

HEALING RESOURCE BOOK

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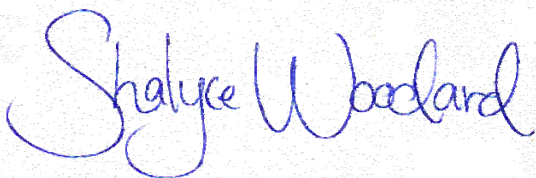
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FOREWARD

It is my intention that this book bring about healing to all those who use its content and to all those that desire to have healing take place in their lives. I am compiling to the best of my ability an assortment of healing modalities into a single book for a quick reference with many options. I can heal my body using certain essential oils and certain stones but if I use them together the healing becomes exponentially greater. One plus one is no longer just two; it becomes 100. Then add another element like color and that grows even more.

So using this reference book you should be able to find almost any issue and any issue if you get familiar with the process of healing. It isn't just to look at the term designated for the physical ailment; the healing is magnified if you look at the area of issue and what it is associated with. For example I could just look for Epstein Barr Virus or I could look at the area that it occurs which is the brain, and look to the Chakra for either the Third Eye or the Crown and work with healing those. It becomes more encompassing although it is still a good idea to use your healing in a focused manner on the issue at hand.

There are so many wonderful ways to heal the body. What I'm hoping you'll get from this compilation is a reference for some more common methods of healing in an organized manner allowing you to quickly see all the options for a various ailment and either choose those you're most comfortable with using or magnify the healing through the use of all modalities. Whatever method or use this book serves, it is for you. Enjoy, and may God bless you with a perfection of health in every way shape and form you exist in!!!



SHALYCE WOODARD

HEALING IN ITS FULLNESS

We have been blessed with a wonderful physical body, and if we so desire we can keep it. ☺ We can heal in such a way to prevent dis-ease from harming this gift we've been given. To introduce you to this system it's organized in such a way that you can look up an answer to just about every common ailment whether that's through the bulk index of diseases or through the area or Chakra center.

We are striving to heal the 7 different Systems of the body (Reproductive, Skeletal, Lymphatic, Digestive, Respiratory, Circulatory, & Nervous Systems); and at least the 7 main Chakra's (Root, Sacral, Solar Plexus, Heart, Throat, Third Eye, & Crown Chakra's) of the body. Using our 7 Senses (sight, smell, taste, touch, hearing, intuition, & imagination)!!! Bringing what I intend – Perfection in its fullness (777)!!!

We exist in so many different realms, dimensions, shapes, forms, etc that using as many modalities seems to be the best way to heal it all. We use our five basic senses for a large portion but because everything is spiritually based a good amount of focus should be spent on healing using intuition & imagination!!! These are not commonly expressed as senses but they are the highest of senses we have. The five main senses will be mostly used in the tangible sense. In that we can hear the tones best used for balancing and energizing certain Chakra's. We can use our taste in the healthy foods we eat. Our sight for seeing the healing happen both physically as well as in-sightfully; our touch through physical contact with others as well as ourselves. And last of the five common senses being smell used to inhale the fragrances from herbs or essential oils.

My two favorite senses however are intuition and imagination. These used in conjunction with the other senses greatly amplify the healing. I'll give examples or suggestions and I'll leave it up to you to spend time focusing on developing these senses in yourself so that you essentially become limitless. ☺ The way I like to think of using my intuition is commonly phrased as a 'gut feeling' or where you feel most drawn. So many people try to overcomplicate it and look for some big energy pull like they're literally being sucked in by a high powered magnet. There are times that that is the case but what I find is that with most just beginning the healing arts is that sometimes it is very very small, when the 'gut feeling' isn't anything magnificent so its dismissed as being 'nothing'. The way to strengthen a muscle – is to use it! Go with what you think and I believe you'll be more right than wrong; unless of course you tell yourself you always get it wrong – in which case I'd change that belief before progressing and start telling yourself you always get it right.

Words have power behind them so to think positive things and express them vocally will increase your ability to have great influence for good. So we start with this gut feeling and respond. This simple action is a principle of Faith. Just the action performed with the belief will heal, and it's been 'scientifically' proven! I'm sure you've heard of the 'placebo' effect.

When our thoughts are focused on healing they bring it about. When our thoughts are focused on the illness or what's wrong with the body – they bring that about too. It's fairly common to hear the term lightly "Mind Over Matter", but if you were to break it apart you'd realize the magnitude of that statement so commonly said. Your mind being your thoughts is over aka 'trumps' matter or elements which have substance and form. Stated another way

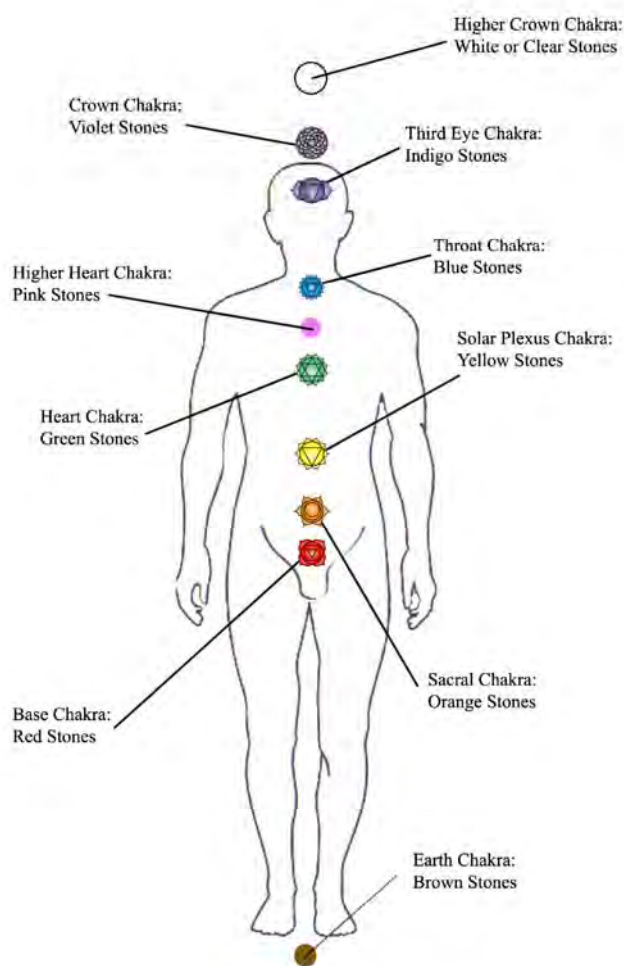
you'd hear Thoughts become Things or Thoughts bring about Things... The term is common enough and to realize the magnitude of our thoughts and ultimately our 'imagination' is to realize the gifts we've been given to become as God. The ability to think, to speak, to act, and to be are all elements of our agency that we've been given.

When our intuition tells us various things, if we respond this sixth sense becomes stronger. The same principle applies to our imagination. If we use it, it gets stronger. To meld our intuition with our imagination is another beautiful method of healing, just like using any of the other senses. We can ask our bodies what needs to be healed and our intuition will tell us where to focus. Then if we use our imagination to place the healing or to imagine the ailment being healed, it has been spiritually brought. The physical manifestation comes as quickly as we believe with all honesty and truthfulness of heart.

Now let's play a scenario out. A friend comes to you with a pain in their stomach. You ask your intuition and you feel like the issue is in the gallbladder (this is where I'd suggest muscle testing, i.e. kinesiology, to get an absolute location on the issue until your intuition muscles are strong enough to just go off that). Next I would suggest looking up the Emotions associated with the Gallbladder and the corresponding Chakra. Check out this healing awesomeness. ☺ Now you have the client sing (if they're comfortable with it) the affirmation with all the emotion of love and gratitude they can muster in the key (or note) associated with the Chakra. Either after or during they can imagine the healing anti-bodies surrounding the issue (whatever shape or color they choose to imagine it in) and it being enveloped and extracted from the body and given to the Lord Jesus Christ. Then to keep the ailment from returning you carry a stone (as long as your intuition tells you to) of appropriate color corresponding to the Chakra and intended (or asked) to strengthen the muscles so the issue does not return. Whew!!! Wasn't that fun!!! It's like making an ice cream sundae, with so many awesome ingredients to choose from why choose only one.

Now you understand how these references can be used, it's up to you to use them and to help those you associate with to receive health and wellness in their life and throughout their experiences. In giving we are blessed and just the practice of healing brings an abundance of healing to us in our lives. I hope you'll enjoy this compilation I've put together and if you find there's some element that would benefit having it in here I'd love to hear from you!!! May your Life be filled with Love and bring an increase of Light to all of your experiences!!! God Bless!!!

BALANCING THROUGH CHAKRAS



Crystals and the Chakras

- The Chakras are linkage points between your aura (the subtle bodies that form the bio-magnetic sheath around your physical body) and your physical body. Mediating energy, each chakra links to a specific area of life and to various organs and conditions. The chakras below the waist are primarily physical, those in the upper torso are aligned to emotional functioning that can create psychosomatic conditions, and those in the head function on a mental and intuitive basis, although the third eye, slightly above and between the eyebrows, and the crown chakras also function at a spiritual level.

Any imbalance, blockage or disturbance in these chakras creates dis-ease that will ultimately manifest in your physical body but which can be restored to equilibrium before physical illness results.

Traditionally, each chakra has its own color, as shown on the illustration. By placing crystals of the appropriate color and vibration on the chakras, chakra imbalances are quickly eliminated and the chakras are harmonized to work together, leading to better health and a sense of well-being. To assist and support the various Chakras, I've organized certain elements associated to the chakra points with its various healing elements of that color. The colors associated with each of the Chakra points can be used in an assortment of ways. You could wear the color you're wanting healing in. You could bathe in the color of water you're wanting healing in (I suggest bath salts not food coloring) ☺. You can eat the color you're wanting healing in.

There are all sorts of ways to incorporate the principles and elements of the Chakra System. Through the tones, the exercises, the stones or essential oils. I love to think of all truth circumscribed into one great whole as each of these elements supports and complements (even magnifies) the others. The Basic Need for Whole Food is First Emotion then Physiology.

Human experience shows the incredible health benefits of eating a diet rich in fruits, vegetables and whole grains. Nuts and healthy fats such as canola and olive oil are also essential to health, as are ferments, molds and mushrooms. Combining whole food diet with regular exercise promotes health and substantially reduces the risks of diabetes and heart disease associated with life and with aging. Choosing colors from each of the different color groups every day is strongly recommended for maximum benefit, especially because the mind and emotions determine health and disease remission. So it's a great idea to understand which color of whole food affects which emotions.

COLOR THERAPY

Color Healing, Light Therapy and Chromotherapy are all terms used interchangeably with Color Therapy, which is a set of principles used to create harmonious color and color combinations for healing. **This form of energy medicine** is based on the belief that the human body is composed of energy fields. When the energy is properly distributed and circulating freely, the body is healthy. Imbalances or abnormal amounts of energy are believed to indicate an excess or

deficiency. **Color is energy.** The energy vibration of that color is what you need, in the moment, in order to improve and balance your physical and emotional state.

Meanings of color have been established over time and distance of human experience through the use of foods, their colors and how they made people "feel". An example of this is red peppers, "hot blooded"; tomatoes, the heart or "love apple"; etc. Want to feel a certain way or enhance specific qualities in yourself? It's as simple as eating an abundance of that color and clothing yourself in that shade. The brain responds wonderfully.

LIGHT THERAPY

Simply put it is using light, color and/or visualization of energy to direct energy to the spiritual and physical bodies to promote good health and healing. The idea is to use color to establish energy that will bring about balance and peace, relief from pain and healing to an area that is experiencing an ailment.

The use of color and light for healing is a graceful way to improve your health. Light Therapy works hand in hand with Color Therapy as you can use the color in light form to produce the same healing effects.

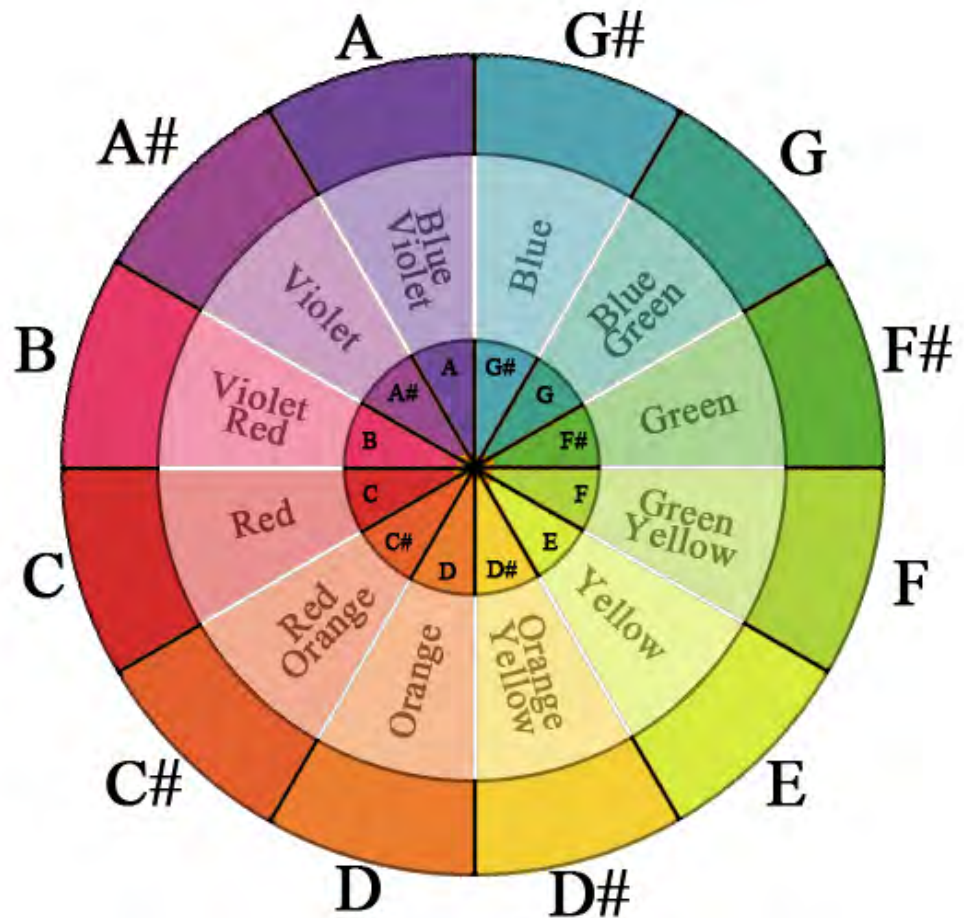
HEALING THROUGH TOUCH

We need touch to survive and thrive. Here's how you can put it into practice in your own life.

The following article was written by Jeremy McCarthy

"Frederick II, the King of Sicily in the 13th century, considered himself a bit of a scientist. Among the many experiments he conducted during his reign was one he designed to determine the true, original human language. He believed that if you took infants at birth and removed them from their parents, ensuring that they never heard a spoken word, they would grow up speaking the original ancient language of humanity, giving a clue to the roots of all humankind.

He selected several newborns to be whisked away at birth and cared for by foster mothers who were instructed to feed and to wash them but to not speak to them and to not show them affection. Unfortunately for Frederick (and even more so for his subjects), the research findings were inconclusive because not a single one of the infants survived "for they could not live without the petting and joyful faces and loving words of their foster mothers." Thankfully, Frederick's research study has never been replicated. But many studies of children growing up in orphanages have shown that without the nurturing touch and affection of adults, children do not flourish. In medical settings with adult patients, touch has been found to be a powerful instrument for healing and relaxation, even when it is as simple as a nurse palpating a patient's pulse. And loving touch between couples has been shown to reduce stress and aid healing. As it turns out, humans need touch to survive and thrive.





I recently met Rob Buckley, an extraordinary massage therapist from Colorado, who had a dream of bringing the power of touch to the “untouchable” castes in Nepal. The “untouchables” are those at the lowest level of society. They are considered to be so impure that they are kept separated from other members of society. They are banned from temples and other public buildings, are not allowed to drink water from public taps, and suffered other humiliations as a member of the lower caste. Although in Nepal, it is considered taboo to touch or be touched by a member of these castes, Rob believed that by teaching these “untouchables” the power of massage, they would have

a marketable skill that would allow them to be hired by spas and clinics in more progressive areas of Nepal, or in neighboring countries where they could live a better life. Most importantly, they would stimulate a tide of social change as they learned to use their touch to create healing and joy.

What makes Rob extraordinary is not so much his vision, but that he made it a reality, opening a massage school in Nepal (www.himalayanhealers.org) where he has been teaching this new trade to these amazing people. Those who graduate from the school increase their earning potential dramatically, but the economic benefits are nothing compared to the emotional healing that his students go through. “By learning how to heal others they are healing themselves,” he said. “And then they bring that healing back to their family and their community.” Rob is a living example of how touch can heal and transform.

To practice the power of touch in your own life, bring some conscious attention to how you use (or don’t use) touch with the people around you:

Just touch. Consider using touch as a form of communication for family members and loved ones. Without using words, try using touch to communicate love, gratitude, forgiveness, or other positive emotions.

Feel the love. Imagine that you can feel the healing properties of touch each time you come in contact with a loved one. Feel your heart rate go down and relaxation go up. Notice the effect your touch has on others.

Open yourself to touch. Notice the times when touch is not welcome. What are the places on your body that you feel uncomfortable about? Whose touch do you avoid? Are there ways to use touch to heal and bring you closer together with the people you love?

Perhaps the most powerful way to use touch is to do what Rob Buckley does and bring it to those who are touch deprived. On the other hand, in today’s hi-tech, low-touch world, where social connections are virtual and friends are further away, maybe that applies to all of us. Maybe we are all becoming “untouchables.” But like the untouchables in Nepal, by touching others, we may just be able to heal ourselves.”

REIKI : Reiki is an ancient laying-on of hands healing technique that uses the life force energy to heal, balancing the subtle energies within our bodies. This form of healing is holistic in that it deals with physical, emotional, mental and spiritual issues. This complimentary healing modality is often helpful in dealing with depression, anxiety and sleep disorders. Some practitioners will follow a predetermined sequence of hand placements, allowing their hands to rest on each body placement for 2 to 5 minutes before moving on to the next.

QUANTUM-TOUCH : is a method of natural healing that works with the Life Force Energy of the body to promote optimal wellness. Life Force Energy, also known as “chi” in Chinese and “prana” in Sanskrit, is the flow of energy that sustains all living beings. Quantum-Touch teaches us how to focus, amplify, and direct this energy, for a wide range of benefits with surprising and often extraordinary results.



