

The health benefits, mentally, physically and spiritually are incredible if you just take a few moments to meditate daily.

Included on this page are a range of Guided Meditations, to relax, balance, guide and bring you peace, calm, love and more. You can listen to them at any time and as much as needed.

We will be constantly updating this page with new meditations, so either check back regularly or you can subscribe to the YouTube channel. You won't receive any spam mail or adverts, you will only be notified when a new video is posted. Enjoy! ♡

Meditation video goes here

This is a short Divine Light meditation to relax, centre, refresh and bring you peace at any time of the day or night. It's also great for when you don't have much time!

Use it whenever and wherever you need, enjoy!

With peace & love, Ella ✨ xx



Positive Affirmations & Thoughts

I Am Loved & I Love

I Am Happy

I Am Special

I Am Healthy

I Am Confident

I Am Safe

I Am Strong

I Am Peaceful

I Am Kind

Money Flows Freely & Abundantly To Me

*Love, Kindness & Happiness Flow Freely &
Abundantly To Me & From Me*

*Love, Joy & Happiness Fill My Mind, Body & Soul
With Each Breath I Take*

Live your life with Love &
Kindness! ♥

If you think positively, be
positive, feel positive, that's what
you'll attract!

Smile...It's infectious & feels
great!

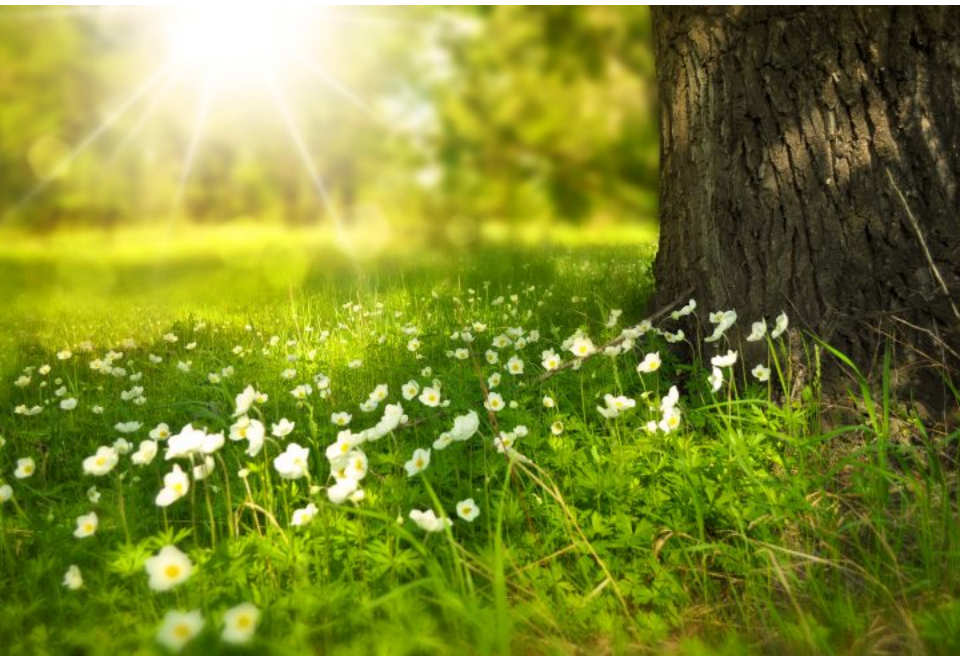
There's magic all around, just
open your eyes and be still long
enough to recognise what a truly
remarkable world we live in.
Whenever you need a lift or a
quick reenergise throughout the
day, just take a moment to close
your eyes, take a few deep
breaths and relax. Breathe in calm
and peace and as you breathe out
let go of all tension, negativity

and concerns. Just be still, present and centre yourself, this only needs to
take a few moments, you'll be surprised at how refreshing it is! Or/and click
this link to do some meditations.

When you repeat any positive affirmation smile and believe in what you are
saying. You don't have to say them all at once, it's helpful to start with a few
that are important to you and repeat them until you believe them. If at first
it's hard to believe, then just keep repeating them until you do. (Give it a go,
it really does work!) 🌸



Spiritual & Development Classes



Grow, connect and become balanced with love and light.

Heal, trust and develop your Intuition and Higher guidance with our Spiritual and Self Development Classes.

We offer a safe and loving environment where you can work through many issues, set goals, discover and become one with your Inner and Higher Self.

Learn to connect with your Angels, Spirit Guides, read Energy, connect with the Elements, Mother Nature, Luna and much more.

See the magic around and within you, learn to meditate and be still and if you wish, develop your mediumship abilities, we all have them!

We offer both one to one sessions or a class, please contact us for more information

Classes £10 for two hours (subject to availability)

One to one £30 per hour



About Readings

When receiving a reading you are held in a space of peace, love and calm whilst we work through seeing your life with a fresh new perspective.

You can gain clarity, healing, spiritual growth, closure, release, direction and guidance in a supportive non-judgemental atmosphere. Receive guidance to assist you to reach your full and highest potential in love, life and your career.

In the extended readings with coaching you will also learn how to 'see only love', how to manifest and attract what you desire (You may need more than one session depending on your prior knowledge and needs) Readings are tailor made to suit you at the time and are always on the highest vibration of love and light 💕

Reading £30

Extended Reading with Coaching £45

Reading & Healing £45

Extended Reading with Coaching & Healing £55

Lovingly Spiritual



Welcoming statement would go here

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Agate



Amazonite



Amethyst



Ametrine



Angelite



Aquamarine

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Our therapy room is based in a quiet, discreet location.
This allows our clients to have peace of mind that their visit will be private.

