

Gem Essences: G - M

Garnet (spessartine)

Helps you pull your resources together and see your strengths ...good for boosting self esteem and acknowledgment of past achievements...realising your basis in the world is safe and secure

I CAN GET IT TOGETHER AND GET ON WITH IT

Golden Tears

Himalayan/Tibetan diamond helps in accessing ones inner resources for deep healing of old or deep seated issues. Good to use for healing after depression and particularly deeply held grief. Helps with assimilation on all levels

I HAVE THE SKILLS AND WHERE WITH ALL TO COME THROUGH AND SHINE BRIGHTLY

Golden tiger eye

Works well as a grounder and manifestor of creative and intuitive feelings...helps one learn to act on intuitive feelings and work with them in a useful way

I ACT ON MY INTUITION BECAUSE IT WILL HELP ME THROUGH

Golden Topaz

Energising and empowering ...a strong Leonine creative out there in the world essence which lifts tiredness and encourages the individual to shine ...can work well after using citrine

I AM BRAVE AND STRONG AND FULL OF ENERGY, I LET THE WORLD KNOW IT

Green Calcite

A gentle and gliding energy which is about moving the energy of the soul on to higher realms in an almost unnoticeable manner ...good to facilitate those last few bits of change needed prior to anything.

I EASILY CHANGE AND FLOW INTO MY NEW FUTURE

Grossular Garnet

Helps healing around issues of bereavement and loss where there is anger towards the deceased individual...allows a truthful love to emerge whereby imperfections can be seen and accepted and assimilated into the greater picture

I ACKNOWLEDGE THAT AS HUMANS WE ARE NOT PERFECT AND ACCEPT THIS

Haematite

Grounding and mirroring encourages positivity and positive reflection...good to use after mica and novaculite

I LOOK IN THE MIRROR AND I LIKE WHAT I SEE

Hemimorphite (amorphous)_____

To get a sense of perspective and understanding when there are many facts and facets to assimilate and make sense of...works well with sapphire for added clarity

I BELIEVE THAT ALL VIEWPOINTS HAVE SOME VALIDITY (IN SOME SPACE, REALITY OR TIME)

Hemimorphite (striated)

There are many small pathways to be explored which go to make up the greater whole. No single one of these has greater importance or value than the other but each will go to broaden your awareness

I ACKNOWLEDGE THE IMPORTANCE OF THE SMALL THINGS FOR WITHOUT THEM THERE IS NO GREATER PICTURE

Hemimorphite (Trunk)

Out of the chaos comes and broader and wider energetic structure with more room for manoeuvre than you had imagined

RESTRICTIONS CAN NO LONGER BLOCK ME

Herkimer Diamond

To help you attune and connect with whatever you need to be concentrating on...helps remove distractions and strengthen connections ...good for attunement prior to healing work with a client.

I CONNECT AND ATTUNE WITH MY GOALS

Heulandite

To encourage loving generosity which comes from a place of truth...tough love, loving boundaries and honesty...helps you to say no and retain personal integrity. Firm and boundaried whilst still gentle and accessible. Good for issues around sibling rivalry.

I CAN LOVE AND BE LOVED WHILST RETAINING MY INTEGRITY

lolite

Deep healing of old issues; which can be accessed via dreams ...this is not necessarily a fast working essence ...dreams may be noted and not make sense at the time but will do later ...this essence works well with smoky quartz elestial and is a good adjunct to the counselling process...if distressing old issues are brought to the surface celestite and angelite can be added to an essence combination to ease and comfort the individual

IT MAY SEEM LIKE A DREAM BUT IT WILL MAKE SENSE LATER

Iron Pyrites(fools gold)

Grounding and can help to provide a delineated sorting out truth from fiction, good with copper and haematite for the individual who needs to get real about themselves and their situation. Also very good for self esteem where the individual hides their light under a bushel.

