

Aries



Ruby: The ruby has long symbolised love and passion, and its energy is intense and vivid. This gemstone is associated with leadership and royalty, and can enhance decisiveness. The ruby heightens love of life, and brings confidence, motivation and inspiration. Rubies are said to stimulate the heart chakra and help you to follow your passions. They are reputed to bring physical courage and can be used to detoxify, cleanse the blood, treat fever and promote effective circulation. Rubies may enhance material prosperity.



Red Garnet: Garnet is thought to warn of approaching danger and was once carried as a protective talisman. Garnet is believed to prolong sexual prowess, remove inhibitions and enhance self-confidence. Garnet can bring success in business and may speed up the metabolism.



Red Jasper: Reputed to benefit the body's internal organs, this stone is said to support the physical system, especially during times of stress. Also, it may dispel negative energy and protect the wearer from psychic attack. Red jasper is a powerful stone that strengthens and stabilises and can be used to stimulate the immune system.

Taurus



Emerald: This stone is said to imbue abundance and fertility and is associated with material prosperity. It also encourages memory, faithfulness, and communication. Known as a stone of sensuality, love, romance and beauty, it is in keeping with the nature of Taurus and its ruling planet Venus. The emerald is known for its capacity to enhance memory and patience. When used in healing, it has a detoxifying effect, aids recovery, and historically was used as an antidote to poisons and to heal malignant conditions.

Jade: A sacred stone for centuries in the East, jade is said to bring serenity, wisdom and balance in all things, and is associated with both quality and luxury. Jade facilitates peaceful energy and is thought to harmonise environments by eliminating negativity. The ultimate symbol of calmness, balance and serenity, this healing stone is thought to alleviate anxiety and fear, while helping you to recognise your intrinsic spirituality. For thousands of years, jade has been treasured for its life-extending powers; it is believed to bring a long, prosperous and fruitful life.



Gemini



Citrine: Citrine transforms negative energy, can diminish self-destructive tendencies and bring about inner calmness. It is light-hearted and cheerful, heralding happiness, joy and optimism in your life. Citrine can open the mind to new and positive thoughts and experiences as it enhances self-esteem. This stone was used during the Middle Ages to treat people with mood disorders. Citrine also encourages creative self-expression and is physically invigorating.

Topaz: Topaz comes in many different varieties. This gem promotes creativity, clarity of thought and helps with decision-making. It also promotes the expression of ideas. Topaz can help to develop faith and belief in the universe, and promotes forgiveness, leading to a more enlightened state. Traditionally known as a stone of love, trust, success and artistic expression, topaz promotes success and good fortune by enhancing creativity and self-confidence. Physically, it is said to aid digestion and stimulate the metabolism.



Cancer



Moonstone: This stone represents introspection and reflection, and is named for the Moon, Cancer's ruling planet. Moonstone helps balance the physical, emotional, mental, and spiritual elements of life. It is also said to calm the emotions and enhance intuition while creating a peaceful energy around the wearer. Moonstone represents the Great Mother Goddess and symbolises all aspects of the feminine. It is said to facilitate the soothing release of emotions in both men and women, and to balance female hormonal activity, especially during menstruation and pregnancy. Moonstone is an excellent choice to create a soothing ambience during times of stress and can be used to calm hyperactive children. On the physical level it may assist with fluid retention, premenstrual tension and reproductive disorders.

Pearl: The pearl signifies faith, charity and innocence, and can be used to enhance personal integrity. Known for its qualities of sincerity, purity and honesty, the soft glowing aura of the pearl reminds us of the Moon's gentle power. Pearls are formed inside the humble oyster, a creature whose life cycle is governed by phases of the Moon. Pearls lift the spirits and bring calm and serenity.



Leo

Diamonds: Associated with luxury and purity, diamonds enhance personal status, fame and artistic expression. Diamonds have become the commercial choice for an engagement ring because they are associated with fidelity, commitment and positive energy. An energy amplifier, the diamond is also associated with abundance, strength and loyalty. Diamonds are dazzling, like the Sun's energy, Leo's ruling planet. On a physical level, the diamond is useful for treating eye conditions and allergies and is reputed to block radiation, such as that from mobile phones.



Tiger eye: This stone can enhance courage and personal power.

It also brings intuition and facilitates the practical application of creativity, thereby producing wealth. Tiger eye is also thought to assist fertility. Its energy balances the earth and fire elements, facilitating integration of yin and yang. It is also said to be useful to lift mental confusion, heal scattered thinking and defuse inner ego conflicts. Once carried to protect against curses and bad omens, tiger eye is a protective crystal. It can be used in treating eye problems and broken bones.



Virgo

Peridot: Usually green in colour, peridot emits a warm friendly energy associated with the heart and solar plexus chakras, providing protection to the body from outside influences. It assists the wearer to find inner happiness and facilitates emotional healing. Known as a stone of purification and cleansing, the peridot helps release old patterns and opens the mind and heart to new levels of consciousness. The peridot enhances confidence and assertiveness, and helps you to take personal responsibility. Physically, peridot helps to balance and heal many main organs of the body and helps to banish hypochondria.



Carnelian: This stone grounds and anchors, and stimulates creative expression.

Carnelians can be also used to cleanse other stones and were once used in rituals to protect souls on their journey to the underworld. A powerful source of courage and motivation, they may also enhance analytical skills, concentration and clear thinking. A much under-rated stone, it can also be used for eliminating negative emotions such as anger and resentment, replacing them with love, happiness, vitality and creativity. Physically, carnelian aids the metabolism and lower back problems, alleviates depression and arthritic pain, regulates bodily fluids and generally accelerates healing.