Base Chakra (Root): Red, Earth, Children/Ancestry, Foundation of Energy

Mudladhara (ancient Indic language) means Root or Support. Located at the base of the spine, this chakra creates a foundation for our chakra system. It is essential to our survival instincts and to our sense of grounding and connection to our bodies and the physical plane. When balanced and energized, this chakra brings us health, prosperity, security, and dynamic presence. This Chakra responds to the musical note C.

Attributes: Earth, life, survival, power to achieve goals, vitality, grounding, physical identity, individuality, impulsiveness, oriented to self-preservation, satisfaction, material security, stability, primal trust, stillness, courage, physical energy, strength, will, animal nature, support to the physical body, taste, & smell.

Body Parts:	Symptoms of Imbalance:	Energize and Balance:	Stones:	Essential Oils:
<ul style="list-style-type: none"> • Adrenals • Legs • Feet • Bones • Spine • Immune System • Body Support • Kidneys • Muscles • Large Intestines • Prostate • Bladder • Arterial Blood • Circulation • Tailbone 	<ul style="list-style-type: none"> • Anemia • Restlessness • Lack of Energy • Obesity • Volatile Emotions • Obsession with one thing • Selfishness • Head in clouds, spaciness • Fear • Poor physical coordination • Imbalanced fight or flight reaction • Loss of interest in practical survival • Constipation • Hemorrhoids • Colds • Body Temperature • Bladder Infection • Issues with the Blood • Sciatic • Numbness • Leukemia 	<ul style="list-style-type: none"> • Touch • Attention to practical matters • Movement • Exercise • Warm Bath • Massage • Foot Zoning • Aromatherapy • Walking • Running • Laying on the ground • Eating protein, root foods • Eat red foods • Consume red drinks • Simple, mundane activities • Stimulating music with deep beats such as drums or music that makes your body move like Latin American music. • Bathe in the red color (in your clothing, Color Bath, decor, art, etc.) 	<ul style="list-style-type: none"> • Black Obsidian, • Black Tourmaline, • Garnet, • Hematite, • Red Zincite, • Ruby, • Smoky Quartz, • Red Jasper, • Bloodstone, • Rose Quartz, • Coral • Red Tiger's Eye 	<ul style="list-style-type: none"> • Cedar • Clove • Pepper • Vetiver • Sandalwood • Ylang Ylang • Juniper

Issues to review are:

- Are you physically fit?
- Was there or is there currently any abuse (physical or verbal) in your life?
- Are you able to put your thoughts into action?
- Do you accomplish most of your goals?
- Are money and a home very important to you?
- Have you had any recent thoughts of self-destruction?

RED COLOR THERAPY

RED - POSITIVE & NEGATIVE: In nature red represents heat, fire, and anger. Rose-red is the color of universal harmony. The frequency range is approximately 430–480 THz. A **positive** red represents: love, passion, personal power, tribal connectedness, "I Belong". A **negative** red represents: anger, rage, hate, resentment, & frustration.

RED CLOTHING

If you wear red, you are energetic and impulsive. You are competitive, ambitious and like to be the center of attention. Red is symbolic of leadership qualities and courage. You are focused on results and success. Take time to also learn to be a good listener and to be sensitive to the feelings of others.

RED MINERALS

Ruby, Garnet, Red Jasper, Bloodstone, Rose Quartz, and Coral are all used with the root chakra. Red Stones have a strongly stimulating effect- producing heat and speeding things up. Red stimulates the inner fire- accelerates spiritual growth. Pink- because of the added white makes its effect more peaceful and sympathetic.



RED

Red symbolizes life, vitality, strength and the physical nature of man. In nature red represents heat, fire, and anger.

Red is the color of fire and blood, so it is associated with energy, war, danger, strength, power, determination as well as passion, desire and love.

Red is a very emotionally intense color. It enhances human metabolism, increases respiration rate and raises blood pressure. It has very high visibility, which is why stop signs, stoplights and fire equipment are usually painted red. In heraldry, red is used to indicate courage. It is a color found in many national flags.

Red brings text and images to the foreground. Use it as an accent color to stimulate people to make quick decisions; it is a perfect color for "Buy Now" or "Click Here" buttons on internet banners and websites. In advertising red is often used to evoke erotic feelings like red lips, red nails, red-light districts, 'Lady in Red', etc. Red is widely used to indicate danger with high voltage signs and traffic lights. This color is also commonly associated with energy, so you can use it when promoting energy drinks, games, cars and items related to sports and high physical activity.

Light Red represents joy, sexuality, passion, sensitivity and love.

Rose-Red is the color of Universal Harmony.

Pink signifies romance, love and friendship. It denotes feminine qualities and passiveness.

Dark Red is associated with vigor, willpower, rage, anger, leadership, courage, longing, malice and wrath.

Brown suggests stability and denotes masculine qualities.

Reddish-brown is associated with harvest and fall.

The Red Group

#1 Benefit of Red: **CONFIDENCE**. A sense of control and mastery of one's body, behavior and world; the sense that you are more likely than not to succeed at what you undertake and that others will be helpful.

Important Constituents of Emotion: Lycopene and Anthocyanins

- | | | |
|-----------------------|---------------|----------------|
| * Beets | * Radishes | * Red Potatoes |
| * Blood Oranges | * Raspberries | * Red Onions |
| * Cherries | * Red Apples | * Rhubarb |
| * Pink/Red Grapefruit | * Red Grapes | * Strawberries |
| * Pomegranates | * Red Pears | * Tomatoes |
| * Radicchio | * Red Peppers | * Watermelon |



Sacral Chakra (Sacred): Orange, Water, Mother, Pleasure Center

Svadhithana (ancient Indic language) means Sweetness or One's Own Abode. The second chakra, located in the abdomen/lower back is essential to emotions and sexuality. It connects us to others through feeling, desire, sensation, and movement. When balanced and energized, this chakra brings us fluidity and grace, depth of feeling, sexual fulfillment, and the ability to accept change. This Chakra responds to the musical note *D*.

Attributes: Water, primal feelings, sexuality, desire, sensuality, intimacy, procreation, pleasure, emotional identity, polarity, awe, enthusiasm, relationships, union with nature, confidence, sociability, freedom, movement, openness to others, oriented to self-gratification, personal creativity, healing, intuition, self control.

Body Parts:	Symptoms of Imbalance:	Energize and Balance:	Stones:	Essential Oils:
<ul style="list-style-type: none"> • Appendix • Bladder • Duodenum • Hips • Ileocecal valve • Sciatica • Stomach • Colon • Ovaries • Testes • Womb • Kidneys • Urinary Tract • Skin • Spleen • Gallbladder • Recharges Etheric Body/Aura 	<ul style="list-style-type: none"> • Imbalance, clumsiness • Bladder • Intestinal problems • Lack of physical contact • Body out of balance • Over Stressed • Emotional Over-sensitivity • Impotence • Frigidity • Ovaries/Uterine Problems • Candida • Eating Disorders • Drug Use • Depression • Alcoholism • Polarity Imbalances • Gout • Allergies • Asthma (Oxygen Deficiencies) 	<ul style="list-style-type: none"> • Explore surroundings • Explore pleasure • Play, happiness • Belly Dancing • Tai Chi, Chi Kang • Creativity, Art • Stress Release • Crystal Treatment • Hot aromatic baths • Water aerobics • Deep tissue massage • Emotional movies • Cooking classes • Embracing sensation (such as different food tastes). • Eat orange foods • Consume orange drinks • Music with a bounce or that flows (running water, thunderstorms, etc.). Harp. • Bathe in the orange color (in your clothing, Color Bath, decor, art, etc.) 	<ul style="list-style-type: none"> • Carnelian • Blue-green Fluorite • Blue-green Turquoise • Moonstone • Orange Calcite • Vanadinite • Orange Jasper • Fire Opal • Coral <p>(Copper)</p>	<ul style="list-style-type: none"> • Gardenia • Sandalwood • Ylang-Ylang • Damiana • Melissa • Orange • Mandarin • Neroli • Tangerine • Citrus Bliss

Issues to review are:

Are you emotionally stable or do your emotions go from one extreme to another?

Do you try to hide or control your feelings?

Is your inner child still alive, enthusiastic and uninhibited?

Can you think outside of the box or is your creative perception restricted?

Are your sexual relationships mutual and respectful, and can you be totally comfortable with your partner with no limitations such as frigidity or impotence?

Do you feel disconnected from reality and do you have a difficult living in the present moment?

ORANGE COLOR THERAPY

ORANGE - POSITIVE & NEGATIVE: Orange symbolizes energy. It is a combination of red (for personality and success) and yellow (for wisdom and playfulness). Orange integrates these to help us overcome anger and develop self control. Orange has a vitalizing effect. It stimulates circulation and even distribution of energy. The function and sensitivity of the sexual organs is improved. Orange enhances the quality of life and puts us in a cheerful, happy frame of mind. Encourages creativity and assists us to find harmony and balance. The frequency range is approximately 480–510 THz. A **positive** orange represents: accepting, creativity, clarity, seeing boundaries in relationships, clarity about responsibility. A **negative** orange represents: sexuality, confusion regarding boundaries in relationships, boundaries are being crossed, blocked creativity, indication of anger, sponging other people's emotions.

ORANGE CLOTHING

If you wear orange, you are action oriented and competent. Orange symbolizes practicality, independence, organization and creativity. You are self-motivated, active and competitive. You need to be careful not to try and dominate others. Orange is the color of spirituality in the East, which can be selfishness if directed only towards one's own enlightenment.

ORANGE MINERALS

All the orange stones – Carnelian, Orange Jasper, & Fire opal are used with the sacral chakra.

ORANGE

Orange: Orange combines the energy of red and the happiness of yellow. It is associated with joy, sunshine and the tropics. Orange represents enthusiasm, fascination, happiness, creativity, determination, attraction. success, encouragement and stimulation.



To the human eye, **orange** is a very hot color, so it gives the sensation of heat. Nevertheless, orange is not as aggressive as red. Orange increases oxygen supply to the brain, produces an invigorating effect and stimulates mental activity. It is highly accepted among young people. As a citrus color, orange is associated with healthy food and stimulates appetite.

Orange is the color of fall and harvest. In heraldry, orange is symbolic of strength and endurance.

Orange has very high visibility, so you can use it to catch attention and highlight the most important elements of your design. Orange is very effective for promoting food products and toys.

Dark Orange can mean deceit and distrust

Red-Orange corresponds to desire, sexual passion, pleasure, domination, aggression and thirst for action.

Gold evokes the feeling of prestige. The meaning of gold is illumination, wisdom and wealth. Gold often symbolizes high quality.

The **Orange** Group

#1 Benefit of Orange:

Curiosity, The sense that finding out about things is positive and leads to pleasure.

- | | | |
|---------------------|--------------|------------------|
| * Apricots | * Nectarines | * Sweet Potatoes |
| * Cantaloupe | * Oranges | * Tangerines |
| * Cape Gooseberries | * Papaya | * Winter Squash |
| * Carrots | * Peaches | |
| * Mangoes | * Pumpkin | |



Solar Plexus Chakra : Yellow, Fire, Father, Coordination / Organization

Manipura (ancient Indic language) meaning City of Jewels or Lustrous Gem. The Solar Plexus is located between the naval and heart, at the pericardium. Its name means “Seat of the Soul”. The Solar Plexus Chakra stimulates digestion and improves the supply of energy. When balanced it helps bring happiness and a carefree attitude, and leads to self-

confidence, trust and belief in our own success. This chakra is known as the power chakra and rules will power, metabolism and autonomy. The solar plexus is the organizing brain of the nervous system and as such, is an important power center that should be kept in a perfect equilibrium. This Chakra responds to the musical note *E*.

Attributes: Personal power, intellect, mind, wisdom, high intelligence, knowledge, wit, laughter, mental clarity, humor, optimism, will, ambition, curiosity, awareness, social identity, influence, authority, self-control, fire, ego identity, energy, peace, radiance, joy, inner harmony, acceptance of self, strength, action, vitality, oriented to self-definition.

Body Parts:	Symptoms of Imbalance:	Energize and Balance:	Stones:	Essential Oils:
<ul style="list-style-type: none"> • Gallbladder • Kidneys • Liver • Pancreas • Spleen • Stomach • Digestive System • Nervous System • Diaphragm • Small Intestine • Metabolism 	<ul style="list-style-type: none"> • Difficulty Concentrating • Poor Ability to make decisions or judge a situation accurately • Feeling more important than others • Trouble taking action or getting things done • Poor immune function • Digestion Disorders • Extreme Stress • Feeling Anxious • Fear = “What if” • Shame from past humiliations • Ulcers • Diabetes • Hepatitis • Hypoglycemia • Blood Sugar Disorders • Constipation • Nervousness, Timidity • Addictions to Stimulants • Parasites & Worms • Toxicity, Jaundice • Poor Memory 	<ul style="list-style-type: none"> • Sun exposure • Visualize the Sun (Son) • Allow things to be • Focus on letting go of worries • Memory Games • Getting Organized • Study • Self love activities • Free Meditation • Taking classes • Reading informative books • Doing Mind Puzzles • Developing one's photographic memory • Detoxification programs • Eat yellow foods • Consume yellow beverages • Music that is mentally stimulating such as chimes; Reed and Horn Instruments. 	<ul style="list-style-type: none"> • Amber • Citrine • Golden Calcite • Yellow Jasper • Topaz • Yellow Zircon <p>(Gold)</p>	<ul style="list-style-type: none"> • Bergamot • Carnation • Lavender • Rosemary • Lemon • Grapefruit

Issues to review are:

- Are you too flexible and are your focus and concentration abilities poor?
- Do you lack confidence that you are overly concerned with what other people think?
- Are your thoughts clouded so that you have a difficult time making decisions?
- Do you take on too much responsibility because you think you know best?
- Are you a perfectionist and prefer to do things yourself?
- Are you afraid to be alone?

YELLOW COLOR THERAPY

YELLOW – POSITIVE & NEGATIVE : Yellow has a cheering effect and help produce a positive attitude towards life. Assists with discovering the meaning in our own existence and leads us to spiritual maturity. Yellow is the symbol of the mind, intellect, high intelligence and wisdom. It is a positive magnetic vibration that acts as an equalizer for irritable conditions of the nervous system. A **positive** yellow represents: Joy, energy, trust, security, warmth, self-esteem, open to new possibilities; capacity to digest new information, new experiences, love, nurturing or nourishment. A **negative** yellow represents: Judgment, fear, worrying about what others think of me, not feeling good enough, low will to live, not digesting life or loss of joy.

YELLOW CLOTHING

If you wear yellow, you like to be active and involved in life. You have a stimulating personality and an interesting mind. Yellow symbolizes vitality, communication and spontaneity. You appreciate the new and modern. Make sure you also take care to resolve conflicts.

YELLOW MINERALS

Topaz, Citrine, Yellow Zircon, Amber are used with the solar plexus chakra.



YELLOW

Yellow is the color of sunshine. It's associated with joy, happiness, intellect and energy. Can curry cure cancer? (yes) Yellow produces a warming effect, arouses cheerfulness, stimulates mental activity and generates muscle energy. Yellow is often associated with food. Bright, pure **yellow** is an attention getter, which is the reason taxicabs are painted this color. When overused, yellow may have a disturbing effect; it is known that babies cry more in yellow rooms. Yellow is seen before other colors when placed against black; this combination is often used to issue a warning. In heraldry, yellow indicates honor and loyalty. Later the meaning of yellow was connected with cowardice because commonly snakes under bellies are yellow. Snakes slither and hide when they can; hence "you yellow belly" or "yer lower than a snake!" In using yellow -- it allows clarity of thought. It gives good ideas and awareness. It has a powerful effect on the nervous system and assists the left brain in operation. Yellow energy is good for children in that it enhances their ability to perceive and understand.

Use **yellow** to evoke pleasant cheerful feelings. You can choose yellow to promote children's products and items related to leisure. Yellow is very effective for attracting attention, so use it to highlight the most important elements of your design. Men usually perceive yellow as a very lighthearted, "childish" color so it is not recommended to use yellow when selling prestigious, expensive products to men. In other words, nobody will buy a yellow business suit or a yellow Mercedes. It's great for a racecar or muscle streetcar if you're 17. Yellow is an unstable and spontaneous color, so avoid using yellow if you want to suggest stability and safety. Light yellow tends to disappear into white, so it usually needs a dark color to highlight it. Darker shades of yellow are visually unappealing because they lose cheerfulness and become dingy.

Dull(dingy) **Yellow** represents caution, decay, sickness, and jealousy (Jaundice, etc). Light Yellow is associated with intellect, freshness, joy and youthfulness.

#1 Benefit of **Yellow**: Intentionality. The wish and capacity to have an impact, and to act upon that with persistence. This is related to a sense of competence, of being effective.

Important Constituents of Emotion: 700 + Carotenoids (Beta-carotene is but 1) Bioflavanoids and Vitamin C

*Golden Kiwi	*Sweet Corn	*Yellow grapefruit	*Yellow tomatoes
*Lemons	*Yellow Apples	*Yellow pears	*Yellow watermelon
*Persimmons	*Yellow beans	*Yellow pepper	
*Pineapples	*Yellow beets	*Yellow potatoes	
*Rutabagas	*Yellow figs	*Yellow squash	



Heart Chakra : Green, Air, Self & Spouse, Relationships

Anahata (ancient Indic language) means Untouched. This chakra is the middle chakra, located at the heart. It acts as a balance point for all chakras. It governs our relationships and how we interact with other people. It is related to love and balancing opposites (male and female etc).

A balanced heart chakra is expressed in acceptance of self and others, personal values and ethics, following one's unique direction in life. When balanced and energized it allows us to love deeply, feel compassion, and have a deep sense of peace and centeredness. This Chakra responds to the musical note *F*.

Attributes: Unconditional / Divine Love, harmony, forgiveness, healing, compassion, understanding, air, social identity, transformation, warmth, sharing, sincerity, peace, renewal, growth, devotion, selflessness, relationships, self-control, acceptance of self and others, values & ethics, universal consciousness, emotional balance, creativity, health, abundance, & nature.

