



## The Gem & Crystal Essence Collection



### **A collection of 20 powerful Essences with the ability to work at many different levels**

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.



# The Gem & Crystal Essence Collection

The Crystal & Gem Collection is a set of 20 very powerful Essences with the ability to work at many different levels. You can use these essences individually or mix them together to make your own combinations.



## Alexandrite

The transformational energies of Alexandrite have the ability to draw one into alignment with Divine Will and to bring forward whatever changes are right for your growth now.

**Emotional/mental** - Alexandrite promotes greater emotional maturity and the ability to take responsibility for ones self. It particularly helps feelings of low self-esteem and uncenteredness and encourages a greater experience of joy and interconnection with nature.

**Energetic level** - Alexandrite opens the spleen chakra and aligns the mental, emotional and etheric bodies.

## Calcite

The electrical qualities of Calcite give it the ability to help us focus greater quantities of soul energy into the etheric blueprint. It will help the integration and use of this energy, as well as promoting the release of old patterns that block our creative flow. It comes in a variety of colours and each colour offers us slightly different qualities.

**Emotional/mental** - Calcite transforms fearfulness into courage and promotes feelings of joy and peacefulness. Clear calcite in particular will help where there are difficulties accepting the souls light due to feelings of unworthiness.

**Energetic level** - Calcite is a helpful essence to increase flow and movement in many situations; for instance the flow of energy between different chakras in the chakra system or the flow of energy in a group situation. Orange calcite in particular integrates the etheric, emotional & mental bodies.

Calcite can be a helpful energetic support in many transformational situations due to its ability to focus light into the etheric patterning. Green calcite is particularly helpful in this respect.

## Copper

**Emotional/mental** - the energy of Copper promotes confidence psychologically and spiritually.

**Energetic level** - the energy of copper aligns the bottom five chakras and opens the heart chakra. It also aligns all the subtle bodies and activates the electrical properties in the Etheric body. Copper is a particularly good essence to use when greater balance and integration between logic and intuition is required. Use in combination with others like Gold, Silver and Platinum for a more focussed impact on this issue.

## Danburite

The high frequency energy of Danburite has the ability to illuminate buried issues that we need to clear and integrate in order to move more fully into the light of our true selves.

**Emotional/mental** - Danburite can help accelerate the emotional flow so that those emotional issues that need transformation become clearer. It promotes feelings of peace, serenity and joy.

**Energetic level** - Danburite works at the etheric level to integrate more of the patterning of the ideal blueprint into the energetic structure, thus helping to release anything that is not in alignment with this patterning. It activates and organizes the energetic blueprint to be receptive to greater quantities of light and can be a valuable support when one is going through a process of deep transformation.

## Diamond

**Emotional/mental** - The energy of Diamond balances insecurity, worry and feelings of low self-esteem.

**Energetic level** - Diamond impacts the crown chakra, brow chakra and sacral chakra as well as the energetic blueprint associated with these chakra points. It has a profoundly transformational energy that is aligned with the first ray of divine will. Its penetrating energy will impact any energetic patterning that is preventing your etheric blueprint from aligning with the ideal pattern of perfection, by drawing out any blockages, negativity or impurity.

## Emerald

**Emotional/mental** - The energy of Emerald is helpful for all emotional issues that relate to the heart chakra. It is particularly useful in situations where these emotional issues are associated with difficulties with the father or a father figure. It helps to promote a greater acceptance of the masculine principal. It has a generally stabilising effect on the personality at an emotional level and can be supportive for those who easily get caught up in persistent patterns of thought.

**Energetic level** - The energy of Emerald impacts the heart chakra and aligns the etheric, astral & emotional bodies, which helps the development of psychic gifts and meditation skills. It also strengthens the heart meridian & kidney meridian and encourages elimination of impurities from the etheric blueprint.

## Gold

The esoteric properties of Gold have been well documented by all the great cultures down the ages. It can be used to great effect in many situations to promote positive transformation.

**Emotional/mental** - Gold has a strong impact on the heart chakra and is therefore helpful where emotional issues are creating restriction in this chakra. Part of its transformational gift lies in its ability to stimulate the personality to seek contact and communication with the higher aspects of the self.

**Energetic level** - Gold opens and balances the heart chakra and the crown chakra as well as the five chakras above the head. It also promotes the flow of etheric fluid, which stimulates regeneration and the electromagnetic forces in the energetic bodies. Gold's ability to integrate with and affect the many levels of energy associated with the human energy structure makes it an extremely versatile essence. It is a valuable support to encourage balance between logic and intuition.

