

Gem Essences: A - B

Actinolite

An activator and mover of energy... good to use with danburite.... helps to ground projects and ideas and get them moving.

I NOW GET UP AND GO AND GET ON WITH THINGS

Amazonite

To help one draw upon and connect with inner feminine resources. Strength through a receptive and gentle acceptance of the self, knowing that sometimes one has to be cruel to be kind ...this can work well with heulandite to help in ones dealings with others.

SOMETIMES BEING TOUGH IS THE ONLY SOLUTION

Amber

A gentle protective energy that allows ones inner guidance and intuition to surface and come into play in a safe space.

I PUT MY THOUGHTS AND PLANS INTO ACTION

Ambyglyonite

Pathways are many and truth is your own. Be strong in your own unique understanding and wisdom. You will draw those to you who will understand this.

BE STRONG IN YOUR UNIQUE UNDERSTANDING OF THAT WHICH IS

Amegreen

A combination of amethyst and green quartz which connects the heart and spirit ...allows a loving connection to go higher and exist in terms of spiritual depths and awareness...also good for helping the overly spiritual to connect on a heart level...walking the spiritual path with openness to love and deep personal connection.

I NOW GROUND MYSELF AND MAKE MY SPIRITUALITY REAL

Amethyst

An essence to assist in the process of change helps you to let go of the inconsequential and unimportant whilst gently moving you on...good for insomnia when worries and thoughts go through your head all night

I CAN TRANSFORM, LET GO AND MOVE ON

Amethyst Cactus (Spirit Quartz)

I teach delicacy and slow moving ease in transformation. Working on the highest realm of spirit my wisdom filters down through to bring light where the darkness has been. This essence can work well alongside Violet Ruby as a feminine balance to its male energetic. A combination of these can be useful to balance male and female polarities

I AM HAPPY TO PATIENTLY WAIT FOR TRUE AND UNHURRIED ENLIGHTENED CHANGE

Ametrine

A combination of amethyst and citrine make up this crystal...realising that your creativity allows you to transform and transformation allows creativity. Also helps you in realising that if you want something you must focus on it and work towards it . Good to use when you perhaps think you have bitten off more than you can chew

I CAN DO AND BE AND CHANGE AND BE AND DO

Andean Opal

I bring tolerance love and simplicity to complex situations. My message is simple just to be and accept yourself. Acknowledge your weaknesses and needs which you attempt to subliminate

OUT OF SIMPLICITY AND HONESTY COMES GROWTH

Angelite

Helps to connect you to your sources of power and help within and externally too...lets in angels on all levels and from all sources

I ACKNOWLEDGE MY NEEDS AND ASK FOR HELP

Apache Tear

A deep acting absorber and container of grief...allows and encourages you to cry, let go and put things in perspective for yourself, it works well with red tiger eye

I ACKNOWLEDGE AND RELEASE MY PAIN

Apatite

To balance inner communication between the heart and the resultant action, Acting from a place of clarity and knowing which develops inside the self to help in deciding what you need and want to manifest in this life

I FEEL AND AM ABLE TO ACKNOWLEDGE THAT FEELING TO THE HIGHEST GOOD

Apophyllite

To work out truth from fiction...good for clarity and strengthening of connections in psychic work also to re orientate the confused mind and help in the connection with ones higher self

I RECONNECT WITH MY HIGHEST TRUTH

Aqua Aura

A very energising and uplifting essence...clears the dross...gives you the space you need to be yourself...works very well combined with turquoise to alleviate writers block.

