

Goddess Stones

Gem Stone Properties

AGATE	Generally grounding and stabilizing of physical energies. Strengthening. (*) Blue Lace Agate: Soothes emotions, pain. Peaceful relaxing energy. Works with throat chakra. Helpful in public speaking. (5 th)
AMAZONITE	Soothing to nervous system. Helps personal expression, enhances creativity. (5 th)
AMETHYST	Increases spirituality, enlightenment. Aids in dropping unwanted habits, addictive behaviors. Heals on all levels. Lifts depression. (6 th , 7 th)
AMBER	Connector: polarizes and harmonizes past/present/future, up/down, yin/yang, etc. Warm solar energies, calming to nerves and hyperactivity. Helps find humor and joy. (2 nd)
AMETRINE	Dispels negativity, helps in decision-making process. Aids meditation, relieves stress. (3 rd , 6 th , 7 th)
APACHE TEAR	Helps find forgiveness and understanding in distressing situations. (1 st)
APOPHYLLITE	Stimulates intuition, clears perceptions. Helps loving connections of body and spirit. (7 th)
AQUAMARINE	Increases communication effectiveness. Connects love and wisdom, creating compassion. Calms emotions and fears, imparting strength and control. Releases stress (5 th)
AVENTERINE	Increases independence. Relaxes and expands the heart center. Calms heated emotions. Increases prosperity consciousness and ability to love. Assists in career changes. (4 th)
AZURITE	Stimulates psychic abilities. Amplifies healing and meditation experiences. Opens third eye. Cuts through illusions, enhances communication. (6 th)
AZURITE-	Aids in transforming process, helping clarity and understanding. Cleanses negative thought patters. Heals compulsive behaviors. (6 th)
BLOODSTONE	
MALACHITE	Physical cleansing. Purifies blood. Brings harmony and self-confidence. Aids decision-making. (1 st)
BOJI STONE	Adds sense of joy. Balances energy, draws out pain. (2 nd)
CALCITE	The solution stone—helps the mind perceive alternative choices, possibilities and solutions which might otherwise elude you. A stone of joy in all of its colors and forms, which is symbolic of the many forms that it can take. (*) Sand-Included Calcite; Healing and balancing. Carries the soothing energy of a day at the beach. Mood elevator. Increases physical energy as it brings in more Life Force (**)
CARNELIAN	Stimulating. Helps ground and focus thoughts. Aids self-control, releases sorrow, envy, fear, anger. (2 nd)
CELESTITE	Helps in personal expression, clear communication. Highly spiritual. (5 th)
CHALCEDONY	Cleans the environment, activating subtle energies. Heart stone, assisting in honest expression of emotional needs. Alleviates regret. (2 nd)
CHAROITE	Accelerates spiritual growth, enhances self-esteem and ability to love. Reduces fear. (6 th)
CHRYSOCOLLA	Brings peace and harmony to mind and heart. Feminine energy and creativity. Aids spiritual expression. (4 th , 5 th , 6 th)
CHRYSOPRASE	
	Enhances insight, awakens hidden talents. Helps mental serenity, imagination. (4 th)
CITRINE	Mental stimulant, opens conscious mind to intuition. Promotes mental clarity, positive outlook. Enhances creativity. (2 nd)
DANBURITE	Shaman stone. Stimulates the intellect, enhances psychic abilities, self-confidence.
DIOPTASE	Devil stone. Brings in healing emerald light, promotes divine qualities. Stone of abundance, good fortune, strength. (4 th)
FLOURITE	Travel stone. Transmutes negativity, removes energy blocks. Increases concentration and memory, helps to see truth behind illusion. (*)

