



# Gem & Crystal Essences

## Individual Essences



### A wonderful range of single Gem & Crystal Essences

The mineral kingdom, like all kingdoms of life on our planet, carries consciousness and contributes its unique gifts to the development of the Divine Plan for Earth. Over the ages the energies of minerals, which include crystals and gemstones, have been used in almost every ancient civilization on Earth as tools for transformation and the expansion of consciousness. One very common and effective way of using the energies of specific crystals and gems for transformation is to make them into essences. In this process the energetic patterning of a gem or crystal is transferred into water, which can then be easily absorbed by the bodies subtle energy systems.

*Crystal Herbs* Ltd

A wonderful selection of Flower, Gem & Crystal Essences promoting Unity of Mind, Body & Spirit.



# Gem & Crystal Essences

**A wonderful range of single Gem & Crystal Essences handmade with love and care for your personal & spiritual growth.**



**ABALONE:** Strengthens both the heart chakra and higher heart chakra. Aligns the etheric body, strengthens the meridians & nadis.

**ACTINOLITE:** Aids expansion of consciousness and recognition of the unity of life. Helps to one to focus and expand positive qualities.

**AGATE:-** all Agates have a calming and balancing influence on the emotional body helping it to synthesize and integrate high frequency energy and light.

- **AGATE BLUE LACE:** calms mental body, harmonises emotional body. Enhances spiritual connection and brings greater understanding of difficult problems. Throat chakra.
- **AGATE BROWN:** we're no longer offering this essence
- **AGATE CRAZY LACE:** promotes clarity in the mental body.
- **AGATE FIRE:** Works in both the heart and sacral chakras. Harmonising, grounding & balancing. Enhances colour therapy.
- **AGATE MOSS:** Brings greater attunement with nature. Links emotional & mental bodies creating greater stability and spiritual security.
- **AGATE PICTURE:** Promotes enthusiasm and enhances visualisation.
- **AGATE ZEBRA:** Enhances objectivity. Balancing and centring.

**ALEXANDRITE:** Promotes greater emotional maturity and the ability to take responsibility for ones self. Good to transform feelings of low self-esteem and uncenteredness. Encourages a greater experience of joy and interconnection with nature. Opens the spleen chakra and aligns the mental, emotional & etheric bodies. [See Gem & Crystal Essence Collection Leaflet for more details](#)

**AMAZONITE:** Aligns the heart chakra with the solar plexus chakra and the etheric body with the mental body. Aids past life recall.

**AMBER:** Stimulates memory & decision-making. Promotes well-being. Spiritualises the intellect.

**AMETRINE:** Calms an overactive mental body. Dispels negativity. Activates higher connection.

**AMMONITE:** Promotes stability and structure.

**APACHE TEARS:** Promotes acceptance & understanding in situations of sorrow and loss. Attunement to earth energy.

**APATITE:** Works in the throat chakra to help promote self-expression. Enhances energetic connections on all levels of the etheric blueprint.

**APOPYLITE:** Spiritually uplifting. Attunement to the knowledge & wisdom of Ancient

Greece and the Greek Masters.

**AQUA-AURA:** Stimulates higher connection and encourages the flow of light through the energy fields. Renews connection with the earth and the mineral kingdom.

**AQUAMARINE:** Promotes the qualities of beauty and peacefulness. Works in both the throat chakra and spleen chakra. Stimulates self-expression and inspirational flow.

**ARAGONITE:** Balances the base chakra to connect more fully with the creative energies of the earth. Helps to transform hatred and envy.

**ARGILLITE:** Strengthens the etheric body.

**ATACAMITE:** Good for issues related to the sacral chakra, especially those connected to old Lemurian patterning.

**AURICHALCITE:** Promotes stability, courage & the ability to be tactful. Promotes inner harmony & the release of old patterns that are no longer helpful.

**AVENTURINE:** Works in both the heart chakra and throat chakra to release disharmonious memories from childhood. Cleanses the subtle bodies and promotes emotional harmony and positivity.

**AZURITE:** Helps to expand consciousness. Activates both the spleen chakra and solar plexus chakra. Aligns the heart chakra with the brow chakra and stimulates the flow of light through the subtle energy bodies.

