

North Star Gems' Metaphysical Stone List

AGATE: A grounding stone, good for the stomach, liver, spleen, kidneys, especially good to resist x-rays. Agate balances the body, stabilizes the aura, and helps to eliminate negativity in ones life.

AMAZONITE: A calming, healing stone good for the throat & heart areas. Encourages creativity, confidence & communication.

AMBER: A petrified wood resin, amber provides excellent protection against radiation, including sun, x-rays, computer, etc. It helps balance moods, increases confidence, and brings good luck to soldiers in war time.

AMETHYST: A famous ancient detoxifier, amethyst is also known to induce vivid dreaming when sleeping near it & is a good psychic protector. Good for blood sugar balance, alcohol addictions, and to reduce anger & to quiet the mind.

AVENTURINE: A soothing healing stone. Aventurine helps heal emotional pain & relieves stress & fevers.

AZURITE: Because of its high copper content, azurite is helpful for arthritis, stimulates the thyroid & nervous system. Also good to increase psychic abilities, deeper insight, better communication. Reduces depression.

BLOODSTONE: High in iron. It is a grounding electromagnetic stone. Improves wealth, fertility, birthing & lungs.

CALCITE: Clarifies visions, communication, & general cleansing. Calcite amplifies energy.

CARNELIAN: A warm stone. Stimulates the appetite, emotions, sexuality, energy, confidence. Blood cleansing.

CHRYSOCOLLA: The high copper content draws pain & inflammation out. Good for arthritis & fevers. A friendly, soothing stone, good for peace of heart, daily healing, verbal & artistic creativity.

CITRINE: An electromagnetic stone, for reducing depression, stomach disorders, allergies. Also to improve memory, willpower, confidence, emotional stability.

CORAL: Quiets the emotions & brings peace to ones self. Helps the intuition.

DOLOMITE: A healing heart stone for loss, loneliness, anxiety. Encourages generosity, creativity, stronger bones.

FLUORITE: A great stress reducing stone. Great to still the mind & heart. Heals, balances & recharges the body. Helps to relieve insomnia, improves the spleen, bones & teeth.

FOSSIL: Helps to enhance telepathy, to assist one in business endeavors.

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GARNET: A warm, stimulating stone for fertility, confidence & stamina.

GOLDSTONE: A man-made form of sunstone. A stress reliever, bringing light into your life.

HEMATITE: One of the best grounders. Improves concentration, memory, will power, studies, birthing & relationships.

HERKIMER DIAMOND: A type of quartz crystal that enhances the dream state. Improves visualization and meditation.

HOWLITE: A quiet, calm & loving stone. Absorbs tensions & stress, improves meditation.

IOLITE: A detoxifier good for problems with alcohol addiction. Raises your awareness level, good for truth, peace & imagery.

JADE: A good luck stone for health, wealth & long life. Encourages emotional balance, wisdom, love, peace & courage. A good detoxifier for the heart, lungs, and immune system.

JASPER: A grounding, healing stone for tissue regeneration, stomach, liver & spleen.

LABRADORITE: Soak with other crystals to assist in cleansing. Protects the aura, improves intuition, attracts strength and clarity.

LAPIS LAZULI: Thought to be the stone that the Laws of Moses were written on. Improves intuition, higher guidance, self-expression, creativity.

LODESTONE: A natural magnet. Works like hematite as a grounder. Pulls pain & inflammation from middle stomach/pancreas areas. Good for clear thinking, detail work, decisions.

MALACHITE: Containing copper, it is useful in drawing pain. It is a powerful protector against radiation (clean it daily when using for this). Builds up the immune system, circulation, concentration. Stimulates psychic visions.

MOONSTONE: An emotional balancer, enhances sensitivity, soothes stress, balances women's hormones, lymph glands.

MOQUI MARBLES: A happy stone! Balances the body's energy fields. Hold one in each hand to relieve pain. Recharge in the sun. Rough male & smooth female stones have + and - charges.

