

abandonment issues: garnet, thulite

abundance / prosperity: aventurine, aqua aura, bloodstone, citrine, diamond, epidote, grossular garnet, jade, mahogany obsidian, malachite, moonstone, moss agate, orange moss agate, peridot, topaz, smoky quartz, rutilated quartz, tree agate, tsavorite, turquoise *Also see Prosperity below.*

abuse issues / trauma: carnelian, emerald, iolite, kunzite, lapis lazuli, mahogany obsidian, orange calcite, orange millennium, peridot, rhodocrosite, rose quartz, ruby in zoisite, shiva lingam, thulite, tourmaline, wavellite

acting, dramatic: carnelian

acceptance: dumortierite (blue quartz), Stilbite

acid reflux (G.E.R.D.): Aquamarine, Bloodstone, Grossular (Green) Garnet, Jasper, Kunzite, Malachite, Moldavite, Turquoise, Zoisite (green)

acne: faden crystal

acupuncture: magnetite (lodestone), Sichuan quartz

addictions /alcoholism / compulsiveness: amethyst (esp reduces withdrawal symptoms), ametrine, astrophyllite, barite, botswana agate, coral, chevron amethyst, chrysacolla with cuprite, citrine, danburite, dendritic agate, dravite, dumortierite, fluorite, galena, green calcite, herkimer diamond, iolite, labradorite, lepidolite, malachite-azurite, moki marbles, moss agate, nebula stone, obsidian, peridot, petrified wood, phenacite, quartz, rose quartz, rutilated quartz, sugilite (esp immune system problems from substance abuse), thulite (esp those caused by abuse/neglect), zircon

ADD/ADHD: cerussite, dravite, lepidolite, petalite, stilbite

adrenal glands: ametrine, aventurine (green), black obsidian, black tourmaline (schorl), bloodstone, carnelian, cuprite, emerald, epidote, fire agate, garnet, jade, Kansas pop rocks, kyanite, malachite, nephrite jade, peach aventurine, rose quartz, ruby, smoky quartz, sugilite, sulfur

AIDS and Other Immune Disorders: andalusite, Buddha quartz crystal, carved (naturally) quartz, dicinite, dolomite, halite, Petoskey stone, petrified wood, red catlinite, rutilated quartz, scheelite, Tibetan quartz crystal, tourmalinated quartz

aligning the physical & astral bodies: amazonite, faden crystals

allergies: apatite, aventurine, brecciated jasper (animals), carnelian, clay, dolomite, garnet, moldovite, white coral

amplifies energy: calcite, quartz, ruby

ancient wisdom: celestite, quartz crystal

anemia: bloodstone, garnet, hematite

angels, communication: angelite, amethyst flowers, aquamarine, blue lace agate, celestite, danburite, moonstone, morganite, muscovite, petalite, selenite, tanzanite

anger: angelite, aquamarine, aragonite, blue phantom quartz, bronzite, citrine, colemanite, gold, howlite, jet, lepidolite, lithium quartz, king cobra jasper, kunzite, kyanite, magnetite, peridot, rhodonite, sea shells, smoky quartz, sodalite, sugilite, thunder egg, turquoise

anxiety: agate, astrophyllite, azurite-malachite, berlinite, bloodstone, blue phantom quartz, botryoidal hematite, cerrusite, bustamite, castle (cathedral) crystals, celestite, chrysocolla, covellite, diopside, dinosaur bone, dolomite, dravite, fluorite, friedelite, galaxite, graveyard plume agate, green millennium, growth interference calcite, hematite, howlite, kambaba jasper, labradorite,

lepidolite, lithium quartz, malachite, nuumite, picasso stone, pink manganocalcite, plume agate, puddingstone, rhodonite, richterite, rose quartz, sandalwood (wood), snowball included crystals, strontianite, tanalite, tourmalated quartz, tsavorite (financial anxiety), variscite, wonderstone

architects/construction: ammonite

arthritis / bones / joints: abalone, amber, amethyst, apatite, azurite, black tourmaline, blue lace agate, boji stones (Kansas pop rocks), botswana agate, carnelian, chalcocite, chrysocolla, copper, dolomite, faden crystal (broken bones), fluorite, fuchsite, grossular garnet, gold, green calcite, howlite (bones), kyanite (bone breaks), lapis lazuli, lodestone (magnetite), malachite, petrified wood, quartz, rhodonite, ruby, sulphur, topaz

artistic expression (also see “creativity” below): botswana agate, cobaltcalcite, eliat stone, howlite, phantom quartz, rainbow boji stone (Kansas pop rocks), rainbow quartz, rutilated quartz, watermelon tourmaline

asthma: amethyst, azurite-malachite, chrysocolla, clevelandite, foshagite, malachite, morganite, natrojarasite, obsidian, rutilated quartz, tiger’s eye, vanadinite

astral projection/travel: ametrine, apophyllite, azurite-malachite, calcite, faden crystals, fluorite, honey calcite, iolite, moldavite, petalite, quartz, sapphire, spirit quartz

