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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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