

# Gem & Crystal Essences Information



**Abalone**

Resonates with the etheric patterns associated with the spine and the heart muscles.

**Actinolite**

Resonates with the etheric patterns associated with the heart and the circulatory system.

**Agate - blue lace**

Brings gentle understanding to problems and illness.

**Agate - brown**

Cleanses and purifies the etheric pattern associated with the lower organs

**Agate - crazy lace**

Balances patterns of confusion and imbalance in the subtle energy pattern associated with the brain.

**Agate - fire**

Works in the heart and sacral chakras. Balances the etheric pattern associated with the endocrine system. Enhances colour therapy.

**Agate - moss**

Brings greater attunement with nature. Balances the subtle energy patterns associated with the kidneys, liver and circulatory system. Balances the energetic patterning associated with viruses

**Agate - picture**

Balances the etheric pattern of the arteries. Promotes enthusiasm.

**Agate - zebra**

Balances the etheric patterns associated with the spine and the legs.

**Alexandrite**

Brings increased confidence, self worth & joy. Balances the emotions. Balances the etheric patterns associated with the nervous system.

**Amazonite**

Aligns the solar plexus chakra with the heart chakra

**Amber**

Stimulates the memory & decision making, releases anxiety. Spiritualises the intellect.

**Ametrine**

Calms an overactive mental body. Balances the subtle energy pattern associated with the lymphatic system.

**Ammonite**

Balances the etheric patterns associated with the spine and bone structure, aids breaks and fractures to mend at the etheric level.

**Apache tears**

Brings greater attunement to earth energy. Balances the etheric patterns associated with the heart and lungs.

**Apatite**

Works in the throat chakra to help promote self-expression. Helps to balance patterning in the subtle bodies associated with tensions and stammering.

**Apophyllite**

Helps bring through knowledge and attunement to the wisdom of Ancient Greece and the Greek Masters.

**Aqua aura**

Renews connection with the earth and the mineral kingdom

**Aquamarine**

Works in the throat and spleen chakras, helping to clear patterns of confusion and fear around self-expression. Helps one to receive greater inspiration from the Higher Self.

**Aragonite**

Helps to release the emotions of hatred and envy. Balances the etheric pattern associated with the arteries.

**Argillite**

Strengthens etheric body, promoting healing at an energetic level.

### **Asbestos**

Balances the etheric pattern associated with the lungs. Balances patterning in the etheric blueprint associated with breathing difficulties.

### **Atacamite**

Balances the etheric patterns associated with the genitals, thyroid and parasympathetic nervous system. Emotional issues relating to sexuality.

### **Auricalcite**

Expels impurities. Helps to balance the energetic patterning associated with abnormal cell growth.

### **Aventurine**

Works in the heart and throat chakras to help release buried childhood fears. Cleanses the subtle bodies. Helpful in psychotherapy.

### **Azurite**

Helps with consciousness raising. Balances the etheric patterns associated with the bones, spleen, thyroid and skin. Activates the spleen and solar plexus chakras.

### **Azurite/malachite**

Helps to stabilise the emotions bringing patience and calmness. Balances the etheric patterns associated with the liver, thymus and skin, also releases energetic patterns associated with obsessions around eating. Strengthens psychic gifts.

### **Barite**

Stimulates cleansing at the etheric level particularly in relation to the energetic blueprint associated with the intestinal tract. Adjusts the energetic patterning to balance the growth of bacteria

### **Beryl**

Helps to calm over stimulation of the mental faculties, releasing tensions and anxieties. Helpful for those who are over-critical. Promotes cleansing in the etheric blueprint associated with the intestinal tract

### **Bismuth**

Promotes regeneration in the etheric blueprint associated with the brain cells.

**Bloodstone**

Works in the heart and base chakras. Promotes higher states of consciousness. Balances the etheric patterns associated with the blood and its functions.

**Blue John**

For over-exposure to sun or radiation.

**Boji stone**

Particularly helpful for those working with agriculture & horticulture - aids attunement to plants and animals. Releases subconscious thoughts and helps the development of channelling skills.

**Brass**

Balances the etheric patterns associated with the skeleton and skin. Stimulates the energetic patterning relating to hair growth. Releases impurities. Inflexibility.

**Brochanite**

Releases tensions from body tissue

**Bronze**

Draws you closer to your spiritual self, bringing deep inner healing.

**Calcite**

Resonates with the etheric pattern associated with the kidneys. Transmutes fear and anxiety held at an emotional level. Helps develop astral projection and masculine / feminine balance.

