

Traditional & Modern Metaphysical and Healing

Gemstone Properties Lore

by Robyn Harton, Intuitive Jewelry Artist

Robyn A Harton Creative <http://www.CrystalsAndJewelry.com>

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As I create my handmade jewelry, comfort beads, and gifts, I keep in mind the metaphysical and healing properties lore associated with the gemstones and other materials I use. This makes each piece even more meaningful, I believe. Below is an abbreviated list of properties attributed to various stones. For more, see my site <http://www.CrystalsAndJewelry.com>

Agate (All types): Protection, good luck, balance body/mind/spirit, perceptiveness, strength, inspiration, awaken talents. Healing lore: Insomnia, teeth, gums, stomach problems, stamina, insomnia.

Amazonite: Integrity, success, joy, honor, creativity, self-esteem, calming, stress, self-destructive behaviors, psychic abilities. Healing lore: preventive, general health, heart problems, muscles, nervous system, tooth decay, osteoporosis

Amber: Soothing, calming, cleansing, remove toxins, wisdom, purifying, intellect. Healing lore: Purify body, remove toxins, addictions, alcoholism, stress and anxiety related problems, poison, bone problems, heart problems, circulation, ears, hearing problems, endocrine system, fibromyalgia, intestinal/digestive disorders, kidney, bladder, lungs, general healing.

Amethyst: "Sobriety Stone", Peace, Calm, Inner Strength, Spirituality, Psychic Abilities, Deamwork, Legal Problems, Money Issues; Healing lore - addictions, alcoholism, headaches, insomnia, arthritis, pain relief, circulatory system issues, endocrine system problems, chronic fatigue, fibromyalgia, immune system deficiencies, and general healing.

Ametrine: Intellectual stimulation, attunement, optimism, remove negative energy, releasing, dispelling tension, connecting, psychic abilities, remove prejudice, inner peace. Healing lore: Boost immune system, chronic fatigue syndrome, blood cleanser, repair DNA/RNA, depression.

Apatite: Intellect, achieving results, healing, insight, humanitarianism, meditation, balance, creativity. Healing lore: Bones, form new cells, calcium absorption, teeth, cartilage, suppress appetite, raises metabolism.

Aquamarine: Courage, luck, purification, peace, intuition, inner strength, self-expression, balance,

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relieve fear, calms communication, angel communication, preparedness, protection during travel on water. Healing lore: throat, speech, chronic fatigue, eyes, eyesight, fluid retention, headaches, intestinal / digestive.

Aventurine: Healing, money, mental agility, see potentials, happiness, peace, opening heart, creativity, imagination, motivation, leadership, friendship, gambling luck, good fortune, career success, protection. Healing lore: Strong healing, vision (physical), blood, headaches, sleep disorders, circulatory system.

Azurite: "Stone of Heaven", intuition, dreams, healing, insight, stilling the mind, concentration, self transformation, meditation, control energy. Healing lore: Prevent cancer, liver, arthritis, joints, depression, sinuses, skin.

Black Tourmaline (Schorl): Ground excess energy, purifying, transform negative energy, protection, protection from black magick and the evil eye, deflect radiation from electronics, dispel fear. Healing lore: Obsessions, neuroses, emotional stability, immune system, heart disease, arthritis, brain tumors, gout.

Bloodstone: Courage, survival, adaptability, release blockages, renewal, strength, victory, intuitive decision making, abundance. Healing lore: Intense healing, emotional trauma, anemia, blood diseases, blood pressure, cardiovascular system, endocrine system, kidney, bladder, physical trauma, post-surgical recovery.

Blue Lace Agate: Tranquility, grace, higher spiritual planes, calming, gentleness, ease communication, public speaking, perform miracles, protection. Healing lore: Arthritis, headaches, digestive issues, growth, and bones.

Calcite: Amplify energy, lessen fear, reduce stress, purification, peace, calming, memory, awareness, appreciate of nature. Healing lore: Health, general healing, physical energy, back pain, physical strength, teeth, bones.

Carnelian: Creativity, manifestation, good luck, precision, analytical capabilities, verbal skill, protection, protection from anger, jealousy and fear, peace, spirituality, reduce sorrow. Healing lore: Open sores, rejuvenate tissues and cells, rheumatism, kidney stones, other kidney problems, gall stones, colds, pollen allergies, neuralgia.

