

GUIDE TO THE
WORLD'S TOP 20

MOST EFFECTIVE
HEALING
GEMSTONES
FOR EVERYDAY USE

BY ISABELLE MORTON



Guide to the World's Top 20 Most Effective Healing Gemstones for Everyday Use

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www.GemstoneTherapyInstitute.org

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Gemstones For **Physical Healing**



LIGHT GREEN AVENTURINE

DARK GREEN AVENTURINE

MALACHITE

TREE AGATE



LIGHT GREEN
AVENTURINE

Neglecting your health?

Wear Light Green
Aventurine for easy
and effective
daily support.

Overview

Wearing Light Green Aventurine identifies the areas of your body and being that need the most help.

These are the regions of lowest vibration. The gems' energies uplift the vibrations and vitality in these parts, then move on to the next area of need.



Partner Stones: A Gemstone Therapy Innovation

A gemstone's healing benefits are supported, strengthened, or catalyzed with the help of a partner stone, also known as a symbiotic stone.

Light Green Aventurine pairs well with *Amethyst* and *Aquamarine* in a formula we call “**Search and Rescue.**” These two partner stones work together to alert your intelligence centers to the issue or condition you want to work on.

The energy of the Light Green Aventurine identifies areas in need of healing attention. Amethyst sends the healing energies there, and Aquamarine brings new awareness of what's really going on. Then, your body can respond appropriately.

When you feel drawn to Light Green Aventurine, it may mean:

- ☐ You want to discover the source of disharmony in your life.
- ☐ An issue or condition is not resolving as quickly as you want.
- ☐ Your healing energies aren't reaching a desired area.
- ☐ Your body needs the gemstone's energy to bring a sense of new life and new hope to healing.



*Wear Search & Rescue
to get the best results
from Light Green
Aventurine.*



**DARK GREEN
AVENTURINE**

Feeling weighed down by toxins?

Want to feel refreshed and inspired? Try Dark Green Aventurine to support new beginnings, promote creativity, and prompt detoxification.

Overview

Dark Green Aventurine raises vibrations and vitality on a micro, cellular level. Its energy prompts cellular detoxification, supports new beginnings, and promotes creativity. It can bring new energy to your project, idea, or business to help it grow. It also has an affinity with the liver and gallbladder.



Partner Stones:

Dark Green Aventurine pairs with *Tsavorite*, a green garnet. Tsavorite enhances and vitalizes cellular vortexes. A cell's energy vortex represents the amount of life force that the cell can express.

The Dark Green Aventurine & Tsavorite combination represents both the yin and yang aspects of the wood element of Chinese medicine. This means the gemstones support active functions in a growing phase, new life and beginnings, creative expression, growth and development, firmness and flexibility. It also helps balance the emotion of anger.

When you feel drawn to Dark Green Aventurine & Tsavorite, it may mean:

- ☐ Your body has identified the presence of toxins and is ready to let them go.
- ☐ You want help curbing anger and cooling off more quickly after losing your temper
- ☐ You are ready to start a new project, manifest a new idea, or grow your business.
- ☐ You could benefit from balancing the wood element of Chinese medicine.

*Wear the Dark Green
Aventurine & Tsavorite
necklace
to support new
beginnings and raise
cellular vibrations.*





MALACHITE

Feeling sluggish, lazy, or foggy?

Wish you could feel more
alive, happy, and energetic?

Use Malachite to detoxify
and free your natural healing
energy.



Overview

Malachite works with movement and sound. It has a wave-like motion that gets your energies going and in harmony by elevating their signature sounds. This breaks up stagnation, detoxifies, improves communication within your body, and frees your natural healing energy.

Partner Stones:

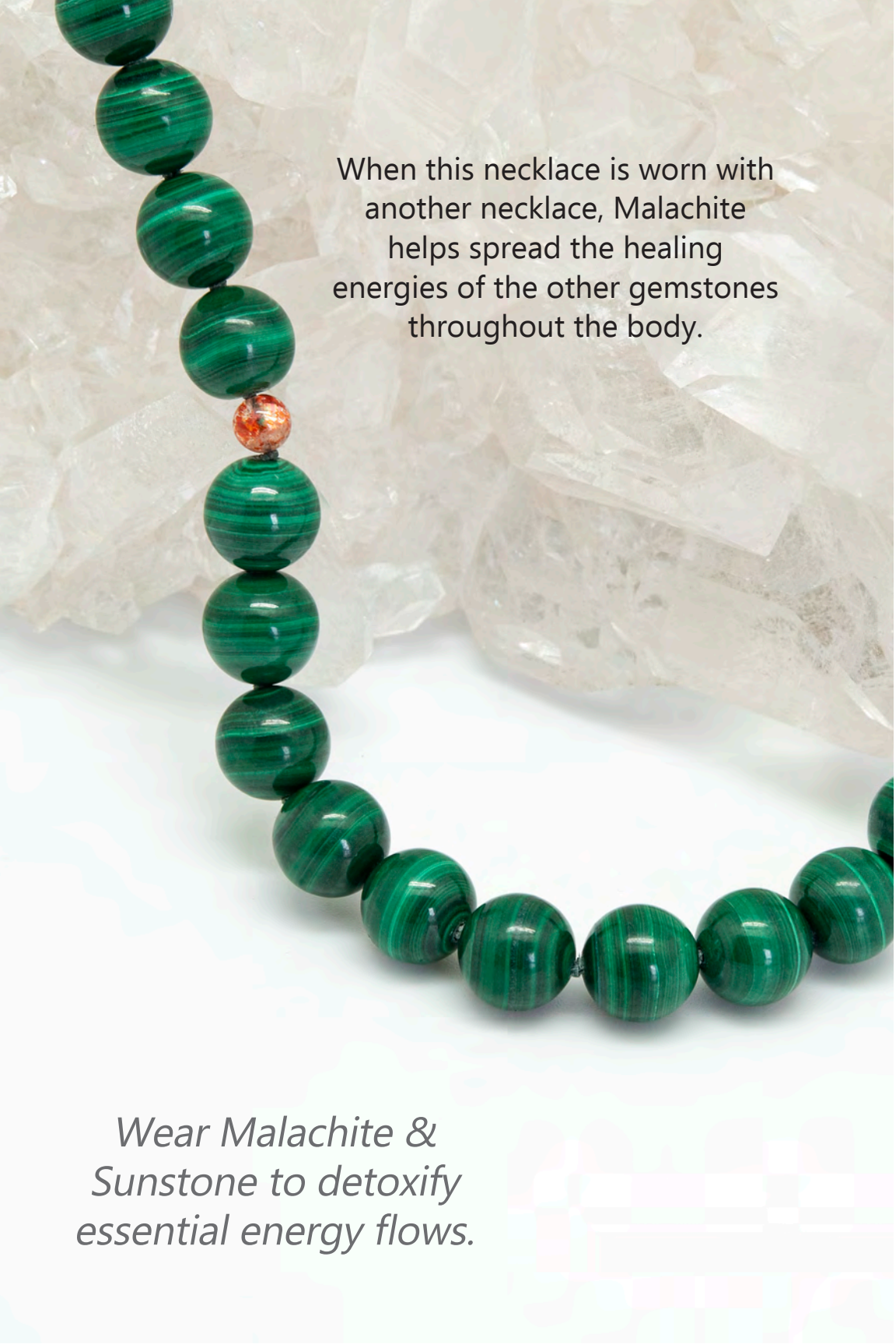
Malachite's symbiotic gemstone is *Sunstone*. This gem allows Malachite to extend its reach to the memory body. When information more readily passes between body and memory, you can more easily let go of unpleasant memories and retrieve desired ones.