astrology: angelite

attachments (etheric, astral, psychic): See Cord Cutting

attracting a good mate: carnelian, rhodonite, rhodocrosite

attunement: herkimer diamond, howlite

attuning to the earth: chrysocolla

aura (balancing, cleansing): ametrine, citrine, dravite, epidote (emotional body aura), iolite, labradorite, nuumite (clearing), quartz, rutilated quartz

aura (strengthen): faden crystals (repair tears, leaks), mahogany obsidian, quartz

autism spectrum disorders: charoite, gold, moldavite, sugilite

awareness: howlite, lapis lazuli, petalite, picture jasper

back pain or problems: Boji Stones, calcite, carnelian, fluorite, garnet, Kansas pop rocks, lodestone, obsidian, phlogopite, wonder stone

balance (mental/ emotional): ametrine, bloodstone, blue topaz, carnelian, celestite, chiastolite, chrysoprase, fluorite, hematite, kunzite, lepidolite, lodestone, rhodochrosite, rhodonite, sodalite, tektite, tigers eye, tourmaline, tree agate, unakite

balance and unite mind/body/spirit: petalite

balance, yin/yang: chrysoprase, lodestone, petalite, tigers eye, rhodocrosite

beauty: herkimer diamond, jasper, tigers eye

bipolar disorder (manic depressive): ametrine, bloodstone, blue topaz, carnelian, celestite, charoite, chiastolite, chrysoprase, diopside, fluorite, hematite, jet, kunzite, larimar, lepidolite, lithium quartz, lodestone, rhodochrosite, rhodonite, sodalite, tektite, tigers eye, tourmaline, tree agate, turquoise, unakite

bladder: amber, bloodstone, blue chalcedony, coral, green calcite, hessonite, Morrisonite jasper, orange kyanite, orange moss agate,

blockages (energy, remove, release): atacamite, bloodstone, danburite,

mahogany obsidian, selenite
blood count (balance): wavellite
blood pressure (balance, or high): bloodstone, blue calcite, chrysocolla, sodalite
blood pressure (balance, or low): bloodstone, halite (salt)
blood sugar (low): aventurine, serpentine
blood vessels / blood / circulatory system: amber, amethyst, aventurine, bloodstone, bronzite, carnelian, chalcedony, chrysocolla, copper, coral, dalmation jasper (purify blood) , fire agate, fluorite, garnet, hematite, howlite, indigo gabbro, kunzite, kyanite, malachite, moss agate, pyrite, red jasper, ruby, rutilated quartz, salt, sapphire, tiger iron, topaz
body aches: diopside
body odor: leopardskin jasper, magnesite
body temperature: emerald and other green stones (to lower); ruby and other red stones (to raise)
bones: blue lace agate, dolomite, fluorite, howlite, malachite, petrified wood *Also see arthritis / bones / joints.*
brain (physical ability to function, brain chemical balance): albite, amber, aragonite, cerrusite, chalcopyrite, clear quartz, celestial crystals (esp. from drug/alcohol use), garnet, gehlenite, hematite, heubnerite, rhodizite, seraphinite (serafina), strombolite, tanzanite
broken heart: chrysoprase, rhodonite, salt
bronchitis: gold, lodestone, rutilated quartz
bruises: indigo gabbro
burns: agate, amethyst, chrysoprase, gem silica, quartz, rose quartz, sodalite
business partnerships: African jade

calcium balance/deficiency: amazonite, garnet, howlite
calming / soothing: abalone, amber, amazonite, amethyst, andalusite, angelite, aragonite, barite (especially desert rose type), bloodstone, blue lace agate, blue peru opal, blue chalcedony, calcite (especially blue), celestite, chrysocolla, diopside (especially black star), diopside, dravite, fluorite, fossilized dinosaur bone, galena, garnet, goldstone, hematite, hiddenite, howlite, infinite stone, jet, pearl, larimar, lepidolite, lepidolite with rubellite, lithium quartz, moonstone, orange millennium, petalite, petrified wood, picasso stone, pietersite, pink manganocalcite, rainbow moonstone, rhodonite, richterite, rubellite, scapolite, septarian, shattuckite, smoky quartz, snow quartz, sodalite, spinel, stichtite, variscite, white fairy quartz, yttrian (yttrium, lavender) fluorite
calms pets: diopside
cancer: azurite-malachite, fluorite, gold, hematite, lapis lauli, lepidolite, moonstone, red jasper, rhodocrosite, rose chalcedony, sapphire, sodalite (lymphatic) spinel, sugilite, tourmaline
cardiovascular: bloodstone, hematite
career: See Success (business / career)
cataracts: emerald, Herkimer "Diamond" quartz
centering / grounding: bloodstone, calcite, herkimer diamond, hematite, kunzite, onyx *Also see Grounding below.*
chakras: see [chakras page](#)
changes (handling)/adaptability: bloodstone, botswana agate, chiastolite, honey

