

Crystals And Their Metaphysical Properties

** I have only included the crystal properties of the gems pertaining to mental and physical healing although several of them have other properties as well.

Amethyst:	<i>Release of negativity</i>
Angel Aura Quartz:	<i>Encourages joy, optimism, and contentment.</i>
Aquamarine:	<i>Stimulates flow of energy, cools anger and calms nerves.</i>
Calcite (honey):	<i><u>Encourages energy, emotional balance and cleansing.</u></i>
Calcite (green):	<i><u>Promotes the release of negative patterns, renews purpose.</u></i>
Calcite (orange):	<i><u>Encourages new endeavors and breaking old habits.</u></i>
Carnelian:	<i>Promotes confidence and grounding.</i>
Citrine:	<i><u>Encourages new beginnings, self esteem, focus, and endurance</u></i>
Flourite:	<i>Encourages revealing of one's purpose and promotes inner peace.</i>
Jasper (red):	<i>Helps with courage and vitality.</i>
Jasper (yellow):	<i>Helps build courage and self confidence, excellent for self development.</i>
Lepidolite:	<i><u>Promotes reduction of stress, anxiety and worry. Encourages acceptance of present moments and transitions.</u></i>
Obsidian:	<i>Promotes strength and stamina</i>
Quartz (clear):	<i><u>Promotes mental clarity and inner peace.</u></i>
Quartz (phantom):	<i>Promotes awareness and release of emotional baggage.</i>
Quartz (lithium):	<i><u>Balances the body and aids in calming and inner peace.</u></i>
RubySapphire:	<i><u>Revitalizes energy and enhances focus, discipline and mental agility.</u></i>
Sodalite:	<i><u>Calming, focuses energy, mental healing and emotional expression</u></i>
Tigers Eye:	<i><u>Promotes courage, new beginnings and sharpens the mind.</u></i>
Topaz (blue):	<i>Calms a busy mind and increases focus.</i>

Note: My bracelet contains Carnelian, Red Jasper. Orange Calcite, Amazonite, Sodalite. Amethyst, and Clear Quartz as well as lava rock and the four birthstones. I can only track the properties of the crystals on the bracelet.