

TANZANITE

Tanzanite is one of the most valuable of all metaphysical stones.

It is a stone which very effectively integrates the energies of the mind and heart, helping one to remain centered in the heart's wisdom while evaluating the ideas of the activated mind. It opens a cascade of thoughts and insights, but it keeps one calmly anchored upon the inner throne of compassionate humanity, thereby insuring that one be not carried away on mental tangents of little true value.

As Tanzanite aligns the heart and the mind, it allows for a more balanced, centered experience of spirituality. Tanzanite's frequency aids one in sharing spiritual information and knowledge from a heart-centered perspective.

On a physical level, Tanzanite can be used to help calm the overactive mind and assist in healing work by synchronizing the heart's and brain's electromagnetic energies. It can be used to help calm overactive thyroid or exhausted adrenals. Tanzanite can be used in the treatment of skin disorders, mis-alignment of the spinal column, and disorders of the eyes.



TURQUOISE

Turquoise is a master healer, emanating a purifying energy which tends to dissipate negativity. It is a healer of spirit, providing

balance and inducing a sense of serenity, peace of mind, inner strength and calm. It has the capacity to heal the emotional body and relieve stress. As it is a stone of wholeness, Turquoise is also beneficial to overall well-being and soundness of one's mood and emotions. Wearing Turquoise can help one restore depleted vitality and lift sagging spirits. Its gentle sense of interconnectedness has a healing effect. It heals this-life and past-life blocks in the throat chakra; opens, heals, and releases this-life and past-life fear and grief. By healing the emotions and emotional body, it enhances communication and creativity.

Turquoise is an excellent for spiritual attunement, for healing and cleansing of both the energy centers and the physical body, and for providing protection. It has also been known to guide one through the unknown, protecting while promoting ones independence in actio

Psychologically, Turquoise is a strengthening stone. It dissolves a martyred attitude or self-sabotage. Mentally, Turquoise instills inner calm while remaining alert, and aids creative expression. Emotionally, Turquoise stabilizes mood swings and brings inner calm. Physically, Turquoise is an excellent stone for exhaustion, depression, or panic attacks.



ZIRCON

Zircon is known as a 'stone of virtue', bringing ones virtuous nature back into the balance with the universal forces. Zircon helps one balance the 'mundane' and the 'spiritual' realms. It can aid in maintaining spiritual consciousness while doing the laundry, or allow one to receive spiritual guidance during a business meeting. Its energy represents a melding of the realms and a healing of perceived polarities.

Zircon assists you in understanding the need for change. The

guidance you receive may show you how you would develop more strength, clarity, or freedom as you move in your new direction. The guidance may also clarify the reasons that you need to shift, by pointing out needs that you are honoring.

Zircon can encourage you to let go of the past when you have been reluctant to change. It seems to assist you in continuing a change process that has already begun, rather than in instigating a new process.

On a physical level, Zircon helps balance the adrenals and can assist in supporting the adrenals when one is overtaxed with work or stress. It is useful in clearing toxins from the body and can be used as a support through withdrawal from caffeine, tobacco or other substances. In addition, it can be used to provide assistance in the treatment of disorders of the sciatic nerve and the nerve structures which lead away from the spinal vertebrae. It provides for help in increasing bone stability, in the treatment of vertigo, and in the mending of bones and muscles.



n.