

# Stones & Their Healing Uses

*Chart. Research by Avalon 1988 -1991*

## HOW TO CHOOSE YOUR STONE & USE IT:

Choose the stone that appeals to you most at this time or close your eyes & run your receiving hand slowly over each stone or have some else place the stones individually in your receiving hand, hold for a minute & tell the other person how you react to the stone.

For best results the stone or stones should have skin contact in the Solar Plexus region. Keep in mind that stones that have been set in a metal setting will be influenced by that metal. Healing bags should hang from the neck & rest directly over the Solar Plexus. A second stone of the same kind can be taped to the affected area itself.

All stones must be cleansed before use, then programmed through visualisation & meditation, pathworking or spell work. Healing stones must be cleaned daily by placing them for a specified time on rough sea salt. Time varies due to the severity of the illness & the size of the stone. Failure to do so may crack or damage your stone. If you are doing a healing with your healing stones on some one else place them immediately after your healing session in a bowl of salt water.

Do not use healing stones that have been programmed for this purpose for any other use. If you are using a bag, use stones in sets of threes & add a small Quartz crystal & herbs to amplify bag.

## GENERAL HEALERS:

Amber, Jet, Coral, Carnelian, Citrine, Bloodstone, Chrysoprase, Topaz, Obsidian, Amethyst, Suglite, Agate, Programmed Quartz Crystal.

## TONIC FOR BODY:

Amethyst, Carnelian, Emerald, Fluorite, Garnet, Jasper, Agate, Chrysocolla, Herkimer Diamond, Malachite, Obsidian, Peridot, Rhodocrosite, Rutilated Quartz, Selenite, Smoky Quartz, Sodalite, Topaz, Tourmaline, Turquoise, Red Coral, Rhyolite, Alexandrite, Rose Quartz. The best metals are Copper & Use for daily use or when feeling tired or listless.

## STRESS, NERVOUS DISORDERS, DARK NIGHT OF THE SOUL:

Amber, Green Calcite, Aventurine, Amazonite, Kunzite, Moonstone, Banded Agate, Tree Agate, Cats Eye, Sardonyx, Sard, Black Tourmaline, Tigers Eye, Sodalite, Smoky Quartz, Obsidian, Bloodstone, Onyx, Selenite, Lapis Lazuli, Emerald, Aquamarine, Chrysocolla, Malachite, Chrysoprase, Hematite, Amethyst, Dioptase, Azurite, Herkimer Diamond, Celestite, Alexandrite, Calcite, Suglite. The best metal is silver.

## HEART PROBLEMS:

Amazonite, Citrine, Dioptase, Emerald, Jade, Kunzite, Lepidolite, Malachite, Rhodochrosite, Rose Quartz, Ruby, Sapphire, Suglite, Plume Agate, Beryl, Bloodstone.

## RESPIRATORY SYSTEM:

Azurite, Carnelian, Chrysocolla, Hematite, Turquoise, Blue Lace Agate, Aquamarine.

## BRONCHITIS:

Pearl, Azurite.

## PNEUMONIA:

Light Opal, Pearl, Amethyst.

## KIDNEYS:

Aquamarine, Citrine, Calcite, Carnelian, Emerald, Jade, Topaz, Rhodochrosite, Sapphire, Hematite, Rose Quartz.

## LIVER PROBLEMS:

Aquamarine, Citrine, Jade, Emerald, Jasper, Topaz, Azurite, Malachite.

## SPLEEN:

Aquamarine, Calcite, Fluorite, Alexandrite, Hematite, Malachite, Moonstone, Rhodochrosite, Tigers Eye, Bloodstone.

## IMMUNE SYSTEM:

Citrine, Moonstone, Rutilated Quartz, Opal, Blue Lace Agate, Pearl, Obsidian, Turquoise, Emerald, Fluorite, Amethyst, Jade, Garnet, Alexandrite, Kunzite, Malachite, Rhodochrosite, Ruby, Tree Agate. Metals are Gold & Brass.

## PANCREAS:

Calcite, Carnelian, Alexandrite, Malachite, Sodalite, Tigers Eye, Red Jasper.

## ENDOCRINE SYSTEM:

Amethyst, Moonstone, Opals, Smoky Quartz, Sodalite, Tourmaline, Fire Agate, Tigers Eye.

## FLUID RETENTION:

Aquamarine, Blue Lace Agate, Amber.

## STONES THAT DETOXYFY & PURIFY THE BODY:

Aquamarine, Aventurine, Jade, Suglite, Topaz, Green Jasper, Moss Agate, Citrine, Hematite, Tigers Eye.

## STONES THAT STRENGTHEN MUSCLE TISSUES:

Aventurine, Lepidolite, Peridot.

