

# Crystals



## *Crystals*

With the advent of so-called 'New Age Consciousness' there has been an explosion to tools of the trade. Some of them have genuine power and all of them depend on the integrity of the one who uses them. As always, it is vital that you use your own nonsense-detector, your own intuition and test any information that is given to you against your own sense of truth.

Perhaps the most popular and widely used accoutrement of expanding awareness is the crystal. Why might this be? Every new age shop worthy of the title, displays a catching array of stones ranging from entire crystal caverns to little gems for ears, nose and necks. Crystals for healing, crystals for protection, crystals for dowsing, crystal pyramids, crystal balls.

Before crystals became a prerequisite for every new age traveller, they had already become an invaluable tool in technological advances. As technology makes visible what was previously only open to clairvoyants and shamans, the invisible becomes visible. Kirlian photography, auric photography and equipment able to detect the chakra system and the acupuncture meridians, have provided empirical evidence for those who need it. Will they be able to photograph the soul before too long? The growing knowledge regarding the use of crystals to transmute and transform electromagnetic energy has played an increasingly important role in the evolution of these new technologies.

A ruby crystal, for example, was a key component in the first laser developed in the early 1960's. From the laser came quantum leaps in medical science as well as the birth of the hologram. The holographic model provides us with a new way of appreciating the multi-dimensional universe, referred to these days as the 'multiverse'. Since then the possibilities of crystals storing thousands of three-dimensional images is being researched. Silicon chips make the computer world go round. We have been provided with the tools to

## *Crystals*

computer world go round. We have been provided with the tools to amplify our capacity for information access and storage that are radically and rapidly changing our world.

It is the ability of crystals to store, transmit, amplify and receive information that interests both scientists and the explorer of expanding consciousness. We might think that utilising crystals for communication, solar power, information storage and laser applications in industry and medicine is new to our planet, but for the truth, we should cast our minds back to the legends of the ancient civilisation known as Atlantis.

There are many stories told about the Atlantean civilisation, and endless debates about whether or not it actually existed. Immortalised by the Greek philosopher Plato (c427-347BC), there is now a growing body of evidence to support the belief that such civilisation did indeed exist. Some believe that the Atlanteans combined a high level of technological expertise with an understanding of spiritual laws. It appears, however, that they lost their way and that their technologies, coupled with a sense of self-importance, led them to experiment with genetic engineering and to abuse their knowledge to the life force. It is alleged that a cataclysmic end wiped out all record of this powerful, highly intelligent and advanced civilisation. Or did it? It is said that the survivors of the devastation spread and settled in Peru, Egypt, Mexico and Central, South and North America, which would explain why these cultures share a common iconography and also a common history of flood and Atlantean legends. It is also said that before the inundation that wiped out this highly sophisticated culture, there were those who realised what was about to happen. They were known as the followers of the Law of One. These were the good guys. They believed in the unity of all life which related to a single all encompassing creator.

They were spiritually motivated and sought to uplift the spiritual and

## *Crystals*

physical conditions of those around them. There was another group whose approach to life was entirely different. Apparently known as the Sons of Belial, they were materialistic and self-oriented, and were more concerned with the sensual pleasures of life and power. They misused the technologies discovered by the followers of the Law of One, appropriating them for their own destructive and materialistic purposes. It has been said that by the year 10,700 BC, the Son of Belial had made large inroads into the authority and power of the followers of the Law of One. They created conflict as to who would be the ruling class and have the resultant special privileges. Then, using Atlantean knowledge of the application of the life force in genetic engineering, they created a mutant race of physically strong but unintelligent workers.

The Atlanteans discovered how to tap into the energetic properties of crystals. They utilised crystals as we use electricity. They also discovered the tremendous power inherent in sunlight, utilising crystals to amplify and direct solar energy that enabled them to power their transport and communication systems. These huge crystals, known as the 'sun crystals' were then taken by the SOns of Beial and used for coercion, torture and punishment. In the time that followers of the Law of One, through their naturally clairvoyant and intuitive powers, realised that the end of their civilisation was imminent. They knew that the misuse of these powerful crystals would eventually have profound effects on the environment, so they prepared for disaster by organising three major migratory routes to leave Atlantis. Groups of individuals would go to Egypt, to Peru in South America and the Yucatan Peninsula. These groups would take with them crystals containing records of aspects of their lives and technology, which could be preserved for humanity's future. These survivors would also take with them the traditions and beliefs of the Law of One. It was predicted by America's 'sleeping prophet', Edgar Cayce, that a Hall of Records would be discovered under the Great Sphinx in Egypt, and

## Crystals

That the information in this underground library would be stored in crystals. He said that when this information was revealed, our history would have to be re-written. Perhaps there is a link here to the legendary Egyptian god Thoth, who introduced the written word to humankind. It is said that he left information concerning the real truth of our origins encoded in 12 emerald tablets.

