














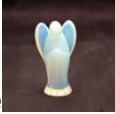





Type	Crystals at the Healing Room
<p>Amazonite</p> 	<p>Balancing, focus The energy of amazonite highlights the need for balance and equilibrium in our lives. The stone can effectively be used for chakra work, as it serves well with the throat and heart chakras, allowing healing and offering a soothing and calming energy.</p>
<p>Amber</p> 	<p>The energy of amber is bright and cheery, so it can be good stone to have around if you need a burst of positivity. The stone is very light so is ideal for jewellery, and unlike other crystals, it isn't cold to touch. Amber has a long history and has been found in the burial sites of ancient peoples - this may be because it was regarded as having purifying properties.</p>
<p>Amethyst</p> 	<p>The wonderfully coloured amethyst, with its variety of shades of purple reminds us of the spiritual thread that runs through our life and can be used as a tool to aid spiritual awakening and intuition. Amethyst can bring a calming influence and therefore be of great help in times of change. It's excellent to hold or have by you when you're practicing meditation and when placed in a room it can help absorb negativity. Placed under the pillow it may help you sleep better.</p>
<p>Angelite</p> 	<p>Communicating with Angels Angelite can be used to enhance one's connections to the higher domains - to one's spirit guides, teachers and guardian angels. It is said to be excellent for balancing the physical and etheric energies, for telepathy and astral travel, for creating a psychic shield of protection and for promoting peace. It is an inner key to the realms of Light.</p>
<p>Blue Calcite</p> 	<p>activates the throat chakra, enhancing one's ability to communicate one's inner truth and helping one "find the words" to eloquently express one's ideas and feelings. It is also said to help open the "third eye" the seat of inner visionary experience.</p>
<p>Blue Chalcedony</p> 	<p>Harmony, calming, creativity. an excellent stone when dealing with communication issues. A piece of the stone is often put under the pillow to help ease bad dreams and promote a calmer night's sleep.</p>
<p>Blue lace agate</p> 	<p>Peace, gentle, spiritual Blue lace agate is a stone oozing in peace and calmness. It has a gentle energy, which helps promote a feeling of space, connecting us with the more subtle energies of the spiritual realm</p>
<p>Chrysocolla</p>	<p>Feminine, communication Chrysocolla oozes with feminine energy, awakening feelings of</p>

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	<p>love and compassion, and aiding a connection with the goddess and mother earth. Its beautiful blue colour makes it ideal as a tool for working with the throat chakra. It can help promote the need to speak the truth, to communicate better and bring you more in tune with your true self, as well as the world around you.</p>
 <p><small>Sold by overall weight. Number of tumblestones may vary.</small></p>	<p>Creativity, sunny disposition, fruitfulness great stone to have around you in a business or work environment as it promotes good communication, a positive disposition and fruitfulness and because it helps you to feel your own true worth, so you will be able to put your views across in a direct yet amenable way. It is also a relaxing crystal and helps promote laughter, relaxation and good feelings. The energy of citrine can help us feel more balanced and eliminate negativity</p>
	<p>Clarity, higher purpose Clear quartz helps to dispel negative energy you may have absorbed from other people. If you tend to put yourself down, quartz may help you fight that feeling. It is good to hold or have around whenever you feel foggy, uncertain or would like to see your way more clearly. It is one of the most frequently used crystals because of its wide-ranging benefits.</p>
	<p>Spiritual awareness. It helps us to feel and know in confidence that there is a more spiritual nature to everything. Fluorite energy can help to open and keep open the channel to the spirit world. It can help stabilise chaotic situations because it helps us to realise that everything is developing, just as it is meant to, and that we are always in the most ideal place we could ever be in.</p>
	<p>Spiritual, intuition. The energy of the stone reminds us that we really do hold the answers to anything we want to know deep inside ourselves</p>
	<p>Helps release old emotions like grief & trauma and bring in divine love to replace it.</p>
	<p>Intuition, renewal, awareness, promotes the use of intuition and gut feelings,</p>
<p>Mother of Pearl</p>	<p>Harmonious, love It can soothe the senses, ease stress and worry, and remind us of the importance of expressing our true feelings, rather than keeping them bottled up.</p>

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<p>Opalite</p> 	<p>Calming, stabilising, psychic. it's a useful tool for enhancing the abilities of the crown chakra, removing blocks and stagnant energy, and opening up a clearer psychic vision.</p>
<p>Rose Quartz</p> 	<p>Love and calm Rose quartz is one of the most popular crystals along with amethyst and clear quartz. It has a calming and soothing energy. It promotes self-love and helps overcome feelings of not being 'good' enough, self-criticism and resentment. It reminds us that when you love yourself and are happy in the moment there is no need for haste. Rose quartz embraces the one true currency of life, love.</p>
<p>Selenite</p> 	<p>Selenite has a gentle and fine vibration is often associated with opening up the crown chakra and also accessing angelic consciousness. Larger pieces of selenite can be placed in your home to help bring peace and divine influences. Some people use selenite as a tool when accessing past life material or for use when meditating.</p>
<p>Yellow Calcite</p> 	<p>Clearing, healing, energy amplifier -energy of wisdom. it's often referred as being a powerful energy amplifier and can be used for astral travel, channelling and meditation</p>