We are easy to find and there is free car parking.

Full directions will be provided upon booking of an appointment.

We run on a pre-booked appointment base only to ensure privacy for you and other clients.

Telephone

Please telephone or text 07929792489

Email

ella@beautyandhealingtherapies.co.uk



Agates come in many different colours and are beautifully grounding, stabilising, soothing and calming stones. They have a powerful cleansing on a physical and emotional level. They have a balancing effect intellectually, physically and emotionally, aiding to stabilise and centre physical energy.

Agates work slowly and deliberately with a quiet gentle energy bringing great strength, stability and clarity, with a power to balance the yin and yang.

Agates bring love into the chakras, help overcome negative emotions and thought patterns and bitterness of the heart. They help one speaks one's truth, heal inner anger and create a sense of safety and security.

Agates improve perception and concentration. They raise consciousness and the awareness of oneself, aiding in building self confidence and leading to spiritual growth, stability and love.

Agates heal the stomach, and when placed on the abdomen stimulates the digestive tract and improves gastritis, placed on the heart agate heals emotional issues.

Agates heal the eyes, skin disorders, the uterus, cleanse the pancreas and lymphatic system, strengthen blood vessels and aide the symptoms of rheumatism.

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Placement

Place or hold Agate anywhere on the body or in your environment where desired.

Colour Variations

Agates come in a variety of colours, some are artificial such as blue-green agate which is usually made from glass and has no therapeutic properties.

Pink Agate

As well as the above generic properties pink agate also promotes love particularly between child and parent, for the best benefits place over the heart.

Green Agate

As well as the above generic properties green agate is also very useful in resolving disputes, it enhancing decision making and emotional and mental flexibility.

Botswana Agate

As well as the above generic properties Botswana agate aids depression, releases anything that is suppressed and helps the body to absorb oxygen which benefits the skin and the circulation.

Botswana agate resonates with the brain, it helps to find solutions and to explore your creativity, it also stimulates the Crown Chakra bringing energy into the auric field.

This agate is only found in Botswana (hence it's name) and is excellent for anyone wishing to quit smoking.



Amazonite is a highly filtering stone, providing protection by absorbing and blocking electromagnetic smog, microwaves and mobile phone emissions. It is a beautifully calming, soothing and balancing stone. It calms and releases negative energy and blockages from the nervous system and brain, balancing the energy within ones personality.

Amazonite eases fear, worry, emotional trauma, aggravation and negativity, it is a soothing stone to keep near you after conflicts. It is a powerful manifestation stone and is particularly good for universal love and joy, it is also a stone of success and abundance, bringing good luck and focus.

This stone balances feminine and masculine energy (yin and yang) and enables you to see both sides of an issue and different personalities.

Amazonite helps osteoporosis, muscle spasms, chemotherapy, the heart, overall health, tooth decay, sinus, throat, lung and chest issues and calcium deficiency. It relives stress and is also very energising and is helpful for maintaining a healthy lifestyle.

Amazonite is lovely when used to connect with nature spirits and is calming on all the Chakras particularly the Heart, Third Eye and Throat Chakras.

Placement

Place Amazonite anywhere on the body as desired, hold this stone whilst saying positive affirmations as it enhances the energy of what you are saying. This stone is good to wear or place near computers and attached to mobile phones for protection.



Amethyst is an exceptionally protective and powerful stone with strong healing, cleansing and calming properties. It is a natural tranquilliser making it effective in supporting sobriety and helping to overcome addictions and blockages.

Amethyst is excellent at balancing and calming the mind yet also stimulating it as needed. It alleviates anger, anxiety, fear, rage, mood swings and relieves stress and strain. It is very effective at balancing emotional highs and lows and is a very supportive stone in times of grief.

Amethyst boosts your memory, motivation and helps you to become more focused, with a greater sense of the ability to make decisions and realise your dreams and goals.

Amethyst cleanses and strengthens the immune system, metabolism, endocrine system, eliminating organs and boosts hormone production. It provides the body strength to fight cancer, reduces pain and aids tissue regeneration.

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Amethyst treats and heals hearing disorders, swelling, bruising and headaches. It relieves tension, skin conditions, cellular disorders, diseases of the respiratory and digestive tract, lungs, insomnia, restlessness and recurrent nightmares.

Amethyst is an extremely spiritual stone which promotes love and love of the divine, spiritual wisdom and selflessness. It is excellent for mediation and opens your intuition and spiritual gifts.

This stone cleanses the aura, protects against psychic attack and transmutes negative energy into love. Amethyst brings balance, physically, mentally and emotionally and stimulates the Throat and Crown Chakras.

Amethyst provides the wearer or user with protection from electromagnetic and geopathic stress and from all kinds of negativity including negative people.

Placement

Place or wear anywhere on the body as desired or felt needed, jewellery and tumble stones can be a great way to wear Amethyst particularly over the throat or heart.

Place clusters and geodes in your environment where desired, place a piece under or next to your pillow for insomnia or nightmares.

Please be aware, Amethyst fades in sunlight, it will eventually lose all its colour so place away from direct sunlight.

When using Amethyst points in healing, points placed towards you draw energy to you and points placed away, draw energy away from you.

Amertrine



Amertrine is a naturally occurring combination of Amethyst and Citrine and therefore combines both their healing powers making this stone powerful, fast and effective.

Amertrine is great at clearing stress, tension and blockages from the head and mind bringing about calmness, clarity and focus. It aids concentration, creativity, problem solving, emotional distress, negative emotional programming and promotes optimism.