Celestite: Angelic connection, verbal skill, healing, compassion, calming, growth, intuition, hope, emotional protection, decrease negativity. Healing lore: Eyes, mental disorders, eliminate toxins, digestion, cellular disorder.

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Chrysocolla: Easing heartache, harmony, stamina, wisdom, peace, love, communication, vitality, inner strength, purify a place, remove negativity, reduce fear anxiety and guilt. Healing lore: Asthma, TB, pneumonia, muscle cramps, arthritis, childbirth, pregnancy.

Chrysoprase: Good fortune, prosperity, balance male-female energy, love, grace, compassion, clemency, personal growth, mend broken heart. Healing lore: Eyesight, eyes, immune system, fertility, gout, mental illness, fevers, excess body heat, sexually transmitted disease.

Citrine: Success, intuition, comfort, creativity, physical energy, wealth, mental awakening, protection, good fortune / luck, decrease nightmares, remove toxins. Healing lore: Depression, mood swings, trauma, grief, digestion, stomach, eliminating nightmares and other sleep disturbances, thyroid, general health, heart, kidney, liver, muscles, strength, endocrine system, circulatory system, tissue regeneration, urinary system, immune system, fibromyalgia, addictions, ocd.

Clear Quartz (Crystal Quartz, Rock Crystal): Power stone, Intensify energy, spiritual development, healing, raising consciousness, counter black magic. Healing lore: Master Healer, diagnostics, pain, arthirtis, bone injuries, depression, fibromyalgia, intestines, mental and physical energy, stamina, physical strength.

Coral: Diplomacy, wonders of nature, creativity, optimism, understanding of purpose, quieting emotions, visualization. Healing lore: General healing, blood, circulatory system, kidney, bladder, epilepsy, bone, bone marrow, eyes, respiratory system.

Diamond: Courage, strength, healing, protection, spirituality, mental abilities, love, bond relationships, abundance, amplification, hope. Healing lore: Genetic disorders, bed-wetting, lower cholesterol, flatulence, constipation, exhaustion, hair loss, lower fever, athlete's foot, prevent gallstones and kidney stones, gout, dizziness, seasickness, rheumatism, shingles, lumbago, hot flashes, sciatica, corneal inflammations, knee pain, headache, varicose veins, bronchitis, acid indigestion, paralysis, cramps, prostate, back pain, strains, sunburn, gums, cysts.

Dumortierite: Self-reliance, mental clarity, stamina, patience, recognition of potential, understanding, communication of ideas, spiritual development. Healing lore: Throat, thyroid, parathyroid, detoxification, overstimulation, blood, spleen, hyperactivity, endocrine system.

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Emerald: Love, domestic bliss, sensitivity, loyalty, memory, mental capacity, harmony, focus, eliminating negativity, romance, memory, faith, truthfulness. Healing lore: Remove mental causes of disease and unwellness, disease, general healing.

Fluorite: Stability, peace and calm, impartial reasoning, responsibility, concentration, spiritual wholeness, psychic development, meditation, mental blocks, aura cleansing, protection from psychic attack, self-love. Healing lore: Health, skeletal system, muscular system.

Fossil Stone: Accomplishments, improvement of one's environment, business, communication, innovation, get rid of old habits, quality, excellency, telepathic. Healing lore: Paranoia, schizophrenia, long life, abuse recovery.

Garnet: Remove negativity, romantic love, passion, sensuality, intimacy, career success, self-confidence, protection from evil, awareness, commitment, regeneration, order, insight. Healing lore: Health, cellular regeneration, blood, heart, lungs.

Hematite: Mental attunement, memory, calming, balance, grounding, centering, focusing energy and emotions, peace, inner happiness, transforming negativity. Healing lore: keep the body cool, blood disorders, nervous problems, insomnia, align the spine, mend broken bones, anemia.

Howlite: Awareness, calm, emotional expression, observation, patience, eliminating negativity, selfishness, creativity. Healing lore: Bones, teeth, calcium levels, leg cramps.

Iolite (aka Water Sapphire): Intuition, spiritual growth, balance, releasing discord, awakening to inner knowledge, Shaman stone, visions. Healing lore: Strong healing, addictions, sobriety, detoxification, sore throat, varicose veins, blisters.

Jade: Fidelity, dreams, realization of potential, peace, accord, resourcefulness, accomplishment, emotional balance, protection. Healing lore: Heart, illness, kidneys.

