

Gem Essences: C - F

Cavansite

An essence to help in finding a sense of beauty and ease within difficulties, self understanding and self acceptance. Also strength in diversity whereby one can see the reasons behind a seeming disaster and acknowledge the purpose of painful times

THERE IS A LIGHT OF HEALING AND UNDERSTANDING AT THE END OF THIS TUNNEL

Celestite

An uplifting and ethereal essence which can add a spiritual dimension to ones thoughts and actions...helpful in the process of learning to trust and accept the lessons life teaches us graciously

I ADD THE SPIRITUAL DIMENSION INTO MY EQUATION FOR A DEEPER UNDERSTANDING

Cerussite

Deep grounding and acceptance of doors closing on the past, it's habits and patterns.

I CAN SAFELY SAY GOODBYE TO THAT WHICH HAS OUTLIVED ITS USEFULNESS

Chalcedony rose

Good in times of depression helps in understanding oneself and the given situation provides one with a space to heal and move on from pain and sadness into self awareness and understanding...

I ACKNOWLEDGE THE PAST AND MOVE ON

Charoite

Head and heart in synchronicity...to help one move in a practical and sensible but at the same time heartfelt and spiritually aware decision. Charoite comes in two forms of essence waxing moon and waning moon , these can be used separately or together according to need ...as in moving away from or moving towardsfor a more general sense of direction use a combination of one drop of each from the stock bottle

I WALK THE SPIRITUAL PATH WITH PRACTICAL FEET

Chiastolite

The cross stone...for times of major decision making to help bring the spiritual into the mundane ...helps one in remaining centred and balanced and at the same time connected very strongly to ones surroundings. Can work well with indicolite (blue tourmaline) and no-vaculite.

I AM CONNECTED TO MY HIGHER SELF AND IT IS FROM THIS POSITION THAT I MAKE MY DECISIONS

Chrysoprase

An awakener, guider and bringer of truth and clarity, no nonsense straightforward and helps in the development of inner honesty, brings the weakened back to strength ...a grounder of the higher self....encourages the working together of the heart and intuition

I ACT FROM AND UPON MY INNER TRUTH

Citrine

Energises the solar plexus...gives impetus to creativity and helps you to keep going when feeling discouraged...has been referred to as the cuddle stone...

I KEEP GOING, I AM CAPABLE AND CREATIVE

Clear Quartz

A clarifier and amplifier...can be used alongside or with any of the other essences to give greater depth clarity and understanding...works well alone as a purifier and clearer of energies ...good used alongside black tourmaline for those working with computers and electrical equipment.

I LOOK DEEPER TO SEE THE BIGGER PICTURE

Clear Quartz Key Bridge

Helps one to move into a new way of being literally provides connections to the inner keys and bridge to move onto another realm.

I STEP INTO THE NEW WITH THE APPROPRIATE TOOLS TO HELP ME MOVE ON

Copper

A strengthener and grounder of energy...good to provide the sometimes unrealistic with a reality check

I CHECK THINGS OUT FOR MYSELF IN AN UNBIASED MANNER

Crysocolla

Frequently referred to as the woman's stone ; it can be combined with moonstone to help with attunement to moon cycles ...it smooths over the rough edges to help give balance and a sense of clarity around what is important and what is not

I LET GO OF THE INCONSEQUENTIAL

Danburite

Helps with clarity and finding what you are looking for on all levels. Helps you to feel sure of yourself in terms of your direction and choices.

I CAN FIND MY OWN WAY THROUGH AND BE CONFIDENT

Dumortierite

Assists one in times where self preservation is necessary. Lets you say no in a nice way, encourages a gentle and easygoing approach to situations ...works well with pink kunzite and angelite to help in transcending seemingly stuck or no win situations also good to help with moving on from addictive behaviours

I CAN SAY NO AND NOT LOSE OUT

Emerald

Helps in the seeing and understanding of true love...brings the highest level of truth, power and love to the surface to be experienced and expressed

I BELIEVE IN LOVE, TRUTH AND HONESTY AND I PUT THEM INTO ACTION

Epidote in Quartz

A loving amplifier ...helps you to give attention to the details and give them the oomph necessary to work well and flourish...works well combined with peridot...good to help one with research work and creative written work

I ACKNOWLEDGE THE DETAILS AND THEIR IMPORTANCE

Faden Quartz

An essence to encourage connection, sometimes between two seemingly disparate entities...can work very well with key bridge quartz to help with movement onto the next stage in a project or relationship and allow the individual to see the connections which need to be made

THE CONNECTING PATH IS BEING MADE CLEAR TO ME

Fishtail Selenite

I swim, and as I swim in life's ocean I connect more deeply and strongly with my individuality and personal power. Life strengthens me as I come home to my true and authentic self.

I SWIM PAST LIFES OBSTACLES WITH EASE, GAINING STRENGTH AS I FLOW

Fluorite (green and purple)

A good cleanser and clearer of the dross.... balancer after change of any sort...good to use after novaculite as a strengthener of the new you free from baggage

I CAN SPRING CLEAN AND RE-ORGANISE

Fuchsite

Renewal, new beginnings and deep cleansing works well with serpentine to transmute symbolic poisons

LIKE THE PHOENIX, I RISE FROM THE ASHES

Moonlight Essences Fiona Dilston <http://www.moonlightessence.co.uk>

Fulgurite

Helps you to see what's ahead, focus on it, acknowledge it and act on it

I CAN SEE WHAT'S COMING UP AND ACT ACCORDINGLY