



Grey Jasper:

Stone of quiet strength. Stone of protection, it offers assurance and combativeness, but also calm and comfort. Bringing anchorage, stability and balance, it helps to impose itself and would be beneficial for memorization. Chakra : Root.

Mokaite or Australian Jasper:



Stone of the Way of Life. Anchoring and balancing stone between day and night, it regulates energies and provides support on the path to success. Promotes open-mindedness, self-acceptance and stimulates the desire for new things. Protective stone useful during travels and adventures. Brings vitality, flexibility and suppleness. Chakra : Root.

Jasper Landscape:



Stone of Support. Stone of patience and will, it helps to face difficulties. It is an excellent support for the vitality of body and mind, as it brings calm, harmony and stability. It increases creativity and imagination. Protective shield against negative influences. Helps to establish one's own business. Chakra : All.

Red Jasper:



Stone of Courage. Used to balance energies, cleanse the atmosphere and bring love. Stone of self-confidence, it gives strength to overcome life's trials and blockages. Brings dynamism and encourages renewal and new ideas. Associated with sexuality and procreation. Chakra : Root.



Dragon's Blood Jasper or Heliotrope:

Stone of Strength. Multiplying personal strength and courage, it is recommended for setting and achieving goals. Energises while bringing serenity. Stone of anchorage, healing and physical and mental detoxification. Chakra : Root, Sacral, Solar Plexus.

Zebra Jasper:



Stone of balance between yin and yang. Supporting stone helping to overcome difficulties with dynamism and serenity and to concretise projects. It is used to balance and harmonise energies. Stimulates reflection, introspection and mutual aid. Chakra : Root.



Ketonite or Jasper K2:

Stone of Rooting in the Present. Coming from the Himalayan mountains, it is invigorating and re-energising. It is a stone of appeasement and anchoring allowing to live the present moment. It is one of the most powerful protective stones. Allows to bring confidence, assurance and to overcome its fears. Chakra : Root, Throat.

Kunzite:



Emotional cleansing stone. Neutralizes negative waves and stress, it is recommended for burnout or depression because it helps to put things into perspective. Stone of softness, it allows to control emotions and favours feelings. Associated with the heart, hormones and sleep. Chakra : Heart.



Labradorite:

Negative Absorption Stone. Highly mystical and protective, it aligns the physical bodies and allows empathic people to clear external energies. Stimulates intuition and imagination, dispels fears and calms overactive minds. Also encourages relationships and fights loneliness. Chakra : 3rd Eye, Coronal.

Lapis Lazuli:



Wisdom stone. Stimulates brain functions, creativity and intuition. Brings relief from stress and combats depressive tendencies by bringing well-being, serenity and wisdom. Brings love by promoting communication and honesty. Chakra : Throat, 3rd Eye.



Larimar:

Gentle stone. Stimulates love and compassion by ensuring clear communication. Allows one to perceive who one really is. Harmonises emotions and soothes by removing stress and anxiety. Liberates from materialism. Chakra : Heart.

Malachite:



Stone against pain. Considered by many cultures as a protection against all forms of contamination. Stone of endurance, calm, openness and forgiveness. Allows to acquire flexibility and assurance in order to accompany change. Stone of «healing» in lithotherapy, it is associated with joints. Chakra : Heart.



Morganite:

Stone of Feelings. Helps with relationships and is effective against emotional trauma. Even in small quantities, it gives off a vibration that allows one to experience Divine Love. Brings gentleness and relaxation and enhances creativity. It also promotes wisdom and clarifies thoughts. Chakra: Heart.

Silver Obsidian:



Stone against blockages. It soothes pain and tension. It dissipates fears, blockages and psychological traumas. Stone developing spirituality by increasing perception and helping to internalise. Chakra : Root.

Golden Obsidian:



Stone of Light. Protects against negativity. Teaches the ability to make the best of problems and darkness. Useful when wondering about the future. Promotes a great positive change in our lives. Chakra : Root, Solar Plexus, 3rd eye.

Obsidian Nevada or Snow:



Choice Stone. Learns to value mistakes and successes in order to make the right decisions and provides support during difficult times. Purity stone eliminating fears, anger and spiritual blockages by granting balance between body and mind. Chakra : Root.

