

Gemstone Folklore

AGATE: Agates are multi-banded colorful stones that occur in volcanic lava. Found in an amazing variety of patterns, it's believed to be a powerful healing stone and fortifier. Agate symbolizes the third eye. In antiquity, it was worn as an amulet and believed to be the stone of prosperity.

AMBER: Amber is organic fossilized tree resin that is 40 to 50 million years old. Colors are light honey gold to gold red and green. Like a time capsule, air bubbles, plants and primeval insects are sometimes trapped inside and preserved, making the amber highly prized. The most famous deposits are in the Baltic region. Amber is believed to sharpen the senses, correct imbalances and soothe the heart. When rubbed, amber produces an electrical charge.

AMAZONITE: A form of blue-green feldspar, this stone was named after the legendary country of the Indian Amazons. Amazonite is said to promote confidence, vitality and restorative sleep if placed under a pillow. Ancient Egyptians considered it a holy stone; also used to stimulate powers of clairvoyance and fortune-telling.

AMETHYST: An excellent spiritual and meditation stone, amethyst is crystalline quartz of purple and lavender. One of the oldest precious stones known, amethyst was believed to encourage sobriety and inner peace by the ancient Greeks. Also believed to ease headaches and prevent nightmares. Some of the largest amethyst deposits are in Brazil.

AQUAMARINE: A light blue member of the beryl family, aquamarine—jewel of the mermaid and stone of the seafaring traveler—is a highly mystic stone. It symbolizes peace and clarity and encourages calmness, tranquility and hope.

AVENTURINE: A type of green quartz with mica inclusions, it is a strong healer for the physical body. Aventurine alleviates doubt, anxiety and stress; also a good luck amulet for career, prosperity, adventure and travel.

AZURITE: This dark-blue colored copper mineral occurs often with malachite and symbolizes insight, spiritual awareness and psychic ability. Very potent in clearing mental blocks and speeding up the healing process.

BLACK ONYX: Used as a magic stone all over the world, it deflects negative energy, and protects from harm, giving the wearer inner harmony and self-confidence.

BLACK STONE: One of the jaspers, black stone repels negativity, encourages protection and grounds personal energy.

BLOODSTONE: This dark green jasper is spotted with red which resembles blood, giving the stone its name. In the Middle Ages, bloodstone was attributed with special powers as the red swirls were thought to be the blood of Christ. Believed to strengthen the immune system, bloodstone is also an excellent stone for the heart.

CARNELIAN: This orange variety of chalcedony is one of the oldest power and protective stones in history. In ancient Egypt, it was placed in tombs as a magic armor for life after death. Carnelian is believed to be a help in circulatory disturbances and to exert a harmonizing effect on sexuality. It can awaken new vitality and heighten creativity.

CHRYSOCOLLA: A green-blue copper-based stone, chrysocolla is said to strengthen intuition and lower stress. Said to be a balance stone for the soul and excellent for goddess energy.

CITRINE: A golden yellow variety of quartz, citrine is a powerful stone that brings sun and warmth into the heart. It works especially well with nervousness and unrest, and promotes self-confidence and renewed determination.

CORAL: Organic in nature, coral comes to us from the living sea as fossilized remains of sea creatures. Highly venerated by Tibetans and Native Americans as a symbol of vitality, coral symbolizes joy of life. Thought to protect against negative energy, coral is also believed to benefit blood and circulation disorders.

EMERALD: Ever since the Stone Age, emerald has been regarded as the most divine of all precious stones. This gemstone is magnificent for regeneration and rejuvenation and

deserves special attention for its healing effect on vision. The emerald promotes harmony and hope.

FLUORITE: Its wide range of colors, yellow, blue, purple and green, make fluorite a stone with which all energy blockages can be treated. Also good for meditation, concentration and inspiration, and useful in opening the spirit. The Chinese have used fluorite in carvings for numerous centuries.

