials in front of you, and then start relaxing your mind and body. Do this by closing your eyes and breathing deeply. Let go of all distracting thoughts each time you exhale. Keep doing this until your mind is clear and your body is restful.
3. When you are ready, open your eyes. Pick up the paper and pen and list the things that you fear. You can either write down all the fears that you can think of, or you can write down only the fears that you want to address at this time. For example, if you are speaking in front of a large group of people in a few days, you may want to focus on letting go of the fear of public speaking.
4. After you have written down your fears, put the paper down, then pick up the stone and place it on top of the piece of paper. Visualize the stone absorbing all the fears that you have written

down. Imagine the stone absorbing the negativity you associate with the things you wrote down, as well.

5. Leave the stone on top of the paper for the entire night. Know that by the time the sun rises the following day, the stone will have absorbed your fears and other negative feelings associated with the items that you listed.
6. Take the piece of paper in your hands, knowing that these things you wrote no longer affect you. Tear the paper into pieces, and as you throw them into the trash bin, bid your fears goodbye.
7. Take time to cleanse the stone, since it has absorbed negativity. As you cleanse it, thank the stone for taking away your fears.

## **Gemstones and Crystals for Communication**

Clear and harmonious communication can make so many situations in life go so much smoother. Harmonious and peaceful communication is essential in maintaining strong friendships, as well as smooth working relationships, a peaceful home environment, and many other things. You are now going to learn some techniques that will aid in good communication.



Communication between you and the higher realms is also enhanced and aided by certain gemstones and crystals. Clear communication with spiritual beings is necessary to make sure that you are sending and receiving the right signals and messages.

## **How to Communicate with Your Guardian Angel or Spirit Guide**

If you wish to connect with your guardian angels or spirit guides, you can use certain gemstones and crystals to establish a connection more easily. This is especially helpful when it is your first time trying to talk to them, or if you find it hard to concentrate when attempting to contact them. You can also use it if you want to feel their presence more clearly. I will teach you an exercise that will allow you to use your stone for communicating with the higher realms.

For this exercise, you will need:

- Sandalwood incense on a safe fireproof dish
- Something to light the incense with
- Any one of the following gemstones and crystals:
  - Angelite
  - Blue Quartz
  - Pink Tourmaline
  - Turquoise
  - Herkimer Diamond

This is what you need to do:

1. Find a quiet place in which to perform this exercise. Do not allow the day's concerns or thoughts to cloud your mind.
2. Light the sandalwood incense, so that your area of meditation is permeated with the smell. You do not need to place it directly in front of you because you do not want to directly inhale the smoke of the incense. Light the incense and place it a few feet away from you.
3. Sit down with the stone in front of you. Close your eyes to relax yourself. Pay attention to your breathing. Listen to its rhythm. Empty your mind of all thoughts and concentrate on how you inhale and exhale, noticing how your body relaxes.
4. When you feel that you are completely relaxed, slowly open your eyes, bringing them to rest on the stone in front of you. Think of the stone as a communication enhancer, working to strengthen your attempts to communicate with your guardian angels and spirit guides. Connect to it by imagining an energy-filled light extending from the stone and connecting to your Third Eye.
5. When you feel that this connection has been made, slowly close your eyes again. You may feel a slight tingling sensation between your brows. This is the energy coming from your stone, connecting to your Third Eye, and activating it. You have now established a connection with your stone.
6. Next, imagine the stone extending another beam of energy-filled light, this time extending upward towards the sky. You may not see where this light ends because it is connecting to the higher realms. Through the energy of your stone, you are being connected to your guardian angels and spirit guides.
7. In a short time, you will sense that you can start communicating directly with your guardian angels and spirit guides. You may not know right away which one of them you are speaking to. With more practice, you will eventually get to know them better. For now, try to get used to talking to them, just as you would talk to a friend. You may speak to them out loud, or silently within your mind.
8. You can talk about anything, so take your time and don't rush the conversation. Try to listen for any messages that they may be trying to communicate to you. It may be hard at first to decipher which voices are your thoughts, and which ones are direct messages from them, but in time, you will learn to distinguish the difference.
9. When you are done, say your thanks to your guardian angels and spirit guides. Then, visualize the light connecting you to the higher realms growing faint. When it is completely gone, visualize the same thing happening to the light connecting you to the stone. Then slowly open your eyes and rest a while before getting up. Write about your experience in a journal.

## **How to Have and Maintain a Smooth and Harmonious Conversation**

When there is a misunderstanding between two people, it usually escalates into a serious argument due to a simple lack of communication, or the willingness to talk out differences. Communication is necessary in order to settle any residual issues, and to give each person involved a chance to explain his or herself.