Bullseye:



Stone of the Will. Brings strength, courage, self-confidence and motivation. Keeps away malevolent beings and bad energies thanks to its dense and deep energy. Recommended for sports because it promotes dynamism and fighting spirit. Also induces a total connection with one's partner. Chakra : Root.

Falcon's Eye:



Acuity stone. Increases intuition and mental acuity to make the right decisions. Facilitates openness, communication and change and brings abundance in all aspects of life. Worn as an amulet in the Middle Ages. Chakra : Root, 3rd Eye.

Tiger's Eye:



Stone against the Evil Eye. Shield and mirror stone, it repels the malevolent beings but also allows to become aware of one's defects. Brings luck, determination and self-confidence to achieve one's goals. Stone of balance and anchorage, it helps to overcome fears, worries and negativity. Chakra : Root, Solar Plexus.

Onyx:



Stone of Rootedness to the Earth. Stone of anchorage to the Earth and of balance between body and mind. Very useful during meditation, it purifies karmic energies. Brings stability, optimises self-control and provides support during difficult times. This stone symbolises change and renewal. Chakra : Root.

Peridot or Olivine:



Stone of Purity. Helps spiritual upliftment, purifies the chakras and dispels evil and darkness to make way for beauty and purity. Improves self-confidence and stress management by bringing comfort. Allied for mental healing. Chakra: Heart.

Phosphosiderite:



Stone of emotional stability. Stone of emotional healing and hope. It is said to be useful in relieving stress, depression, and feelings of exhaustion by providing stability and balance. It is said to improve sleep by soothing. Chakra : Heart.



Volcanic Lava Stone:

Stone of Transformation and Reconstruction. Increases and rebalances physical and mental strength. Protects against bad energy and enhances feelings of security and confidence. Can be placed on muscles and tensions to release the heat it has stored. Chakra : Root, Sacral, Solar Plexus.

Moonstone:



Stone of femininity. Stone of new beginnings, it helps to understand that everything is cyclic. Stone of sensitivity, intuition and softness. Perfect for the well-being and cycles of women. It symbolizes the sacred feminine and the creation of life. Chakra : Sacred.



Sunstone:

Stone of Success. Brings inner peace, joy and optimism and helps to fight depression and anger by stabilising the emotions. Stone of connection between the Earth and the Sun. Stone of vitality, abundance and longevity, it is also the stone of carnal desire. Chakra : Solar plexus.

Pietersite:



Rebalancing stone. By bringing self-confidence and independence, it helps to energise. By staying in the present moment, it helps to clarify thoughts, stay centred and achieve one's goals. It helps to open up to others through communication and encourages imagination and the mind. Chakra : 3rd eye, Throat.



Prehnite:

Awareness stone. Used by therapists to protect themselves from patients' energies. Brings peace, calm and optimism. Brings fulfillment and helps to clarify ideas to achieve one's goals. Chakra : Heart, Solar Plexus.

Pyrite:



Stone of Protection and Logic. Blocks the passage of negative energies on all levels and helps to achieve one's goals. Stimulates intellectual faculties, rational thinking, organisation and memory. Believed to be useful against radiation, infections and inflammations. Chakra : Root, Solar Plexus, 3rd Eye.



Blue Quartz:

Stone of Peace and Communication. Promotes communication and self-confidence. Improves mood and promotes autonomy, it is ideal for teenagers. Increases spontaneity and creativity. It brings inner peace by dispelling fears and nervousness. Chakra : Throat.

Quartz Fume:



Refocusing stone. Anchoring and protective stone favourable to meditation, it encourages positive and realistic thoughts. Rebalancing stone, it helps to overcome fears and stress by bringing emotional calm. Favours instinct and intuition. Chakra : Root.



Rose Quartz:

Love stone. Helps to find love and express repressed emotions. Works by removing negative energies and replacing them with loving vibrations while bringing a sense of inner calm, peace and serenity. Promotes creativity and imagination. Stone associated with youthful skin. Chakra : Heart.

Rutile Quartz:



Stone of vital force. Stone of calm and warmth, it brings good humour and joy of living. Develops willpower and inner strength, and brings self-confidence. Powerful psychic stimulant, it protects from negative energies. Chakra : Heart, Solar Plexus.