calcite, opal, yellow turquoise
channeling: apophyllite, blue calcite, copper, moldavite, meteorites, kyanite, quartz, yellow calcite
charity: dolomite
childbirth & pregnancy: amazonite, amethyst (prevent miscarriage), ammonite, chrysocolla (especially for preventing miscarriage), geodes, hematite, lepidolite, malachite, rose quartz
childhood issues & abuse: bridge (inner child) crystal, black diopside, diopside, lithio-laser crystal, petalite, rose quartz, watermelon tourmaline
choices / alternatives: rhodonite
cravings: apatite, obsidian, schorl (black tourmaline, remove chaotic energy to calm cravings), sodalite
crohn's disease: carnelian, diopside, thulite
chronic fatigue: amethyst, aquamarine, aragonite, boji stones (kansas pop rocks), orange calcite, quartz, rhodochrosite, ruby, zincite
crown chakra: [information here](#)
clairaudience: diamond, herkimer diamond, fire opal, indigo gabbro
clairvoyance: ametrine, azurite-malachite, charoite, diamond, emerald, green jasper, halite (salt), hematite, herkimer diamond, indigo gabbro, kyanite
clarity: amber, danburite, diamond, dumortierite (blue quartz), halite (salt crystal), tiger eye
claustrophobia: chrysoprase
cleansing: amber, emerald, kyanite, tigers eye
clearing (energetically): black tourmaline, lodestone, kyanite, meteorites, quartz, tektites
cold sores / fever blisters: fluorite
colds, common: bloodstone, carnelian, sodalite
colic: amazonite, blue lace agate
comfort: agate, botswana agate, jasper, morrisonite jasper
commitment: garnet
communication: amazonite, apatite, blue lace agate, blue onyx, blue tigers eye, blue topaz, copper, emerald, euclase, howlite (esp. difficult), kunzite, labradorite, quartz, turquoise, yellow turquoise, ulexite
compassion: green jasper, green tourmaline, jade, kunzite, moonstone, kunzite, rose quartz, red jasper
compatibility: green moss agate
completion of tasks: mugglestone, red jasper
concentration: carnelian, eisenkiesel quartz, fluorite, jade, lapis lazuli, obsidian, quartz crystals, malachite, fluorite, hematite, ruby, sodalite
confidence: chrysocolla, grossular garnet, jade, moonstone, rhodonite jade, moonstone,
confusion: bloodstone, lodestone, fluorite
confusion (mental, disorders): amethyst, azurite, carnelian, (orange/red), lapis lazuli, opal, rhodochrosite, sapphire, selenite
connective tissue: tanzanite
contentment: red jasper
cord cutting (psychic, release attachments): faden crystals, howlite, mahogany

obsidian, novaculite, quartz crystal

counselors & therapists stone: king cobra jasper

courage/ inner strength: agate, amethyst, aquamarine, aventurine, bloodstone, blue tigers eye, carnelian, charoite, chevron amethyst, chrysoprase, fire agate, garnet, hematite, herkimer diamond, katanganite, jade, plancheite, prasiolite, red calcite, richterite, ruby, rutile, sodalite, smoky quartz, tigers eye, tiger iron (mugglestone), variscite

courteousy: bronzite

creativity: agate, aventurine, botswana agate, calcite, carnelian, citrine, cobaltite, dolomite, double terminated crystals, euclase, garnet, hemimorphite, herkimer diamonds, howlite, obsidian, orange moss agate (creative thinking), peach aventurine, picasso stone, pyrite

critical mindset: howlite

cross stone: chiastolite

death or transition (assisting the process): amazonite, apache tears, aqua aura, jet, black quartz, botswana agate, fossils , hematite, malachite, obsidian, rose quartz, rainbow moonstone, tiger iron

decision making: bronzite, charoite, crazy lace agate, diamond, emerald, falcon's eye (blue tiger eye), fluorite, jade, lepidolite, nephrite, tiger's eye, verdelite, tourmaline, wavellite

dehydration: brecciated jasper

denial / avoidance: rhodochrosite

depression: Botswana agate, carnelian, chrysoprase, citrine, eilat stone, fairy quartz, kunzite, lapis lazuli, lepidolite, jet, moonstone, orange moss agate, peridot, platinum, quartz (blue, clear, rose and smoky), schorl (black tourmaline), spinel, topaz

destiny (finding): charoite, labradorite, moonstone

detoxify body: agate, calcite, chaorite, dalmatian jasper, dumortierite, galena, fairy quartz, mahogany obsidian, realgar, red calcite, rubellite (blood), ruby, spirit quartz, sulphur, zeolites

dexterity: thulite

diabetes: amethyst, atlantisite, bloodstone, citrine, emerald, girasol, psilomelane (crown of silver), quartz, red jasper, serpentine (new jade), shattuckite, silver, sodalite

diarrhea: brecciated jasper, salt

digestion: blue lace agate, chrysacolla, citrine, epidote, peridot, obsidian, tigers eye, topaz

diplomacy: lepidolite

disillusionment: dalmatian jasper

disorientation: black tourmaline, hematite

divination: charoite, hematite, moonstone, tiger's eye

dna/rna corrections: ametrine, garnet

domestic bliss: emerald

Down's syndrome: ametrine, garnet, fluorite, needle crystals, rose quartz

dowsing: brecciated jasper

dreams (recall or dream work): amethyst, Herkimer "diamond" quartz, citrine, clear quartz, jade, kyanite, labradorite, lapis lazuli, lepidolite, nebula stone, opal,

