

Crystal Herbs

Single Gem & Crystal Essences

www.crystalherbs.com

This leaflet contains information on the many different vibrational frequencies that are available as single essences from Crystal Herbs. Each essence contains the energy or vibrational frequency of a specific Gem & Crystal essence. They can be taken individually or mixed into combinations to provide more focused help. The power of the sun and the conductive properties of water are used to transfer the energy from the Gem, Crystal or mineral to create the essence. Brandy is then added to act as a preservative.

The Single Gem & Crystal Essences

ABALONE: Resonates with the etheric patterns for the spine and the heart muscles.

ACTINOLITE: Resonates with the etheric patterns for the heart and the circulatory system.

AGATE:-

Blue Lace: Brings gentle understanding to problems and illness.

Brown: Cleanses and purifies the etheric patterns for the lower organs.

Crazy Lace: Helps to clear patterns of confusion and imbalance from the etheric pattern of the brain.

Fire: Works in the heart and sacral chakras. Balances the etheric pattern of the endocrine system and enhances colour therapy.

Moss: Brings greater attunement with nature. Balances the subtle energy patterns associated with the kidneys, liver and circulatory system. Balances the energetic patterning associated with viruses.

Picture: Balances the etheric pattern of the arteries. Promotes enthusiasm.

Zebra: Balances the etheric patterns of the spine and the legs.

ALEXANDRITE: Brings increased confidence, self worth & joy. Balances the emotions. Balances the etheric patterns of the nervous system.

AMAZONITE: Solar plexus and heart chakra alignment.

AMBER: Stimulates the memory & decision making, releases anxiety. Spiritualises the intellect.

AMETRINE: Calms an overactive mental body. Cleanses the etheric pattern of the lymphatic system.

AMMONITE: Balances the etheric patterns of the spine and bone structure, aids breaks and fractures to mend at the etheric level.

APACHE TEARS: Brings greater attunement to earth energy. Balances the etheric patterns of the heart and lungs.

APATITE: Works in the throat chakra to help promote self-expression. Helps to release patterning in the subtle bodies that can create tensions and stammering.

APOPYLITE: Helps bring through knowledge and attunement to the wisdom of Ancient Greece and the Greek Masters.

AQUA-AURA: Renews connection with the earth and the mineral kingdom.

AQUAMARINE: Works in the throat and spleen chakras, helping to clear patterns of confusion and fear around self expression. Inspiration from Higher Self.

ARAGONITE: Helps to release the emotions of hatred and envy. Balances the etheric pattern of the arteries.

ARGILLITE: Strengthens etheric body, promoting healing at an energetic level.

ASBESTOS: Balances the etheric pattern of the lungs. Helps release patterning in the etheric blueprint relating to breathing difficulties.

ATACAMITE: Balances the etheric patterns of the genitals, thyroid and parasympathetic nervous system. Emotional issues relating to sexuality.

AURICALCITE: Expels impurities. Helps to balance the energetic patterning that relates to abnormal cell growth.

AVENTURINE: Works in the heart and throat chakras to help release buried childhood fears. Cleanses the subtle bodies. Helpful in psychotherapy.

AZURITE: Helps with consciousness raising. Balances the etheric patterns of the bones, spleen, thyroid and skin. Activates the spleen and solar plexus chakras.

AZURITE/ MALACHITE: Helps to stabilise the emotions bringing patience and calmness. Balances the etheric patterns of the liver, thymus and skin, also releases energetic patterns related to obsessions with eating. Strengthens psychic gifts.

BARYTE: Stimulates cleansing at the etheric level particularly in relation to the energetic blueprint for the intestinal tract. Adjusts the energetic patterning to balance the growth of bacteria.

BERYL: Helps to calm over stimulation of the mental faculties, releasing tensions and anxieties. Helpful for those who are over-critical. Promotes cleansing in the etheric blueprint of the intestinal tract.

BISMUTH: Promotes regeneration in the etheric blueprint for the brain cells.