Tourmaline Quartz:

Stone of imprisonment of the negative. Protective stone that allows one to be fully aware of one's environment in order to adapt one's behaviour to keep away from dangers. Integrating darkness and light, it rids one of negativity and mental confusion. It is one of the most purifying of the crystals. Chakra : All.

Rhodochrosite:



Stone of Emotions. Helps to find love and harmony in the couple. Stone of the Goddesses of War, it brings courage and soothes pain. Emotionally cleansing, it offers compassion and helps to heal buried wounds. Promotes memory and musical composition. Associated with women's well-being. Chakra : Heart.



Rhodonite:

Stone of Tolerance. A stone of mental balance, it engenders feelings of compassion, acceptance and forgiveness. It increases self-esteem and sensitivity. Improves relationships and dispels fears by bringing tenderness and gentleness. Chakra: Heart.

Ruby:



Stone of Passion. A stone with powerful energy, it brings will, confidence and courage. It helps to accompany changes and to bring abundance and prosperity. Stone of longevity and protection. Linked to the heart and blood. Chakra : Root, Heart.



Sapphire:

Stone of Knowledge. Calms mental activity. Promotes spiritual elevation and meditation. Encourages reflection, concentration, confidence, imagination and creativity. Sapphire calms fears and brings joy to life. Chakra: Heart, 3rd eye.

Selenite:



Stone of cleansing. Stone of clarity and elevation of the spirit, it cleanses and balances energies. It helps to control oneself and against previous blockages. It brings calm and helps to sleep. Often used to accompany pregnancy and to purify the stones. Chakra : Coronal.



Serpentine:

Nature stone. Allows spiritual elevation by opening the chakras and reconnecting with the Earth and the environment. Brings peace and creativity. Used in the Middle Ages to repel curses and external aggressions. Chakra : Heart.

Shungite:



Energy protection stone. Black or silver, shungite is a stone from Russia that acts on energy alignment and protects against negative influences. Anchoring stone, it is also used against electromagnetic waves. It is said to accompany convalescence by restoring strength and energy. Chakra : Root.



Sodalite:

Stone of Calm and Reflection. Stimulates brainpower, intelligence, creativity and understanding. Clarifies the mind, perception and offers stability and logic. Increases self-confidence and brings humility. Brings calm and helps to combat hypersensitivity. Chakra : 3rd Eye.

Tanzanite:



Stone of the Artists. Promotes imagination, creativity and curiosity. Acting on the senses, it stimulates extrasensory perceptions and intuition. Stone of spiritual elevation, it brings clairvoyance and accompanies on the path of wisdom by revealing the noblest sides of the personality. Chakra : Throat, 3rd eye, Coronnal.



Black Tourmaline:

Protective stone against electromagnetic fields. Anchor stone protecting from negative energies on a spiritual and earthly level. It increases the vibratory rate of a person or a place. Stone bringing well being, the Incas used it to balance the endocrine system and purify the body from toxins. Chakra : Root, Sacred.

Pink Tourmaline:



Emotional reconstruction stone. Helps with relationships by bringing trust, love and compassion. Removes emotional pain and old destructive feelings by bringing peace and relaxation through its maternal energy. Allows connection with knowledge and understanding. Chakra: Heart.



Turquoise:

Stone of eternal beauty. Stone of body purification and wisdom, it transforms negative energies into positive ones. Balancing the emotions, it accompanies the path of life. It promotes emotional openness through communication and empathy. It is worn as an amulet of luck, good fortune and keeps away evil spirits. Chakra : Throat.

Unakite:



Healing stone. Helps to discover our inner self and to harmonise our physical and spiritual bodies. Beneficial to the emotions, it allows us to follow our heart and live in the present moment. It also helps to put things into perspective and to take a step back to overcome obstacles and blockages. It is a stone with a powerful healing energy. Chakra : Heart.



Zoisite:

Stone of Beginnings. Composed of ruby, it is a stone of rooting helping the realization in the concrete and bringing courage by helping to impose itself. It fights against fatigue and laziness, and brings energy to rebuild oneself. It helps to express one's feelings and to overcome heartache. Stone of stability, it favours spirituality. Chakra : Heart.

Warning:

Lithotherapy does not replace medical treatment and does not exempt you from consulting a health professional. The advice is taken from books and specialised websites and is given for information purposes only. They do not constitute in any way a diagnosis or a medical treatment.