It is a very energetic stone which also instigates change and supports transitions and actions.

Amertrine is a powerful cleansing stone which disperse toxins from the body, strengthens the immune system, nervous system and physical body. It oxygenates the blood, heals chronic fatigue syndrome, depression, lethargy, fatigue, physical, emotional and mental exhaustion, ulcers, headaches, stress and gastric issues.

Amertrine opens the Third Eye Chakra and connects the physical with the higher consciousness, it protects against psychic attack and brings insight to the causes of disease.

Placement

Place, hold or wear anywhere on the body as desired or felt needed for long periods of time, particularly on the solar plexus.



Aquamarine is a beautiful stone of courage, peace, communication and purification which has a special affinity with those of a sensitive disposition. It has a calming energy which soothes and quietens the mind and reduces stress. It is a stone which has ancient connections with the seas, oceans and with the mystic.

This stone brings harmony to your surroundings, protects against pollutants, brings tolerance of others and overcomes being judgemental. It breaks self defeating attitudes and encourages taking responsibility for yourself.

Aquamarine clears confusion, sharpens the intellect, aids in closure, promotes self expression and soothes fears. It clarifies perception and gives support to those who are overwhelmed by responsibility.

Aquamarine has a tonic effect, it is good for sore throats, thyroid problems, swollen glands, the pituitary gland and regulates the hormones and growth. It aids the jaw, eyes, stomach, teeth and strengthens the cleansing organs. It is helpful with short or long sightedness, and calms the immune and autoimmune systems (particularly diseases such as hay fever)

Aquamarine is wonderful to meditate with and it opens clairvoyance, spiritual awareness and high states of consciousness. It aligns the Chakras and the physical and spiritual bodies, clears the Throat Chakra, shields the aura and invokes communication from a higher plane.

Placement

Place, hold or wear anywhere on the body or in your surroundings as desired or felt needed, it can be placed on your eyes or used as an elixir.



Angelite is a beautiful soothing, peaceful and uplifting stone (particularly during times of transition) and provides protection for the body and environment.

It creates deep peace and tranquility, stimulates healing and will help you connect psychic channeling and universal knowledge.

Angelite is excellent at reducing inflammation, osteoporosis, repairing blood vessels and tissues and balancing fluids within the body (particularly water retention). It is great when used as part of weight control and counteracts cruelty, psychological pain, fear, emotional pain and insecurity.

Angelite is a deeply compassionate stone which transforms pain and disorder into healing and oneness, it will help you speak your truth and be more accepting.

Angelite sends higher vibrations, clears and heals the Third Eye, Throat and Crown Chakras. It balances the thyroid and parathyroid and sends energy to the Soul Star Chakra which is 6 inches above your head, allowing for clearer communication, amplified tuition and greater spiritual growth.

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For healers Angelite is a powerful stone as it heightens perception and deepens attunement. It is a stone of awareness and is one of the higher vibrational crystals which facilitates a deep connection with the Angels and the Angelic Realm.

Re-cap

Protection, healing, kind, peaceful, reduces fear, speaking your truth, compassionate, tranquility, acceptance, relieves emotional and physical pain, soothing, alleviates insecurity.

Repairing tissues and blood vessels, reduces inflammation, osteoporosis, balances fluids, water retention, sleeping issues, throat.

Connection with Angels, Angelic realm, communication, telepathic communication, meditation, attunement.

Placement

Place Angelite on the body, hold or place in your environment as desired.

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Aragonite



Aragonite is a grounding and stabilising stone which makes you feel well within yourself. It eases anger and emotional stress, combats disease particularly with nervous spasms and twitching and gives strength and support.

Aragonite is attuned to the Earth Goddess and is a very reliable earth-healer which encourages recycling and conservation. It also transmutes geopathic stress and can be used to clear blocked ley lines.

Aragonite promotes acceptance, patience and eases oversensitivity, it encourages discipline, understanding and reliability.

Aragonite treats chills, Reynauds disease, heals bones and restores elasticity to discs. It strengthens the immune system, brings warmth to the extremities and eases aches and pains.

Aragonite has a calming and centring effect spiritually restoring balance and prepares for meditation by raising the vibrations.

Placement

Place, hold or wear anywhere on the body or in your surroundings as desired or felt needed. Place Aragonite under your pillow for a peaceful night sleep when feeling restless. When held in your palm it is a good source of comfort and if worn around the neck it is very grounding, you can also bathe with an elixir.



Bloodstone is a powerful healer, revitaliser and blood cleanser, it is an excellent protective and grounding stone keeping out undesirable influences.

It revitalises the mind if mentally exhausted, relives confusion and encourages selflessness. It heightens intuition, increases creativity and decision making, increases generosity, abundance, organisation and good fortune.

Bloodstone helps to overcome geopathic, electromagnetic stress and negative environmental energies. It helps you to avoid dangerous situations using strategic withdrawal and being able to be flexible. It gives you courage, reduces impatience, irritability and aggressiveness.

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Bloodstone stimulates the flow of the lymphatic and metabolic systems, supports the immune system and purifies and fortifies the blood. It is particularly good for anaemia, detoxifies the kidneys, liver, bladder, spleen and intestines. It removes toxins, reduces pus formation, aids in healing infections and supports the blood and blood rich organs. Bloodstone reenergises the mind and body when they are exhausted and is useful for blood related cancers such as leukaemia.

Bloodstone brings spirituality into everyday life, it is believed to have mystical and magical properties pertaining to the weather and that of banishing negativity. It cleanses the Base and lower Chakras realigning their energies.

