



**Agate** increases happiness, builds confidence, and eloquence. It guards against dangers, cures insomnia, and ensures pleasant dreams.

**Amazonite** increases will and courage, transforms negative mental patterns, and inspires truth, eloquence, and trust.

**Amber** stabilizes, lifts burdens, and increases joy and inner strength.

**Amethyst** is calming, healing, and protective. It prevents overindulgence and bestows stability, strength, invigoration, and peace.

**Aventurine (green)** reinforces decisiveness, amplifies leadership qualities, balances yin and yang energies, and improves creativity.

**Bloodstone** increases the odds of success by aiding the understanding of the need for hard work.

**Blue Lace Agate** cools tempers, relieves stress, and soothes the emotions. It is associated with hope, unity, joy, and truth.

**Botswana Agate** calms the mind, improves concentration, understanding, sensuality, and artistic expression.

**Bronzite** encourages principled behavior, service to the greater good, and diplomacy.

**Carnelian** gives a sense of well being, stimulates inquisitiveness, protects against envy, fear, and rage, and helps banish sorrow.

**Citrine** augments prosperity, generosity, confidence, happiness, and success in all walks of life.

**Coral** is helpful in controlling your thoughts, instills courage, and helps to ensure material happiness.

**Crazy lace agate** helps to end periods of physical low energy and increasing stamina.

**Fancy Jasper** brings joy and happiness, a sense of contentment. It is also a protective stone.

**Fluorite** fosters truth, intellect, and consciousness. It helps to calm the emotions, increase spiritual balance, and nurture wisdom.

**Fossils** stimulate the life force, improving memory and an understanding of both self and others.

**Garnet (red)** changes negative energies to beneficial ones, promotes warmth, wisdom, and understanding, and increases internal focus.

**Hematite** bestows wisdom, idealism and unselfishness; improves memory, reduces stress, enhances self-control, and stimulates peace and happiness.

**Labradorite** encourages patience and perseverance, protects and balances, and reduces anxiety and stress.

**Lapis Lazuli** is the stone of friendship, helping one to be more kind, helpful, and loyal, and increases intuition, empathy, awareness, and intellectual capacity.

**Leopardskin jasper** brings contentment. It is healing and protective, particularly for animals.

**Malachite** is a stone of prosperity and fidelity. It encourages tolerance, flexibility, and patience, creating a stabilizing influence.

**Mookite** is good for people who take life too seriously. It promotes laughter and encourages sociability.

**Moonstone** fosters happiness, good fortune, nurturing, and unselfishness. It is a protective stone for women, and helps connect us to nature.

**Mother of Pearl** signifies faith, charity, and innocence, enhances personal integrity, and helps focus one's attention.

**Ocean Jasper** is very soothing and healing, bringing peace of mind. It encourages love of self and others.

**Onyx** enhances self-control, stimulates wise decision-making, and encourages happiness and good fortune.

**Quartz (clear)** aligns energies, thoughts, and emotions, stimulates brain function, and increases social awareness and confidence.

**Pearls** symbolize purity, innocence and faith; enhance integrity, sincerity, truth, and loyalty. They help clear the mind and bring calming reflection.

**Peridot** inspires internal happiness and lessens anger and jealousy, offers protection, and wards off stress, fears, and guilt.

**Petrified Wood** is grounding, helps us to enjoy our transitions through life, and reduces work-related stress.

**Picture Jasper** furthers the development and continuance of business pursuits, and promotes accord between people and nature.

**Pietersite** enhances courage and tenacity. It aids relaxation and releasing strong emotions calmly.

**Poppy Jasper** wakes up and energizes the body. It encourages a deep connection with the earth and inspires a positive, joyful attitude.

**Red Jasper** protects against negativity, and promotes beauty, grace, and healing. It also helps in remembering dreams.

**Red Tiger Eye** enhances physical vitality and optimism, and helps create healthy patterns in exercise and eating habits.

**Rose Quartz** emits a calming, cooling energy that gently removes negativity and reinstates the gentle forces of peace, calm, and love.

**Rudraksha** beads are seeds of the holy rudraksha tree from India, thought to be formed from Lord Shiva's tears. The seeds bring peace and contentment.

**Smoky Quartz** is excellent for meditation, and fosters serenity, calmness, and positive thoughts.

**Snowflake Obsidian** balances the mind, body, and spirit. It is restful and serene, and helps to transform negative patterns into positive ones.

**Sodalite** provides direction of purpose and lightness of heart. It increases communication abilities, dispels guilt and fears, and neutralizes negative thoughts and emotions directed at you.

**Tiger Eye** helps with mental clarity, particularly in complex situations. It has been used to stimulate wealth and to enhance the stability required to maintain wealth.

**Turquoise** is a stone of friendship and loyalty. It also aids in creative expression and brings peace of mind, emotional balance, and increases communication.

**Yellow jasper/yellow turquoise** purifies emotions, dispels negativity, and widens perspective.

**Unakite** balances the emotions, help us realize our dreams, and aids in being present and focus.

**Zuni bear** is a symbol of the most powerful animal in Zuni culture - the bear, Guardian of the Earth. The bear's strength and well being are passed on to and protect the owner.