**AZURITE/MALACHITE:** Helps to stabilise the emotions promoting patience and calmness. Reduces frenetic activity and strengthens psychic gifts.

**BARYTE:** Soothes the emotional body & promotes the release of blocked emotions & difficult feelings. Encourages harmony & understanding in relationships. Dispels impurities from the energetic structure.

**BERYL:** Helps to calm over stimulation of the mental body, releasing associated discomfort and disharmony. Helpful for those who are over critical.

**BISMUTH:** Promotes transformation and unity with the greater whole. Dispels feelings of isolation and brings calmness in times of change.

**BLOODSTONE:** Works in the heart chakra and base chakra. Promotes higher states of consciousness. Courage

**BLUE JOHN:** Promotes orderly qualities in the mental body. Stimulates clear, precise communication at all levels.

**BOJI STONE:** Particularly helpful for those working with agriculture & horticulture - aids attunement to plants and animals. Aligns all the subtle bodies, strengthens chakras, nadis & meridians. Helps the development of channelling skills.

**BRASS:** Dispels energetic impurities and promotes emotional flexibility.

**BROCHANTITE:** Strengthens and aligns all chakras, meridians and subtle bodies. Particularly activates base chakra and heart chakra. Facilitates connection between the physical and spiritual planes.

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

**CALCITE:** The electrical qualities of Calcite give it the ability to help us focus greater quantities of soul energy into the etheric blueprint. It comes in a variety of colours and each colour offers us slightly different qualities.

- **CALCITE CLEAR:** Transforms fearfulness into courage and promotes feelings of joy and peacefulness. Particularly helpful where there are difficulties accepting the souls light due to feelings of unworthiness.  
[See Gem & Crystal Essence Collection Leaflet for more details](#)
- **CALCITE GREEN:** Is a helpful energetic support in many transformational situations due to its particular ability to focus light into the etheric patterning.
- **CALCITE MANGANO:** Has a particularly calming and balancing effect on the emotions making it an excellent support in times of emotional crisis or disturbance.
- **CALCITE ORANGE:** Increases and integrates the flow of energy between the etheric, emotional & mental bodies.
- **CALCITE STELLA BEAM:** Stimulates recall of information after astral travelling & helps with grounding.

**CAMPYLITE:** Balances the solar plexus chakra.

**CARBON STEEL:** Strengthening at all levels. Promotes the development of inner discipline.

**CARNELIAN:** Cleanses and opens the sacral chakra, releasing old patterns for transformation. Promotes emotional stability, motivation, creativity and grounding

**CARNELITE:** Difficulties with sexuality held in the mental body.

**CAVANSITE:** The energy of Cavansite helps to strengthen our connections with the earth and stimulate the electrical flow through the energetic system creating greater balance and stability. It encourages acceptance of physical plane experience and the ability to integrate spiritual perspectives into daily life in a practical down to earth manner. It promotes self-acceptance and encourages communication on all levels.

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

**CERUSSITE:** Promotes grounding, adaptability and communication.

**CHALCEDONY:** Works in the heart chakra. Helps to promote creative and spiritual inspiration. Stimulates nurturing, brotherhood and group connection.

**CHALCOPYRITE:** Promotes grounding and utilisation of earth energy. Stimulates the flow of light through the etheric body.

**CHAROITE:** Opens and balances the crown chakra and facilitates the flow of energy from the higher chakras. Increases soul connection and promotes flexibility and expansion of spiritual ideas.

**CHRYSOCOLLA:** Works in the heart chakra and the throat chakra. Stimulates the release of difficult emotions encouraging greater emotional balance, harmony and stability.

**CHRYSOLITE:** Helps release emotional blocks that prevent spiritual development. Dispels negativities.

**CHRYSOPRASE:** Works in the sacral chakra. Strengthens the etheric body. Uplifting and transformational.

**CINNABAR:** Opens the base chakra. Transforms feelings of anger & resentment.

**CLAY:** Opens the solar plexus chakra & aligns the etheric and emotional bodies. Dispels impurities from the etheric blueprint associated with the solar plexus chakra.

**COAL:** Self worth, emotional lows and spiritual inspiration.

**COPPER:** The energy of Copper promotes confidence psychologically and spiritually. It aligns the bottom five chakras and opens the heart chakra. Particularly good to promote greater balance and integration between logic and intuition.