## Lapis Lazuli

**Emotional/mental** - Lapis Lazuli helps those who have shy, introverted or retiring personalities through its ability to stimulate spiritual & personal self-expression. It also promotes the release of buried emotions and hidden fears.

**Energetic level** - Lapis Lazuli has a major impact on the throat chakra and the energetic blueprint associated with this chakra point. It aligns the etheric, mental & spiritual bodies and strengthens all the meridians. Lapis Lazuli is also a very potent cleanser of unwanted energies from the energetic blueprint.

## Larimar

Larimar is a very powerful stone originating from Atlantis. It was only rediscovered in the late 1980's and brings the gift of transformation for both our past and our future.

**Emotional/mental** - Larimar helps to balance and stabilize the emotions especially in situations where the difficulty is caused by shock or trauma. In this modern day world the pressure of life affects us all to one degree or another. Taken over a period of time Larimar can provide valuable support by helping to promote balance and greater tolerance to those pressures.

**Energetic level** - Larimar has the ability to reshape and repair holes in the etheric body, and it is especially helpful when this damage has occurred through shock, astral entities or drug abuse. It stabilises the emotional body and also works on the mental body, helping the mind to cope more positively with difficulty. Larimar's ability to neutralise vibrations of shock and trauma make it a powerful energetic stabiliser. It powerfully impacts the heart chakra and has a generally balancing and calming affect on the energetic structure.

## Pearl (Light & Dark)

**Emotional/mental** - Pearl balances the emotions and is therefore a very powerful essence for working with a wide range of emotional issues. It helps to develop flexibility in emotional problems, especially those related to spiritual and religious issues.

Symbolically Pearl represents the feminine principle and the essence can help to stimulate insight and greater understanding of our inner feminine aspect. It is therefore helpful where there are emotional issues relating to the mother or a mother figure in someone's life.

**Energetic level** - Pearl has a major impact on the solar plexus chakra and the energetic blueprint associated with this chakra. It also aligns the emotional and etheric bodies

creating stabilisation and release of emotional energy within the etheric blueprint. Pearl's ability to balance emotional issues means that it is a very effective support in situations where emotional difficulty is adversely affecting the strength of the energetic structure.

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.

## Quartz – Amethyst

**Emotional/mental** - Amethyst is a particularly helpful essence for those working with issues relating to low self-esteem or who need support to stay centred and balanced in their own energetic space. This essence enhances meditation and fosters a greater awareness of Source/God. It is also helpful for those who find it difficult to fully integrate with society.

**Energetic level** - Amethyst has a major impact on the heart chakra and brow chakra and a more minor impact on the base chakra, sacral chakra and throat chakra as well as on the etheric patterning associated with these chakra points.

## Quartz – Citrine

The properties of Citrine make it a very helpful essence to eliminate impurities from the mental body.

**Emotional/mental** - Citrine can help with the release of negative thought forms and the promotion of greater confidence in the spiritual self due to its ability to open and expand the mind. It is particularly useful where there are mental blocks or self-destructive thought forms. Citrine helps to balance the emotions and stimulate the creative flow from the higher mind.

**Energetic level** - Citrine activates the base chakra, heart chakra and throat chakra as well as the meridians and nadis. It has a minor impact on all miasms.

## Quartz – Clear

Quartz carries the basic pattern of the Ideal for humanity and the Earth. The shape of the light flow through its crystalline matrix is similar to that through our DNA so that it can be used to remind us of our original crystalline structure.

**Emotional/mental** - Clear Quartz alleviates all emotional extremes, particularly hysteria.

**Energetic level** - Clear Quartz impacts the solar plexus chakra, brow chakra and crown chakra as well as the etheric patterning associated with these chakra points. It also aligns the emotional body with the etheric body. Clear quartz amplifies the crystalline properties in the etheric blueprint, stimulates regeneration, and increases the flow of light through the energetic structure.

## Quartz – Rose

**Emotional/mental** - Rose Quartz is particularly helpful where there is anger or difficulty with the father or a father figure. It can be used to increase confidence and stimulate creativity and personal expression. The energy of Rose Quartz promotes the ability to be unconditionally loving and accepting of self and others.