I LOOK DEEPER FOR THE REALITY

Jade

Smooth but delineated , firm and clear , mother love in a no nonsense fashion, a gentler sister of heulandite , both used together can give a loving and gentle balance in relationships where boundaries need to be cleargood for use with children, also in codependent relationships

IT IS EASY TO BE CLEAR FROM THE BEGINNING

Labradorite

Reflection...allows you to gently reflect upon a situation and see the realities and potentialities on a large scale...To see where you are at and what your part in a situation is

I AM INCLUDED AND PART OF THE BIGGER PICTURE

Lapis Lazuli

A healer and supporter for issues surrounding the throat...is protective and confidence giving at the same time...good to use alongside turquoise and rhodocrosite if preparing for public speakinggood as a reinforcer after larimar

I AM CONFIDENT AND SPEAK UP

Larimar

A gentle but highly effective essence which works to smooth the aura and remove impurities ...can be combined with mica and novaculite to assist with issues of psychic protection

I MOVE MYSELF INTO A SPACE WHERE THE STRESSES ARE LESS

Lavender Quartz

Gentle flowing loving and transformative energy is polarised by the essence of green calcite the lavender quartz being Piscean whilst the green calcite is Virgoan in its healing modality. Use with green calcite essence to create balance in healing between body and emotions

I CAN LOVE FROM A PLACE OF TRUTH AND BALANCE

Lepidolite

To transform and move you on into your correct sphere of activity...works well after blue tourmaline. helps in the acceptance of new situations

I NOW HAVE CONFIDENCE IN MY DECISIONS

Lepidolite and Pink Tourmaline

As above but with the additional property of drawing straightforward and uncomplicated loving and helping energy into your life to give you the necessary impetus for change

I LET LOVE INTO MY LIFE SO THINGS ARE EASIER FOR ME

Luvulite

Connects one with loving and transforming energy...good for aiding in the recovery process after surgery or medical intervention of any sort

I HEAL AND AS I DO I MOVE TOWARDS GREATER POSITIVITY

Malachite

A strong healer for the hurt heart...connecting one to truth and honesty...love without collusion...works well with heulandite...to help in the connection to true and real love... Can be combined with rose quartz to help connect with love for the self

I LOVE WITHOUT FEAR OF THE PAST BECAUSE I KNOW I HAVE MOVED ON

Manifestation Quartz

I bring to you that which is rightfully yours. Not what you desire but what you need. Be careful what you ask for as your needs will be met

I CAN DRAW WHAT I NEED TO MYSELF

Mica (Biotite Lens)

Works to reflect or mirror and deflect...protective whilst at the same time mirroring of ones actions and of those around you...works well with novaculite and larimar for psychic protection and clearing issues

I RETURN THOSE THINGS THAT ARE NOT MINE

Moldavite

The connections are within you, nothing is outside of your comprehension. Moldavite protects and allows gradual and slow opening to spirit with understanding and protection.

THE CONNECTION MAY SEEM SLOW BUT IT IS CONSTANT AND EVER DEVELOPING

Mookaite

Do not be afraid to burst the bubble and see the clear and defined divine truth. Sharpness and clarity are necessary for development rounding off and softening the edges is not appropriate.

COLLUSION WITH MYSELF OR ANOTHER HOLDS ME AND THEM BACK

Moonstone

Helps to align one with moon cycles and encourages a sense of connection with all that is...good after pregnancy for both partners for all emotional issues...can work well with chrysocolla

I CONNECT WITH MY INNER RHYTHMS AND THOSE OF THE MOON

Morganite

I have come to teach you from within, to help you to listen to your belly , to your heart and to your own inner knowing

ALL TRUE KNOWLEDGE IS HELD WITHIN

Muscovite

Gives clarity and boundaries, encouraging positive behaviours and self confidence. Helps one to aim higher in all realms and encourages a sense of fidelity towards the self at all times.

MY BOUNDARIES ARE FIRM AND STRONG, I AM TRUE TO MYSELF AND AIM HIGH