After the "storm" of an argument has passed, it is best to talk about the issues that arose. After the initial argument has subsided, the people involved are much calmer and more open to discussion.

In this kind of situation, you can use the following technique to ensure that the conversation that you are going to initiate with the person that you had the argument with is going to be peaceful and harmonious, and end pleasantly.

For this technique, you can use any of the following gemstones and crystals:

- Angelite
- Emerald
- Clear Fluorite
- Turquoise

Follow these steps before you meet up with the person that you are going to be talking to:

1. Sit in a comfortable position, hold the stone in your hands, and close your eyes.
2. Take a few deep breaths, and feel the peaceful energies within the stone. Ask for the stone's help in bringing about a smooth and harmonious conversation that will result in a peaceful resolution.
3. Visualize the stone sitting on a table between you and the other person. Imagine it breaking down any walls of resistance, negativity, and tension. Then, imagine the two of you having a calm and honest conversation, ending with a resolution that is fair to all parties involved.
4. When this picture is clear in your mind and you can feel the calmness and harmony resulting from the conversation, focus on the peaceful and relaxed feeling that will result from the resolution of the conflict. Remember this feeling when you talk to the other person. Allow it to reflect in your manner of conversing, and invite the same energies that you focused on during the exercise.
5. After you are done visualizing, open your eyes. Carry the stone with you when you meet the other person. If possible, place the stone between you and the other person, and know that it is doing its work of breaking down any walls that will hinder a peaceful resolution.

## **How to Initiate Conversations Effectively and Properly**

When you are not in a good mood, or an unpleasant person speaks to you, you tend to speak or respond in a similarly unpleasant manner. To make sure that you always start or respond to a conversation properly, carry any of the following gemstones or crystals with you. It is best to bring it with you to work or any social gathering where you are likely to interact with other people. These stones also help you when you want to approach and get to know someone, and wish to strike up an engaging conversation with that person.

- Turquoise
- Jade
- Emerald
- Angelite
- Dendritic Agate

## Gemstones and Crystals for Creativity and Inspiration



Every now and then, you may experience a time in your life when you seem to be running out of creative ideas, or you feel like you are just not motivated to start or finish any creative projects. Other times, you may want to be able to do something creative, but your mind does not seem up to it. Here are some techniques that are designed to bring out the sleeping artist within you and open the floodgates of creative ideas in your mind.

You do not need to be an artist to use these exercises. Sometimes, even a simple, everyday task can be done in a creative manner. Other times, a simple inspiration can result in a major shift in how you perform a task, which can then lead to unexpected accomplishments.

### How to Get a Creative Boost

Every now and then, even simple projects or ordinary tasks may call for a little boost of creativity. These creative ideas can help you accomplish things faster, be more efficient, or give you a chance to make a difference in your life or someone else's. I will teach you how to obtain your needed boost of creativity using your gemstones and crystals.

For this technique, you will need any one of the following gemstones or crystals:

- Green Tourmaline
- Tourmaline
- Citrine

What to do:

1. First, be clear about why you need a creative boost. You might be arranging a surprise party and cannot think of a unique theme, or you could be trying to come up with a presentation for a client. Be clear on exactly what it is you need help with.
2. Find a quiet place where you will not be disturbed. Sit down, and place the stone in front of you.
3. Take a few deep breaths with your eyes closed. This will help relax your body and mind. Relax your shoulders, but do not slouch. Let go of any unwanted thoughts that enter your mind.



4. When you feel relaxed all over, open your eyes, and let them rest upon the stone. Mentally communicate with it. Ask for creative ideas. Open your mind to the energies within the stone. Focus on the activity or project that you need the added boost of creativity to finish.
5. After you have named the task or project that you need a creative boost for, it is time to be quiet and listen. Ideas will come to you. This is the stone's energy working to awaken your own creativity. The ideas do not come from the stone - they come from within you. Sit silently for a while, letting your eyes rest upon the beauty of the stone.
6. Take mental note of all of the ideas that surface in your mind as they come to you. It is alright if they do not make sense right away. These ideas will fall into place later. Just take note of them for now. Do not make plans yet; otherwise, you might miss out on the other creative ideas that are inside of you.
7. When you feel that you have received enough ideas, make a final mental note of them all, and then close your eyes. Thank your stone for its help. When you are finished, write down all the ideas that came to you, and use these as your guide.

