

# Gemstone and Crystal Reference Book

The Science & Metaphysical



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# How to use this book

This book is a great beginner guide to 44 gemstones and crystals. Not only the science but also the metaphysical. The book starts with a look into the historical and modern use of gemstones and crystals. The author then gives a brief overview of gemstone and crystal chemistry. The following section is about cleansing and clearing your gemstones and crystals and why it is important. Chakra balance is the next, the author gives a short lesson on using your gemstones and crystals in meditation, restoring your energy and balance. The book lists the 44 gemstones and crystals in alphabetical order. Each gemstone and crystal has 4 categories. At the end of the book you will find more detailed information about each chakra and last the author's final thoughts.

1. It's chemistry
2. It's hardness (Moh's Scale 2-7)
3. It's related chakra
4. Gemstone and crystal properties and benefits

We hope you find the information in this book, helpful in your everyday gemstone and crystal, learning and practice.

**Disclaimer: The information on this site is not intended to be a substitute for medical treatment, but complementary. A qualified practitioner should be consulted. Much care and research has been done to standardize and validate information, although some sources may disagree on specific content.**

To learn more please visit: [www.WisdomArt.com](http://www.WisdomArt.com)

# Gemstones & Crystals

## Historical and Modern Use

Gemstones and crystals have been used for thousands of years for their decorative, healing as well as their productive properties. The inherent powers of gemstones are modern science in the technological use of crystals in watches, lasers, and computers. In addition to their use in modern science, throughout history, gemstones have been recognized and used to heal, protect, divine, manifest, transmute and transform energy. They are storehouses of empowerment, transmitted through contact with body, mind and spirit.

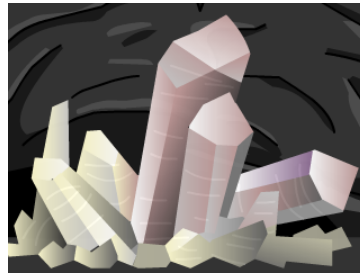
All living and “non-living” things vibrate to particular frequencies. Gemstones and crystals have a pure energy. When the vibrations of gemstones/crystals come into contact with our own vibration, they will have an effect in much the same way as we experience sound waves. It is believed that the influence of your astrology sign is strengthened by wearing, holding or carrying, gemstones associated with the constellation under which you were born and gemstones you have a particular connection with.

# Gemstone & Crystal Chemistry

Crystals are identified by the content of their structure and minerals.

There are 7 crystal system based various shapes. All crystals are formed from a limited number of minerals that bond differently.

Some crystals take many forms and colors, because of slight mineral variations but there will share the same internal. What ever form they take, their crystalline structure can absorb, conserve, focus and emit energy.



## Hardness

Hardness is the ability to withstand surface scratching and is measured by The Moh's scale. The scale related to the strength of the structure in relation to the chemical bonds.

- 2 marks with a fingernail
- 3marks with a copper coin
- 4 marks easily with a blade
- 5markd with a blade with difficulty
- 6marks with a steel file
- 7 scratches window glass

# Cleansing and Clearing your Gemstones and Crystals



## Why clear and cleanse your crystals?

Crystals have a tendency to absorb the energies around them.

Here are some ways to clear and clean your crystals

**Sea Salt Water:** Many people like to use sea salt water because sea salt is a very cleansing mineral. You can fill a bowl of water, add sea salt, and then place your crystal in it. Some people visualize the crystal releasing old energies out into the sea salt water. Again, you don't want to use this method with delicate stones. Both sea salt and water can damage your crystals if left on them for too long.

**Earth:** This method considers the source of our beautiful crystals as Mother Earth. What better way to clear away negativity than by placing your stone back into its original place? For this method, you can either bury your stone in your backyard (use a marker, or you can simply gather some soil in a container, and place your stone within it.

**Running Water:** You can hold your stones under running water to remove negative energies, simply hold your stone under a running faucet, or in a stream. Make sure that crystal points are pointed down.

**Sunlight:** Using the sun to clear negative energies from your crystals is often used. For many stones, the sun acts as a wonderful purifier. The method commonly used here is placing your stones outside for a specified period of time. There is no set time but make sure it is not too long due to the fact that the sun can fade some stones.

**Moonlight:** This method is pretty safe, using the same method as above, except with the moon instead of the sun as the clearing agent. Of course, using the moon, one need not worry about fading. Make sure your stones are in a safe place.