Placement

Place, hold or wear anywhere on the body or in your surroundings as desired or felt needed, for good health wear Bloodstone continually. For a peaceful nights sleep you can place a piece of Bloodstone in a bowl of water beside your bed. Secure by tape or something similar over the thymus to stimulate the immune system.





Carnelian is full of vitality and life force, it is a grounding and stabilising stone with a high energy and anchors you in the present day reality. Carnelian stimulates creativity, motivation, courage, dispels apathy and promotes positive life changes. It gives motivation for success in both business and personally.

Carnelian increases personal power, helps to overcome negative conditioning and any kind of abuse. It helps you trust yourself and your perceptions, aids your concentration and drives off mental lethargy.

Carnelian is powerful at protecting against resentment, envy and rage from you towards others and from others towards you. It calms anger and dispels emotional negativity replacing it with a love for life.

Carnelian assists in accepting the cycle of life by helping to remove the fear of death, it brings comfort, happiness and builds self-esteem.

Carnelian is helpful with allergies, detoxifying your body, weakness, infections, the intestines, ovaries, gallbladder, your memory, scoliosis and oedema.

Carnelian increases fertility, stimulates the metabolism and healing of bones and ligaments. It heals lower back issues, depression, neuralgia, rheumatism, arthritis, impotence, frigidity, the kidneys, the bladder and regulates body fluids. Carnelian stimulates sexuality, a good supply of blood to tissues and organs and assists in the absorption of minerals and vitamins within the body.

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When meditating with Carnelian you are better able to keep interrupting thoughts at bay and deepen your concentration. It is a powerful Sacral Chakra stone and can be used on the Base Chakra. Spiritually it brings balance, serenity and protection.

Carnelian cleanses other stones

Placement

Place in your surroundings as desired or hold or wear anywhere on the body in contact with your skin particularly as a pendant. Placing Carnelian by your front door brings protection and abundance into your home or place.

Colour Variations Of Carnelian

In addition to the above generic properties of Carnelian, colour variations have extra and specific properties.

Red Carnelian

Red Carnelian is especially useful to invigorate you physically and mentally and overcomes sluggishness, it is a warming and energising stone.

Pink Carnelian

Pink Carnelian assists in restoring trust after manipulation or abuse of any kind, it also improves the parent-child relationship.

Cleansing or Clearing

Many say that Carnelian doesn't need regular cleansing or clearing, but every now and then it may be nice to cleanse your crystal and recharge it. Giving a crystal that is used frequently or continually 'time off' so to speak to allow it to recharge just seems like a good idea.



Celestite is a beautiful stone of deep peace and harmony, powerful healing and bringing in love. It promotes purity of the heart and attracts good fortune to you.

Celestite calms, balances, disperses worry and sharpens the mind creating mental clarity. It relieves stress, obsessive behaviours and anxiety. It gives courage to agoraphobics, those who are shy and timid especially children and promotes deep inner peace and strength. It is a great stone to carry for nervousness or stage fright when either public speaking or performing.

Celestite improves dysfunctional relationships, helps resolve conflicts and helps to maintain harmonious atmospheres. It stimulates creativity, teaches trust and cools fiery emotions. It aids communication, the intellect, your natural instincts and analysis of complex ideas. It is an excellent stone to use during periods of trauma allowing you to come out on top, Celestite promotes kindness, forgiveness and honesty.

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Celestite is revered as a teacher of 'New Age', it's Divine Energy and high frequency provide excellent contact with the Angelic Realm bringing about the infinite peace of the spiritual. It kick starts your spiritual journey and when placed on the Third Eye Chakra connects you to the wonderful Universal Energy. Celestite opens the Throat Chakra and heals throat conditions and allows for expression of feelings.

Celestite is a great healer and pain reliever, it treats the eyes, ears and muscle tension. It eliminates toxins, cellular disorders and soothes and calms mental torment. It assists with sleep problems, depression, headaches, thyroid and tinnitus.

Placement

Place in your surroundings as desired or hold or wear anywhere on the body. Celestite is excellent for meditation and placed on the Throat and Third Eye Chakra's. Placing a large piece of Celestite in a room heightens the rooms vibrations.

Care

Celestite is very fragile, please be careful when handling your stone, do not place it in direct sunlight as it will fade.



Chrysanthemum crystals have a lovely, calming and powerful energy. Bursting with luck, joy, good fortune, abundance and manifestation and they induce a fun-loving, childlike innocence.

With the right mental attitude Chrysanthemum can manifest more money, happiness and courage into your life. These stones have a calming energy which help you to feel centred and present in the moment and enables the self to bloom.

Chrysanthemum have a calm confident energy which radiated harmony enhancing any environment they are placed in. They energise, inspire and assist you to bring your dreams to fruition.

Chrysanthemum crystals strengthen your character and bring stability and trust. They eliminate stress, depression, ignorance, resentment, narrow-mindedness, bigotry, jealousy, animosity and self-righteousness.

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Chrysanthemum

They encourage you to love and to show more love which in turn attracts the same back to you. They enhance creativity bringing good opportunities and enhance your spirituality.

Chrysanthemum crystals heal the eyes, skin and skeletal issues, female health issues, PMT, cystitis and arthritis. They assist in shrinking growths and ridding the body of toxins.

Place a Chrysanthemum crystal under your pillow at night, then place it in your pocket in the morning. Doing this for a few days and nights can induce a state of joy and happiness.