Difficult past experiences become less of an issue as you see them in a better light. You may come to realize that your present moment is what matters most.

You may gain insight into your present and how it shapes your future. These gemstones also help keep your body's life-giving energies moving. Well-moving energies are a sign of health.

When you feel drawn to Malachite with Sunstone, it may mean:

- ☐ You want to become more in tune with your own unique and special Self and practice healthy living and overall health improvement.
- ☐ You are stuck in the past or burdened in the present and ready to let go of memories you no longer need.
- ☐ Energies in your body have become stagnant and may be congested. Malachite initiates and supports flows of energy up and down the body, which can also help break up stagnation.
- ☐ You are experiencing toxin overload, had a recent exposure to toxins, or have an inability to adequately deal with toxins in your body. These gems are therefore ideal to wear when doing a fast or detox program.

A necklace made of large, round, green malachite beads with a distinct striped pattern. A single, smaller, orange sunstone bead is positioned in the center of the necklace. The necklace is draped over a white, crystalline background.

When this necklace is worn with
another necklace, Malachite
helps spread the healing
energies of the other gemstones
throughout the body.

*Wear Malachite &
Sunstone to detoxify
essential energy flows.*



TREE AGATE

Fighting illness yet again?

Wish you didn't have to deal
with allergies, chronic infections,
or pollutants in the environment?
Wear Tree Agate to help ease your
struggle and find harmony with
all of life.



Overview

To say that Tree Agate “fights” infection would be incorrect. Rather, think of its action like that of a sheep dog, corralling sheep out of pastures where they don’t belong. Tree Agate can also help you become aware of the emotional and mental states that put you off-balance and make you susceptible to infection.




Partner Stones:

Tree Agate pairs with *Light Green Aventurine* to help locate areas that need Tree Agate's harmonizing benefits, and with *White Quartz* to lead the other gemstones' energies deeper inside the body. Together, these three gemstones comprise a formula we call **"My Ally."**

When you feel drawn to My Ally, it may mean:

- ☐ You are ready to overcome long-standing patterns of ill health.
- ☐ It's time to protect your body and biome from other life forms that threaten to upset or imbalance it.
- ☐ It's time to learn to coexist peacefully with other life forms and to become aware of the emotional and mental adjustments needed to do so.
- ☐ Your immune system needs support in order to reestablish harmony in your body.

A necklace is displayed against a background of white, crystalline rock. The necklace features a sequence of beads: four large, smooth, white spherical beads at the bottom; a single green bead; a series of seven dark green beads with white and blue marbled patterns; another single green bead; and a final series of four large, smooth, white spherical beads at the top. The text is centered over the patterned section of the necklace.

*Wear the My
Ally necklace to
protect your body,
support your
immune system, and
reestablish harmony
within.*

Gemstones for **Emotional Healing**



RHODONITE

MORGANITE

PINK CHALCEDONY

ROSE QUARTZ



RHODONITE

Do you lack the courage to face challenges ahead?

Wouldn't it be great to be fearless and wise at the same time?

Wear Pink Rhodonite to settle emotions disrupted by trauma and anxiousness.



Overview

Rhodonite's energies can help you build a healthy emotional foundation that is the first step toward courage, inner strength, and improved self-esteem.




Partner Stones:

Pink Tourmaline offers protective energy so that you can feel safer and more supported while your emotions find their new state of balance. Pink Tourmaline also vitalizes the pericardium, which protects the heart. Our Rhodonite & Pink Tourmaline formula works with a range of emotional frequencies.

The Rhodonite and Pink Tourmaline combination represents both the yin and yang aspects of the fire element of Chinese medicine. The fire element supports functions that have reached a maximal state of activity, transformation, passion, and purification. This necklace also helps to balance the emotion of joy.

When you feel drawn to Rhodonite & Pink Tourmaline, it may mean:

- ☐ You will feel better and your life can find balance when you settle and calm your emotions.
- ☐ Your heart is a source of strength and wisdom.
- ☐ Nurture it, and listen to it more, as it has a lot to tell you.
- ☐ Your heart may need better protection. Guard it courageously.
- ☐ It's time to balance your fire and feel joy.

