

**ABDOMEN**- smoky quartz  
**ABSENT-MINDEDNESS**- carnelian  
**Abundance:** Citrine  
**ACNE**- amethyst  
**ADDICTIONS/Alcoholism**- amethyst  
**AIR PURIFIER**- quartz crystal  
**AIR TRAVEL STRESS**- hematite  
**Allergies:** chrysocolla, carnelian  
**ANEMIA**- coral, garnet, kunzite, ruby, tourmaline  
**ANGER**- blue-lace agate, chrysoprase, moss-agate, carnelian, Howlite  
**ANXIETY**- smithsonite, howlite  
**APPENDIX**- chrysolite  
**ARTHRITIS**- azurite, carnelian, ruby, malachite, Copper  
**ARTISTIC GROWTH**- blue topaz  
**ASTHMA**- malachite, rutilated quartz crystal, tiger's eye  
**ASTRAL PROJECTION**- angelite, hematite  
**ASTRAL TRAVEL:** Geode jasper, turquoise  
**AURA CLEANSER**- lapis lazuli  
**AUTISM**- sugilite, moldavite  
**AWARENESS**- green calcite, orange calcite, celestite  
**BACK PROBLEMS**- petrified wood  
**BALANCE BODY/MIND/SPIRIT:** smoky quartz  
Kyanite, moonstone  
**BLADDER TROUBLE**- amber, coral, jade, jasper  
**BLOODSTREAM / CIRCULATION System (poor)**- citrine, Hematite, Copper, magnetite, ruby, yellow topaz  
**BLOOD DISEASE**- amethyst, chrysolite, jasper, ruby  
**BLOOD PRESSURE**- Bloodstone, aventurine, blue sodalite, black or green tourmaline  
**BONES:** Calcite, Amazonite, Howlite  
**BONE MARROW**- amber, chalcedony  
**BRAIN:** amber, green tourmaline, dark blue tourmaline, beryl, blue lace agate  
**BRONCHITIS**- rutilated quartz crystal  
**BURNS**- chrysoprase  
**CALMS BODY**- agate, celestite, yellow topaz, blue topaz  
**CALMS MIND**- agate, amazonite, amethyst, smithsonite, blue topaz  
**CALMING/SEDATIVE:** amethyst, lepidolite  
**CERVIX**- zoisite  
**CHAKRAS BALANCED**- bloodstone, quartz crystal  
**CHAKRAS OPENED**- fluorite, Kyanite, quartz crystal  
**CHEERFULNESS**- conicalite, ruby, tourmaline  
**CLAIRVOYANCE**- chrysoprase  
**COLDS & FLU**- yellow topaz, aqua aura  
**COLIC**- coral  
**COMFORT**- gold calcite, diopase

**COMMITMENT:** garnet  
**COMMUNICATION**- aqua aura, lapis lazuli, aquamarine, angelite  
**COMMUNICATION SKILLS:** turquoise  
**COMPASSION**- chrysoprase  
**CONCENTRATION**- blue topaz, fluorite, Goethite  
**CONFIDENCE, SELF**- agate, aventurine, bloodstone, orange calcite, diamond, garnet, rhodonite, tiger's eye, jade  
**CONVULSIONS**- amber, amethyst, carnelian, lapis lazuli moldavite, quartz crystal  
**COOPERATION:** smoky quartz  
**COURAGE:** aquamarine  
**CREATIVITY**- amethyst, aventurine, chalcedony, howlite, ruby, azurite  
**DEPRESSION**- bloodstone, gold calcite, carnelian, chalcopyrite, citrine, smoky quartz crystal, diamond, chrysoprase, gamet, galena, howlite, jasper, jet, lapis lazuli, topaz, gold,  
**DETOXIFICATION:** Covellite  
**DIABETES**- citrine  
**DIARRHEA**- quartz crystal  
**DIGESTION**- howlite, yellow jade, jasper, peridot, Citrine, Green Tourmaline, sodalite  
**DIRECTION IN LIFE**- citrine  
**DIZZINESS**- quartz crystal  