Meditating with Chrysanthemum will help you to overcome fear and blockages enabling you to live the life you've always wished for. Placing it in your environment will enhance your space and bring luck, abundance and joy.

Chrysanthemum crystals are associated with the Heart and Crown Chakras.

Placement

Place in your surroundings as desired or hold or wear anywhere on the body. Sleep with Chrysanthemum under your pillow to induce joy and happiness.

Bluelace Agate



Blue Lace Agate has a beautiful soft, calming and healing energy bringing about a peaceful mind and a sense of tranquility.

It is a wonderfully nurturing and supportive stone which alleviates nervous tension, anger, infection, fever and inflammation.

Blue Lace Agate has a powerful healing effect on the throat which helps release blockages regarding expressing yourself. It heals throat issues, shoulder and neck problems, lymphatic infections and thyroid issues.

Blue Lace Agate also strengthens bones and helps alleviate arthritic symptoms, assists in healing fractures, capillaries, the pancreas and the nervous system.

Blue Lace Agate resonates with the Throat Chakra, activating and healing it. It boosts your thoughts, feelings and communication abilities particularly with your higher self and spiritual vibration.

Blue Lace Agate counteracts the negative feelings of needing to suppress thoughts and emotions relating to the parent child relationship which can have a suffocating sensation around the chest area. These feelings which often stem from a fear of being judged can be dissolved by placing this stone on the heart area.

Placement

Place or hold Blue Lace Agate anywhere on the body where desired, in particular on the throat or place in your environment.

Crystal Information

Citrine



Clear Quartz



Jade



Jasper



Moss Agate



Rhodonite



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Natural Citrine



Citrine is extremely protective, joyful, energising and warming like the sun, happy and generous. It is a stone of abundance and teaches how to attract and keep hold of wealth, success and prosperity and to also share.

Citrine carries the power of the sun making it a tremendously beneficial stone, it is a powerful cleanser, regenerator and balancer. Citrine cleanses, absorbs, disperses, transmutes and grounds negativity in your environment and yourself, making it exceedingly protective. Citrine invigorates the body and any environment with energy, positivity and joy.

Citrine is excellent for lifting moods, overcoming depression, phobias, fears and to release anger. It brings joy and raises self-confidence, self-esteem, self-expression, creativity, positivity and helps release the past and look forward with optimism.

Citrine increases concentration, promotes inner calm, revitalises the mind and assists in overcoming communication problems. It helps you to enjoy new experiences and awakens the higher mind.

Citrine is comforting and inspiring, it helps overcome shyness and suicidal thoughts. It promotes honesty, courage, hope and helps weight loss goals.

Citrine stimulates the pancreas, spleen and digestive system. It helps fatigue, eye problems and infections of the kidneys and bladder. Citrine is powerful at energising and regenerating which makes it beneficial for chronic fatigue syndrome and degenerative diseases. It increases blood circulation and detoxifies the blood, balances the thyroid, hormones, menopausal and menstrual symptoms. Citrine alleviates headaches, nausea, gallbladder problems, diabetes and puberty issues.

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Heat treated Citrine



Citrine protects the aura, cleanses the Chakra's particularly the Solar Plexus and Sacral Chakra's. It activates the Crown Chakra, opens intuition and balances and cleanses physically, spiritually and mentally.

Placement

Place Citrine in your surroundings as desired (please be mindful that Citrine fades in sunlight) or hold or wear anywhere on the body as jewellery or tumblestones or in it's more raw form, in contact with the skin particularly on the hands or on the throat area.

In healing place where desired or felt needed on the body or in your home, place of work or any space or place. For meditation a sphere is useful but any piece will be great.

Place a large piece of Citrine or a few smaller pieces in the wealth corner of your home or work or business (furthest left hand area from your front door please see page on Placement Of Crystals)

Place a piece of Citrine in your purse or wallet and cash box or till for wealth and abundance. Wearing a piece of citrine with a point facing downwards will bring the golden ray of spirit into the physical.

Cleansing or Clearing

Many say that Citrine never needs cleansing or clearing, but every now and then it may be nice to cleanse your crystal and recharge it. Giving a crystal that is used frequently or continually 'time off' so to speak to allow it to recharge just seems like a good idea.

For information on cleansing please read the page Cleansing Your Crystals

Clear Quartz



Clear Quartz is the most powerful healer and energy amplifying stone in the mineral kingdom due to its unique crystalline form of helical spiral. As a master healer it can be used for any condition, it releases, stores, absorbs, regulates and unblocks energy.

Clear Quartz protects against negativity and takes your energy back to before disease or problems of any kind emotionally or physically began. It protects against radiation, static electricity and cleanses and enhances your physical, mental and spiritual mind and body.

A gift from Mother Earth, Clear Quartz relieves pain, stimulates the immune system and balances the entire body and harmonises all the Chakra's, any condition can be treated with Clear quartz, it amplifies any intention and attunes you to your higher self.

Clear Quartz is like a natural computer storing information and raises energy to the highest level, it aids concentration, saves energy, enhances psychic abilities, removes distraction and attunes you to your spiritual purpose. Clear Quartz contains every colour therefore it works at/on every level of being.

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Clear Quartz

Clear Quartz reduces stress, brings about emotional balance, acceptance, harmony, perseverance, joy, it stabilises your emotions, reduces heartburn, aids sleeping, memory, the thyroid, toothache, and vertigo.

Clear quartz heals and enhances friendships, spiritual development, amplifies healing, attracts angels and connection to angels and amplifies your wishes, affirmations and intentions.