A necklace made of round, pink beads is draped over a large, white, faceted crystal. The beads are arranged in a single row, and the crystal is positioned behind them, creating a layered effect. The background is a light, neutral color.

*Wear the Rhodonite & Pink
Tourmaline necklace to build
a foundation for positive
emotions.*



MORGANITE

Emotionally depleted? Had enough?

Do you wish you could
handle emotional situations
with grace and ease?
Wear Morganite to nourish and
vitalize your emotional body.

Overview

Over-reactivity is a sign of emotional depletion. You've been seriously neglected or given out more than you got in return, and now you're spent.

Wearing Morganite nourishes and vitalizes your emotional body the way healthy foods and vitamins do for the physical body. It makes your emotional body resilient and capable of more positive expressions.

Morganite is a member of the Beryl family, which includes Emerald, Aquamarine, and White Beryl, among others. Its color can range in a variety of pink shades with some leaning to lavender or to orange and yellow. Irradiation of Morganite strengthens its pink color and eliminates the yellow tints, but it also makes it therapeutically ineffective. Therapeutic Morganite is naturally pink.

Partner Stones:

Morganite energy has a particular affinity with the emotional body and can vitalize and nourish it uniquely and thoroughly so that it can develop to its true potential.

However, Morganite should not be worn alone in a necklace. Symbiotic gems are required so that your body's higher intelligence can moderate Morganite's effects.

We pair Morganite with *White Beryl* and *Rhodonite* in a formula we call “**HeartSong.**” These partner stones help regulate Morganite's energies so you can handle them in a balanced way. The symbiotes help your emotional-body intelligence control how much Morganite energy is absorbed and where it should go.

White Beryl carries the white light and in the **HeartSong** formula helps purify the emotional body. Rhodonite allows the Morganite to harmonize your nerves, so they are less affected by your feelings.

When to Wear HeartSong

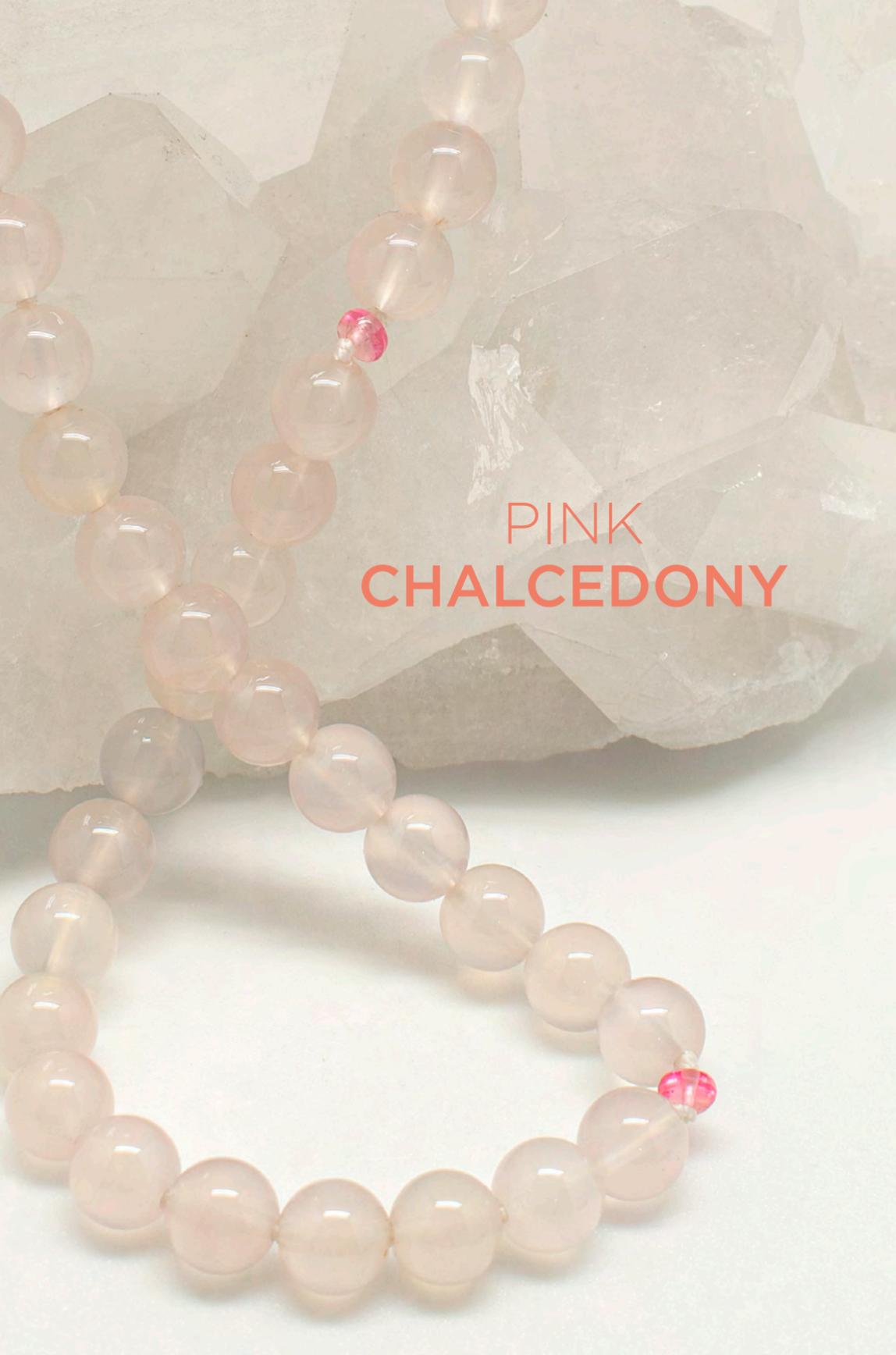
This combination of gemstones is ideal nourishment for your emotions. It will help you grow more emotionally self-aware, so that you can become more masterful over your feelings.