**DOUBT**- staurolite  
**DREAM INDUCER**- citrine, gamet  
**DREAMS, INTUITIVE**- amethyst, jade  
**DREAM RECALL:** celestite, jade, Marble, ruby  
**DRUNKENNESS**- amethyst  
**EAR:** amber, Red, black or snowflake obsidian, celestite, rhodonite, orange calcite  
**EAR (Inner)**- rhodonite  
**EARACHE**- amber  
**ELOQUENCE**- agate, amazonite, blue-lace agate, turquoise  
**EMOTIONS (bad)**- peridot  
**EMOTIONS (blocked)**- kunzite, blue tourmaline  
**EMOTIONS (calms)**- moonstone, rose quartz crystal  
**EMOTIONS (erratic)**- herderite, selenite  
**ENDOCRINE SYSTEM**- magnetite  
**ENDURANCE**- sodalite  
**ENERGY**- gamet, hematite, kyanite, rhodonite, ruby  
**ENERGY, BALANCED**- larimar  
**ENERGY (Physical)**- petrified wood  
**EYES**- amethyst, aquamarine, aventurine, optical calcite, jade, jet, lapis lazuli, lazurite, obsidian snowflake, peridot, rhodochrosite, celestite, Labradorite, Mica  
**EYESIGHT**- malachite  
**EXTRA TERRESTRIAL ENERGY/COMMUNICATION:** Labradorite, moldavite, Thunderegg  
**FAITH**- sapphire

**FALLOPIAN TUBES-** chrysoprase  
**FEAR (banishes)-** agate, green calcite, charoite, diamond, jet  
**FEMALE REPRODUCTIVE HEALTH:**  
moonstone, unakite  
**FERTILITY-** carnelian, zoisite, chrysoprase  
**FEVER (reduction)-** agate, chrysoprase, peridot, ruby, hematite, Tektite  
**FIDELITY:** jade  
**FORGIVENESS-** rhodochrosite  
**FRIENDSHIP-** lapis lazuli, moonstone, rose quartz crystal, sapphire, tourmaline, turquoise  
**FRUSTRATION-** howlite, moss-agate  
**GALL BLADDER-** orange calcite  
**GLANDS-** aquamarine  
**GRIEF-** amethyst, obsidian, Apache Tears  
**GROUNDING-** apache tear, carnelian, fluorite, hematite, morion crystal, obsidian snowflake, smoky quartz, tourmaline, unakite  
**HEMORRHAGE-** quartz crystal, sapphire  
**HAPPINESS-** citrine, calcite, howlite, malachite  
**HARMONY:** sodalite  
**HEADACHES-** quartz crystal, rose quartz crystal, Sugelite, ruby  
**HEALING (general)-** agate, amethyst, azurite, boji stone, gold calcite, diopase, fluorite, kunzite, quartz crystal  
**HEARING-** agate, rhodonite  
**HEART-** aqua-aura, beryl, blue quartz crystal, chalcedony, hematite, lapis lazuli, onyx, Copal, chrysoprase  
**HIP-** petrified wood  
**HOSTILITY (fear of)-** grossuralite  
**HUMILITY-** chrysoprase  
**HYPERTENSION-** apatite, aventurine  
**HYPOCHONDRIA-** quartz crystal tiger's eye  
**IDEALISM-** bloodstone  
**IMAGINATION-** galena, gamet, rose quartz crystal, sapphire  
**IMMUNE SYSTEM-** snow quartz crystal, malachite, lapis lazuli  
**IMPOTENCE-** carnelian  
**INFECTION (protection)-** gamet, pearl  
**INFERTILITY-** carnelian  
**INFLAMMATION-** blue-lace agate  
**INSIGHT INTO SELF-** tiger's eye  
**INSOMNIA-** amethyst, aventurine, emerald, hematite, jacinth, peridot, sapphire, blue sodalite, yellow topaz, zircon  
**INSPIRATION-** tourmaline  
**INTELLECT-** emerald, rose quartz crystal, yellow topaz  
