

Spirits Of The Mineral Kingdom



Christine Pike

Spirit of the Mineral Kingdom

by

Christine Pike

**HMS Press
Electronic Books In Print
POB 340 Station B
London Ontario N6A 4W1**

ISBN 1-895700-67-1

Cataloguing In Publication Data:

Pike, Christine

Spirit of the mineral kingdom

Includes bibliographical references and index.

ISBN 1-895700-67-1

1. Crystal-Psychic aspects. I. Title

BF1442.C78P54 2001 133'.2548 C2001-903869-0

Spirit of the Mineral Kingdom

The mineral kingdom offers us the opportunity to discover a greater awareness of the energies inherent within and without ourselves. Created by the loving hands of angels they assist us in bringing light and love into our understanding and life journey.

Star : Soul level
Sun : Mental
Moon : Emotional
Earth : Physical

CONTENTS

List of Minerals
Mineral Guide
Bibliography

LIST OF MINERALS

**Agate Amber Amethyst Aquamarine Aventurine Azurite Barite Boji Stone Calcite
Carnelian Celestite Citrine Chrysocolla/Gem Silica Clear Quartz Diamond Emerald Fire
Opal Fluorite Garnet Geode Gold Granite Hematite Herkimer Diamond Iolite Iron Jade
Jasper Kunzite Lapis Lazuli Lava Rock Lead Lingam Malachite Mica Moonstone
Obsidian Pearl Peridot Petrified Wood Picasso Stone Pyrite Quartz (clear) Rhodocrosite
Rhodonite Rose Quartz Ruby Sapphire Selenite Shell Silver Smokey Quartz Sodalite
Sugilite Tiger Eye Topaz (blue) Topaz (yellow) Tourmaline (black) Tourmaline (green)
Turquoise Zircon**

MINERAL GUIDE

AGATE

colorful -protecting - stimulating

Star : A gift of balance and perceptiveness

Sun : The picture that you see in the Agate is a dream key.

Moon : A colorful aspect of your nature that protects and nurtures you emotionally.

Earth : It is said to strengthen the sight, ,to diminish thirst. There are many different types of Agate, each with additional qualities specific to the type of Agate stone that has come to you. (see Bibliography).

AMBER

mystery of life - attunement of nature strengthening - endurance - purify - protection

Star : A sign to take a closer look at your present situation, for the treasures you seek lie hidden within.

Sun : A gift of endurance - ancient wisdom and/or healing

Moon : A valuable and possibly ancient part of your being with good judgment and courage

Earth : Promotes physical vitality. Creates a haven of safety, especially for children. Purifies, stimulates and protects the energy field.

AMETHYST

value - royalty - protection - attunement - balance transformation - meditation

Star : Light at the end of the tunnel. You are on the right path. Meditation enables you to hear the guidance of your spirit guides and teachers.

Sun : A gift of ancient wisdom and/or -protection Transmutes lower energies into higher frequencies.

Moon : A valuable and possibly ancient part of your being with good judgment and courage - possible warning to protect yourself

Earth : helps transmute addictions and habits. Alleviates headaches. Helps ease epilepsy, dyslexia and aids visual coordination by balancing left/right brain relations. A natural tranquilizer.

AQUAMARINE

clarity - compassion - expression - humility

Star : Be Simple and Simply Be .

Sun : Stimulate a greater awareness and understanding of the self.

Moon : Aquamarine is the poetry of Compassion - the words between the thoughts - the infinite emotion of light.

Earth : Calms the nerves - eases fluid retention - relieves irritations.

AVENTURINE

heart - growth - nurturing - releasing - compassion

Star : Awareness of the joy of being on the physical plane. Embodies the gratitude of knowing what a gift being physical is to the soul.

Sun : An awareness of the good will and kindness of our loved ones. Supportive of the heart - mind connection

Moon : Helps to relieve worry and anxiety - encouraging the healing of core issues. Remember that all you need is LOVE!

Earth : Stimulates and nurtures the muscle tissues of the heart and contains the element calcium, which is essential for heart contraction. Promotes all healing of the physical.

AZURITE

healing - Spirit Guides - receptivity -rebirth - butterfly clan

Star : Known as the “Stone of Heaven” A gift of guidance. The time is now! Journal writing - Conscious Dreaming - Intuition

Sun : A time of intense psychic opening and inspiration

Moon : Working with your intuition - inspiration - creativity

Earth : Healing to dissolve any disorder that manifests a blockage.