BLOODSTONE:- Works in the heart and base chakras. Promotes higher states of consciousness. Balances the etheric patterns of the blood and its functions.

BLUE JOHN: For over-exposure to sun or radiation.

BOJI STONE: Particularly helpful for those working with agriculture & horticulture - aids attunement to plants and animals. Releases subconscious thoughts and helps the development of channelling skills.

BRASS: Balances the etheric patterns for the skeleton and skin. Stimulates the energetic patterning relating to hair growth. Releases impurities. Inflexibility.

BROCHANTITE: Releases tensions from body tissue.

BRONZE: Draws you closer to your spiritual self, bringing deep inner healing.

CALCITE: Resonates with the etheric pattern for the kidneys. Transmutes fear and anxiety. Helps develop astral projection and masculine / feminine balance .

CALCITE - *Stella Beam*: Allows the mind to remember more information after astral travels. Helps with grounding.

CAMPYLITE: Balances the solar plexus chakra.

CARBON STEEL: Helps the development of inner discipline. Resonates with the etheric pattern for the liver, heart, thyroid & pancreas.

CARNELIAN: Cleanses and opens the sacral chakra, releasing patterns held in the etheric body relating to sexuality.

CARNELITE: Resonates with the etheric pattern for the spleen and lower body. Psychological sexual malfunctions.

CELESTITE: Works in the throat chakra helping to develop self-expression and connections with the angelic realm.

CERUSSITE: Balances the energetic patterning associated with viral & bacterial inflammations.

CHALCEDONY: Works in the heart chakra. Helps to promote creative and spiritual inspiration. Resonates with the etheric pattern for the blood.

CHALCOPYRITE: Helps the subconscious mind to absorb information. Useful in hypnotherapy.

CHALK: Helps the absorption of calcium.

CHAROITE: Works in the crown chakra. Helps to bring flexibility to spiritual ideas and strict religious attitudes.

CHRYSOCOLLA: Works in the throat chakra. Promotes emotional balance and release of stress. Resonates with the etheric pattern for the thyroid and lungs.

CHRYSOLITE: Helps release emotional blocks that prevent spiritual development. Resonates with the etheric pattern for the appendix. Cleanses the energetic level of impurities.

CHRYSOPRASE: Works in the sacral chakra. Emotional issues relating to sexuality and fertility.

CINNABAR: Opens the base chakra. Releases feelings of anger and resentment. Resonates with the etheric pattern for the blood.

CLAY: Opens the solar plexus chakra & aligns the etheric and emotional bodies.

Stimulates cleansing at the etheric level particularly in relation to the energetic pattern for the intestines. Balances the energetic pattern for the skeletal structure and skin tissue.

COAL: Self worth, depression and spiritual inspiration. Strengthens the aura against the effects of radiation

COPPER: Aligns the subtle bodies & the lower five chakras and opens the heart chakra. Promotes self-confidence. Balances the energetic pattern for the brain, and left-right balance.

CORAL: *Red, White, Blue.* Promotes concentration and balance. Balances the energetic patterns for the bones, spine, heart & thyroid. Available mixed or in separate colours.

COVELLITE: Healing deep issues. Transformation.

CREOSOLITE: Balances severe emotional swings, feminine balance.

DANBRITE: Cleanses the cellular level memory after emotional clearing, speeds up cells reprogramming.

DESERT ROSE: Aids consciousness raising, meditation, visions and dream recall.

DIAMOND: A powerfully transformative essence. Works in the crown, brow & sacral chakras. Promotes self-worth and calms anxiety. Balances the energetic pattern for the brain and its functions. Releases energetic patterning - such as miasms - that block healing. Useful in combinations.

DIOPSIDE: Individuals maltreated by father. Promotes self-esteem and increases feelings of security. Balances the energetic pattern for the heart, lungs and kidneys.

DIOPTASE: Brings a deeper understanding of the love principle.

DUMORTIERITE: Helps activate the energetic blueprint for the thymus gland.