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THE POWER OF STONES

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How to choose your stones :

Lithotherapists advise to trust your intuition and your feelings and to let yourself be guided towards the stones that attract you. Take it in hand and concentrate on its energies.

How to purify and recharge your stones:

Purification: The easiest way is to purify them by running them under demineralised water for a few minutes. You can also purify them with sage or Himalayan salt. Be careful, however, to know the compatibility of the stones with water and salt.

Recharging: Place your crystals overnight in the moonlight on a full moon night or for a few hours in the sunlight. Be careful to know the compatibility of the stones with the sun.

When to carry the stones :

It is advisable not to wear your stones day and night. They also need to rest. It is not recommended to wear your crystals in the shower or in the ocean.

How to combine stones :

It is advisable not to wear too many different stones at the same time. To simplify your choice, you can associate them according to their energies and their correspondence with the chakras.

Bracelet :

Bracelets are particularly suitable for circulating energies. Wear the stones on the left wrist to receive the energies and act on internal changes or on the right wrist to interact with external energies or transmit the energies of the stone to others.

Quartz bracelets: The quartz stone allows the energies of the other stones to be multiplied tenfold in order to obtain the maximum benefits from them.

Pierre roulée :

On your person: to benefit from their virtues on a daily basis, carry them in your pocket or bag. Be careful not to put them in contact with a telephone, bank card or coins.

At home: you can place it in a room in the house. Some can be placed under the pillow to help you sleep.

During meditation: in the hand while concentrating on its energy, or on the corresponding chakra to work on it.

Massage roller :

Benefits: Used regularly, it helps to reactivate blood circulation and lymphatic drainage, as well as relax facial muscles and plump, smooth and brighten the skin.

Use: Massage the face for a few minutes a day, from the inside to the outside and from the bottom to the top.

Ideally, apply directly after applying a cream or serum so that the product penetrates the epidermis deeply. Leave for a few minutes in the refrigerator for a relaxing and boosting effect. Be sure to rinse and wipe the roller with a soft cloth after use.

Gua sha :

Benefits: An ancestral Chinese technique of well-being etymologically meaning «to scrape off the evil», it allows to firm up the tissues and muscles of the face and to activate the blood circulation in order to give back its tonicity and elasticity to the skin. Its rounded corners and curved edges allow it to fit every area of the face and neck.

Use: This massage stone can be used with a day cream, oils, or after leaving it for a few minutes in a cool place. Can also be used on acupuncture points and tensions.

Yoni egg :

Benefits: The use of yoni eggs comes from secret practices in ancient China.

It helps to increase vitality, to reconnect to one's sexuality and femininity, and to work on emotional and spiritual health.

Use: This technique consists of becoming familiar with the egg and then placing it inside the vagina. There are different sizes of eggs depending on the stage of practice and the person's feelings.

Laughing Buddha :

Meaning: The laughing Buddha, inspired by the Zen monks of ancient China, symbolizes luck and good fortune. It could bring wealth, fulfilment and prosperity.

Use: The laughing Buddha is placed at least at eye level.

- facing an entrance door: to bring luck and protection against negative energies

- facing south-east: to bring wealth and prosperity

- on the desk: to clear the mind and achieve one's aspirations

The tradition is to caress the belly to attract luck.

Owl :

Meaning: Associated with spirituality and the goddess Athena in ancient Greece, it symbolizes wisdom, intelligence and reflection. It would allow to reconnect with one's intuition and to bring clairvoyance. Considered as a good omen, it announces change and renewal.

Use: In a main room as a symbol of protection, the owl watches and watches for danger. At work to develop reflection and clarity of mind. With oneself to bring calm and wisdom.

Elephant :

Meaning: An important symbol of harmony, it characterises intelligence, majesty and quiet strength. It represents perseverance, knowledge and power. Loyal and faithful animal, it reinforces the family bond, loyalty and love. The elephant trunk in the air is synonymous with good fortune and luck.

Use :

- in a meditation area: to bring wisdom and self-knowledge

- in an office: to increase concentration, memory and professional success

- Place a pair of elephants in the bedroom or living room to strengthen family or couple bonds

- in front of an entrance door to bring luck and prosperity.