prehnite, red jasper, marble, pyrite, rose quartz, smokey quartz, ruby, sugilite, tektites

imagination: aventurine

immortality: gold, spinel

immune system: aegerine, amethyst, aqua aura, black tourmaline, blue lace agate, botswana agate, chrysoprase, citrine, dravite, emerald, epidote, fulgurites, garnet, green millennium, indigo gabbro, jade, lapis lazuli, lepidolite, lithium quartz, lodestone, malachite, moki marbles, moldavite, mookaite, moss agate, obsidian, pearl, picture jasper, quantum-quattro silica, quartz, rhodocrosite, rhodonite, rubellite, rutilated quartz, smithsonite, snow quartz, sulphur, topaz

incest recovery: thulite

incontinence: petrified wood

individuality: carnelian

infection: indigo gabbro, pearl, pyrite, quartz

inferiority complex: chrysoprase

infertility: carnelian, garnet, grossular garnet, quartz scepter, realgar, rose quartz, shiva lingam

inflammation: lapis lazuli, pyrite

inhibitions: opal

inner awareness: apache tears, rose quartz, shattuckite

inner child: amber, bridge crystals, cobaltcalcite, imperial topaz, morganite, rainbow boji stone (Kansas pop rocks), rainbow quartz, quartz crystal with another crystal inside

inner growth: rhodonite

inner peace: amethyst, apatite, aquamarine, aventurine, blue topaz, blue tourmaline, calcite, celestite, chrysocolla, blue fluorite, faden crystals, hawk's eye (blue tigers eye), herkimer diamond, howlite, jade, jasper, kunzite, lepidolite, malachite, opal, rose quartz, selenite, sugilite

inner strength: mahogany obsidian

insect bites: moonstone

insomnia: amethyst, aventurine, celestite, cerrusite, danburite, emerald, fluorite, hematite, howlite, labradorite, lapis lazuli, lepidolite, peridot, pink dolomite, sapphire, smoky quartz, sodalite, tiger iron, zircon

intellect: aquamarine, agate, amazonite, amber, ametrine, apatite, aquamarine, aventurine, azurite, bloodstone, celestite, chalcedony, coral, chrysocolla, crocoite, diopside, emerald, galena, honey calcite, malachite, obsidian, pyrite, rose quartz, sodalite, spinel, tektite, topaz, turquoise

intestinal / digestive: amber, aquamarine, barite, celestine, chrysocolla, citrine, clear quartz, pyrite, jasper, labradorite, laguna agate, moss agate, obsidian, onyx, peridot, smokey quartz, thulite

interaction / participation: epidote

irritable bowel syndrome: orange calcite

intuitive awareness: amazonite, amethyst, azurite, chrysolite, hawk's eye (blue tiger eye), emerald, euclase, indigo gabbro, lapis lazuli, Mystic Merlinite™, onyx, petalite, sodalite, tanzan aura, yellow calcite, yellow turquoise (See also: Psychic/Intuition)

jealousy: peridot

joy: emerald

karma (bring in good): morganite, quartz crystals

karma (release bad, protect from bad): charoite, dravite (brown tourmaline), garnet, hessonite (hessionite) garnet

kidney / bladder: anhydrite (angelite), amber, bloodstone, green calcite, carnelian, chrysoberyl, coral, cuprite, jade, jasper, jet, orange calcite, rhodochrosite, smokey quartz

kindness: azurite, celestite, chalcedony, chrysoberyl, chrysocolla, jasper, kunzite, morganite, rhodochrosite, rhodonite, rose quartz, sugilite, pink tourmaline, turquoise

kundalini: garnet, jet, kundalini quartz, spinel (especially red spinel)

laughter: crazy lace agate

law enforcement: fuchsite

leadership/management: fossils, trilobite

learning: cowrie shell, sugilite

legal issues: amethyst, bloodstone, garnet (lawsuits), hematite, lodestone (magnetite)

life purpose (discover/live destiny): charoite, garnet, glendonite

liver: carnelian, jasper

logic: fluorite, sodalite

loneliness: dolomite

longevity: diamond, fossils, jasper, tree agate

love (see [Love Stones](#) for more information): amber, coral, emerald, kunzite, jade, lapis-lazuli, moonstone, pink calcite, pink tourmaline, rose quartz, rhodochrosite, ruby, selenite, [heart chakra stones](#)

loyalty: dalmatian jasper

luck (good): agate, Apache tear, aquamarine, aventurine, blue lace agate, citrine, copper, hawk's eye, hemimorphite, jade, malachite, obsidian, orange moss agate, new jade (serpentine), pyrite, rainbow moonstone, red jasper, smoky quartz, snow quartz, sunstone, tigers eye, tiger iron, tree agate

lungs: amber, atlantisite, bixbite, blue calcite, bustamite, diopside, eilat stone, garnet, gaspeite, indicolite, jade, kunzite, peach aventurine, petosky stone, pink Peruvian opal, psilomelane (crown of silver), pyrite, rutilated quartz, scolecite, water opal

