**HEALING MINERALS**

**MINERAL USES**

AGATE (moss) Improves Igo and self-esteem

AGATE(Blue Lace) Emotional balance and strength. Neutralize feelings of anger. Assists with verbal expression

AMBER Calming for hyperactivity and stressed nerves. Absorbs negative energy

AMETHYST Inner peace, repels negativity, brings restful sleep. Relieves physical, emotional and psychological pain

AQUAMARINE Banishes fears, calms nerves, imparts strength & control. Promotes tranquility

BLOODSTONE Alleviates anxiety, aids decision making

CALCITE Aids memory and intuition

CARNELIAN Releases sorrow, apathy and rage

COPPER Soothes arthritis

FLOURITE (purple) Comprehension, stabilizing, calming, integrates Right and Left side of brain

HEMATITE Grounding, promotes common sense, protects energy

MOONSTONE Sooths emotions and alleviates oversensitivity

RAINBOW OBSIDIAN Brings light and love to one’s life

ROSE QUARTZ Brings deep inner healing & self love. Calming, excellent for trauma or crisis

SMOKY QUARTZ Anchoring, helps keep feet on the ground. Protective, dissolves emotional blocks, Helps focus on the current moment.

TIGERS EYE Focuses energy for a particular challenge. Promotes a positive outlook

Courtesy of Linda Hogan, CHHP

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