GARNET: Known as the stone of fire, garnet forms at very high temperatures, often in close proximity to volcanic activity. Garnets come in a variety of colors and are believed to symbolize fidelity, passion, faith, strength and determination. Placed wherever a lack of energy exists, the fiery garnet is said to be a starter motor for the body's repair mechanisms.

HEMATITE: Dark, silvery black on the outside showing a dark red color when cut into thin slices, hematite was regarded as the stone of the warrior because of its healing properties. Wise men of the Orient regarded it as a lucky stone to ward off the evil eye and in legal matters. Hematite represents firmness, strength, power and dedication; a magnificent grounding stone.

IOLITE: Also known as water sapphire, this violet blue gem has gentle, wisdom-inspiring, patient, kind and psychic energies. A magnificent stone for combating stress.

JADE: It has long been revered as the stone of peace, wisdom and true love in China. Each color has its own special vibration: Green is long life, true love, wisdom. Red is especially good for women's health and physical stress. Lavender eases emotional strain. White relaxes nerves. Jade symbolizes overall renewal and is still considered a lucky stone worn as an amulet. Carved by the Chinese for over 2000 years.

JASPER: This chalcedony occurs in many shades of brown, red and green and has always been said to have magic powers. Jasper symbolizes willpower. Red jasper strengthens stamina, stimulates sexuality and fertility. Yellow strengthens the immune system. Brown encourages stability and healing. Leopard relaxes tension, relieves fatigue and stimulates the imagination. Fancy jasper stabilizes shaky nerves.

MALACHITE: Carved or polished, it reveals alternating bands of light and dark green. Ancient Egyptians used malachite, in amulets and even pulverized it for use in eye makeup. Zaire is the most important producer of this concentration stone; also said to be a powerful career and money stone.

MOONSTONE: Associated in antiquity with the moon, it has always been the stone of love and lovers.

OPAL: In mythology, the gods believed opal was the embodiment of the beauty of all precious stones. Precious opal shows amazing iridescent flashes of color as it is viewed from different angles. Australia has been the main producer of fine opals since the 19th century. Symbols of eternal hope, opals are useful for dream work, meditation, psychic development and they are given as gifts of true love.

OBSIDIAN: In the Stone Age, it was used to make weapons and arrowheads; obsidian is formed from volcanic lava and comes in brown, gray, black and spotted—as in snowflake obsidian. A protection stone, obsidian deflects negativity and sends it back to its source; also believed to help alleviate anxiety attacks.

PEARL: Pearls come to us from the living sea. Formed by invading particles that penetrate shells, they show us how we can attain perfection through painful experience. Pearls in their many colorations, reveal their full beauty and radiance when worn against the skin. The embodiment of feminine beauty, pearls promote wisdom and happiness.

PERIDOT: Known as the evening emerald, peridot is said to have been worn by Moses for protection and brought to Europe in the Middle Ages by the Crusaders from the Red Sea, where it had been mined for over 3,500 years. Lively green peridot is the stone for inner harmony, positive feelings and for strengthening friendships.

QUARTZ CRYSTAL: Legends from around the world surround this gem. Quartz has been called crystallized light, petrified ice, angel tears and teardrops of Isis. Used universally as the emblem of purity, strength, power and healing. Buddhists use quartz to achieve enlightenment. It opens up all chakras and is considered the ancestor of the gem world. Quartz crystal is the most versatile and positive of stones. Today, Native Americans still put quartz in every newborn baby's cradle.

[RHODOCROSITE](#): Watermelon pink with white swirls, this is a love-attracting stone of the highest power. Rhodocrosite symbolizes openness, self-knowledge and awakens our creativity and all-embracing love.

[RHODONITE](#): In antiquity, rhodonite was given to travelers as a protective stone. Believed to be a stone of change, it symbolizes self-realization and helps us make the right decisions on new beginnings in life. Pink rhodonite with its dark inclusions also protects against all kinds of anxieties.