# Chakra Balance

## Using Gemstones and Crystals in Meditation

The word 'chakra' is derived from the Sanskrit word meaning 'wheel'. Each chakra is associated to a color. Gemstone meditation is a great way to use the chakra points to bring balance and energy to the body. Pick a gemstone for a particular chakra by color or a gemstone you are simply attracted to. Be in a restful position and make sure it is a quiet place, lay for at least 20 min with the gemstone resting on the chakra point, focusing on restoring energy and balance.

More on the Chakras on page 24



# Gemstones and Crystals



## Agates

Chemistry: (Blue Lace Agate:  $\text{SiO}_2$ ) ( Moss Agate: Complex combination)

Hardness: : (Blue Lace Agate: Moss Agate: 6)

Chakra: (Blue Lace Agate: throat, third eye, heart, crown) ( Moss Agate: base, sacral, throat)

Properties and Benefits: physical, emotional, intellectual and spiritual energies; perceptiveness, strength, inspiration, awakening talents.



## Alexandrite

Chemistry:  $\text{BeAl}_2\text{SiO}_4$

Hardness: 7.5-8

Chakra: Heart

Properties and Benefits: Balancing male and female energy, rebuilding, renewal and regeneration, openness to higher self.



## Amber

Chemistry:  $\text{C}_x\text{H}_y\text{O}_z$  with Impurities

Hardness: 3

Chakra: Cleanser of all chakras

Properties and Benefits: Soothing, calming, cleansing.

# Gemstones and Crystals



## **Amethyst**

Chemistry:  $\text{SiO}_2$  Silicon dioxide with iron

Hardness: 7

Chakra: Third eye, soma, crown

Properties and Benefits: Contentment, spirituality, dreams, healing, peace, happiness, love, intuition.



## **Amazonite**

Chemistry:  $\text{KA}(\text{AlSi}_3\text{O}_8)$  + copper

Hardness: 6-6.5

Chakra: solar plexus, heart

Properties and Benefits: Success, Joy, self expression, awaking heart, soothing, harmony



## **Apatite**

Chemistry:  $\text{Ca}_5(\text{PO}_4)_3(\text{F,Cl,OH})$

Hardness: 5

Chakra: Third eye, base

Properties and Benefits: Intellect, achieving results, healing, insight, humanitarianism, meditation, balance, creativity.

# Gemstones and Crystals



## **Aquamarine**

Chemistry:  $\text{Be}_3\text{Al}_2\text{SiO}_{18}$  + iron

Hardness: 7.5-8

Chakra: Aligns all, clears throat chakra

Properties and Benefits: Courage, purification, peace, intuition, self-expression, balance, preparedness



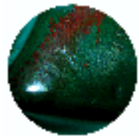
## **Azurite Malachite**

Chemistry: Complex combination

Hardness: Variable

Chakra: Third eye, higher crown, crown

Properties and Benefits: Visualization, emotional healing, cleansing, detoxification



## **Bloodstone**

Chemistry: Complex combination

Hardness: 7

Chakra: Cleanses and realigns lower chakras

Properties and Benefits: Courage, intense healing, renewal, strength, victory, intuitive decision making.

# Gemstones and Crystals



## **Blue Aventurine**

Chemistry:  $\text{SiO}_2$  Silicon dioxide with impurities

Hardness: 7

Chakra: Third eye, crown

Properties and Benefits: Healing, money, mental agility, visual acuity, peace, opening heart, motivation, leadership.



## **Blue Topaz**

Chemistry:  $\text{Al}_2 (\text{SiO}_4) (\text{F}, \text{OH})_2$  Aluminum hydroxyl fluoro and impurities

Hardness: 8

Chakra: Throat, third eye

Properties and Benefits: Healing, money, mental agility, visual acuity, peace, opening heart, motivation, leadership.



## **Calcites**

Chemistry: (Blue Calcite:  $\text{CaCO}_3$  Calcium carbonate)

Hardness: 3

Chakra: Third eye, throat

Properties and Benefits: Healing, money, mental agility, visual acuity, peace, opening heart, motivation, leadership. Purification, calming, memory,

# Gemstones and Crystals



## **Carnelian**

Chemistry:  $\text{SiO}_2 + (\text{Fe}, \text{O}, \text{OH})$

Hardness: 7

Chakra: Base, sacral

Properties and Benefits: Precision, analytical capabilities, physical energy, verbal skill, peace, spirituality.



## **Chrysoprase**

Chemistry:  $\text{SiO}_2$  Silicon dioxide with nickel

Hardness: 7

Chakra: Heart, sacral

Properties and Benefits: Balancing male/female energy, personal growth, compassion, grace, love.



## **Citrine**

Chemistry:  $\text{SiO}_2$  Silicon dioxide

Hardness: 7

Chakra: Cleanses and regenerates all

Properties and Benefits: Intuition, comfort, protection, creativity, physical energy, wealth, mental awakening.