Jaspers: Protection, nurturing, joy, awareness, relaxation, tranquility, wholeness, astral travel, Yin/Yang. Healing lore: Liver, gallbladder, stomach.

Jet (Natural): Grief, mourning, protection from evil negativity and psychic attacks, financial safety, depression, sympathy. Healing lore: epilepsy, migraines, stomach pain, colds, glandular problems, lymphatic problems.

Labradorite: Alignment, attract success, dreams, reduce stress and anxiety, spiritual connection,

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transformation, clarity, peace, progression, psychic development, discernment. Healing lore: Stress related illness, sensitivity to cold, anxiety disorders, gout, colds, rheumatic fever, lowers blood pressure.

Lapis: Manifestation, wisdom, truthfulness, openness, communication, inner power, intuition, spiritual evolution, virility, self-confidence, objectivity, dreams, purity, serenity, guardian spirits, love & fidelity within marriage, protection. Healing lore: Sinus ailments, insomnia, depression, recurring fevers, vision, hearing, throat, lungs, immune system.

Lepidolite: Hope, stress reduction, birth, peace, acceptance, spirituality, physical strength, luck, protection, emotional balance. Healing lore: Bipolar disorder, stress, anxiety, depression, manic-depression, despondency, PTSD, anger, traumas, panic attacks, addictions, glands, immune system, skin, nails, hair, DNA, enzyme balance, alcoholism recovery, pregnancy, childbirth, general healing.

Malachite: Transformation, insight, spiritual evolution, protection during pregnancy and childbirth, clarifying emotions, fidelity, loyalty, practicality. Healing lore: Radiation sickness, asthma, arthritis, tumors.

Marble: Charitable actions, original thinking, alleviation of sorrow, universal love, ancient wisdom, self-control. Healing lore: Postpartum depression, bones, teeth.

Moonstone: Introspection, reflection, beginnings, insight, tenderness, harmony, peace, travel, intuition, psychism, protection (esp during pregnancy, childbirth, travel at sea), substitute for pearl in crystal healing. Healing lore: Pituitary gland, digestive system, obesity, water retention, hormonal problems, menstrual problems.

Mother of Pearl: Mental clarity, intuition, sensitivity, imagination, adaptability, cooperation, psychic, protection of children, purify environment. Healing lore: High blood pressure, dizziness, vision, cataracts, wound healing.

Obsidians: Clarity, deflecting negativity, protection, healing, grounding. Healing lore: Buried emotions causing illness, stomach, intestines, muscle tissue, bacterial infections, viral infections.

Onyx: Self-control, decision making, conquer challenges, intuition, recognition of personal strengths, grounding, protection. Healing lore: Stamina, childbirth, wound healing.

Opal: Creativity, inspiration, hope, spontaneity, relationships, memory, happy dreams, changes. Healing lore: Eyesight, Parkinson's disease, depression.

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Pearl: Purity, faith, charity, innocence, integrity, focus, wisdom, spirituality, sincerity. Healing lore: Fertility, childbirth, digestion, muscular system.

Peridot: Warmth, friendliness, understanding, openness in love and relationships, regulation of cycles, ESP, find what is lost, protective shield. Healing lore: High healing energy, slow aging, ulcers, digestion problems.

Pietersite (aka Tempeststone): Relaxation, relieve worries, courage, improve memory, tenacity, work with angels, astral travel, release deep emotions calmly. Healing lore: Body fluid balance, nutrition, gastrointestinal functions, endocrine glands, female hormones, PMS, menopause.

Pyrite (Fool's Gold, Healer's Gold): Defense, prevention, protection from negativity, leadership, psychic abilities, memory, shields from physical danger. Healing lore: Physical wholeness, lungs, inflammations, stamina, digestion, circulation.

Rhodocrosite: Love, emotional balance, "Stone of Love and Balance", cleansing, renewal, relaxation, expansion of consciousness. Healing lore: Digestion, kidneys, thyroid, pulse rate, digestion.

Rhodonite: Grace, elegance, peace, generosity, attention to details, calming, unconditional love, service to mankind. Healing lore: Emphysema, joint inflammation, light sensitivity, strep throat, heart disorders.

Rainforest Jasper (Rhyolite): Change, variety, progress, creativity, transcending barriers, Yin/Yang. Healing lore: Liver cleansing, throat, general healing.