•ICE-BLUE	Gently, coolly assists in moving past fear and deep anger into clear choice and action.
FLORITE	Brings thinking into alignment with higher purpose. Excellent for open eye meditation. Creates strong protective field. (6 th)
FOSSILS	Aids in past-life exploration and protection from inharmonious energies. (**)
GARNET	Grounding, vitalizing. Keeps energy flowing, increases health, fidelity, imagination. (1 st , 4 th).
GEM SILICA	Stone of great power. Brings the peaceful, compassionate energies of the Feminine aspect of the infinite.
HEMATITE	Power stone. Very grounding and balancing. Calms mind and emotions, giving a firm focus on the here and now. Brings spirit into form, promotes common sense. (1 st)
HERKIMER	
DIAMOND	Vision and Dream stone. Powerful for healing, keeps etheric field clear. Aids physical body's release of toxins. Aids in dream recall, stimulates psychic abilities. (**)
LOLITE	Soul connector, increases accuracy of visions. Releases discord, strengthens liver. (7 th)
JADE	Balancing, soothing, cleansing energy. Aids in courage, justice and wisdom. (4 th)
JASPER	Energizes lower chakras. A good, slow-and-steady healing stone. Protects against negativity. (*)
JET	Helps reduce migraines. Eases illness, violence, deep depression. Protects finances. (1 st)
KUNZITE	Angel stone. Opens the heart, balancing compassion, peace and freedom from fear. Removes blocks to loving self and others. Awakens highest heart consciousness. (4 th)
KYANITE	Assists in understanding dreams, promoting clarity. Enhances creativity, reduces energy blocks. Body worker stone. (6 th)
LABRADORITE	
	Brings recognition of one's destiny. Protective, insightful. Good for therapist. (6 th , 7 th)
LAPIS LAZULI	Stone of royalty. Aids inner sight, enhancing clarity, directedness, psychic development and spiritual growth. Calms mental static. (6 th)
LARIMAR	Builds confidence and serenity, reduces depression. (5 th)
LEPIDOLITE	Baby stone. Natural lithium, soothing and calming. Mood normalizer, promotes self-love. (4 th)
MALACHITE	Purging stone. Strong healer, assisting spiritual growth and healing on all levels. Mirror to the soul. Promotes prosperity. (4 th)
MOLDAVITE	Catalyst for life changes. Assists in channeling interdimensional sources. (4 th)
MOONSTONE	Bringing harmony to love relationships. Deals with inner planes, soul connections. Reflective, clear-seeing, soothing. Enhances clairvoyance, opening to Goddess energy. Relieves frustration. (2 nd)
MORGANITE	Balances emotions, healing the pain of separation. Powerful love energy. (4 th)
OBSIDIAN	Wizard's stone. Powerful protector, as only white light can exist within its field. Purges negativity. Helps detachment, enabling clear seeing. (1 st)
ONYX	Relieves stress, grief. Strengthens self-control. (1 st)
OPAL	Assists in connecting with higher aspects of Self and in past-life recall. Increases inner beauty, faithfulness. (7 th)
PEACOCK	
STONE	Strong healing properties, assisting in creating a new outlook on life. (**)
PEARL	Mothering energy, easing pain. Soothing and peaceful. (2 nd)
PERidot	Enhances personal growth, opening new doors. Alleviates stress, fear and guilt. (4 th)
PETRIFIED	
WOOD	Assists in connecting to Earth and Nature. Removes irritations. (1 st)
PHENACITE	Increases inner knowing. Assists in spiritual travel. Enhances energy of other stones. (7 th)
PREHNITE	Gives support for major life changes. Balances chakras, aids personal relationships. (3 rd , 4 th)
PYRITE	Very grounding. Aids self-esteem, self-appreciation. (1 st)
QUARTZ	Focuses, amplifies, transmits, transforms, balances energy. Heals and expands on all levels. (**)

RHODOCHROSITE

Clears away hurt from the past, allowing freer flow of energy in the present. Assists in finding new love. Eases trauma, teaching love of life, tenderness and compassion. (4th)

ROSE QUARTZ

Stone of love. Lifts depression, creating feelings of peacefulness. (4th)

RUBY

Protects a sensitive nature. Energizing. Improves circulation. (4th)

RUTILATED

QUARTZ

Stone of connection and telepathy. Enhances energy of other stones. (**)

SAPPHIRE

Highly evolved spiritual stone. Strengthens loyalty, ability to pursue goals. (6th, 7th)

SELENITE

Aids in decision-making, clarity, flexibility. (7th)

SERAPHINITE

Helps contact Angels. Cleanses aura and chakras. Carries the energy of cooperation. (4th, 7th)

SMOKY

QUARTZ

Grounding energy, helping bring dreams into manifestation on the physical plane.

Relieves depression, tension, balances sexual energies. (1st)

SODALITE

Increases mental abilities, self-expression. Eases guilt, fear and confusion. Aids prophetic dreaming. (6th)

SUGILITE

Powerful healing stone. Opens connection between mind and body. Aids awareness of own Divine essence. (6th)

SUNSTONE

Helps hold conscious connection with the Light during daily activities. Eases fearfulness. (3rd)

TANZANITE

Stimulates insight, spiritual awareness. Stone of magic. (6th)

TIGER EYE

Aids in courage and clear seeing. Psychic protector. Aids business activities. (*)

TOPAZ

Assists in channeling Spirit. Enhances creativity and understanding. (*)

TOURMALINE

WATERMELON

“Rainbow Bridge” from current to desired situation with ease and beauty. Relieves fatigue. Increases success and love. (*)

TOURMALINE

GREEN

Helps release emotional pain, replacing it with love. Strong heart-healing stone. (*)

TOURMALINE

PINK

Deep nurturing, dispelling fear and calming nerves. Aids sleep. (4th)

Heart stone, healing a broken heart. Strengthens wisdom, willpower and creativity. (4th)

TOURMALINE

TURQUOISE

Spiritual stone, aiding clarity. Assists in friendships. Mental relaxant. (5th)

UNAKITE

Changes negative into positive. Heart stone, strengthens sense of personal power. (4th)

ZINCITE

Removes energy blocks. Cathartic action. Renews joy of life. (2nd, 3rd)

ZOISITE

with RUBY

Individuality stone. Stimulates psychic abilities. (7th)

Numbers immediately following each description indicate the chakra / chakras which correspond to the energy of that stone.

* Indicates that the stone being described appears in various colors, and the chakra application depends upon the color of the specific stone in question.

** Indicates that the stone being described may be used with any chakra.

CHAKRAS

7 – The Crown Chakra 6 – Vision Chakra 5 – Throat Chakra 4 – The Heart Chakra
3 – The Power Chakra 2 – Seat of Life Chakra 1 – Root/Base Chakra