Body Parts:	Symptoms of Imbalance:	Energize and Balance:	Stones:	Essential Oils:
<ul style="list-style-type: none"> • Heart • Lungs • Shoulders • Thymus • Arms • Hands • Circulatory System • Muscles 	<ul style="list-style-type: none"> • Lack of Self Discipline • Difficulty in relationships • Live Vicariously through another • Dependence on someone else for happiness • High Blood Pressure • Passiveness • Lethargy • Asthma • Breathing Difficulties • Pneumonia • Emphysema • Muscle Tension • Heart Problems • Chest Pain 	<ul style="list-style-type: none"> • Flowing Movement • Hugs, Physical Touch • Exercise to energize arms and shoulders • Relationship healing visualizations • Recognize unconditional love • Self-acceptance • Discover what you really want • Let go of external expectations • Expansion, freedom • Nature hikes, Gardening • Spending time with family or friends • Surrounding yourself with plants • Taking self-love courses • Reading romantic novels • Watching romantic movies • Candlelight dinners • Eat green foods • Consume green drinks • Music that has the sounds of nature. • Bathe in the green color (in your clothing, Color Bath, decor, art, etc.) 	<ul style="list-style-type: none"> • Emerald • Green Aventurine • Jade • Malachite • Pink/Rubellite • Rose Quartz • Tourmaline • Watermelon Tourmaline • Chrysoprase • Diopase • Peridot • Moss Agate • Green Jasper 	<ul style="list-style-type: none"> • Rose • Marjoram • Orris Root • Yarrow • Eucalyptus • Pine • Tea Tree • Spearmint • Cedarwood

Issues to review are:

Do you accept yourself for who you are or do you lack self-love?

Do you feel that you are not worthy of living life fully or do you feel stifled (feel a lack of freedom in your life)?

Are you indecisive because you can't make up your mind?

Do you have a hard time saying "no" to people?

Do you have a fear of being rejected or abandoned?

Are you envious and jealous of what other people have?

GREEN COLOR THERAPY

GREEN - POSITIVE & NEGATIVE: Green has a harmonizing, neutralizing effect. It encourages a detoxification and regeneration of the body. Green releases emotions and lead to inner peace. Green stimulates the inner world of pictures, clarifies your dream experiences and encourages the imagination. It assists us in dealing with 'spiritual toxins' and encourage a healthy optimism. Green is the color of hope. Green symbolizes harmony, creativity, health, abundance, and nature. It is the combining of yellow (energy, or soul) and blue (spirit). Green (natures color), offers new energy and revitalizes tired nerves. The frequency range is approximately 540–610 THz. A **positive** green represents: Feelings of approval or love, acceptance, healing, forgiveness, wealth, prosperity. A **negative** green represents: Betrayal, sadness, sickness or ill feeling, desperately wanting love and approval, matters of the heart.

GREEN CLOTHING

If you wear green, you are benevolent and service-oriented. You observe life and prefer to stay on the sidelines. Green symbolizes the desire for peace and harmony. You are sensitive and artistic. You may need to add other colors to your wardrobe to become more involved in life with others.



GREEN MINERALS

Emerald, Green Tourmaline, Malachite, Jade, Chrysoprase, Dipotase, Peridot, Aventurine, Moss Agate, Green Jasper are all used in connection with the Heart Chakra.

GREEN

Green: is the color of nature. It symbolizes growth, harmony, freshness and fertility. Green has strong emotional correspondence with safety. Dark green is also commonly associated with money.

Green has great healing power. It is the most restful color for the human eye; it can improve vision. Green suggests stability and endurance. Sometimes green denotes lack of experience; for example, a "greenhorn" is a novice. In heraldry, green indicates growth and hope. Green, as opposed to red, means safety; it is the color of free passage in road traffic. **Green** is directly related to nature, so you can use it to promote "green" products. Pharmaceutical companies use green to indicate safety when advertising drugs and medical products that aren't necessarily safe.

Dull, darker green is commonly associated with money, the financial world, banking and Wall Street.

Dark green is associated with ambition, greed and jealousy.

Yellow-green can indicate sickness, cowardice, discord and jealousy.

Aqua is associated with emotional healing and protection.

Olive green is the traditional color of peace.

#1 Benefit of **Green:** Self-Control. The ability to modulate and control one's own actions in age-appropriate ways; a sense of inner control.

Important Constituents of Emotion: Lutein, Indoles

- | | | |
|--------------------|----------------------------|--------------|
| * Artichokes | * Green Apples | * Okra |
| * Arugula | * Green Beans | * Peas |
| * Asparagus | * Green Grapes | * Peppers |
| * Avocados | * Honeydew / Gallia Melons | * Spinach |
| * Broccoli | * Kale | * Tomatillos |
| * Brussels sprouts | * Kiwi | * Watercress |
| * Cabbage | * Lettuce | * Zucchini |
| * Chili's | * Limes | |
| * Endive | * Mustard | |



Throat Chakra (Sound / Spirit): Blue, Holy Ghost, Communication

Vishuddha (ancient Indic language) means Purity. This is the chakra located in the throat and is associated with communication and creativity. It is directly connected to the ability to express inner creativity. Both teaching and learning are affected by the balance of the throat chakra. When balanced and energized, it translates vibrations and sounds into

language or communication and helps us to communicate what we feel clearly. This Chakra responds to the musical note G.

Attributes: Free/creative self expression, speech, trust, creative expression, planning, communication, organization, inspiration, confidence, integrity, wisdom, truth, sound, creative identity, freedom, independence, access to subtler levels of being, oriented to self-expression, divine guidance, creativity, devotion, infinity, calm, peace.

Organs:	Symptoms of Imbalance:	Energize and Balance:	Stones:	Essential Oils:
<ul style="list-style-type: none"> • Throat • Lungs • Bronchial Tubes • Larynx • Tongue • Salivary Glands • Vocal Chords • Thyroid • Parathyroids • Mouth • Jaw • Respiratory System • Neck • Shoulders • Lymphs (Perspiration) • Menstrual Cycle 	<ul style="list-style-type: none"> • Difficulty expressing oneself • Poor Learning ability • Habitual lying • Fear / Doubt • Uncertainty • Aggressive, selfish behavior • Escapism • Stifled expression • Overbearing discipline • Living in fantasy world • Excessive manipulation of others • Dominance • Thyroid issues • Flu • Blisters, Infections, Herpes • Itching, Sores • Tonsillitis • Toothaches • OCD • Speech Disorders • TMJ • Hyperactivity, Melancholy • Hormonal Problems, PMS • Swelling • Hiccups 	<ul style="list-style-type: none"> • Write unspoken thoughts • Sing, chant, play musical instrument • Truly listen with no reaction • Drumming • The process of art • Draw on newspapers or magazines • Draw with fat pens • Learn a new language • Breathing exercises • Safely express self to another person • Singing (in the shower) • Poetry • Stamp or Art Collecting • Meaningful conversations • Taking self-development courses • Attending church or spiritual functions • Journaling • Neck and shoulder rolls • Eat blue foods and consume blue beverages • Music that is repetitive, such as echoes or sounds of ocean waves. • Bathe in the blue color (in your clothing, Color Bath, decor, art, etc.) 	<ul style="list-style-type: none"> • Angelite • Aquamarine • Blue Calcite • Blue Kyanite • Blue Sapphire • Blue Turquoise • Sodalite • Lapis Lazuli • Blue Topaz • Chrysocola • Blue Agate 	<ul style="list-style-type: none"> • Benzion • Eucalyptus • Frankincense • Sage • Geranium • Chamomile • Peppermint • Mint • Cypress

Issues to review are:

Are you able to express yourself and your beliefs (voice your inner truth)?

Do you have the ability to trust others without doubt?

Do you have good organization and planning skills?

Are you able to free yourself of old family values, beliefs and commitments especially regarding their relationship to responsibility?

Are you concerned with financial security and having nice possessions?

Are you shy and have difficulty communicating yourself or are you too talkative?

BLUE COLOR THERAPY

BLUE - POSITIVE & NEGATIVE: Blue has a cooling, calming effect. It helps regulate the activities of the kidneys and the balancing the liquids and hormones. It encourages relaxation, openness and honesty, overcome fears and take courage. Blue encourages a balanced flow by assisting us to recognize and overcome barriers and external influences. It encourages striving for knowledge and a search for truth. Blue is the symbol of inspiration, devotion, infinity and religious goals. It produces calm, and peace. The frequency range is approximately 610–670 THz. A **positive** blue represents: Freedom of self-expression, open communication, will center, having my will be in harmony with God's will. A **negative** blue represents: Blocked self expression, unexpressed sadness, misuse of will, resentment, mourning or grieving.

BLUE CLOTHING

If you wear light blue, you are sensitive and perceptive. Light blue symbolizes a good imagination, creativity and a practical approach to life. Make sure to use your analytical abilities for problem-solving! Light blue is a combination of the power of blue and the innocence of white.



BLUE MINERALS

Sapphire, Lapis Lazuli, Blue Topaz, Aquamarine, Turquoise, Chrysocolla and Sodalite are all used with the throat chakra.

BLUE

Blue is the color of the sky and sea. It is often associated with depth and stability. It symbolizes trust, loyalty, wisdom, confidence, intelligence, faith, truth and heaven; hence the name true blue. **Blue** is considered beneficial to the mind and body. It slows human metabolism and produces a calming effect. Blue is strongly associated with tranquility and calmness. In heraldry, blue is used to symbolize piety and sincerity.

You can use **blue** to promote products and services related to: cleanliness, water purification filters, cleaning liquids, vodka; air and sky airlines, airports, air conditioners; and water and sea, sea voyages, mineral water. As opposed to emotionally warm colors like red, orange, and yellow; blue is linked to consciousness and intellect. Use blue to suggest precision when promoting high-tech products. **Blue** is a masculine color; according to studies, it is highly accepted among males. Avoid using blue when promoting food and cooking, because blue suppresses appetite. When used together with warm colors like yellow or red, blue can create high-impact, vibrant designs; for example, blue, yellow and red is a perfect color scheme for a superhero.

Light Blue is associated with health, healing, tranquility, understanding and softness.

Dark blue represents knowledge, power, integrity and seriousness. It is associated with depth, expertise and stability; it is a preferred color for corporate America.

#1 Benefit of **Blue**: Relatedness. The ability to engage with others based on the sense of being understood by and understanding others.

Important Constituents of Emotion: Anthocyanins and Phenolics

- | | | |
|---------------------|----------------------|-------------------|
| * Black Currants | * Elderberries | * Purple Grapes |
| * Black Raisins | * Plums | * Purple Peppers |
| * Black Raspberries | * Purple Asparagus | * Purple Potatoes |
| * Black Berries | * Purple Beans | * Red Cabbage |
| * Blueberries | * Purple Carrots | * Red Onions |
| * Dried Plums | * Purple Cauliflower | |
| * Eggplant | * Purple Figs | |



Third Eye Chakra (Brow/Vision): Indigo, Jesus Christ, Spiritual Vision

Anja (ancient Indic language) means Knowledge. This chakra is known as the brow chakra or third eye and is located just above the brow line in the center of the forehead. It is related to the act of seeing, both physically and intuitively. When balanced and energized it allows us to see clearly, letting us “see the big picture” and see subtler, less obvious things. This Chakra responds to the musical note A.

Attributes: Inner vision, intuition, insight, clairvoyance, imagination, invention, extrasensory, self realization, perception, idealism, concentration, light, archetypal identity, peace of mind, projection of will, manifestation, release, memory, fearlessness, oriented to self-reflection, spiritual awareness, psychic abilities, intelligence, understanding, make important distinctions, self mastery, wisdom.

Body Parts:	Symptoms of Imbalance:	Energize and Balance:	Stones:	Essential Oils:
<ul style="list-style-type: none"> • Ears • Nose • Eyes • Sinuses • Pituitary • Cerebellum • Skeletal System • Pineal • Forebrain • Autonomic Nervous System • Heals Etheric Body/Aura 	<ul style="list-style-type: none"> • Confusion • Indecision • Jumping to Conclusions • Inability to see the bigger picture in life • Blindness • Vision Issues • Headaches • Migraines • Earaches • Nightmares • Sleep Disorders • Fear • Manic Depression • Anxiety • Schizophrenia • Paranoia • Equilibrium Imbalances 	<ul style="list-style-type: none"> • REM Therapy • Eye-brain communication exercises • Pattern puzzles • Passive watching • Fantasy visualization & dreaming • Follow your promptings • Meditation Developing one's intuition and psychic abilities. • Star gazing • Eye rolls • Eat indigo foods • Consume indigo drinks • Music such as Mozart or Bach • Chanting (OM) • Bathe in the indigo color (in your clothing, Color Bath, decor, art, etc.) 	<ul style="list-style-type: none"> • Azurite, • Calcite, • Lapis Lazuli, • Quartz, • Sugilite, • Indigo, • Sapphire • Amethyst • Tourmaline • Tanzanite <p>(Silver)</p>	<ul style="list-style-type: none"> • Jasmine • Peppermint • Star Anise • Mugwort • Patchouli • Frankincense • Myrrh

Issues to review are:

- Do you trust your intuition and insights?
- Are you able to develop your psychic and intuitive abilities?
- Can you release your fears and anxieties or do you hang on to negative thoughts?
- Are you able to balance your imagination and fantasy realm with reality?
- Do you tend to feel lonely or are you often depressed?
- Are you unable to give yourself credit because you lack self-pride?

INDIGO COLOR THERAPY

INDIGO - POSITIVE & NEGATIVE: Indigo is the symbol of spiritual attainment, self-mastery and wisdom. It aids in the opening of the third eye (inner and outer vision) and opens the doors to the subconscious, so that negative elements can be eliminated and higher elements can be attained. It aids in the opening of the third eye (inner and outer vision) and opens the doors to the subconscious, so that negative elements can be eliminated and higher elements can be attained. The frequency range is approximately 670–715 THz. A **positive** indigo represents: Highly intuitive, faithful, sense of unity, fearless, devotion to duty, articulate, & practical idealist. A **negative** indigo represents: Separateness, fearful, intolerant, impractical, judgmental, inconsiderate, & depressed easily.

INDIGO CLOTHING

If you wear dark blue, you have deep feelings. You are intelligent and self-reliant. You are willing to take responsibility and make decisions. You may need to surround yourself with peace and affection to avoid depression. You need to play! Dark blue is a serious color often chosen for the military and corporate business.



INDIGO MINERALS

Indigo, Sapphire, Azurite are all used with the third eye chakra.

INDIGO

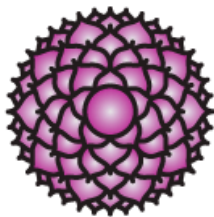
Indigo: Indigo relates to self responsibility, that is to say, being responsible for one's own life; responsibility to oneself to follow the soul's path and needs and trusting one's own intuition. The ability to see things from a 'higher' viewpoint rather than purely for satisfaction of the ego or one's material comfort.

Indigo is a sedative and it helps to open up our intuition. The color of divine knowledge and the higher mind. Not suitable for areas for entertainment but for more 'quiet' places. Bedrooms or treatment rooms for example. Some people find indigo is helpful for studying so this color could be used as part of the decor of a library or study. Indigo and the deeper shades of blue are dynamic healing colors on both spiritual and physical levels. Indigo is balancing to all conditions associated with it. It strengthens the lymph system, the glands, and the immune system of the body. It is an excellent blood purifier, and can be used to assist in detoxifying the body.

#1 Benefit of **Indigo:** Capacity to communicate. The wish and ability to verbally exchange ideas, feelings and concepts with others. This is related to a sense of trust in others and of pleasure in engaging with others.

Important Constituents of Emotion: Anthocyanins and Phenolics

- | | | |
|---------------------|----------------------|-------------------|
| * Black Currants | * Elderberries | * Purple Grapes |
| * Black Raisins | * Plums | * Purple Peppers |
| * Black Raspberries | * Purple Asparagus | * Purple Potatoes |
| * Black Berries | * Purple Beans | * Red Cabbage |
| * Blueberries | * Purple Carrots | * Red Onions |
| * Dried Plums | * Purple Cauliflower | |
| * Eggplant | * Purple Figs | |



Crown Chakra (Mystery): Gold/Violet/White, God, Unity of Thought

Sahasrara (ancient Indic language) means Thousand fold. This chakra is located at the top of the head and relates to consciousness as pure awareness. It is our connection to the greater world beyond. When balanced and energized this chakra brings us knowledge, wisdom, understanding, spiritual connection, and bliss. This Chakra responds to the musical note *B*.

Attributes: Perfection, integration / unity with the omnipresent being, divine wisdom and purpose, inspiration, charisma, awareness, higher self, meditation, universal consciousness, bliss, thought, universal identity, understanding, enlightenment, oriented to self-knowledge, energy, spiritual connection, expanded awareness.

Body Parts:	Symptoms of Imbalance:	Energize and Balance:	Stones:	Essential Oils:
<ul style="list-style-type: none"> • Upper Brain • Cerebral Cortex • Cerebrum • Pineal • Hypothalamus • Brainstem • Central Nervous System • Hair Growth • Top of Head 	<ul style="list-style-type: none"> • Co-ordination difficulties • Poor Balance and clumsiness • An attempt to stop new thoughts (self or others) • Lack of spiritual exploration • Dyslexia • Disassociation • Service for selfish reasons • Escape from responsibility • Unhealthy emotional attachment • Martyr • Idealism • Depression • Alienation • Mental Illness • Neuralgia • Confusion • Senility • Veins / Blood Vessels • Lymphatic System • Bacteria • Warts • Skin Rashes / Eczema 	<ul style="list-style-type: none"> • Cross Crawl Exercise • Tap head, rub belly • Juggling • Write of attachments and visualize letting them go • Pray, seek higher power • Focusing on dreams and writing down one's visions and inventions • Quiet contemplation • Meditation and Yoga • Listening to guided meditation tapes • Taking spiritual courses • Eat violet foods • Consume violet beverages • Silence is the violet inspiration's music • Crystal Bowls • Bathe in the violet color (in your clothing, Color Bath, decor, art, etc.) 	<ul style="list-style-type: none"> • Amethyst • Diamond • White Calcite • White Topaz • Quartz Crystal 	<ul style="list-style-type: none"> • Lotus • Olibanum • Rose • Spruce • Lavender • Jasmine • Magnolia

Issues to review are:

Are you dedicated to the Divine consciousness?

Do you trust the universe and your spiritual reality?

Are you able to equally balance your spirituality with your ability to stay grounded?

Do you allow the universal energy to flow through you so that you have an unlimited creative energy source?

Are you able to integrate you intuitive energy with your intellect—your feminine energy with your masculine energy?

Do you lack faith because you prefer to believe in your own abilities?

VIOLET COLOR THERAPY

VIOLET - POSITIVE & NEGATIVE: Violet has a cleansing, freeing effect. It encourages brain activity, the sensory and motor nervous systems, the skin and the lungs and respiratory tract. Violet lends relief in sorrow and pain. It protects us from foreign influences of an energetic and psychological nature; and lends spiritual freedom. Awakens knowledge and assists us in recognizing who we are. Violet is the ray of spiritual mastery. It is a blend of red (matter) and blue (spirit) and is associated with transformation. The frequency range is approximately 715–1000 THz, after which it becomes ultra-violet, x-ray, and then y-rays or gamma rays. A **positive** violet represents: Connectedness to God, feeling connected to spiritual self, open capacity to receive information from spiritual sources. The color of royalty or nobility. A **negative** violet represents: God and spiritual things out of balance.