EILAT STONE: Brings upliftment and spiritual inspiration. Aligns all the subtle bodies which helps other essences to work. Helps to release the energetic patterning of miasms.

EMERALD: Balances the heart chakra & aligns the emotional, astral & etheric bodies. Balances the energetic pattern for the heart, liver, pancreas and kidneys.

EPIDOT:- Balances the energetic pattern for the central nervous system and its functions.

FALCON'S EYE: Opens throat chakra, helps expression.

FELDSPAR: Eases problems associated with over exertion of the muscles. Can be used directly on affected area.

FIRESTONE: Helps release blocks to kundalini energy being raised.

FLINT: Simulates the energetic patterning related to tissue regeneration, particularly of the etheric endocrine system.

FLUORITE: Balances the energetic pattern for bones tissue particularly the teeth. Emotionally it helps those with anxiety & sexual frustrations.

FLUORSPAR: Links subconscious to higher self helping to create a clear channel.

FUCHSITE: Aligns heart, throat and brow chakras.

GALENA: For emotions blocking spiritual growth. Balances the energetic pattern for the thyroid and lungs.

GARNET: Helps to spiritualise the emotions. Stimulates sacral, heart and higher heart chakras. Balances the energetic pattern for the heart and liver. Sexuality.

GEODE: Balances the energetic pattern for the bladder and its functions.

GLASS: Helps one to better focus thoughts relating to one's self as an individual.

GOETHITE: For assertiveness, becoming stronger willed. Excess perspiration.

GOLD: Powerful transformative essence. Balances heart chakra and opens higher chakras. Balances the energetic patterns for the heart, thymus, brain & nervous system.

GOLD, FRANKINCENSE & MYRRH: Opens ones consciousness to Christ energy.

GRANITE: Strengthens the bodies capacity for regeneration at an etheric level. Beneficial at an energetic level where there has been exposure to radiation.

GYPSUM: Balances sacral chakra & releases trapped energy to become a creative force. Emotionally helps issues with male sexuality.

HALITE: Stimulates reflex points throughout physical body - particularly feet and sacrum. Cleanses negativity and depression at a personality level.

HEMATITE: Promotes feelings of self-worth. Balances the energetic pattern for the blood and its functions.

HEMIMORPHITE: Cleanses and purifies the etheric pattern for the kidneys.

HERKIMER DIAMOND: Works in the subtle bodies releasing toxins. Promotes relaxation and development of healing and psychic gifts.

HICKERYITE: For those finding it difficult to stay in the world, suicidal feelings. Emotional neediness, sadness.

HOWLITE: Balance heart and throat chakras.

ICELAND SPAR: Cools inflamed areas. Resonates energetically with the tonsils.

IDOCRASE: Brings the ability to live in the here and now.

IOLITE: Helps develop a loving nature when the blockage stems from emotional issues in childhood.

IVORY: Balances the energetic patterns for the skeletal structure, skin and bone tissue including tooth enamel. Promotes inner discipline.

JADE: Helps release blocks due to a suppressed love nature. Throat chakra. Balances the energetic patterns for most glands & organs, the kidneys & immune system.

JAMESONITE: Enhances the subtle energy system. Prepares the chakras, nadis, meridians & subtle bodies to come into alignment. Best used in combination with other essences.

JASPER:-

Green: Stimulates regeneration at an etheric level. Helps healing intuition to develop and balances the healer's aura. Good in massage oil.

Red: Balances the energetic pattern for the red blood cells. Base chakra.

Yellow: Balances the energetic pattern for the endocrine system.

JET: Opens the base chakra and balances the energetic pattern for the lower spinal column, coccyx and pancreas. Emotional states of fear and depression.

KAMMERITE: Attunes higher chakras to extraterrestrial influences.

KUNZITE: Works in the heart chakra. Balances the energetic pattern for the blood.

KYANITE: Helps connection with the light body.

LABRADORITE: Brow chakra. Stimulates spiritual desire and insight.