lupus: bloodstone

magic: labradorite, lapis lazuli

manifestation: carnelian, emerald green calcite, citrine, dolomite, euclase, garden quartz, grossular garnet, labradorite, lapis lazuli, moldavite, obsidian, oregon opal, quartz crystals, scolecite, stilbite, topaz, tsavorite, volcanic black salt (lava salt)

marriage: pearl, peridot

mastery: onyx

mathematics/analytical pursuits: angelite, diopside, hematite, sodalite

meditation: amethyst, ametrine, apatite, apophyllite, aqua aura, aquamarine,

azurite, celestite, chrysoprase, clear quartz, chrysocolla, dumortierite (blue quartz), flourite, iolite, kunzite, kyanite, labradorite, lapis lazuli, petalite, prehnite, sea shells, selenite, snow quartz, sugilite, topaz, tsavorite, yellow calcite

memory: blue calcite, carnelian, emerald, honey calcite, onyx, pyrite, quartz crystals, rhodochrosite, spinel

menopause: amethyst, moonstone, pietersite

menstrual cramps: jet

mental clarity: amber, aquamarine, aventurine, blue quartz, citrine, clear quartz, herkimer diamond, sodalite, tiger eye, topaz

merchants stone: citrine

migraine headache: amethyst, green aventurine, jet (natural), phenacite (phenakite), purple fluorite, rose quartz *Also see Headache, General.*

miracles: blue lace agate, ammolite, chalcedony, infinite stone, rainbow moonstone

mood swings: citrine, lepidolite

muscles / muscular: abalone, amazonite, apatite, chrysocolla, emerald

muscle cramps (including premenstrual cramps): amazonite, bloodstone, howlite (leg), orange moss agate

nail problems: apatite

narrowmindedness: epidote

negative energy (dispel, transmute): black tourmaline, black obsidian, quartz

negativity: carnelian, citrine, jade, malachite, obsidian, rutilated quartz, salt, selenite

nerves and nervous system: alexandrite, amazonite, aquamarine, apatite, botswana agate, charoite, fire agate, emerald, galena, indicolite, kambaba jasper, lapis lazuli, morganite, peridot, seraphinite, sugilite, tourmaline, yellow solar plexus stones

new beginnings: chrysoprase, moonstone

nightmares: agate, amethyst, chrysoprase, citrine, dalmatian jasper, danburite, hematite, holey stones, lepidolite, pink manganocalcite, rhodochrosite, rhodonite, smoky quartz

neuralgia: lapis lazuli

obsessive compulsive disorder (OCD): amethyst, chrysoprase

old hurts: rhodonite

open third eye - lapis lazuli

order out of chaos: fluorite (especially cleavage fluorite), garnet, king cobra jasper, lepidolite

organization: bloodstone, brecciated jasper, dumortierite (blue quartz), fluorite, king cobra jasper, lepidolite, red jasper, tiger iron

osteoporosis: amazonite, howlite

overspending: axinite, black agate, rutilated quartz, smoky quartz, vanadinite, **root chakra** stones

pain relief: amber, amethyst, Boji stone, dolomite, fairy quartz, fuchsite (esp musculoskeletal pain), green calcite, hematite, hemimorphite, howlite, infinite

stone, Kansas pop rocks, kyanite, lapis, lodestone, mugglestone (tiger iron), pearl
pancreas: carnelian, moonstone, tigers eye
panic attacks: epidote, lepidolite
paralysis: petrified wood
parkinson's disease: opal
passion: emerald, garnet, ruby
past life: amber, amethyst, aquamarine, carnelian, faden crystals, howlite (attachments, remove), obsidian, phantom crystals, petrified wood
patience: amber, amethyst, azurite, chrysoprase, tsavorite,
peace: amethyst, apatite, aquamarine, blue quartz, chevron amethyst, chrysocolla, flourite, malachite, petalite, rose quartz, spirit quartz, sugilite This page and info belongs only at <https://meanings.crystalsandjewelry.com/crystals-uses/> Any other placement indicates theft, which I would appreciate you reporting to me at robynoffice@crystalsandjewelry.com.
perception: danburite, epidote
personal power: amber, andalusite, aragonite, yellow calcite, carnelian, chrysoberyl, citrine, golden tiger eye, honey calcite, rutilated quartz, yellow sapphire, yellow-brown scapolite, sphalerite, sphene, golden-yellow spinel, sulphur, sunstone, topaz, yellow jasper, yellow turquoise, yellow zincite, **solar plexus chakra crystals** and colors
phobias: aquamarine, carnelian, chrysoprase, spirit quartz
physical energy: calcite, carnelian, herkimer diamond, garnet, quartz, spinel, tigers eye
physical strength: bloodstone, garnet, herkimer diamond, quartz
physical trauma: bloodstone, grossular garnet
pilot's stone: malachite
pituitary gland: moonstone, rhodonite
plant growth: boji stones (Kansas pop rocks), brecciated jasper, quartz
PMS (Pre-Menstrual Syndrome): amethyst, dolomite, lapis lazuli, magnesite, rose quartz, pietersite
poet's stone: emerald, sodalite, tourmaline
positive attitude: aventurine, hematite, obsidian
post surgical: bloodstone, coal, faden crystals, jet
power: aquamarine, charoite, epidote (personal), katanginite, plancheite, red jasper, rutilated quartz, quartz, tiger eye
prophecy: prehnite, Nebula Stone, prasiolite
positive energy: citrine, yellow turquoise
prosperity / abundance / money (attract): aventurine, amethyst, aqua aura, bloodstone, calcite, citrine, green moss agate, grossular garnet, herkimer diamond, jade, jasper, malachite, orange moss agate, peridot, salt, spinel, tiger's eye, tsavorite, turquoise
protection from negativity (negative energies): black kyanite, black obsidian, black onyx, black tourmaline (transmutes to positive energy), bornite, celestite, citrine, elstial crystals, jet (aborbs and purifies), katanganite, kunzite, peacock ore, plancheite, quartz, smoky quartz (especially in healing)
protection (children): agate (especially blue lace agate and green moss agate), jade, malachite (especially from evil eye and evil spirits), mother of pearl