VIOLET CLOTHING

If you wear violet, you need to feel needed. you have a sensitive, compassionate personality. You should be careful to choose your friends wisely as you may be vulnerable to friends who will impose upon you or damage your self-confidence.

If you wear **purple**, you are free-spirited and intuitive. You like to explore other realities and unusual ideas. You have high aspirations and great optimism. Take care that you do not become arrogant! Be sensitive to your need for spirituality.



VIOLET MINERALS

Amethyst and any other violet or purple stones are associated with the Crown Chakra. When working with the stones darker tones are associated with sorrow; deep purple symbolizes high spiritual attainment.

VIOLET

Violet / Purple combines the stability of blue and the energy of red. Purple is associated with royalty. It symbolizes power, nobility, luxury and ambition. It conveys wealth and extravagance. Purple is associated with wisdom, dignity, independence, creativity, mystery and magic. Purple is the color of imagination. According to surveys, almost 75 percent of pre-adolescent children prefer purple to all other colors. Purple is a very rare color in nature.

Bluish purple stands for transcendent idealism.

Pale Lilac means cosmic consciousness and love for humanity.

Light purple is a good choice for a feminine design. You can use bright purple when promoting children's products. Light purple evokes romantic and nostalgic feelings.

Dark purple evokes gloom and sad feelings; it can cause frustration.

#1 Benefit of **Violet**: Cooperativeness. The ability to balance one's own needs with those of others in group activity, family and friends, etc.

Important Constituents of Emotion: Anthocyanins and Phenolics

- * Black Currants
- * Black Raisins
- * Black Raspberries
- * Black Berries
- * Blueberries
- * Dried Plums
- * Eggplant
- * Elderberries
- * Plums
- * Purple Asparagus
- * Purple Beans
- * Purple Carrots
- * Purple Cauliflower
- * Purple Figs
- * Purple Grapes
- * Purple Peppers
- * Purple Potatoes
- * Red Cabbage
- * Red Onions

ADDITIONAL COLORS & MINERALS

Colored minerals or precious stones next to the skin can be used in healing. Every stone is an individual. What is described below demonstrates the mutual features of particular stones, the individual stone can still be very different.

CRYSTALS, DIAMONDS, PRISMS, GLOWING BALLS OF LIGHT:

These used in a **positive** manner represent: Projects the light from within, sense of great worth, radiance, clarity, direction, capacity to focus, peace.

All of these are characterized by the fact that they do not absorb light or colors but reflect everything. This means they are neutral and guide the light to us that contains all possibilities. In this way they support and enhance what is already present. Clear minerals encourage clarity and purity, white minerals promote neutrality, silver minerals work like a mirror: they promote self-recognition. They bring purity and creative power, abundance and wholeness.

WHITE:

White represents purity. It will purify the body on the highest levels. It is the highest charging field to bring peace and comfort at the highest level. A **positive** white represents: Truth, light, intelligence, clarity. A **negative** white represents: Hiding, not wanting to be seen, not wanting to see the truth, dishonesty, encapsulated emotions (need to move past it to see what is inside).

If you wear white, you have a well-balanced, positive personality. White symbolizes a blank page, a new start, a time or lifetime in which all things are possible. You are highly individual, so be careful to connect with others to avoid loneliness.



WHITE/CLEAR light contains all colors. Since all colors are present, white does everything on all levels: physically, emotionally, mentally and spiritually (pems). White is about purity, innocence, softness, illumination, release, brilliance, radiance, transcendence, merging with God/Goddess/Universe/Nature/Spirit or whatever one calls their higher power. In relation to the physical body, WHITE/CLEAR is good for everything as the innate intelligence of the body will take whatever colors it needs. WHITE/CLEAR, being all color, resonates with not only all Chakras, but everywhere in our Being.

White is associated with light, goodness, innocence, purity and virginity. It is considered to be the color of perfection. White means safety, purity and cleanliness. As opposed to black, white usually has a positive connotation. White can represent a successful beginning. In heraldry,

white depicts faith and purity. In advertising, white is associated with coolness and cleanliness because it's the color of snow. You can use white to suggest simplicity in high-tech products. White is an appropriate color for charitable organizations; angels are usually imagined wearing white clothes. White is associated with hospitals, doctors and sterility, so you can use white to suggest safety when promoting medical products. White is often associated with low weight, low-fat food and dairy products.

Important Constituents of Emotion: Allicin (onion, garlic)

- | | | |
|---------------|------------|------------|
| * Bananas | * Garlic | * Onions |
| * Cauliflower | * Jicama | * Shallots |
| * Coconut | * Kohlrabi | * Turnips |

BLACK:

Black Minerals absorb light and are, therefore, suitable for 'stripping off' excess energies; especially noticeable with pain-or blockage. Black doesn't apply to any particular organ but works for relaxation in the entire organism. Psychologically, black keeps away distractions and helps us concentrate and brings hidden matters out. Black is a color that is not used very often but it will help bring a patient to a state of grace. It will help them reach the silence and the peace of God/Goddess.

A **positive** black represents: Energy to brain and governing meridian, connectedness, intelligence, food for the brain.

A **negative** black represents: fear, intense feelings, repressed old emotions, evil.

If you wear black, you are disciplined and strong-willed. You may be stubborn and inflexible. Black has become a common color for corporate clothing, showing power and confidence. Black indicates authority and protection of your own aims. Be careful not to be too independent or stubborn.

Black is associated with power, elegance, formality, death, evil and mystery. Black is a mysterious color associated with fear and the unknown like black holes. It usually has a negative connotation like blacklist, black humor, 'black death.' Black denotes strength and authority; it is considered to be a very formal, elegant and prestigious color like a black tie event, or a black Mercedes. In heraldry, black is the symbol of grief.

Black give the feeling of perspective and depth, but a black background diminishes readability. A black suit or dress can make you look thinner. When designing for a gallery of art or photography, you can use a black or gray background to make the other colors stand out. Black contrasts well with bright colors. Combined with red or orange, other very powerful colors, black gives a very aggressive color scheme.



GOLD:

Gold is the strongest color to help cure all illness. It is so strong that many people are not able to tolerate it, so people have to be conditioned to gold over a period of time. Gold strengthens all fields of the body and spirit. A **positive** gold represents: Balance with male energy, helps integrate the male and female energy, feelings of self worth, the capacity to give. A **negative** gold represents: Confusion about male and female energy, heavy metals in the body, heaviness, not able to see self-worth.

Gold is an important color in oriental healing. Its principal property is in strengthening and amplifying. Gold is very useful in increasing the self-consciousness. Gold is a color that can strengthen the energies associated with the entire immune system. It can be used with other colors to amplify the effects without overexciting the system. It is very strengthening to the heart. It is effective to use in regard to all cardiac problems, especially as a powerful tonic after heart surgery. Gold is also believed to improve libido, especially in women. Gold also harmonizes the mind and affect the endocrine systems.

SILVER:

Silver is the color of peace and persistence. It is the major purging color so it is very good for removing unwanted diseases and troubles from the body. It is best for cancer of tissue and blood. **Positive** silver represents: Balance with female energy, being able to receive, feelings of self-worth. **Negative** silver represents: Blocked female energy, heavy metals in the body, hardness, not able to see self-worth.

BROWN:

Brown is an earthy color. It grounds, stabilizes and neutralizes. It is an effective color in healing. Brown is especially effective in stabilizing overexcited states. It calms and grounds emotions and extreme mental conditions. Brown can help awaken common sense and discrimination. It brings us back down to earth. Brown is effective for any kind of spaciness. When it shows up in the human aura, brown may indicate a need for grounding. When the aura takes the shade of brown, it will often reflect infection in the body or that area of the body in which it overlays in the aura.

Brown can be used to stabilize all systems. It is useful in cases of hyperactivity with children, especially with combinations of colors in the rust to deep brown range. A **positive** brown represents: Feeling in control of my life, feeling safe.

A **negative** brown represents: Need to control, feeling out of control, underneath this is often fear. The greater the fear the greater the need to control.

If you wear brown, you are very down to earth! You are honest and live a very regular, structured life. You love things of the earth: food, wine and pleasure. You also appreciate good company, but tend to protect yourself. Be careful not to retreat too far from others. Too much exposure to brown may make one's personality coarser.

Important Constituents of Emotion: Allicin (onion, garlic)

* Brown Pears

* Dates

* Ginger

* Parsnips

* Potatoes

PINK:

Pink is soothing. It can be used for treating skin conditions and inflammations and the immune system. Pink is a soothing color on all levels, physical mental and emotional levels. It can be used to soothe conditions of anger and feelings of neglect. Pink can be used to awaken compassion, love, and purity. It can be used in meditation to discern greater truths. It is comforting to the emotional energies of the individual. Physically, pink is most effective in the treatment of skin problems and conditions, especially when combined with aqua. It also stimulates the thymus gland and ease stresses upon the immune system of the body. A **positive** pink represents: Giving and receiving love; open and flowing love. A **negative** pink represents: Love that did not get expressed.

If you wear pink, you have an affectionate and loving nature. Pink is symbolic of understanding and sympathy. However, you may be childlike, lack willpower or need a tremendous amount of support from others. A self-reliant person who wears pink exude warmth and love. Pink is a combination of the intense energy of red and purity of white. Pink is a bridge to Spirit, connection with Divine Love, caring in the little things, Love from above, beyond passion into compassion, abundance that is always there.

GRAY:

A **negative** gray represents: Confusion, indecision, not black or white.

If you wear gray, you are a very self-sufficient individual. You may stay aloof from others and have excellent self-control. Try not to isolate yourself too much. You need some rest and relaxation to avoid a buildup of stress. You need to give yourself permission to retreat and rest. Life feels very dreary to you and perhaps you have a wound that has re-surfaced. Allow yourself to admit that you may have pushed yourself too hard for too long. The world is just too strong for you right now, get some rest; your tasks will still be there when you are ready. Add Gray to stop, rest, retreat and escape.

RAINBOW:

The hertz vibration on the planet is rising, as well as everything on, in and around it. We are now able to perceive new colors that we have not seen before. Notice the light as it reflects off the bark and leaves of trees and the soil... notice the color of the sky. Colors are becoming richer, deeper, and many new colors are making themselves available to our perception.

A **positive** rainbow represents: Connects left and right brain, helps capacity to focus and concentrate, creates a space to accept and receive all the ways that God shows his love, abundance.

Minerals like Opals, Labradorite, or Rainbow Obsidian reveal plays of color that are more than just the sum of the colors involved. They stimulate activity in the entire organism and accelerate the healing process. Provide joy, desire and enjoyment.



DISEASES - AFFIRMATIONS / OILS / & STONES

Whether we realize it or not, our conscious and unconscious attitudes (belief systems) and feelings (emotions) powerfully affect the cells, tissues, and organs of our physical bodies, as well as the conditions we experience in the world around us. When we change the way we think, we change our life experience. When we change our attitudes toward others, their attitudes toward us change. The condition of our bodies as well as the quality of our life experiences will always be an invaluable aid for mirroring our physical, emotional, mental, and spiritual state of health. If we are not happy with how life seems to be treating us, we simply need to change the way we treat life.

The first and most important step in healing any problem is to become aware of and acknowledge that there is an existing problem! Once we recognize and release the attitudes that inhibit our expression of love, we then remove the root causes of our dis-ease. In this way, symptoms will fade away and we will establish permanent healing. Love and forgiveness must be present before true healing can occur. By consciously choosing love and forgiveness, we can free ourselves of the blockages commonly referred to as pain and dis-ease. Forgiveness opens the door for love to enter. When you choose to forgive yourself, you naturally let go of guilt. You are then free to love yourself and life more fully. When you find it in your heart to forgive another person, you will naturally let go of resentment and anger. You are then free to love that person more fully, and will experience greater harmony in all of your relationships.

Love is the key that opens the door to life. Love is the force that fully activates the bio-circuitry in our body/mind system. Affirm to yourself often, "I ALLOW PERFECT LOVE TO FILL MY BODY AND MIND. I ALLOW PERFECT LOVE TO GUIDE MY LIFE." Love is the source of all healing. Love, accept, and nurture yourself. Love one another!

<i>Dis-ease in general:</i>	EMOTIONAL Not understanding the true meaning and purpose of life Lack of personal honesty and integrity Inability or lack of willingness to express love and forgiveness Withholding the expression of love and acceptance from oneself and others (low self-esteem) Unfulfilled need for attention Unexpressed / repressed emotions; anger, guilt, fear, hostility Persistent worry and/or anxiety Moving too fast, being too stressed out, Not taking time to slow down An internal struggle between one's negative ego (wrong belief system) and One's conscience (deeper understanding of love, truth and honesty)	<i>I ALLOW PERFECT LOVE TO FILL MY BODY AND MIND.</i> <i>I ALLOW PERFECT LOVE TO GUIDE MY LIFE.</i>
<i>Abandonment:</i>	EMOTIONAL	• <i>I allow perfect love to fill my body and mind. I allow perfect love to guide my life.</i>
	Chakra	Base, Heart
	Crystals Pink stones, diopase, Lavender-pink Smithsonite, Sunstone,	
<i>Abdominal Area:</i>	EMOTIONAL Incorrect use of judgment (wisdom) Identifies with possessions and has little sense of self Feeling possessive of someone Worrying about others, but need: introspection to change self Feels responsible for giving understanding, help and encouragement Feeling undue tension, fear & anxiety which constricts the energy flow Disharmony and bondage in relationships Bound up in present fears and not trusting Cramps: Fear, Stopping the process	<i>I trust the process of life, I am safe.</i>
	Chakra	Sacral

	Crystals	
	Orange Stones, Fire Opal, Smoky Quartz, Atacamite. Distension or Colic: Argonite (White), Carnelian, Variscite, Snowflake Obsidian	
Abscesses:	EMOTIONAL	
	Seething; Unresolved hurt feelings Wanting revenge Fermenting thoughts over hurts, slights & revenge	<i>I allow my thoughts to be free. The past is over. I am at peace.</i>
	Essential Oils	
	Clove, On Guard, Purify, Helichrysum, Melaleuca, Frankincense, Roman Chamomile, Wintergreen	Blend 1: Blend 1 drop each of clove, wintergreen, myrrh, and helichrysum to help with infection.
Abuse:	EMOTIONAL	
		• <i>I allow perfect love to fill my body and mind. I allow perfect love to guide my life.</i>
	Essential Oils	
	Elevation, Lavendar, Melissa, Sandalwood	Apply oil topically over the heart, rub on each ear, and then cup hands and inhale deeply to help release negative emotions associated with abuse.
	Chakra	Base, Sacral, Heart
	Crystals	
	Rhodonite, Red Calcite, Carnelian Emotional: Smithsonian Sexual: Rhodochrosite, Pink Carnelian	
Accepting Oneself:	Crystals	
	Chrysoprase, Rhodochrosite	
	Chakra	Sacral, Heart
Accepting Physical Body:	Crystals	
	Vanadinite (indirect), Phenacite.	
	Chakra	Earth, Base, Crown
Accidents:	EMOTIONAL	
	Inability to speak up for the self High levels of stress Tense and worried, Belief in violence Feeling a need to punish self Feeling resistant/rebellious towards authority Feeling defenseless Unable to take a stand -- wishy-washy Feeling of being in the wrong place	<i>I release the pattern in me that created this. I am at peace. I am worthwhile.</i>
	Crystals	
	Carnelian (Carry at all times or keep in car)	
Aches:	EMOTIONAL	
	Feeling of being all alone Feeling separated from source of love Feeling that nobody loves me Aching to be held and loved Feeling efforts have been thwarted Feelings of sadness, Longing for Love	<i>I love and approve of myself. I am loving & lovable.</i>
	Crystals	
	<u>Cathedral Quartz</u> on site of pain, Quartz, Charoite, Magnetite (Lodestone), Rose Quartz, Hematite, Yellow Jasper	

Acidity:	Crystals	
	Green Jasper, Peridot, Diamond Acid/Alkaline imbalance: Jade Acidification of tissue: Malachite (polished, indirect) Overacidification: Bloodstone, Diamond, Chiastolite, Green Jasper, Malachite (polished, indirect), Turquoise, Variscite, Zoisite, Pearl Acidosis: Uvarovite Garnet (crystal remedy) Ingestion: Pearl (crystal remedy)	
Acne:	EMOTIONAL	
	Feelings of guilt, Not accepting self Feelings of self-rejection/dislike of self Disowning what is happening in life -"Denial" Unwilling to face up to issues	<i>I am a Divine expression of life. I love and accept myself where I am right now.</i>
	Crystals	
	Amethyst, Idocrase (stone to skin)	
	Essential Oils	
	Melaleuca, Lavendar, Geranium, Sandalwood, Thyme, Vetiver, Lemon, Lemon-grass, Marjoram, Patchoili	Dilute as recommended, and apply one of the above oils on location. Place about 10 drops of an oil in a 1-2 oz spray bottle filled with water, and mist your face several times per day.
ADD/ADHD:	EMOTIONAL	<i>• I allow perfect love to fill my body and mind. I allow perfect love to guide my life.</i>
	Essential Oils	
	Serenity, Vetiver, Lavendar	Blend 1: Combine equal parts lavender and basil. Diffuse, or apply 1-3 drops on the crown of the head. Dilute as recommended, and apply 1-3 drops on the bottoms of feet and/or on the spine.
Addictions:	EMOTIONAL	
	Running from the self; Fear Not knowing how to love the self Distorted memory in the DNA Unable to think rationally Unable to perceive clearly & correctly Disapproval of self / running from self Feelings of self-rejection Feelings of despair Feeling in a void in the soul Wanting to avoid feeling	<i>I now discover how wonderful I am. I choose to love and enjoy myself.</i>
	Chakra	Base
	Crystals	
	<u>Amber, Amethyst</u> , Blank Onyx, Dioptase, Kunzite, Lepidolite, Lavender-pink Smithsonite, Phenacite, Tourmaline with Lepidolite, Peridot (carry all times) Addictive Behavior: Iolite (place on base or solar plexus) Overcome : <u>Tiger's Eye</u> (carry all times)	
	Essential Oils	
	Alcohol: Rosemary, Purify, Serenity, Heliachrysum, Lavendar, Orange Drugs: Purify, Serenity, Grapefruit (withdrawal), Lavendar, Basil, Eucalyptus, Marjoram, Orange, Sandalwood, Roman Chamomile, Wintergreen Smoking: Clove or On Guard on Tongue Sugar: Purify, Serenity Withdrawal: Lavendar, Grapefruit, Orange, Sandalwood, Marjoram Work: Lavendar, Basil, Marjoram, Geranium	Diffuse into the air. Inhale oil applied to a tissue or cotton wick. Dilute as recommended, and apply to temples or to reflex points.

