

New Gem Elixirs

Ametrine

- Assists in reaching deeper meditative states.
- Brings wisdom and power.
- Helps bring a spiritual viewpoint to one's thoughts.
- Helps in abandoning bad habits.
- Clears negativity.
- Warming and energizing.
- Helps release tension. Helps one feel light-hearted.
- Helps in facing new situations and making decisions. Assists one in facing one's responsibilities.
- Aids in releasing mental, physical, emotional and spiritual blockages.
- Disperses negativity from the aura.
- Stimulates the intellect.
- Balancing the male/female energies.
- Good for the allergies, stomach, nerves and headaches

Apache Tears

- Brings things out into the open.
- Uncovers underlying issues around situations.
- Clarifies issues and helps one gain insight.
- Relieves grief and sadness.
- Assists in giving and accepting forgiveness.
- Balance one's emotional state.
- Emotionally grounding.
- Aids the elimination of toxins from the body.
- Alleviates muscle spasms.

Chrysanthemum Stone

- Aids in appreciating oneself and one's journey.
- Helps one experience the passage through life as a gentle unfolding and blossoming. Change feels flowing rather than unsettling and disruptive.
- Helps one enjoy the journey by allowing one to be in, and appreciate, the present moment.
- Facilitates sense of beauty, fun and innocence.
- Enables one to see, and let go of, habits and beliefs that are not fulfilling, or stunting growth.
- Facilitates appreciation of others.
- Eases prejudice, self-righteousness, jealousy and narrow-mindedness.
- Allows viewing relationships through fresh eyes and allows love to re-flower.
- Encourages and assists personal and spiritual growth.
- As a perennial flower renews itself each year, so we can learn to.
- Physically, helps physical maturation.
- Disperses toxins and dissolves growths and deposits.

Danburite

- Helps us to get along with other people.
- Allows our personality to shine.
- Helps us to feel at ease in any situation.
- Lessens issues of self-pride.
- Stimulates the intellect.
- Strengthens clarity and perceptiveness.

- Accesses inner guidance.
- Facilitates deep change and the releasing of the past.
- Brings peace of mind.
- Amplifies the properties and effects of other stones.
- Aids the gall-bladder and the liver and removes toxins from the body.
- Aids muscular and motor function.

Dumortierite:

- For those who tend to act without thinking first.
- Helps one see the whole picture, especially the consequences of one's actions.
- Encourages one to see and accept reality, and react to it in an intelligent manner.
- Teaches one patience. Reduces excitability and impulsiveness.
- Eases stubbornness, while still allowing one to stand up for oneself in the right causes.
- Gives strength and courage to assert ones true potential and help vocalise ones abilities to others.
- Encourages patience and tolerance. Allows one to see the value and worth in all humans, regardless of outside appearances.
- Helps approach life with a cheerful attitude. 'Take it easy and get things done easily'.
- Reduces difficulties of scattered mind and disorganization. Enhances the ability to prioritize and organize.
- Helps us become more businesslike, systematic, self disciplined, tidy and methodical.
- Can help us recognize compulsive behavioural patterns and release them. Supportive aid in addiction therapy
- Opens the brow chakra. Aids communication with angels and spirit guides.
- Assists in communicating spiritual concepts to others and in better understanding spiritual experiences.
- For healers as an aid in diagnosing health problems. Aids in seeing through to the heart of the case in a clear, non-judgemental way.
- Inner strength when all around one is panic and turmoil. For staying calm and focused in crisis situations.

Hematite

- Strong affinity with the earth chakra. Very grounding. Stabilises energy. Grounds excess energy. Balances mind, body and spirit. Brings stability, prosperity and support.
- Helps us pay attention to, and meet, basic survival and physical needs.
- Brings structure to thoughts. Organises thinking. Helps original and logical thinking. Aids memory.
- Boosts self-esteem, confidence and aids self-expression. Strengthens willpower.
- Dispels negative energy. Protects aura from negative energies.
- Strengthens boundaries. Aids independence rather than co-dependence. Helps us stay grounded and centred when faced with intense emotions in others.
- Removes self-imposed limitations. Enhances expansion.
- Aids insight into compulsions and addictions.
- Aids acceptance of one's mistakes. Eases shame.
- Physically: helps to keep the body cool; strong affinity with blood, restoring, strengthening and regulating; aids absorption of iron; aids nervous problems and insomnia; aligns the spine and aids healing of broken bones.