LAPIS LAZULI: Works in the throat chakra and aligns the subtle bodies. Promotes both self and spiritual expression. Balances the energetic pattern for the throat and thyroid.

LARIMAR : Shock or trauma, reshapes etheric body, stabilises emotions. Builds resistance to stress. Balances the energetic patterns for the major organs.

LAZURITE: Stimulates visions at the brow chakra, and artistic creativity.

LEPIDOLITE: Balances the emotions. Balances the energetic pattern for the spleen, liver and kidneys.

LIMESTONE. Aligns the subtle bodies and the two lower chakras. Helps to clear subconscious fears and stimulate creativity.

LOADSTONE: Strengthens the auric field, releasing impurities. Aligns bodies bio-magnetic field with the earth and enhances biofeedback. Helps any energy healing process e.g. radionics, vibrational medicine.

LUVULITE (SUGILITE):- Crown chakra. Helps body absorb higher energies, and changes DNA patterns when used with meditation and other spiritual practices. Helps the development of mediumship.

MAGNETITE:- Promotes alignment with the earth's natural vibration. Helps to focus meditation. Balances the energetic pattern for the endocrine system.

MALACHITE: Opens the heart chakra and balances the solar plexus. Releases energetic patterning created by exposure to radiation, particularly plutonium.

MARBLE: For strengthening the inner will. Balances the energetic pattern for the skin.

MIMETITE: Balances the energetic patterns for the brain & its functions.

MOLDAVITE: Good with regression therapy to release past life memories, galactic communication.

MOONSTONE: Releases & balances strong emotions. Helpful for feminine issues.

MORGANITE: Balances the energetic pattern for the lungs & thyroid.

NEPHRITE: Balances the energetic pattern for the heart, kidneys, thymus & abdomen. Stimulates the energetic patterning relating to etheric tissue regeneration.

OBSDIAN *Arrowhead, Black, Blue & Snowflake:* Balances the energetic pattern associated with the stomach, intestinal tract and muscle tissue. Balances the energetic patterning associated with viral and bacterial inflammations.

OCHANITE: Grounding, especially after mental or spiritual work.

ONYX: Opens solar plexus, base & heart chakras. Balances the energetic pattern for body tissue, especially in relation to heart, kidney, nerve, skin & brain.

OPAL *Dark:* Opens the sacral chakra. Balances & spiritualises the emotions. Sexuality

OPAL *Light:* Opens the solar plexus and brow chakras. Balances and spiritualises the emotions. Balances the energetic pattern for the abdomen & brain.

OPAL JELLY: Promotes rejuvenation of the etheric spleen and abdomen. Balances mood fluctuations and enhances meditative practices.

OPHILITE: Balances the energetic pattern for the joints and their functions. Flexibility.

PEARL Light and Dark: Emotional problems of all kinds. Balances the solar plexus chakra and related areas of the subtle bodies.

PERIDOT: Aligns all the subtle bodies, clears impurities and miasms from the energetic blueprint, stimulating regeneration. Aids meditation.

PETRIFIED WOOD: Helpful to aid recall of past life memories, especially when used in conjunction with meditation and creative visualisation. Releases patterns of rigidity.

PLATINUM: Balances the energetic pattern associated with the heart tissue, thymus and endocrine system, also the neurological tissue and its functions.

PYRITE: Helps one to more easily see the reality of a situation. Emotional tension and feelings of depression.

QUARTZ :-

Amethyst: Awakens one spiritually to higher potential. Opens the heart & brow chakras. Balances the energetic pattern for the pituitary gland.

Blue: Opens the heart and throat chakras. Helps release fears relating to ageing. Balances the energetic pattern for the immune system. Stimulates self-expression and creativity.

Citrine: Suicidal thought patterns, more spiritual energy.

Clear: Emotional balance, synchronicity between 2nd and 3rd chakras.

Cloudy: Forgetfulness and poor memory, helps studying.

Dentric: Use for earth healing diluted in water.

Glycerine: Opens the solar plexus chakra aligning it with the throat & brow chakras.