## **How to Keep Creative Ideas Flowing**

Keep any of the following gemstones and crystals in or around your work area, or anywhere that you do your brainstorming and planning:

- Alexandrite
- Milky Quartz
- Tourmaline
- Citrine
- Garnet

You may also use a combination of the stones listed above. Your intuition will guide you as to where to place each stone.

## **How to Find Inspiration**

This technique will help you find the inspiration that you seek. When you follow this exercise, inspiration and ideas in various forms will come to you, so do this whenever you feel that your mind has run out of ideas, and you are lacking the inspiration to come up with new ones.

You will need to prepare the following items:

- A coffee-scented or yellow candle
- A safe, fireproof dish or candle holder
- Something to light the candle with
- A notepad
- A pen or pencil
- Any of the following gemstones and crystals:

- Citrine
- Aventurine
- Aquamarine
- Green Tourmaline
- Tourmaline
- Alexandrite

Here is what you should do:

1. Go to a quiet place in your home or garden where you can do this technique without being disturbed.
2. Sit down and place all of the materials in front of you, then close your eyes, relaxing your body and mind. Take deep breaths and let go of any and all distracting thoughts.
3. When you feel relaxed, open your eyes. Light the candle and place it in front of you, at a safe distance.
4. Keep your empty notepad or paper close by, with the pen beside it. Pick up your stone in both hands and close your eyes again. Talk to the stone in your mind, asking it for the inspiration that you seek. When you have asked your stone for inspiration, trust that it will help you to find what you need. Let go of any other thoughts. You need to make space for the answers and ideas that you will receive.
5. Open your eyes again and place the stone on the blank piece of paper. By doing so, you are "lifting up" the concern to the Universe through the energies contained within the stone.
6. Next, let your eyes rest on the candle flame, still keeping your mind free of all thoughts. Continue doing this for as long as you wish. During this time, ideas may come to you suddenly. These are the inspiration being given to you by the Universe. When an idea that you have been given captures your attention, write it down on the piece of paper in front of you.
7. Eventually, you will have written a number of inspirational concepts and ideas. When you feel that you have received enough inspiration, thank the stone, and let the candle burn down completely.

## **Gemstones and Crystals for Empowering Yourself with Positive Energy**

Most of the techniques that we have gone over involve driving away negativity in order to make way for positive energies. It is the positive energy within you, and within your stones, that allow these techniques to work for you. Apart from good energy in the form of love, wealth, courage, and healing, this section also includes other techniques that will enhance and empower you using the positive energy contained within your gemstones and crystals. Self-confidence, beauty, and happiness are empowered by positive energies, and in these next exercises, we will discuss how to bring more of these energies into your life.

## How to Increase Your Self-Confidence

You are abundantly blessed with beauty, intelligence, and various other skills. At times, you may feel like you are lacking in one or all of these areas. This is very simple exercise involving your gemstones and crystals that will teach you how to have more confidence in yourself.

You will need to prepare the following:

- A scented candle – choose your favorite scent
- Something to light the candle with
- A safe, fireproof dish on which to place the candle
- Any of the following gemstone and crystals:
  - Crazy Lace Agate
  - Alexandrite
  - Rose Quartz

This is what you should do:

1. Take a nice, long bath, and then dress in comfortable clothes. If you wish, you can light the scented candle before you take a bath. After the bath is over, bring it with you to your meditation area, or wherever it is that you plan to do the exercise.
2. Place the candle a few feet away from you, but close enough that you can still enjoy the scent coming from it. Sit down in a comfortable position and start relaxing your mind and body. Place the Agate in front of you.
3. To relax, close your eyes and take several deep breaths. As you exhale, imagine all the stress inside of you in the form of thoughts, muscle stiffness, and anxiety leaving you completely.
4. When you feel more relaxed, open your eyes. Pick up the stone and let it rest in your left hand. Place your left hand over your right hand, and then let both of your hands rest upon your lap. Focus your attention upon the stone. See its beauty, the shine of its surface, and its hardness and strength.
5. As you take in the physical beauty of the stone, open your mind to the power within it. Connect with it on a deeper level. You can begin by being aware of its nature. Think of its natural powers and unlimited energy. Be aware of the life force contained within it. See it as a different form of creation; like you, it has its own gifts and purpose for existing. Remind yourself of its significance. Form a bond with the stone.
6. When you feel that you have formed a bond or connection with the stone, identify with it. See its beauty, and recognize your own beauty, as well. Remind yourself that, like this piece of stone, you are also naturally gifted with unlimited, powerful abilities. Be aware of the fact that in the present moment, just as this stone is effortlessly beautiful and perfect in its own way, so are you.
7. Focus upon the reality of your own beauty and gifts. Focus on your own capabilities. Know that each day of your life, these gifts are within you, and you are able to draw upon them freely. Be aware of your own unique perfection. Feel good about it. Be happy about it.