When you feel drawn to HeartSong it may mean:

- ☐ You want to increase your empathy to get along better with your family and friends, improve your ability to negotiate, or be forewarned of potential issues that might arise.
- ☐ You want to enhance your emotional self-awareness.
- ☐ You want to develop the ability to help calm the emotions in a room or group of people.
- ☐ You need support to help build your emotional aura and set clear boundaries for your mind.



*Wear the HeartSong necklace to get
the maximum benefits
of Morganite and receive the ideal
nourishment for your emotional body.*

A necklace of large, round, translucent pink chalcedony beads is draped across the frame. The beads have a smooth, polished finish and a soft pink hue. Two small, faceted, vibrant pink gemstones are interspersed among the larger beads. In the background, a large, rough, translucent pink crystal specimen is visible, showing natural facets and a slightly irregular shape. The entire scene is set against a light, neutral background.

PINK
CHALCEDONY

Feeling uptight? Over-reacting again?

Get off the emotional roller-coaster.

Wear Pink Chalcedony so you can
take back emotional control and
respond to situations more calmly
and intelligently.



Overview

Pink Chalcedony soothes and relaxes the emotions. It does this by slowing the flows of emotional energy that can make you feel over-reactive, excitable, irritable, agitated, and anxious.

It helps you take a pause, so you can respond to situations more calmly and intelligently.

This gemstone also helps free you from nagging, negative thoughts by untangling them from your emotions. Once separated, the mind is less likely to interfere and try to control your feelings. Then, you'll be able to recognize, respect, and listen to your emotional intelligence. It will be easier to act upon your heart's wisdom.

Partner Stones:

Pink Spinel is emotionally uplifting. Its energy adds a sense of happiness, hope, and optimism to Pink Chalcedony's calming and relaxing influence.

Pink Spinel also supports healthy choices about how you want to feel.

It is significant that this gemstone formula contains only two Pink Spinel, because the number two supports choice. When you are trying to calm and stabilize your emotions, you have constant choices to make. You have the choice to think about something that's less emotionally upsetting, whether or not to let go of the tension and stress, and whether to feel more comfortable and calm.

When you're drawn to wear Pink Chalcedony & Pink Spinel, it may mean that:

- ☐ You're ready to calm your scattered, confused, and unsure emotions and get clear about how you truly feel.
- ☐ You want to be less emotionally reactive to the words and actions of others.
- ☐ You want to be more in control of nagging and negative thoughts, which can stimulate your emotions to spark unwise actions.
- ☐ It's time to stop the pattern of overreaction, which inevitably leads to regret, and instead feel more emotionally balanced, centered, and in control.



*Wear Pink Chalcedony & Pink Spinel
so that you can express your true
feelings in a calm and balanced way.*



ROSE QUARTZ

Can't let go of negative feelings about something or someone?

Want the freedom to feel
peaceful and joyful inside?
Rose Quartz can help you
release stuck and buried
emotional energy.

Overview

Rose Quartz helps release stuck, suppressed, and denied emotions that have become embedded in the body, exacerbating tight muscles, stiffness, and pain. These emotional blockages interfere with life-giving energy flows and perpetuate negative emotional patterns.

Rose Quartz also supports your resolution of issues involving prolonged grief, sadness, and other intense feelings.

Partner Stones:


When worn alone, therapeutic-quality Rose Quartz can support emotional release that's hard to moderate or keep in balance with the rest of your life. But when paired with Red Spinel, that changes.

With Red Spinel, Rose Quartz now supports a rhythmic release of suppressed emotions. This is by far a smarter and gentler approach. You may have no idea of the depth and extent of the emotions harbored within you. Wearing Rose Quartz with *Red Spinel* allows you to release them in cycles.

Even when you continue to wear the gemstones, you get to rest, recover, and reexamine the emotions you've cleared. Then, when you're ready for another round, you'll have collected enough of the gemstones' energies within you that the next release will be even better supported.

When you're drawn to Rose Quartz & Red Spinel, it may mean that:

- ☐ You need to resolve issues involving prolonged grief, sadness, or other intense emotions.
- ☐ You need to free yourself from patterns that express unhealthy, limiting emotions.
- ☐ You want to find emotional peace.
- ☐ You want to feel more clear about what you're feeling and why you're feeling that way.

A close-up photograph of a necklace made of smooth, round rose quartz beads and two small, vibrant red spinel beads. The necklace is draped over a large, rough cluster of rose quartz crystals. The lighting is soft, highlighting the translucency of the quartz and the deep red of the spinel. The background is a light, neutral color.

*Wear the Rose
Quartz & Red Spinel
necklace to clear
stuck emotional
energies and find
peace.*

Gemstones **for Healing Memory, Patterns, & Habits**



OPALITE

LEOPARDSKIN JASPER

GOLDEN BERYL

RHODOCROSITE



OPALITE

Haunted by something
in your past?

Want to break free?

Wear Opalite to identify the
root causes of the problem.



Overview

Opalite carries calming and relaxing energy to ease the dawn of understanding. Its energies then give you the strength to work out and resolve the root causes of problems so that you can live in harmony in the present moment.

