

CRYSTAL AWARENESS GUIDE

by A.M.I. (formerly Legion of Light)

THE TRANSFORMATIONAL PROPERTIES OF GEMS AND MINERALS

AGATE — A variety of chalcedony. Tones and strengthens body/mind. Imparts a sense of strength and courage. Facilitates ability to discern truth and accept circumstances. Grounding, but energetic. Powerful healer. Works with chakras and attitudes according to color of stone.

ALEXANDRITE — A variety of chrysoberyl. Aids internal and external regeneration. Has positive influence on nervous system, spleen, pancreas. Helps to align mental and emotional body. Spiritual transformation and regeneration. Reflects highest potentials of unfoldment. Joy, oneness with life. Chakra(s): crown.

AMAZONITE — A variety of feldspar. Soothes nervous system. Strengthens heart and physical body. Aids alignment of mental and etheric body. Brings joy and upliftment. Creative expression. Facilitates clearer vision of one's own true heartfelt intentions, making them easier to release. Chakra(s): throat.

AMBER — Fossilized resin from prehistoric pine trees. Exerts positive influence on endocrine system, spleen, heart. Healing, soothing, harmonizing. Electrically alive with solidified golden light. Stabilizes kundalini awakening. Activates altruistic nature. Spiritualizes the intellect. Chakra(s): navel, solar plexus, crown.

AMETHYST — A variety of quartz. Strengthens endocrine and immune systems. Enhances right brain activity and pineal and pituitary glands. Powerful blood cleanser and energizer. Helps mental disorders. Purification and regeneration at all levels of consciousness. Transmutes one's lower nature into the more highly refined aspects of their higher potentials. Physical representative of the "Wider Ray of Archery and Transformation." Comes through illusion. Enhances psychic abilities. Excellent for meditation. Aids channeling abilities. Calming, strong protective qualities. Healing, divine love, inspiration, intuition. Chakra(s): third eye, crown.

AQUAMARINE — A variety of beryl. Calms nerves, reduces fluid retention. Strengthens kidneys, liver, spleen, thyroid. Purifies the body. Enhances clarity of mind, aids creative self-expression. Physical/emotional/mental balance. Helps banish fears and phobias. Excellent for meditation. Inspiration, peace, calmness, love. Chakra(s): throat, solar plexus.

AVENTURINE (Green) — A variety of quartz. Purifies mental, emotional and etheric bodies. Aids in releasing negativity and fear. Stimulates muscle tissue. Strengthens blood. Emotional tranquility, positive attitudes towards life. Brings one into alignment with their center. Independence, health, wellbeing. Chakra(s): heart.

AZURITE — Enhances flow of energy through nervous system (because of copper content). Helps body utilize oxygen. Strengthens blood. Facilitates clear meditation. Cuts through illusion. Enhances psychic abilities. Initiates transformation. Cleanses mental body. Inspiration, creativity, intuition. Chakra(s): third eye, throat.

BLOODSTONE — A variety of obsidian. Strengthens and oxygenates bloodstream. Enhances physical/emotional vitality. Strengthens heart, spleen, bone marrow. Aids in balancing iron deficiencies. Reduces emotional/mental stress. Powerful physical healer. Stimulates movement of kundalini. Links root chakra with heart. Inner guidance, intuition, idealism. A highly evolved mineral. Chakra(s): root, heart.

CALCITE — Aids kidneys, pancreas, spleen. Balances male/female polarities. Alleviates fear, reduces stress. Emotionally balancing. Grounds excess energy. Increases capacity for actual processes. Joy, lightness. Works with chakras and attitudes according to color of stone.

CARNELIAN — A variety of chalcedony. Very highly evolved mineral healer. Energize blood. Aids kidneys, lungs, liver, gallbladder, pancreas. Aids tissue regeneration. Widens physical/emotional/mental bodies. Aligns physical and etheric bodies. Enhances attainment with inner self. Facilitates concentration. Opens the heart. Warning, social, joyous. Chakra(s): navel, solar plexus, heart.

CELESTITE — Enhances thyroid functions. Reduces stress. Relaxing, peace of mind. Business growth. Aids personal creative expression. Helps one adjust to higher, more rarefied states of awareness. Truth, reliability. Clear speech. Chakra(s): throat.

CHRYSOCOLLA — Aids in preventing ulcers, digestive problems, arthritic conditions. Strengthens lungs and thyroid gland. Enhances metabolism. Excellent for female disorders. Alleviates fears, guilt, tension. Helps clear subconscious imbalances. Activates feminine qualities. Amplifies throat chakra — creative expression, power, communication. Joy, emotional balance. Chakra(s): heart, throat.

CHRYSOPRASE — A variety of quartz. Balances neurotic patterns. Eases depression and sexual imbalance. Fertility. Calming, balancing, healing for physical/emotional/mental bodies. Helps one see clearly into personal problems. Brings out inner talents. Lightness/airiness, joy. Chakra(s): heart.

CITRINE — A variety of quartz. Good for kidneys, colon, liver, gallbladder, digestive system, heart. Treats impaction. Detoxifies physical/emotional/mental bodies. Enhances body's healing energy. Eliminates self-destructive tendencies. Releases self-esteem. Powerful alignment with Higher Self. Lightness/airiness, cheerfulness, hope. Warning, energizing. Attracts abundance. Chakra(s): navel, crown.