[ROSE QUARTZ](#): Since the Middle Ages, rose quartz has been considered a love charm—gently permeating one with love for others. A universal love stone, it attracts love and admiration, helps to strengthen self-image and self-improvement and to realize one's full potential. Soothing, calming qualities also help to heal the heart.

[RUBY](#): The ancient Greeks called it the mother of all gemstones for its beauty, love and rarity. It is said that ruby combines sensual and spiritual love creating divine love in crystallized form. As a good luck stone of love, ruby encourages sensitivity and harmony in relationships.

[RUTILATED QUARTZ](#): When tiny needles of silver or gold color are found in quartz, they make attractive gemstones known as rutilated quartz, also popularly known as Maiden's hair or the hair of Venus. A powerful healing stone with a stepped-up positive energy. Said to contain the light of the sun, it stimulates the wearer's self-healing powers and promotes a calming effect on the psyche.

[SAPPHIRE](#): A precious stone of truth, wisdom and faith. Since the Middle Ages, sapphire has symbolized the tranquility of the heavens, bestowing peace and divine blessing upon the wearer.

[SMOKY QUARTZ](#): In antiquity, it was used as a protective stone with very strong healing powers. Smoky quartz helps to renew strength and overcome grief; it grounds and clarifies, enabling one to change negative behavior, eliminate the deadwood and begin anew.

[SODALITE](#): In ancient Greece, artists and singers carried sodalite as it was believed to promote inspiration and creativity while also providing protection. This dark blue stone with white streaks of calcite is believed to be ideal for spiritual harmony.

SUGILITE: New to the gemstone world as it was discovered in 1944 by a Japanese scientist, this lovely purple stone is believed to have comprehensive healing powers. It is a protective stone for sensitive people and symbolizes self-control; sugilite also helps us in new beginnings. Effective on all the chakras.

TIGER'S EYE: Its beautiful shimmer and play of golden light over its surface gives tiger's eye an amazing liveliness--a cat's eye effect called chatoyancy. It has been sought after and used in jewelry as it is said to heighten concentration and help to ease headaches and migraines; also said to be an effective healing stone for bronchial problems and asthma.

TOPAZ: Rosy gold, deep yellow, golden brown and aqua blue are among the most popular and valuable colorations of this stone. One of the royal stones in the gem world, topaz comes from the Sanskrit word for fire and symbolizes the joy of life. Its wearer should take delight in the world and embark on a path of self-realization.

TOURMALINE: The rainbow of gemstones, tourmalines come in an amazing variety of colors and are extremely positive to work with. The stone is electrostatically charged when rubbed. Rubelite promotes selfless love and is healing for the heart. Green tourmaline is great for harmony and balance. Blue aids with inner peace and clarity. Black reflects negativity and evil back to its source. Watermelon (pink and green) balances, regenerates and heals.

TOURMALINATED QUARTZ: has inclusions of black tourmaline which form prismatic crystals. Known as a harmonizing stone, it creates balance between the two poles of yin and yang, the female and male principles. A marvelous stone for new and harmonic beginnings and for difficult partnerships.

TURQUOISE: One of the first gemstones to be mined, turquoise was a sacred stone for ancient Egyptians and Native Americans. It has long been used as a powerful protection stone against harm, an amulet for travelers and a good luck stone; also believed to protect from fears and nightmares. Some of the most amazing turquoise is found in Arizona.

UNAKITE: Also known as epidote, this speckled green and salmon-colored stone conveys the symbol of what comes together belongs together. It is believed to encourage

patience and is considered a powerful friendship stone. One who carries unakite will find things that have been lost.

ZIRCON: The clear variety of zircon, when cut and polished, has the brilliance and hardness of a diamond. As a healing stone, zircon exhibits spiritual properties and can also ease tensions and clarify mental thoughts.

ZOISITE: Believed to be a fertility stone for men and women as well as a protective stone for pregnant women, ruby zoisite was discovered in the 19th century. Its highly sought blue variety is called tanzanite and was only discovered in 1967 near Mount Kilimanjaro in Africa.