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Metaphysical Properties of Stones

A thru z

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METAPHYSICAL PROPERTIES OF STONES

Agate: In general the Agates promote a sense of balance between the body/mind/spirit.

Blue: Provides a feeling of calm and security.

Blue Lace: Helps one open up, promotes calm emotions.

Botswana: Used traditionally to sustain attentiveness to detail.

Crazy Lace: Brings calmness, a good luck stone.

Fossil: Magnetic properties, good for removing anxiety from the body.

Gray/Lavender: Good for opening communication lines.

Green: Compassionate and generous stone.

Moss: Helps improve self-esteem.

Amazonite: Helps clarify and improve thinking, integrity, success, honor, creativity, calming.

Amber: Promotes a balanced soothing energy. Helps protect against negativity. It's a soothing, cleansing, intellectual, and wisdom stone.

Amethyst: Stone of stability, strength, and peace. A great stone for meditation work, psychic ability, calming, inner strength, dream work, legal problems.

Ametrine: A combination of Amethyst and Citrine. Good for intellectual stimulation, optimism, removing negative energy, blending of the old with the new.

Apatite: Promotes awareness. Good for achieving results, healing, meditations, balance, and creativity.

Aquamarine: Sharpens the mind, calms and clarifies emotions, inner strength, intuition, peace, and balance.

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Aragonite: Uplifts emotions. Helps us navigate business/ managerial/personal challenges with clear head, steady hand.

Aventurine: Aventurine is considered a good luck stone. It is particularly beneficial in matters related to money, healing, mental, peace, open heart, and motivation.

Azurite: Increases psychic ability, good for meditation, dreams, insight.

Beryl: Brings calmness and stillness.

Bloodstone: Healing stone, for courage, survival, strength, victory.

Calcite: Increase energy; reduce stress, peace, awareness.

Carnelian: Creativity, good luck, protective stone.

Chinese Writing Stone: connects us with the earth and makes us more aware of the beauty within.

Chrysocolla: Soothes nervous tension. Harmony, stamina, wisdom, peace, love.

Chrysoprase: Good fortune, prosperity, love, grace, helps depression

Citrine: Increases self-esteem and energy. Balances and dissipates negative energy.

Coral: Wards off bad thoughts from others and promotes general well-being.

Diamond: Purity, perfection, abundance, inspiration. Intensifies the effects of other stones.

Dumortierite: Reduces excitability and stubbornness, promotes communication, self-reliance and mental clarity.

Emerald: Enhances memory, promotes clear and quick thinking. Love, domestic bliss, sensitivity, loyalty, memory

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Fluorite: Stability, order, discernment, concentration. Enhances spiritual energy work

Fossil Stone: Accomplishments, improvement of one's environment, business, communication

Garnet: Increases confidence and security, remove negativity, romantic love, passion, sensuality

Hematite: Great stone for grounding Excellent for the mind. Promotes awareness of personal issues and patterns

Herkimer Diamond: Special clear quartz. Shifts brain powerfully into alpha/deep stillness, awareness, attunement, clairvoyance, telepathy

Hessonite: Encourages one to seek new challenges and continue personal endeavors, helps to eliminate feelings of inferiority.

Howlite: Absorbs and uplifts stress, tension, anxiety, emotional intensity observation, patience, eliminating negativity, selfishness, creativity

Iolite: Intuition, spiritual growth, balance, releasing discord, awakening to inner knowledge

Jade: Harmony, peace, fidelity, confidence. Wisdom, mercy, humility, generosity, peace, and harmony. Protective and lucky when worn as jewelry

Jasper: Calms a troubled mind. Grounding. Protection, nurturing, joy, awareness, relaxation, tranquility, wholeness

Autumn: A relaxing stone

Brecciated: heals mental stress by "waking us up" and making us clear-headed

Dalmatian: A good pick me up stone.

Fancy: helps people lighten up and enjoy themselves

Flower: eases tension

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Leopardskin: Gives us the strength to take action gracefully and powerfully

Peridot: Helps us celebrate and honor life. Calming.

Picasso: Energizing and uplifting

Picture: calming, thinking stone.

Rainbow: focus without overanalyzing things

Red: beauty and bold, confident power

Silver Leaf: Encourages discipline and willpower.

Tigerskin: Energizing and uplifting.

Zebra: helps us avoid over-thinking and encourages us to just enjoy the experience of living.

Jet: Grief, mourning, protection from evil negativity and psychic attacks

Kunzite: Opens the emotional heart & spiritual heart; Unconditional lovingness, compassion.

Kyanite: Enhances psychic images, foresight, consciousness, meditation, communication.