***(The Law of One is the comprehension that all things are made of intelligent energy and are a part of the All-One. The Law of One is a Sacred Science of the mechanics of Source Consciousness and are the Natural Laws governing our Universal Creation. All-One is the recognition that Eternal Truth is Eternal Love and Eternal Love is the organic consciousness of Infinite Creator).***

But back to Atlantis and crystals for a moment. The legends suggest that Atlantis flourished from a period dating from at least 150,000 until approximately 10,000 BC, when a flood of biblical proportions overwhelmed it. The technology the Atlanteans developed was based on higher dimensional energies and the life force and involved the energetic applications of crystals, most specifically quartz crystal. Quartz is the most structured of all crystal, with a very exact rate of vibration. When electrically stimulated, the regular and precise oscillation of quartz crystal from a reference by which we can measure and display bits of time.

There is a myriad array of crystals, so how do you know which crystal does what? As far as choosing a crystal is concerned, very often there is no choice, since the crystal chooses you! "I just *had* to buy that beautiful piece of amethyst", or "I couldn't resist that rose quartz - it seemed to speak to me". One of the reasons for this may be the fact that crystals, because to their construction, have the ability to bring about balance in our subtle anatomies.

## *Crystals*

When there is balance in our auric field and chakra system this results in a body that does not need to express dis-ease. There are also various quartz-like structures in our physical bodies - cell salts, fatty tissue, lymph, red and white cells, and the pineal gland. These crystalline structures are a complete system in the body but not yet properly isolated and understood by modern medicine. When we are 'drawn' to a particular crystal, it may be that the crystalline structures in our bodies require to come into sympathetic resonance with that crystal in order to restore balance.

Different crystals should be used for different purposes and in order for you to harness their energetic support, it is important to pay attention to their health and welfare. Crystals have a consciousness, but they do not have a conscience. They may be used to transmit, receive and amplify specific energy. The quality of that may be used for positive or negative results. Crystals are neutral in themselves, but they can be charged with whatever energy we put into them. This energy can then be transmitted into the atmosphere, or another person's aura, thoughts or energy body.

Crystal may be used for many different things. You may feel drawn to wearing a crystal round your neck to help keep you in balance. You may like to hold a particular crystal for healing, or you may like to place crystals round your house because of their beauty and because they give off negative ions, which create a sense of well-being.

The colour of the stone or crystal you are drawn to is significant, as it may relate to that frequency within your aura and chakra system that requires some support. In fact the colour relating to the chakra in question may not be the same as the colour of the stone. It is the frequency that is important.

If you have never thought about owning a crystal before, go to a shop

## Crystals

that sells them and see how you feel as you observe the different shapes, colours and textures. Are you drawn to the smooth softness of a piece of pink rose quartz? Does the clarity of a clear quartz cluster wink at you from the shelf? Or is it the bright protective colour of turquoise that catches your eye? Whether you own one or many, these beauties are gifts from the mineral kingdom, which can become friends as well as useful tools.

It is important to care for these gifts if they are to give you their wholehearted support. A crystal covered in dust and tucked away in a corner will not support you as a power tool.

Since they store information, the first thing to do when you acquire a crystal is to cleanse it of any information it may already be programmed with, unless you know what this is and want to keep it there. As in the case of someone being given a crystal that was personal to the giver, so that when held you could tune into their energy.

You need to look after your crystals if you want them to work for you. Making sure they are clean and sparkling is important. The simplest way to cleanse a crystal is hold it under clear running water. *(But check first as there are a few that will dissolve under water, these crystals can be cleansed using the energy of the sun or full moon - these are the crystals that should not be put under water).*

*Selenite, Lepidolite, Azurite, Malachite, Calcite, Angelite, Halite (Rock Salt), Celestite, Fluorite, Rhodocrosite and Ammolite.*

Since energy follows the flow of water, hold it with the point (called a termination) downwards for fifteen to sixty seconds, or longer if you intuitively feel this is needed. Clear quartz crystals absorb a lot of energy, and if you feel that your crystal is especially clogged up, or has been doing a lot of work, put it in salt water for one to three days. If you do not live near sea, dissolve one tablespoon of sea salt in a quart of warm water. Once you have cleansed the crystal of negativity or

## Crystals

warm water. Once you have cleansed the crystal of negativity or previous programmes, use the power of your mind to install whatever information you wish it to hold. If you are going to use a crystal for healing perhaps all you need to do is hold it and open yourself up to the feeling of love. Fill the crystal you want to use for meditation with the vibration of peace and stillness. Perhaps there is a piece of music that has a quality you enjoy - the crystal will absorb and store the essence of the music. To re-charge the energy of your crystal, put them outside in the sun for a few minutes only - or even better let them absorb some moon light. Remember crystals are not omnipotent. They are only there as willing tools in the process of transformation to higher levels of consciousness - natural gifts to be used for service.

Dr Richard Gerber, in his book *Vibrational Medicine* says:

*"There are so many variations in the use of gems and crystals for healing and working with the subtle energies of consciousness. We seem to be undergoing a rebirth in both interest and application of crystals to manipulate electronic and subtle energies. Could this be due to a cyclic rebirth of the Atlanteans who first brought about the development of sophisticated crystalline technologies? The application of crystalline systems for healing and industry carries tremendous potential benefits as well as inherent dangers.... The gifts of the mineral kingdom from within the Earth hold undreamed of benefits for healing and unlifting the consciousness of humankind, if only these gifts can be used correctly. It will be the challenge of spiritually oriented scientists and healer/physicians of the future to conduct research on the use of crystalline energies in an intuitive and responsible manner to develop these potentials. If we can only learn to tap into the wisdom of the Higher Self inherent in all people, we will move toward that new position of peaceful coexistence and spiritual light which the Atlanteans hoped might again grace the face of their planet."*

# Crystals Soul Focus

The natural kingdoms of the earth support the soul on its journey through physical reality.