BARITE

gentle - penetrating - realization

Star : It is said that Native Warriors, who shifted from the -physical world to the spiritual world, returned at night and carved the barite roses.

Sun : The message that the energy of this rose conveys that the most sacred areas of ones life are those in which ancient hatred has been transformed to present love.

Moon : Cathartic to the emotional self, allowing for the release trapped emotions and feelings.

Earth: Calming and soothing. Removes toxins from the body

BOJI STONE

ancient wisdom - balance - grounding

Star : I claim the light as my mentor.

Sun : Awareness of your purpose for incarnating on Earth.

Moon : A gift of strength and stability of your inner core being.

Earth : Pulls pain and soreness out of the physical body.

CALCITE

varied - crystalline - -purifying - empowering
strengthening - opening - happiness illumination

Star : Meditate with calcite and hear the message it has for you.

Sun : Light that can cut through the darkness of ignorance to our true potential.

Moon : Common truths - simplicity - clarity

Earth : Amplifies energy levels and polarizes all the chakras. Calcite comes in a variety of colors.

CARNELIAN

acceptance - imagination - fun - love creativity

Star : Dance to the goddess spirit of love

Sun : Nurturing any of the spiritually creative seeds is the gift from carnelian and will produce memories you will some day cherish.

Moon : Allow yourself to create your dreams and feel the inner smile radiate within you

Earth : Enhances cellular assimilation of nutrients, especially those that support the reproductive organs. Use it to relieve cramps and muscle spasms.

CELESTITE

grace - listening - inner peace - friend

Star : Be still and know that I am the God-Goddess

Sun : Celestite's legacy is the awakening of our ability to listen to the voice within and hear the deep inner wisdom of the soul

Moon : It's calming energy strengthens our inner peace and decision making processes as we become confident in the messages we hear from within

Earth : Essential for aiding in brain function and cellular activity, and maintaining a clear complexion. It also reduces decay by strengthening the cellular structure and matrix of the bones and teeth.

CITRINE

inspired - intent - action - success radiant - happy - directed

Star : Assists our inner voice in becoming a tool for our intellect

Sun : This balancing energy energizes us in the direction of accomplishing our goals

Moon : A realization of how seemingly effortless our endeavors become when we let go and let God.

Earth : Citrine can guides in the awareness of what path we should be taking. Eases melancholy, anxiety and moodiness. Aids in supporting pancreatic and liver function.

CHRYSOCOLLA/GEM SILICA

sky - earth - connecting - breakthrough - peace

Star : Assistance in past life recall - connection to soul friends

Sun : A gift of connection. Understanding the connection between Mother Earth and Father Sky. Growth of consciousness

Moon : Balance - purification - beauty - encourages expression

Earth : Helps regulate reproductive endocrine glands. Eases headaches and menstrual discomfort. Helpful in reducing the pain and swelling of arthritis.

CLEAR QUARTZ CRYSTAL

amplifier - transmitter - strengthening

Star : A gift of revelation - You are the dance!

Sun : A gift of strength - revelation - the ability to perceive things differently

Moon : A time of strength and vitality. Understanding of the flow of life - better communication skills. Can be a warning to re-evaluate your views and let in new information - rigidity - hardness

Earth : Energizes and stimulates on all levels by drawing out negative energy held unconsciously within ourselves.

DIAMOND

protection - purity - connection - brilliance - protection Tao - perfection

Star : Less is more. Initiation - Increase in Light Vibration

Sun : A gift of strength and Protection. Revelation about the level of your courage.

Moon : The complete faith and knowing that God is Love.

Earth : After a healing of any sort diamond holds the healing in place and creates the necessary shift by forming a matrix of light energy to protect.

EMERALD

abundance - magnificence - heart - bliss - beauty

Star : Symbolizes the spiritual journey of our heart center. A Gift of harmony throughout the plexus of our heart.

Sun : A loving reminder to give thanks for the many blessings in our lives

Moon : Understanding of the cornucopia of universal abundance. If we release control and allow God to manifest his abundance in our lives. For he knows better than we what our hearts desire.

Earth : Calming and soothing. Assists in opening the petals of the heart. Releases disharmony.