# Gemstones and Crystals



## **Crystal Quartz**

Chemistry:  $\text{SiO}_2$  Silicon dioxide

Hardness: 7

Chakra: Harmonizes all

Properties and Benefits: Intensifying energy, spiritual development, and healing, raising consciousness.



## **Diamond**

Chemistry:  $\text{C}_{11} + (\text{Al}, \text{Ca}, \text{Cr}, \text{Fe}, \text{Mg}, \text{Mn}, \text{Si}, \text{Sr}, \text{Ti})$  Carbon with Impurities

Hardness: 10

Chakra: Crown chakra

Properties and Benefits: Courage, strength, healing, protection, spirituality, mental abilities.



## **Emerald**

Chemistry:  $\text{Be}_3\text{Al}_2\text{Si}_6\text{O}_{18}$

Hardness: 7.5-8

Chakra: Heart

Properties and Benefits: Love, domestic bliss, sensitivity, loyalty, memory, mental capacity, harmony, focus, eliminating negativity.

# Gemstones and Crystals



## **Fluorite**

Chemistry:  $\text{CaF}_2$  Calcium Fluoride

Hardness: 4

Chakra: Heart, cleaner of all depending on color

Properties and Benefits: Stability, reasoning, responsibility, concentration.



## **Garnet**

Chemistry: Magnesium aluminum silicate with manganese, chromium and or iron silicate

Hardness: 6-7.5

Chakra: Base, heart, purifies all

Properties and Benefits: Health, removing negativity, awareness, commitment, regeneration, order, insight.



## **Green Aventurine**

Chemistry:  $\text{SiO}_2$  Silicon dioxide

Hardness: 7

Chakra: Heart, spleen

Properties and Benefits: Comforter, over all healer, emotional calming, and mental clarity.

# Gemstones and Crystals



## **Hematite**

Chemistry:  $\text{Fe}_2\text{O}_3$  Iron oxide

Hardness: 5.5-6.5

Chakra: Base

Properties and Benefits: Keep inward peace, balance, reason, dissolving negativity, enhancing memory and intellect, courage, concentrated and clarity, energy, and strengthening of the heart.



## **Jade**

Chemistry:  $\text{Na}(\text{Al}, \text{Fe})\text{Si}_2\text{O}_6$  with impurities

Hardness: 6

Chakra: Third eye, soma, varies with color

Properties and Benefits: Fidelity, dreams, realization of potential, peace, accord, resourcefulness, accomplishment.



## **Jaspers**

Chemistry: ( Red Jasper:  $\text{SiO}_2$  Silicon dioxide)

Hardness: 7

Chakra: Aligns all according to color

Properties and Benefits: Protection, nurturing, joy, awareness; balancing of physical, emotional, intellectual and spiritual energies.

# Gemstones and Crystals



## Lapis Lazuli

Chemistry:  $(\text{Na}, \text{Ca})_8 (\text{Al}, \text{Si})_{12} \text{O}_{24} \text{S}_2 \text{FeS CaCO}_3 \text{Al}_2\text{O}_3$  Sodium calcium

Hardness: 5-6

Chakra: Throat, third eye, crown

Properties and Benefits: Wisdom, Intuition, expanded conscience, dream, courage, objectivity.



## Lepodolite

Chemistry:  $\text{KLi}_2(\text{OH}, \text{F})_2(\text{AlSi}_4\text{O}_{10})$

Hardness: 5

Chakra: Heart

Properties and Benefits: stress reduction, protection, physical strength, and emotional balance.



## Moonstone

Chemistry:  $\text{K}(\text{AlSi}_3\text{O}_8) + \text{Na}, \text{Fe}, \text{Ba}$

Hardness: 6

Chakra: Solar plexus, soma, third eye

Properties and Benefits: Introspection, reflection, beginnings, insight, tenderness harmony, peace, travel.

# Gemstones and Crystals



## **Obsidians**

Chemistry:  $\text{SiO}_2$  Silicon dioxide with impurities

Hardness: 5-5.5

Chakra: Base

Properties and Benefits: Clarity, deflecting negativity, protection, healing.



## **Onyx**

Chemistry:  $\text{SiO}_2$  Silicon dioxide with carbon and iron

Hardness: 7

Chakra: Base

Properties and Benefits: Self-control, decision-making, intuition, recognition of personal strengths.



## **Opal**

Chemistry:  $\text{SiO}_2 \cdot n\text{H}_2\text{O}$  Hydrated silica with impurities

Hardness: 5.5-5.6

Chakra: Varies according to color

Properties and Benefits: Creativity, spontaneity, relationships, memory, happy dreams and changes.