8. Meditate upon this for as long as you wish. The good feelings and positive energies you call to you during this exercise will fuel your self-confidence and appreciation for the gifts you have inside of you. When you are done, kiss your stone lightly to thank it.
9. Bring the stone with you after the exercise is complete, and gaze at it whenever you feel the need to regain your self-confidence or remind yourself of your own gifts. Continue to bring the stone with you wherever you go until you feel that your self-confidence has stabilized, and you can go without having to rely upon the stone.

## **How to Live Each Day in Happiness**

In the following exercise, I will teach you how to use the power of certain stones to magnify your beauty and multiply the happiness that you feel inside. Always keep in mind that the stone itself does not give you the beauty and happiness that you seek. You already have it deep inside of you. You should begin this exercise knowing that you are already beautiful, and that happiness is always in your heart. The stone is just used to magnify this beauty, and let this happiness radiate through you.

To do this, you will need any of the following gemstones and crystals:

- Sapphire
- Rose Quartz
- Purple Jade
- Amber
- Crazy Lace Agate

What to do:

1. Allow your stone to bathe in the moonlight overnight on the night before you will perform this ritual.
2. When you wake up the next morning, bring the stone back inside and hold it between your palms. Greet the stone, and allow your feelings of gratitude for a new day to charge the stone with positive energies. Tell yourself that it will be a good day. Smile and stretch while holding the stone. When you feel that you have charged it with enough joyful feelings, place it near where you normally get ready in the morning.
3. As you get ready to begin your day, be aware of the stone magnifying your beauty. Feel yourself emanating with its positive and joyful energies.
4. Before you leave the house, pick up the stone again. Close your eyes briefly and hold it close to your heart as you say to yourself, "I radiate with beauty and kindness; I am surrounded by happiness." After you say these words, open your eyes. Keep the stone with you throughout your day.
5. Throughout the day, feel free to rub the stone or hold it in your hand for added comfort and energy. Be aware of its effects working within you, making you even more beautiful and attractive to the people around you.
6. When you feel tired or need a boost of energy, close your eyes for just a few minutes while holding the stone in your hands. Ask for its help in tapping into the unlimited source of strength and energy that is already within you.

7. At the end of the day, leave the stone out overnight to bathe in the moonlight once again. Follow the same process the next day for as long as you feel you need this added boost.

## **How to Shift Your Mood**

When you cannot seem to put yourself into a good mood, take a moment and hold any of the following gemstones and crystals in your hands:

- Amber
- Clear Fluorite
- Purple Jade
- Quartz Crystal
- Blue Quartz
- Sapphire
- Pink Tourmaline
- Turquoise
- Citrine

Then, close your eyes for a moment, all the while breathing deeply. As you exhale, imagine all negative feelings and thoughts leaving you. Imagine the stone filling you up with feelings of happiness. When you feel better, gently open your eyes and smile. Notice that you feel lighter and happier than you did before performing this technique. Carry the stone with you, and touch it whenever you need to shift your mood from negative to positive.

## **Gemstones and Crystals for Grounding, Balancing, and Calming**

You will require certain gemstones that have balancing and soothing properties to balance the flow of energies within you and help you to find your center. The following techniques are intended to gather your scattered energies, create total balance within you, and soothe you during times of anxiety and stress.



## **How to Ground Yourself**

When you have the need, certain gemstones and crystals can be very good companions to help you ground yourself. Whenever you feel like your energies are scattered and you need to pull yourself together, follow the steps in this simple grounding exercise.

You will need any of the following gemstones and crystals:

- Agate
- Blue Fluorite

- Hematite

What to do:

1. Find a quiet place to perform this exercise where you will not be disturbed.
2. Sit down comfortably on the floor. Straighten your back, but do not let it become stiff. Relax your shoulders. Enclose your stone between the palms of both hands.
3. Close your eyes, and take a few deep breaths. Try to relax yourself by focusing on your breathing as you inhale and exhale.
4. Visualize your body glowing brightly. Feel this glowing energy vibrating as it flows into the earth below, grounding you with the Earth's natural energy.
5. As you continue to breathe deeply, feel your stone's energy keeping you grounded in the present moment. Be fully aware of where you are, how your body feels, and how the stone's energy is keeping you grounded.
6. Once you have established a clearer and firmer image of yourself, visualize all the excess and intense energy drifting away from you and into the ground below you. Let all this intensity be absorbed by the Earth, as the fire agate supports you and makes you as tough and grounded as a rock.
7. Continue doing this until you can see within your mind's eye that this glowing energy is becoming calmer and fainter. When you are done, open your eyes. Whenever you need to ground yourself again in the future, hold the stone in both hands and repeat the same visualization technique.