FIRE OPAL

hope - Magic - Sun - progress - change

Star : The message is “Keep on keeping on” All is well.

Sun : A gift of hope and of light coming at a time that might appear dark

Moon : Your ability to hope and believe - a magical time uniting your male and female side

Earth : Assists in “maintaining” while in stressful situations and faith in the self.

FLUORITE

crystal - multicolored - flow - loving detachment

Star : An understanding of the purity of the Universe

Sun : The ability to be fluid in the dream state - ability to perceive the underlying meaning to things. To expand your thinking processes.

Moon : Your ability to flow. Provides a stabilizing energy in relationships, groups and individuals to flourish in the realm of that which is beneficial to all.

Earth : Purification, cleansing. Is used to dispel states associated with colds, flu, infections. Used in the beginning states of tumor growths.

GARNET

rhythm - vitality -connection to Earth - sexuality survival - Stamina

Star : Celebrate the unique role that you play in the divine dance of life.

Sun : Awakening to the awareness of the life energies within ourselves

Moon : Have fun just because fun feels good. Fun is an essential food for the soul, a sacred gift for choosing life in the physical realms.

Earth : Harmony within the self. Create movement through dance, Hatha yoga etc.

GEODE

logic - decision making - will - sun

Star : A gift of seeing the overall picture before making any decisions.

Sun : Assists one in attaining highly effective communication skills. Understanding your connection with the sun and other stars.

Moon : Gives one the freedom to mold and to shape their future.

Earth : Assists in disorders of the hands, lungs and nervous system.

GOLD

connection - sun - east - heart - life force purity - beauty

Star : A symbol of the purity and spiritual aspect of “All That Is”

Sun : helps in lessening the trauma associated with the situations experienced during the gain of knowledge .

Moon : Helps to access the intrinsic potential of the Self

Earth : Helps to enhance mental faculties, to rebuild the nervous system (i.e. Multiple Sclerosis), to improve digestion, circulation and breathing. Arthritis, skin cancer, blood disorders, pneumonia, vascular diseases, heart disease, eye problems, paralysis, rheumatism, skin disorder, tuberculosis, nightmares and spinal problems. A Master Healer

GRANITE

grounding - perspective - discretion

Star : The gift of “Knowing”

Sun : “Why see the puddle, when there is an ocean waiting”

Moon : Aids in enabling one to “nip” disagreeable situations at the onset, defeating negativity with ease. **Earth :** Can be used in the treatment of disorders associated with hair, face and head.

HEMATITE

grounding - shield - balancing - strengthening gentle - kind - warm

Star : The only limitations which exist are in the mind.

Sun : Reach for the Sun - the universal Light of Love!

Moon : Assists one to get grounded and to remain calm. Connection to Earth Mother. Peace, self control and inner happiness.

Earth : Assists in focusing the energy and emotions for balance between body, mind and spirit. Balances Yin / Yang energies. Aids with treatment of leg cramps, blood disorders (i.e. anemia), nervous disorders and insomnia.

HERKIMER DIAMOND

harmony - rebirth - awareness - blessings - sharing

Star : Awakening to the vast universal existence's, star systems.

Sun : A gift to draw from the higher planes of universal consciousness.

Moon : A gift of nurturing as our energy levels shift to higher levels from our growth and understanding.

Earth : Lends its therapeutic influence over mucous and sperm and curtails overindulgence in food and drink.

IOLITE

beauty - heaven - guardian - soul - mystery manna - mystical

Star : You are being asked to fulfill your purpose on earth

Sun : Heed the holy unselfish mission of the dolphin brothers and sisters who have journeyed back to teach us and guide us with their light. In turn, we must fill the eyes of our kin with the magic of the stars and let them bathe in the magical waters of the divine.

Moon : When we choose faith over reason, heart over mind we will discover why we are here on earth.

Earth : Beneficial in relieving pain, calming metabolic processing controlling hunger and breaking down fatty deposits. Is rich in magnesium making it an anti-stress crystal good for relieving headaches and cramps and relaxing muscles, especially muscles of the heart. Anti-toxin.

IRON

balance - ideals - experience - openness abundance

Star : Understanding of the morality and purpose of the elders.

Sun : Allows one to be tempered by experiences, facilitating “smooth sailing” in one’s endeavors.