## REMINDERS -

- Each crystal has its own particular purpose. Read a book to learn more about which ones do want. - I have given you 1 crystal for each month but there are others.
- Crystals should be cleansed and reprogrammed regularly to give you their full benefits.
- Crystals are powerhouses - treat them with the respect they deserve.
- Don't sleep with too many of them in your bedroom.

# January

## Topaz Self



Topaz is a mellow, empathetic stone that directs energy to where it is needed most. It soothes, heals, stimulates, recharges, demotivates, and aligns the meridians of the body. Topaz promotes truth and forgiveness. It helps shed light on the path, highlights goals, and taps into inner resources. This crystal brings about a trust in the Universe that enables you to “be” rather than to “do”. It cuts through doubt and uncertainty. Topaz’s vibrant energy brings joy, generosity, abundance, and good health. It has traditionally been known as a stone of love and good fortune, bringing successful attainment of goals. It is extremely supportive for affirmations and manifestations, and for visualisation. It is said that the facets and ends of a Topaz crystal have both positive and negative energies through which a request to the Universe can be focused and then manifested on the earth plane. Excellent for clearing the aura and for inducing relaxation, Topaz releases tension at any level and can speed up spiritual development where it has been laborious. Psychologically, Topaz helps you to discover your own inner riches. It makes you feel confidence and philanthropic, wanting to share your good fortune and spread sunshine all around. Negativity does not survive around joyful Topaz. This stone promotes openness and honesty, self-realisation, self-control, and the urge to develop inner wisdom. Mentally Topaz aids problem solving and is particularly useful for those engaged in the arts. It helps you to become aware of the influence you have and of the knowledge you have gained through hard work and life experiences. This stone has the capacity to see both the bigger picture and the minute detail, recognising how they interrelate. Topaz assists in expressing ideas and confers astuteness. Topaz is an excellent emotional support – it stabilises the emotions and makes you receptive to love from every source. HEALING Topaz can be used to manifest health. It aids digestion and combats anorexia, restores the sense of taste, fortifies the nerves, and stimulates the metabolism. POSITION Ring finger, solar plexus, and brow chakra. Position or place as appropriate for healing.

# January

The elixir can be applied to the skin. SPECIFIC COLOURS In addition to the generic properties, certain colours have additional attributes: Blue Topaz – placed on the throat chakra or third eye, aids those chakras and verbalisation. It is an excellent colour for meditation and attuning to the higher self, assisting in living according to your own aspirations and view. This colour attunes to the angels of truth and wisdom. It assists in seeing the scripts you have been living and to recognise where you have strayed from your own truth. Clear Topaz – aids in becoming aware of thoughts and deeds, and the karmic effect that these have. It assists in purifying emotions and actions, activating cosmic awareness. In healing, Clear Topaz removes stagnant or stuck energy. Golden Topaz (Imperial Topaz) – acts like a battery and recharges spiritually and physically, strengthening faith and optimism. It is an excellent stone for conscious attunement to the highest forces in the Universe and can be used to store information received in this way. It reminds you of your divine origins. Imperial Topaz assists in recognising your own abilities, instills a drive towards recognition, and attracts helpful people. This stone is beneficial for those seeking fame as it bestows charisma and confidence with pride in your abilities while remaining generous and open-hearted. It assists in overcoming limitations and in setting great plans afoot. In healing, it regenerates cellular structure and strengthens the solar plexus and is beneficial for nervous exhaustion and insufficient combustion of nutrients. It treats the liver, the gallbladder, and the endocrine glands. Pink Topaz – is a stone of hope. It gently eases out old patterns of disease and dissolves resistance, opening the way to radiating health. This stone shows you the face of the Divine. Rutilated Topaz – is rare but is extremely effective for visualisation and manifestation. It is an excellent stone for scrying, bringing deep insights when properly programmed and attracting love and light into one's life.