### **How to Invite Feelings of Safety and Comfort**

This technique helps you gather your scattered energies, in order to help you remove agitation and tension from within you. It also helps to calm you down, allowing you to get a good night's sleep.

Practice this technique just before you are preparing to go to sleep at night. It is better if the lights are dim, as this will help in relaxing your mind. For this exercise, use any of the following gemstones or crystals:

- Hematite
- Agate
- Crazy Lace Agate
- Amethyst
- Blue Fluorite
- Garnet

When you have your stone and you are ready to climb into bed, follow these steps to help ensure a restful sleep:

1. Sit down in a comfortable position, holding the stone in your hands. Close your eyes and take a few deep breaths to begin relaxing your body and mind.
2. As you focus on your breathing, let go of all distracting thoughts. If any thought surfaces in your mind, gently let it go and focus your attention back on your breathing.
3. In your mind, ask the stone to embrace you with its comforting energies, and to help you to achieve a good night's sleep. Visualize the stone glowing in your hands, and imagine this glowing energy spreading from your hands and up your arms to your shoulders, then up into your head, down into your chest and back, all the way down to your feet, until you are completely covered in its warm vibrations. Feel this energy soothing you.
4. While absorbing the calming and soothing energies of the stone, continue focusing on your breathing as you inhale and exhale. Continue visualizing this until you feel relaxed and ready to fall sleep.
5. When you are finished, gently open your eyes. Thank the stone for its comforting energies. Place it under your pillow, or on your headboard. As you go to sleep, know that you are still enveloped within the stone's soothing glow.

## **How to Create Balance Between Your Mind, Body, and Soul**

Wear a piece of Hematite or Herkimer Diamond to create a balance among your physical, emotional, mental, and spiritual selves. Wearing these gemstones will also aid you in containing and balancing your energies when you are dealing with the external energies of the people around you, the places you go, or the objects you come in contact with.

## **Gemstones and Crystals for Focus and Concentration**



This section covers techniques that will greatly aid you in keeping your mind focused. These techniques will help you stay focused during meditation, help you to finish important tasks, and allow you to keep your mind alert and attentive throughout your workday.

### **How to Gain Focus**

This exercise will help you increase your ability to concentrate on the task at hand. You will not only be more able to focus on the work, but you will also have the energy and the right mood to undertake and finish the job.

For this exercise, you will need:

- A vanilla scented candle, or a plain candle anointed with vanilla oil
- A safe fireproof dish
- Something to light the candle with
- Any of the following gemstones and crystals:
  - Moss Agate
  - Milky Quartz Crystal
  - Green Fluorite
  - Sapphire
  - Pink Tourmaline
  - Citrine

Here is what you will do:

1. Perform this exercise away from your working area, so that you can focus on the technique itself, instead of the work that needs to be done. Prepare all of the items that you will need, and choose a quiet place where you can have some time to yourself without having to worry about being disturbed.
2. Sit down, and place the items in front of you. Now, close your eyes and start to relax your mind and body. Take slow, deep breaths and let go of all distracting thoughts, especially those that cause you stress.
3. When you feel more relaxed, open your eyes, and light the candle. Take a few moments to enjoy its scent. When you feel that you are ready, pick up the stone, holding it over the place where your Third Eye would be. Close your eyes.
4. With the stone pressed against your Third Eye, feel your mind becoming still. If it helps you to focus, chant to yourself "My mind is becoming still", knowing that the stone will add to the power of your chant.
5. When you feel that your mind is still and attentive, you may put down the stone and open your eyes.
6. Know that when you get back to your work, your mind will be much more focused.
7. You may leave the candle burning in order to create a pleasant atmosphere within your working area. Place the stone on your desk, in plain sight. Let its presence remind you to focus on the things that will help you to complete your task. Know that the stone is also empowering you and inspiring you to finish your work.

## **How to Reach Deeper Meditative States**

This technique is a simple meditation exercise that utilizes certain gemstones and crystals to help you reach deeper states of consciousness. This technique may require a great deal of practice, but with time, you will become more attuned to your stone, allowing you to relax more easily. This in turn will allow you to reach new depths of meditation.