Iolite

- Balances the masculine and feminine sides, bringing harmony within the self.
- Eases dissonance and disharmony in relationships. Aids expression of true self, free from other's expectations.

- Stimulates brow and crown chakras.
- Aid to Shamanic work. Stimulates visions, psychic abilities, shamanic journeying, meditation, and other spiritual activities.
- Enhances curiosity.
- Aids in understanding and releasing the causes of addiction.
- Physically helps in: detoxification, sore throats, varicose veins, blisters.

Lepidolite

- Aids keeping emotional and mental balance. Eases mood swings and stress. Calming.
- Aids shamanic or spiritual journeying.
- Frees one from blockages originating in past lives.
- Helps one be true to one's self. Frees one of other's influences.
- Encourages independence and setting one's own goals. Centers one in groups and crowds.
- Reduces depression. Stops obsessive thoughts and negative thinking. Releases old behavior patterns.
- Releases dependencies and addictions.
- Aids decision making. Enhances concentration on what is important. Avoids distractions.
- Aids sleep.

Magnesite

- Calming and relaxing. Engenders sense of peace and tranquillity.
- Calms emotional states – anxiety, fearfulness, irritability and stress.
- Aids meditation practice. Opens crown chakra whilst grounding at the same time.
- Brings truth to the surface. Helps one see through self-deceit.
- Eases self-judgement. Encourages self-love.
- Brings thoughts and feelings up from the unconscious. Helps one face up to and process unresolved issues, exploring the past if necessary.
- Eases judgement of others. Opens the heart chakra.
- Helps one deal calmly with people whose behaviour is challenging. Allows one to listen without reacting, rescuing or criticising.
- Stimulates thinking processes. Helps with creative and inspired thinking.
- Antispasmodic and muscle relaxant. Eases convulsions. Epilepsy. Helps with stomach, intestinal and menstrual cramps. Eases pain from gall-stones, kidney stones, migraines and headaches.
- Strengthens bone and teeth.
- Expands coronary blood vessels. Angina. Disperses cholesterol. Arteriosclerosis. Slows blood clotting.
- Speeds up fat metabolism.
- Regulates body temperature. Good in fevers or chills.
- Neutralises offensive body odour.
- Promotes absorption of magnesium.

Smithsonite (Lavender Pink)

- Stone of kindness, loving, calm and gentleness. Acts as a cushion against life's problems.
- Releases stress. Good for those on edge of breakdown.
- Gently dissolves emotional pain. Heals the heart.
- Heal inner child issues. For those who felt unloved, unwanted, abandoned or abused. Rebuilds trust and security.
- Eases addictions.
- Helps one feel supported by the universe.
- Promotes harmony and diplomacy. Aids difficult relationships.
- Attracts new friends.

- Aids connection to angelic realm.
- Physically: helps with infertility, birth trauma, immune system problems, thymus problems, alcoholism, sinus problems and digestive ailments; restores elasticity to veins and muscles.

Snowflake Obsidian

- Brings things to the surface in a gentle and manageable way.
- Grounding.
- Aids insight and clear thinking.
- Releases faulty thinking.
- Raises awareness of ingrained patterns.
- Helps awareness of what is blocking growth.
- Helps gain recognition of unnecessary patterns in one's life.
- Aids in seeing patterns in life and re-patterning them in a more creative way.
- Brings serenity and purity of thought.
- Shields against negativity.
- Helps keep equilibrium and balance in times of change.
- Protects from physical and emotional harm.
- Helps one surrender to meditative states.
- Beneficial for the veins, bones and skin.