Moon : A gift of receptivity, tranquility and abundance.

Earth : used in the treatment of blood disorders, muscular atrophy, sore throat, gall and kidney stones, internal bleeding. Also used to strengthen the reproductive system.

JADE

prayer - tranquility - balance wisdom - past life

Star : Appreciation of who you are: a beautiful and immortal soul, whose beauty is enriched by life experience and is never diminished by the elements of life.

Sun : A gift of discovering your spiritual path

Moon : A gift of courage and clarity - assistance with prayer and meditation. Seek balance as you

strengthen your situation by simply knowing who you are.

Earth : Dedication to the simple and delicate balance of our body temple is the Way, the Tao of life.

JASPER

magical - blessings - treasured nurturing - empowering

Star : Blessings and protection

Sun : Protects against negativity and helps one to be grounded to the stabilizing energies of Mother Earth.

Moon : Helps one to unite the energy field of the physical with the ethereal in order to balance the form and to direct one toward the goal.

Earth : Used in the treatment of tissue deterioration of the internal organs, disorders of the kidneys, spleen, bladder, liver, and stomach. Soothes the nerves.

KUNZITE

heart - awakening - maturity - truth

Star : Understanding of the path of the wise heart

Sun : Kunzite's clear mission is to cut away that which veils our heart center

Moon : Supports our awakening journey through the heart. Hold your heart up to the light of love.

Earth : Shines a soft pink and loving energy, realigning thought patterns to encourage a healing heart and healthy cardiovascular system.

LAPIS LAZULI

depth - consciousness - intuitive - past life
innate ability

Star : Represents the timeless wisdom that is your birthright to carry forward, the golden starlight of ascending consciousness **Sun** : Stimulates psychic energy and grounds the intuitiveness that guides the divine plan of cosmic earth.

Moon : An indication to awaken the innate soul powers of intuition

Earth : Represents your connections to the past, including illness or conditions stemming from past lives. Stimulates the energy meridians and should be used with respect.

LAVA ROCK

molten - flowing - depth - intensity fire - earth connection - transformation

Star : A gift of awareness from the spiritual sun

Sun : The fire within - the depth of your earth connection

Moon : The leashing or unleashing of the volcano with you ridding yourself of unwanted spiritual debris

Earth : Warmth and purifying

LEAD

beginnings - guides - direction - encouraging

Star : Know that your prayers are heard and answered

Sun : a gift of strength

Moon : Assistance in "getting on the move"

Earth : Helps to clear toxins from the cellular structures of the muscular tissue. It can also be used in the treatment of blood poisoning, disorders of the elimination system. Upset stomach / digestive systems.

(**DO NOT** prepare an elixir via the normal method.)

LEPIDOLITE

trust - transition - safe - light - hope

Star : The ability to receive and transmit the energies of the universe

Sun : A revelation about the powerful positive aspects of your being, inducing the attribute of self love, bringing a child-like love and acceptance allowing for trust to flourish

Moon : Assists in the transformation of the energies of lesser spiritual ideals to the energies of universal light, hope and acceptance. A stone of “transition” assisting us to move through change smoothly and with faith. Also help one with the transition from one life to another.

Earth : Assists in digestion and in the relief of tension and stress related disorders. Helps to sooth the nervous system, stabilizing the flow of blood and in calming the heart.

LINGAM

individuality - connection - Shiva/Shakti divine dance - breath - sound

Star : A gift of divine spiritual blessing

Sun : Brings memory of your soul family. Birthing this seed brings reunion with the other sparks of universal light, in body or otherwise, within your group soul.

Earth : Lingam’s are cooling, recommended for all overheated situations. Place them on your pulse points and feel your body temperature lower.

MALACHITE

dance - surrender - consciousness joy - winds of change

Star : I surrender to the dance of my heart self

Sun : Look deep within and allow malachite to reveal the secrets of a happy heart

Moon : With Malachite the winds of change are blowing. They will not be earth shattering if you welcome.

Earth : Malachite is a well known stone for drawing out pain, assists with bruised and fractured bones. Be sure to cleanse the stone frequently. Increases vitality and endurance.

MICA

reflective - clarity - gentle - release

Star : Assists in acknowledging truth with loving detachment

Sun : The realization of how we all mirror each other. What I see in you I also have within myself

Moon : Understanding that we are One with our brothers and sisters. That on the Soul level we ARE the embodiment and beauty of LOVE.