Partner Stones:

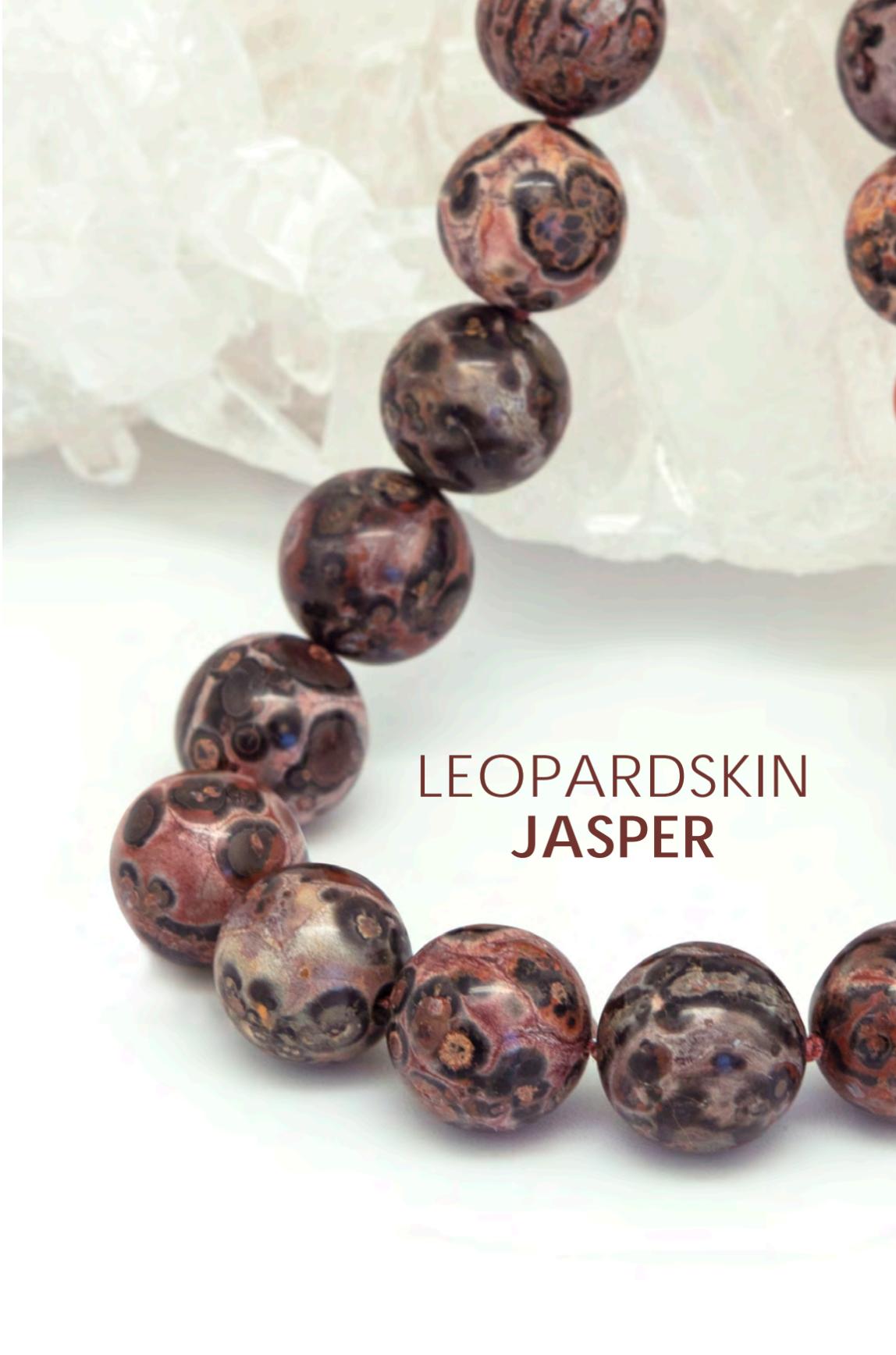
Opalite is partnered with *Golden Beryl* to light up your timeline so that you can more easily identify root causes. Together, these gemstones help you determine those aspects of a present condition that are rooted in the past and give you the strength to resolve them appropriately.

When you are drawn to Opalite & Golden Beryl, it may mean:

- ☐ You are ready to identify the root causes of something going on in your life, and resolve the issues ingrained in the past.
- ☐ You want to feel more relaxed during the day and sleep better at night.
- ☐ You want to feel more accepting of your present circumstances.
- ☐ You need to reduce your stress levels.



*Wear the Opalite &
Golden Beryl necklace
for resolution and
acceptance.*



LEOPARDSKIN
JASPER

Do you feel blocked in all directions?

Want to feel as though
life actually supports and
provides? Leopardskin Jasper
helps you attract and accept
what you desire.



Overview

To receive something new in your life, your body has to make room for it. Leopardskin Jasper energy helps your body make that space and adjust by changing core patterns to help you adapt to new circumstances.


Partner Stones:

Leopardskin Jasper works symbiotically with *Peach Aventurine* to help attract what you are ready to bring into your life, whether it is better health, a new relationship, or an uplifting experience.

Peach Aventurine helps you assimilate new energies so they gracefully become a part of your life experience. It can also support healthy digestion and absorption of nutrients.

When you are drawn to Leopardskin Jasper & Peach Aventurine, it may mean:

- ☐ You are ready to attract what you need to move forward in life.
- ☐ Your body needs support to harmonize and better regulate itself.
- ☐ You need to stay better centered.
- ☐ Your health will improve with a better connection with the Earth.

A close-up photograph of a necklace made of round beads. Most beads are Leopardskin Jasper, featuring a dark brown base with intricate, swirling patterns of reddish-brown, orange, and black. One bead is a solid, vibrant orange Peach Aventurine. The necklace is draped over a piece of white, crinkled paper against a plain white background.

*Wear the Leopardskin
Jasper & Peach
Aventurine necklace
to attract what you need.*



GOLDEN
BERYL

Feeling buried by karma?

Want to feel like you can
gracefully handle anything
that comes your way?
Wearing Golden Beryl
can help.



Overview

Golden Beryl's energy is one of the few sources of nourishment for the causal body, also known as the karmic body or memory. The causal body gets supported, fed, vitalized, healed, cleansed, and strengthened with the help of Golden Beryl. Once vitalized, you can face anything with grace.