**Calcite - Stella Beam**

Allows the mind to remember more information after astral travels. Helps with grounding.

**Campylite**

Balances the solar plexus chakra.

**Carbon Steel**

Helps the development of inner discipline. Resonates with the etheric pattern associated with the liver, heart, thyroid & pancreas.

**Carnelian**

Cleanses and opens the sacral chakra, releasing patterns held in the etheric body relating to sexuality.

### **Carnelite**

Balances the etheric pattern associated with the spleen and lower body. Difficulties with sexuality held in the mental body.

### **Celestite**

Works in the throat chakra helping to develop self-expression and connections with the angelic realm.

### **Cerussite**

Balances the energetic patterning associated with viral & bacterial inflammations.

### **Chalcedony**

Works in the heart chakra. Helps to promote creative and spiritual inspiration. Balances the etheric pattern associated with the blood.

### **Chalcopyrite**

Helps the subconscious mind to absorb information. Useful in hypnotherapy.

### **Chalk**

Helps the absorption of calcium.

### **Charoite**

Works in the crown chakra. Helps to bring flexibility to spiritual ideas and strict religious attitudes.

### **Chrysocolla**

Works in the throat chakra. Promotes emotional balance and release of emotional stress. Resonates with the etheric pattern associated with the thyroid and lungs.

### **Chrysolite**

Helps release emotional blocks that prevent spiritual development. Balances the etheric pattern associated with the appendix. Cleanses the subtle energy level of impurities.

### **Chrysoprase**

Works in the sacral chakra. Emotional issues relating to sexuality and fertility.

**Cinnabar**

Opens the base chakra. Releases feelings of anger and resentment. Balances the etheric pattern associated with the blood.

**Clay**

Opens the solar plexus chakra & aligns the etheric and emotional bodies. Stimulates etheric cleansing of the subtle energy pattern associated with the intestines. Balances the energetic pattern associated with the skeletal structure and skin tissue.

**Coal**

Self worth, depression and spiritual inspiration. Strengthens the aura against the effects of radiation

**Copper**

Aligns the subtle bodies & the lower five chakras and opens the heart chakra. Promotes self-confidence. Balances the energetic pattern associated with the brain, and left-right balance.

**Coral**

Promotes concentration and balance. Balances the energetic patterns associated with the bones, spine, heart & thyroid. Available mixed.

**Covellite**

Healing deep issues. Transformation.

**Creosolite**

Balances severe emotional swings, feminine balance.

**Danburite**

Cleanses the cellular level memory after emotional clearing, speeds up reprogramming.

**Desert rose**

Aids consciousness raising, meditation, visions and dream recall.

**Diamond**

Powerfully transformative essence. Works in the crown, brow & sacral chakras. Promotes self-worth and calms anxiety. Balances the energetic pattern for the brain and its functions. Releases energetic patterning - such as miasms - that block healing. Useful in combinations

**Diopside**

Individuals maltreated by father. Promotes self-esteem and increases feelings of security. Balances the energetic pattern for the heart, lungs and kidneys.

**Dioptase**

Brings a deeper understanding of the love principle.

**Dumortierite**

Helps activate the energetic blueprint associated with the thymus gland.

**Eilat stone**

Brings upliftment and spiritual inspiration. Aligns all the subtle bodies which helps other essences to work. Helps to release the energetic patterning of miasms.

**Emerald**

Balances the heart chakra & aligns the emotional, astral & etheric bodies. Balances the energetic pattern associated with the heart, liver, pancreas and kidneys.

**Epidot**

Balances the energetic pattern associated with the central nervous system and its functions.

**Falcons eye**

Opens throat chakra, helps expression.

**Feldspar**

Eases problems associated with over exertion of the muscles. Can be used directly on affected area.

**Firestone**

Helps release blocks to kundalini energy being raised.

**Flint**

Stimulates the subtle energy pattern associated with tissue regeneration, particularly of the etheric endocrine system.

**Fluorite**

Balances the energetic pattern associated with bone tissue particularly the teeth. Emotionally it helps those with anxiety & sexual frustrations.

### **Fluorspar**

Links subconscious to higher self helping to create a clear channel.

### **Fuchsite**

Aligns heart, throat and brow chakras.

### **Galena**

For emotions blocking spiritual growth. Balances the energetic patterns associated with the thyroid and lungs.