I AM LIGHT AND BRIGHT AND I HAVE FUN

Aquamarine

Gives a fluidity and clarity in expression of emotion...gentle and flowing but clear and direct at the same time. Good in the counselling process also with children

I FLOW STRAIGHT TO THE SOURCE WITH HONESTY

Aragonite

Connecting of earth and sky energies ...keeps you grounded whilst allowing adventures of the mind and spirit...haematite can be used alongside for individuals where extra grounding may be necessary

MY FEET CAN BE ON THE EARTH AND MY HEAD IN THE CLOUDS

Astrophyllite

Follow your own path not that of another. However difficult and different your path may be see it as that which your higher self has chosen for you and adhere to its wisdom

THERE IS NO TRUTH SAVE YOUR OWN

Aventurine

Grounding of deep heart energy, acceptance of ones feelings and those of others, strength also prosperity and deep acceptance of ones right to be here on the planet and have enough

THERE IS THE SPACE AND THERE ARE THE RESOURCES FOR ME TO HAVE MY NEEDS MET

Axonite

An essence which works deeply and slowly to help in discernment and the understanding of why we fall into old patterns on deep levels. Helps one in transforming from the old comfort zones

I CAN SEE WHERE I HAVE BEEN AND DECIDE NOT TO GO BACK

Azurite

A blue skies and sunshine essence...helps in realising the happiness in ones life and communicating it...to deal with times where you may think "this is too good to be true" or worry that something cannot last...to realise that something is good and true and you can have it

I HAVE FUN AND I LET PEOPLE KNOW THAT I DO

Beryl

Truth love and honesty moving out of the fear of going against the grain and being true to oneself amidst pressures, being able to see a positive and honest way for oneself in terms of self acceptance

I AM WHO I AM AND ACCEPT MYSELF

Black Kyanite

Loving and strongly protective like wings around you it encourages you to grow and develop into your true potential with no room for any collusion with negative thought forms or patterns

I MOVE ONWARDS AND UPWARDS, NO TURNING BACK, I AM SAFE

Black Tourmaline

An absorber of negativity helps to put negative feelings and fears in perspective...also very earthing and protective...good to use with clear quartz in the vicinity of computers and electrical equipment as it helps with the absorption and dissipation of electromagnetic energy

I SEE THE NEGATIVE FOR WHAT IT IS...NEGATIVITY

Blue John

From the deepest depths to the greatest heights I come to teach you of extremes, opposites and challenges. Powerful transmutation whereby darkness becomes light and birth and death are as one. There is no separation from the vastness of being save that which you make your own.

I AM PART OF THE GREATER WHOLE AND ITS CONTINUAL CYCLES

Blue Kyanite

Good to use as a support for chiropractic or osteopathic work...aligns and straightens...also good in times of confusion to help you connect with your own opinions

I CAN GET THINGS STRAIGHT AGAIN

Blue Lace Agate

Gives a gentle flowing energy to assist in new ventures and to allow dualities to take form...can bring things to the surface to be met and dealt with and used profitably whether in terms of relationships or ones work. It is an essence to encourage flexibility in thought and word and deed ...letting the individual see that there is always room for compromise and that to compromise is not to lose out

I GO WITH THE FLOW AND LEARN ON MY JOURNEY

Blue Tourmaline

Gives clarity and helps with the decision process a good essence for getting things straight and clear in your own mind so that the emotions are working with the decision making process rather than against it

I MAKE JOYFUL DECISIONS

Blue Quartz

A flowing and dreamy energy gently guiding the soul on a wide and accepting path. Bringing dream into understanding. Creating the spaces for new ways of seeing understanding and ultimately communicating (Turquoise essence can be good to take after this)

I DREAM AND ACKNOWLEDGE AND UNDERSTAND THEN SPEAK

Bornite (peacock ore)

Encourages confidence and pride and belief in ones beauty as a human being ...realising that we are perfect as we are and that we still retain that perfection of the newborn within usgood to use in rebirthing therapy and in connection with body image work

I AM PERFECT AND PROUD TO BE WHO I AM

Brandenburg Smoky Quartz

Through total self acceptance, I readily get to the point and can see myself and all that is around and within me

I CAN SEE THROUGH THE SURFACE SUPERFICIALITIES TO THAT WHICH IS WITHIN

Bytownite

Releasing allows you to laugh and release tensions stored in the body after any kind of therapy or energetic work , works well after Novaculite to help you to disconnect fully.

I AM RELIEVED OF MY BURDENS, I CAN MOVE ON