Clear Quartz in it's natural form radiates energy outwards into it's environment, if you program your natural crystal (see 'How to program your crystals' page) with your desired intention then place it centrally in an area, you will benefit from your stone radiating helpful energy.

Please see the page on 'Crystal shapes' as the various shapes have deep significant effects.

Placement

Place in your surroundings as desired or hold or wear anywhere on the body.

Cleansing or Clearing

Clear quartz needs regular cleansing and programming.



Jade is a beautiful protective stone, it symbolises purity, serenity, wisdom and tranquility. It brings harmony, increases love and nurturing and attracts good luck and friendship.

Jade soothes your mind and releases negative thoughts, it stabilises your personality connecting your mind and body. It eases irritability, promotes self-sufficiency and stimulates ideas, it brings, peace, practicality, wisdom, balance and perspective.

Jade when worn keeps you from harm, it encourages you to become who you really are, awakens hidden knowledge and assists on your spiritual journey.

Jade is a very cleansing stone, it is associated with the Heart Chakra increasing love, placed on your forehead Jade brings insightful dreams which is why it is also known as a 'dream stone'.

Jade is particularly excellent at healing the kidneys and assists the eliminating and filtration organs. It heals the skeletal system, stitches, adrenal glands, rebinds the cells, assists the spleen, hips, childbirth, fertility, balances the bodies fluids and removes toxins.

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Coloured Variations Of Jade

In addition to the above generic properties of Jade, colour variations have extra and specific properties.

Green Jade

Green jade is the most commonly available and used, it is very calming on the nervous system, it brings harmony to dysfunctional relationships and channels passion in a productive way.

Yellow Jade

Yellow Jade is stimulating and energetic but in a calm and soft way, it brings happiness and joy and shows us how we are all connected, it assists the digestive and elimination systems.

Placement

Place in your surroundings as desired or hold or wear anywhere on the body

Jasper



Jasper is a beautiful stone known as the 'supreme nurturer' it supports and sustains you through times of stress, prolonged illness and/or hospitalisation bringing tranquility, wholeness and reenergises your body.

Jasper is protective, healing and grounding, it absorbs negative energy and clears electromagnetic smog, environmental pollution including radiation and aids dowsing.

Jasper balances the yin and yang, it unifies and aligns all aspects of your life mentally, physically and spiritually It gives you courage to assertively tackle your problems, it gives support during necessary conflicts and encourages self-honesty.

Jasper brings contentment, compassion, relaxation and promotes your organisational skills enabling you to see things through. It aids quick thinking, stimulates your imagination helping you to put ideas into action and prolongs sexual pleasure.

Jasper aligns all the Chakra's and is useful in Chakra layouts, it reminds people to be kind and help each other.

Jasper assists the digestive, sexual and circulator organs and balances minerals within the body.

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Placement

Place Jasper in your surroundings as desired or hold or wear anywhere on the body particularly in contact with your skin.

Colour Variations Of Jasper

In addition to the above generic properties of Jasper, colour variations have extra and specific properties.

Red Jasper And Brecciated Jasper

Red Jasper is a stone of health and is extremely protective, it is gently stimulating, grounds energy and rectifies unjust situations. It is an excellent 'worry bead' which calms your emotions when played with.

Red Jasper aids in rectifying unjust situations, brings insight to difficult situations and helps to bring problems to the surface before they become too big. It can help to neutralise radiation, electromagnetic and environmental pollutants.

Red Jasper strengthens and detoxifies the blood, liver and circulatory system, it cleanses the aura and stimulates the Base Chakra.

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Placement

Place in your surroundings as desired or hold or wear anywhere on the body particularly in contact with your skin and on the Base Chakra. Hold a piece of Red Jasper in your hand to calm your emotions when worried

Picture Jasper

Picture Jasper brings comfort, harmony, a sense of proportion and alleviates fear. It brings repressed and hidden feelings and thoughts such as fear, guilt, love, hope, hate and envy to the surface to be released and learnt from.

It is said that the beautiful Picture Jasper encourages ecological awareness and is Mother Earth speaking with her children as the stones contain 'pictures' or messages from the past.

Picture Jasper cleanses the kidneys, stimulates the immune system and helps treat skin disorders.

Placement

Place in your surroundings as desired or hold or wear anywhere on the body particularly in contact with your skin.



Moss Agate

Moss Agate is a wonderfully optimistic stone which is strongly connected to mother earth and nature. It has a lovely vibration based around the heart which refreshes the mind and soul enabling you to see the beauty all around. It is a grounding and strengthening stone bringing you courage and alleviating stress and fear.

Moss agate attracts abundance and wealth and is a stone of new beginnings bringing release from old blockages physically and spiritually. It also helps midwives by lessening the pain of labour for expectant mothers and aids a smooth delivery.

Moss agate alleviates depression, especially when caused by brain imbalances, it has a cleansing effect on the elimination and circulatory systems and boosts the immune system. It is an anti-inflammatory and aids the flow of the lymphatic system, it treats flu, fever, colds, dehydration and helps prevent hypoglycaemia.

Moss agate is excellent at reducing fear and stress and promotes self-expression, communication and balances the emotions, it inspires hope and trust, a stone everyone should have around!

Moss agate attracts nature spirits to you resulting in beautifying and harmonising your surroundings, it is also a great stone for keeping you spiritually grounded and will assist you with all areas of your life

Placement

Place or hold Moss Agate anywhere on the body where desired in contact with the skin. Place it in your surroundings or on you to enrich your quality of life.



Rhodonite nurtures and attracts love, heals, balances, calms the emotions and promotes unselfish self-love, compassion and forgiveness. It is very beneficial in cases of abuse, co-dependency and emotional self-destruct and promotes remaining calm in upsetting or dangerous situations.

