

HEALING STONES

	Aventurine (Green)	Physical: muscles, lungs, heart, adrenal glands & urogenital system. Emotional/Spiritual: protects, relaxes, calms & soothes		Fluorite	Physical: Good for focusing the mind on complex issues. Emotional/Spiritual: Good for eyes, ears, nose & throat. Helps maintain health against disease	
	Aventurine (Red)		Physical: Good for heart, skin, speech & eyesight Emotional/Spiritual: Helps relieve fear		Haematite	Physical: Good for blood & circulatory conditions Emotional/Spiritual: Increases mental strength & dexterity
	Aventurine (Yellow)				Howlite	Physical: Good for physical pain, teeth, bones & immune system Emotional/Spiritual: Emotional expression, helps stress & anger.
	Agate (Blue Lace)	Physical: Improves communication on all levels Emotional/Spiritual: Brings balance & emotional stability. Aids attunement.		Jasper (Dalmatian)	Physical: Cartilage & physical stamina, soothes nerves, cramps & sprains. Emotional/Spiritual: Calming, balancing & eases negativity	
	Agate (Crazy Lace)	Physical: Cleansing, detox, digestion, immune system Emotional/Spiritual: Helps anxiety, stress & tension. Releases trapped emotions		Jasper (Red)	Physical: Prevents illness Emotional/Spiritual: Aids new ideas, meditation, astral travel, rebirth & dream recall	
	Agate (Green Moss)			Jasper (Picture)	Physical: Good for immune system, kidneys & skin Emotional/Spiritual: Good for creative visualisation. Releases hidden grief & fear	
	Agate (Botswana)	Physical: Helps minor injuries, sprains & strains Emotional/Spiritual: Good for dowsing, visualisation & divination		Jasper (Breccia)	Physical: Acts as a general tonic when feeling down. Emotional/Spiritual: Good for keeping spirits up.	
	Agate (Brazil)			Jasper (Flame)		
	Bloodstone		Physical: balance, joints, heart & blood related issues Emotional/Spiritual: calming, relieves stress & anger			Jasper (Leopard)
	Carnelian	Physical: infections, glands & organs, cuts & grazes Emotional/Spiritual: enhances links to spirit, relieves negativity		Jasper (Starry)		
	Chalcedony (Blue)	Physical: helps alcoholism Emotional/Spiritual: Good for dealing with issues, helps emotional expression.		Jasper (Silver Leaf)		
	Chrysocolla	Physical: digestion & metabolism Emotional/Spiritual: Relieves stress, tension, phobias & guilt		Labradorite		Physical: Digestion, eyes & warts. Emotional/Spiritual: Stabilises the aura & enhances energy flow. Helps with insecurity, stress & anxiety.

	Lapis Lazuli	Physical: Good for immune systems, aids detox. Emotional/Spiritual: Good for relaxation, relationships & all psychic abilities.		Quartz (Smokey)	Physical: Good for physical expression & sexual energy Emotional/Spiritual: Good for grounding, meditation & channelling energies
	Moonstone	Physical: Helps with feminine systems, water retention. Emotional/Spiritual: soothing, calming, balancing, lifts energy blocks		Quartz (Snowy)	Physical: Brings wisdom & purity. Clears the mind & brings clarity of thought. Emotional/Spiritual: helps clear negativity
	Obsidian (Black)	Physical: Good for digestion & survival instincts Emotional/Spiritual: Grounding , good for scrying & shamanic healing		Serpentine	Physical: Diabetes, calcium & magnesium deficiency Emotional/Spiritual: Good for emotions, energy flow & meditation
	Obsidian (Mahogany)	Physical: Brings vitality & strength in times of need Emotional/Spiritual: Helps ease tension& releases energy blockages.		Sodalite	Physical: Balance, lymphatic system & metabolism Emotional/Spiritual: Good for calming, mental health, emotional communication.
	Obsidian (Snowflake)	Physical: Good for stomach, sinuses & bones. Aids detox Emotional/Spiritual: Good for meditation, relieves anger & resentment.		Tigers Eye (Blue or Hawks Eye)	Physical: Good for throat, pharynx & peristalsis Emotional/Spiritual: Good for all psychic abilities, helps disarray
	Petrified Wood	Physical: Good for arthritis, bones, allergies & infection Emotional/Spiritual: helps access past lives. Grounding & soothes emotions		Tigers Eye (Gold)	Physical: vision, digestive system & nausea Emotional/Spiritual: balancing, calming, grounding, helps reverse negativity.
	Amethyst	Physical: Excellent all round healing & detoxing Emotional/Spiritual: Calms emotions, enhances spirit contact & spirituality		Tigers Eye (Red or Falcon's Eye)	Physical: Helps reproductive system, sexuality. Helps sunburn. Emotional/Spiritual: Good for emotional control.
	Quartz (Blue)	Physical: Blood, endocrine system & metabolism Emotional/Spiritual: Good for emotional balance & increased divination insights		Unakite	Physical: encourages weight gain, fertility & pregnancy Emotional/Spiritual: Emotional balance, being in the moment, accepting the past
	Quartz (Citrine)	Physical: Digestive system, eyesight & de-toxing Emotional/Spiritual: Good for relationships, anger, self-esteem, emotional de-tox		Zebra Marble	Physical: Good for teeth & gums, increases energy, stamina & endurance Emotional/Spiritual: Combats shallowness
	Quartz (Clear) (Rock Crystal)	Physical: Excellent all round healing stone Emotional/Spiritual: Good for focusing the mind, meditation & positivity			
	Quartz (Rose)	Physical: Heart, blood & circulation. Sex & fertility Emotional/Spiritual: Good for love, romance & healing emotions.			
	Quartz (Rutilated)	Physical: strength, tissue regeneration & immunity Emotional/Spiritual: Brings balance & calm, removes mental blockages, negativity			