Addison's Disease: <i>(See adrenals)</i>	EMOTIONAL	
	Severe emotional malnutrition Lacks understanding of self/no sense of self: Anger at the self Inability to understand own emotions Feels no mercy for self	<i>I lovingly take care of my body, my mind and my emotions.</i>
	Essential Oils	
	Elevation	
Adenoids:	EMOTIONAL	
	Family friction, Arguments Acute disharmony in the home Feels restricted in life / in breathing Child feels un-acceptance or hostility from someone Feels unwelcome, in the way	<i>This child is wanted and welcomed and deeply loved.</i>
Adenitis:	Essential Oils	
	Rosemary	Dilute as recommended, and apply on location.
Adrenal Problems: ANXIOUS <i>(see Addison's, Cushing's diseases)</i>	EMOTIONAL	
	Feels like a victim Feelings of being defeated / defeatism "Don't care what happens to me" attitude / lack of courage Feelings of anxiety, Irritated No longer caring for self, Anxiety Misusing the will, Frustrated, Used Subconscious belief that life must have burdens Unresolved jealousies & fears Feeling that one must struggle for success, power or position Let down, Troubled, Fretful	<i>Peaceful, tranquil, satisfied, trust, appreciated, comforted, stable, faith</i> <i>I love and approve of myself. It is safe for me to care for myself.</i>
	Chakra:	Solar Plexus
	Crystals	
	Aventurine. Balancing: Fire Opal, Yellow Labradorite, Rose Quartz Calming: Green Calcite, Kyanite Stimulating: Sugilite	
	Essential Oils	
	Basil, Rosemary, Clove, Elevation	Diffuse into the air Dilute as recommended, and apply 1-3 drops on the bottoms of the feet and/or the spine.
Aging Problems:	EMOTIONAL	
	Inability to accept NOW, Old thinking Rejection of the NOW, Social beliefs Fear of being one's self Long standing unresolved negative feelings	<i>I love and accept myself at every age. Each moment in life is perfect.</i>
	Crystals	
	Age Spots: Selenite (rub gently, indirect, polished) Slowing Aging: Rhodochrosite, Sapphire, Sodalite, Pearl, Diamond	
	Essential Oils	
	Frankincense, Sandalwood	Combine with carrier oil, and massage into skin. Dilute as recommended, and apply to skin. Diffuse, or inhale from a tissue or cotton wick
Agitation:	Essential Oils	
	Lavender, Ylang Ylang, Geranium, Bergamot, Serenity, Sandalwood, Balance, Marjoram, Myrrh, Clary Sage, Rose, Frankincense, Elevation	Diffuse into the air. Inhale directly from bottle. Apply oil to hands, tissue, or cotton wick, and inhale.
Air Pollution:	Essential Oils	
	Purify, On Guard, Lemon, Lemongrass, Peppermint, Rosemary, Eucalyptus, Cypress, Grapefruit	Diffuse into the air.

AIDS/HIV:	EMOTIONAL	
	Feeling defenseless & hopeless Feels nobody cares Strong belief of "not good enough" Denial of the self, Sexual guilt Extreme deep-rooted anger	<i>I am part of the Universal design. I am important and I am loved by Life itself. I am powerful and capable. I love and appreciate all of myself.</i>
	Crystals	
	Ametrine, Lapis Lazuli, Jadeite, Petalite, Zincite	
	Essential Oils	
	Helichrysum, On Guard, Lemon, Balance	Diffuse into the air Dilute as recommended, and apply 1-3 drops on the bottoms of the feet and/or the spine.
Alcoholism:	EMOTIONAL	
	Inability to cope / futility / "What's the use?" attitude Feelings of worthlessness/self-rejection & Futility Feelings of living a lie. Guilt, Inadequacy Locked in by unresolved negative emotions Locked in by believing the negative words of others Protecting against feelings one is afraid to feel	<i>I live in the now. Each moment is new. I choose to see my self-worth. I love and approve of myself.</i>
	Chakra:	Base
	Crystals	
	<u>Amethyst</u> (wear constantly), Black Onyx, Smithsonite Mitigate effects of: Iolite, Amethyst	
	Essential Oils	
	Rosemary, Purify, Serenity, Helichrysum, Lavender, Orange,	Dilute as recommended, and apply to temples or to reflex points. Diffuse into the air. Inhale oil applied to a tissue or cotton wick.
Alertness:	Essential Oils	
	Peppermint, Ylang Ylang, Lemon, Basil, Rosemary	Diffuse into the air. Inhale oil applied to a tissue or cotton wick. Dilute as recommended, and apply to the temples and bottoms of the feet.
Allergies: (See hay fever)	EMOTIONAL	
	Suppressed weeping Imitation substitute for colds Feelings that don't seem to have an answer to change Fear of sharing feelings with people Feeling stifled Who are you allergic to? Denying own power	<i>The World is safe and friendly. I am safe. I am at peace with life.</i>
	Crystals	
	Apophyllite, Danburite, Iolite, Lepidolite, Muscovite, Aquamarine, Zircon, Carnelian, Red Jasper, Chrysoprase, Cat's Eye (carry)	
	Essential Oils	
	Melaleuca, Lavendar, Peppermint, Roman Chamomile, Melissa, Patchouli, Eucalyptus	Dilute as recommended, and apply to temples or to reflex points. Diffuse into the air. Inhale oil applied to a tissue or cotton wick. Dilute as recommended, and apply to sinuses and to bottoms of feet.

Alzheimer's Disease: (See Dementia & Senility)	EMOTIONAL	
	Tired of coping Refusal to deal with the world as it is Can't face life anymore Feels unable to be in control of own life Feelings of inferiority & insecurity Suppressed anger Wants to live in own little world Feelings of hopelessness & helplessness	<i>There is always a new and better way for me to experience life. I forgive and release the past. I move into joy.</i>
	Chakra:	Brow /Third Eye
	Crystals	
	Blue Obsidian, Lepidolite, Rose Quartz, Kunzite, Rutilated Quartz, Purple Tourmaline (wear constantly),	
	Essential Oils	
	Frankincense, Sandalwood	Diffuse Oils into the air. Dilute as recommended, and apply over brain stem area on back of neck.
Amnesia:	EMOTIONAL	
	Unable to be assertive/to stand up for self Wanting to escape life's problems/running from life Fear of the future	<i>Intelligence, courage and self-worth are always present. It is safe to be alive.</i>
	Essential Oils	
	Rosemary, Peppermint, Frankincense, Basil, Citrus Bliss, Clove, Lemon, Ginger, Grapefruit, Lime, Bergamot, Rose, Lavender, Lemongrass	Diffuse into the air. Inhale directly from bottle. Apply oil to hands, tissue, or cotton wick, and inhale. Wear as a perfume or cologne. Dilute as recommended, and apply 1-2 drops on temples or back of neck.
Ancestral healing:	Crystals	
	Bloodstone, Black Obsidian, Petalite, Tibetan Turquoise,	
	Chakra:	Past Life, Base
Anemia:	EMOTIONAL	
	Angry at self for inability to control things Feeling life is not going the way I want Feelings of "I'm not enough" Manipulative but resentful at being manipulated Feels there is no joy Lack of order in life, Fear of life "Yes-but" attitude, Not feeling good enough	<i>It is safe for me to experience joy in every area of my life. I love life.</i>
	Chakra:	Heart, Spleen
	Crystals	
	Bloodstone, Ruby, Hematite, Citrine, Kunzite, Tiger's Eye, Tourmaline, Garnet, Carnelian	
Anemia: (pernicious)	EMOTIONAL	
	Feelings of total helplessness Have given up Deep, unresolved grief	<i>• I allow perfect love to fill my body and mind. I allow perfect love to guide my life.</i>
Aneurysm:	Essential Oils	
	Cypress, Melaleuca, Clary Sage, Helichrysum, Frankincense	Combine 5 drops frankincense, 1 drop helichrysum, and 1 drop cypress. Diffuse. Dilute as recommended, and apply to temples, heart, and reflex points for heart on the feet. Diffuse into the air. Inhale oil applied to a tissue or cotton wick.

Ankles: SEX	EMOTIONAL	
	<p>Fears falling or failing Inflexible attitudes (unwilling to bend) Lack of self-support, Ungrounded or unstable Uncertainty about one's direction in life. Shut down sexually, Guilt Instability in present situation (see also knees) Feeling overworked, but can't quit Feels there is no relief from pressures in life</p>	<p><i>The capacity to support oneself. Stability, balance, our connection to the Earth (being grounded). Flexibility, movement, progress. The ability to deal with and adapt to the motions and movements of life's changing experiences.</i> <i>The ability to receive pleasure I deserve to rejoice in life. I accept all the pleasure life has to offer.</i></p>
Animals:	Crystals	
	<p>Heal: Dioptase Calm: Dalmation Jasper</p>	
	Essential Oils	
	<p>Bleeding: Helichrysum, Geranium Bones: Wintergreen, Deep Blue, Lemongrass Calm: Serenity, Lavender, Citrus Bliss Cancer, Skin: Sandalwood, Frankincense Cats: --Dilute like you would for a child with carrier oil. Colds and Coughs: Eucalyptus, Melaleuca (not for cats) Cows: For Scours use 5 drops DigestZen on stomach – repeat 2 hrs later. Dogs: Anxiety /Nervousness – Serenity, Lavender, Balance Rub 1-2 drops between hands, and apply to muzzle, between toes, on tops of feet for the dog to smell, and on edges of ears. Arthritis -- Frankincense Blend equal parts rosemary, lavender, and ginger. Dilute with coconut oil and apply topically on affected joints. Bone Injury: Wintergreen Dermatitis: Melaleuca Heart Problems: Peppermint (on paws), Serenity (on stomach) Sleep: Lavender (on paws), Serenity (on stomach) Stroke: Frankincense (on brain stem/back of neck), Balance (on paws) Ticks and Bug Bites: Purify (drop directly on tick, or dilute and apply to wound) Travel Sickness: Peppermint (dilute, and rub on stomach) Earache: 1 drop Melaleuca, 1 drop Lavender, and 1 drop Roman Chamomile in 1tsp fractionated coconut oil. Apply 1-2 drops inside the outside of ear. Ear Infections: Purify – Dip cotton swab in oil, and apply to inside and front of ear. Fleas: Lemongrass, Eucalyptus – Add 1-2 drops of oil to shampoo Horses: Anxiety/Nervousness: Serenity – Rub 1-2 drops between hands and apply to nose, knees, tongue, and front of chest. Hoof Rot: Combine 1 drop Roman Chamomile, 1 drop Thyme, and 1 drop Melissa in 1 tsp Fractionated Coconut Oil, and apply on location. Infection: On Guard Leg Fractures: Ginger – Dilute oil, and apply oil to leg with a hot compress wrapped around the leg. Massage leg after the fracture is healed with a blend of Rosemary and Thyme diluted with fractionated coconut oil. This may strengthen the ligaments and prevent calcification. Muscle Tissue: Apply equal parts Lemongrass and Lavender on location, and wrap to help regenerate torn muscle tissue. Wounds: Helichrysum Parasites: Lavender, Digest Zen, Rub on paws to release parasites.</p>	<p>Only 1-2 drops of oil are necessary on most animals, as they respond more quickly to the oils than do humans. Fractionated coconut oil can be added to extend the oil over larger areas and to heavily dilute the essential oil for use on smaller animals, especially cats.</p> <p>Apply as directed – Dilute as recommended, and apply on location. Diffuse into the air.</p>
Anorectal Bleeding:	EMOTIONAL	
	<p>Anger Frustration</p>	<p><i>I trust the process of life. Only right and good action is taking place in my life.</i></p>

Anorexia:	EMOTIONAL	
	Feels totally unable to please parent (usually mother) Feels unable to live up to expectations of others Feelings of self-rejection / self-hatred Denying the self life, Extreme fear	<i>It is safe to be me. I am wonderful just as I am. I choose to live. I choose joy and self-acceptance.</i>
	Chakra:	Earth, Base, Heart
	Crystals	
	Ametrine, Lepidolite, Topaz, Rhodochrosite, Rose Quartz, Stibnite	
	Essential Oils	
	Grapefruit, Citrus Bliss	Diffuse into the air. Inhale directly from bottle. Apply oil to hands, tissue, or cotton wick, and inhale.
Anus:	EMOTIONAL	
	Releasing point, Dumping ground Survival is threatened by outer conditions Feeling powerless in some area Abscess: Anger in relation to what you don't want to release. Fistula: Incomplete releasing of trash Holding on to garbage of the past Itching: Guilt over the past, Remorse Pain: Guilt: Desire for punishment Not feeling good enough	<i>I easily and comfortably release that which I no longer need in life. It is safe to let go. Only that which I no longer need leaves my body. It is with love that I totally release the past. I am free. I am love I lovingly forgive myself. I am free. The past is over. I choose to love and approve of myself in the now.</i>
Antibacterial:	Crystals	
	Iolite, Amber (apply stone, or bathe in remedy)	
	Essential Oils	
	Melaleuca, Thyme, Cinnamon, Peppermint, On Guard, Purify, Lime, Lemongrass, Helichrysum, Geranium, Rosemary, Clove, Oregano, Breathe, Cypress, Basil, Cassia, Lemon, Eucalyptus, Grapefruit, Marjoram, Clary Sage, Lavender, Frankincense	Blend 12 drops of On Guard, 6 drops oregano, and 2 drops frankincense in a size "00" capsule, and ingest every 4-8 hours.
	Airborne Bacteria: Cinnamon, Lemongrass, Geranium, On Guard, Purify, Oregano Cleansing: Purify MRSA (Methicillin Resistant Staphylococcus Aureus): Melaleuca, Oregano, Geranium, On Guard, Frankincense, Peppermint, Lemon, Thyme, Cinnamon, Clove, Eucalyptus, Lemongrass, Orange, Grapefruit, Lavender Staph (Staphylococcus Aureus) Infection : Melaleuca, Oregano, Helichrysum, Thyme, Geranium, Purify, Lavendar (Note – Peppermint may make a Staph infection more painful)	Place 2-5 drops each of Oregano, On Guard, and Frankincense (followed by lemon and peppermint) on bottoms of feet every 2 hours. ---- MRSA Dilute as recommended, and apply on location. Dilute and apply to liver area and bottoms of the feet. Use hand wash and sanitizing wipes as directed on package. Diffuse into the air. Combine a few drops in a small spray bottle with distilled water, and spray into the air.
Anticoagulant:	Essential Oils	
	Clove, Fennel, Thyme, Grapefruit	Dilute as recommended, and apply on location, on reflex points on feet and hands, and over heart. Diffuse into the air. Apply oils to hands, and inhale oils from hands cupped over the nose. Inhale oil applied to a tissue or cotton wick. Place 1-3 drops of oil in an empty capsule; ingest up to 3 times per day.
Antidepressant:	Essential Oils	
	Lemon, Frankincense, Lavender, Bergamot, Elevation, Balance, Citrus Bliss, Melissa, Rosemary, Ylang Ylang, Grapefruit, Clary Sage, Serenity, Lime, Geranium, Ginger, Basil, Sandalwood, Patchouli	Diffuse into the air. Inhale directly from the bottle. Apply oil to hands, tissue, or cotton wick, and inhale. Dilute as recommended, and apply 1-2 drops to temple or forehead. Add 5-10 drops to 1 Tbsp fractionated coconut oil, and use as massage oil. Add 1-3 drops to warm bathwater, and bathe.

Antifungal:	Essential Oils	
	Clear Skin, Melaleuca, Oregano, Thyme, Cinnamon, Clove, On Guard, Lavender, Peppermint, Rosemary, Lemon, Purify, Patchouli, Lemongrass, Geranium	Dilute as recommended, and apply on location. Dilute and apply to liver area and bottoms of the feet. Use hand wash and sanitizing wipes as directed on package. Diffuse into the air. Combine a few drops in a small spray bottle with distilled water, and spray into the air.
Antihistamine:	Essential Oils	
	Melaleuca, Lavender, Peppermint, Roman Chamomile, Melissa, Patchouli, Eucalyptus	Dilute as recommended, and apply to sinuses and to bottoms of feet. Diffuse into the air. Inhale oil applied to a tissue or cotton wick.
Anti-inflammatory:	Crystals	
	<u>Moss Agate, Magnetite (Lodestone), Blue Chalcedony, Turquoise</u> (wear constantly),	
	Chakra:	Base
Antioxidant:	Essential Oils:	
	Clove, Thyme, Rosemary, Peppermint, Melaleuca, Helichrysum, Purify, On Guard, Breathe, Deep Blue, Cinnamon, Frankincense, Oregano, Roman Chamomile	Dilute as recommended, and apply on the skin and reflex points on the feet. Dilute in carrier oil, and massage into the skin. Apply as a hot compress. Diffuse into the air. Inhale directly from bottle. Apply oil to hands, tissue, or cotton wick and inhale.
Antiseptic:	Crystals	
	Amethyst, Calcite, Amber (apply stone or bathe)	
Antiviral:	Crystals	
	Fluorite	
	Essential Oils	
	Helichrysum, Melaleuca, Clove, On Guard, Melissa, Breathe, Lime, Cinnamon, Lemon, Oregano, Peppermint, Eucalyptus, Thyme, Orange, Grapefruit, Clary Sage, Myrrh, Geranium, Lavender, Sandalwood, Rosemary, Cypress Airborne Viruses: On Guard Ebola Virus: Cinnamon, Oregano Epstein-Barr Virus: On Guard Herpes Simplex: Peppermint, Clove, Helichrysum, Melaleuca, Lavender, Eucalyptus, Cypress, Lemon HIV / AIDS: Helichrysum, On Guard, Lemon, Balance Respiratory: Eucalyptus, On Guard Spine: 5 drops Oregano and 5 drops Thyme, Apply to bottoms of feet and along the spine.	Dilute as recommended, and apply on location or to reflex points on the bottoms of the feet. Diffuse into the air. Inhale oil applied to a tissue or cotton wick.
Anxiety:	EMOTIONAL	
	Feels unable to "call the shots" in life Feels boxed in Feels helpless to affect a change Not trusting the flow & process of life	<i>I love and approve of myself and I trust the process of life. I am safe.</i>
	Chakra:	Earth, Base
	Crystals	
	<u>Kunzite</u> , Aventurine, Green Calcite, Chrysoprase, Emerald, Hematite, Moonstone, Pyrite, Rose Quartz, Rutilated Quartz, Smithsonite, Tiger's Eye, Tourmaline, Labradorite.	
	Essential Oils	
	Lavender, Orange, Lemon, Serenity, Aroma Touch, Elevation, Balance (on back of neck) and Breathe (on chest), Ylang Ylang, Melissa, Frankincense, Sandalwood, Citrus Bliss, Bergamot, Geranium, Lime, Clary Sage, Rose, Basil, Cypress, Marjoram --Agitation: Lavender, Ylang Ylang, Geranium, Bergamot, Serenity, Sandalwood, Balance, Marjoram, Myrrh, Clary Sage, Rose, Frankincense, Elevation	Diffuse into the air. Inhale directly from bottle. Apply oil to hands, tissue, or cotton wick, and inhale. Place 1-2 drops in 1Tbsp fractionated coconut oil and massage into the skin. Dilute as recommended, and apply to back of neck, temples, or reflex points on feet. Add 1-2 drops to ¼ cup bath salts, and dissolve in warm bathwater.

