

The Healing Power of Crystals

Crystals have been used throughout history for their healing qualities and beauty. Many people believe that each stone emits a certain energy which can have a beneficial effect on our well being. Does it work? - Wear one/carry one or take it to bed with you and judge for yourself.



AGATE

Treasured as a good overall healing stone. Believed to help ease painful conditions such as bruises, strains and sprains.



AMETHYST

A very powerful aid to creative thinking, spiritual awareness and healing. Believed to help combat insomnia.



AMETRINE

The entwined powers of Amethyst and Citrine make this a unique stone, believed to be an exceptional cleanser and energiser.



AQUAMARINE

Giving warm-hearted energy, this soothing stone is said to pacify nerves and banish phobias whilst ensuring calm and tranquillity.



AVENTURINE

Helps to reinforce decisiveness and amplify leadership qualities. Good for calming anxiety and fears.



BLACK TOURMALINE

A good balancing stone, Tourmaline is believed to cushion against negativity and promote understanding.



BLOODSTONE

Can improve the sense of creativity, decision making and intuition. Said to help purify the blood and clear toxins.



BLUE LACE AGATE

Helps give a sense of courage and assists in discovering the truth. Believed good for strengthening the bones.



CARNELIAN

A good balancer, it connects you with your inner self, giving good concentration. Said to benefit the kidneys, lungs and liver.



CITRINE

Diminishes self-destructive tendencies by raising self-esteem. Good for overall emotional well-being.



FLUORITE / PINK FLUORITE

This stone is believed to bring forth order from chaos, whilst uplifting and inducing relaxation. It is thought to fend off colds.



GARNET

An exquisite stone said to be therapeutic in times of trauma. Make a devoted acquaintance of Garnet and keep it close to the skin.



HEMATITE

Enhances personal magnetism, will and courage. Believed beneficial for blood flow, stress and the nerves.



Crystal Healing Guide

Marcel A. Müller



Crystal Healing Guide:

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