**INTESTINAL DISORDERS-** amber  
**INTUITIVE AWARENESS-** amethyst, green calcite, ruby, turquoise  
**JOINTS (pain in)-** azurite

**KIDNEYS-** anhydrite, bloodstone, green calcite, jade, rhodochrosite, quartz crystal, smoky quartz  
**KINDNESS-** chrysoprase  
**KNOWLEDGE OF SELF-** citrine, watermelon/pink tourmaline  
**KUNDALINI:** garnet, Tektite  
**LARYNGITIS-** turquoise  
**LARYNX-** morganite  
**LEADERSHIP-** blue topaz  
**LEG CRAMPS:** bloodstone  
**LIVER-** aquamarine, beryl, bloodstone, lazurite, yellow topaz, zircon  
**LOGIC-** sodalite  
**LONELINESS:** jade, Pink Tourmaline  
**LONG LIFE-** moonstone  
**LOVE-** diopase, emerald, gamet, moonstone, opal, rhodochrosite, rose quartz crystal, sapphire  
**LOVE, PHYSICAL:** garnet, Tigereye  
**LOVE, UNIVERSAL:** rose quartz crystal  
**LOYALTY-** kyanite, moonstone  
**LUCK-** smoky quartz, tiger's eye, malachite, Green aventurine, Copper, moonstone  
**LYMPH GLANDS-** tourmaline  
**MEDITATION-** amethyst, apache tear, aqua-aura, azurite, chrysoprase, kunzite, magnetite, quartz crystal, selenite, snow quartz crystal, tourmaline, turquoise, smoky quartz, kyanite  
**MEMORY-** howlite  
**MENSTRUATION-** carnelian, chrysoprase, malachite, moonstone, ruby  
**MENTAL BREAKDOWN-** rhodochrosite, smithsonite  
**MENTAL CLARITY:** Quartz Crystal, diamond, selenite, Labradorite  
**MENTAL CLEANSER-** lapis lazuli, malachite  
**MENTAL DISORDERS-** beryl, bloodstone  
**MENTAL POWER-** selenite  
**METABOLISM, GROWTH-** amazonite  
**MIGRAINE-** aventurine, jet, rose quartz crystal  
**MIND (troubled)-** jasper  
**MISCARRIAGE-** chrysoprase  
**MISFORTUNE-** tourmaline  
**MONEY:** malachite, green aventurine, good for the business owner-Citrine, gold, ruby  
**MOTOR RESPONSES-** apatite  
**MOUTH-** beryl  
**NECK STRAIN-** chrysoprase  
**NEGATIVE VIBRATIONS-** amethyst, chrysocolla, dolomite, fluorite, obsidian (snowflake), peridot, quartz crystal, smoky quartz, black or green tourmaline  
**NERVOUSNESS-** sapphire, turquoise  
**NERVOUS SYSTEM-** alexandrite, amazonite, amber, aquamarine, chrysocolla, chrysoprase, galena, jasper, morganite, peridot, yellow topaz, black or green tourmaline

**NEURALGIA**- amethyst, aquamarine, carnelian  
**NERVOUSNESS**: Watermelon tourmaline  
**OCCULT POWERS**- peridot  
**OPTIMISM**- chalcedony  
**OVARIES**- anhydrite, atacamite, chrysoprase, smoky quartz  
**PAIN - EASES**- quartz crystal, ruby  
**PANCREAS**- alexandrite, green calcite, herderite, rhodochrosite, smoky quartz  
**PAST-LIFE RECALL**- gamet, kyanite, petrified wood, quartz crystal selenite  
**PATIENCE, PERSEVERANCE** - chrysoprase, Trilobite  
**PEACE**- chrysoprase, larimer, rose quartz crystal, blue tourmaline  
**PEACE OF MIND**- sapphire  
**PHYSICAL ENERGY**: carnelian, turquoise  
**PINEAL GLAND**- lazulite, sugilite  
**PITUITARY**- sugilite  
**PNEUMONIA**- fluorite  
**PROPHECY**- emerald  
**PROSTATE**- chrysoprase  
**PROTECTION**- sardonyx, turquoise, smoky quartz  
Black Tourmaline, Snowflake obsidian, Ammonite  