[See Gem & Crystal Essence Collection Leaflet for more details](#)

**CORAL:** Red, White, Blue. Promotes concentration and emotional balance. Strengthens the etheric blueprint and stimulates the energetic flow through the subtle bodies.

**COVELLITE:** Promotes transformation of deep old issues.

**CREOSOLITE:** Stabilises emotional mood swings.

**DANBURITE:** The high frequency energy of Danburite activates and organizes the energetic blueprint to be receptive to greater quantities of light, promoting deep transformation. It brings greater illumination to buried issues and promotes feelings of peace, serenity and joy.

[See Gem & Crystal Essence Collection Leaflet for more details](#)

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

**DIAMOND:** The energy of Diamond balances insecurity, worry and feelings of low self-esteem. Its penetrating energy will draw out any blockages, negativity or impurities that are causing distortion in the etheric blueprint. Particularly impacts the crown chakra, brow chakra and sacral chakra.

[See Gem & Crystal Essence Collection Leaflet for more details](#)

**DIOPSIDE:** Heart chakra. Promotes the ability to use unconditional love, self-esteem and inner security. Maltreatment by father.

**DIOPTASE:** Brings a deeper understanding of the love principle. Abundance. Releases blocks in lower chakras.

**DUMORTIERITE:** Helps to dissolve old patterns of behaviour and strengthen new connections. Releases misperceptions and balances emotions.

**EILAT STONE:** Brings upliftment and spiritual inspiration. Aligns all the subtle bodies which helps other essences to work. Promotes development of balanced personal power.

**EMERALD:** Impacts the heart chakra and is helpful for all emotional issues that relate to that chakra. It encourages a greater acceptance of the masculine principal and promotes emotional stability at a personality level. Also supportive for those who easily get caught up in persistent patterns of thought.

[See Gem & Crystal Essence Collection Leaflet for more details](#)

**EPIDOT:-** Promotes self acceptance, inner security, steadiness of purpose and grounding.

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

**FELDSPAR:** Promotes self awareness, self love and the ability to detach from old situations.

**FIRESTONE:** Helps release blocks to kundalini energy being raised.

**FLINT:** Spiritual balance and confidence. Strengthens all meridians and nadis.

**FLUORITE:** Cleansing and stabilising for the aura, emotional and mental bodies. Promotes practical organisation.

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

**FUCHSITE:** Aligns heart chakra, throat chakra and brow chakra. Balances emotional insecurities related to being in incarnation.

**GALENA:** For emotions blocking spiritual growth. Stabilising and grounding in difficult emotional situations.

**GARNET:** Brings new energy and light into the lower chakras. Also stimulates the heart chakra and higher heart chakra. Helps to spiritualise the emotions.

**GEODE:** Promotes the ability to see the bigger picture. Stimulates higher connection and communication skills.

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

**GOETHITE:** For assertiveness, becoming stronger willed. Enhances Angelic communication.

**GOLD:** Opens and balances the heart chakra and the crown chakra as well as the five chakras above the head. It is helpful for emotional issues that affect the heart chakra and encourages balance between logic and intuition. Stimulates connection and communication with the higher aspects of the self.

[See Gem & Crystal Essence Collection Leaflet for more details](#)

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

**GRANITE:** Aligns all the subtle bodies and strengthens the etheric blueprint.

**GYPSUM:** Balances the sacral chakra . Promotes creativity, emotional flexibility and spiritual insight.

**HALITE:** Stabilises lower chakras . Grounding and protective.

**HEMATITE:** Promotes practical focus, strength of purpose & grounding. Activates spleen chakra and strengthens the etheric body.

**HEMIMORPHITE:** Promotes understanding of how to use the unlimited creativity of spirit within the limitations of physical life. Release emotional frustrations promotes harmony and balance.

**HERKIMER DIAMOND:** Powerful cleanser for the subtle bodies and energetic structure. Opens higher chakras promoting clarity of perspective & development of psychic gifts. Stimulates connection and the ability to be in harmony.

**HICKERYITE:** Transforms deep feelings of emotional neediness & sadness. Especially supportive when these states feel overwhelming.