Partner Stones:


Golden Beryl partners well with *Spessartite* and *Light Green Aventurine* in our formula called “**Golden Eagle.**”

Spessartite helps your attention extend into the causal body so that causal information becomes more accessible. Light Green Aventurine helps identify exactly which memories to bring forward.

These three gems work together to link past connections to present conditions, soothe painful memories of the past, and help you recall the information you need to heal.

When you feel drawn to Golden Eagle, it may mean that:

- ☐ You're ready to discover the seed causes of a present condition that's been bothering you.
- ☐ You want a greater understanding of cycles and how they affect your life today.
- ☐ You want to become more aware of how your past affects your present circumstances.
- ☐ You want to ease the strain of family karma.
- ☐ It's time to loosen the patterns that govern the habits you want to change.



*Wear the Golden Eagle
necklace to better
understand how your
past affects you today.*



RHODOCHROSITE

Stuck in the same old routines? Feeling ready for change?

Wear Rhodochrosite as a tool
to clear unwanted energies and
help you break long-standing
patterns.



Overview

Rhodochrosite is an excellent tool to help you release unhealthy patterns. This gemstone's energy moves like a whirlwind. It picks up and disperses the unwanted energies of old patterns that prevent you from moving forward in life. Then it helps you establish new and healthier habits and tendencies.


Partner Stones:

Rhodochrosite partners with *Peach Moonstone* and *Marble* in our “**Loving Me**” formula to encourage the shifts, changes, and releases that can help you improve your self-worth and self-esteem.

Peach Moonstone identifies patterns and tendencies and helps you sort which to keep and which to let go. *Marble* helps these energies gracefully fall away like bits of rock being chipped away from the emerging sculpture of the ideal you.

If you're drawn to Rhodochrosite and the Loving Me gemstones, it may mean that:

- ☐ You're ready to improve your self-confidence, overcome patterns of low self-esteem and poor self-worth, and let yourself shine.
- ☐ It's time to let go of those aspects of your personality that you no longer identify with and grow more fully into the person you are, and want to be.
- ☐ You're ready to develop the strength to stand up for yourself.
- ☐ You want to make changes in your life and relationships so they better reflect and support your growing self-confidence.

A necklace made of large, round, red beads and smaller, oval, white and light brown beads. The necklace is draped over a large, rough, pink crystal. The background is a soft, out-of-focus pink and white.

*Wear the Loving Me
formula to support your
growth into greater self-
acceptance, self-love,
and authenticity.*



Gemstones for **Healing the Mental Body**



SODALITE

BLUE LACE AGATE

LAPIS LAZULI

LAVENDER QUARTZ



SODALITE

Burdened by negative thoughts?

Want to feel mentally free
to live, learn, and create?

Wearing Sodalite can help
clear negative, unwanted, and
limiting thoughts from your
body and aura.



Overview

Sodalite absorbs negative, unwanted, and limiting thoughts that may have collected in your body and aura. These thoughts—especially those about yourself—tend to gather in masses and interfere with your ability to self-heal.

Without these burdensome thoughts, you can be free to form new ones and open the flows for clear vision and creative expression.


Partner Stones:

Sodalite works best with two symbiotic gemstones strung along with it: Blue Sapphire and *Blue Chalcedony*. Together they comprise the formula we call “**Liberty™**.”

Blue Sapphire nourishes the mind, while Blue Chalcedony relaxes it. Nourishing the mind gives it the strength to let go of unwanted thoughts, and relaxing the mind allows it to release them more easily.

When you feel drawn to Liberty, it may be because:

- ☐ Certain negative thoughts haunt you.
- ☐ You tend to pick up unwanted energies from other people.
- ☐ Your mind feels too tired to think.
- ☐ Your flow of creativity feels blocked.

A necklace featuring large, round, deep blue sapphire beads and smaller, round, light blue chalcedony beads. The necklace is displayed against a background of a large, white, crystalline sodalite mineral specimen. The text is centered in the lower half of the image.

*Wear Sodalite with
Blue Sapphire and Blue
Chalcedony to clear your
aura of negative thoughts.*



BLUE LACE
AGATE

Feeling physically and mentally depleted?

Wish you felt more energized? Wearing Blue Lace Agate can help you develop the strength to be yourself.



Overview

Wearing Blue Lace Agate with White Beryl frees certain energy flows that, when blocked, can blur a person's identity, erode self-confidence, cause self-doubt, and challenge inner and outer strength and resilience.

Blue Lace Agate helps you develop the strength and stamina to be yourself and meet life's challenges with grace. It helps strengthen your persona and clarify your true nature.

Partner Stones:

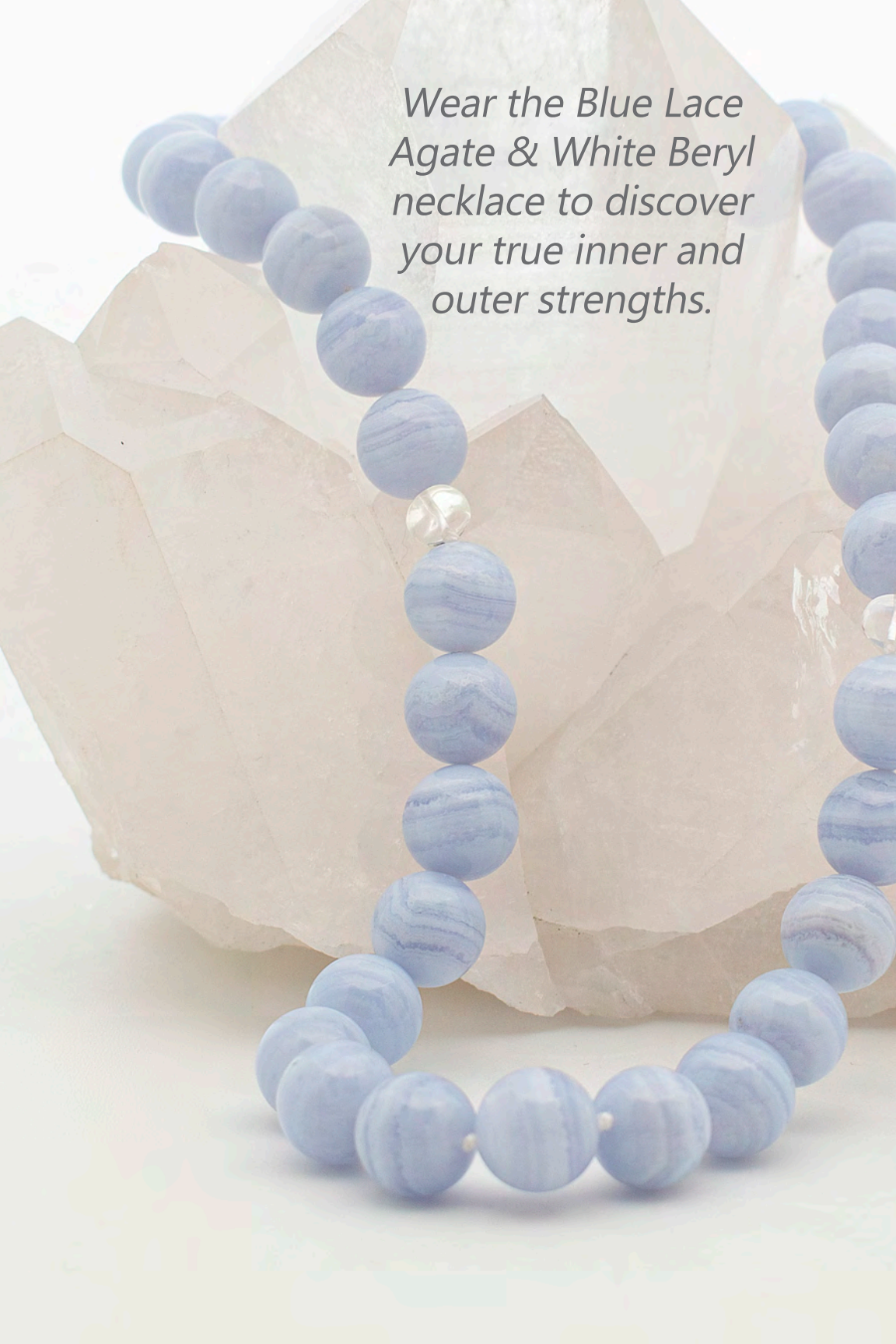
White Beryl serves as the symbiotic gemstone for Blue Lace Agate. White Beryl identifies, dissipates, and clears the unwanted energies that cloud the aura, causing blurred identity, self-doubt, and low self-esteem.

Once these clouds are cleared, a free flow of life-giving energies can be restored. This has many benefits, including enhanced ability to self-heal and the development of your inner and outer strengths and self-confidence.

In addition, Blue Lace Agate & White Beryl promotes healthy relationships by balancing the give-and-take between you and your partner, thus improving compatibility. You'll be more likely to find an ideal partner when your own energy flows are more balanced because then you'll attract someone with equally well-balanced flows.

When you feel drawn to Blue Lace Agate & White Beryl, it may mean:

- ☐ You are ready to become more certain about who you are, what you stand for, what you believe, and why you are special and important.
- ☐ You are ready to discover new degrees of personal strength, stamina, and resilience.
- ☐ Your ability to give and receive has become unbalanced. Health requires both, in equal measure.
- ☐ You're challenged with certain blockages that are inhibiting your ability to self-heal.



*Wear the Blue Lace
Agate & White Beryl
necklace to discover
your true inner and
outer strengths.*



LAPIS
LAZULI

Having trouble distinguishing between your head and your heart?

Want to feel more certain
about your inner guidance?
Wearing Lapis Lazuli helps
connect and synchronize
your heart, mind, and body
for clearer guidance.



Overview

Wearing Lapis Lazuli helps connect and synchronize your heart, mind, and body so that you can be more aware of, and in harmony with, the wisdom, guidance, and intelligence that each provides.


Then, the gemstone's energies help you act in your own best interest.

Partner Stones:

Pyrite is the symbiotic gemstone for Lapis Lazuli. Good-quality Lapis will contain some Golden Pyrite, along with Blue Lazurite and White Calcite. By giving Lapis extra Pyrite, it accentuates the electrical pathways that the Lapis forms between the heart and the mind. Information flows faster between them and eventually merges into one voice. This is the voice of your inner truth.

When you feel drawn to Lapis Lazuli & Pyrite, it may be because:

- ☐ You are ready to hear and act upon your heart's guidance, and improve your ability to do so.
- ☐ Intelligence centers throughout your body are ready to awaken.
- ☐ You want to harmonize and clarify the guidance that comes from your heart, mind, and gut.

A necklace made of large, round, deep blue Lapis Lazuli beads interspersed with smaller, round, metallic gold Pyrite beads. The necklace is displayed against a background of white, crystalline mineral structures. The text is centered in the lower half of the image.

*Wear the Lapis Lazuli
& Pyrite necklace
to help you act in
your best interest.*



LAVENDER
QUARTZ

Feeling out of alignment with yourself and your life?

Ready to get in touch
with your higher awareness?
Lavender Quartz can help get
you past “stuck” points.



Overview

Lavender Quartz naturally aligns physical tissue with its energetic counterparts. Every organ, tissue, and cell has energetic counterparts that exist at higher levels of vibration. When tissue is aligned with its counterparts, it can receive energies of higher vibration from them.

These energies are naturally healing and uplifting.