Turtle :

Meaning: A sacred animal for many civilizations, the turtle is a symbol of wisdom and perseverance as well as longevity and good fortune. Affiliated with Mother Earth, it is associated with the creation of the world. By providing stability, it helps to keep one's feet on the ground and to question oneself. The turtle is also synonymous with protection.

Angel :

Meaning: The angel is used as a sacred symbol in all kinds of cultures. It is synonymous with knowledge and benevolence. Considered as a guardian angel, it could also bring protection and guide people in the right direction. It also brings peace and serenity.

Use: Placed in a place near us (next to the bed, on the desk, in a vehicle ...), it watches over us and protects us. It is also used in meditation to soothe and help with spiritual connection.

Pyramide :

Benefits: The pyramid is an energy catalyst. It captures energy frequencies through the tip, amplifies them and then diffuses them through the faces. The pyramid allows to develop the perception of senses and energies in order to reach higher states of consciousness and well-being.

Use: Place on a clean, flat, non-metallic surface, with one side facing the magnetic north. The radius of action of the pyramid in metres is 1.616 x the base in centimetres.

- in a room or under the bed: the waves will spread in the room

- recharge your stones with a pyramid by placing them underneath for an hour

- in the vicinity during meditation or during treatments to increase psychic energy.

Point :

Benefits: The single points or bitermines are both antennas for receiving the energies circulating around us and very good transmitters. They naturally capture these energies. The point focuses the energies while the flat part evacuates them.

Use :

- **Care:** The base against the person and the point towards the outside to absorb and evacuate the energies. The point towards the person to transmit the energies of the stone. Bitermine points have the advantage of being balanced and of both absorbing and emitting energies.

- To massage and unblock acupuncture points and tensions.

- In a room to block bad energy. Surround your crystals to be recharged with several points.

Crystal ball :

Meaning: Allowing to increase clairvoyance, it is used in divination. Made of glass or stone, it acts as a mirror reflecting our subconscious by placing us in a «hypnotic» state. It is an energy amplifier that focuses the mind and frees the 3rd eye.

Use:

- Place yourself in a calm environment, purify the room and dim the lights for beginners

- Place both hands on the sphere, determine and visualise your question for 2 minutes

- Remove your hands and look into the sphere, when it starts to become blurred, stay focused until a smoke, shape or image appears

- Clean, purify and recharge after use.

Pendulum :

Meaning: In stone, metal or wood, the divinatory pendulum is used to answer various questions or for research. It acts as a receiver of energetic variations and an amplifier of intuition.

Use :

- Familiarise yourself with the pendulum, place yourself in a quiet environment and clear your mind

- Choose the way of holding the pendulum with which you are most comfortable, adjust the length of the wire to about 10 cm, then choose the direction of the answers (e.g. YES clockwise, NO counterclockwise)

- Ask clear and structured questions.

Tree of life :

Meaning: The tree of life is a universal and timeless symbol that represents perpetual renewal, renewal, change and even immortality. This sacred tree is found in religious, philosophical, mythological and even scientific representations, in numerous writings, paintings or drawings, to symbolize life, wisdom, protection, strength, generosity and beauty. Finally, the tree of life in natural stones represents the life of each being, unique and different from the others, belonging to a history, to a family with its roots, its ramifications like the tree used in genealogy, turned towards a future which needs strength, stability to grow.

Use: A timeless symbol, the tree of life, also known as the tree of happiness, is generally given to loved ones as a protection and good luck charm. Modelling your tree of life, taking it in hand regularly, allows you to benefit more from the benefits of the natural stones that make it up.



Seven chakras:

Energy conductors transmitting vibratory frequencies between our physical body and the Universe. Allows the harmonisation and balance of the internal chakras to achieve inner peace.

Root Chakra: Stability, Security, Survival

Sacral Chakra: Wellbeing, Abundance, Sexuality, Emotions

Solar Plexus Chakra: Trust, Identity, Freedom

Heart Chakra: Love, Peace, Generosity, Healing

Throat Chakra: Communication, Will, Creativity, Integrity

3rd Eye Chakra: Communication, Will, Creativity, Integrity

Chakra coronal: Oneness, Spiritual Awareness, Beauty, Wisdom.

Agate:

Stone of Luck and Protection. Protects from external negative vibrations such as the evil eye while balancing and harmonising energies. Stone of anchorage, luck, truth and courage. It promotes the emergence of natural talents. In many cultures, it accompanied the creation of life. Chakra : Sacred.

