

composed by: Sheli Stewart-Little  
soon to be legally changed to: Aurora Teal Merchant

P.O. Box 108

Camak, GA, 30807

### Legends of the stones

Abalone - corrects hormonal imbalances, releases anger, brings peace, helps one see auras, stimulates creativity

Adamite (yellow) - enables you to focus on your tasks and your prosperity

Adventurine - helps stabilize feelings, calms fears, promotes the feeling of independence and well being, comforter and supporter

Adventurine (green) - "money stone", brings prosperity, healing, luck, peace in families

Adventurine (blue) - soothes fears and bad dreams, helps keep one centered, tranquility

Adventurine (orange) - sexual healer, helps one deal with fears, phobias and anxiety concerning sex, heals victims and survivors of incest, or any other abuse of a sexual nature

Agate (Blue Lace) - calming, brings happiness, soothes emotional pain, very feminine and nurturing, tranquility, attunes senses

Agate (Botswana) - Helps you protect your family and yourself, protective love

Agate (crazy lace) - helps you work with other generations within your family, helps one to face the many facets of oneself, gives one a positive outlook of life

Agate (fire) - brings "fire" into one's life, makes one face the past, healing

Agate (moss) - grounding, healing, helps one to growth, also good for plants

Agate (Red Flame) - brings "fiery" hidden issues to the surface that need to be dealt with

Agate (Zebra) - helps you enjoy your body

Amazonite - good for female problems, very calming, creativity stone, aids in faith and hope, good for throat chakra, soothes the nervous system, helps one express ones feelings

Amber - lifts the spirits, grants mental clarity and large amounts of energy, connector, polarizes and harmonizes, clears emotions

Amethyst - purifier, helps keep love alive, promotes intuition, peacekeeper, keeps one from getting drunk and overindulging, aids in spiritual awareness, emotional love, healer, meditation, spiritual wisdom, eases headaches, good for dreams and insomnia

Apache Tears - grounding, protection, helps you connect with your spirit guides

Aqua Aura™ (blue quartz) - great for communication, calming, balances polarity

Aquamarine - eases depression, calming, balancing, calms nerves, throat stone, good for meditations, helps you "go with the flow"

Azurite - stimulates psychic abilities, healing, great meditation stone, stimulates third eye, clarity, helps one interpret their dreams

Azurite/Malachite - protects, reduces inner stress and confusion, healing, aids fertility

Beryl (golden) - heals allergies, opens one to higher dimensions, banishes fears

Bismuth - healing, the only metal that aligns East and West, instead of North and South, as all other magnetic metals do

Bloodstone - balancing, prosperity, adds self-confidence, courage, strength, healing, reduces inner stress, gives inner guidance, harmony

Boji Stone - healing, balancing, heals holes in the aura, strengthening, increases physical energy, best when used in male/female pairs

Calcite (amber) - very peaceful and calming

Calcite (clear) - scrying stone, allows one to see into other dimensions

Calcite (gold) - brings joy and sunshine, also prosperity

Calcite (green) - "throat cleanser", protector

Calcite (pink) - self love, makes the world softer and sweeter

Calcite (red) - enables you to express your emotions

Carnelian - stimulating to careers, sex lives, and personalities, grounds out the negative, very sexual, good for visualizations, very healing, awards confidence in oneself, high energy, protecting

Celestite - channeler, throat chakra balancer, calming, soothing, psychic powers

Charoite - balances psychic and intellectual wisdom

Chrysocolla - very peaceful, calming stone, healing, increases memory, patience and understanding, organizer, reduces stress, increases past life recall

Chrysoprase - in mid-evil times this was mistaken for emerald, very healing, prosperity magnet, calming, soothes nerves

Citrine - very positive, happy stone, dispels nightmares, strengthens creativity, stimulates openness, grants higher self-esteem, mental stimulant, intuition, abundance

Datolite - peaceful, inspires creativity and sensitivity, builds strength of character, blends spiritual awareness and values with good business practices

Diamond - intensifier of other stones, helps one connect to their higher self, master healer- second only to Turquoise

Eilat (mixture of Native Copper, Turquoise, Chrysocolla, Azurite and Malachite) - balances male and female energies, aligns chakras. \* Please note that this material, as well as any other major copper ore, can be toxic to the system if taken internally! Wash your hands before touching your mouth or face!