Labradorite: Intuition, subconscious, illumination, alignment, attract success, dreams, reduce stress and anxiety

Lapis Lazuli: Manifestation, wisdom, truthfulness, openness, communication, inner power, intuition, spiritual evolution, virility

Lepidolite: Calms, relaxes. Greatly eases intensity of feelings, stress, mood swings, depression

Lodestone: A natural magnet. Related to hematite for grounding, clear thinking, detail work

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Malachite: Clears the way to attain goals, fidelity, loyalty, reasoning ability, transformation, insight, spiritual evolution, protection during pregnancy and childbirth.

Marble: Charitable actions, original thinking, alleviation of sorrow

Moonstone: Introspection, reflection, beginnings, insight, tenderness, harmony, peace Enhances intuitive sensitivity via feelings. Greater flexibility & flow with life

Morganite: Related to Emerald & Aquamarine. Good for love, empathy, patience and compassion, healing the emotional self.

Mother of Pearl: Relaxes, soothes, emotions, sensitivity, stress. Mental clarity, intuition, sensitivity, imagination, adaptability, cooperation, psychic, protection of children, purify environment

Obsidian: Objectivity, grounding. Reduces fantasy. Clarity, deflecting negativity, protection, healing, grounding.

Onyx: Self-control, decision making, conquer challenges Assists in the grieving process.

Opal: Creativity, inspiration, imagination. Awakens and helps understanding of psychic intuition and mysticism

Pearl: Symbol of pure heart & mind, innocence, faith, charity, innocence, integrity, focus, wisdom, spirituality, sincerity

Peridot: Healing, protective. Balances your emotional mind and calms emotional storms.

Picasso Stone: Assists in development of creative talents and artistic enterprises

Pietersite: Relaxation, relieve worries, courage, improve memory, tenacity.

Quartz: Good healing and energy stones

Crystal: Power stone, intensifies energy, healing stone.

Lemon: transform and transmit energy. (Not a natural stone)

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Rose: Love of all kinds including self-love, protection during pregnancy and childbirth, peace.

Smoky: Alleviates fear, anxiety, depression

Snow: Helps us look at things with a fresh outlook.

Tourmalinated: powerful for warding off negativity, energy stone.

Rutilated: Stimulates brain, inspiration, clairvoyance.

Rhodocrosite: Love, emotional balance, Helps release past psychological issues excellent stone for balance in all areas.

Rhodonite: Self-affirmation and self-love. Helps us express confidence & lovingness, grace, elegance, peace, generosity, attention to details, calming.

Rhyolite: Change, variety, progress, creativity, transcending barriers, Yin/Yang.

Ruby: Integrity, generosity, nurturing, spiritual wisdom, attainment of values, excellent for shielding from psychic attacks and gathering and amplifying energy.

Sapphire: Joy, peace, beauty, prosperity. Opens the mind to beauty and love, clears the mind of unwanted thoughts.

Sardonyx: Encourages self-control and courage in public speaking. Relieves anxiety and grief Assists in bringing happiness to marriage and relationships.

Snowflake Obsidian: Protects against nightmares and emotional draining.

Sodalite: Logic, efficiency, truthfulness, purifies your aura and protects you from negative energy from people around you.

Spinel: Calms, alleviates stress, depression, mental rejuvenation.

Sugilite: Important healer's stone used to gently draw out pain, inflammation, stress, disease, toxins, and emotional blocks, spiritual love, perfection, inspiration, confidence.

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Sunstone: Warms the heart, lifts and rejuvenates the spirit.

Tanzanite: Helps expand our physical & mental seeing, Communication, intuition, protection, symmetry, decision-making, spirituality.

Tiger Eye: Earthy, grounding. Represents sun and earth, confidence, willpower, clear thinking

Tiger Iron: Assists one in manifesting their ideas/dreams/projects without hesitation or procrastination. Artistic abilities, creative projects, balance, beauty, endurance, motivation, vitality

Topaz: Soothes physical pain, promotes peace and calms emotions, as well as promoting forgiveness.

Tourmaline: Inspiration, understanding, self-confidence, balancing.

Black - Strong protection from negative energies; reduces fears, obsessions, neurosis, and panic.

Pink - Promotes compassion, love and healing of emotional pain.

Green - Cleanses and detoxifies the spirit, brings prosperity.

Blue - Helpful with verbal, speech, and throat problems, mental peace and patience.

Watermelon - Heals old emotional pains and brings emotional understanding.

Turquoise: Spiritual attunement, strength, grounding, attracts friendships, luck, and happiness. Releases shame and guilt.

Unakite: Transforms negative emotions into positive ones, a grounding stone, balance, re-birth, foresight, emotional balance, release blockages.

Zircon: Eases depression, insomnia, virtue, unification, continuity, purity.

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