# February

*Lapis Lazuli*

Awareness & Influence



Lapis Lazuli opens up the third eye and balances the throat chakra. It stimulates enlightenment and enhances dream work and psychic abilities, facilitating spiritual journeying and stimulating personal and spiritual power. This stone quickly releases stress, bringing deep peace. It possesses enormous serenity and is the key to spiritual attainment. Lapis Lazuli is a protective stone that contacts spirit guardians. This stone recognises psychic attack, blocks it, and returns the energy to its source. It teaches the power of the spoken word, and can reverse curses or dis-ease caused by not speaking out in the past. This stone harmonises the physical, emotional, mental and spiritual levels. Imbalances between these levels can result in depressions, dis-ease, and lack of purpose. In balance, the harmony brings deep inner self-knowledge. Lapis Lazuli encourages taking charge of life. It reveals inner truth, encourages self-awareness, and allows self-expression without holding back or compromising. If repressed anger is causing difficulties in the throat or in communications, Lapis Lazuli releases these. This stone brings the enduring qualities of honesty, compassion, and uprightness to the personality. Lapis Lazuli is a powerful thought amplifier. It stimulates the higher faculties of the mind, bringing objectivity and clarity. It encourages creativity through attunement to the Source. Lapis Lazuli helps you to confront truth, wherever you find it, and to accept what it teaches. It aids in expressing your own opinions and harmonises conflict. It teaches the value of active listening. Lapis Lazuli bonds relationships in love and friendship and aids expressing feelings and emotions. It dissolves martyrdom, cruelty, and suffering. As a gem essence, it dissolves emotional bondage. HEALING Lapis Lazuli alleviates pain, especially that of migraine headaches.

# February

It overcomes depression, benefits the respiratory and nervous systems and the throat, larynx, and thyroid, and cleanses organs, bone marrow, thymus, and the immune system. Lapis Lazuli overcomes hearing loss, purifies blood, and boosts the immune system. It alleviates insomnia and vertigo and lowers blood pressure. POSITION Wear or place at the throat or third eye. Lapis Lazuli should be positioned above the diaphragm, anywhere between the sternum and the top of the head. Taken from *The Crystal Bible – A Definitive Guide to Crystals* by Judy Hall

# March

## *Atacamite*

### Insight & Intuition



Atacamite is a newly discovered crystal and its properties have not yet been fully explored. If you meditate with Atacamite it will tell you how it wants to work for you. It is sometimes confused with gem Chrysocolla and may share some properties with this crystal. What is known is that Atacamite forcefully opens the third eye, creating powerful visual images and a strong spiritual connection. Despite its forcefulness, it is a very safe crystal to use to stimulate spiritual vision and aid visualisation. It is a stone of great clarity. Used in meditation, it takes the Soul safely to the highest possible levels. Atacamite restores lost spiritual trust and promotes a connection to higher guidance. It is a useful stone to hold when journeying out of the body, especially to higher spiritual spheres. Atacamite works willingly to open the higher heart chakra, more unconditional love into your life, and to stimulate the thymus gland and immune system, functioning. HEALING Atacamite purifies the kidneys, removing fear, and promotes elimination at all levels. It is a powerful cleanser for the etheric body and the brow chakra. It can be used to heal the genitals and is said to improve resistance to herpes and venereal disease. Placed on the throat, Atacamite heals the thyroid gland, opening the throat chakra and removing the blockages to self-expression that can lie behind hypothyroidism. With its calming green colour, it is also beneficial for the nervous system, overcoming stress and frayed nerves at a subtle level. POSITION Place on the third eye to stimulate visualisation or over organs as appropriate. Hold in hands for meditation or journeying. Taken from *The Crystal Bible – A Definitive Guide to Crystals* by Judy Hall

# April

## *Citrine*

### Self Love & Confidence



Citrine is a powerful cleaner and regenerator. Carrying the power of the sun, this is an exceedingly beneficial stone. It is warming, energising, and highly creative. This is one of the crystals that never needs cleansing. It absorbs, transmutes, dissipates, and grounds negative energy and is therefore extremely protective for the environment. Citrine energises every level of life. As an aura protector it acts as an early warning system so action can be taken to protect oneself. It has the ability to cleanse the chakras, especially the solar plexus and navel chakras. It activates the crown chakra and opens the intuition. Citrine cleanses and balances the subtle bodies, aligning them with the physical. Citrine is one of the stones of abundance. This dynamic stone teaches how to manifest and attracts wealth and prosperity, success, and all good things. Citrine is a happy, generous stone, and encourages sharing what you have and yet helps you hold on to your wealth. It has the power to impart joy to all who behold it. Gloom and negativity have no place around Citrine. It is a useful stone for smoothing group or family discord. Psychologically, Citrine raises self-esteem and self-confidence, and removes destructive tendencies. It enhances individuality, improves motivation, activates creative, and encourages self-expression. It makes you less sensitive, especially to criticism, and encourages acting on constructive criticism. It helps you develop a positive attitude and to look forward optimistically, going with the flow instead of hanging on to the past. This stone promotes the enjoyment of new experiences and encourages exploring every possible avenue until you find the best solution. Mentally, Citrine enhances concentration and revitalises the mind. It is excellent for overcoming depression, fears, and phobias. Citrine promotes inner calm so that wisdom can emerge. It helps in digesting information, analysing situations and steering them into a positive direction.

# April

## *Citrine*

This stone awakens the higher mind. Wearing a citrine pendant overcomes the difficulty in verbalising thoughts and feelings. Emotionally, Citrine promotes joy in life. It releases negative traits, fears, and feelings at the deepest levels. It overcomes the fear of responsibility and stops anger. This stone helps you move into the flow of feelings and become emotionally balanced. Physically, Citrine imparts energy and invigoration to the physical body. It is useful for people who are particularly sensitive to environmental and outside influences.