**ANAEMIA:**

Bloodstone, Azurite, Carnelian, Fluorite, Garnet, Hematite, Lepidolite, Turquoise, Blue Lace Agate, Tourmaline. Metal is Pyrite.

**GALL BLADDER:**

Carnelian, Citrine, Jasper, Topaz, Chalcedony, Magnetite. Kunzite.

**THYROID PROBLEMS:**

Celestite, Chrysocolla, Lapis Lazuli, Garnet, Sodalite, Amber.

**HAY FEVER:**

Pearl, Topaz.

**ULCERS:**

Chrysocolla, Dioptase, Green Jasper.

**INTESTINES:**

Beryl & the metal is Copper.

**DIGESTIVE PROBLEMS:**

Chrysocolla, Citrine, Dioptase, Moonstone, Obsidian, Jade, Tigers Eye, Green Jasper, Light Corals, Opal, Pearl.

**VERTIGO:**

Blue Tourmaline.

**ARTHRITIS:**

Chrysocolla, Malachite, Azurite. metal is Copper.

**FEMALE DISORDERS:**

Chrysocolla, Moonstone, Chrysoprase, Red Jade, Bloodstone, Rose quartz. Metal is Copper.

**TO AID FEMALE HORMONAL DYSFUNCTION:**

Brown Jasper.

**MALE DYSFUNCTION.**

Bloodstone, Chrysoprase, Dark Opal.

**COLON PROBLEMS:**

Citrine, Obsidian, Tigers Eye, Zircon, Green Jasper.

**BLOOD PRESSURE:** Emerald, Dioptase, Garnet, Hematite, Rose Quartz, Lepidolite, Ruby, Malachite, Turquoise, Plume Agate. Metal is Pyrite.

**HIGH:** Pearl, Emerald.

**LOW:** Ruby, Magnetite.

**IRREGULAR:** Ruby, Pearl.

**STRENGTHENS TEETH & BONES:**

Fluorite, Lapis Lazuli, Selenite, Azurite.

**HARDENING OF ARTERIES:**

Beryl.

**BLADDER:**

Jasper, Red Jade, Topaz, Lodestone, Malachite.

**MIGRAINE:**

Clear Amethyst placed on the Third Eye.

**HEADACHE:**

As above, also Cats Eye, Tigers Eye, Hematite, Kunzite, Lodestone, Malachite.

**EYE DISORDERS:**

Jade, Opal, Tigers Eye, Eye Agate.

**ADDICTIONS:**

**DRUGS:** Emerald.

**ALCOHOL:** Amethyst, Emerald, Jade.

**TOBACCO:** Kunzite.

LYMPHATIC SYSTEMS:

Sodalite.

BONE DISEASE, TO HELP STRENGTHEN BONE MARROW:

Onyx, Selenite, Azurite, Bloodstone, Chalcedony.

STONES THAT AID BRAIN FUNCTION:

Rutilated Quartz, Selenite, Suglite, Zircon. Metals are Silver & Pyrite.

TO AID GLANDULAR SYSTEM:

Sapphire, Smoky Quartz, Opal, Suglite, Zircon, Peridot. Metals are Copper & Silver.

INSOMNIA:

Tourmaline.

INCREASE OF RED BLOOD CELLS:

Chalcedony.

SEXUAL PROBLEMS:

Alexandrite.

INFECTIONS:

Malachite, Obsidian, Ruby.

INFLUENZA:

Topaz, Moonstone, Jet, Amber, Fluorite, Beryl.

BURNS:

Malachite, Pearl, Ruby, Turquoise.

COLDS:

Pearl.

COUGHS:

Topaz, Azurite.

FERTILITY:

FEMALE: Malachite.

MALE: Pearl, Amethyst, Bloodstone.

CATARACTS:

Malachite, Clear Quartz, Turquoise.

THROAT & VOICE AILMENTS:

Aquamarine.

FEVER:

Coral, Jasper, Kunzite, Ruby.

SKIN REJUVENATION:

Rose Quartz, Botswana Agate, Azurite, Malachite.

ACNE:

Moss Agate, Aventurine, Fire Agate.

CONSTIPATION:

Green Agate, Topaz, Ruby.

SCHIZOPHRENIA:

Ruby, Meteorite, Amethyst, Kunzite, Rose Quartz.

MENTAL BREAKDOWNS:

Rhodochrosite, Rhodonite, Blue Calcite, Aquamarine, Pink Coral, Meteorite, Kunzite, Pearl.

FATIGUE:

Ruby, Pearl, Moonstone, Emerald.

STONE FOR THE TERMINALLY ILL:

Amazonite.