**HOWLITE:** Balance the heart chakra and throat chakra. Facilitates discernment, awareness and personal expression.

**ICELAND SPAR:** A form of calcite that exhibits double refraction. Brings clarity of understanding where there is a difference in interpretation of a conversation or situation. Enhances clarity of communication. Disperses impurities from the energetic blueprint.

**IDOCRASE:** Strengthens and purifies the mental body, encourages inner security and promotes the ability to live in the here and now.

**IOLITE:** Works in the brow chakra to promote clarity of spiritual vision and inner knowing. Encourages open mindedness and cooperation. Brings clarity of perspective to old emotional issues.

**IVORY:** Opens the solar plexus chakra and aligns emotional & etheric bodies. Promotes inner discipline & transforms feelings of frustration.

**JADE:** Promotes unconditional love and inner nurturing helping to release old issues that suppress the ability to feel love. Heart chakra & throat chakra.

**JASPER:-** Generally helpful for grounding & enhancing positive connection with earth plane experience.

- **JASPER GREEN:** Strengthens the etheric blueprint. Helps healing intuition to develop and balances the healer's aura. Good in massage oil.
- **JASPER RED:** Balances the base chakra. Promotes use of balanced personal power.
- **JASPER YELLOW:** Strengthens the etheric blueprint.

**JET:** Balances the base chakra and strengthens the etheric blueprint associated with this chakra. Promotes connection with higher self and transforms low frequency emotions.

**KAMMERITE:** Attunes higher chakras to extraterrestrial influences.

**KUNZITE:** Opens the heart chakra and strengthens the etheric body. Enhances group connection and communication.

**KYANITE:** Helps build connecting links within the energetic structure that promotes connection and communication on all levels. Brow chakra and throat chakra.

**LABRADORITE:** Brow chakra. Stimulates spiritual desire and insight. Calms the mental body, increasing the ability to combine intellectual thought with intuitive wisdom.

**LAPIS LAZULI:** Stimulates spiritual & personal self-expression, so helpful for those who have shy, introverted or retiring personalities. It has a major impact on the throat chakra and the energetic blueprint associated with this chakra point. Promotes the release of buried emotions and hidden fears.

[See Gem & Crystal Essence Collection Leaflet for more details](#)

**LARIMAR:** Helps to reshape and repair holes in the etheric body. It powerfully impacts the heart chakra and stabilises the emotional and mental bodies, helping to neutralise vibrations of shock and trauma and promote balance, calmness and energetic stability

[See Gem & Crystal Essence Collection Leaflet for more details](#)

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

**LEPIDOLITE:** Calms and balances the emotional & mental bodies. Helps release old patterning and adjust to change. Transforms negativity. Emotionally uplifting.

**LIMESTONE.** Aligns the subtle bodies and the two lower chakras. Stimulates creativity and encourages self discipline and greater sensitivity.

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

**LUVULITE (SUGILITE):-** Opens the crown chakra increasing the flow of high frequency energies & stimulating transformation. Helps the absorption & integration of new energies into the energetic structure and etheric blueprint.

**MAGNETITE:** Promotes alignment with the earth's natural vibration. Temporarily aligns all the subtle bodies, chakras and meridians. Helps to focus meditation.

**MALACHITE:** Opens the heart chakra, balances the solar plexus chakra & aligns the etheric and emotional bodies. Dispels impurities from the energetic blueprint and helps refocus difficult emotional issues. Promotes balanced personal power.

**MARBLE:** Opens the solar plexus chakra. Strengthens the inner will & promotes self-control and mastery of thought.

**MERLINITE:** Merlinitite has a powerful clearing and cleansing effect on any negative energy that has become stuck in the auric field. It can help to loosen and bring forward buried negative patterns for recognition and release. It is also very efficient at helping to anchor new light into your field as the old is released.

**MIMETITE:** Promotes practical independence. Enhances channelled communication.

**MOLDAVITE:** Moves consciousness away from the purely personal. Opens spiritual connection on many levels & facilitates galactic communication. Helps to connect with past/future lives for greater understanding of the present.

**MOONSTONE:** Promotes balance in the emotional body & emotional flow. Helpful for feminine issues.

**MORGANITE:** Brings greater understanding and acceptance of the feminine principle in men and women. Aligns emotional & mental bodies and balances the heart chakra.