(newborn infants in particular), ruby (all family, including children)

protection (general, all): agate, alum, amber (used extensively by Ancient Romans), apache tears, aventurine, banded agate, beryl, black agate, black kyanite, black obsidian, black tourmaline, calcite, carnelian, cat's eye, chalcedony, chrysoprase, citrine, chiastolite, coral, dravite, eisenkiesel quartz, emerald, fire agate, flint, fluorite, fossils, gold, golden topaz, halite (rock salt crystal), heliodor (golden beryl), hematite, herkimer diamond, holey stones, honey calcite, imperial topaz, jade, jasper, jet, labradorite, lapis lazuli, lava, lepidolite, magnesite (lodestone), mahogany obsidian, malachite, marble, mookaite, moonstone, nummite, ocean jasper, olivine, pearl, peridot, petrified wood, prehnite, pumice, pyrite, quartz, quartz crystal clusters, red jasper, ruby, rutilated quartz, salt, sapphire, sard, sardonyx, selenite, serpentine, shark teeth, shungite, snowflake obsidian, staurolite, sulphur, sunstone, tigers eye, topaz, tourmaline (red and black especially), tree agate, turitella agate, turquoise, yellow agate, yellow jasper, zircon (clear and red), **root chakra** stones

protection (angelic): angelite, selenite, seraphanite

protection (astral travel): brecciated jasper, kyanite, petalite, red jasper, yellow jasper

protection (aura, personal energy field): aqua aura, fire agate, black tourmaline, labradorite, quartz, smoky quartz, sunstone, tiger eye

protection (from crime and/or violence): jet, sardonyx

protection (disease/illness): chalcopryite, jade, jet, cavansite, zircon

protection (from evil): agate (especially Eye Agate), beryl, black tourmaline, blue chalcedony (especially evil magick), coral, garnet, herkimer diamond, jet, malachite, pyrite, quartz, salt, sapphire, snowflake obsidian, tiger iron / mugglestone (mirrors evil & evil spells back to the sender), turquoise

protection (evil eye): agate (especially eye agate), cat's eye, carnelian (envious eye, evil eye), jet, malachite, topaz

protection (home, other buildings): dravite, halite, holey stones, salt, riverstone, quartz, ruby, witches fingers

protection (possessions): ruby, sardonyx, zircon (robbery)

protection (pregnancy and childbirth): ammonite, chrysocolla (especially for preventing miscarriage), geodes, hematite, lepidolite, malachite, moonstone, picture jasper (during childbirth especially), rose quartz

protection (physical): carnelian, agate, fluorite, peridot, sard, smoky quartz, zircon, turquoise (injury)

protection from malice: hemimorphite

protection (poison): diamond, hemimorphite, serpentine (particularly snake venom)

protection (psychic): amber (psychic shielding), amethyst (from negative psychic energy of all kinds), angelite (channeling), black obsidian, hawk's eye (blue tiger eye), DT crystals, elestial crystals (esp psychic attacks), fluorite, jade (especially vs psychic attack), jet (especially vs psychic attacks), labradorite, lapis lazuli, Lemurian seed crystal, mahogany obsidian (especially psychic attacks), moqui marbles / moki balls (esp during shamanic work), nummite, petalite (channeling), prehnite, pyrite, ruby, seraphinite (serafina, chlinochlore), sugilite, tiger iron / mugglestone (especialy during shamanic work)

protection (radiation): amber, rutilated quartz, star sapphire

protection (spiritual): black sapphire (esp. undead), chalcedony (esp. undead), silkstone (esp. spirits), silver (esp. undead, from spirits)

protection (travel): amethyst, aquamarine (travel upon water), chalcedony, garnet, herkimer diamond, jet, malachite (esp when flying), moonstone (travel at sea), mother of pearl (on water), pearl (on water) rainbow moonstone, tigers eye, petalite, yellow jasper

psychic awareness/ abilities / intuition: amazonite, amethyst, apatite, azurite, blue tiger eye (hawk eye), botswana agate, cavansite, celestite, emerald, fire agate, garnet, green calcite, herkimer diamonds, holey stones, kyanite, labradorite, lapis lazuli, meteorites, moonstone, opal, orange calcite, petalite, quartz, selenite, super seven, tanzanite, tanzan aura, tektite, turquoise

psychic shield / protection: see protection (psychic)