**ANOREXIA NERVOSA:**  
Carnelian.

**DIABETES:**  
Moss Agate, Lodestone, Malachite, Amethyst, Rhodonite.

**TUMOURS:**  
Botswana Agate.

**SPINE:**  
Azurite. Chrysocolla.

**LOSS OF MEMORY:**  
Fire Agate, Amber.

**EAR PROBLEMS:**  
Amber, Moonstone. Metal is Copper.

**AGATE.**  
The Agate is said to improve natural vitality & energy & to increase the confidence of the user. It is believed to be a particular benefit to athletes & those taking examinations or anyone else who has to call upon instant bursts of energy, whether mental or physical.

**AMAZONITE.**  
Generally used to help soothe the nervous system & give some relief to those suffering from emotional disturbances.

**AMBER.**  
Although it may look like a stone, in fact it is fossilized resin from Pine trees. It is claimed that Amber is used to best effect by those who suffer from throat infections, bronchial disorders, asthma or convulsions.

**AMETHYST.**  
It is not for nothing that the amethyst is known as the spiritual stone. It has the reputation of helping those who wish to develop psychically & of giving protection to those who feel that they may be under some sort of psychic attack. It is said that sleeping with a piece of Amethyst beneath one's pillow promotes intuitive dreams & inspired thought. Many healers also consider it useful in the relief of insomnia & to bring serenity in times of grief.

**AQUAMARINE.**  
The Aquamarine is used when dealing with problems of the eyes, liver, throat & stomach. This is also reputed to promote clear & logical thinking & for that reason is often carried as a good luck charm by those who are taking examinations or being interviewed for a job.

**AVENTURINE.**  
Is said to relieve migraine & in soothing eyes. A traditional method of using it is to leave a piece of Aventurine in cold [ boiled ] water over night & to use the water the following bathe the eyes. This same water can be used to bathe irritations of the skin.

**AZURITE.**  
The Azurite was recommended in the writing of Edgar Cayce as an aid to psychic development. It is a powerful stone & is said to have been used as a general healing stone in the lost continent of Atlantis. It can be used in all healing layouts & also carried for its dual purpose.

**BERYL.**  
The chief benefits are to bring relief from complaints of the throat & liver.

**BLOODSTONE.**  
It is believed that to carry, wear or sleep on this stone helps to overcome depression & melancholia. It will also help those who suffer from psychosomatic illnesses, allergies, & pains which are emotional rather than physical.

**CARNELIAN.**  
The carnelian has the reputation of staunching the flow of blood from an open wound. If worn in a pouch by a woman during menstrual periods it is said to help stomach cramps often felt at this time. It can be used instead of the traditional remedy of a key placed at the back of a person's neck suffering from nose bleeds.

**CATS EYE.**  
It is claimed that this stone will be of great benefit to those who suffer from acne, eczema & other eruptions of the skin. It has the reputation of being a good luck charm & one of protection.

**CHALCEDONY.**  
Reduces irritability in the wearer & increases feelings of peace & goodwill towards others.

**CHRYSOCOLLA.**  
Was used by many ancient civilisations as a healing stone & all healers should carry or wear one of these stones. It should also be worn by all others wishing to be healed on all levels.

**CHRYSOPRASE.**

Is said to improve memory & reduce nervousness. & impatience. Support stone gives sound judgement in times of stress & emergency.

## **Examples Of Gemstones For Maintenance Of Beauty, Well Being & Balance**

*by D.M. Mella*

If you want to be energetic, motivated, dynamic, beautiful, think of red & rose stones.

Examples: Rose Jasper, Garnets, Red Coral, Alexandrite, Rhyolite, Carnelian, Ruby, Red Jasper.

If you are tired, over worked & under stress, get back to the Earth & wear some Earth stones.

Examples: Tree Agate, Sard, Sodalite, Turquoise, Banded agate, Amber, Sardonyx, Obsidian.

When you need to make a decision, aid your mind by using a green or blue stone.

Examples: Blue Tourmaline, Azurite, Aventurine, Lapis Lazuli, Blue Lace Agate, Blue Tigers Eye, Sapphire, Chrysocolla.

If you want a new career, new work, or even a new job, & want to have a purpose in life, go for it with a new support stone.

Examples: Plume Agate, Garnet, Tourmalated Quartz, Star Sapphire, Carnelian, Rutilated Quartz, Magnetite.

Try Bloodstone, Obsidian, Coral, Tourquoise, Amethyst, Chalcedony or Ivory for general healing.

Stones that balance: These include shells, Jet, Jasper, Petrified wood, Rhodonite Agate & Amber.