	-- Anger: Serenity, Lavender, Ylang Ylang, Balance, Elevation, Bergamot, Geranium, Frankincense, Sandalwood, Cypress, Lemon, Myrrh, Marjoram, Helichrysum, Rose, Orange	
Apathy:	EMOTIONAL	
	"Spark of life" has been turned off Doesn't want to feel / Fear Resistance to feeling, Deadening of the self	<i>It is safe to feel. I open myself to life. I am willing to experience life.</i>
	Chakra:	Base, Sacral
	Crystals	
	Red Calcite	
	Essential Oils	
	Lemon, Frankincense, Lavender, Bergamot, Elevation, Balance, Citrus Bliss, Melissa, Rosemary, Ylang Ylang, Grapefruit, Clary Sage, Serenity, Lime, Geranium, Ginger, Basil, Sandalwood, Patchouli	Diffuse into the air. Inhale directly from bottle. Apply oil to hands, tissue, or cotton wick, and inhale. Dilute as recommended, and apply 1-2 drops to temple or forehead. Add 5-10 drops to 1Tbs fractionated coconut oil, and use as massage oil. Add 1-3 drops to warm bathwater, and bathe.
Aphrodisiac:	Crystals	
	Red Stones, Amethyst, Carnelian, Rose Quartz, Pink Tourmaline, Red Jasper	
	Chakra:	Base, Sacral
	Essential Oils	
	Sandalwood, Ylang Ylang, Rose, Jasmine, Whisper, Cinnamon, Ginger, Clary Sage	Diffuse into the air. Dissolve 2-3 drops in 2 Tbs pure grain or perfumers alcohol, combine with distilled water in a 1 or 2 oz spray bottle, and spray into the air or on clothes or bed linens. Dilute as recommended and wear on temples, neck, or wrists as a perfume or cologne. Combine 3-5 drops of your desired essential oil with 1 Tbs fractionated coconut oil to use as massage oil. Combine 1-2 drops with ¼ cup Therapeutic Bath Salts, and dissolve in warm bathwater for a romantic bath.
Appendicitis:	EMOTIONAL	
	Undue fears about life, Blocking the flow of good Unable to deal with fear: energy flow is constricted	<i>Forgiveness. I am safe. I relax and let life flow joyously.</i>
	Crystals	
	Peridot, Yellow Sapphire	
Appetite:	EMOTIONAL	
	(Loss of) Incorrect perceptions causing distrust & a form of depression, Not trusting life, Protecting the self, Fear (Excessive) Feeding the need for love, acceptance & protection Judging the emotions, Fear	<i>I love and approve of myself. I am safe. Life is safe and joyous. I am safe. It is safe to feel. My feelings are normal and acceptable.</i>
	Chakra:	Solar Plexus
	Crystals	
	Apatite	
	Essential Oils	
	Loss of Appetite: Lavender, Ginger, Lemon, Orange Suppressant: Slim & Sassy, Grapefruit	Diffuse into the air. Inhale oil applied to a tissue or cotton wick. Add 8 drops of Slim & Sassy to 16oz of water, and drink throughout the day between meals.

Arms: (See Hands) ANGER & FRUSTRATION	EMOTIONAL	
	Childhood Issues, Represents the capacity and ability to hold the experiences of life.	<i>I lovingly hold and embrace my experiences with ease and with joy.</i>
	Crystals	
	Malachite (polished, indirect), Jadeite	
Arteries - Hardening:	EMOTIONAL	
	Fears being disappointed Hard-hearted, Can't carry the joy of life Being dictatorial Feeling obstructed or delayed in life Unresolved feelings obscuring the flow of life	<i>I am filled with joy. It flows through me with every beat of my heart and every breath I breathe.</i>
	Chakra:	Heart
	Crystals	
	Blocked: Larimar, Obsidian Strengthen: Bloodstone, Stibnite	
	Essential Oils	
	Arterial Vasodilator: Eucalyptus, Rosemary, Marjoram Atherosclerosis: Lemon, Lavender, Rosemary, Ginger, Thyme, Wintergreen	Dilute as recommended, and apply to carotid arteries in neck, over heart, and reflex points on the feet. Diffuse into the air. Inhale directly from bottle. Apply oil to hands, tissue or cotton wick, and inhale.
Arteriosclerosis:	EMOTIONAL	
	Long-standing inability to express feelings and emotions Unable to see the good, Tension Layers of unresolved feelings built up inside Refusing to be open-minded Hardened narrow-mindedness, Resistance	<i>I am completely open to life and to joy. I choose to see with love.</i>
	Crystals	
	Aventurine, Magnesite	
Arthritis: (see joints)	EMOTIONAL	
	Severely criticizing self or others Holding onto feelings of hostility Holding onto own opinions & beliefs Long term tension or anger in life Feelings of anxiety and/or depression endured over long periods of time Belief that it's wrong to get angry which creates: Repressed anger that eats you up Need to be right, Feeling un-loved Rigid in thinking & feelings Uncompromising attitude Inflexibility, Resentment Fingers: A desire to punish, Blame, Feeling victimized	<i>I am love. I now choose to love and approve of myself. I see others with love.</i> <i>I see with love and understanding. I hold all my experiences up to the light of love.</i>
	Crystals	
	Fluorite, Apatite, Amethyst, Azurite, Blue Lace Agate, Carnelian, Chrysocolla, Green Calcite, Garnet, Hematite, Malachite (polished, indirect), Obsidian (short periods only), Rhodonite (see also joints and pain relief)	
	Essential Oils	
	Frankincense, Rosemary, Marjoram, Deep Blue, Eucalyptus, White Fir, Peppermint, Lavender, Cypress, Ginger, Roman Chamomile, Helichrysum, Wintergreen, Basil, Clove	Combine equal parts Wintergreen and Deep Blue. Apply on location. Dilute as recommended, and apply on location. Apply as a warm compress over affected area. Dilute 1-2 drops in 1Tbs fractionated coconut oil, and use as a massage oil. Add 1-2 drops to ¼ cup Therapeutic Bath Salts, and dissolve in warm bathwater for a soaking bath. Diffuse into the air.

Arthritis - Rheumatoid:	EMOTIONAL	
	Body is receiving conflicting messages like: Laughing on the outside, but crying on the inside Feels totally helpless in ability to change life's burdens Feeling very put upon, Deep criticism of authority	<i>I am my own authority. I love and approve of myself. Life is good.</i>
	Essential Oils	
	Marjoram, Lavender, Cypress, Deep Blue, Geranium, Bergamot, Clove, Ginger, Lemon, Rosemary, Wintergreen, Cinnamon, Eucalyptus, Oregano (chronic), Peppermint, Roman Chamomile, Thyme	Dilute as recommended, and apply on location. Apply as a warm compress over affected area. Dilute 1-2 drops in 1Tbs fractionated coconut oil, and use as a massage oil. Add 1-2 drops to ¼ cup Therapeutic Bath Salts, and dissolve in warm bathwater for a soaking bath. Diffuse into the air.
Assertion:	Crystals	
	Red Stones, Fire Agate	
	Chakra:	Base, Sacral
Asthma:	EMOTIONAL	
	Reliving childhood fears Need for dependence, Feeling stifled Chronic anxiety & fear Unconscious dependency wishes Feeling dominated by a apparent Wanting to protest, but unable Being over-sensitive, Inability to breathe for oneself Suppressed sorrow or crying Feelings of being stifled, Smother love Babies & Children: Fear of life, Not wanting to be here	<i>It is safe now for me to take charge of my own life. I choose to be free.</i> <i>This child is safe and loved. This child is welcomed & cherished</i>
	Chakra:	Solar Plexus, Higher Heart
	Crystals	
	<u>Apophyllite</u> , <u>Amber</u> , Amethyst, Ametrine, Dark-blue Sapphire, Iron Pyrite, Malachite (polished, indirect), Morganite, Magnetite (Lodestone), Rose Quartz, Rhodochrosite, Tiger's Eye, Vanadinite (indirect), Topaz, Chrysoberyl (wear constantly over chest)	
	Essential Oils	
	Eucalyptus, Frankincense, Peppermint, Thyme, Breathe, Oregano, Lemon, Myrrh, Lavender, Geranium, Cypress, Clary Sage, Ylang Ylang, Rose, Helichrysum, Marjoram, Rosemary Attack: Breathe, Eucalyptus, Frankincense (calming), Lavender, Marjoram	Diffuse into the air. Inhale directly from bottle. Apply oil to hands, tissue, or cotton wick, and inhale. Dilute as recommended and apply to the chest, throat, or back. Add 2-3 drops to 1 Tbsp fractionated coconut oil, and massage onto chest, shoulders, and back.
Astigmatism:	Crystals	
	Peridot (wear as earrings, or bathe eyes in alcohol-free crystal remedy)	
Astral Projection:	Crystals	
	Calcite, Double-terminated crystals, Hematite, Kunzite, Muscovite, Kyanite Facilitate: double-terminated crystals, Muscovite (hold or apply to crown chakra) Protection During: Fluorite (hold or wear) Prevention: Angelite (wear constantly at night or place by bed)	
	Chakra:	Brow/Third Eye, Crown
Athlete's Foot:	EMOTIONAL	
	Frustration at not being accepted. Inability to move forward with ease	<i>I love and approve of myself. I give myself permission to go ahead. It's safe to move.</i>

	Essential Oils	
	Melaleuca, Oregano, Clear Skin, Cypress, Thyme, Geranium, Lavender	Dilute as recommended, and apply on location. Dilute and apply to liver area and bottoms of the feet. Use hand wash and sanitizing wipes as directed on package. Diffuse into the air. Combine a few drops in a small spray bottle with distilled water, and spray into the air.
Atrophy:	Crystals	
	Septarian, Blue or Yellow Sapphire	
Aura:	Crystals	
	Quartz (hold in front of solar plexus) Align with physical body: Amber (hold over head or solar plexus) Align with spiritual energy: Labradorite (hold over crown chakra) Cleansing: Smoky Quartz, Quartz, Amber, Bloodstone, Green Jasper, Herkimer Diamond ('comb' aura thoroughly) Energize: Quartz, Iolite (chakra: solar plexus) Energy leakage, guard against: Labradorite (wear constantly – Chakra: higher heart) Entities, remove: Smoky Amethyst, Kunzite and Selenite, Petalite, Fairy Quartz (Chakra: Base, Sacral, Solar Plexus, Brow/Third Eye) 'Holes': Quartz, Aqua Aura, Amethyst, Green Tourmaline, Quartz (place over site) Mental Attachments, remove: Kunzite and Selenite, Petalite (place on chakra until released, then purify immediately --- Chakra: Brow/Third Eye) Negativity, remove: Black Jade, Amber, Apache Tear (Hold crystal over solar plexus) Negative patterns embedded in, dissolve: Smoky Quartz ('comb' over area) Protecting: Apache Tear, Labradorite, Shattuckite with Ajoite, Amber, Amethyst, Diamond, Quartz (Wear continuously – Chakra: Higher Heart) Stabilize: Agate, Labradorite (Chakra: Earth) Strengthen: Magnetite (Lodestone), Quartz, Zircon Weakness, overcome: Hiddenite	
	Chakra:	ALL
Autism:	Crystals	
	Sugilite, Cerussite, Charoite, Moldavite (wear continuously or in pocket)	
	Chakra:	Earth, Base, Solar Plexus
	Essential Oils	
	Reduce Anxiety / Fear: Geranium, Clary Sage, Bergamot Stimulate the Senses: Peppermint, Basil, Lemon, Rosemary	Add 1-2 drops to 1Tbs fractionated coconut oil, and massage into skin.
Autoimmune System:	EMOTIONAL	
	Laughing on the outside, but crying on the inside Feels totally helpless Have given up Deep seeded/seated grief	• <i>I allow perfect love to fill my body and mind. I allow perfect love to guide my life.</i>
	Chakra:	Higher Heart
	Crystals	
	Aquamarine, Rhodonite	
	Essential Oils	
	Grave's Disease: (See Thyroid) Lemongrass, Myrrh Hashimoto's Disease: (See Thyroid – Hypothyroidism) Lemongrass, Myrrh	Dilute as recommended, and apply on thyroid area or on reflex points on the feet. Diffuse into the air. Apply oil to hands, tissue, or cotton wick, and inhale.

	<p>Lupus: Clove, Elevation, On Guard, Balance, Melissa</p>	<p>Lupus: Dilute as recommended, and apply 1-2 drops on adrenal glands, under the arms, on neck, or on bottoms of the feet.</p>
Back Problems: GUILT	<p>EMOTIONAL</p>	
	<p>Feeling no support Can't cope with emotional difficulties Feeling burdened emotionally Feelings of frustration Feeling a lack of emotional support and/or personal strength; Carrying too much responsibility</p> <p>Carrying the "heavy burden" of one's own negative and materialistic thoughts Repressed feelings& fears = tension, pain or discomfort (holding back) Wanting someone to "get off my back" Disc: Competitive</p>	<p><i>Strength, stability, uprightness, and determination in body, mind and spirit. Support, self-esteem, responsibility. The ability to support ideas and projects. Represents the support of life.</i></p> <p><i>I know that life always supports me.</i></p> <p><i>Cooperative</i></p>
	<p>Crystals</p>	
	<p>Pain: Cathedral Quartz (over site of pain), Malachite (polished, indirect), Magnetite (Lodestone), Sapphire, Lapis Lazuli Disc Elasticity: Aragonite Impacted Vertebrae: Electric-blue Obsidian Backache: lolite, Amber, Cathedral Quartz, Sapphire, Magnetite, Blue Agate, Hematite</p>	
Back - Upper:	<p>EMOTIONAL</p>	
	<p>Feels unsupported or burdened emotionally, Helpless, Anger Withholding your love from others, Fear of life, Can't cope Feeling agitated or anxious, Fear, Bitterness, Condemnation Feelings of frustration, Remorse, Guilt, Sad, Rage, Helpless Lack of emotional support, Feeling un-loved, Holding back love Running from life, Confusion, Not good enough "What will the neighbors say?, Endless inner chatter Reject wisdom, Out of balance with life, Resentment, Blame Accepting blame for others, Guilt, Martyr hood Biting off more than one can chew, Stuffed tears Bottled up feelings, Overloaded, Trying to fix others Resistance, Inflexibility, Confusion, Can't reach out Need to be perfect (Clavicle)</p>	<p><i>I love and approve of myself. Life supports me and loves me I am centered and calm and balanced. The Universe approves of me. I trust my Higher Self. It is safe for me to know and to grow. I am responsible for myself and I rejoice in who I am. I can handle all that I create. I am clear in my communication. I accept my good. I let go of all expectations. I am loved and I am safe. I lovingly release others to their own lessons. I lovingly care for myself. I move with ease through life. I have a right to be me. I forgive the past. I know who I am. I touch others with love.</i></p>
	<p>Essential Oils</p>	
	<p>Deep Blue, Balance, Cypress, Eucalyptus, Geranium, Lavender, Roman Chamomile, Oregano, Peppermint, Rosemary, Thyme Calcified Spine: Deep Blue, Geranium, Rosemary Deteriorating Spine: Deep Blue Herniated Discs: Deep Blue, Balance (3 drops on location), Peppermint, Cypress (strengthens blood capillary walls, improves circulation, anti-inflammatory) Lumbago/Lower Back Pain: Sandalwood, Deep Blue Muscular Fatigue: Clary Sage, Marjoram, Lavender, Rosemary Pain: Balance, Deep Blue Stiffness: Marjoram, Balance Viruses Along Spine: Oregano, Eucalyptus</p>	<p>Blend 1: Combine 5-10 drops each of lavender, eucalyptus, and ginger, and apply 2-3 drops on location or as a warm compress. Blend 2: Combine 5-10 drops each of peppermint, rosemary, and basil and apply 2-3 drops on location or as a warm compress.</p> <p>Dilute as recommended and apply along the spine, on affected muscles, or on reflex points on the feet. Dilute 1-3 drops in 1Tbs fractionated coconut oil, and massage into muscles on the back or along the spine. Apply as a warm compress over affected area.</p>

Back - Middle:	EMOTIONAL	
	<p>Feeling guilty, Worry, Failure Resistance, Stored pain Disappointed, Blame others Need to be a victim, Guilt Stuck in all that stuff back there Fear of relationships, Get off my back Lacking self-support, Fear for life Too much to cope with, Can't handle it all Closing off from life, Pain & hurt Unwillingness to feel, Shutting the heart off Lacking in self-confidence, Inner chaos Deep old hurts, Inability to communicate Bitterness, Need to make others wrong Condemnation, Damned-up feelings, Rage Refusing to process emotions, Anger at life Stuffed negative emotions, Fear of future Constant worry, Storing pain, Refusal to enjoy Obsession with failure, Resisting your good Feeling let down by life, Blaming other, Victim Refusal to take charge, "It's your fault" Low self-image, Fear of relationships Disowning the right to live, Insecure & fearful of love Inability to digest</p>	<p><i>I release the past. I am free to move forward with love in my heart. I accept life & I take it in easily. All good is mine now. My heart forgives and releases. It is safe to love myself. Inner peace is my present. I forgive everyone. I forgive myself. I nourish myself. I give myself the gift of forgiveness & we are both free. I let life flow through me. I am willing to live. All is well. I trust life to unfold before me in positive ways. It is safe to love myself. I willingly let go. I allow sweetness to fill my life. I am open and receptive to all good. The Universe loves me and supports me. I claim my own power. I lovingly create my own reality. I open myself to joy and love, which I give freely & receive freely. I see myself as beautiful and loveable and appreciated. I am proud to be me. I choose to circulate the joys of life I am willing to nourish myself.</i></p>
Back - Lower:	EMOTIONAL	
	<p>Feels unsupported financially Experiencing fear where money is concerned Wanting to back out of something. Crying for love and a need to be lonely In a relationship that hurts, Insecurity Running away from a situation, Fear of career Repressed sexuality, Anger, Feeling powerless Not safe, Stuck in childhood pain See no way out, Self hatred, Guilt Stuck in pain, Sexual rejection, Powerlessness Rejection of sexuality Holding all, Self blame Sex abuse, Guilt, Self Hate Difficulty in communicating, Loss of power Inability to accept pleasure, Old stubborn anger Out of balance with self, Holding on, Blame of self Sitting on old pain</p>	<p><i>I trust the process of life. All I need is always taken care of. I am safe. I am safe in the universe and all Life loves me & supports me. I grow beyond my parents' limitations and live for myself. It is my turn now. I release the past. I cherish myself and my beautiful sexuality. I am safe. I am loved I love who I am. I am grounded in my own power. I am secure on all levels. I deserve to enjoy life. I ask for what I want and I accept with joy and pleasure. I am the power and authority in my life. I release the past and claim my good now. I bring my life into balance by loving myself. I live in today and love who I am.</i></p>
Bacterial Infections:	Crystals	
	Blue Tourmaline, Green Calcite (bathe in or place over site)	
Balance, Loss of:	EMOTIONAL	
	Scattered thinking, Not centered	<i>I center myself in safety and accept the perfection of my life. All is well.</i>
	Crystals	
	<p>Sugilite Male/Female Energies: Tourmalined Quartz, Green Tourmaline, Hematite with Rutile (place over Sacral Chakra) Mineral Content: Red or Yellow Jasper (place over Solar Plexus) Physical Body: Amazonite (wear continuously) Yin-Yang: Celestite, Black Onyx, Citrine, Hematite, Merlinite (wear or place over Sacral Chakra)</p>	