**NEBULA STONE:** Nebula stone can help to activate the release of anything that is no longer in alignment with your higher truth. It is particularly good to help with the release of ancient, long buried fears and the stimulation of expanded consciousness.

**NEPHRITE:** Promotes the release of old patterning so that new energies can be absorbed into the energetic structure more easily. Encourages self expression

**OBSIDIAN Arrowhead, Black, Blue & Snowflake:** Balances emotional & mental bodies & strengthens the etheric body. Promotes grounding and the ability see more clearly any old patterns or issues that need transformation.

**OKENITE:** Promotes the ability to be truthful as well as to accept truth from others with grace. Grounding, especially after mental or spiritual work.

**ONYX:** Opens solar plexus chakra, base chakra & heart chakra. Promotes harmony, grounding & appreciation of physical existence.

**OPAL:** All Opals have a calming & balancing effect on the emotions, helping them to transform and move into a higher octave.

- **OPAL DARK:** Opens the sacral chakra. Balances and spiritualises the emotions.
- **OPAL JELLY:** Balances mood fluctuations and enhances meditative practices.
- **OPAL LIGHT:** Opens the solar plexus chakra and brow chakra. Balances and spiritualises the emotions.

**OPHILITE:** Promotes greater flexibility & flow in the energetic blueprint.

**PEARL Light and Dark:** Balances the emotions and helps to develop flexibility in emotional problems. Helps to stimulate insight and greater understanding of the inner feminine aspect, so useful where there are emotional issues relating to the mother or a mother figure. Light and dark pear work well as a team; light pearl focuses mainly on the solar plexus chakra, while dark pearl balances the two lower chakras to create greater stability and cooperation with the solar plexus chakra.

[See Gem & Crystal Essence Collection Leaflet for more details](#)

**PERIDOT:** Aligns all the subtle bodies, disperses impurities and miasms from the energetic blueprint. Aids meditation & promotes acceptance of physical existence.

**PETRIFIED WOOD:** Helpful to aid recall of past life memories, especially when used in conjunction with meditation and creative visualisation. Promotes grounding & flexibility in the energetic structure.

**PHENACITE:** Phenacite stimulates the heart chakra & brow chakra and encourages greater creativity and the development of higher intuitional abilities. It promotes group focus and a greater connection with humanity's collective evolutionary path.

**PIETERSITE:** Pietersite is a particularly valuable energy to help calm and balance the emotions. It can be used to provide very effective support for the release of deep emotions, especially those that feel overwhelming or especially turbulent. Pietersite enhances the flow of light into the energetic system and encourages creativity and spiritual connection.

**PLATINUM:** Promotes connectivity within the entire energetic structure. Stimulates the meridians and nadis, aligns subtle bodies and opens the five higher chakras above the crown.

**PYRITE:** Energises the lower chakras, promoting grounding. Helps one to see the reality of a difficult situation. Uplifting & emotionally balancing.

**QUARTZ :** All forms of quartz hold the basic patterning of the Ideal for both humanity and the Earth, and therefore act as a powerful reminder of our original crystalline structure.

- **QUARTZ AMETHYST:** Particularly helpful for self-esteem issues and to promote the ability to stay centred and balanced in your own energetic space. Enhances meditation and awareness of Source/God and the ability to integrate fully into society. Has a major impact on the heart chakra and brow chakra.

[See Gem & Crystal Essence Collection Leaflet for more details](#)

- **QUARTZ BLUE:** Opens the heart chakra and throat chakras. Enhances the ability to connect with others. Stimulates self-expression and creativity.
- **QUARTZ CITRINE:** Helps to balance the emotions and stimulate the creative flow from the higher mind. It opens and expands the mind encouraging the release of mental blocks and self-destructive thought forms. Activates the base chakra, heart chakra and throat chakra as well as the meridians and nadis.

[See Gem & Crystal Essence Collection Leaflet for more details](#)

- **QUARTZ CLEAR:** Alleviates all emotional extremes, particularly hysteria. It impacts the solar plexus chakra, brow chakra and crown chakra and amplifies the crystalline properties in the etheric blueprint, stimulating regeneration, and the flow of light through the energetic structure.