PTSD (post traumatic stress disorder): howlite, lepidolite, richterite

public speaking: celestite, azurite , blue lace agate

purification: calcite, fluorite, chrysocolla, halite, jet, salt, shungite

rape recovery: calcite (orange), chrysocolla, lapis lazuli, schorl (black tourmaline)

reconciliation: calcite, herkimer diamond, kunzite, rose quartz, rhodochrosite

relationships: dalmatian jasper (long term), diamond (esp. long term), faden crystals (healing), flourite, scolecite

relaxation: bronzite, chevron amethyst, dalmatian jasper, howlite, jasper, king cobra jasper, red jasper, richterite

releasing blockages: ametrine, bloodstone, flourite, malachite, obsidian

reliability: garnet, hematite

relieving burdens: lodestone

removing obstacles: kunzite

repressed issues: botswana agate, epidote, unakite

reproductive system: garnet, orange calcite, red calcite, garnet, ruby

respiratory system: indigo gabbro *Also see lungs above.*

responsibility: leopardskin jasper

restless leg syndrome (RLS): chrysoprase, lapis lazuli

rheumatoid arthritis (RA): bloodstone, garnet, halite, quartz

romance: almandine garnets, amber, bixbyite, diamonds, emerald, pyrope garnets, red coral, red garnet, red tourmaline, rose quartz, ruby, sardonyx

root chakra: **root chakra** stones

rudeness: howlite

sacral chakra: **sacral chakra crystals**

schizophrenia: celestial quartz, kunzite, larimar, lepidolite

scrying: obsidian, quartz, seer quartz, window quartz

self-awareness/self-discovery: chevron amethyst

self-confidence: agate, aragonite, citrine, dolomite, garnet, labradorite, malachite, moss agate, rhodonite, ruby, sodalite, tigers eye, tiger iron, tourmaline, turquoise, , **solar plexus chakra crystals**

self-discipline (self-control): black obsidian, dumortierite (blue quartz), onyx, sardonyx, sodalite, tiger iron, topaz, , **solar plexus chakra colors and crystals**

self-esteem: amazonite, carnelian, copper, kunzite, rhodochrosite, green moss agate

self-expression: chrysoprase, howlite
self-love: aquamarine, danburite, feldspar, kunzite, lepidolite, rhodochrosite, rhodonite, rose quartz, ruby, sodalite
self-realization: aventurine
self-reliance: dumortierite, jade, jet, prasiolite, rutilated quartz, striped flint, variscite
self-worth (sense of): kunzite, mahogany obsidian, rose quartz
selfishness: howlite
sensuality/sexuality: amber, botswana agate, carnelian, citrine, jade, mexican fire opal, red calcite, ruby, rutilated quartz
serenity: aquamarine, blue quartz (dumortierite), blue tourmaline (indicolite), bronzite, chrysocolla, emerald, hawk's eye (blue tigers eye), jade, jasper, kunzite, kyanite, smoky quartz, tsavorite, turquoise,
service activities: grossular garnet, leopardskin jasper, tsavorite
sexual issues: orange moss agate (*also sensuality/sexuality stones*)
shamanic work: iolite, moqui marbles/moki balls, obsidian, petalite, yellow calcite
shielding: amber, black tourmaline, boji stones, hematite, labradorite, pietersite, smoky quartz
shingles (herpes zoster): blue lace agate, chrysoprase, clay, diamond, green tourmaline, fluorite, kyanite, lapis lazuli, rose quartz, schorl (black tourmaline), silver, and white agate
sinusitis: aventurine, lapis lazuli, rhodochrosite, smithsonite
skin / skin disorders: apophyllite, amethyst, aventurine, azurite / malachite, blue lace agate, Botswana agate, carnelian, chrysotile, corundum (sapphire, ruby), crazy lace agate, dumortierite, fancy jasper, garnet (skin protection vs disease, especially), green jasper, moonstone, moss agate, epidote, mother of pearl, picture jasper, rainforest jasper (rhyolite), spinel, turqueneite, turquoise, wavellite (dermatitis)
sleep disorders (also see "insomnia" above): amethyst, aventurine, hematite, peridot, moonstone
solar plexus chakra: [solar plexus chakra crystals](#)
sorrow: apache tears, dolomite
spirit contact: jade, prehnite, tsavorite
spiritual development: amethyst, citrine, epidote, quartz, selenite, topaz
spirituality: amethyst, calcite, citrine, clear quartz, hematite, heliodor, herkimer diamond, iolite, lepidolite, meteorites, pearl, rhodocrosite, selnite, silver topaz, sugilite, turquoise
spleen: fluorite, hematite, lapis lazuli, tigers eye
spirit guides or totems (contacting, working with): amethyst, angelite, apophyllite, celestite, herkimer diamonds, moldavite, petalite, purpurite, prehnite (green), quartz, selenite, tanzan aura
stability: celestite, chrysoprase, citrine, garnet, hematite, obsidian, petrified wood, smoky quartz, tiger iron (mugglestone), [root chakra](#) stones
stamina: crazy lace agate, dolomite (for dealing with hyperactive people), sodalite, spinel, tiger iron
static electricity: amber, quartz
stomach problems: botswana agate, citrine, peridot, jasper, obsidian, prasiolite

