

# My Book of Healing Stones

With thousands of stones and powers it's so hard to remember what they all can do for you. This is the only book you really need! No matter what, remember these seven!



Rose Quartz stones of love and energy, opens up the heart chakras to unconditional love and positive energy, making it one of the most important gemstones for healing.

Cherry Quartz is a gemstone with meaning and properties of getting hope. It can get rid of anxiety of the future. This gemstone is useful when you want vitality or courage to make progress. Cherry Quartz is a gemstone that can make you receive invisible energy easier.



Red Jade is a life force stone. It is also known as the stone of individual will and power, dismissing the doubt, fear, and worry which holds a person back. In fact, this stone will urge you to take action. Red Jade, on the other hand, is the talisman of passion, physical vitality, and even strength.

Dubbed as the stone of nobility, the Ruby stone is perfect for those looking for a more decadent romance. Rubies are believed to bring you a sense of confidence and power when wearing them. This is more than likely why Ruby has long adorned the Queen of England on several occasions.



The stone of good fortune, loyalty and ever lasting romantic love. The bright Green Emerald, is the stone for married couples, regardless of how long they have been married. When you place this stone in your hand you will feel its power yelling out for a husband and wife.

The Black Quartz has a light aroma that promotes purity and has healing qualities that help cure many diseases. Be warned as not all Black Quartz's are the same. Some will give off dark energy that can cause sickness and give their holders a negative upset mindset.



Fluorite was known as the stone of positivity. This stone has a very feminine chakra and she can give you great balance physically and mentally. But if not used correctly this bitch can leave you in despair and encourage poor judgement. Holders have been known to feel an overwhelming need to harm others.

Bring joy, wonder, and enthusiasm to every part of your life with Citrine. It's said to help you release negative traits like fear from your life, and in turn help encourage optimism, warmth, motivation, and clarity. It's also claimed to enhance mindful qualities, like creativity and concentration.



This white crystal known as Clear Quartz is considered a "master healer." It's said to amplify energy by absorbing, storing, releasing, and regulating it. It's also said to aid concentration and memory. Physically, clear crystals are claimed to help stimulate the immune system and balance out your entire body. This stone is often paired with others like Rose Quartz to aid and enhance their abilities.



If you're in need of a power or motivation boost, this golden stone may be for you. The Tiger's Eye is said to help rid your mind and body of fear, anxiety, and self-doubt. This can be beneficial for career aspirations or even matters of the heart. Tiger's Eye is also said to help guide you to harmony and balance to help you make clear, conscious decisions.



An intensely protective stone, Obsidian is said to help form a shield against physical and emotional negativity. It's also said to help get rid of emotional blockage and promote qualities of strength, clarity, and compassion to help find your true sense of self. For your physical body, it may aid in digestion and detoxification while potentially helping reduce pain and cramps.



This purple stone known as the Amethyst is said to be incredibly protective, healing, and purifying. It's claimed it can help rid the mind of negative thoughts and bring forth humility, sincerity, and spiritual wisdom. It's also said to help promote sobriety. Sleep is another claimed benefit of this stone, from supposedly aiding in insomnia relief to understanding dreams. Physically, it's said to boost hormone production, cleanse blood, and relieve pain and stress.