Blue Agate:

Stone of inner peace. Helps to fight against low morale, fears, insecurity and brings joy to life. It is the stone of new beginnings and reconnection with oneself. Chakra : Throat, 3rd eye.

Fire Agate:

Stone of Trust. Protects against curses and bad luck and brings money. Used to increase self-confidence to achieve goals and overcome fear. Stone in connection with the central sun of the earth. Chakra : Root.

Indian Agate:

Stone of Balance. Brings clarity and mental balance, and helps to make decisions. Facilitates communication and helps to transform the negative into positive. Recommended for people who are stressed or depressed. Brings prosperity and good fortune. Chakra : Solar plexus.

Agate Mousse:

Stone of the Elements. Culturally a sign of soil fertility, it brings benevolence and serenity. Connected to nature and associated with the tree of life, it allows the link with the elements. Gives confidence and refocuses on the right path. Stone radiating positive waves. Chakra : Heart.

Aquamarine:

Pierre de Clarté. Stone of Clarity. Soothes and calms anxieties by bringing softness and tenderness. Promotes communication and listening, and strengthens budding love and couples. It clarifies ideas and the future and helps spiritual awakening and personal development. Stone of protection of the sailors, it would have been used to calm the sea sickness during their crossing. Chakra : Throat.

Amazonite:

Comfort stone. Channels the nervous system and combats depressive tendencies and emotional trauma by bringing love and comfort. Encourages communication and human contact. Excellent for creativity. It is used in lithotherapy as a barrier against electromagnetic waves. Chakra : Heart, Throat.

Baltic Amber:

Stone of warmth. Solar stone bringing beauty, luck, longevity and joy to daily life. Promotes the achievement of goals and blocks negativity. Brings energy and fights against cold and humidity. Ancestrally used to accompany babies' teething. Chakra : Solar plexus.

Black Amber or Jet:

Stone of the afterlife. Soothes emotions and mood swings. Helps to overcome grief after a loss. Protective stone against negative energies, irrational fears and indecisions. Used by traders to make business grow. Chakra : Root.

Amethyst:

Purification stone. Powerful purifier for spiritual upliftment. Can help to calm tension and nerves, and absorbs negative energies. Helps to adapt to change, and is useful in cases of separation or bereavement. It stimulates the imagination. Chakra : Coronal.

Angelite:

Stone of the Angels. Stimulates the development of psychic gifts and opens a portal for spiritual communication with spirits. Helps communication, and allows one to go beyond one's limits by releasing one's potential. Brings energy, purification and can be placed on the thyroid to work the throat chakra. Chakra : Throat, Coronal.

Apatite:

Stone of Positivity. Helps to overcome emotional disorders by bringing calm. Stone of self-confidence and openness to others. It favours creation and helps introspection. Brings motivation and fights against negativity. Known to accompany dietary rebalancing. Chakra : 3rd eye, solar plexus.

Blue Aventurine:

Stone of Patience. Brings calm and appeasement. Favours communication and conflict resolution. Stone of tranquility, it calms hypersensitive people and helps to overcome difficulties by developing self-discipline and decision making. Chakra : Throat.

Green Aventurine:

Stone of luck and serenity. Brings luck and fortune. Regulating the emotions, it brings calm and patience. Promotes creativity and motivation. Stone of predilection of the skin according to the lithotherapists. Chakra : Heart.

Red Aventurine:

Stone of self-control. Helps in meditation and brings strength and inner security while keeping one's feet on the ground. Cleanses all chakras and brings light and energy. Chakra : Root, Sacred.

Azurite Malachite:

Stone of Understanding. Promotes wisdom and extrasensory abilities. Stone of freedom and individuality, it fights against ego problems and complacency. Blocks negative energies. Accompanies healing by bringing tranquility to the sick. Chakra : Coronal.

Bronzite:

Stone of recovery. Stone against physical and emotional blockages and negative thoughts. It encourages discernment and lucidity to regain control of oneself and one's life. Brings well-being and tenderness, courage, strength and energy. Stone reinforcing sociability and respect. Chakra : Heart, Solar Plexus.