Libra

Rose quartz: This stone's calming uplifting energy works to gently remove negativity, instilling a loving energy in its place. It brings peace and a calming influence to you and your relationships. Rose quartz may rejuvenate both the physical body and the emotions and is wonderful in healing emotional wounds. Rose quartz promotes compassion, forgiveness and self-esteem. It works well with the heart chakra, bringing feelings of warmth and unconditional love. It is highly reassuring and heightens one's empathy and sensitivity. Physically, rose quartz works to strengthen many of the body's major organs and systems.



Opal: This gem vibrates at high frequency and is both delicate and intense. It enhances spontaneity, love, passion and loyalty. Opal both reflects and absorbs energy and focuses on the underlying truth of any situation. It deflects negative energy back to its source. Opal enables issues from the past to emerge into consciousness, and encourages integration. Above all, opal releases inhibitions and heightens emotions. If handled incorrectly, opals can also scatter or fragment energy, resulting in confusion and restlessness.



Scorpio

Bloodstone: Said to strengthen and oxygenate the bloodstream, this stone is also believed to enhance physical and mental vitality, strengthen the heart and spleen, and increase vitamin absorption. Although a stimulating and powerful gem, it also reduces emotional and mental stress and is the stone of courage and renewal. Thought to have powerful healing properties, the bloodstone has a very deep energy that facilitates mediation and love, and historically was applied to stabilise the blood flow. It is also thought to be a very good gem for those in business, especially the self-employed as it enhances business acumen and helps people adapt to changes. It is believed to strengthen the vitality and physical body.



Malachite: Sometimes called the stone of transformation, malachite assists with processes of change and spiritual evolution. It clears and activates all the chakras, enhances spirituality and assists with psychic development. This stone facilitates change and spiritual growth, drawing out unwanted psychological material and transforming patterns of behaviour. Malachite requires careful handling as the dust is toxic and readily absorbs pollutants. Malachite should be cleansed often. A powerful stone, it should be used with care, preferably by experienced practitioners.



Sagittarius

Turquoise: Turquoise strengthens the body, aids tissue regeneration and generally heals and protects. It helps to bring clarity of expression, peace of mind, emotional balance, ease of communication, friendship and loyalty. Turquoise instils an inner calmness, stimulates creative expression and helps calm the nerves. Physically, turquoise is indicated for protection from viral infections, detoxification and as an anti-inflammatory.



Amethyst: This highly spiritual gem is said to bestow peaceful and calming energies and facilitate intuition and contentment. Associated with the spiritual realm, amethyst bestows strength and peace, and can help ward off negative influences, as it is protective and strengthening. Amethyst is known for its healing properties and for instilling unconditional love and inspiration. It is also thought to enhance psychic and creative abilities.



Aquarius

Aquamarine: A stone of courage, aquamarine stimulates intellectual reasoning and interest in learning. Aquamarine is associated with the life-giving properties of water. Legend has it the aquamarine originated in the treasure chest of mermaids and it is reputed to be lucky for sailors or anyone travelling by sea. It can be used to soothe, calm and alleviate fears and phobias as it releases anxiety, restlessness and combats depression.

Fluorite: An excellent stone for enhancing comprehension, intuition and focus, and to bring order and stability. This crystal is used to overcome feelings of chaos or disorganisation. Highly protective, it also helps focus the mind and enhances intuition. Fluorite gently removes fixed ideas and rigid behaviour, and facilitates an awareness of the bigger picture. It is helpful for those suffering mental confusion and assists the mind to deal with new information. It is also a useful stone to treat teeth and bones, skin, respiratory and in pain relief.



Capricorn



Obsidian: This stone helps develop awareness of personal shortcomings to increase self-knowledge and growth. Obsidian can also help protect the wearer from negativity and has a strong grounding influence. Known to stimulate precision and analytical capabilities, it can assist forgiveness and the release of grievances. Obsidian is created when molten lava cools very quickly. It is a very powerful supportive stone, but can also bring up negative emotions, which may be overwhelming. Of the many varieties, mahogany obsidian is the most gentle. This highly cathartic stone is useful in treating arthritic conditions, digestive problems, cramps and injuries.

Onyx: Onyx can be used to heal grief, enhance self-control, stimulate wise decisions, and encourage happiness and good fortune. It is grounding and can be used to deflect or absorb negativity. Onyx is highly strengthening and confers resilience and stamina. On a physical level, Onyx can be used to treat problems with the teeth, bones and blood.



Pisces



Blue sapphire: The glorious blue sapphire is the main stone associated with Pisces. It has long symbolised truth, sincerity and faithfulness, and draws wisdom to the wearer. It points to your mission and destiny, instilling hope, faith and joy during the journey. Blue sapphire can focus healing and loving energy on anyone needing it, without having to even touch it. It has a powerful and magical quality of its own. Because sapphires represent divinity, they were the gemstone of choice for kings and high priests. It symbolises purity, wisdom, sincerity and fidelity.

Lapis lazuli: This stone energises and promotes strength, vitality, virility, mental clarity and illumination. It enhances psychic abilities and communication with the higher self and with spirit guides. It has also been used to protect and shelter the wearer from physical danger and psychic attacks. Lapis lazuli is a stone of awareness, helping to expand consciousness, intellectual capacity and enhance the intuition and psychic abilities.