[See Gem & Crystal Essence Collection Leaflet for more details](#)

- **QUARTZ CLOUDY:** Promotes clarity in the mental body.
- **QUARTZ DENTRIC:** Activates chakras and promotes greater connection with nature & the earth. Dilute in water for earth healing.
- **QUARTZ GLYCERINE:** Opens the solar plexus chakra aligning it with the throat chakra & brow chakra.
- **QUARTZ PHANTOM:** Helps unlock hidden potential. Promotes understanding of ones journey.
- **QUARTZ RED:** Helps ground and use spiritual inspiration as part of the greater plan.
- **QUARTZ ROSE:** Promotes the ability to be unconditionally loving and accepting of self and others. Promotes confidence and stimulates creativity & personal expression. Helpful where there is anger or difficulty with the father or a father figure. Impacts the sacral chakra, heart chakra & throat chakra as well as balancing the emotional body.

[See Gem & Crystal Essence Collection Leaflet for more details](#)

- **QUARTZ RUTILATED:** Promotes expansion of consciousness and increases the flow of light through the energetic structure.

- **QUARTZ SMOKY:** Helps to transform low frequency emotions and dispel negative thought forms. It encourages greater grounding and connection with the earth and is calming and soothing to the emotions. Aligns the lower three chakras as well as protecting, clearing and balancing the energy field.  
[See Gem & Crystal Essence Collection Leaflet for more details](#)
- **QUARTZ SNOWCAP:** Use in meditation to promote greater understanding of emotions.
- **QUARTZ SNOWY:** Stimulates the brow chakra, promoting clarity of spiritual sight & inner knowing.
- **QUARTZ SOLUTION:** Promotes a flexible approach to life.
- **QUARTZ SPECTRE:** Balances yang energy. Sacral chakra.
- **QUARTZ TOURMALATED:** Grounding.
- **QUARTZ YELLOW:** Protects the solar plexus chakra against negative energies.

**QUARTZITE:** Expands awareness of spiritual potential & encourages focus on those things which are important to the unfolding of that potential.

**RHODOCHROSITE:** Promotes unconditional love particularly for those parts of ourselves that have become closed off and are unable to receive love. It is helpful to dissolve long held issues relating to self-esteem or self-hatred and can be a supportive essence for those working with emotional abuse issues.

[See Gem & Crystal Essence Collection Leaflet for more details](#)

**RHODONITE:** Promotes harmony, balance & emotional acceptance of physical experience. Activates heart chakra, promotes unconditional love and encourages cooperation & acceptance in relationships.

**RHYOLITE:** Stimulates the heart chakra & throat chakra and aligns the emotional & spiritual bodies. Encourages the ability to express truth from the heart.

**ROSANITA:** Integrates the heart chakra with the energies of the earth.

**RUBELLITE (Dark pink Tourmaline):** Opens the higher heart chakra and promotes forgiveness. Helps the yin and yang energies to work in partnership with each other. Feminine creativity.

**RUBY:** A universally applicable essence for all emotional issues related to the heart chakra. It provides illumination into areas of procrastination within the personality & stimulates the development of self-confidence, decisiveness, negotiation & leadership skills as well as the development of unconditional love & spiritual inspiration.

[See Gem & Crystal Essence Collection Leaflet for more details](#)

**RUBY IN ZOISITE:** Clears & transforms the lower chakras. Connects the base chakra with the heart chakra, promoting the ability to transcend limitation and to manifest your spiritual purpose.

**RUTILE:** Opens the heart chakra and promotes forgiveness for self and others. Releases childhood patterning that blocks expression of the true self.

**SANDSTONE:** Aligns the etheric & emotional bodies. Strengthens the energetic blueprint. Facilitates change.

**SAPPHIRE:** One of the most important aspects of sapphire is its ability to link together all levels of our being, making clarity and inspiration from the Higher Self available to the personality. Good for emotional lows or difficulty with self-acceptance and personal expression. It has a major impact on the solar plexus chakra and brow chakra and also opens the heart chakra and throat chakra.

[See Gem & Crystal Essence Collection Leaflet for more details](#)

**SARDONYX:** Strengthens the emotional body stimulating emotional expression, intuition, optimism & higher understanding. Stimulates the heart chakra and throat chakra and strengthens the energetic blueprint associated with those chakra points. Brings resolution through understanding to feelings of

**SCARAB:** Opens the heart chakra and aligns the etheric and emotional bodies. Promotes spiritual inspiration and rejuvenation.