Phantom:- Stimulates reflexes. Helps balance the energetic pattern of abnormal cell growth.

Red: Balances the energetic pattern for the blood and its functions. Stimulates purification.

Rose: Repressed anger regarding father figure. Balances the energetic pattern for the heart, kidneys and reproductive organs. Self expression, creativity & confidence.

Rutilated: Stimulates the energetic patterning related to tissue regeneration. Balances the energetic pattern for the immune system and the brain.

Smoky: Opens the base & sacral chakras aligning them with the solar plexus. Balances the energetic pattern for the sexual organs and their functions.

Snowcap: Use in meditation to give knowing to emotions.

Snowy: Clarity to spiritual sight. Third eye.

Solution: Balances the energetic pattern for the circulatory & lymphatic systems. Inflexibility in the personality.

Spectre: Transforms male sexuality.

Tourmalated: Balances the energetic patterning for the veins.

Yellow: Gives protection to prevent negative energies entering the body via solar plexus chakra.

QUARTZITE: Helps absorption of most vitamins and minerals.

RHODOCHROSITE: Balances the energetic patterns for the kidneys, pancreas & spleen. Promotes emotional balance and improves the ability to function in life. Helpful for fears of falling asleep at the wrong time.

RHODONITE: Balances the energetic pattern for the inner ear, bone tissue and hearing. Helpful when used in conjunction with the practice of mantras.

ROSANITA: Integration of the heart with the earth energies.

RUBELLITE: Opens the higher heart chakra and balances the energetic pattern for the thymus. Forgiveness.

RUBY: A powerfully transformative essence working in the heart chakra and the energetic patterning for the heart & its functions. Promotes confidence, self-esteem & decision making.

RYOLITE: Self expression through spiritual integrity.

SANDSTONE: Promotes regeneration in the energetic patterning for the heart, liver and skin. Strengthens the auric field to resist harmful energies.

SAPPHIRE: Blue, pink, watermelon: A powerfully transformative essence. Opens the solar plexus, heart, throat & brow chakras. Balances the energetic pattern for the stomach, heart, kidneys & pituitary gland. Links mind, body & spirit promoting clarity, inspiration and psychic development.

SATIN SPAR: Unifies the bodies resources to promote well-being.

SCARAB: Opens the heart chakra. Rejuvenation and spiritual inspiration.

SELENITE: Helpful for those unable to exercise.

SERPENTINE: Spiritual thoughts strengthened, anxiety, psychic gifts.

SILVER: Activates the five chakras above the crown. Balances the energetic pattern for the brain and neurological tissue.

SMITHSONITE: Helps those with a fear of close relationships.

SOAPSTONE: Balances the energetic patterns for the heart, thymus & endocrine system.

SODALITE: Balances the energetic pattern for the lymphatic system. Balances the emotions where necessary for spiritual growth.

SPHALERITE: Past life memories, Egypt and sun worship.

SPINEL: Releases impurities from the etheric blueprint and balances the energy patterning associated with the blood.

STAGALITE: Lower chakras – brings protection from negative energies.

STALAGMITE: Dissolves negative sexual ideas and fantasies.

STAUROLITE: Strengthens the auric field, psychic and auric protection.

STEAUFALITE: Balances the energetic pattern for the heart & white blood cells.

STIBNITE: Increases the capacity for clairvoyance.

SUGILITE: *See Luvulite*

SULPHUR: Balances the energetic pattern for the neurological tissue & sinuses. Promotes cleansing in the subtle bodies, particularly the mental body. Spiritual illumination.

TEKTITE: Stimulates astral projection and interplanetary consciousness.

TEMPLE STONE: For transforming ancient Egyptian past life energies.