Tiger Iron

- Promotes self-confidence, personal power and integrity.
- Aids with motivation on all levels - mental, spiritual and physical.
- Helps with creative endeavours and all types of artistic abilities.
- Helps with bringing ideas and visualizations into reality. Promotes wealth.
- Aids clear thinking and accurate judgement.
- Powerful psychic protector. Guards against negativity directed at one from others.
- Grounding. Useful for those whose psychic abilities are new, ungrounded and/or untrained.
- Increases physical vitality. Useful for tiredness or exhaustion.
- For those whose daily lives require a lot of physical exertion.
- Helps maintain the balance of white and red blood cells.
- Can increase the production of natural steroids in the body.
- Beneficial for the muscular structure.
- Helps assimilate B vitamins.

Thulite.

- Stimulates sensuality and sexual energy, life force and orgone.
- Survivors of incest, physical abuse, emotional abuse, abandonment, and neglect.
- Aids understanding and healing the pains and illnesses caused by a lack of nurturing or abuse, including self-sabotage and low self-esteem.
- Helps one nurture oneself, and those one loves.
- Helps bring harmony, compassion and cooperation to relationships and communities.
- Encourages us to embrace all our feelings and live life to the full.
- Brings out curiosity, invention, creativity, eloquence and extroversion.
- Enhances fertility. Strengthens the reproductive organs and tissue.
- Strengthens and regenerates in weakness and nervous exhaustion.
- Healing of eating disorders including anorexia and bulimia.
- Central nervous system balancer. Enhances coordination, concentration, and dexterity.
- Heals issues dealing with the heart area.
- Lung issues. Benefits children with asthma and bronchitis.

New Air Essences

Animal...

Blackbird. Finding one's voice. Clear communication. Singing. Using voice to heal. Calls one to wake up and see the magic around one. Noticing the spiritual in the mundane. Increases connection with nature. Ability to remain grounded whilst walking a spiritual path. Aids in shamanic journeying and in channelling. Pathfinder to the middle and lower worlds.

Heron. Dignity, self-esteem. Self-reliance. Maintain balance and focus. Patience. Moving with slow, deliberate action. Persistence when others would give up. Waiting patiently for what one needs. Taking the time necessary to reflect. Seeing through emotions (water), picking out what is important. Refusing to be hurried. Enjoying own company. Independence. Ability to stand alone. Being clear about boundaries. Knowing the right time to act. Decisive action. Assertiveness. Claiming what is ours. Strength of convictions.

Pied wagtail. Protector of lost children, of the lost inner child, and of those who care for children. Reassurance. Letting go of fearful thoughts. Keeping grounded and close to the earth. Connection to earth and ancestral kin. Healing one's relationship to family and the earth. Knowing one belongs, and is loved and cared for.

Wren. Knowing that small is beautiful. Self-esteem in one's smallness. Discovering the power of one's voice. Fearlessness. Not being intimidated because one is small. Brings gift of song and cheerfulness. Being able to get on quietly with one's own life. Being able to be unobtrusive when one wants. Slipping easily through obstructions.

Mythical...

Air Dragon. Brings clarity and awareness. Clarifies thoughts and ideas. Uncovers hidden thoughts, buried messages and denied knowledge. Frees the mind from dogma, delusion and faulty thinking. Liberates imagination. Stimulates the intellect. Frees the breath.

Pegasus. Ability to fly over any situation. Rising above one's stuff (prejudices, anger, fears, judgements, attachments etc). Spiritual perspective and inspiration. Purity and humility. Right action. Seeing the spiritual and goodness in situations and in all beings. Bridges the mundane and the spiritual realms. Aids travel in to the upper worlds.

New Fire Essences

Animal...

Black Panther. Sensitivity to energy. Ability to see the light hidden in the dark. Understanding of the energy behind forms. Ability to transmute energy. Shape shifting. Healing on a molecular level. Understanding death and rebirth. Sensitivity to touch and vibration. Embracing sexuality and sensuality. Penetrating sight and insight. Complete control of one's body. Suppleness and swiftness. Ability to be still, silent and move unseen. Perseverance. Ability to draw others to one. Reclaiming one's power. Comfort with solitude.

Cat. Independence. Healthy balancing of independence with love and affection. At home in the darkness. Moving through fears. Seeing the unseen. Curiosity. Exploring new vistas.