**HEALING** Citrine is an excellent stone for energising and recharging. It is highly beneficial for CFS and reverses degenerative diseases. Citrine stimulates digestion, the spleen, and the pancreas. It negates infections in the kidney and bladder, helps eye problems, increases blood circulation, detoxifies the blood, activates the thymus, and balances the thyroid. It has a warming effect and fortifies the nerves. Citrine is an eliminator – it relieves constipation and removes cellulite. As an elixir, it is helpful for menstrual problems and menopausal symptoms such as hot flashes, balancing the hormones, and alleviating fatigue.

**POSITION** Wear on fingers or throat in contact with the skin. Wearing a Citrine point down brings the golden ray of spirit into the physical realm. Position as appropriate for healing. Use a sphere for meditation. Place in the wealth corner of your home or business, or in your cash box. Citrine fades in sunlight. (The wealth corner is the farthest back left point from your front door, or the door into an individual room).

# May

*Peridot*

Wealth



In ancient times, Peridot was believed to keep away evil spirits. It is still a protective stone for the aura. This stone is a powerful cleaner.

Releasing and neutralising toxins on all levels, it purifies the subtle and physical bodies, and the mind. It opens, cleanses and activates the heart and solar plexus chakras and releases “old baggage”. Burdens, guilt, or obsessions are cleared. Peridot teaches that holding on to people, or the past, is counterproductive. Peridot shows you how to detach yourself from your outside influences and to look to your own higher energies for guidance. This stone releases negative patterns and old vibrations so that a new frequency can be accessed. If you have done the psychological work, Peridot assists you to move forward rapidly. This visionary crystal helps you to understand your destiny and your spiritual purpose. It is particularly helpful to healer.

Psychologically, Peridot alleviates jealousy, resentment, spit and anger, and reduces stress. It enhances confidence and assertion without aggression. Motivating growth, Peridot helps to bring about necessary change. It assist in looking back to the past to find the gift in your experiences, and shows how to forgive yourself. This stone promotes psychological clarity and well-being. It is attuned to the attainment of spiritual truth, and regulates the cycles of life. Mentally, Peridot sharpens the mind and opens it to new levels of awareness. It banishes lethargy, bringing to your attention all the things you have neglected consciously or unconsciously. With Peridot’s aid, you can admit mistakes and move on. It helps you to take responsibility for your own life, especially when you believe it is all “someone else’s fault.” The influence of Peridot can greatly improve difficult relationships. HEALING Peridot has a tonic effect. It heals and regenerates the tissues. It strengthens the metabolic, and benefits the skin.

# May

## *Peridot*

Peridot aids the heart, thymus, lungs, gallbladder, spleen, intestinal tract, and ulcers, and strengthens eyes. Placed on the abdomen, it aids giving birth by strengthening the muscle contractions but lessening pain. Its energy balances bipolar disorders and overcomes hypochondria. POSITION Wear at the throat. Place as appropriate, especially over the liver in contact with the skin. Taken from The Crystal Bible – A Definitive Guide to Crystals by Judy Hall

# June

## *Red Jasper*

Negative, Positive & Neutral Minds



Jasper is known as the supreme nurturer. It sustains and supports during times of stress, and brings tranquility and wholeness. Used in healing, it unites all aspects of your life. Jasper reminds people to help each other. Jasper aligns the chakras and can be used in chakra layouts. Each colour is appropriate to a specific chakra. This stone facilitates shamanic gourmets and dream recall. It provides protection and grounds energies and the body. It absorbs negative energy and cleanses and aligns the chakras and the aura. Jasper balances yin and yang and aligns the physical, emotional, and mental bodies with the enteric realm. It clears electromagnetic pollution, including radiation, and aids dowsing. Psychologically, Jasper imparts determination to all pursuits. It brings the courage to get to grips with problems assertively, and encourages honesty with yourself. It supports during necessary conflict. Mentally, Jasper aids quick thinking, and promotes organisational abilities and seeing projects through. It stimulates the imagination and transforms ideas into action. Physically, Jasper prolongs sexual pleasure. It supports during prolonged illness or hospitalisation and reenergises the body. HEALING Jasper supports the circulatory, digestive, and sexual organs. It balances the mineral content of the body. POSITION As appropriate in contact with the skin. Specific placements are shown under each colour. Use for long periods of time as Jasper works slowly. Place a large piece of decorative Brown Jasper in a room to absorb negative energy. SPECIFIC COLOURS AND FORMS: In addition to the generic attributes, the following colours have additional properties: Blue Jasper connects you to the spiritual world. It stimulates the throat chakra, balances yin-yang energy, and stabilises the aura. This stone sustains energy during a fast, heals degenerative diseases, and balances mineral deficiency. Position: Naval and heart chakras for astral travel. Brown Jasper is connected to the earth and encourages ecological awareness.

# June

## *Red Jasper*

As a result, it brings stability and balance. It is particularly useful for alleviating geopathic and environmental stress. It facilitates deep meditation, centering, and regression to past lives, revealing karmic causes. This stone improves night vision, encourages astral travel, and stimulates the earth chakra. It boosts the immune system, clears pollutants and toxins from the body, and stimulates the cleansing organs. It heals the skin. Brown Jasper strengthens the resolve to give up smoking. Position: Forehead or as appropriate. Green Jasper heals and releases dis-ease and obsession. It balances out parts of your life that have become all-important to the detriment of others. This stone stimulates the heart chakra. Green Jasper treats skin disorders and dispels bloating. It heals the ailments of the upper torso, the digestive tract, and the purifying organs. It reduces toxicity and inflammation.