**SELENITE:** Opens crown chakra and higher chakras. Promotes the ability to flow with new high frequency energies. Helps the energetic structure organise and use light. Promotes clarity of perspective.

**SERPENTINE:** Promotes positivity and helps maintain balance and connection through times of transition. Enhances meditation.

**SHATTUKITE:** Promotes restructuring & rejuvenation of the energetic blueprint back to its original patterning of perfection. Strengthens and rejuvenates the etheric body matrix. Encourages creativity and balanced personal power.

**SILVER:** Helps to reduce the effect of emotional constriction in the energetic system and stimulates the flow of creative thought through the mental body. It opens and activates the five spiritual chakras above the crown, increasing spiritual links and stimulating intuitional feminine qualities.

[See Gem & Crystal Essence Collection Leaflet for more details](#)

**SMITHSONITE:** Uplifting and harmonising. Promotes cooperation, acceptance and communication in relationships of all kinds including your relationship with yourself. Helps those who find close relationships difficult.

**SOAPSTONE:** Release past life talents so that they can be assimilated into the current life experience. Enhances spiritual practices.

**SODALITE:** Balances the throat chakra and aligns with the sacral chakra. Stimulates objectivity and truthful expression.

**SPHALERITE:** Enhances intuitive abilities and promotes discernment & recognition of truth. Past life memories, Egypt and sun worship.

**SPHENE:** Helps transform old crystallised energies, such as anger or fear, which have become stuck in the auric field. Balances and strengthens the energetic system. Good used in combination with other essences because of its ability to enhance and support other energies.

**SPINEL:** Strengthens and supports the heart chakra. Aligns the emotional & etheric bodies. Promotes loving relationships with yourself and others. Dispels impurities from the energetic structure.

**STAGALITE:** Balances the lower chakras. Promotes protection from negative energies.

**STALAGMITE:** Dissolves old negative patterns held in the sacral chakra.

**STAUROLITE:** Carries the vibration of unconditional love & Christ consciousness. Promotes a deep understanding of the love principle. Strengthens the auric field, psychic and auric protection.

**STEAFALITE:** Balances the heart chakra.

**STIBNITE:** Increases the capacity for clairvoyance.

**SULPHUR:** Stimulates cleansing in the subtle bodies, particularly the mental body. Promotes intellectual & spiritual illumination.

**TEKTITE:** Promotes access to new dimensions & possibilities within the self. Stimulates interplanetary communication.

**TEMPLE STONE:** For transforming ancient Egyptian past life energies.

**THEOSOLITE:** Raises vibration of the lower chakra energies.

**TIFFANY STONE:** Cleansing and strengthening for the emotions. Promotes the ability to see the higher perspective of an emotionally challenging situation or event. Enhances psychic abilities and intuition.

**THULITE:** Promotes greater understanding of the different aspects of self, encouraging integration of polarity from a loving perspective.

**TIGER'S EYE:** Second, third and sixth chakras cleansed and stimulated. Promotes grounding & the integration of new energies into the energetic structure. Encourages a creative partnership with the earth.

**TITANIUM:** Promotes stability, flexibility and adaptability in the mental and emotional bodies during change & transformation. Helps the integration of new energies into the energetic structure.

**TOPAZ:** Opens the heart chakra. Stabilises & uplifts the emotions. Strengthens and rejuvenates the energetic structure helping it to integrate new patterns of light.

**TOURMALINE:** All forms of Tourmaline stimulate electrical & crystalline properties in the etheric blueprint and promote connection between the subtle bodies.

- **TOURMALINE BLACK:** Activates the base chakra & promotes grounding. Transforms negativity.
- **TOURMALINE BLUE:** Activates the throat chakra. Strengthens communication & psychic abilities.
- **TOURMALINE GREEN:** Opens the heart chakra. Strengthens the flow of yang energy to promote appropriate action.
- **TOURMALINE WATERMELON:** A natural mix of pink & green tourmaline. Balances the inner yin & yang energies to work as a balanced partnership with each other. Balances the emotions. Enhances the effectiveness of other tourmaline essences when used in combination.