### **Garnet**

Helps to spiritualise the emotions. Stimulates sacral, heart and higher heart chakras. Balances the energetic patterns associated with the heart and liver. Emotional issues relating to sexuality.

### **Geode**

Balances the energetic pattern associated with the bladder and its functions.

### **Glass**

Helps to focus thoughts relating to one's self as an individual.

### **Goethite**

For assertiveness, becoming stronger willed. Excess perspiration

### **Gold**

Powerful transformative essence. Balances the heart chakra and opens the higher chakras. Balances the energetic patterns associated with the heart, thymus, brain & nervous system.

### **Gold, Frankincense & Myrrh**

Opens ones consciousness to Christ energy.

### **Granite**

Strengthens the capacity for regeneration at an etheric level. Beneficial at an energetic level where there has been exposure to radiation.

### **Gypsum**

Balances sacral chakra & releases trapped energy to become a creative force. Emotionally helps issues with male sexuality.

### **Halite**

Stimulates reflex points throughout the physical body - particularly feet and sacrum. Cleanses negativity and depression at a personality level.

### **Hematite**

Promotes feelings of self-worth. Balances the energetic pattern for the blood and its functions.

### **Hemimorphite**

Cleanses and purifies the etheric pattern associated with the kidneys.

### **Herkimer Diamond**

Works in the subtle bodies releasing toxins. Promotes relaxation and development of healing and psychic gifts.

### **Hickeryite**

For those finding it difficult to stay in the world, suicidal feelings. Emotional neediness, sadness.

### **Howlite**

Balances the heart and throat chakras.

### **Iceland Spar**

Cools inflamed areas. Resonates energetically with the tonsils.

### **Idocrase**

Brings the ability to live in the here and now

### **Iolite**

Helps develop a loving nature when the blockage stems from emotional issues in childhood.

### **Ivory**

Balances the energetic patterns associated with the skeletal structure, skin and bone tissue including tooth enamel. Promotes inner discipline.

### **Jade**

Helps release blocks due to a suppressed love nature. Throat chakra. Balances the energetic patterns for most glands & organs, the kidneys & immune system

### **Jasper - red**

Balances the energetic pattern associated with the red blood cells. Base chakra.

### **Jasper - yellow**

Balances the energetic pattern associated with the endocrine system.

### **Jet**

Opens the base chakra and balances the energetic pattern associated with the lower spinal column, coccyx and pancreas. Emotionally it helps states of fear and depression.

### **Kammerite**

Attunes higher chakras to extraterrestrial influences.

### **Kunzite**

Works in the heart chakra. Balances the energetic pattern associated with the blood.

### **Kyanite**

Helps connection with the light body

### **Labradorite**

Brow chakra. Stimulates spiritual desire and insight

### **Lapis lazuli**

Opens and balances the throat chakra and aligns the subtle bodies. Promotes both self and spiritual expression. Balances the energetic pattern associated with the throat and thyroid

### **Larimar**

Shock or trauma, reshapes etheric body, stabilises emotions. Builds resistance to stress. Balances the energetic patterns for the major organs.

### **Lazurite**

Stimulates visions at the brow chakra, and artistic creativity.

### **Lepidolite**

Balances the emotions. Balances the energetic pattern associated with the spleen, liver and kidneys.

**Limestone**

Aligns the subtle bodies and the two lower chakras. Helps to clear subconscious fears and stimulate creativity.

**Loadstone**

Strengthens the auric field, releasing impurities. Aligns bodies bio-magnetic field with the earth and enhances biofeedback. Helps any energy healing process e.g. radionics, vibrational medicine etc.

**Luvulite**

Crown chakra. Increase the ability to absorb high frequency energies. Balances DNA patterns when used with meditation and other spiritual practices. Helps the development of mediumship.

**Magnetite**

Promotes alignment with the earth's natural vibration. Helps to focus meditation. Balances the energetic pattern associated with the endocrine system.

**Malachite**

Opens the heart chakra and balances the solar plexus. Balances energetic patterning created by exposure to radiation, particularly plutonium.

**Marble**

For strengthening the inner will. Balances the energetic pattern associated with the skin.

**Mimetite**

Balances the energetic patterns associated with the brain & its functions.

**Moldavite**

Good with regression therapy to release past life memories, galactic communication.

**Moonstone**

Releases and balances strong emotions. Helpful for feminine issues.

**Morganite**

Balances the energetic pattern associated with the lungs & thyroid.