## **Projective Stones Are Energizing & Are Useful For Healing & Health, Banishing & Protection, Exorcism, Intellectual Powers, Power Raising, Change / Luck, Success, Willpower, Courage & Self Confidence**

Agates, [ red, black, brown, banded & eyed. ] Amber, Apache Tear, Asbestos, Aventurine, Bloodstone, Orange Calcite, Carnelian, Cats Eye, Citrine, Cross Stone, Crystal [ Quartz, Herkimer, Rutilated, Tourmalated. ] Diamond, Flint, Florite, Garnet, Hematite, Jasper [ Mottled, Red. ] Lava, Mica, Obsidian, Onyx, Opal, Pipestone, Pumice, Rhodonite, Rhodocrosite, Ruby, Sard, Sardonyx, Serpentine, Sphene, Spinel, Sunstone, Tigers Eye, Topaz, Red Tourmaline, Zircon.

## **Receptive Stones Are Soothing, De-Stressing & Are Related To Love, Wisdom, Compassion, Sympathy, Empathy, Eloquence, Sleep, Dreams, Friendship, Growth, Fertility, Prosperity, Spirituality, Psychism, Gentle Healing, Protective & Mysticism**

Agate [ Green, Moss, Blue Lace. ] Alum, Amethyst, Aquamarine, Azurite, Beryl, Calcite [ Blue, Green, Pink. ] Celestite, Chalcedony, Chrysocolla, Chrysoprase, Coal, Coral, Cross Stone, Crystal [ Milk, Blue, Green, Rose & Smoky Quartz. ] Emerald, Geodes, Holey Stones, Jade, Jasper [ Brown & Green ] Jet, Kunzite, Lapis Lazuli, Malachite, Marble, Moonstone, Mother of Pearl, Olivine, Opal, Pearl, Peridot, Petrified Wood, Salt Crystals, Sapphire, Selenite, Sodalite, Sugillite, Tourmaline [ Black, Blue, Green, Pink. ] Turquoise.

## **Some Stones Like The Cross Stone Are Both Receptive & Projective The Planetary Rulers & Stones That Are Used For Them..**

**SUN:** These stones are useful in legal matters, healing, protection, success, illumination, magical energy, physical energy & Solar Festivals. When using candles with these stones use orange or gold ones.

Amber, Orange Calcite, Carnelian, Diamond, Pipestone, Sulphur, Sunstone, Citrine, Tigers Eye, Gold Cats Eye, Topaz, Yellow Zircon.

**MOON:** These stones are suitable for use in rituals involving sleep, prophetic dreams, gardening, love, healing, the sea, the home, fertility, peace, compassion, spirituality, & Esbats. [ for dark Moon rites use black candles. ] Use silver or white candles.

Aquamarine, Beryl, Chalcedony, Moonstone, Mother of Pearl, Pearl, Sapphire, Selenite.

**MERCURY:** These stones are used for strengthening mental powers & for eloquence, divination, studying, self improvement, communication, travel & wisdom. Candle colour yellow.

Agate, Aventurine, Mottled Jasper, Mica, Pumice.

**VENUS:** These stones are useful in rituals promoting love, fidelity, reconciliation, interchanges, beauty, youth, joy, luck, happiness, pleasure, friendship, compassion, meditation & Women's initiations. Candle colour green.

Azurite, Blue, green & pink Calcite, Cats Eye, Chrysocolla, Chrysoprase, Coral, Emerald, Jade, Green Jasper, Kunzite, Lapis Lazuli, Malachite, Olivine, Peridot, Sodalite, Blue, green watermelon & pink Tourmaline, Turquoise.

**MARS:** These stones are useful for promoting courage, aggression, healing after surgery, physical strength, politics, sexual energy, exorcism, protection, defensive magic, & are suitable for mens initiations. Candle colour red.

Asbestos, Bloodstone, Garnet, Red Jasper, Lava, Onyx, Pipestone, Rhodocrosite, Ruby, Sard, Sardonyx, Red Tourmaline, Watermelon Tourmaline.

**JUPITER:** These stones are used for spirituality, meditation, psychism, & Religious rituals. Candle colour purple.

Amethyst, Lepidolite, Sugillite.

**SATURN:** These stones are used for grounding, centring, protection, purification, & luck. Candle colours, Grey or brown.

Alum, Apache Tear, Coal, Hematite, Brown Jasper, Jet, Obsidian, Onyx, Serpentine, Black Tourmaline.

**NEPTUNE:** These stones are used for water divination, mirror spells & divination, healing, Initiation baths, Ritual cleansing [sea] & Birth rituals. Candle colour blue.  
Amethyst, Celestite, Turquoise, Lepidolite, Aquamarine, Sea fossils, Mother of Pearl.

**PLUTO:** These stones are used to bring order out of chaos, use caution when using Pluto. Candle colour black  
Kunzite, Spinel, Tourmalated Quartz.