**Energetic level** - Rose Quartz impacts the sacral chakra, heart chakra and throat chakra, strengthens the meridians and nadis and aligns the emotional, mental and astral bodies. It also has an impact on the patterning of the etheric structure associated with these chakra points. It is particularly soothing and balancing for the emotional body.

## Quartz – Smoky

**Emotional/mental** - Smoky quartz helps to transform low frequency emotions and dispel negative thought forms. It is also a powerful energy to encourage greater grounding and connection with the earth. It is calming and soothing to the emotions.

**Energetic level** - Smoky quartz aligns the lower three chakras which helps to create a stable foundation for the personality. It also aligns the mental, emotional and astral bodies as well as protecting, clearing and balancing the energy field.

## Rhodochrosite

**Emotional/mental** - the loving energy of Rhodochrosite has the ability to help us extend unconditional love to those parts of ourselves that have become closed off and unable to receive love. Its gentle nurturing energy can help a wounded inner child to release old emotional traumas and to become whole again. 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.

**Energetic level** - Rhodochrosite opens and balances the heart chakra and strengthens the astral body.

## Ruby

Ruby has a profound impact on the heart chakra and helps the development of spiritual balance and divine love.

**Emotional/mental** - Ruby is universally applicable for all emotional issues related to the heart chakra. It provides illumination into areas of procrastination within the personality and stimulates the development of self-confidence, decisiveness, negotiation & leadership skills as well as the development of unconditional love. This essence will promote a greater degree of stability and balance within the personality, which will stimulate a desire for forward movement and spiritual growth.

**Energetic level** - The energy of Ruby impacts the heart chakra, heart meridian and heart chakra nadis. It also aligns the mental and spiritual bodies, which stimulates spiritual inspiration and divine love.

## Sapphire

**Emotional/mental** - One of the most important aspects of sapphire is its ability to link together all levels of our being, which makes a greater degree of clarity and inspiration from the Higher Self available to the personality. It's energy carries the vibration of the peace and beauty of Divine Love. Its uplifting energy will support those who experience emotional lows or have difficulty with self-acceptance and personal expression.

**Energetic level** - Sapphire stimulates psychic abilities and helps communication with spirit guides. It has a major impact on the solar plexus chakra and brow chakra and also opens the heart chakra and throat chakra. It aligns the emotional and astral bodies and stimulates all the meridians. The influence of sapphire on the solar plexus chakra and brow chakra particularly supports the energetic blueprint related to those chakra points. It anchors the vibration of the second ray of love & wisdom.

## Silver

**Emotional/mental** - 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 would therefore be a helpful support for those who find maintaining conversational flow difficult.

**Energetic level** - Silver opens and activates the five spiritual chakras above the crown, increasing spiritual links. It also greatly stimulates intuitional feminine qualities and can be helpful used in combination with essences such as Gold and Copper to encourage balance between intuition and logic.

## Turquoise

Turquoise is often considered to be the stone of the alchemist due to its profound transformational properties.

**Emotional/mental** - 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. It can also help to clear fears of psychic attack or being adversely affected by negativity. The energy of Turquoise can be used to remind us of forgotten knowledge or abilities from the past that we can use in our current life situation.

**Energetic level** - Turquoise strengthens and aligns all the chakras, meridians, nadis and subtle bodies. It also alleviates all miasms. Turquoise's powerful protective qualities can help to strengthen the etheric blueprint, release energetic blockages and dispel energetic impurities.

### See Also Our

#### Complete range of Gem & Crystal Essences

We have a range of over 200 handmade Gem & Crystal Essences. To find out more about these essences please either see our Gem & Crystal Essence leaflet or our website - [www.crystalherbs.com](http://www.crystalherbs.com)



## 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 also be combined by mixing equal quantities of two, three, four or five stock essences in a clean 25ml bottle.

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,

## How to Order

You can order the Gem & Crystal Essence Collection in individual bottles or in sets of any 10 or in a complete set of all 20 essences.

### By Phone

01379 608059

### On our Website

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

### Or you can order by Post

Crystal Herbs Ltd - 16 Hall Farm, Station Road, Pulham Market, Norfolk. IP21 4XF.

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**.



*Crystal Herbs Ltd*

16 Hall Farm, Station Road,

Pulham Market, Norfolk. IP21 4XF.

Tel: 01379 608059 [www.crystalherbs.com](http://www.crystalherbs.com)