**PSYCHIC AWARENESS**: amethyst, kyanite, lapis lazuli, Copal  
**PSYCHIC DEVELOPMENT**- azurite, howlite, lapis lazuli, opal, yellow topaz, blue topaz  
**PSYCHO-SOMATIC PAIN**- bloodstone, tiger's eye  
**PULSE (rapid)**- hematite  
**PULSE (steady)**- jasper  
**PURIFY MIND, BODY AND SPIRIT**: Amber, diamond, lapis lazuli, smoky quartz  
**RHEUMATISM**- amber, carnelian, malachite, ruby  
**RIGID MIND**- sodalite  
**SCHIZOPHRENIA**- larimar, lepidolite  
**SELF AWARENESS**: Labradorite  
**SELF-CONFIDENCE**- galena, ruby  
**SELF-CONTROL**- sardonyx  
**SELF-LOVE**- rose quartz crystal  
**SELF-WORTH (lack of)**- crocidolite  
**SEX IMPROVED**- smoky quartz  
**SHOULDER STRAIN**- chrysoprase  
**SHYNESS**- lepidolite  
**SKIN DISEASES**- gamet  
**SLEEP**: jade, lepidolite, Mica  
**SORROW EASED**- chrysoprase  
**SPASMS**- ruby  
**SPINE-DEGENERATIVE**- abalone  
**SPIRITUAL CLEANSER**- lapis lazuli  
**SPIRITUAL GIFTS**- quartz crystal, blue topaz  
**SPLEEN (strengthens)**- albite, alexandrite, bloodstone, green calcite, chalcedony, lapis lazuli, rhodochrosite  
**STAR SOURCES**- moldavite  
**STAMMERING**- apatite, blue tourmaline

**STOMACH**- aquamarine, beryl, chrysocolla, citrine, jasper  
**STOMACH ULCERS**- chrysocolla  
**STRESS**- amethyst, blue-lace agate, herkimer diamond, yellow topaz, lepidolite  
**STROKE**- lapis lazuli  
**STUPIDITY**- beryl  
**TALENT**- bloodstone  
**TEETH**- aquamarine, fluorite  
**TENSION- (emotional)** amethyst, blue-lace agate, celestite, diopase, tiger's eye  
**TENSION (muscular)**- smithsonite  
**TESTICLES**- alexandrite, chrysoprase, smoky quartz, zoisite  
**THINKING- (improve)** amazonite, tiger's eye  
**THOUGHT (clear)**- aquamarine, carnelian, celestite  
**THROAT (chakra opened)**- blue-lace agate  
**THROAT INFECTIONS**- amber, aqua-aura, aquamarine, beryl, blue-lace agate, larimar, blue topaz  
**THYMUS (strengthens)**- albite, aqua-aura, blue quartz crystal  
**THYROID**- galena, chrysoprase, morganite, blue tourmaline, blue agate, celestite, angelite  
**TOLERANCE**- chrysoprase  
**TONIC - GENERAL**- gamet, peridot  
**TOOTHACHE**- aquamarine, malachite  
**TRANSITION AND TRANSFORMATION**: malachite  
**TRAUMA**- aqua-aura, aventurine, rhodochrosite, rhodonite, rose quartz crystal  
**ULCERS**- agate  
**VARICOSE VEINS**- yellow topaz  
**VENEREAL DISEASES**- atacamite  
**VIRAL INFECTIONS**- fluorite  
**VISUALIZATIONS**- selenite  
**VITALITY (improving)**- agate, aventurine, bloodstone, orange calcite, diamond  
**VITAMIN ABSORPTION**- rhodonite  
**VOCAL PROBLEMS**- chrysoprase  
**VOICE STRENGTHENED**- carnelian  
**WHOOPING COUGH**- coral  
**WILL POWER**- chrysoprase, rutilated quartz crystal, tiger's eye  
**WISDOM**- jade, lapis lazuli, ruby, turquoise  
**WOUNDS**- carnelian