OBSIDIAN: A protection stone that can't be misused. Absorbs negativity & turns it into positive thought: fear, anger. This includes all forms of obsidian, including snowflake.

ONYX: A grounder, onyx works in the same way that obsidian does.

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OPAL: Absorbs & stores thought & emotions. Encourages visualization, imagination & dreams. Heals by breaking down buried emotions. This stone has a history of being bad luck to own, when actually it is the stone of "happy changes".

PEARL: The pearl is a soft, soothing stone depicting purity & sincerity. It is calming & helps to reflect the child-like innocence in us all.

PERIDOT: Cleansing to the lungs, lymph & breast, also Solar Plexus. Removes depression, anger, jealousy. Encourages prosperity.

PYRITE: A grounding, clear-thinking stone. Improves memory logic, ulcers, circulation, depression.

QUARTZ: (Clear): Healing stone. Draws & sends energy. Great for healing sessions, meditation.

(Rose): A wonderful stone for giving & receiving love. Balances emotions.

(Rutilated): Great for meditation, telepathy, healing. Conducts & amplifies energies. Protects against radiation.

(Smoky): Used for deep meditation, channeling, relaxation. Relieves depression, fear, reproductive problems.

(Tourmalinated): Transforms or deflects negative energy. Powerful protector.

RHODOCROSITE: A magical love stone to help loss, loneliness, fear.

RHODONITE: Improves confidence, nightmares, stress.

RUBY: Makes you feel full of energy & revitalizes you when you're ultra tired. Makes you feel regal & powerful. Attracts wealth.

SELENITE: Soothes emotions, it is a bringer of white light from the head to the feet & into the earth. Helps you to let go of physical & emotional problems. Selenite is a form of gypsum, the major component in sheetrock and cement products.

SODALITE: A balancing, communication stone. Good to build ideas & truthful speaking.

TEKTITE: These glassy black counterparts to Moldavite gently activate the chakras from your head to your toes, specifically through the spinal column.

TIGEREYE: A strong stone, creating confidence, willpower, emotional balance. Helps you to transform your thoughts & wishes into coming true, so be careful of what you wish for. Tigereye is also one of the merchant's stones, bringing riches into your life.

TOPAZ: Topaz heals, rejuvenates & protects against disease. It also helps to improve your creative side.

TOURMALINE: A powerful protective stone, turning negative thoughts into positive ones. Radiates light, makes a good detoxifier for blood, nerves & lymph.

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TURQUOISE: A soothing healing stone, protects against alcohol, poisons, pollution, radiation. Absorbs negative emotions. Good for lungs, asthma, headaches, fear, anorexia & depression. A good protector.

UNAKITE: A combination of epidote & feldspar, it helps to balance the emotions and get to the root of a problem.

Clean your stones by holding them under running water, soaking them overnight in salt water, or by visualizing a white light around them. This will remove negative thoughts from them and make them programmable for you. Always use a positive manner around your stones. Using this chart is no substitute for a doctor's advice.

Arthritis:	Azurite, Chrysocolla, Malachite
Communication:	Sodalite
Confidence:	Amber, Garnet, Carnelian
Creativity:	Amazonite, Hamatite, Lapis, Topaz
Energy:	Calcite, Moqui Marbles, Rutilated Quartz, Ruby
Good Luck:	Amber, Jade
Health:	Aventurine, Jade, Quartz Crystal, Topaz, Turquoise
Love:	Rhodocrosite, Rose Quartz
Meditation:	Coral, Fossil Stone, Herkimer Quartz, Malachite, Quartz Crystal, Smoky Quartz
Money:	Bloodstone, Citrine, Fossil Stone, Jade, Peridot, Ruby, Tigereye
Protection:	Obsidian, Onyx, Tourmaline, Tourmalinated Quartz, Turquoise
Stress/Emotions:	Citrine, Coral, Fluorite, Howlite, Moonstone, Pearl, Rhodonite

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