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Rhodonite brings love to the world, it is supportive and calming, it helps you to find your true passion, gifts, purpose in life and helps you to achieve your highest potential. Rhodonite works and supports the Heart Chakra attracting love and living from the heart. It is a stone of power and brings vitality and strength to the mind, body and spirit and grounds negative energy.

Rhodonite brings harmony, kindness, dignity, passion, friendships, self-esteem and self confidence. It balances yin and yang, heals emotional shock and panic, builds your confidence and clears confusion. It is grounding and clears away emotional scars and wounds from the past such as anger or resentment.

Rhodonite stimulates detoxification and healing of your organs, it reduces scarring, heals the heart, lungs, liver, wounds and insect bites. It treats emphysema, stomach ulcers, autoimmune diseases, multiple sclerosis and arthritis.

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Rhodonite

Rhodonite aids bone growth, the hearing organs, fertility and is a great elixir for trauma and shock, it is a useful stone when feeling panicky or anxious and stimulates the metabolism. It helps with impotency, the eyes, joints, memory, the throat, cancer and strengthens the immune system.

Rhodonite clears, activates and benefits the Heart Chakra and Root Chakra, it enhances mantras when meditating, supports higher vibrations needed for personal growth and promotes the service of the Spirit.

Placement

Place in your surroundings as desired or hold or wear anywhere on the body, for emotional healing Rhodonite is particularly helpful when placed over the heart. To treat internal or external wounds place a stone on the skin.



Crystal Information

Rose Quartz

Selenite

Smokey Quartz

Sodalite

Tigers Eye

Turquoise

Rose Quartz



Rose Quartz is a truly beautiful stone of unconditional love, romance and limitless peace, it is calming, reassuring and an exceptional healer.

It is the most important crystal for the heart and Heart Chakra. Rose Quartz teaches us the true essence of love on all levels; love for yourself and love for others.

Rose Quartz is extremely calming and soothing, it draws off negative energy replacing it with love, it encourages forgiveness, empathy, reconciliation and acceptance of change. It is a great stone for mid-life crisis or trauma, it relieves stress, tension, anger, jealousy, resentment, heartache and soothes internal pain.

Rose Quartz is a comfort when grieving and encourages self-worth, self-trust, self-forgiveness and self-acceptance. It opens your heart to receive love and teaches you self-love which is especially good for those who feel unlovable.

Rose Quartz increase happiness, emotional balance, nurturing, joy, unconditional love, forgiveness, positivity and tranquility. It eases suicidal thoughts, rage, loneliness, depression and despair.

Rose Quartz physically strengthens the heart, and circulatory system, heals the lungs, thymus, kidneys, adrenals, fatigue, emphysema, burns, bruises, migraine, shingles and neck pain. It alleviates vertigo and is known to help heal breast cancer and supports the healing of most cancers.

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Rose Quartz

Rose Quartz releases impurities from the body, assists in a youthful complexion, aids chest and lung problems, alleviates asthma, varicose veins and is helpful with senile dementia, Alzheimer and Parkinson's.

Place Rose Quartz on your bedside table or by your bed and/or in the relationship corner of your home to either attract love and a new relationship into your life or to strengthen and restore the bond, harmony, loving energy, commitment and trust between you and your loved one.

Rose Quartz eases sexual frustration bringing a balance to the sex drive and increases fertility, it is so powerful in drawing love and relationships to you that it often needs a piece of Amethyst next to it to calm it's energy slightly.

When held, Rose Quartz enhances positive affirmations, increases spirituality, connects with the divine and your angels.

Placement

Place in your surroundings as desired or hold or wear anywhere on the body particularly at the heart and thymus as desired or felt needed. Place a piece in your relationship corner and/or beside your bed.



Selenite is wonderfully calming, protective stone bringing deep peacefulness and tranquility, it has a gentle vibration that is soothing and is also powerful at stabilising erratic emotions.

Placing a large piece of Selenite in a room(s) ensure a peaceful atmosphere, placing pieces in the four corners of your home or space creates a quiet and safe place and protects from outside influences and negative energy.

Selenite neutralises mercury poisoning caused by dental work, reverses the effects of free radicals repairing and healing on a cellular level, removes

energy blocks physically and spiritually and is excellent at healing energy levels and strengthening the memory.

Selenite is a lovely crystal for nurturing a child and breastfeeding, it is associated with the skeletal system and aligns the spinal column and promotes flexibility. It clears confusion, brings mental clarity, assists with insight and judgement, enables you to see the bigger picture and can help protect against epileptic seizures.

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Selenite

Selenite is also used for good luck, it's powerful vibration activates, clears and opens the Crown Chakra and Higher Chakra making it excellent for spiritual connection, higher guidance and meditation.

By holding or placing this stone around you Selenite helps you to connect with your angels, guardian angels, your higher self and is useful to see the past and future.

NB – Selenite dissolves in water or when wet therefore do not cleanse in water, place outside unprotected or keep in a very damp corner.

Placement

Place in your surroundings as desired or hold or wear anywhere on the body as desired or felt needed. Place a large piece in a room(s) for a peaceful atmosphere. Place in the four corners of your home or space to create a safe, quiet and protected place.





In addition to the generic properties of Clear Quartz, (please read Clear Quartz Information) Smokey Quartz is excellent at protecting, grounding and anchoring and has a strong link with Mother Earth and protecting the environment.