**URANUS:** These stones are used for dramatic change, inventions, public reforms, chaos, banishing thought forms & unusual ideas. Candle colour lavender or white.  
Lava, Pumice, Volcanic Glass, Meteorite, Boji stones.

*S. Cunningham.*

### Elemental Powers & Stones : Earth

Stones related to this element are useful in promoting peace, grounding, centring of energies, fertility, money, business, success, stability, gardening, agriculture, Earth rites & meditation on mundane problems. Candle colour green. Agate, green & moss, Alum, Green Calcite, Cats Eye, Chrysoprase, Coal, Emerald, Brown & green Jasper, Jet, Kunzite, Malachite, Olivine, Peridot, Salt, Stalacite, Black & green Tourmaline, Turquoise, Crystal clusters. AIR: Is the element of communication, travel, & intellect, Candle colour yellow. Aventurine, Mottled jasper, Mica, Pumice, Sphene. FIRE: These stones are used for protection, purification, defensive magic, physical strength, courage & will power. Candle colour red. Black, red & banded Agates, Amber, Obsidian, Onyx, Pipestone, Rhodocrosite, Apache Tear, Bloodstone, Carnelian, Citrine, Herkimer Crystal [diamond] Diamond, Garnet, Red Jasper, Quartz Crystal, Lava, Sard, Sardonyx, Serpentine, Spinel, Sulfur, Sunstone, Tigers Eye, Topaz, Red & watermelon Tourmaline, Zircon. WATER: The stones of this Element are used in love rituals & for healing, compassion, reconciliation, friendship, purification, de- stressing, peace, sleep, dreams, & psychism. Candle colour blue. Blue lace Agate, Amethyst, Aquamarine, Azurite, Beryl, Blue & pink Calcite, Celestite, Chalcedony, Chrysocolla, Coral, Crystal Quartz, Geodes, Holey Stones, Jade, Lapis Lazuli, Lepidolite, Moonstone, Mother of Pearl, Pearl, Selenite, Sodalite, Sugilite, Blue, pink & green Tourmaline. AKASHA: This is the 5th Element & its stones are usually of organic origin ie, either substances from living creatures or fossils of long dead animals & plants. They are useful in a number of magical applications, including longevity, & past life regression. Amber, Jet, Mother of Pearl, Pearl, Petrified Wood.

*S. Cunningham*

### Lithomancy, Stone Divination *Adapted from D. Valiente & Amalthea's Gem Lore*

This type of divination is particularly associated with both Witchcraft & Shamanism world-wide. In France the French word for witch, "sorcier" is used for a male witch & "sociere" is used for a female witch. The witch or sorcier / sorciere is one who practices Sortilege, literally one who casts lots for the purpose of divination. There are a number of different ways of doing this. I will give details here of one that requires 13 stones & gives good results. The witch must collect these stones himself / herself, at an appropriate time. Example: By using Astrology or the Moons phases, [ increase of the Moon] or by seeking it on the Great Sabbats. Sometimes a stone will find you, you will be instantly attracted to it & pick it up or buy it, or a stone may be given to you by some one who cares for you. The best place to look for your stones is on the beach, along river beds, during nature walks & picnic outings & in your local gem shop. Look for stones that are curiously marked or have appealing colours. All the stones must be roughly the same size, the essential point is that all the stones should appeal to you personally as being right for their purpose. If you are using semi-precious gemstones from a gem shop, check your gem charts for the correct attributes before you go shopping.

13 STONES ARE USED.

- 1 Stone for each of the 7 Planets.
- 1 News stone.
- 1 Love stone.
- 1 Magic stone.
- 1 Life stone.
- 1 Luck stone.
- 1 Home stone.

Some examples are:

|             |   |
|-------------|---|
| Moon        | Moonstone, White Quartz, White pebble, stone with silvery markings.   |
| Sun         | Sunstone, Citrine, Topaz, Amber, Tigers eye, any stone with golden markings or flecks.  |
| Mars        | Bloodstone, Ruby, Garnet, Flint or any red coloured stone.  |
| Mercury     | Agate, Mica, Any variegated stone, streaked or spotted,   |
| Jupiter     | Amethyst, Lepidolite, Suglite.  |
| Venus       | Emerald, Jade, Peridot, Any green stone.  |
| Saturn      | Coal, Apache Tear, Jet, Any black stone.  |
| Magic stone | Any unusual stone, Fossil stone or a stone marked with a star.  |
| Luck Stone  | Cross stone, Holey stone, Opal, or any stone that feels lucky to you.   |
| Life Stone  | Petrified wood, Agate, Carnelian or any red or flesh coloured stone or a pebble with an ankh marked all round the stone or on its various sides if it is square in shape. |
| Home Stone  | Moss agates, Sapphire, or any stone that is square or reminds one of home.  |
| News Stone  | Multi- coloured stone or pebble, its streaks or spots of colours are used to show if the  |

|            |  |
|------------|--|
|            | news is good or bad.   |
| Love Stone | Rose Quartz, Botswana Agate or any pink stone or a stone that is roughly in a heart shape. |