**TURQUOISE:** Stimulates psychic gifts and helps with the development of communication skills. It promotes emotional stability and a state of peacefulness at a mental level. Its powerfully protective qualities can help to strengthen the etheric blueprint, release energetic blockages and dispel energetic impurities.

[See Gem & Crystal Essence Collection Leaflet for more details](#)

**TURQUOISE/AMETHYST:** Unifies heart chakra, throat chakra and brow chakra, enhancing expression of higher qualities.

**ULEXITE:** Links mind & emotions helping to bring clarity to difficult patterns. Strengthens the auric field against impurities.

**VANADANITE:** Promotes the recognition of the love within the earth and the acceptance of physical life. Grounds & connects with the loving support of the earth, expanding creative potential. Helps develop distant healing through prayer.

**VARISCITE:** Stabilises the emotional body and helps to activate past life memories that are affecting the ability to move forward in the current life.

**WULFENITE:** Helps to transform blockages that prevent the full manifestation of your creative potential. Promotes the understanding of how to use personal power in a dynamic yet balanced way.

**ZOISITE:** Zoisite has a stabilising and uplifting energy that can help to dispel doubts about one's ability to be creative. It is also particularly good at encouraging the ability to use personal power in a balanced way. It strengthens the ability to release limiting patterns and misperceptions from the unconscious.

**ZIRCON:** Aligns the astral, emotional & spiritual bodies. Stimulates the flow of energy through the energetic structure, enhancing transformation of old patterning. Helps to uncover hidden qualities.



## The Gem & Crystal Essence Collection Set

The Crystal & Gem Collection is a set of 20 very powerful Essences with the ability to work at many different levels. They are listed in this booklet but you can find more in depth information in the Gem & Crystal Essence Collection booklet.

The following Essences are part of the Gem & Crystal Essence collection:

Alexandrite	Lapis Lazuli	Quartz - Smoky
Calcite	Larimar	Rhodochrosite
Copper	Pearl ( Light & Dark )	Ruby
Danburite	Quartz - Amethyst	Sapphire
Diamond	Quartz - Citrine	Silver
Emerald	Quartz - Clear	Turquoise
Gold	Quartz - Rose	

### About Our Gem & Crystal Essences

Crystal Herbs single Gem & Crystal Essences are made by the sun method of potentiation, with the loving help of the Nature Kingdom and the Angelic and Ascended Realms.

Each of our Gem & Crystal Essences are prepared as stock level essences, and we recommend that you take them directly from the bottle rather than dilute them further, in this way you will gain maximum benefit from their vibrational frequencies. Preserved in Organic Brandy.

### How to Use the Gem & Crystal Essences

Take 4 drops on the tongue from your chosen Essence/ combination between 2 & 4 x a day, continuing until the bottle is finished. For best results take straight from the stock bottle sent, do not dilute. Preferably take 10 minutes away from food and drink.

These Essences can be combined by mixing equal quantities of two, three, four, five or six stock essences in a clean 25ml bottle.

Alternatively we can make stock level combinations of Gem & Crystal Essences for individual needs (25ml size only, max 4/5 essences).

Please Note: Using vibrational essences does not replace medical treatment. Storage Advice: It is best to store vibrational medicine in a cool place away from TV's, microwaves, computers etc.

## How to Order

You can order the single Gem & Crystal Essences in individual bottles, in sets of any 10 or any 20 essences or mixed into combinations of up to six essences.

### By Phone

01379 642374

### On our Website

[www.crystalherbs.com](http://www.crystalherbs.com)

### Or you can order by Post

Crystal Herbs Ltd - 1d Gilray Road, Diss, Norfolk. IP22 4EU U.K.

Please include payment with order.

### Prices

For our latest prices, please see our current order form or look on our website - [www.crystalherbs.com](http://www.crystalherbs.com)

### Help & Advice

If you need any help or advice with choosing and using these Essences, please do contact us.

### Handmade with Love & Care

From making the Mother Tincture to bottling and labelling the stock bottles that we send you, each essence is handmade with love & care, helping to ensure that we provide you with the best possible quality of essence.

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



### Find Out More

You can find out more about our complete range of Flower, Gem & Crystal Essences and Bach Flower Remedies, by visiting our website [www.crystalherbs.com](http://www.crystalherbs.com) or by requesting a copy of our **free catalogue**.



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