Knowing how to rest and relax. Patience. Ability to observe and wait before acting. Protection. Ability to absorb and neutralise negative energy. Fearless. Ability to fight when cornered.

Dog. Willingness to serve. Working well with people and in groups. Loyalty. Devotion. Faithfulness. Companionship. Ability to give and receive love. Protection and defence. Protection of loved ones. Guide to safety. Ability to find things and sniff things out.

Ferret. Ingenuity. Intelligence. Keen observation. Focused and centred on goals. Incisiveness. 'Ferretting out' what is hidden. Tenacity. Not giving up. Ability to see hidden reasons behind things. Discovering hidden parts of the self. Creating safe haven for the self.

Lynx. Keeness of sight. Divination. Developing psychic senses. Keeper of secrets and mysteries. Movement through time and space. Patience. Willingness to wait to achieve goals. Independence. Ease with solitude. Seeing through lies, deceptions and facades. Protection from psychic attack, invasions and intrusions.

Mountain Lion. Decisive use of personal power, intention and strength. Manifesting goals. Asserting self without aggression. Integrity. Purity of heart and purpose. Staying true to ones ideals and aims. Focused action. Self-confidence. Teaching, leading or facilitating wisely and without ego. Quietly taking control of situations. Self-confidence. Freedom from shame.

Mythical...

Fire Dragon. Guardian of the fire element. Gate keeper of the fire chakra. Guardian of powerfulness and anger. Protector from shame. Protector from over-expansion. Empowerment and self protection. Assertiveness. Liberator of energy, courage, confidence, drive, leadership and enthusiasm. Clarity of vision, purpose and direction. Accomplishing tasks. Ability to digest things and transmute toxins.

Griffin. Combining strength with discretion. Penetrating to the truth. Ability to look deep into one's soul to find answers. Ability to feel with every bit of the soul. Ability to look deep into one's soul to find answers. Soaring above the fray. Knowing of the balance within nature. Protector of the natural realm. Making daring leaps of faith. Connection to Fire. Physical protection. Protector of young children.

Phoenix. Overcoming impossible odds. New life from apparent desolation. Reincarnation, death and rebirth. Cleansing energy of fire. Burning off of the past. Transformation. Renewal and rebirth. Spiritual growth.

New Water Essences

Animal...

Crab. Being aware of all that is around one (not only what is straight ahead). Expanding perceptions. Able to shift direction quickly. Dancing. At home in the water element (emotions). Working with the ebb and flow of emotions. Staying grounded with emotions. Grounding self in emotional environments. Protection in emotional storms. Being at home wherever one is. Feeling at home in one's body. Protection of home space and one's body.

Duck. At home in the water element (emotions). Heightened emotions and sensitivity. Seeing clearly through emotions. Gentle release of emotions. Honouring emotions. Being gentle with self. Ease with emotions in self and in others. Empathic. Affectionate. Community oriented. Sociable. Fertility and abundance. Nourishing self adequately.

Frog. Metamorphosis. Ability to transform self. New beginnings. Evolution, growth and regeneration. Refreshing and renewing. Easy transition through stages. Being able to let go of the old and move on. Ease with change. Courage to accept change. Leaping swiftly from one level of consciousness to another; from this world to the Otherworlds. Sensitivity to others.

Narwhal. Clarity of purpose and direction. Moving through feelings without being lost in them. Cutting through distractions, addictions or compulsions. Always moving forward. Purposeful movement. Empathy with others feelings. Telepathic communication. Awareness of where others are. Ability to be sensitive to others without losing one's own focus and direction. Moving forward harmoniously as a group.

Octopus. Ability to recover deep memories. Prising open and absorbing locked in emotions, memories and knowledge. Utterly at home in the water element. Moving easily and comfortably through deep feelings. Peacefulness. Ability to reach goals. Tenacity. Gentle persistence. Fluidity. Lack of rigidity. Flexibility. Intelligence. Emotional intelligence. Evading danger when needed (by movement, camouflage or smoke screen). Association with Water Dragon.