Earth : Enhances flexibility in physical, emotional and intellectual situations. Provides for growth in all areas of pursuit and can be used to diminish anger, tantrums and nervous energy. Can be used when fasting, to treat insomnia and the excessive sleeping requirements of mononucleosis, to relieve conditions of dehydration, to bring sparkle to the eyes, providing energy and purpose.

MOONSTONE

dreams - depth - subconscious - water - intuition

Star : Honoring the messages received from your inner self

Sun : Tap into your subconscious and let intuition be your guide

Moon : Heightens our emotional balance as well as our psychic gifts. Clarifies your emotions and eases your over-attachments

Earth : Moonstone embraces all aspects of the birthing process as well as releasing abdominal tensions. Helps with P.M.S. Also aids in relieving intestinal ulcers, diabetes.

OBSIDIAN

catalyst - transformation - growth life force

Star : The mirror of our deeper self. The light and shade of our emotional natures are brought to our awareness with Obsidian

Sun : Understanding of one's flaw's and the promotion of a clear picture of the changes which are necessary to eliminate the flaws.

Moon : An excellent stone for protecting one from that which could bring physical and/or emotional harm.

Earth : The clearing of stored toxins and the penetration of deeper tissues. Beneficial for arthritis and helps alleviate tension. Delves deeply into the subconscious psychology that determines the state of your health.

PEARL

faith - charity - innocence - integrity purity - sincerity

Star : A gift of spiritual guidance

Sun : Enhances personal integrity, and helps to provide focus to one's attention

Moon : Is known as the "stone of sincerity", bringing truth to situations and loyalty to a "cause"

Earth : Used in the treatment of digestive disorders, and to relieve conditions of biliousness and bloating, to treat the soft organs of the body and to increase fertility and ease childbirth.

PERIDOT

forgiveness - healing - warm - gentle forgiveness

Star : The gift of joy, happiness and love

Sun : Your strength and compassion nurture strength and compassion in others.

Moon : Look within. Peace be with you!

Earth : The lemon green ray of Peridot stimulates the brain, cleanses and prevents decay and aids the absorption of nutrients. Enhances the liver, kidneys, nervous system, intestines and flesh.

PETRIFIED WOOD

strength - support - transformation perspective

Star : Assists advancement to ones highest chosen level, awareness of higher aspects of self.

Sun : Recognizing that all actions bring one to one's ultimate purpose.

Moon : "Change what you can, and worry not about the rest"

Earth : Provides support to one who is coming through the crisis period of a dis-ease; insight into "why" the suffering has occurred Used in the treatment of atrophied portions of the body, paralysis, and dysfunctional ambulatory capabilities.

PICASSO STONE

creativity - unique - expression - perseverance -
strength - understanding

Star : Understanding of the destiny one has chosen.

Sun : Helps provide clarity to the inner sight, bringing peace by the removal of disturbing thoughts

Moon : Assists one in traversing change, attracting strength and perseverance.

Earth : Stimulates the circulatory system, reduces anxiety and stress, assisting in digestion, regulation, and metabolism. Promote weight loss.

PYRITE

shield - protector - nourishing - sun

Star : Inspires the universal energies to activate the nourishing energies within, revealing the purity of the universe and the understanding that the universe maintains an inherent perfection that allows the unfolding of impeccability.

Sun : Pyrite symbolizes the warmth and lasting presence of the sun assisting in the recall of beautiful memories, of love and friendships. Assists one in seeing behind facade.

Moon : Activates the nourishing energies of the body restoring us to health.

Earth : It can be used in the treatment of bronchitis and disorders of the lungs. It has been used in the treatment of violent and/or highly infective dis-ease, also to protect when working with those affected. Lessens fevers and reduces inflammation.

QUARTZ (clear)

also known as Rock Crystal.

amplification - focusing - storage - transformation of energies - harmony

Star : Is said to bring the energy of the stars into the soul. **Sun** : It can be used to communicate with minerals, plants, animals. All of the psychic abilities can be stimulated and amplified by the use of this mineral.

Moon : Assists one in retaining calmness and clarity in all situations, decreasing the amount of negative affectation which Provides for enhanced energy and promotes perseverance and patience, as well as for restful sleep. Crystals were used in Atlantis and Lemuria for rejuvenation.