Purple Jasper stimulates the crown chakra. It eliminates contradictions. Position: Crown. Red Jasper (for Gemini Season) is gently stimulating. It grounds energy and rectifies unjust situations. Red Jasper brings problems to light before they become too big and provides insights into the most difficult situations. It makes an excellent “worry bead”, calming the emotions when played with. Placed under pillow, it helps dream recall. Red Jasper stimulates the base chakras and assists rebirthing. It cleans and stabilises the aura, and strengthens your boundaries. This is a stone of health, strengthening and detoxifying the circulatory system, the blood, and the liver. It dissolves blockages in the liver or bile ducts. Position: Base chakra or as appropriate. Yellow Jasper protects during spiritual work and physical travel. It channels positive energy, making you feel physical better, and energises the endocrine system. Yellow Jasper stimulates the solar plexus chakra. It releases toxins and heals digestion and the stomach. Position: Forehead, chest, throat, or place over pain until it eases.

# June

## *Red Jasper*

Black Jasper (Basanite) is a useful scrying stone. It takes you deep into an altered state of consciousness and brings prophetic dreams and visions. Mookaite (Australian Jasper) provides a useful balance between inner and outer experiences. It imparts both a desire for new experiences and a deep calm with which to face them. Flexible Mookaite encourages versatility. It points out all possibilities and assists in choosing the right one. Mookaite is a physically stabbing stone that fortifies the immune system, heals wounds, and purifies the blood. Picture Jasper (Brown Jasper) is said to be the Earth Mother speaking to her children. It contains a message from the past within its pictures for those who can read it. It brings to the surface hidden feelings to guilt, envy, hatred, and love, and thoughts that are normally pushed aside, whether from the present or past lives. Once the pressure is released, they are seen as lessons along the way. This stone instills a sense of proportion and harmony. Picture Jasper brings comfort and alleviates fear. It stimulates the immune system and cleanses the kidneys. Orbicular Jasper supports service, assist in accepting responsibility and instilling patience. Its circular markings resonate with circular breathing, which it facilitates. It eliminates the toxins that cause unpleasant body odour. Royal Plume Jasper opens the crown chakra and aligns the spiritual energies to personal purpose, bringing status and power. This stone eliminates contradictions and support preserving one's dignity. It brings emotional and mental stability. Brecciated Jasper (Jasper veined with Hematite) is an excellent aid to keeping your feet on the ground and attaining emotional stability. It draws excess energy away from the head, promoting mental clarity. Taken from *The Crystal Bible – A Definitive*

Guide to Crystals by Judy Hall

# July

*Agate*

Emotions



Formed from microscopic crystals of quartz laid down in bands, this is a very stable crystal. Agates are grounding stones, bringing about an emotional, physical, and intellectual balance. They aid in entering and stabilising physical energy. Agate has the power to harmonise yin and yang, the positive and negative forces that hold the Universe in place. A soothing and calming stone, Agate works slowly but brings great strength. Its multiple layers can bring hidden information to light. Psychologically, Agate gently facilitates acceptance of one's self. This builds self-confidence. It aids self-analysis and perception of hidden circumstances, bringing to your attention any dis-ease that is interfering with your well-being. Agates enhance mental function as they improve concentration, perception, and analytical abilities, leading to practical solutions. Agate's love for truthfulness encourages speaking one's own truth. Agates with clear crystals can stimulate memories. Emotionally this crystal overcomes negativity and bitterness of the heart. It heals inner anger, fostering love and the courage to start again. It is useful for any kind of emotional trauma. It creates a sense of safety and security by dissolving internal tension. Spiritually, Agate raises consciousness and links into collective consciousness and awareness of the oneness of life. It encourages quiet contemplation and assimilation of life experiences, leading to spiritual growth and inner stability. HEALING Agate stabilises the aura, eliminating and transforming negative energies. Its cleansing effect is powerful at the physical and emotional levels. Placed on the heart, it will heal the emotional dis-ease that prevents acceptance of love. Placed on the abdomen or taken as an elixir, Agate stimulates the digestive process and relieves gastritis. It heals the eyes, stomach, and uterus; it cleanses the lymphatic system and the pancreas. It strengthens blood vessels and heals skin disorders. Green agate specifically enhances mental and emotional flexibility and improves decision-making. It is useful in resolving disputes.