Sea Eagle. Oversees soul retrievals. Retrieves lost soul parts and memories. Piercing insight through emotions. Able to penetrate emotions and grasp what is needed. Ability to rise out of emotions. Emotional perspective. Soaring spirit. Freedom of spirit. Able to move with ease between all the worlds. Psychic awareness. Spiritual awareness.

Water Dragon. Guardian of memories and feelings. Protection from overwhelming feelings. Awareness of emotions. Remembering and facing deepest feelings. Seeing through the denial or suppression of feelings. Resolving unfinished emotions and sexual issues. Freedom from compulsions and addictions. Releasing guilt. Embracing sexual energy. Emotional depth. Releasing toxins from fat and fluids.

Flower...

Horse Chestnut (White Flower). Celebrating the male body and sexuality. Healthy expression of masculinity. For men uncomfortable with their physicality and sexuality. Low libido. Lack of confidence in sexual expression. Men who are heady and not in their bodies. For women uncomfortable with male physicality and sexuality.

New Earth Essences

Animal...

Mole. Guardian of the lower regions. Caretaker of the earth. Profound ease with, and understanding of, the earth element. Knowledge of, herbs, roots, seeds and minerals. Introspection. Keeping to oneself. Skilfully moving and exploring below the surface of things. Unearthing what is hidden in the subconscious that keeps one from being truly happy and well. Exploring hidden parts of the self. Getting to the root of problems or issues. Pathfinder and pathmaker. Finding ways round obstacles. Sensitivity to touch and vibration. Healing touch. Clairsenscience.

Mountain Goat. Surefooted. Independent. Diligent. Knowing pathways to new realities. Sticking to life challenges. Reaching for the stars whilst staying grounded. Bringing dreams into reality by perseverance and keeping focused on the prize. Establishing resources needed to attain goals. Keeping momentum going even when things seem difficult or impossible. Protection in difficult times. Climbing over obstacles. Flexibility. Scaling the heights, spiritual, mental, emotional or material. Ability to land on one's feet. Receiving rewards and recognition for one's life's work.

Mouse. Attention to small details. Understanding details. Scrutiny. Discovering things that may otherwise be overlooked. Thinking out a strategy before acting. Making a journey step by step. Attaining large things by working on the little things. Always assessing the environment. Moving extremely fast when needed. Organising things. Ability to be unseen. Quietness. Ability to hide in times of danger. Cycles of 4 to 6 weeks.

Squirrel: Preparing for the future. Storing resources. Putting things in order. Being prepared. Foresightedness. Being productive. Gathering only what is needed. Discard the unnecessary. Discovering new things. Resourcefulness. Integrating work and play. Balancing work with socialising. Ability to solve puzzles. Awareness of surroundings. Quick changes of direction. Knowing when to run. Ability to hide.

Wild Boar. Finding a path through breakdown or madness. Fearless guide through trials and tribulations. Knowing that one can face life-problems and emerge triumphant. Ferocious self-protection when needed. Discovering self-reliance and spiritual strength. Connection to the earth and nature. Fertility and abundance. Tapping into one's wild, primal power.

Plant...

Yew (male pollen). Guardian of secret knowledge. Profound wisdom. Knowing that death is really another birth. Understanding the need to enter into dark places and face adversaries for rebirth. Letting go of the past. Completing old cycles and laying the foundations for new cycles. Understanding the process of transformation. For old age and childhood. Endings and beginnings. Transmutation. Masculine wisdom.

Mythical...

Earth Dragon. Guardian of the treasure of the soul. Self-discovery. Discovering the riches at one's core. Discovering one's deepest power and true inner beauty. Awakening one's latent possibilities. Finds the parts of the soul that have been hidden. Self-actualisation. Taking one's rightful place in the world. Self-worth. Becoming fully-grounded. Manifesting one's potential in the world. Being at home with earth. Knowing the power of the land. Bridge to elders' wisdom.

Green Man. The spirit, energy, presence, life-force, that is inherent in every cell of the plant realm. Transmitted to the animal/human realms through the foods we eat, the flowers we smell, the grass we walk on, the trees we hug, the herbs we use. The power of regeneration, renewal and rebirth.