Partner Stones:

Lavender Quartz pairs with two gemstones, *Sugilite* and *Tanzanite*, in a combination we call "Master Healer™." Sugilite has an affinity with the intuition, which conveys the wisdom of your spiritual self. Tanzanite helps you accept what you learn from your intuition.

Together, these gemstones bring healing energy and information from their highest source through all aspects of your being. This can enhance the healing effectiveness of other treatments. Wear Master Healer when you feel drawn to Lavender Quartz.

When you are drawn to Lavender Quartz, it may suggest:

- ☐ You are ready to get in touch with your higher awareness.
- ☐ It's time to get past the stuck points that hold you back so that you can move forward freely in your life.
- ☐ Your hypersensitivity may cause feelings of anxiousness and unsettled nerves.
- ☐ Your body needs to get back into better alignment with itself, and with your life as a whole.



*Wear the Master Healer™ necklace
to get the greatest benefits from
Lavender Quartz.*



Gemstones to **NOURISH YOUR SPIRIT**



AMETHYST

CLEAR QUARTZ / FROSTED QUARTZ

MOTHER OF PEARL



AMETHYST

Feeling anxious and disconnected?

Do you need support in prioritizing and making wiser choices? Amethyst nourishment can help you renew your divinity and develop your intuition.



Overview

Amethyst is known for its ability to make people feel more spiritual. This may be due to its ability to open the inner eye. In addition, by strengthening the crown chakra, it invites spiritual energy to enter the body. You learn to prioritize, bring forth your best, and let go of what no longer serves your greater good. This leads to greater humility and improved understanding and appreciation of life.

Partner Stones:

When combined with Amethyst, *White Beryl* dissolves blockages that prevent you from receiving the purple ray and accepting Amethyst's benefits. The White Beryl helps clear the unwanted energies that inhibit clear intuition, cloud your attempts to prioritize, or make it more difficult to let things go. At the same time, the gem brings in healing and uplifting white light to make the spiritual journey more enjoyable.

When you are drawn to Amethyst, it may suggest:

- ☐ You are ready to reconnect with your divinity and take a leap forward in your personal growth.
- ☐ You could use some help in setting priorities and making wiser choices.
- ☐ You need extra purple color ray to help you identify your purpose in life and see the positive in all challenges.
- ☐ You are experiencing a disconnect from Heaven energies, your divine source, and the spiritual energies that inspire and uplift.



*Wear Amethyst &
White Beryl to bring
forth your best.*

A necklace of frosted quartz beads and a piece of clear quartz crystal. The necklace is made of large, round, frosted quartz beads with a matte, milky-white finish. A small, clear, faceted quartz crystal is interspersed among the beads. In the upper right corner, there is a rough, natural piece of clear quartz crystal with sharp, jagged edges and a translucent, crystalline structure. The background is a soft, out-of-focus white.

**CLEAR QUARTZ
AND FROSTED
QUARTZ**

Tired of darkness and confusion?

Clear Quartz can dispel disharmony and raise your vibrations. Frosted Quartz can help you connect with your own sense of inner harmony and balance. Ideally, these benefits help you most when provided together.



Overview

The energy of optically clear Quartz brings searing white light into your awareness to dispel darkness and untruth, clear disharmony and congested energies, and raise vibrations. It works at all levels of your physical and subtle bodies to attract and direct healing energies where they are needed most.

The energy of Frosted Quartz brings a cool light to your body and being. This light is healing, quieting, and aligning. Quartz draws the life force to the body through all layers of your aura. As a result, your body finds greater harmony and balance. This allows more healing energies to be received so that all aspects of your life can improve.

Partner Stone:

Clear Quartz carries energy with such heat that we consider its properties too specific for general use as a primary stone in a necklace. Instead, we use it as a partner stone for Frosted Quartz in a formula called "Harmony."

Frosted Quartz is well balanced by Clear Quartz. Together, they represent yin and yang in perfect harmony.

When you feel drawn to Quartz and the Harmony™ necklace, it may mean:

- ☐ You are ready to attract more light and life force to yourself.
- ☐ It's time to achieve a greater balance in your body, among its energy flows, and in your life.
- ☐ For greater health, your body needs to find balance between dryness and moisture; likely one or the other is in excess.
- ☐ For greater health, your body needs to find balance between heat and cold; likely one or the other is in excess.



*When you feel drawn to
Quartz, wear Harmony™*



MOTHER OF PEARL

Feeling stressed? Grieving a loss?

Wear Mother of Pearl to
help you cope while its
energies also help you relax,
unwind, and feel
calm, comforted,
and at peace.

Overview

Mother of Pearl reminds the cells of their divine oceanic origin. In doing so, they relax and let go of what separates them from this calm, relaxing sea. Mother of Pearl's energy promotes rest and relaxation and helps you unwind after a long day.

Partner Stones:

Mother of Pearl pairs with *Blue Chalcedony*, which calms the mind. Blue Chalcedony also relaxes the tissues so that accumulated thoughts can be released. When paired with Mother of Pearl, it helps the body relax and let go. Mother of Pearl & Blue Chalcedony is an ideal formula to help soothe the grieving heart.

When you feel drawn to wear Mother of Pearl & Blue Chalcedony, it may suggest:

- ☐ You are ready to heal unresolved grief and loss that may be present in your life.
- ☐ You need to learn how to receive comfort and solace in order to resolve the issues you struggle with.
- ☐ You may have energetic extremes in your body or life that have been caused by lack of love, nurturing, and understanding.
- ☐ It's time to heal the disconnection you may feel between yourself and the ocean of divine love within.



*Wear Mother of Pearl
with Blue Chalcedony
for soothing rest and
relaxation.*

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THE GEMSTONE THERAPY INSTITUTE

Administrative Offices

236 Main Street,

Manchester, CT 06042 USA

+1.860.646.3063 / 877.443.6436 (877-4GEM-GEM)

[GemstoneTherapyInstitute.org](https://www.GemstoneTherapyInstitute.org)

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