# Gemstones and Crystals



## **Pearl**

Chemistry:  $\text{Be}_3\text{Al}_2\text{Si}_6\text{O}_{18}$

Hardness: 3.5-4

Chakra: Solar plexus

Properties and Benefits: Purity, faith, charity, innocence, integrity, focus, wisdom, spirituality, sincerity, fertility.



## **Peridot**

Chemistry:  $(\text{Mg}, \text{Fe})_2 \text{SiO}_4$

Hardness: 6.5-7

Chakra: Solar plexus, heart

Properties and Benefits: Warmth, friendliness, understanding, openness in love and relationships, regulation of cycles.



## **Petrified Wood**

Chemistry:  $\text{SiO}_2$

Hardness: 7

Chakra: Base

Properties and Benefits: Grounding, Removing obstacles, reaching goals

# Gemstones and Crystals



## **Rhodonite**

Chemistry:  $(\text{MnFeMgCa})\text{SiO}_3$

Hardness: 9

Chakra: Heart

Properties and Benefits: Peace, generosity, attention to details.



## **Rose Quartz**

Chemistry:  $\text{SiO}_2$  Silicon dioxide with impurities

Hardness: 7

Chakra: Heart

Properties and Benefits: Love, peace, happiness, gentleness, healing emotional wounds.



## **Ruby**

Chemistry:  $\text{Al}_2\text{O}_3$

Hardness: 9

Chakra: Heart, base

Properties and Benefits: Nurturing, spiritual wisdom, attainment of values, economic stability, protection from distress.

# Gemstones and Crystals



## **Sapphire**

Chemistry:  $\text{Al}_2\text{O}_3$  Aluminum oxide

Hardness: 9

Chakra: Throat, varies on color

Properties and Benefits: Joy, peace, beauty, intuition, prosperity, and fulfillment of dreams.



## **Serpentine**

Chemistry:  $(\text{MgFe})_3\text{Si}_2\text{O}_5(\text{OH})_4$  Magnesium iron silicate hydroxide

Hardness: 3-4.5

Chakra: Clears all, crown

Properties and Benefits: Accomplishment, realization of potential, peace.



## **Smoky Quartz**

Chemistry:  $\text{SiO}_2$  Silicon dioxide with lithium and aluminum

Hardness: 7

Chakra: Base

Properties and Benefits: Dissolving emotional blockage, clearing the mind, cooperation, joy in living, and attentiveness to the moment, protection.

# Gemstones and Crystals



## **Sodalite**

Chemistry:  $\text{Na}_4\text{Al}_3(\text{SiO}_4)_3\text{Cl}$  Sodium aluminum silicate chloride

Hardness: 5.5-6

Chakra: Throat

Properties and Benefits: Wisdom, logic, calmness, healing, stress reduction, companionship, self-esteem.



## **Sunstone**

Chemistry:  $(\text{NaCa})\text{AlSi}_3\text{O}_4$

Hardness: 5-6

Chakra: sacral, solar plexus, base, clears all

Properties and Benefits: Promotes good humor, cheerfulness and an even temper, stamina and energy, self confidence, positive attitude



## **Turquoise**

Chemistry:  $\text{CuAl}_6(\text{PO}_4)_4(\text{OH})_8 \cdot 5(\text{H}_2\text{O})$  Hydrated copper aluminum phosphate

Hardness: 5-6

Chakra: Throat, third eye

Properties and Benefits: Spiritual attunement, cleansing, healing, protection, valor, soothing, peace of mind, guidance through the unknown, romantic spontaneity.

# Gemstones and Crystals



## **Tiger Eye**

Chemistry:  $\text{NaFe}_3(\text{SiO}_3)_2$  Silicon dioxide with impurities

Hardness: 4-7

Chakra: Third eye

Properties and Benefits: Practicality, peacefulness, clarity, intelligence, intuition, new experiences, financial stability, calmness, releasing, inhibitions.



## **Tourmaline**

Chemistry: (Pink Tourmaline: complex silicate)

Hardness: 7-7.5

Chakra: Heart

Properties and Benefits: Calming, protection, focus, and balance, attracts inspiration, compassion and tolerance.



## **Unikite**

Chemistry: Complex combination

Hardness: 6-7

Chakra: Third eye

Properties and Benefits: Facilitating advancement, foresight and re-birth, emotional balance

# Gemstones and Crystals



## **Howlite**

Chemistry:  $\text{Ca}_2\text{B}_5\text{SiO}_9(\text{OH})_5$

Hardness: 3.5

Chakra: Third eye

Properties and Benefits: Calming, awareness, emotional expression, patients, eliminating negativity.