	Essential Oils	
	Balance, Frankincense, Vetiver, Ylang Ylang	Dilute as recommended, and apply on location. Apply 3-6 drops Balance to the bottom of each foot, and, if desired, apply some to the neck and shoulders. Hold the palm of each hand to the bottom of each corresponding foot (left to left, right to right) for 5-15 minutes to help balance electrical energies. Diffuse into the air.
Baldness:	EMOTIONAL	
	Fear, Tension, Trying to control everything Not trusting the process of life	<i>I am safe. I love and approve of myself. I trust life.</i>
	Crystals	
	Aquamarine	
	Essential Oils	
	Rosemary, Lavender, Thyme, Ylang Ylang, Wintergreen, Lemon, Clary Sage, Cypress, Roman Chamomile Stimulate Growth: Thyme, Lavender, Rosemary, Ylang Ylang, Clary Sage, Geranium, Ginger, Lemon, Grapefruit	Apply 1-2 drops of oil to hands, and massage into the hair and scalp before bath or shower; then shampoo and rinse hair as normal. Add 1-2 drops of oil to 2Tbs of an unscented shampoo or shower gel, and use to shampoo hair.
Bed-wetting:	EMOTIONAL	
	Feelings of fear toward parent (usually father) Unconscious anger	<i>This child is seen with love, with compassion and with understanding. All is well</i>
	Essential Oils:	
	Cypress (rub on abdomen at bedtime)	
Belching:	EMOTIONAL	
	Fear, Gulping life too quickly	<i>There is time and space for everything I need to do. I am at peace</i>
	Crystals	
	Beryl (place over heart chakra)	
Bell's Palsy:	Essential Oils	
	Peppermint, Rosemary, Thyme	Dilute as recommended, and apply 1-3 drops on location, spine, back of neck, and reflex points on the feet. Add 2-4 drops to 1Tbs fractionated coconut oil, and massage on location. Add 1-2 drops to warm bathwater, and bathe. Diffuse into the air. Inhale directly from bottle. Apply oil to hands, tissue, or cotton wick, and inhale.
Bi-polar Disorder:	Crystals	
	Charoite, Kunzite, Larimar, Peridot	
	Chakra:	Brow/Third Eye
Birth:	EMOTIONAL	
	Represents the entering of this segment of the movie of life Defects: Kannic, You selected to come that way We choose our parents and our children. Unfinished business	<i>This baby now begins a joyous and wonderful new life. All is well Every experience is perfect for our growth process. I am at peace with where I am. I forgive myself and I love myself now and forever more</i>
	Chakra:	Sacral
	Crystals	
	Moss Agate, Lapis Lazuli, Opal, Carnelian (bind over abdomen)	

Birth: (Pregnancy / Motherhood)	Crystals	
	<p>Babies, enhance physical development: Rhodochrosite, Dioptase, Sodalite, Chrysocolla Birth canal, opening: Periodot Cervix: Carnelian Pain, Lessen: Moss Agate</p>	
	Chakra:	Earth, Base, Sacral
	Essential Oils	
	Geranium, Ylang Ylang, Lavender, Grapefruit, Roman Chamomile	Diffuse into the air. Inhale directly from bottle. Apply oil to hands, tissue, or cotton wick, and inhale. Dilute as recommended, and apply 1-2 drops on hips, bottoms of feet, or abdomen. Add 3-5 drops to 1 Tbsp fractionated coconut oil, and massage on hips, bottoms of feet, or abdomen.
	<p>Baby (Newborn): Frankincense (1 drop on crown), Myrrh (1 drop on umbilical cord and navel), Balance (1 drop on feet and spine) Breasts: Lavender (soothes), Geranium (soothes), Roman Chamomile (sore nipples), fennel (tones) Delivery: Lavender (stimulates circulation, calming, antiseptic), Clary Sage, Balance --Avoid Episiotomy: Geranium (Add 5-10 drops to ½ tsp olive oil, and massage perineum) --Diffuse: Serenity, Elevation (Diffuse into the Air) --Uterus: Clary Sage (Apply 1-3 drops around the ankles to help tone the Uterus) --Transition: Basil (Dilute as recommended, and apply 1-2 drops to temples or abdomen.) Early Labor: Lavender (Rub 1-3 drops on stomach to help stop) Energy: Combine 2 drops Roman Chamomile, 2 drops Geranium, and 2 drops Lavender in 2 tsp. fractionated coconut oil, and massage into the skin. Hemorrhaging: helichrysum (Apply 1-3 drops on lower back to help prevent hemorrhaging)) High Blood Pressure: Ylang Ylang, Eucalyptus, Lavender, Clove, Clary Sage, Lemon (Avoid Rosemary, Thyme and possibly Peppermint) – Place 3 drops ylang ylang in bathwater, and bathe in the evening twice a week. –Combine 5 drops Geranium, 8 drops Lemongrass, and 3 drops Lavender in 1 oz fractionated coconut oil. Rub over heart and on reflex point on left foot and hand. Labor (during): Clary Sage (may combine with fennel) – Apply 3 drops around ankles or on abdomen. Labor (post): Lavender, Geranium (Dilute as recommended and apply 1-3 drops on abdomen, ankles, or bottoms of feet. Lactation (milk production): Clary Sage (start production), Fennel or Basil (increase production), Peppermint (decrease production), Whisper (may help decrease) – Dilute as recommended and apply 1-2 drops on breasts. (Caution, Fennel should not be used for more than 10 days, as it will excessively increase flow through the urinary tract) Mastitis: Lavender, Citrus Bliss (combine with Lavender) – Dilute as recommended, and apply 1-2 drops on breasts. Miscarriage (after): Frankincense, Grapefruit, Geranium, Lavender, Roman Chamomile – Dilute 5-6 drops in 1 Tbs fractionated coconut oil, and massage on back, legs and arms. Add 3-4 drops to warm bathwater, and bathe. Morning Sickness: Ginger, Peppermint (Dilute as recommended, and apply 1-3 drops on ears, down jaw bone, and on reflex points on the feet. Place 1-3 drops in empty capsule; swallow capsule. Apply 1 drop on pillow to inhale at night, apply oil to hands, tissue or cotton wick and inhale.) Placenta: Basil (to help retain) – Dilute as recommended and apply 1-2 drops on lower abdomen and reflex points on the feet. Postpartum Depression: Elevation, Lemon, Lavender, Frankincense, Clary Sage, Geranium, Grapefruit, Bergamot, Balance, Myrrh, Orange – Diffuse into the air, or Dilute as recommended and apply 1-2 drops to temple or forehead. Add 5-10 drops to 1 Tbs fractionated coconut oil, and use as massage oil. Add 1-3 drops to warm bathwater, and bathe.</p>	<p>Add 3-5 drops to 1 Tbs fractionated coconut oil, and massage on location. Diffuse into the air. Inhale directly from bottle. Apply oil to hands, tissue, or cotton wick, and inhale.</p>

	<p>Preeclampsia (high blood pressure): Cypress – Dilute 1:1 in fractionated coconut oil, and apply 1-2 drops on bottoms of feet and on abdomen. Diffuse into the air. Inhale directly from the bottle, or apply to hands, tissue, or cotton wick and inhale.</p> <p>Self Love: Elevation – Diffuse into the air, or wear as perfume.</p> <p>Stretch Marks: Lavender, Myrrh, Frankincense – Add 5-10 drops to 1 Tbs fractionated coconut oil or hazelnut oil, and apply on location.</p>	
Bites:	EMOTIONAL	
	<p>Fear, Open to every slight</p> <p>Animal: Anger turned inward. A need for punishment</p> <p>Bug: Guilt over small things</p>	<p><i>I am free.</i></p> <p><i>I am free of all irritations. All is well</i></p>
	Crystals	
	Sulphur (polished, indirect) Emerald, Sard (apply to site)	
	Essential Oils	
	<p>Thyme, Basil, Lemon, Cinnamon, Lavender</p> <p>Allergic: Purify</p> <p>Bees and Hornets: Roman Chamomile, Basil, Purify, Lavender, Lemongrass, Lemon, Peppermint, Thyme – Remove the stinger, and apply a cold compress of Roman Chamomile to the area for several hours or for as long as possible.</p> <p>Gnats and Midges: Lavender – Mix 3 drops thyme in 1 tsp cider vinegar or lemon juice – apply to bites to stop irritation.</p> <p>Mosquitoes: Lavender, Helichrysum</p> <p>Snakes: Basil</p> <p>Spiders: Basil, Purify (with melaleuca), Lavender, Lemongrass, Lemon, Peppermint, Thyme – Mix 3 drops lavender and 2 drops Roman Chamomile with 1tsp alcohol. Apply to area three times per day.</p> <p>Ticks: Lavender – After getting the tick out, apply 1 drop lavender every 5 minutes for 30 minutes.</p> <p>Wasps: Combine 1 drop Basil, 2 drops Roman Chamomile, 2 drops Lavender, and 1 tsp Apple Cider Vinegar. Apply 3 times a day.</p>	
Bladder Problems: FUTILE	EMOTIONAL	
	<p>Trying to control or "hold back" emotions or desires that need to be expressed</p> <p>Repression of sexual feelings</p> <p>Inharmonious male & female emotional relationships</p> <p>Sexual identity going unexpressed</p> <p>Unable to release things or ideas no longer needed; that need to be eliminated</p> <p>Need to let go & "flow" with life, Holding on to old ideas-</p> <p>Feeling out of control emotionally, or "pissed off" at someone or something</p> <p>A need for approval, Embarrassed, Fear of letting go</p> <p>Lack of confidence; Feeling weary/tired</p> <p>Shyness, Feeling ineffective, In vain, Wasted, Impossible</p> <p>Feels over concerned with survival issues (money, job, health)</p> <p>Lack of order or obsessed with order</p> <p>Restlessness, Fear, Impatience</p> <p>Frustration, Anxiety, Terror, Dread</p>	<p><i>Related to the water element which signifies emotions and desires.</i></p> <p><i>Associated with issues of control.</i></p> <p><i>Hopeful, assured, refreshed, rested, modest, bold, useful, fulfilled, productive, peace, harmony</i></p> <p><i>I comfortably and easily release the old and welcome the new in my life. I am safe.</i></p>
	Crystals	
	<p>Amber, Jade, Red Jasper, Prehnite, Vanadinite (indirect), Topaz, Jasper, Orange Calcite, Bloodstone, Tourmaline, Yellow Sapphire</p> <p>Stones: Green Jasper</p>	
	Essential Oils:	
	<p>Bed Wetting and Incontinence: Cypress – Rub on abdomen at bedtime</p> <p>Cystitis / Infection: Lemongrass, On Guard, Sandalwood, Thyme, Basil, Cinnamon, Clove, Eucalyptus, Frankincense, Lavender, Bergamot, Fennel, Marjoram, Oregano</p>	<p>Dilute as recommended, and apply on abdomen and on reflex points on the feet. Add 1-2 drops to warm bathwater; bathe for 10-15 minutes.</p> <p>Add 1 drop to 8oz juice or water; drink three times a day.</p>
Bleeding:	EMOTIONAL	
	Joy running out, Anger, But where?	<p><i>I am the joy of life expressing and receiving in perfect rhythm.</i></p>

	Crystals	
	<u>Ruby, Bloodstone</u> , Carnelian, Topaz, Sapphire Cauterize/stop: Bloodstone, Ruby, Sapphire (apply over site) Excessive: Carnelian, Chiastolite, Red Chalcedony, Obsidian, Ruby, Shattuckite Nose: Topaz Menstrual, excessive: Carnelian, Jasper	
	Essential Oils:	
	Helichrysum, Geranium, Rose	Dilute as recommended, and apply on location, on reflex points on feet and hands, and over heart.
Bleeding Gums:	EMOTIONAL	
	Inability to feel joy over choices Lack of joy over choices made in life	<i>I trust that right action is always taking place in my life. I am at peace.</i>
Blisters:	EMOTIONAL	
	Feeling unprotected emotionally Resisting the flow of life	<i>I gently flow with life and each new experience. All is well.</i>
	Crystals	
	Quartz, Blue Lace Agate, Rose Quartz (apply stone or bathe in crystal remedy)	
	Essential Oils	
	Lavender	Apply oil to blister often to help take the fever out and return to normal
Bloating:	Essential Oils	
	Digest Zen	Dilute as recommended and apply to stomach and to reflex points on the feet. Diffuse into the air.
	Crystals	
	Green Jasper, Ziolite	
Blockage: (self imposed, arising out of fear or excessive caution)	Crystals	
	Larimar	
	Chakra:	Higher Heart
Blood Disorders: UNKIND	EMOTIONAL	
	Feeling powerless in some are of life Feelings of deep anger Feelings of long-standing ill will Intense depression, Unwilling Impossible, Discouraged, Skeptical	<i>I am kind, willing, competent, encouraged, and faithful.</i>
Blood Problems:	EMOTIONAL	
	Not feeling joy or enthusiasm in life(discouraged) Skepticism; selfishness Unresolved issues with a member(s) of one's family (blood relations) Stagnant thinking, Lack of joy Unable to flow with life Feelings of fear, Lack of circulation of ideas Toxicity in the blood can result from negative/destructive thinking Clotting: Closing down the flow of joy	<i>"In the blood is the life" The blood represents the joy and nourishment of life itself coursing through our bodies, bringing Vitality to cells, tissues, and organs. I am the joy of Life expressing and receiving. Joyous new ideas are circulating freely within me. I awaken new life within me. I flow.</i>
	Chakra:	Heart, Spleen

	Crystals	
	<p>Red Stones Cells, red to white ratio: Fuchsite, Tiger Iron Clots, dissolve: Bloodstone, Hematite, Amethyst Clotting, excessive: Magnesite Clotting, improve: Calcite, Red Chalcedony, Sapphire, Shattuckite Circulation: Sodalite, Carnelian, Galena (indirect), Seraphinite, Pink Tourmaline, Ruby, Bloodstone, Amethyst Cleanser: <u>Hematite, Bloodstone</u>, Amethyst, Ametrine, Aquamarine, Garnet, Mookaite, Lapis Lazuli, Ruby, Tourmaline --- Chakra (spleen) Disorders: Amethyst, Bloodstone, Chrysocolla, Cherry Opal, Lapis Lazuli, Mookaite, Blue Quartz, Sapphire, Magnetite (Lodestone), Onyx, Prehnite Faulty Oxygenation: Amethyst, Carnelian, Chrysocolla Flow in Liver: Albite, Variscite, Mookaite Poisoning: Carnelian Purification: Pink Tourmaline, Bloodstone, Angelite, Sapphire Sugar: Muscovite, Peridot (chakra: spleen) Vessels: Fluorite, Topaz, Pyrolusite, Chrysocolla</p>	
	Essential Oils	
	<p>High (Hypertension): Ylang Ylang, Marjoram, Eucalyptus, Lavender, Clove, Clary Sage, Lemon, Wintergreen – Place 3 drops Ylang Ylang and 3 drops Marjoram in bathwater, and bathe in the evening twice a week. – Combine 10 drops ylang ylang, 5 drops Marjoram, and 5 drops Cypress in 1oz fractionated coconut oil. Rub over heart and reflex points on left foot and hand. –Combine 5 drops Geranium, 8 drops Lemongrass, and 3 drops Lavender in 1 oz fractionated coconut oil. Rub over heart and reflex points on left foot and hand. Low: Rosemary Broken Blood Vessels: Helichrysum, Grapefruit Cholesterol: Helichrysum Circulation: Cypress, Thyme, Peppermint, Clary Sage, Wintergreen, Citrus Bliss, Rosemary, Geranium, Cinnamon, Helichrysum, Serenity, Basil Cleansing: Helichrysum, Geranium, Roman Chamomile Clots: Clove, Fennel, Thyme, Grapefruit Hemorrhaging: Helichrysum, Ylang Ylang, Rose Low Blood Sugar: On Guard, Cinnamon, Clove, Thyme Stimulates Blood Cell Production: Peppermint, Lemon</p>	<p>Dilute oils as recommended, and apply oils to area: to carotid arteries, heart, feet, under left ring finger, above elbow, behind ring toe on left foot, and to reflex points on the feet.</p> <p>Add 1-2 drops to bathwater for a bath. Add 1-2 drops to 1Tbs fractionated coconut oil for massage oil, and massage on location or on chest, neck, or feet.</p> <p>Diffuse into the air. Inhale oil applied to hands, tissue, or cotton wick.</p>
Blood Pressure:	EMOTIONAL	
	<p>High: Longstanding emotional problem not solved Low: Lack of love as a child, Defeatism "What's the use? It won't work anyway."</p>	<p><i>I joyously release the past. I am at peace. I now choose to live in the ever joyous NOW... My life is a joy.</i></p>
	Chakra:	Heart
	Crystals	
	<p>Equalize: Aventurine, Tourmaline, Charoite High: Blue Chalcedony, Amethyst, Bloodstone, Dioptase, Charoite, Chrysocolla, Emerald, Jade, Kyanite, Labradorite, Lapis Lazuli, Malachite (polished, indirect), Rhodochrosite, Sodalite, Chrysoprase Low: Carnelian, Red Calcite, Sodalite, Tourmaline, Rhodochrosite, Ruby</p>	
	Essential Oils	
	Lemon (will regulate pressure –either raise or lower as necessary), Lime	Dilute as recommended, and apply on location, on reflex points on feet and hands, and over heart.
Body:	Crystals	
	<p>Discomfort being in: Vanadinite (indirect), Phenacite. ---- Chakra: Earth, Base, Sacral Fluids: Sardonyx, Halite Heat, excess: Hematite Promote Repair: Apatite Strengthen: Agate, Amazonite</p>	
	Chakra:	Earth, Base, Sacral