# August

*Epidote*

Authentic Identity



Epidote increases spiritual attunement and removes ingrained resistance to spiritual awakening. Not everyone responds well to this stone, however, as it can have the opposite effect – increasing negativity and bringing to the surface feelings and thought patterns that requires considerable effort to transform. Psychologically, Epidote enhances perception. Offering you the courage to enjoy life to the full and the ability to manifest dreams, it strengthens your sense of identity and personal power. This is the perfect stone for those who fall easily into victimhood or martyrdom, dispelling self-criticism and helping you to look objectively at your strengths and weakness and at those of other people. Teaching how to set realistic goals, it moves you away from unattainable expectations and the inevitable disappointments that rise when you plan from your emotions. Clearing negative emotional states such as stress, self-pity and anxiety, Epidote purifies the emotional body, releasing grief and old emotional trauma. It keeps you centred no matter the situation you find yourself in. Its detoxification effect may create a powerful release of negative energies from the subtle bodies and physical body, sometimes experienced as a once-and-for-all catharsis, or abreaction (best undertaken with a qualified crystal therapist), which clears the emotional blueprint and cellular memory. Physically useful in convalescence, Epidote supports the body's healing processes and ensures that you look after yourself in the best way possible. It may well surface the underlying core causes of obesity and so facilitate weight loss, but you may need the assistance of a qualified therapist or healer to work through the issues.

**HEALING** Helpful for emotional trauma, stamina, the nervous and immune systems, cellular memory and dehydration. It supports the brain, thyroid, liver, gallbladder and adrenal glands. As a gem essence it is said to soften the skin.

**POSITION** Hold, grid or place as appropriate

# September

## Rose Quartz

### Self Worth



Rose Quartz is the stone of unconditional love and infinite peace. It is the most important crystal for the heart and heart chakra, teaching the true essence of love. It purifies and opens the heart at all levels, and brings deep inner feelings and self-love. It is calming, reassuring and excellent for use in trauma or crisis. If you want to attract love, look no further than romantic Rose Quartz. Placed by your bed or in the relationship corner of your home, it is so effective in drawing love and relationships towards you that it often need Amethyst to calm things down. In existing relationships, it will restore trust and harmony, and encourage unconditional love. Rose Quartz gently draws off negative energy and replaces it with loving vibes. It strengthens empathy and sensitivity and aids the acceptance of necessary change. It is an excellent stone for mid-life crisis. Holding Rose Quartz enhances positive affirmations. The stone can then remind you of your intention.

This beautiful stone promotes receptivity to beauty of all kinds. Emotionally, Rose Quartz is the finest healer. Releasing unexpressed emotions and heartache and transmuting emotional conditioning that no longer serves, it soothes internalized pain and heals deprivation. If you have never received love, Rose Quartz opens your heart so that you become receptive. If you have loved and lost, it comforts your grief. Rose Quartz teaches you to how to love yourself, vital if you have thought yourself unlovable. You cannot accept love from other nor love them unless you love yourself. This stone encourages self forgiveness and acceptance, and involves self-trust and self-worth. Healing Rose Quartz strengthens the physical heart and circulatory system and releases impurities from body fluids. Places on the thymus, Rose Quartz aids chest and lung problems. It heals the kidneys and adrenals alleviates vertigo. Rose Quartz is said to increase fertility. The stone or elixir soothes burns and blistering and smoothes the complexion. It is helpful in Alzheimer's, Parkinson's, and senile dementia. Position Wear, Especially over the heart. Place on the heart, thymus, or in relationship corner of room.

# October

## *Okenite*

### Karma & Spirituality



Okenite has a soft and furry energy and is one of the stones of the New Age. People usually want to stroke it but this mats the fibers together or breaks them. Okenite links to the higher self and supports the conscious manifestation of its energies on the earth plane. Okenite clears obstacles from your path and promotes the stamina to finish your life tasks. This crystal helps you to come to terms with being in incarnation and brings your attention to the reasons for your current experiences. It pinpoints karmic debts and opportunities that help you to grow. Assisting in understanding how the karmic past has produced the present, and how the present will create the future, Okenite facilitates deep karmic healing on all levels. Okenite can be used to prepare for channeling. It purifies the chakras and the physical and subtle bodies, uniting their energies. This crystal has a dual action. A stone of truth, it instills truthfulness in yourself and others, and protects from the harshness that can arise when others speak their truth. It helps you to accept with love the verbal jibes of other people, showing whether there is any truth there to be accepted.

Psychologically, Okenite brings deep self-forgiveness. It promotes completion of karmic cycles, going back into past lives to forgive yourself for your mistakes and easing karmic guilt. This is a stone of karmic grace. It teaches that everything is part of the cycle of learning the soul's lessons, and growing from that knowledge, that nothing has to be endured forever. When you have done all you can, you can step out of a situation without incurring further karmic debt. Mentally, Okenite facilitates in changing your mental set. It releases old patterns and brings in new, more appropriate beliefs. It is helpful for anyone suffering prudishness, especially where this is linked to past-life vows of chastity. Healing: Okenite encourages the flow of blood and milk, a boon for nursing mothers, and stimulates the circulation in the upper body. It lowers fevers and relieves nervous disorders. As an elixir, it treats skin eruptions. Position: As Appropriate