Emerald - very healing, nurturing, prosperity, stabilizing, grants patience, balances will and wisdom, "heart healer", enhances dreams, increases creativity, improves memory

Flint - grounding, courage

Flint (marbled) - balances chakras, used for integrating Native American ways with modern life

Flourite - very cleansing, helps one get organized,, very focusing, helps you work with large amounts of energy- it channels and helps you remain in control, aura cleanser, be careful if you are already unstable, for Flourite may make one unbalanced, even suicidal

Garnet (red) - vitality, evoking, keeps energy flowing, enhances love, lust and intuition, helps you remember your dreams, very creative, helps release fears, inspiring, promotes long lasting relationships

Herkimer diamond (Quartz) - vision and dream crystal, stimulates meditations, visualizations and all trance work, purifies

Hematite - very grounding, increases intuition and memory, good for those with iron deficiency problems, very peaceful and calming

Iolite - helps one to say "no", gives self-confidence and peace

Jade - prosperity, good for growth, harmonizes, cleanses and purifies the aura, wisdom, courage

Jasper (Fancy) - helps you to enjoy others, to party, healing, helps one appreciate beauty

Jasper (red) - energizes solar plexus and lower chakras, heals emotions by helping one express hurts and anger, reduces stress, promotes endurance, stimulating energy

Jet (black) - effective against negativity and deep depression, protection stone

Kunzite - helps one love oneself and others, very powerful, helps people let go of addictions, compassion, peace, freedom from fear

Kyanite - helps balance all chakras, and appreciate life in all its mysterious beauty

Labradorite - dispels nightmares, helps one deal with childhood tragedies, aligns chakras

Lapis - helps you speak up, brings the truth to the surface, so one can face it and deal with it, helps heal old wounds and opens the heart to love and unconditional understanding, grants wisdom, creativity and psychic powers, a friendship stone

Lepidolite - very peaceful, soothes depression, very good for head and heart, aids in sleep

Malachite - healing, physical protection, balances, brings peace and harmony, grounding, aids in inner happiness, success in business, balances hormones, aids in fertility, improves eyesight and insight, centering

Moldavite - the "ET stone", communications with extra-terrestrials, helps you unblock

Moonstone - aids in divination, moon magic and dieting; opens one to the feminine aspect, the Goddess energy; brings harmony and peaceful dreams, balances emotion, brings harmony to marriage and all relationships of the heart, helps to relieve frustration, takes away the desire to over-react, brings happy love experiences, stimulates the senses, if you carry a piece of Moonstone, you will draw your Soulmate to you

Native American Dream Crystal (black tips on the points) - helps you change your life and your dreams, gives you control over your dreams

Obsidian - connects the mind and emotions, optimism, absorbs all negative energy and replaces it with positive energy, grounding

Obsidian (black) - very grounding, teacher of Truth about oneself, boosts immunity, protection for the super-sensitive

Obsidian (snowflake) - grounding, protects your home or car from harm

Onyx (black) - stimulates self-control, protection, helps soothe fears

Onyx (white) - purity, protection, optimism

Opal - very healing, protecting, grants beauty and psychic powers, gives health, reinforces the Karmic Law - what you do comes back three times to you, good meditation stone, aligns and energizes all chakras

Opal (Boulder) - helps you see the lighter side of everything, lots of laughter, the "giggle stone"

Opal (Mexican Fire) - healing, protecting

Peacock Ore - Earth protector, revitalizes your plants and trees

Pearl - happy love experiences, stimulates maternal instincts, healing, soothing, peaceful

Peridot - helps one to laughter, lightness, happiness and beauty, increases intuitive awareness, stimulates the mind, accelerates growth, reduces stress, eases grief after the loss of a loved one, good for top three chakras

Petrified Wood - grounding stone, very good for past life work, calms nervous conditions, protector

Pyrite ("Fool's Gold) - positivity magnet, welcomes success, strengthens creativity, helps one stay centered, helps friendships stay strong, strengthens will, helps you work better with people