strength: agate, carnelian, citrine, hematite, herkimer diamonds, katanginite, plancheite, prasiolite, richterite, tigers eye, tiger iron (mugglestone), rutilated quartz

stress: agate, aragonite, azurite-malachite, bloodstone, brecciated jasper, bustamite, calcite, caribbean blue chalcedony, chevron amethyst, diopside, diopase, dolomite, dravite, fairy quartz, fluorite, galaxite, gold, hematite, howlite, kunzite, labradorite, lepidolite, lithium quartz, malachite, moonstone, peridot, picasso marble, pink manganocalcite, richterite, rose quartz, smoky quartz, spinel, staurolite, sunstone, tourmalinated quartz, tsavorite, turquoise, variscite, wonderstone, yttrian fluorite

success (general): aventurine, aqua aura, brecciated jasper, citrine, green moss agate, gaspeite, green tourmaline, kundalini quartz, orange moss agate, scapolite, scolecite, tanzanite

success (business / career) : aventurine, bloodstone, brecciated jasper, citrine, chrysoprase, fuchsite, garnet, lepidolite, leopard skin jasper, malachite, petrified wood, tanzanite

tact: howlite

teaching: glendonite, lapis lazuli, kyanite, sodalite

teeth and gums: agate, amazonite, aquamarine, calcite, dolomite, fluorite, howlite, malachite, spinel

tension headache: amethyst, blue lace agate, cat's eye (natural, chrysoberyl), chrysocolla, lapis nevada *Also see Headache, General.*

thinking: dolomite, fluorite, hematite

third eye chakra (brow chakra): [information here.](#)

throat / bronchial / lung: amber, ammonite, angelite, beryl, bloodstone (throat infections), blue calcite, blue topaz, chalcopyrite, chrysocolla, galena, larimar, malachite, morganite, opal, tigers eye

throat chakra: [throat chakra stones](#)

tissue regeneration: carnelian, citrine, garnet, malachite, turquoise

thyroid: blue calcite, orange moss agate, rhodonite

tolerance: dravite

toxins: amber, amethyst, botswana agate, citrine, coal, heliodor (golden beryl), leopard skin jasper, prasiolite, tree agate, rutilated quartz, stilbite

tranquility: blue lace agate

transformation: bronzite, charoite, lepidolite, malachite, obsidian, moqui marbles

trauma (healing): diopside, garnet

travel by water: aquamarine

travel: amethyst, aquamarine, chalcedony, garnet, herkimer diamond, jet, malachite, tigers eye

truth: amazonite, apophyllite, celestite, citrine, emerald, fluorite, garnet, kyanite, lapis lazuli, selenite, sodalite, tiger's eye

tumors: prasiolite

ulcers: chrysocolla , peridot, prasiolite

unconditional love: kunzite, rhodocrosite, rhodonite, rose quartz

vertigo: cuprite, chrysacolla, malachite, sapphire, herkimer diamond, rose quartz, candle quartz (pine apple quartz), angel aura (opal aura), aqua aura, lapis lazuli, morganite, obsidian (clear), quartz (clear), red jasper

victimization: charoite, chrysoprase, garnet, green calcite, hematite, jade, leopard skin jasper, malachite, orange calcite, orange millennium™, rose quartz, rutilated quartz, schorl (black tourmaline), self-healed/rehealed quartz crystals, thulite

vigor / virility: tiger iron (mugglestone)

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viruses (general): chalcopyrite, copper, dolomite, fluorite, jadeite, Himalaya red Azeztulite, jet, lapis lazuli, malachite, moss agate, sapphire, stichtite, and turquoise

visualization: iolite, green tourmaline, holey stones

weight loss: agate, amethyst, angelite, apatite, blue Peruvian opal, green tourmaline, heulandite, kunzite, lepidocrocite, moonstone, picasso marble, (jasper), purple fluorite, rose quartz, seraphinite, sodalite, spinel (healthy weight), sulphur, unakite (ideal weight)

weight gain: unakite (ideal weight)

will power: alexandrite, blue tigers eye (hawk's eye), garnet, hematite, red jasper, prasiolite, sapphire, tigers eye, tiger iron (mugglestone)

wisdom: amber, apatite, calcite, clear quartz, howlite, labradorite, lapis lazuli, malachite, moonstone, petrified wood, smoky quartz, snowflake obsidian, sodalite, tree agate

wishes: moonstone, smoky quartz, unakite

worries: petrified wood

wrinkles: rose quartz

writing: agate, amazonite, barite, blue topaz, diopside, fire agate, graphite, kyanite, lapis lazuli, sodalite, variscite, zincite