### **Nephrite**

Balances the energetic pattern associated with the heart, kidneys, thymus & abdomen. Stimulates the subtle energy patterns associated with tissue regeneration.

### **Obsidian**

Balances the energetic pattern associated with the stomach, intestinal tract and muscle tissue. Balances the energetic patterning associated with viral and bacterial inflammations.

### **Ochanite**

Grounding, especially after mental or spiritual work

### **Onyx**

Opens solar plexus, base & heart chakras. Balances the energetic pattern associated with body tissue, especially in relation to heart, kidney, nerve, skin & brain.

### **Opal - dark**

Opens the sacral chakra. Balances and spiritualises the emotions. Sexuality

### **Opal - jelly**

Promotes rejuvenation of the etheric spleen and abdomen. Balances mood fluctuations and enhances meditative practices.

### **Opal - light**

Opens the solar plexus and brow chakras. Balances and spiritualises the emotions. Balances the energetic pattern for the abdomen & brain.

### **Ophillite**

Balances the energetic pattern associated with the joints and their functions. Flexibility.

### **Pearl**

Emotional problems of all kinds. Balances the solar plexus chakra and related areas of the subtle bodies.

### **Peridot**

Aligns all the subtle bodies, clears impurities and miasms from the energetic blueprint, stimulating regeneration. Aids meditation.

### **Petrified wood**

Helps recall of past life memories, especially when used in conjunction with meditation and creative visualisation. Releases patterns of rigidity.

### **Platinum**

Balances the energetic pattern associated with the heart tissue, thymus and endocrine system, also the neurological tissue and its functions.

### **Pyrite**

Helps one to more easily see the reality of a situation. Emotional tension and feelings of depression.

### **Quartz - Amethyst**

Awakens one spiritually to higher potential. Opens the heart & brow chakras. Balances the energetic pattern associated with the pituitary gland.

### **Quartz - Blue**

Opens the heart and throat chakras. Helps release fears relating to ageing. Balances the energetic pattern associated with the immune system. Stimulates self-expression and creativity.

### **Quartz - Citrine**

Suicidal thought patterns, more spiritual energy

### **Quartz— Clear**

Emotional balance & synchronicity between 2nd and 3rd chakras.

### **Quartz— Cloudy**

Forgetfulness and poor memory, helps studying.

### **Quartz—Dendric**

Use for earth healing diluted in water.

### **Quartz—Glycerine**

Opens the solar plexus chakra aligning it with the throat & brow chakras.

### **Quartz—Phantom**

Stimulates reflexes. Helps balance the energetic pattern associated with abnormal cell growth.

### **Quartz—Red**

Balances the energetic pattern associated with the blood and its functions.  
Stimulates purification.

### **Quartz—Rose**

Repressed anger regarding father figure. Balances the energetic pattern associated with the heart, kidneys and reproductive organs. Self-expression, creativity & confidence.

### **Quartz—Rutilated**

Stimulates the energetic patterning associated with tissue regeneration.  
Balances the energetic pattern associated with the immune system and the brain.

### **Quartz—Smoky**

Opens the base & sacral chakras aligning them with the solar plexus.  
Balances the energetic pattern associated with the sexual organs and their functions.

### **Quartz—Snowcap**

Used in meditation it will help to bring a greater understanding of emotional issues.

### **Quartz—Snowy**

Clarity to spiritual sight. Third eye.

### **Quartz—Solution**

Balances the energetic pattern associated with the circulatory & lymphatic systems. Inflexibility in the personality.

### **Quartz—Spectre**

Transforms male sexuality

### **Quartz—Tourmalated**

Balances the energetic patterning associated with the veins.

### **Quartz—Yellow**

Gives protection to prevent negative energies entering the body via solar plexus chakra.

### **Quartzite**

Helps absorption of most vitamins and minerals.

### **Rhodocrosite**

Balances the energetic patterns associated with the kidneys, pancreas & spleen. Promotes emotional balance and improves the ability to function in life. Helpful for fears of falling asleep at the wrong time.

### **Rhodonite**

Balances the energetic pattern associated with the inner ear, bone tissue and hearing. Helpful when used in conjunction with the practice of mantras.

### **Rosanita**

Integration of the heart with earth energies

### **Rubellite**

Opens the higher heart chakra and balances the energy pattern associated with the thymus. Forgiveness

### **Ruby**

A powerfully transformative essence working in the heart chakra and the energetic patterning associated with the heart & its functions. Promotes confidence, self-esteem & decision making.