# November

## *Malachite*

### Power & Transformation



Malachite is a powerful stone but one that needs to be handled with caution. It is toxic and should only be used in its polished form. Avoiding breathing its dust. Malachite amplifies both positive and negative energies. It grounds spiritual energies onto the planet. It is believed by some people that Malachite is still evolving and will be one of the most important healing stones of the new millennium. Malachite is already an important protection stone. It absorbs negative energies and pollutants easily, picking them up from the atmosphere and from the body. It should be cleansed before and after use by placing it on a quartz cluster in the sun (do not use salt which will damage the surface). Malachite soaks up plutonium pollution, and guards against radiation of all kinds. It should be placed in the home of anyone who lives near a nuclear or natural radiation source. It also clears electromagnetic pollution and heals earth energies. It has a strong affinity with nature and with the devic forces. This stone clear and activates the chakras and attunes to spiritual guidance. Place on the third eye, it activates visualisation and psychic vision. On the heart, it brings balance and harmony. It opens the heart to unconditional love. Malachite can be used for scrying or to access other worlds, inner or outer. Journeying through its convulsed patterns releases the mind and stimulates pictures. It can assist in receiving insights from subconscious or messages from the future. Psychologically, Malachite is a stone of TRANSFORMATION. Life is lived more intensely under the influence of this adventurous stone, which encourages risk-taking and change. It mercilessly shows what is blocking your spiritual growth. Malachite draws out deep feelings and psychosomatic causes, breaks unwanted ties and outworn patterns, and teaches how to take responsibility for one's actions, thoughts and feelings. It release inhibitions and encourages expressing feeling. This stone develops empathy with other people, showing how it would feel to be in their place. It alleviates shyness, and supports friendships. Malachite is useful for psycho-sexual problems, especially when these

have been caused by traumatic past-life sexual experiences. It assists the rebirthing process. Mentally, Malachite goes to the core of a problem, enhancing intuition and insight. It helps alleviate mental disturbances, including psychiatric illness, and combats dyslexia. It strengthens the ability to absorb and process information, makes you more observant, and helps in understanding difficult concepts. Placed on the solar plexus, Malachite facilitates deep emotional healing. It releases negative experiences and old traumas, bringing suppressed feelings to the surface and restoring the ability to breathe deeply. At this point, it balances the heart and naval chakras, revealing insights. At an emotional level, it may make moods more intense but quick to change. Malachite can be used for inner exploration. It stimulates dreams and brings memories vividly to life. However, Malachite may need to be supported in the healing and transformation process by other stones.

**FOR HEALING** Malachite is an extremely versatile healing stone. It is particularly useful for cramps, including menstrual cramps, and facilitates childbirth – it has been called the midwife stone. It resonates with the female sexual organs and treats any sexual disease. This stone lowers blood pressure, treats asthma, arthritis, epilepsy, fractures, swollen joints, growths, travel sickness, vertigo, tumors, the optic nerve, pancreas, spleen, and the parathyroid. It aligns DNA and cellular structure, and enhances the immune system. Malachite stimulates the liver to release toxins, reducing acidification of tissues. It treats diabetes when worn around the waist.

**POSITION** Wear on the left hand or place on the third eye. Position as appropriate for healing. Place on solar plexus to absorb negative emotions. Use polished malachite and indirect method for elixir preparation. Apply externally.

**Note:** Malachite may cause slight heart palpitations, in which case remove immediately and replace with Rose Quartz or Rhodonite.

**COMBINATION STONE** Malachite with Chrysocolla may manifest as a clear, gem crystal with a very high healing vibration. This combination symbolises wholeness and peace. Placed on an area of imbalance, it gently restores equilibrium. If one stone is placed on the third eye and another on the solar plexus, mind, body, and emotions are balanced.

# December

## *Celestite*

### Expansion & Change



Celestite has a high vibration and is a teacher for the New Age. It is imbued with divine energies. It takes you into the infinite peace of the spiritual and contacts the angelic realms. It jump-starts spiritual development and urges you toward enlightenment. It is a useful stone for stimulating clairvoyant communication, dream recall, and journeys out of the body. This beautiful crystal promotes purity of the heart and attracts good fortune. It heals the aura and reveals truth. It is a stone that brings balance and alignment. The deep peace it holds assists in conflict resolution and in maintaining a harmonious atmosphere in times of stress. Celestite can improve dysfunctional relationships by opening up space for peaceful negotiation. Celestite is a creative stone, especially useful for the arts. Psychologically, Celestite imparts gentle strength and enormous inner peace despite urging toward greater openness to new experiences. It is a teacher of trust in the infinite wisdom of the Divine. With its calming effect, Celestite can cool fiery emotions. Mentally, Celestite calms and sharpens the mind, dispersing worries and promoting mental clarity and fluent communication. It aids the analysis of complex ideas. This stone synthesises intellect with instinct and promotes mental balance. Placed on the third eye, Celestite opens a connection to the universal energies. It brings a vision of peaceful coexistence with the whole of creation and holds the possibility of total harmony. HEALING Celestite is an excellent healing stone, dissolving pain and bringing in love. It treats disorders of the eyes and ears, eliminates toxins, and brings cellular order. Its soothing influence relaxes muscle tension and calms mental torment. As with all blue crystals, Celestite is an effective opener and healer of the throat chakra and associated physical conditions. POSITION Place as appropriate or use for meditation and scrying. A large piece of Celestite placed within a room heightens the vibrations in that room. Do not place in direct sunlight as colour will fade. Taken from *The Crystal Bible – A Definitive Guide to Crystals* by Judy Hall