A special bag is made for these stones with a draw string, [runes & symbols can be used on it, but not on the cloth / leather used for spread] soft leather is best. A black velvet cloth or a large piece of soft leather is used for the divination spread & a cord to form a circle on the cloth / leather. The stones, cord, bag & cloth are cleansed ritually with the 4 Elements during an Esbat rite. Place all beneath your pillow for one full month, at the next Esbat rite take all outside & offer them up to the Moon before using. Ask the Lord & Lady for wisdom, guidance & then meditate on each stone [while holding it in your receiving hand] on what it now will represent in your future divination readings.

## THE READING

The divination is made from the way in which the stones relate to each other as they fall. The diviner must be guided by intuition, as well as by some knowledge of what the different Planets govern.

Here are a few generalised indications, it may be said that the SUN is a good influence bring light & cheerfulness into a situation.

The MOON indicates journeys over water, also feminine matters & motherhood, together with psychic things.

MARS brings strife & struggle & the strength courage & energy to meet them.

MERCURY governs communications, writing, travel & gaining of knowledge.

VENUS is the Planet that governs love matters, beauty, & artistic things.

SATURN indicates restriction, change, time, slowness & sometimes misfortune.

JUPITER brings good fortune, expansiveness & gain of wealth & money.

THE ACTUAL PROCEDURE OF DIVINATION IS AS FOLLOWS:

The stones are thrown within a circle made by the cord or witches' garter, coiled around upon the cloth or skin which is laid out smoothly upon the floor or table.

The words of an Old Welsh Charm are used when casting the stones:

ADA ADA IO ADA DIA. It is pronounced like this: " Ah-da, ah-da, ee-o ah-da dee-a" Exactly what it means is now lost in the mist of time, but it is a traditional divination rune or formula of words of power, probably Celtic in origin.

Light a candle & stand it by your cord circle. The room should be dimly lit, or darkened if it is daylight. Light some incense & bless both flame & incense smoke. Bless both salt & water, then place a pinch of salt in the water & stir with wand or finger deosil 3 times, now with your wet finger mark your 3rd Eye & eyelids. Take time to relax & do some deep breathing, then think about your question. Now take up your stone bag & hold it to your third Eye for a moment & then return it to altar or floor. Take your athame & consecrate the cord circle with it, circling 3 times round the cord circle while saying these words: Witches' Garter, bind the spell.

13 Stones, the truth foretell.  
Earth & Water, Wind & Flame,  
Magic in the Old One's Name!

Now lay your athame aside & take out your stones. Hold them in your hands & warm them, shake them from hand to hand as you recite "Ada Ada Io Ada Dia " 3 times. When you are ready, cast stones completely at random into the cord circle, Then look carefully at the way they lie & consider & interpret them.

You may throw the stones 3 times at a sitting, but no more. This will allow for a general reading & two questions. [ This stone divination may also be done with Coven Esbat rites.]

To answer a question " YES" or "NO", a slightly different procedure is followed.

In this case, you use just 3 stones, one for affirmation, one for negative & one for the indicator, laying the rest aside. You use the MAGIC stone for the indicator. If you are asking the question, " Shall I follow such & such a course of action?", then you use the JUPITER stone for affirmative & the SATURN stone for the negative. SHAKE THE STONES TOGETHER & RECITE THE RUNE AS BEFORE. Cast them into the circle, the answer will be told by which of the stones are nearest the indicator stone. If both are at equal distance, the answer is doubtful & can indicate that the question was frivolous or insincere.

If however, you seek for guidance upon matters of a higher plane, clairvoyance by one of the various methods of scrying will be more suitable. Alternatively, you can make use of your Tarot cards, which have the advantage of being able to give insight into affairs of either the most mundane or the most metaphysical.

\*Although Tarot cards are now very expensive to own or collect, many modern Wiccans, Pagans, Shamans & others, are photocopying as many different packs as possible & pasting them on good quality cardboard. These can be successfully used for readings & meditation. If you are artistic create your own Tarot pack by using the symbolism in any other pack that appeals to you. No one should be without the Tarot as a tool for magical work.