For this exercise, you can use any of the following gemstones and crystals:



- Moss Agate
- Green Fluorite
- Jade
- Quartz Crystal
- Blue Quartz Crystal
- Smoky Quartz Crystal
- Milky Quartz Crystal
- Sapphire
- Pink Tourmaline
- Aquamarine

What you should do:

1. Find a quiet place where you can meditate for a long time without being disturbed.
2. Sit down in a comfortable position, placing the stone in front of you.
3. Relax your mind and body. Start by taking a deep breath as you straighten your back and open your chest. As you exhale, let your shoulder and arms relax and fall naturally to your side. Place your hands on your lap, or on your knees. Continue breathing slowly. Focus on your breathing until you are fully relaxed.
4. When your breathing has become more regular, and you feel much more relaxed, mentally connect to the stone in front of you. Call to it with your inner voice, and open your heart and mind to the energies contained within it. Visualize the stone responding to you by emitting a soft glow, until it seems to be fully wrapped in light.
5. Imagine this light extending out from the stone towards you, until it starts to envelope you within its energy. As you visualize this taking place, you are connecting to your stone, allowing yourself to become surrounded by the embrace of its powerful energies. The stone's energetic embrace will help you to reach a much deeper state of meditation.
6. When you are completely wrapped within the light from your stone, know that it is allowing you to achieve a higher vibrational frequency. Continue focusing on your breathing, keeping your mind relaxed and empty. Continue meditating for as long as you like.
7. When you are ready to come out of your meditation, slowly move your fingers or toes, so that you become physically in touch with your surroundings once again. When you are back within the present moment, open your eyes. You should feel well rested, as if you just awoke from a deep sleep.

## **How to Experience Freedom from Physical Boundaries**

At times, you may experience difficulty focusing during meditation. Let's now discuss a technique that will help free you from the distractions that seek to hinder your meditation exercises, such as unwanted thoughts, noises, chores, physical discomforts, temperature, etc. All these things can slow down your progress when you are attempting to reach a higher vibrational frequency and establish a stronger connection with the spiritual realms.

This is a very simple technique. All you need to perform this technique is to use one of any of the following gemstones or crystals as a focal point the next few times you meditate.

- Citrine
- Pink Tourmaline
- Sapphire
- Milky Quartz
- Smoky Quartz
- Quartz Crystal
- Moss Agate

## Gemstones and Crystals for Good Luck

These techniques will show you how to use your gemstones and crystals' powerful energies to invite good luck into your life.



## How to Prepare a Good Luck Bath

Certain gemstones and crystals have very strong powers that can be used to draw good luck to their owner. You can use them to create a mixture for your bath that will attract good luck to you like a magnet. Here is an exercise that you can do before an important interview, before starting on a big project, before a presentation, or for anything else that requires a little luck.

For this exercise, you need:

- A glass bowl
- Some sea salt
- Spring water, or bottled water
- Your bathtub, clean and ready for use
- Your favorite bath salts or oils
- Any of the following gemstones and crystals:
  - Garnet
  - Aventurine
  - Black Tourmaline
  - Alexandrite

Here is what you should do:

1. First, you need to prepare a mixture for good luck. You will be pouring this mixture into your bath later in the exercise. You need to gather your stone, the glass bowl, sea salt, and spring water. Place some water in the glass bowl, and then sprinkle some sea salt into the bowl to cleanse it.
2. Now, it is time to imbue this mixture with good luck energies. To do this, pick up the stone and hold it between your fingertips. Dip it in the surface of the water, and then start moving it around in a clockwise direction. As you do this, visualize the stone releasing its powerful energies into the water. It is also attracting more good luck to the mixture.

3. Keep doing this until you can feel that the mixture has been charged with a sufficient amount of good luck energies. When you are finished, set the stone aside to naturally dry on a windowsill. Once it is dry, you can take it with you when you go to your interview, presentation, or start work on a new project.
4. Carry the bowl into the bathroom. Start running warm water for your bath. You can also use your favorite bath salts or bath oil in the water. Before stepping into the bath, slowly pour the magical mixture into it. As you do this, visualize the good luck energies within the mixture empowering the entire bath.
5. As you step into the tub, feel yourself being charged by these same good luck energies. Immerse yourself fully in the bath, absorbing the energies of good luck into your whole being. As you do this, visualize good luck being drawn into your life.
6. Step out of the bath, and let yourself dry naturally. You are now fully charged with good luck.
7. Carry the stone with you as you prepare to take on whatever task you need to complete.