## **Yellow Topaz**

Chemistry:  $\text{Al}_2(\text{SiO}_4)(\text{F}, \text{OH})_2$  aluminum hydroxyl fluoro

Hardness: 8

Chakra: Solar plexus

Properties and Benefits: True love, success in endeavors, and understanding of interrelationships, expression of ideas, trust, health, personal expansion and growth.

# More about Chakras

The inherent powers of gemstones are recognized by modern science in the technological use of crystals in watches, lasers, and computer, the piezoelectric effect. In addition to their use in modern science, throughout history, gemstones have been recognized and used to heal, protect, divine, manifest, transmute and transform energy.

Crystals and gemstones respond to the electricity that is coursing through our body, and if the energy is sluggish, the constant electrical vibrations of the stones, will help to harmonize, balance, and stimulate these energies. Each chakra vibrates and rotates at various speeds. The root or first chakra rotates at the slowest speed while the crown or seventh chakra at the highest.





# More about the Chakras

## **FIRST CHAKRA-Root chakra**

The root chakra is located at the base of the spine at the tailbone in back. This center holds the basic needs for survival, security and safety. The root chakra is powerfully related to our contact with the mother earth, providing us with the ability to be grounded. When you are trying to make things happen in the material world, business or material possessions, the energy to succeed will come from the first chakra. The main color is red.

## **SECOND CHAKRA-Belly (Sacral)**

The second chakra is often referred to as the belly or (sacral). It is located two inches below the navel and is rooted into the spine. This center holds the basic needs for sexuality, creativity, intuition, and self-worth. This chakra is also about friendliness, creativity, and emotions. It governs peoples sense of self-worth, their confidence in their own creativity, and their ability to relate to others in an open and friendly way. It's influenced by how emotions were expressed or repressed in the family during childhood. Proper balance in this chakra means the ability to flow with emotions freely and to feel and reach out to others. Te main color is orange

# More about the Chakras

## **THIRD CHAKRA-SOLAR PLEXUS**

The Solar Plexus is located two inches below the breastbone in the center behind the stomach. The third chakra is the center of personal power, the place of ego , of passions, impulses, anger and strength. It is also the center for astral travel and astral influences, receptivity of spirit guides and for psychic development. The main color for this chakra is yellow.



## **FOURTH CHAKRA- HEART**

The heart chakra, is located behind the breast bone in front and on the spine between the shoulder blades in back. This is the center for love, compassion and spirituality. This center directs one's ability to love themselves and others, to give and to receive love. This is also the chakra connecting body and mind with spirit. The main colors used are pink and green.

# More about the Chakras



## **FIFTH CHAKRA-THROAT**

The fifth chakra is located in the V of the collarbone at the lower neck and is the center of communication, sound, and expression of creativity via thought, speech, and writing. The possibility for change, transformation and healing are located here. The throat is where anger is stored and finally let go of. The main color used is light blue.

## **SIXTH CHAKRA- THIRD EYE**

The Third Eye is located above the physical eyes on the center of the forehead. This is the center for psychic ability, higher intuition, the energies of spirit and light. It also assists in the purification of negative tendencies and in the elimination of selfish attitudes. Through the power of the sixth chakra, you can receive guidance, channel, and tune into your Higher Self. The main colors are purple and dark blue.

# More about the Chakras

## **SEVENTH CHAKRA-THE CROWN**

The Crown, is located just behind the top of the skull. It is the center of spirituality, enlightenment, dynamic thought and energy. It allows for the inward flow of wisdom, and brings the gift of cosmic consciousness. This is also the center of connectedness with the higher power, the place where life animates the physical body. The main colors for the crown are white and purple.

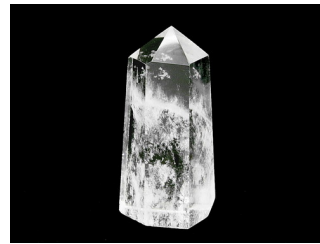
**THE EIGHTH CHAKRA-THE TRANSPERSONAL POINT** is located several inches above the center of the head is the Transpersonal point. Place a hand there and a tingling sensation in the palm identifies the center. Its color is clear and is activated by selenite or zircon.



# Closing Remarks

It is believed that by wearing, holding or carrying, gemstones associated with the zodiac sign under which you were born or ones you are simply attracted to; have the ability to influence, to heal, protect, and to transform energy.

Believe, Hope, Imagine



Wisdom Starts Within You

Wisdom Art LLC 2009

For information on gemstones and crystals and more visit: [www.WisdomArt.com](http://www.WisdomArt.com)