Gems & semi-precious gems are powerful additions to spells & ritual work, they are placed on Household Shrines, Garden Shrines & on the altar for Esbat & Festival rites. Stones are carried in putsi's or worn as charms & amplify any magical intention. Each stone has its own vibration, we are often attracted to them due to it. The Ancient peoples said that a gem would chose you as its caretaker & move on when the time was right, for they too grow spiritually by tuning into our vibration. Some stones will even shatter rather than stay where there is only negativity, others will mysteriously fall from their settings or grow dull so that their owner will discard them.

## MAGICAL INTENTIONS

### COURAGE.

Garnet, Quartz Crystal, Agate, Amethyst, Bloodstone, Aquamarine, Carnelian, Diamond, Lapis Lazuli, Sard, Sardonyx, Tigers Eye, Ruby, Turquoise, Red Tourmaline.

### ASTRAL PROJECTION.

Crystal Quartz, Tourmalated Opal, Meteorite.

### BEAUTY.

Rose Quartz, Amber, Cats Eye, Jasper, Opal, Orange Zircon, Pink & peach coloured Coral.

#### BUSINESS SUCCESS & MONEY SPELLS.

Jade, Transvaal Jade, Bloodstone, Malachite, Green Tourmaline, Peridot, Emerald, Yellow Zircon, Aventurine.

#### CENTRING & GROUNDING.

Calcite, Salt Crystals, Brown Zircons, Brown Agates, Obsidian, Hematite, Kunzite, Coal, Black Tourmaline, Banded Agates.

#### CHILDBIRTH.

Eye Agates, Sard, Pumice, Cats Eye, Geodes, Holey Stones.

#### DEFENSIVE MAGIC.

Lava, Onyx, Sapphire, Jet, Obsidian, Apache Tear or Arrow Head, Black, grey or brown Eye Agates.

#### DIETING.

Moonstone, Topaz.

#### DIVINATION.

Azurite, Flint, Hematite, Jet, Mica, Moonstone, Ritualated Quartz, Obsidian, Tigers Eye, Opal, Snowflake Obsidian, Quartz Crystal.

#### DREAMS.

Amethyst, Moonstone, Azurite, Quartz Crystal.

#### ELOQUENCE.

Carnelian, Celestite, Sardonyx.

#### FRIENDSHIP.

Botswana Agate, Rose Quartz, Pink Tourmaline, Chrysoprase, Sardonyx, Turquoise.

#### GAMBLING.

Chrysoprase, Amazonite, Cats Eye, Tigers Eye, Peridot, Emerald, Aventurine, Jade, Fool's Gold, Malachite.

#### MAGICAL GARDENING.

Agate, Jade, Malachite, Brown Zircon, Quartz Crystal.

#### HAPPINESS.

Amethyst, Chrysoprase, Yellow Zircon, Citrine.

#### HEALING & HEALTH.

Agate, Amber, Amethyst, Aventurine, Azurite, Bloodstone, Calcite, Carnelian, Celestite, Chrysoprase, Coral, Quartz Crystal, Flint, Garnet, Holey Stones, Hematite, Jade Jasper, Jet, Lapis Lazuli, Peridot, Petrified Wood, Sapphire, Sodalite, Staurolite, Sugilite, Sulphur, Sunstone, Topaz, Turquoise, Red Zircon.

#### LONGEVITY.

Agate, Fossils, Jade, Petrified Wood.

#### LOVE.

Agate, Alexandrite, Amber, Amethyst, Beryl, Calcite, Chrysocolla, Emerald, Jade, Lapis Lazuli, Lepidolite, Malachite, Moonstone, Olivine, Pearl, Rhodocrosite, Sapphire, Sard, Topaz, Pink Tourmaline, Rose Quartz, Turquoise.

#### LUCK & CHANGE.

Alexandrite, Amber, Apache Tear, Jet, Aventurine, Chalcedony, Chrysoprase, Cross Stone, Lepidolite, Olivine, Opal, Pearl, Cats Eye, Tigers Eye, Eye Agate, Turquoise, Sardonyx.

#### MAGICAL POWER.

Moonstone, Sunstone, Amber, Opal, Quartz Crystal, Jet, Malachite, Ruby.

#### MEDITATION AID.

Geodes, Sapphire, Sodalite, Snowflake Obsidian, Opal, Moonstone, Sunstone, Pearl, Blue Tigers Eye, Ritualated Quartz, Quartz crystal.

#### MENTAL POWERS.

Aventurine, Emerald, Fluorite, Splene, Zircon, Citrine, Yellow Topaz.