COPPER — Influences flow of blood. Supplies strong energy to body/mind. Aids metabolism. Helps density body. An aid for education and spiritual influence. Aids physical/emotional bodies. Releases self-esteem. Strong conductor of energy.

DIAMOND — Enhances brain functions. Aids alignment of cranial bones. Breaks up blockages in crown chakra and in the personality. Master healer. Dissipses negativity. Purifies physical/etheric bodies. Reflects will and power aspects of God. Enhances full spectrum of energies in body/mind/spirit. Alignment with Higher Self. Abundance, innocence, purity, femininity. Chakra(s): all.

DIOPYASE — Strengthens cardiovascular and central nervous systems. Excellent aid for ulcers, nervous stomach, heart troubles, blood pressure, vitiligo, balance, tones body/mind. Emotional stability. Peace of mind. Excellent for use with healing and affirmations. Abundance, prosperity, progress, health, well being. Chakra(s): heart.

EMERALD — A variety of beryl. Strengthens heart, liver, kidneys, immune system, nervous system. Force for body/mind/spirit. Aids alignment of subtle bodies. Enhances dreams, meditation, deeper spiritual insight. Represents the potential of divinity within us. Prosperity, love, kindness, tranquility, balance, healing, patience. Strong emotional balance. Chakra(s): heart, solar plexus.

FLORENITE — Strengthens teeth and bones. Improves absorption of vital nutrients. Beneficial for blood vessels and spleen. Grounds excess energy. Excellent for advancement of mind, greater concentration, meditation. Helps one grasp higher, more abstract concepts. Facilitates interdimensional communication. Powerful healer. Works with chakras and attitudes according to color of stone.

GARNET (Red) — Strengthens, purifies, vitalizes and regenerates body systems, especially the bloodstream. Has strong affinity with root chakra, helping to harmonize the parent forces of the kundalini. Stimulates pituitary gland. Aligns subtle bodies. Love, compassion. Enhances imagination. Chakra(s): root, heart.

GOLD — Purifies and energizes physical body. Improves circulation, strengthens nervous system. Balances and develops heart chakra. Balances hemispheres of brain. Aids tissue regeneration. Attracts positive energy into aura. Amplifies thought forms. Aids personal illumination. Solar energy, male aspect. Chakra(s): navel, heart and crown.

HEMATITE — Has positive effect upon bloodstream. Activates spleen. Increases resistance to stress. Helps produce oxygen throughout body. Strengthens physical and etheric bodies. Emotional stability. Intellectual, potential imagination, optimism, will, courage. Slightly grounding. Powerful stone for those attracted to it.

HEKIMER DIAMOND — A type of quartz crystal. Cleanses subtle bodies. Reduces stress. Balances and purifies energy within body/mind. Similar qualities as clear quartz. Powerful amplifier. Enhances inner vision. Increases awareness of dreams — "dream crystal." Stores thought forms and information. Chakra(s): all.

JADE — Strengthens heart, kidneys, immune system. Helps cleanse blood. Increases longevity and fertility. Aids eye disorders and female problems. Powerful emotional balance. Radiates divine, unconditional love. Clarity, modesty, courage, justice, wisdom. Peaceful and nurturing. Dissipates negativity. Healing affinity will correspond to particular color of stone.

JASPER (All Colors) — A variety of chalcedony. Strengthens liver, gallbladder, bladder. Powerful healer; main impact on physical body. Represents earth element. Works with chakras and attitudes according to color of stone.

KUNZITE (Pink Spodumene) — High lithium content makes Kunzite beneficial to individuals with endocrine/behavioral/neurological systems. Aids mental depression. Excellent balance for physical/emotional/mental bodies. Powerful stone for opening/healing heart. Helps one surrender to Higher Self. Enhances self-esteem, tolerance, acceptance. Soothing, calming. Chakra(s): heart.

KYANITE — Strengthens throat chakra. Enhances creative expression, communication, truth, loyalty, reliability, serenity. Connection to causal plane. Facilitates aural/interdimensional travel. Chakra(s): throat, third eye.

LAPIS LAZULI — Strengthens skeletal system. Activates thyroid gland. Releases tension and anxiety. Energizes throat chakra. Augments strength, vitality, virility. Facilitates opening of chakras. Mental clarity, illumination. Enhances psychic abilities and communication with Higher Self and Spirit Guides. Creative expression. Chakra(s): third eye, throat.

LEPIDOLITE — Aids muscles, strengthens heart. Beneficially influences blood. High lithium content. Aids emotional/mental balance and stability. Aids sleep. Enhances expression of one's inner light and joy. Chakra(s): heart.

MALACHITE — Aids functions of pancreas and spleen. Reduces stress and tension. Aids tissue regeneration. Strengthens heart, circulatory system, pineal and pituitary glands. Aids sleep. Vitalizing for body/mind. Releases subconscious blocks. Excellent balance at all levels. Chakra(s): heart, solar plexus.

Crystal Awareness

Xiang Xie



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