Pyronite" ("Fire Stone")- VERY powerful, healing, aligns chakras, protector, exaggerates emotions - happiness and anger. If doing Tarot or other divination, put Pyronite away, in a box, or better yet, in another room, it is simply too powerful for this - it makes the readings go hay-wire. \* Be very careful with this particular stone

Quartz (clear) - all purpose healer, basically can be used for any purpose, it just wishes to be respected and loved, and anything you wish it to do, if it is positive energy, it will do it's best to help

Quartz (green) - healer, prosperity

Quartz (lavender) - very soft and loving, very peaceful

Quartz points - the points (termination) give the energy a more direct focus to be released from

Quartz (white) - very healing, purity, helps one see the goodness and positivity in self and others, very loving stone

Rhodochrosite - heals broken hearts and helps one find a new love, keeps one mentally stable, unites conscious and subconscious

Rhodonite - enhances creativity, increases strength and skills, good for singers and shy people- it helps one express oneself, raises feelings of self-worth and stability

Rose Quartz (plum) - honest love of oneself and one's capabilities, very healing

Rose Quartz (pink) - learning to love self and others, brings happiness, optimism and peace, very calming, eases depression, soothes worries away, induces peaceful dreams, very healing, helps to release unresolved childhood issues, helps one reduce weight by loving oneself, balancer,

Ruby - passion for life and truth, courage, helps one deal with others, protects those of sensitive nature, healing for heart

Rutilated Quartz - energizer, clairvoyance and telepathy, reminds us of the good luck and prosperity that is woven through our lives, no matter how small it seems, teaches us to appreciate what we have

Sapphire - keeps the flow going, protector, stabilizing, grounding, self-discipline, truth, the "honest judge"

Sardonyx - aid to speakers, grants emotional confidence, happiness and good fortune, helps one have self-control, protects, attracts friends

Selenite (clear)- good for all types of ESP work, communication with spirit guides, channeler stone \* Don't take this out in the sunlight, it will disintegrate. Wash your hands before you touch your hands or face, it will make you very ill if you do not!

Selenite (rose) - resolves fears, aids in communication with spirit guides, creativity, helps coordination



Smokey Quartz - relieves depression and nervousness, dream helper and protector, shield maker, spiritual helper, stimulates and purifies first chakra, good for fatigue and "spaciness", helps one make ones dreams a reality

Sodalite - aids in communication and self-expression, eases hidden fears and guilt, stimulates prophetic dreams, brings peace and wisdom, protector, grants courage, protection

Sugilite - balances mind and body, protects from outside negative energies, healing, heightens psychic powers, spirituality, opens the third eye, helps reduce stress, helps one heal from childhood fears

Tigereye (honey) - clarity, for better understanding, stabilizer, helps one make decisions, strength and courage, increases memory, psychic protection, helps you stay on that diet

Tigereye (blue) - calming, peaceful, intuitive, protector

Topaz (imperial) - revitalizing, stress reliever

Topaz (blue) - opens communications, trance, calms emotions, brings joy, light and love

Topaz (gold) - strengthens thoughts and decisions, increases happiness, intuitive

Tourmaline (brown) - helps one stay centered

Tourmaline (green) - healing, quiets the mind, dispels fear, calms nerves, aids sleep, nurturing

Tourmaline (pink-Rubellite) - strengthens will and wisdom, enhances creativity, heart healer

Tourmaline (black) - very grounding, protecting

Tourmaline (pink & green-Watermelon, bi-color) - helps one release old emotional pains and replace them with love, definite healer, balances right and left side of brain

Turquoise - master healer, good meditation stone, receptivity, very spiritual stone, the stone of friendship- give this stone and some of your love goes with it, aids in creative expression, inner joy and peace, helps one remember past lives and see auras

Unakite - balances emotions, peaceful, helps one connect with spirit guides and inner self, healer- especially in matters that concern the heart

Variscite - sexual healer, adds energy

May the Sun and Moon watch over you and your loved ones

Blessed Be!

Glacier's Rock and Gems  
The Royale White Dragon Forge  
P.O. Box 108  
Camak, GA 30807  
(404) 465-9775