### **How to Increase the Flow of Good Luck to Into Your Life**

Wear or carry any of the following gemstones or crystals for good luck. These stones possess powerful energies that will invite good luck into the life of whomever bears them.

- Black Tourmaline
- Aventurine
- Alexandrite
- Amber
- Turquoise

### **How to Make Lucky Decisions**

When you are about to make decisions, light a white candle and meditate using any of the stones listed above as your focal point. Visualize energies of good luck coming to you and surrounding you. Then, make your decision, knowing that you have been guided in making it. Let the candle burn down completely.

### **Gemstones and Crystals for Cleansing and Banishing Negativity**



The following techniques are focused on driving negative energies away from you. Negative energy may come in the form of stressful thoughts, worries, fears, anger, insecurity, jealousy, dark or ill intentions, depression, or any other negative emotion. Negativity may also be directed at you from outside

sources. Sometimes, you unknowingly pick it up from a person or place. It later starts to affect you by draining your energy. The next few exercises will teach you how to use your gemstones and crystals to banish negativity from your life.

## **How to Release Stress Using Your Quartz Crystal**

Because a Quartz Crystal is such a great absorber of negative energy, it is very useful for alleviating stress. Try the following exercise when you feel stressed, worried, or overwhelmed:

1. Sit down in a quiet place with your Quartz Crystal. Place it between the palms of both hands.
2. Close your eyes and take a few deep breaths. Then, imagine sending all of your thoughts, stresses, and worries into the crystal, in the form of a smoky white light. Feel the stone absorbing all of the negative energy. Notice how your body starts to relax.
3. Keep doing this until you feel calmer.
4. The Quartz Crystal now contains all the stress that you felt earlier. You are now free from all the negative energy that was inside of you.
5. Now, go forward with your day. As soon as you can, set aside some time to cleanse your Quartz Crystal.

## **How to Cleanse Your Room of Negative Energy**

This technique involves actually cleaning your room. It is perfect to do this technique during spring-cleaning, but it is also fine to do it whenever you feel like cleaning up. Do not perform this technique if you feel obliged or forced. You will not enjoy the activity, and you could release even more negative energy into the room.

For this technique, you will need either a cluster or a large piece of quartz crystal or amethyst.

Here are the steps you should follow. They are very simple and easy to do, but may take time, depending on the size of your room and amount of cleaning necessary.

1. Begin cleaning your room. Open the windows. Burn some Cinnamon, Eucalyptus, or Sandalwood incense to help increase the flow of cleansing energies. Get rid of clutter, and change the sheets and curtains if necessary.
2. Once you have cleaned up, place the Quartz Crystal or Amethyst upon the bed. Leave it there for as long as you feel is necessary. The stone will absorb all of the negative energy still remaining in the room, including any scattered energies caused by the cleaning. Things being moved, thrown out, or cleaned can cause scattered energy.

3. When you feel that the stone has absorbed all of the negative energy, you may cleanse it and put it back in its place. Repeat this process whenever you feel like your room is "heavy" with negative or stale energies.

You can place a quartz crystal or amethyst on hotel beds, too, if you are staying in a hotel. You do not need to do a general cleaning, since hotels are usually well maintained. To cleanse the room from the energies of previous guests, and to ensure peaceful sleep, leave a quartz crystal or amethyst on the bed before you leave the room for dinner a meeting. The room should be cleansed and ready for you when you return to sleep.

## **How to Improve the Flow of Energy Within Your Home**

Quartz crystal can help to improve the flow of energy within your home, especially between floors, when placed on the side of each step of your staircase. This will change the feel of the environment within the home, making it happier and lighter. You can also mount pieces of quartz crystals under the banister between every few openings. If you choose to do so, make sure all of the points are facing in a downward direction.

## **Gemstones and Crystals for Protection**

Certain gemstones and crystals possess protective energies that can shield you from harm. There are gemstones and crystals that banish negativity. There are also stones that prevent you from being affected by it. Most protective stones are worn or carried. Below is a list of stones that you can wear as jewelry, or carry with you as a protective amulet.



- Jade
- Agate
- Blue Fluorite
- Smoky Quartz
- Black Tourmaline
- Turquoise
- Garnet
- Citrine
- Emerald
- Quartz Crystal
- Ruby

After cleansing and attuning these protective stones, you may want to meditate with them while visualizing them creating a shield of protection around you. This strengthens your bond with the stones, as well as their protective effects, when you wear them or carry them.