Earth : Used to clear and to activate the energy centers (chakras) of the body. Wherever worn or carried, it acts as a physical and mental energizer; assisting to maintain balance, energy and protection.

ROSE QUARTZ

calming - cooling - heart - gentle - self-love harmony

Star : Used for spiritual attunement to the true life force LOVE

Sun : Known as the “stone of gentle love” restoring the mind to harmony after chaotic or crisis situations, sending the message that there is no need for haste in any situation.

Moon : Brings a calmness and clarity to the emotions. Encourages the healing of emotional “wounds” with gentle energies of self love and acceptance

Earth : Provides for the balancing of yin-yang energy and can attune each chakra to, and - provide each chakra with, the -proper frequency of energy vibration.

SMOKEY QUARTZ

refinement - cleansing - alignment - grounding

Star : Spirit will lead you to your next opportunity!

Sun : If you are dealing with energies that do not serve your higher purpose, work through them, then let them go.

Moon : Miracles can happen so stay clear! Are you willing to let go of that which no longer serves your highest good?

Earth : Use for all forms of detoxification as well as to assist the process of radiation or chemotherapy in cancer healing. This crystal holds particular benefits for people in recovery. When used for such remember that the stone needs to be frequently cleansed. Is valuable in treating adrenal fatigue and stress and colon sluggishness. Call on Smokey Quartz when a miracle is needed. Clearing the unwanted energies opens a portal to the soul in need.

RHODOCROSITE

awakening - relationship - joy - divine heart

Star : The “stone of love and balance” on all levels.

Encompasses the presence of heavenly energies filled with the golden sphere of light; assists in creating new worlds for the user - worlds filled with love and dreams.

Sun : Assists attunement to the higher self. Reveals solutions to the puzzling concept relating to the duality of nature.

Moon : Assists one to understand and initiate relaxation, acceptance and balancing. Removes tendencies toward avoidance or denial - allowing for the re-emergence and the re-actualization of the validity of living expression in all situations.

Earth : Used in the treatment of elimination problems, to strengthen the walls of the intestines. Has been used in the treatment of thyroid imbalances and to balance the energies of the heart and pulse rate.

RHODONITE

balance - stone of love - clearing - grounding - potential

Star : Invites one to experience attunement and qualities with the spirituality of the universe.

Sun : Helps one to achieve his/her greatest potential.

Activates the energies of the heart chakra revealing the resonance of unconditional love.

Moon : Assists one in recognizing and in implementing the actions required to encourage and to further the “brotherhood” of humanity, stimulating the serving aspects of ones nature and encouraging generosity of spirit. dispels anxiety and promotes coherence, bringing clarity to details and relationships.

Earth : Facilitates an impenetrable energy which stimulates alignment of chakras and removal of blockages bringing a loving, active and energetic environment to all actions.

RUBY

bliss - joy - shield - balance - perfect

Star : Ruby reminds us that divine union is our destiny.

Sun : The “stone of nobility”, promoting and stimulating mental concentration. Encouraging gentleness and discouraging violence. Protects on all levels.

Moon : Ruby guides us lifetime after lifetime while we journey through the drama’s of our heart’s resolutions.

Earth : Stimulates tissue regeneration, treats fevers and strengthens vitality and blood flow to the heart, ventricles, arteries and capillaries. Ruby medicine expedites the expulsion of toxins and residues from the blood and organs. Helpful remedy to heal conditions such as edema, pneumonia and pleurisy. Rudy heals deficiency.

SAPPHIRE

beauty - intuition - joy - truth - understanding

Star : Sapphire contrasts our illusions into universal truth, uncovering the veils to our higher spiritual consciousness.

Sun : Regardless of your circumstances, the truth will win out! Sapphire teaches us how powerful our thoughts and words are and how they create our reality. Sapphire is the gem that exposes your true personal power, the magic mirror that never lies!

Moon : In India it is said, “ To practice the enlightened truth, to be loving enough to see the whole truth, and tell the truth in such a way as to not do injury because you are aware of the being of which you speak” Assists you in creating calm and an ability to handle stress.

Earth : aids in the digestive tract, balances the digestive flora and alleviates colic. Alleviates headaches, neuralgia and epilepsy. It is also beneficial in treating rheumatism, soothing sore throats and reducing fevers.