THEOSOLITE: Spiritualises lower chakra energies. Balances the energetic patterns for the pancreas and liver.
THULITE: Beneficial at an energetic level where there has been exposure to radiation.
TIGER'S EYE: Second, third and sixth chakras cleansed and stimulated.
TITANIUM: Beneficial at an energetic level where there is difficulty with electro-magnetic energy.
TOADSTONE: Balances the energetic pattern for warts and skin crustaceans. Healing of the heart chakra.
TOPAZ: Softens the heart and spiritualises the emotions.
TOURMALINE Black: Activates the base chakra & and aids imbalances associated with this chakra.
TOURMALINE Blue: Activates the throat chakra. Balances the energetic patterns for the lungs, larynx and thyroid.
TOURMALINE Green: Opens the heart chakra. Balances the energetic pattern for the heart, thymus and immune system.
TOURMALINE Watermelon: Use in combination with other kinds of tourmaline essence to enhance their effectiveness.
TURQUOISE: A powerfully transformative essence. Strengthens the whole etheric body and its subtle energy system. Stimulates regeneration in the etheric blueprint. Strengthens the auric field to resist harmful energies.
TURQUOISE/ AMETHYST: For unification of heart, throat and brow chakras, spiritualising expression.
ULEXITE: Use to strengthen the aura when in contact with electromagnetic energies i.e. TV, computer, microwave, pylons.
VANADANITE: Helps develop distant healing through prayer.
VARISCITE: Balances the energetic pattern for the central nervous system & DNA.
VYANITE: Reverses the process of ionisation.
WULFENITE: Eliminates impurities from the body when due to a wrong diet.
ZIRCON: Merges the forces of the pituitary and pineal glands promoting balance in the biological personality. Aligns the astral, emotional & spiritual bodies.

Crystal Herbs Single Gem & Crystal Essences

are available from

Crystal Herbs Website:-

www.crystalherbs.com

or by contacting us at:-

Email - orders@crystalherbs.com

Tel:- 01379 642374 Fax:- 01379 641980

1D Gilray Road, Diss, Norfolk, IP22 4EU. U.K.

You can also download a current price list
and Crystal Herbs other Essences leaflets [here](#)

For more information about Bach Flower Remedies,
Flower Essences, Gem/ Crystal Essences and Personal Growth,
please see our website – www.crystalherbs.com

HOW TO USE THE SINGLE FLOWER ESSENCES

How many essences can I take at once?

It can be very beneficial to choose several essences that will provide a focus on a particular issue.

Adults:- most adults will find that a combination of four or possibly five essences is enough to take together at any one time.

The easiest way to take several essences at once is to mix them together into a combination - see *How To Combine Essences* below.

Children:- as a general rule, start giving children essences from this leaflet from age seven upwards. It is best to start with single essences.

Dosage

We sell all our essences at stock level and you will find that you gain maximum healing benefit when you take the essences at this level without further dilution.

General dosage guidelines for adults would be four drops on the tongue 3 or 4 x a day from an individual stock bottle or combination until it is finished. Some very sensitive people might find 2 or 3 x a day more comfortable - don't be afraid to experiment for yourself. Children should start with a dosage of 4 drops 2 x a day.

How to combine Essences

To make a combination from the essences that you have chosen from this leaflet, mix equal quantities from each stock bottle in a clean dropper bottle.

Using this method we recommend that you mix no more than 4/5 different essences in one bottle. Alternatively you could order your chosen essences made into a stock level combination by us - more details on back page.

NB: Please remember that Crystal Herbs Chakra Combinations, Combinations for Self-Treatment, Rainbow Light Body Essences & Inner Child Essences already contain 4, or in some cases 5 essences, and should therefore not be combined as described above. We also do not recommend that you mix Karmic Essences into combinations.

Further information

You will find more in-depth information on many of the essences in this leaflet in the following books;

Flower Essences & Vibrational Healing by Gurudas

Gem Elixirs & Vibrational Healing Book 1 by Gurudas

Both these books are available from Crystal Herbs - please see our general order form for more details.

STORAGE

It is best to store vibrational medicine away from TV's, microwaves, computers etc, in a cool place.

**CRYSTAL HERBS ESSENCES
ARE ALL HAND MADE WITH LOVE**

Using vibrational essences does not replace medical treatment