#### MONEY, WEALTH, RICHES, PROSPERITY.

Aventurine, Bloodstone, Calcite, Cats Eye, Chrysoprase, Coal, Emerald, Jade, Mother of pearl, Olivine, Opal, Pearl, Peridot, Ruby, Salt, Sapphire, Spinel, Staurolite, Tiger's Eye, Topaz, Tourmaline [ green] Zircon, [ Brown, Green & Red]

#### NIGHTMARES, TO HALT.

Chalcedony, Citrine, Holey Stones, Jet, Lepidolite, Ruby.

**PHYSICAL STRENGTH.**

Agate, Amber, Beryl, Bloodstone, Diamond, Garnet.

**PEACE.**

Amethyst, Aquamarine, Aventurine, Calcite, Carnelian, Chalcedony, Chrysocolla, Coral, Diamond, Kunzite, Lepidolite, Malacite, Obsidian, Rhodocrosite, Rhononite, Sapphire, Sardonyx, Sodalite, Blue Tourmaline.

**PHYSICAL ENERGY.**

Beryl, Calcite, Rhodocrosite, Selenite, Spinel, Sunstone, Tiger's Eye, Red Tourmaline, Red Zircon.

**PROTECTION.**

Agate, Alum, Amber, Apache Tear, Asbestos, Calcite, Carnelian, Cat's Eye, Chalcedony, Chrysoprase, Citrine, Coral, Crystal Quartz, Diamond, Emerald, Flint, Fossils, Garnet, Holey stone, Jade, Jasper, Jet, Lapis Lazuli, Lava, Lepidolite, Malacite, Marble, Mica, Moonstone, Mother of Pearl, Obsidian, Oviline, Onyx, Pearl, Peridot, Petrified Wood, Pumice, Ruby, Salt, Sard, Sardonyx, Serpentine, Staurolite, Sulphur, Sunstone, Tiger's eye, Topaz, Black & red Tourmaline, Turquoise, Zircon clear or red.

**PSYCHISM.**

Amethyst Aquamarine, Azurite, Beryl, Citrine, Crystal Quartz, Emerald, Holey stone, Lapis Lazuli.

**PURIFICATION.**

Aquamarine, Calcite, Salt.

**RECONCILIATION.**

Diamond, Selenite.

**SEXUAL ENERGY.**

Carnelian, Alexandrite, Sunstone, Yellow Zircon.

**SLEEP.**

Moonstone, Peridot, Blue Tourmaline.

**SPIRITUALITY.**

Calcite, Diamond, Lepidolite, Sphene, Sugilite.

**TRAVEL.**

Chalcedony, Orange Zircon.

**WISDOM.**

Chrysocolla, Coral, Jade, Lapis Lazuli, Sodalite, Sugilite.

### Magical Substitutions

This is a list of some magical substitutions for stones which you may not have on hand when you need them. Other substitutions are just as effective, these are some suggestions for the major stones. *Scott Cunningham*.

|              |   |
|--------------|---|
| AMAZONITE    | Aventurine.                                   |
| AQUAMARINE   | Beryl, Emerald.                               |
| BERYL        | Aquamarine, Emerald.                          |
| CARNELIAN    | Coral, Red Jasper, Sard.                      |
| CAT'S EYE    | Tiger 's eye.                                 |
| CHRYSOCOLLA  | Turquoise.                                    |
| CITRINE      | Topaz.  |
| CORAL        | Carnelian, Red Jasper.                        |
| CROSS STONE  | Staurolite.                                   |
| DIAMOND      | Herkimer diamond, Quartz Crystal or Zircon    |
| EMERALD      | Aquamarine, Beryl, Green Tourmaline, Peridot. |
| GARNET       | Red Tourmaline, Ruby.                         |
| JASPER       | [Green ] Jade. Green Tourmaline.              |
| RED JASPER   | Carnelian.                                    |
| JET          | Obsidian.                                     |
| KUNZITE      | Pink Tourmaline.                              |
| LAPIS LAZULI | Sodalite.                                     |
| MOONSTONE    | Mother of Pearl.                              |
| SUNSTONE     | Citrine, Carnelian.                           |
| OLIVINE      | Green Tourmaline, Peridot.                    |
| SARD         | Carnelian.                                    |
| PEARL        | Moonstone, Mother of Pearl.                   |
| PERIDOT      | Green Tourmaline, Olivine                     |

|           |  |
|-----------|--|
| RUBY      | Garnet, Red Tourmaline.                  |
| SAPPHIRE  | Amethyst, Blue Tourmaline & Blue Zircon. |
| SUGILITE  | Lapis Lazuli.                            |
| TOPAZ     | Citrine, Yellow Tourmaline               |
| TURQUOISE | Chrysocolla.                             |

NOTE: Quartz Crystals can be charged with the magical attributes of any stone, as can Opals, through your visualization. When working with physical healing it is best to use the stones indicated & not the substitute which may not have the same healing powers.