

Gem Essences: N - R

Nebula Stone

Improves the memory, helps you to discern truth from fiction by allowing you to see and explore all of your options even those seeming like fantasy

I LOOK AT ALL OF MY OPTIONS INCLUDING THOSE THAT SEEM LIKE FANTASIES

Novaculite

The tie cutter...allows and helps you to move on from situations and behaviours that are unhelpful...can be a good support for any releasing work

I ALLOW MYSELF TO DISCONNECT FROM THE PAST AND MOVE ON

Ocean Jasper

A direct but gentle clearer of emotional dross...allows stuff to come to the surface, float for a while so that it can be acknowledged and then disperse...works well with novaculite and mica to help in moving on. Helps one to retain their own integrity in a group setting and be part of things but remain unaffected by other peoples' issues. Can work well alongside mica, novaculite and larimar to help those vulnerable to upset from outside influences

I LET THE FLOTSAM AND JETSAM PASS ME BY

Opal Aura

A balancer of energy and emotional states ...good for removing blocks to feeling ok about yourself...helps to get the head heart and sexuality working as one.... Helps instill the confidence necessary in an individual to let them shine

I KNOW THAT I AM WHOLE AND COMPLETE AS I AM

Opalised Limonite

Helps in the release of ones potential as a human being, brings intuition and heartfelt feelings gently into play and allows the individual to rediscover talents after times of loss, sadness or depression.

I SLOWLY RE EMERGE, FINDING THE PARTS OF ME ANEW THAT I HAD LOST CONNECTION WITH

Orthoceras

Helps in the understanding of past life issues and their effect on this lifetime...can help to give understanding to the previously incomprehensible. Good to use where dreams cause concern to the individual to help in gaining their own understanding and applying it

I AM AWARE THAT ALL THINGS HAVE A MEANING, PURPOSE AND REASON

Pearlspar

I draw others to you to let you see and hear who you truly are. My message is for you to open up to who you are. I provide outer mirrors and connections to assist you in doing this inner work.

AS ABOVE SO BELOW. AS WITHIN SO WITHOUT

Peridot

To help you give attention to detail, check things thoroughly and deal with the metaphorical small print; a dotting i's and crossing t's remedy...can work well with orthoceras to give understanding.

I PAY ATTENTION TO THE DETAILS TO SEE THE GREATER SCHEME

Petalite

Helps in the opening up an self acceptance process allows you to unfold slowly or quickly but appropriately into a space of clarity.

I ACCEPT MYSELF AND ACHIEVE MY GOALS AT MY OWN PACE

Pink (mangano) Calcite

Gentle flowing healing energy , provides a buffer zone for the competent but confidence lacking soul and can work well with muscovite.

I FLOW WITH GENTLENESS REVEALING MY TRUE NATURE AS A TRANSFORMER INTO LOVING KINDNESS

Pink Kunzite

Can help one to deal with addictive behaviours and patterns ...understanding their source the need they have fulfilled and helping one to move on from them in a positive and self respecting manner

I LEARN FROM MY PAST AND ALLOW CHANGE TO COME INTO MY LIFE

Pink Opal

A gentle soothing energy...good after emotional upset of any sort...a little girls essence to comfort the distressed child within us all ...can be added with rose quartz to creams and lotions to sooth sore skin

I LET MYSELF BE COMFORTED, SOOTHED AND HUGGED

Pink Topaz

An energising and joyful essence which encourages one in feeling with and expressing true feelings from the heart...dispels irrational fears and allows the self to shine through

I EXPRESS MY HEARTFELT FEELINGS

Popcorn Aragonite

Helps one in realising that there are many possibilities and opportunities and that they will come to light and fruition in their own good time...an essence for the impatient to help in learning to trust.

I TRUST THAT THERE IS A DIVINE ORDER AND REMEMBER THAT PATIENCE IS A VIRTUE

Potato stone

Helps to heal the soft underbelly of a situation ...good for those who are reluctant to admit vulnerability or for situations where boundaries and a reality check are necessary...good for the individual who gets things out of proportion.

I AM SUFFICIENTLY SAFE TO BE VULNERABLE

Prehnite

An essence for journeying and exploring options and experiences not necessarily of this earth...also not of the self ...can allow one to step outside of a situation and see what is going on ...possibly some Native American connections

I CAN STAND IN THE SHOES OF ANOTHER AND SEE WHAT THEIR PERSPECTIVE IS

Rainbow Obsidian

Helps in giving one the courage to start again after change of any sort but particularly emotional upset or upheaval

I BEGIN AGAIN BECAUSE I CAN

Raspberry Quartz

I am neat and precise, not perfect a little blemished but sure of my place and right to be. I chose to come. Even though at times my presence may try you it is not with malice but with the intent that you may learn tolerance and grow

WHOEVER WE ARE AND WHATEVER WE DO HAS A PURPOSE

Red Jasper

Assists in acknowledging deep seated feelings of anger or betrayal ...can assist in letting one see the patterns which brought the problem into being ...associated with the base chakra and ones sense of validity and being in the world

MY ANGER CAN BE UNDERSTOOD, EXPRESSED AND TRANSCENDED

Red Tiger Eye

Deep acting ...allows one to bring to earth and see the causes of setbacks and problems put them in perspective and release them in a positive, proactive and useful manner.

I RELEASE AND LET GO THE THINGS THAT RESTRICT ME

Rhodocrosite

I stand in my power open and wholehearted. I am in and of love. My foundations are secure and I easily express my truth with honesty and joy at being here on this earth.

I BELIEVE IN MYSELF I AM CAPABLE

Rhodonite

Encourages self confidence and self worth helping to bring out natural and innate abilities and to believe that you can and will succeed

I AM HERE

Rose Quartz

An essence for gentle healing after any hurt but particularly those of an emotional nature...soothing and at the same time creating of the safe space where one can cry...

I LOVE MYSELF AND THOSE AROUND ME

Ruby

An energiser and cheerer of the whole system...helps one to feel secure and confident in ones abilities again after setbacks.

I HAVE THE CONFIDENCE AND ABILITY TO BEGIN AGAIN IN A POSITIVE NEW WAY

Ruby in Zoisite

Your heart is strong and pure and true. Do not doubt your understanding or cease to believe in your divine right to be and prosper in the universal flow of abundance.

TRUSTING AND FOLLOWING MY HEART PUTS ME IN THE FLOW OF LIFE

Russian Blue

Deep healing of the channel of expression, allows the throat chakra to expand to its rightful size.

I AM BIG ENOUGH TO SAY WHAT I REALLY MEAN

Rutilated Quartz

Helps one to see that many strands go to make up an issue of any sort.

MY VIEW IS VALID AS VALID AS SOMEONE ELSE'S

Rutilated Quartz elestial

Strengthens personal boundaries and encourages individuality with a deep level of self awareness and understanding. Can work well in cases of codependency.

I SHINE AS THE INDIVIDUAL I AM