### **Ryolite**

Promotes self-expression and spiritual integrity.

### **Sandstone**

Promotes regeneration in the energetic patterning associated with the heart, liver and skin. Strengthens the auric field to resist harmful energies.

### **Sapphire-Blue**

A powerfully transformative essence. Opens the solar plexus, heart, throat & brow chakras. Balances the energetic pattern associated with the stomach, heart, kidneys & pituitary gland. Links mind, body & spirit promoting clarity, inspiration and psychic development.

### **Sapphire-Pink**

As Sapphire Blue but also helps to develop compassion.

### **Sapphire-Watermelon**

Helps balance heart chakra for Ray 2 souls.

**Satin Spar**

Unifies the body's resources to promote well being.

**Scarab**

Opens the heart chakra. Rejuvenation and spiritual inspiration.

**Selenite**

Helpful for those unable to exercise.

**Serpentine**

Spiritual thoughts strengthened, anxiety, psychic gifts

**Silver**

Activates the five chakras above the crown. Balances the energetic pattern associated with the brain and neurological tissue

**Smithsonite**

Helps those with a fear of close relationships

**Soapstone**

Balances the energetic patterns associated with the heart, thymus & endocrine system.

**Sodalite**

Balances the energetic pattern associated with the lymphatic system.  
Balances the emotions where necessary for spiritual growth.

**Sphalerite**

Past life memories, Egypt and sun worship.

**Spinel**

Releases impurities from the etheric blueprint and balances the energy patterning associated with the blood.

**Stagalite**

Works in the lower chakras - brings protection from negative energies.

**Stalagmite**

Dissolves negative sexual ideas and fantasies.

**Staurokite**

Strengthens the auric field. Helpful for psychic and auric protection.

**Steafalite**

Balances the energetic pattern associated with the heart & white blood cells

**Stibnite**

Increases the capacity for clairvoyance

**Sulphur**

Balances the energetic pattern associated with the neurological tissue & sinuses. Promotes cleansing in the subtle bodies, particularly the mental body. Spiritual illumination.

**Tektite**

Stimulates astral projection and interplanetary consciousness.

**Temple Stone**

For transforming ancient Egyptian past life energies

**Theosolite**

Spiritualises lower chakra energies. Balances the energetic patterns associated with the pancreas and liver.

**Thulite**

Beneficial at an energetic level where there has been exposure to radiation

**Tigers Eye**

Second, third and sixth chakras cleansed and stimulated

**Titanium**

Beneficial at an energetic level where there is difficulty with electromagnetic energy.

**Toadstone**

Balances the energetic pattern associated with warts and skin crustaceans. Healing of the heart chakra

**Topaz**

Softens the heart and spiritualises the emotions

**Tourmaline-Black**

Activates the base chakra & and aids imbalances associated with this chakra.

**Tourmaline-Blue**

Activates the throat chakra. Balances the energetic patterns associated with the lungs, larynx and thyroid

**Tourmaline-Green**

Opens the heart chakra. Balances the energetic pattern associated with the heart, thymus and immune system

**Tourmaline-Watermelon**

Use in combination with other kinds of tourmaline essence to enhance their effectiveness.

**Turquoise**

A powerfully transformative essence. Strengthens the whole etheric body and its subtle energy system. Stimulates regeneration in the etheric blueprint. Strengthens the auric field to resist harmful energies.

**Turquoise/Amethyst**

For unification of heart, throat and brow chakras, spiritualising expression.

**Ulexite**

Use to strengthen the aura when in contact with electromagnetic energies i.e. TV, computer, microwave, pylons

**Vanandanite**

Helps develop distant healing through prayer.

**Variscite**

Balances the energetic pattern associated with the central nervous system & DNA.

**Vyanite**

Reverses the process of ionization

**Wulfenite**

Eliminates impurities from the body when due to wrong diet.

## **Zircon**

Merges the forces of the pituitary and pineal glands promoting balance in the biological personality. Aligns the astral, emotional & spiritual bodies.

### **How to Use**

Take 4 drops on the tongue from your chosen Flower Essence/ combination between 2 & 4 x a day, continuing until the bottle is finished.

For best results take straight from the stock bottle sent, do not dilute.

Preferably take 20 minutes away from food and drink.

### **Dosage Notes**

You can take these Flower Essences separately or mix between 2 - 5 together. A well-chosen combination of Bach Flower Essences can often be very helpful when taken alongside ( leave a 20 minute gap between doses).