SELENITE

teacher - knowledge - light - guides - communication

Star : With a heart full of love and kindness, you can help others illuminate the choices they face at their crossroads.

Sun : Before you lies the telepathic bridge, the nexus of communication for you, your higher self and your spirit guides.

Moon : Although it may be easier to just go on your merry way, this is the perfect time to share something meaningful - you are here to share the knowledge you have gained through your experiences.

Earth : Selenite functions best as a bridge that illuminates the healing capabilities of other crystals.

SHELL

ceremony - intuition - clarity - adaptability

Star : These vacated homes have been used to provide boundless growth in all areas of endeavor.

Sun : Enhances clarity in the mental processes and to provide, during periods of decision-making, insight into which option to choose.

Moon : Promotes cooperation between the self and others and within the self.

Earth : Used in the treatment of hearing disorders, calcium deficiencies, and in dysfunctions of the spinal canal and nervous system. Assists in healing breaks in the skeletal structure and is useful in enhancing the assimilation of Vitamins A and D. Also protects the muscular systems of the body from atrophy.

SILVER

eloquence - moon - balance - culture

Star : Silver is the mirror of the Soul.

Sun : Silver assures us that we can always “come home” if we have drifted.

Moon : It is known to enhance the powers of the moon and is an excellent mineral for use in energizing other stones during the full and new moons as it retains and holds the energy.

Earth : Silver helps to cleanse the body via the pores, and to eliminate toxins at the cellular level. It can be used in the treatment of hepatitis, to increase the assimilation of Vitamins A and E, and to ameliorate disorders associated with unstable vision.

SODALITE

Dharma - virtue - sharing

Star : Have you put love into the wood you have carved, the dresses you have sewn, food you have baked, the children you have taught? If the answer is yes, much joy awaits you as you reap what you have sown.

Sun : The physical plane represents your physical equity. Will your creative work stand the test of time and make this world a better place?

Moon : To be loved one must first give that love.

Earth : Use Sodalite to strengthen the lymphatic system. Particularly helpful to use with radiation exposure that results in poor lymphatic drainage and over-accumulation of lymphatic toxins. Is a natural sedative and eases suffering. Helps release muscular and ligament tension, thereby allowing the skeletal system to realign.

SUGALITE

patience - counsel - change - vision

Star : Represents the perfection of the spiritual love of “All That Is” Assists manifestation of this energy on the Earth plane.

Sun : Reminds us of the reasons for being in the physical body and for living on the Earth Plane. Forgive yourself and others.

Moon : Understanding of the lessons which we have chosen for this visit to the physical realm. ” Gives us the feeling of being free - “being on top of a mountain with the breeze ruffling our hair” infusing us with inspiration and confidence.

Earth : Balances both hemispheres of the brain and improves motor nerve response and physical coordination. Eases coughing, decreases excessive sexual desire, control recurrent fevers, dilate blood vessels, reduce heart rate and decrease sensitivity to pain.

TIGER EYE

clarity - light - pure - attunement

Star : Brings together the energies of sunlight and sand, synthesizing the energies of the Sun and the Earth.

Sun : Provides for balancing of the yin-yang energy. Assists in the integration and balancing of both hemispheres of the brain. Attunes one to the connected-ness, promoting experiences which are fresh and new.

Moon : Eliminates the “blues” and can bring brightness and optimism to the user. Insight into those issues which induce mental battles and conflicts associated with willful pride.

Earth : Helps to prepare the systems of the body for the approach of enthusiasm for flowing with the “river of humanity” toward the “one” Used in the treatment of disorders of the eye, throat, the reproductive system and diverticular constrictions.

TOPAZ (blue)

love - joyful - inner beauty - blessings - soul

Star : the “stone of true love” The light from Source is strong and constant. You can always be certain of its presence when you return to gather strength from the radiance of your core.

Sun : Behold a mandala of light beaming from the radiance of the universal network of infinite souls.

Moon : Love and Light have always been the true source of your beauty. You are beauty; walk in beauty, trust in your beauty. Let your love of beauty overflow upon the earth. Go to the place where it all began, your Soul.

Earth : Rejuvenates the etheric body and stimulates the flowering of the lotus chakra of the throat center. Can soothe a sore throat. Acts as an internal pranic treatment, igniting the breath of your in-dwelling spirit. Calms a nervous disposition. Balance.