Smokey Quartz increases concentration, positivity and positive action. It is very effective at relieving stress, fear, depression, negativity, nightmares, suicidal thoughts and it protects against electromagnetic smog and radiation.

Smokey quartz brings emotional calm and assists in difficult communications, acceptance of your sexuality and physical body. It helps manifest your dreams and it dissolves negativity and negative emotions.

Smokey Quartz relieves pain, headaches, back pain, cramps, and is particularly good for problems with the hips, legs and abdomen. Smokey Quartz benefits the reproductive system, fortifies the nerves, muscles, and the heart, it regulates fluids within the body and aids the absorption of minerals.

Smokey Quartz is spiritually grounding with a strong link to the Base Chakra and Earth Chakra and is detoxifying on all levels.

Placement

Place in your surroundings as desired or hold or wear anywhere on the body especially the Base Chakra for long periods of time. Place under your pillow or by the telephone or computer to dispel electromagnetic smog and radiation. Place directly on a painful area or if you are stressed hold a piece in each hand and sit quietly for desired time. To energise yourself, place a point towards your body, if you want to draw off any negativity place a point(s) facing outwards.



Sodalite is an excellent stone for the mind, it brings about emotional and mental balance, calmness and relieves panic attacks. It encourages you to be true to yourself, stand up for yourself and your beliefs and a drive for the truth.

Sodalite encourages rational thoughts, self confidence, self expression, self acceptance, self esteem and self worth, promoting trust in your judgement, intuition and releases negative emotional programming/conditioning.

Sodalite gets rid of mental confusion, fears, phobias, guilt and control issues and it transforms oversensitive and defensive people. It encourages objectivity, the ability to communicate your feelings and calms your mind enabling you to receive new information.

Sodalite, boosts the immune system, cleanses the lymphatic system, relieves digestive disorders, the throat, vocal cords, the larynx, insomnia, fevers, lowers blood pressure and balances the metabolism.

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Sodalite

Sodalite helps water retention, cleanses the liver, aids the brain, pain, tonsils, thyroid, ageing process, autism, chemotherapy, travel sickness and eliminating radiation.

Placing Sodalite next to or near your computer clears electromagnetic pollution.

Sodalite is a stone of awakening and opens spiritual perception uniting intuition with logic, it stimulates the Third Eye Chakra which deepens meditation. This stone gives you the ability to better understand your circumstances, enhances your psychic abilities and is very helpful for group work bringing harmony and solidarity.

Placement

Place as desired or hold or wear anywhere on the body as desired or felt needed for long periods of time.





Tigers Eye is a protective and balancing stone bringing wealth, good luck, courage and healing. It balances the yin and yang, alleviates depression, anxiety and fear, lifts your mood and energises the emotional body.

Tigers Eye is especially useful in healing mental and personality disorders and mood swings. It instils self-confidence, self-worth, courage, willpower, purpose, focus, and personal empowerment.

Tigers Eye is grounding and brings integrity and the ability to properly recognise your needs and those of others, helping you to differentiate between what you want and what you actually need. It promotes mental clarity by focusing the mind enabling problems to be resolved objectively.

Tigers Eye heals the throat, eyes, reproductive organs, alleviates pain, aids night vision, releases toxins, assists in repairing broken bones and strengthens the alignment of the spinal column.

Tigers Eye is excellent when placed on the Sacral Chakra for those who are uncommitted or spaced out and/or for spiritual grounding.

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Placement

Place as desired or hold anywhere on the body, for healing it is particularly good on the Sacral and Solar Plexus Chakra's. You can wear Tigers Eye as a pendant or on the right arm for short periods of time.

Colour Variations Of Tigers Eye

In addition to the above generic properties of Tigers Eye, colour variations have extra specific properties.

Red Tigers Eye

Red Tigers Eye stimulates, motivates, speeds up the metabolism, increases a low sex drive and overcomes lethargy. It is useful on the Base Chakra.

Blue Tigers Eye

Blue Tigers Eye calms, relieves stress, phobias, quick-temperedness and the over anxious, it slows the metabolism, slows an overactive sex drive and alleviates sexual frustration. It is useful on the Throat Chakra.



Turquoise



Turquoise is a beautiful protective, purifying and healing stone. It stimulates romantic love and bestows well-being for the body and support for ones soul. It clears negative energy and electromagnetic smog and protects the environment from pollutants.

Turquoise is a balancing and empathic stone and is great for tissue regeneration, strengthening the immune system and healing the whole body particularly the eyes including cataracts.

It reduces stress, rheumatism, helps the stomach and gout. It is anti-inflammatory, detoxifies, alleviates pain and cramping, helps with viral conditions and strengthens the meridians and energy fields of the body.

Turquoise oxygenates the blood, heals headaches, breathing problems, migraines, lungs, nightmares and muscle soreness.

Turquoise brings inner calm and is extremely beneficial for depression, exhaustion, panic attacks, mood swings and protects you from outside influences. It dissolves self-sabotage, self-martyrdom and increases creativity, problem solving and is calming

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Turquoise

Turquoise enhances intuition, meditation and spiritual connection, releasing inhibitions and allows for self expression particularly of the soul.

It promotes spiritual attunement, balances and aligns all the Chakras and is particularly effective on the Throat Chakra for clear and honest communication from the heart, Third Eye Chakra for intuition and Solar Plexus chakra.

Turquoise shows you your "fate" depends on your actions, your fate it is in your hands and your control.

Placement

Place, hold or wear anywhere on the body or in your surroundings as desired or felt needed Turquoise is particularly effective on the Throat, Third Eye and Solar Plexus.