Blue Chalcedony:

Stone of Dialogue and Peace. Harmonises body and mind. By transmitting optimism, it helps to get what is needed and to get through difficult situations. Helps emotional expression and in public, it calms anger, sorrow and anxiety. Can be placed on the thyroid to work on the throat chakra. Chakra : Throat.

Chrysocholle:

Calming stone. Great generator of peace and tranquility, it brings a strong awareness of the deep self and helps to achieve goals. Excellent stone of comfort, it revives relationships. Used by different cultures to help with pregnancy and women's problems. Chakra : Heart, Throat.

Citrine:

Stone of cheerfulness. Stone of light, it warms the spirit and transmits its positive energy by radiating joy of living and good humour. It would attract its positive energy by radiating joy of living and good humour. It brings wealth and generosity. Helps concentration and learning during exams. Associated with the stomach in lithotherapy. Chakra : Solar plexus.

Blue Coral:

Vital energy stone. Allows the circulation of vital energy in order to revitalise. Stone of communication and openness, it helps in relationships with others. It also acts against stress and increases creativity. Chakra : Root, Throat.

Fossil Coral:

Stone of Reconnection to the Origins. Stone of inner wisdom, it helps to reconnect with one's roots. It is linked to the memory of the ancestors. It helps to accept one's deep emotions and past and helps to stop repetitive thoughts. Chakra : Root.

Red Coral:

Stone of Optimism. Increases self-esteem by providing security and confidence. Helps to develop opportunities for a new beginning. Removes cravings, stress and jealousy. Promotes finances and helps settle disputes. Chakra: Root.

Cornaline:

Stone of self-confidence. Stone of joy and self-confidence, it acts on spontaneity, vitality and regulates energies. By improving eloquence, concentration and success, it encourages activity and the will to undertake. The Buddhists also give it an anti-inflammatory action and on fertility. Chakra : Sacred.

Rock Crystal:

Spiritual Opening Stone. A stone that provides a strong energetic opening, it can be used for a wide range of problems and allows high levels of meditation. It has the ability to activate and amplify the properties of other minerals. Suitable for eliminating negativity and healing past wounds. Chakra : All.

Cyanite:

Spiritual awakening stone. Stone amplifying the spiritual energy. It brings calm and reassurance and helps to find rest by encouraging a deep and restorative sleep. It increases self-analysis and self-acceptance. Stone of imagination and creation adapted to artists. Chakra : 3rd eye, Throat, Heart.

Diopside:

Stone of letting go. Stone of rootedness in the present, it allows to take a step back on events and to leave the past aside to live serenely. Used to soothe trauma and provide support for important decisions. Chakra : Heart.

Emerald:

Stone of friendship. Stone of success and love, it would bring luck and well-being. Ideal for meditation, it helps to rest and to open the conscience. It helps patience and honesty. Accompanies healing and purification. Chakra : Heart.

Fluorite:

Stone of Spirituality and Learning. Helps to cleanse the aura and to connect with the energy bodies of the Universe. Stone of concentration and reflection, it increases intellectual clarity, structuring of the mind and learning. Used extensively for meditation and study. Chakra: 3rd Eye, Coronal.

Red Garnet:

Vitality stone. Strong anchor stone that reflects negative energies. Brings strength, courage and poise in difficult times and grants an unshakeable spirit. Helps to fight against depression by bringing emotional balance. It is also said to be invigorating and stimulating. Chakra : Root.

Howlite:

Stone of Decision. Stone of clarity and stability, it helps to make the right decisions and to put us back on the right path. Brings patience and eliminates anger. Helps to enter meditation and to achieve goals. Can be associated with all other minerals. Chakra : All.

Hematite:

Stone of Energy. Protective and grounding stone that develops confidence and willpower, and directs the mind towards instinctive needs. Unlocks feelings, expression in sexuality and increases physical and mental energy. Multiplies the properties of all other minerals. Chakra : Root.

Iolite:

Stone of Tranquility. It favours dreams and recovery during sleep. Perfect for spiritual initiation. Soothes stress and anxiety by providing security, confidence and emotional comfort. Encourages decision making based on listening and the heart. Chakra: 3rd eye.

Imperial Jade:

Stone of longevity and prosperity. Brings luck, joy and positive vibrations in all areas. Also restores moral values, justice and honesty. Useful for convalescence in order to find the path of well-being. Brings calm to nervous people, it is associated with sight. Chakra : All.