TOPAZ (yellow)

divine wisdom - manifestation - vision - clarity

Star : The golden fires of Topaz are symbolic of divine wisdom. Light will follow any direction to which you give your sincere attention and love.

Sun : Know that all manifestations are held up to the laws of karma and that which we create should be for the good of all - and at the expense of no one. This is a golden universal law.

Moon : Support your dreams with love. You have it in you! Forge ahead!

Earth : Eases blood disorders, stimulates the nervous system and strengthens the vital energy flow through all meridians and to the muscles and tissues. Reduces tooth decay and reduces calcium loss. Gives strength to the liver and pancreas functions, fat metabolism and endocrine balance. Also recommended for sciatic nerve pain.

TOURMALINE (black)

Shield - retreat - protective - Mother Earth

Star : Black Tourmaline shields and protects us by deflecting negative energies. This is a process of cleansing energy, a gracious dispensation from Mother Earth. Let us bless the earth in return for the protection she has given us.

Sun : Find peace and seek solitude. Rest. Indicates a time when you should be in the world but not of it.

Moon : Indicates a time when you need to be shielded from a particular area in your life, or a retreat may be what you need. Rest is healing.

Earth : Stimulates the base/root chakra. Especially effective against the symptoms associated with arthritis: pain, swelling and immobility. Alleviates lower back pain and removes lower back and spinal blockages. Anxiety disorders. We are reminded that the conflict exists within our own selves. We must bravely look within or the battle is never completely resolved.

TOURMALINE (green)

courage - strength - leadership- - expression masculine

Star : Be open and seek counsel from the wise healing man.

Sun : Green Tourmaline respects the strength of our divine masculine force as a protective and directed energy; a suitable complement to our feminine, nurturing self. We are reminded that the conflict exists within our own selves and that we must bravely look within or the battle is never completely resolved.

Moon : Radiates positive energy and imparts a many lessons to integrate as we awaken to an understanding of our masculine and feminine polar expressions.

Earth : A premium healer and immune booster. Works with suppressed energy and low chi. Strengthens immune activities, the thymus glands and white blood cells while destroying unhealthy microorganisms, germs and bacteria. Lay over lungs or on the thymus gland to relieve infections.

TURQUOISE

awakening - alignment - sacred knowledge - Father Sky

Star : Turquoise is a blessed gift from the Great Spirit.

It is of high spirituality emulating the Path of Honor.

Sun : Turquoise keeps us grounded while we soar through the clear day sky, the symbol of our awakening, in search of the sacred knowledge of our earth. Energetically Turquoise is the wisdom of our grandmothers and grandfathers.

Moon : It is the “stone of Truth.” It is time to be honest with yourself. Honor your commitments only as long as they honor you.

Earth : Is a sacred earth stone. Assists one to gain a true picture of physical health. Because it is a truth stone, Turquoise can guide you to remember how an ailment began, or to initiate a vision quest into your physical balance.

ZIRCON

union - innocence - virtuous - constancy

Star : Zircon symbolizes the central “deity”, a force immutable and constant, which is synonymous with the recognition and with the understanding that we are all a part of “All That Is”. It is here to remind us of our goals upon the evolutionary spiral and within the human realm.

Sun : The “stone of virtue” Assistance in bringing ones virtuous nature back into the balance with the universal forces.

Moon : This mineral promotes unions: physical, mental, emotional spiritual etc., creating a dynamic illumination via the intuitive self.

Earth : Provides assistance in the treatment of disorders of the sciatic nerve structures which lead away from the spinal vertebrae. Increases bone stability, in the treatment of vertigo and in the mending of bones and muscles. It has been used as an antidote for poison.

BIBLIOGRAPHY

Melody

Love Is In The Earth

A Kaleidoscope of Crystals

ISBN 0-9628190-3-4

Dawn Silver / Pat Gullett

Jewels of The Lotus

The Tibetan Gemstone Oracle

ISBN 1-885394-33-0

Sun Bear / Wabun Wind / Shawnodese

Dreaming With The Stone People

ISBN 0-671-78416

**The Canadian Poetry Association: London Chapter
wishes to thank the City of London and the London Arts Council
for their contributions and support for this project.**