## Chapter 8: Gemstone and Crystal Elixirs

### What are Gemstone and Crystal Elixirs?



Elixirs are known by many other names, such as potions, magical mixtures, mystical concoctions, or new age remedies. Elixirs are mixtures of various ingredients, which possess natural magical powers and produce a desired effect upon the person drinking or using them.

Gemstone and Crystal Elixirs are mixtures empowered with the magical benefits of the stones used during the creation process. They can be used for a variety of purposes, depending upon the types of stones you use and the energy you imbue them with.

Gemstone and Crystal Elixirs are most often prepared for consumption, but they may sometimes be used for bathing, washing, blessing, or anointing.

In the next section, I will teach you how to make Gemstone and Crystal Elixirs work for you.

### How to Make Gemstone and Crystal Elixirs

1. First, clean the gemstones and crystals that you will be using to charge the elixirs that you are going to be preparing. Cleanse them with water and a clean brush to get rid of any organic matter. A new hard bristle toothbrush works great for this. Some elixirs will be ingested, so be sure that the stones are 100% clean.
2. Next, cleanse them of any psychic residue by using one of the cleansing methods that you have learned in this course. Use the ones involving water, sunlight, moonlight, salt, and herbs. Because you may ingest certain elixirs, using cleansing techniques such as burying the stones under the soil is not recommended.
3. Take a small clear glass jar. Baby food jars work great for this. Never use plastic bottles or jars for elixirs. Also, never use city or tap water. The chemicals in city or tap water can destroy the vibrational energies of the stones. Use distilled or purified water for your elixir preparations.
4. Place your elixir stones into the jar and fill the jar with the distilled or purified water. Place the lid on the jar.
5. Allow the jar to sit in the sunlight and moonlight for 24 hours. Do not mix the stones. Make a separate elixir for each group of stones. Make sure that no algae forms on the stones within the

elixirs. This only happens when some stray organic matter remains on one of your elixir stones. If this happens, throw out the water, clean the stones again, and start the process over.

6. Once the water has been charged in the light of the sun and moon and you have tested for growth, put the jars on a shelf. It is best not to have the jars touching each other if you are preparing more than one batch of elixirs, so as not to mix the energies contained within.

## How to Use Gemstone and Crystal Elixirs

As I have mentioned, Gemstone and Crystal Elixirs may be consumed, mixed into your beverage, applied to a bath, or used to bless a room or an object. Below is a list of various uses for these elixirs:

- You can put three to six drops into your drinking water. I would recommend that you do this about three to four times a day. For example, if you used Dendritic Agate to create a Prosperity Elixir, drop some into your water before you drink it. You will be drinking water infused with the powerful energies of wealth and prosperity.
- Another great way to absorb the power of the elixirs is to mix some into your bath water, or add a few drops into your body lotion. These are both excellent methods of absorbing the powers of the elixirs into your body.
- When brewing tea or coffee, you may use water infused with the stone's energies. If you prepared a large amount of the elixir, you can use a whole cup of it for your tea or coffee. It is perfectly acceptable to boil the water (as long as the stone isn't in it!) because it has already been psychically empowered.
- A Gemstone and Crystal Elixir that is meant to cleanse and purify may be used to bless a room. When cleansing a room of negative energies, you may sprinkle some of the elixir into the corners of the room and around the doorway. You may also use the elixir for cleansing or blessing objects.
- You may use some Gemstone and Crystal Elixirs for infusing dishes that you prepare with certain energies. For example, if you are baking cookies for a broken-hearted friend, you may sprinkle some elixir with comforting energies on to the dough. Another idea is to sprinkle some love energy-infused elixir into a dish you are preparing in order to celebrate an anniversary or other romantic occasion.

These are just a few examples of the different ways in which you can use your powerful Gemstone and Crystal Elixirs. Follow your intuition, and listen to what your stones are telling you!

**Warning:** Some gemstones or crystals could be toxic when submerged in water. When in doubt, always check first. Common sense would dictate that most polished stones are probably safe. If you are unsure of the effects of placing a certain stone in water, do not make an elixir!

## **Empowering Yourself with Gemstones and Crystals**

You have discovered this course because you were meant to discover it at this point in your life! Let your inner powers surface, and become empowered by the magic of gemstones and crystals.

The endless benefits and wonderful gifts that your gemstones and crystals can offer to you will make a huge difference in how you live your life, as well as how you grow physically, emotionally, mentally, and spiritually. By allowing yourself to enter the world of gemstones and crystals, you have already taken a gigantic step towards maximizing your fullest potential, and living the life that you have always dreamed of.