Rose Quartz: Love of all kinds including self-love, protection during pregnancy and childbirth, peace, happiness, gentleness. Healing lore: Emotional wounds, heart, the circulatory system, fertility, headaches, kidney disease, migraines, sexual dysfunction, sinus problems, throat problems, depression, addictions, ear aches, slows signs of aging in general, reduces wrinkles, spleen problems, fibromyalgia, and reaching one's ideal weight / weight loss.

Ruby: Integrity, generosity, nurturing, spiritual wisdom, attainment of values, economic stability and prosperity, protection from distress, home and contents protection. Healing lore: Emotional problems, fever, constrictions in circulatory system, heart, blood flow, muscular system, throat, parathyroid glands, brain.

Sapphire: Joy, peace, beauty, creative expression, meditation, intuition, prosperity, fulfillment of dreams, mental clarity. Healing lore: Relieve depression, lower fevers, reduce inflammation, burns, hearing problems.

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Serpentine("New Jade"): Attract love and money, emotional cleansing, psychic powers, kundalini rising, protection vs snakebite, poison and venom, meditation, restore self-confidence. Healing: Parasitic infections, snakebite, venom and other poisons, cellular regeneration, balance female hormones, milk production in nursing mothers.

Silver: Soul mirror, intuition, psychic, improve speech, eloquence, enhance and store energies of gemstones, draw out negative energies, moon energies, feminine/yin energy. Healing lore: Hepatitis, eliminate toxins, headache, rheumatic pain, nausea, gastritis, obesity, diabetes, increase assimilation of vitamins A and E.

Smoky Quartz: Dissolving emotional blockage, clearing the mind, cooperation, grounding and centering, personal pride, joy in living, attentiveness to the moment, protection, good luck. Healing lore: Kidneys, abdomen, pancreas, reproductive organs, menstrual cramps, fertility issues, water retention.

Sodalite: Wisdom, logic, calmness, healing, stress reduction, companionship, self-esteem, work in groups, heal communication breeches, truth, intelligence, knowledge, learning. Healing lore: Glands, digestive system, insomnia, calcium deficiency, head colds.

Sunstone: Alleviating fears & phobias, energizing, cleansing, "Leadership Stone", decrease stress and depression, good luck, abundance, negative energy and psychic attacks turn to positive energies, personal power, life force energy, animal guides, spirit guides. Healing lore: general health, physical energy, sexual dysfunction, increase sexual energy.

Tanzanite: "Workaholic's Stone", Communication, intuition, protection, symmetry, decision-making, spirituality, slow down and take it easy, relieve stress, composure, harmony, poise. Healing lore: Stress related illness, high blood pressure.

Tiger Eye: Self-discipline, practicality, protection, grounding peacefulness, clarity, intelligence, intuition & psychic powers, new experiences, financial stability, calmness, releasing inhibitions, integrity, willpower, prosperity, personal power, kundalini. Healing lore: Heal wounds, bruises, colon, digestion, stomach problems, eyes, night vision, reduce pain, alcoholism, reproductive system.

Tiger Iron: Artistic abilities, creative projects, balance, beauty, endurance, motivation, vitality. Healing lore: Low energy, tiredness, musculature, white/red blood cell balance, natural steroids in the body, chronic fatigue.

Topaz: True love, success, understanding of interrelationships, expression of ideas, trust, health,

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personal expansion and growth, creativity, individuality, hope, spiritual peace. Healing lore: Gout, blood disorders, hemorrhages, poor appetite, tuberculosis, reverses aging, tissue regeneration, endocrine system.

Tourmaline: Energizing, soul-searching, releasing, flexibility, happiness, objectivity, serenity, dispel negativity, ease grief, calm nerves, charisma, compassion, tolerance, psychic channeling, protection, raises vibrations. Healing lore: Endocrine system, reproductive system, cancer, genetic disorders, peaceful sleep.

Turquoise: Spiritual attunement, cleansing, communication, healing, protection, valor, soothing, peace of mind, guidance through the unknown, romantic spontaneity. Healing lore: "Master Healing Stone", prevents illness, bipolar disorder, panic disorder, all health issues in general.

Unakite: Balance, re-birth, foresight, emotional balance, release blockages. Healing lore: Reproductive system, healthy pregnancy, development of unborn child.

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