Boils: (Furuncle, Carbuncle)	EMOTIONAL	
	Anger, Boiling over, Seething Poisonous anger about personal injustices	<i>I express love and joy and I am at peace I release the past and allow time to heal every area of my life.</i>
	Crystals	
	Amber, Idocrase, Sapphire, Lapis Lazuli	
	Essential Oils	
	Melaleuca, Lavender, Purify, Lemongrass, Lemon, Frankincense, Clary Sage	
Bones: (Broken)	EMOTIONAL	
	Feelings of separation, agitated The feeling nature is very obstinate or fixed Fractures: Rebelling against authority Marrow: Insufficient, Represents deepest beliefs about the self How you support & care for self	<i>Peaceful, connected in my world. I am my own authority; for I am the only one who thinks in my mind. Divine Spirit is the structure of my life. I am safe and loved and totally supported. Sufficient</i>
	Crystals	
	Malachite (polished, indirect), Apatite, Hematite, Magnetite	
	Essential Oils	
	Deep Blue (for pain), Frankincense	Apply Wintergreen and Cypress oils at night before bed. Apply Helichrysum, Oregano, and Balance in the morning. Combine equal parts Lemongrass, Clove, Eucalyptus, and Melaleuca – apply on location.
Bone Problems: Represent the structure of the Universe	EMOTIONAL	
	A need to become more solid & stable Not grounded in relation to ourselves & life Lack of internal support or strength Rebellion; lack of personal integrity Resisting authority, Crumbling of structure Internally punishing self Building one's beliefs upon falsehood rather than upon the "solid foundation" of honesty, truth & love. Deformity: (See osteoporosis) Mental pressures and tightness Muscles can't stretch, Loss of mental mobility	<i>The framework, foundation, and support of our physical / emotional / mental structure. The ability to support ourselves. Strength, power and integrity. Associated with earthly lessons. I am well structured and balanced I am strong and sound I breathe in life fully. I relax and trust the flow and the process of life.</i>
	Crystals	
	Aching: Cathedral Quartz, Magnetite (Lodestone), Spinel, Rose Quartz Disease: Chrysocolla, Tiger's Eye Disorders: Chrysocolla, Magnesite, Topaz, Tourmaline Growth: Rhodonite, Calcite Healing: Apatite, Iron Pyrite, Onyx, Rutilated Quartz Marrow: Amber, Chalcedony, Purple Fluorite, Lapis Lazuli, Onyx Strengthening: Fluorite, Selenite, Desert Rose, Topaz, Tourmaline, Chrysocolla Structure: Howlite, Calcite	
	Essential Oils	
	Wintergreen, White Fir, Cypress, Lavender, Lemongrass, Marjoram, Peppermint, Sandalwood Bone Spurs: Wintergreen, Cypress, Marjoram Bruised: Deep Blue, Helichrysum Cartilage: Sandalwood (helps regenerate), White Fir (inflammation) Osteomyelitis: Lemongrass, Clove, Eucalyptus, and Melaleuca – Either blended together or applied individually on location. Osteoporosis: Clove, Geranium, Peppermint, Wintergreen, White Fir, Deep Blue, Thyme, Rosemary, Lemon, Cypress	Dilute as recommended, and apply on location or on reflex points on feet.

	<p>Pain: Deep Blue, Wintergreen, White Fir</p> <p>Rotator Cuff: Wintergreen, Deep Blue, Lemongrass, Peppermint, White Fir</p>	
Bottom Half of Body:	EMOTIONAL	
	<p>Lack of emotional stability, balance and self-support</p> <p>Bottom: INSECURE, Represents Power, Loose Buttocks, loss of power</p> <p>Sitting on old Pain, Helplessness, Unsafe, Can't survive, Terror of Extinction, Total Lovelessness, Rejection, the Void, Separation from God, Annihilation, Despair, Non-Existence, Fear of going forward, Pride Ego, Stubbornness; Not Good Enough, Undeserving; Ungrounded</p>	<p><i>Represents our contact with the Earth. Stability, introspection, strength, balance, grounding, self-support. Independence</i></p> <p><i>I use my power wisely. I am strong. I am safe. All is well.</i></p>
Boundaries:	Crystals	
	Red Jasper, Quartz (wear continuously)	
	Chakra:	Solar Plexus
Bowels: ANGER. RAGE	EMOTIONAL	
	<p>Frustrated, Boredom, Lack of creativity</p> <p>Fear of displeasing a loved one, Inflexible</p> <p>Fear of releasing the old that is no longer useful/needed</p> <p>Fearful of not have ample means</p> <p>Unable to control outer situation; tries to control a substitute</p> <p>Unwillingness to relinquish control and waste</p> <p>Inability to eliminate possessive attitudes</p>	<p><i>Letting go is easy. I freely and easily release the old and joyously welcome the new.</i></p>
	Crystals	
	Hawk's Eye, Jasper (especially Yellow), Tourmaline	
	Essential Oils	
	Peppermint, Ginger, Lemongrass (purifies), Digest Zen, Fennel, Wintergreen, Marjoram (stimulates), Oregano, Rosemary, Clary Sage, Grapefruit, Basil, Lemon, Cinnamon, Clove, Orange, Bergamot	<p>Dilute oils as recommended, and apply 1-2 drops on stomach or reflex points on feet. Dilute 1-2 drops in 1Tbs fractionated coconut oil, and massage over abdomen and lower back. Apply as warm compress. Diffuse into the air. Inhale oil directly or applied to hands, tissue, or cotton wick.</p>
Brain: <i>INADEQUATE (corpus callosum)</i>	EMOTIONAL	
	<p>Extreme nervousness, Represent the computer/switchboard</p> <p>High anxiety</p> <p>Feeling unable to control life</p> <p>Tumor: Incorrect computerized beliefs</p> <p>Stubborn, Refusing to change old patterns</p>	<p><i>Adequate, calm, peaceful</i></p> <p><i>I am the loving operator of my mind</i></p> <p><i>It is easy for me to reprogram the computer of my mind All of life is change and my mind is ever new.</i></p>
	Chakra:	Brow/Third Eye, Crown
	Crystals	
	<p>Amber, Amethyst, Beryl, Botswana Agate, Carnelian, Green Tourmaline, Kyanite, Labradorite, Magnesite, Royal Sapphire, Staurolite</p> <p>Cerebellum: Kyanite</p> <p>Balance left-right hemispheres: Sugilite, Hematite with Rutile</p> <p>Blood flow, improve: Iron Pyrite</p> <p>Damage: Thulite, Zircon, Lapis Lazuli</p> <p>Detox: Ruby</p> <p>Disorders: Stillbite, Sapphire</p> <p>Fatigue: Turquoise</p> <p>Frequencies: Lavender Quartz</p> <p>Stimulate Activity: Larimar, Lapis Lazuli</p> <p>Tumor: Emerald</p>	

	Essential Oils	
	<p>Lavender, Lemon, Lemongrass, Clary Sage, Cypress, Geranium</p> <p>Activates Right Brain: Geranium, Grapefruit, Helichrysum, Wintergreen, Roman Chamomile</p> <p>Aging: Thyme, Frankincense</p> <p>Concussion: Frankincense, Cypress</p> <p>Injury: Frankincense, Bergamot, Peppermint, Lemon, Balance, Lemongrass</p> <p>Integration: Balance, Helichrysum, Geranium, Clary Sage, Cypress, Lemongrass</p> <p>Mental Fatigue: Frankincense</p> <p>Myelin Sheath: Peppermint, Frankincense, Lemongrass, Balance, Geranium</p> <p>Oxygenate: Eucalyptus, Rosemary, Helichrysum, Sandalwood, Marjoram (Place 3 drops each of Helichrysum and Sandalwood on the back of the neck, on the temples, and behind the ears down to the jaw once or twice a day.)</p> <p>Stroke: Cypress, Helichrysum, Fennel (Combine 1 drop Basil, 1 drop Lavender, and 1 drop Rosemary, and apply to the spinal column and paralyzed area)</p> <p>Tumor: Frankincense, Clove, Sandalwood</p>	<p>Diffuse into the air. Inhale directly from bottle. Apply oil to hands, tissue, or cotton wick, and inhale.</p> <p>Dilute as recommended, and rub onto the brain stem area, back of neck, temples, behind ears down to jaw, or on reflex points on the feet. Apply as a cold compress.</p>
Breasts: (Mothering & nurturing)	EMOTIONAL	
	<p>Conflict of worthiness</p> <p>Denying individual worth, Putting everyone else first</p> <p>Feels conflict in nurturing ability</p> <p>Over-mothering, Overprotection</p> <p>Unwilling to provide nourishment or nurturing (physically & emotionally)</p> <p>Frustrated desires related to childbearing</p> <p>Overly forceful/Overbearing attitudes</p> <p>Feelings of inadequacy as a woman</p> <p>Feeling misjudged and / or misunderstood (not respected)</p>	<p><i>Nurturing, giving, love and mothering. Strongly connected to a woman's self-image, feelings about her own femininity, and issues related to motherhood.</i></p> <p><i>I take in and give out nourishment in perfect balance.</i></p> <p><i>I am important. I count. I now care for and nourish myself with love and with joy.</i></p> <p><i>I allow others the freedom to be who they are. We are all safe and free.</i></p>
	Crystals	
	Breastfeeding: <u>Moonstone</u> , Chialstolite, Okenite, Pink Chalcedony, Selenite	
	Essential Oils	
	Clary Sage, Geranium, Lemongrass, Fennel, Cypress, Vetiver --- Enlarge & Firm: Clary Sage	Dilute as recommended and apply on location or on reflex points on feet.
Breath: Represent the ability to take in life	EMOTIONAL	
	Problems: Fear or refusal to take in life fully Not feeling the right to take up space or even exist	<i>I love life. It is safe to live.</i> <i>It is my birthright to live life fully and freely. I am worth loving. I now choose to live life fully.</i>
	Chakra:	Solar Plexus, Throat
	Crystals	
	Vanadinite (indirect), Moss Agate, Morganite Breathlessness: <u>Amber</u> , <u>Apophyllite</u> , Amethyst, Jet, Magnetite (Lodestone), Morganite, Moss Agate, Black Onyx, Vanadinite (indirect).	
	Essential Oils	
	Breathe, Cinnamon, Frankincense, Rosemary, Thyme, Marjoram, Ginger	<p>Diffuse into the air. Inhale directly from bottle. Apply oil to hands, tissue, or cotton wick, and inhale.</p> <p>Dilute as recommended, and apply to chest, sinuses, neck, or reflex points on the feet. Add 2-3 drops to water, and gargle. Apply to chest as warm compress.</p> <p>Add 20 drops to 1Tbs fractionated coconut oil, and insert rectally for overnight retention enema.</p>

Breathing: (Asphyxiating attacks)	EMOTIONAL	
	Fear, Not trusting the process of life Getting stuck in childhood.	<i>It is safe to grow up. The world is safe. I am safe</i>
Bright's Disease: (Nephritis)	EMOTIONAL	
	Feeling like a kid who can't do it right Not good enough, A failure, Loss	<i>I love and approve of myself. I care for me. I am totally adequate at all times.</i>
Bronchitis: (See Respiratory Ailments)	EMOTIONAL	
	Extreme disharmony in the home, sometimes silent. Inflamed family environment, Arguments & yelling (A baby always feels the disharmony is their fault)	<i>I declare peace and harmony within me and around me. All is well</i>
	Crystals	
	Amber, Black Onyx, Iron Pyrite, Pyrolusite, Rutilated Quartz, Jet	
	Essential Oils	
	Eucalyptus, Thyme, White Fir, Basil, Breathe, On Guard, Clary Sage, Cypress, Melaleuca, Marjoram, Peppermint, Rosemary, Wintergreen, Myrrh, Clove, Frankincense, Ginger, Lavender, Lemon, Sandalwood, Bergamot Chronic: Eucalyptus, Oregano, Sandalwood Children: Eucalyptus, Melaleuca, Lavender, Roman Chamomile, Rosemary Clear Mucus: Sandalwood, Thyme, Bergamot, On Guard	Diffuse into the air. Inhale directly from bottle. Apply oil to hands, tissue, or cotton wick, and inhale. Dilute as recommended, and apply to chest, sinuses, neck, or reflex points on the feet. Add 2-3 drops to water, and gargle.
Bruises:	EMOTIONAL	
	Feels a need to punish self, Little bumps in life	<i>I love and cherish myself. I am kind and gentle with me. All is well</i>
	Crystals	
	Amethyst, Blue Lace Agate, Hematite and Rose Quartz	
	Essential Oils	
	Helichrysum, Geranium, Fennel, Deep Blue (for pain), On Guard, Lavender	Dilute as recommended, and apply 1-2 drops on location.
Bulimia:	EMOTIONAL	
	Mistaken self-image, Hopeless terror Inability to accept self Feelings of no control over one's self Unsatisfied needs never met Feelings of self-contempt Feels unable to measure up to others expectations A frantic stuffing and purging of self-hatred	<i>I am loved and nourished and supported by Life itself. It is safe for me to be alive.</i>
	Chakra:	Solar Plexus
	Crystals	
	Rose Quartz, Stibnite	
	Essential Oils	
	Grapefruit, Citrus Bliss	Diffuse into the air. Inhale directly from bottle. Apply oil to hands, tissue, or cotton wick, and inhale.
Bunions:	EMOTIONAL	
	Constant & chronic fear Lack of joy in meeting the experiences of life	<i>I joyously run forward to greet life's wonderful experiences.</i>
	Essential Oil	
	Cypress	Dilute as recommended, and apply 1-2 drops on location.

Bums:	EMOTIONAL	
	Anger Burning up Incensed	<i>I create only peace and harmony within myself and in my environment. I deserve to feel good.</i>
Burns:	Crystals	
	Quartz, Rose Quartz, Amethyst, Blue Tourmaline, Chrysoprase, Chrysocola, Jadeite, Sodalite, Moonstone.	Place stone in cold water and immerse burn for 20 minutes.
Bursitis:	EMOTIONAL	
	Feelings of anxiety Feelings of anger which have been repressed Feel you have lost control Feeling helpless to change a situation Tension built up, Repressed anger Holding back hitting someone Frustrated with the flow of life	<i>Love relaxes and releases all unlike itself.</i>
	Crystals	
	Amber, Blue Lace Agate	
	Essential Oils	
	Balance, White Fir, Basil, Cypress, Deep Blue, Ginger, Roman Chamomile, Marjoram, Wintergreen	Dilute as recommended, and apply 1-2 drops on location. Apply 1-3 drops each of Balance, White Fir, and Basil on location. Alternate cold and hot packs (10 min. cold and then 15 min. hot) until pain subsides. Apply 6 drops marjoram on shoulders and arms, and wait six minutes. Then apply 3 drops of wintergreen, and wait six minutes. Then apply 3 drops cypress.
Calcium:	Crystals	
	Absorption: Honey Calcite, Howlite, Apatite Calcification: Aragonite, Calcite, Garnet, Malachite (polished, indirect), Pearl Deficiency: Amazonite, Sodalite, Thulite, Pearl Excess: Peridot Imbalances: Howlite, Serpentine, Spessarite Calcium-Magnesium Balance: Yellow Kunzite, Serpentine	
	Chakra:	Solar Plexus
Callouses:	EMOTIONAL	
	Inability to flow with life Not wanting to circulate & be open to new learning Hardened concepts & ideas, Fear solidified	<i>It is safe to see and experience new ideas and new ways. I am open and receptive to good</i>
	Essential Oils	
	Oregano, Clear Skin, Roman Chamomile	Dilute as recommended, and apply 1-2 drops on area.
Calming:	Crystals	
	Pink or Green Stones Emotional: Sugilite, Amethyst, Aquamarine, Calcite, Carnelian, Chrysocola, Citrine, Fuchsite, Kunzite, Opal, Prehnite, Rhodochrosite, Rhodonite, Rose Quartz, Selenite, Variscite Fear: Moss Agate, Smoky Quartz Mental: Blue Calcite, Petalite Physical: Amethyst	
	Chakra:	Solar Plexus
	Essential Oils	
	Lavender, Ylang Ylang, Melissa, Serenity, Citrus Bliss, Myrrh --- Agitation: Lavender, Ylang Ylang, Geranium, Bergamot, Serenity, Sandalwood, Balance, Marjoram, Myrrh, Clary Sage, Rose, Frankincense, Elevation --- Anger: Serenity, Lavender, Ylang Ylang, Balance, Elevation, Bergamot, Geranium, Frankincense, Sandalwood, Cypress, Lemon,	Diffuse into the air. Inhale directly from the bottle. Apply oil to hands, tissue or cotton wick, and inhale. Dilute as recommended, and apply 1-2 drops to back of neck, temples, chest, shoulders, back, or reflex points on the feet.

	Myrrh, Marjoram, Helichrysum, Rose, Orange -- Hyperactivity: Lavender, Serenity, Balance, Roman Chamomile, Citrus Bliss -- Sedative: Lavender, Serenity, Citrus Bliss, Bergamot, Ylang Ylang, Geranium, Vetiver, Frankincense, Sandalwood, Orange, Rose, Lemongrass, Clary Sage, Marjoram	Place 1-2 drops in 1Tbs fractionated coconut oil, and massage into the back, shoulders, neck, or arms.
Cancer:	EMOTIONAL	
	Of blood -Leukemia: Intense depression, Anger or ill will Of cervix: Repressed anger Of female organs: Repressed anger (Usually at male authority figures) Feeling an emptiness in life Unresolved resentments, Deep hurt Feelings of hostility being suppressed Rejecting the self: Longstanding resentments Deep secret or grief eating away at self Feelings of despair, Crying hatreds Feelings of loneliness being repressed Mental depression, "What's the use?" Holding on to deep anger, resentment, hate, revenge or jealousy Not open to "light" or divine help Sub-conscious death wish - no desire to live	<i>I lovingly forgive and release all of the past. I choose to fill my world with joy. I love and approve of myself.</i> • <i>I allow perfect love to fill my body and mind. I allow perfect love to guide my life.</i>
	Crystals	
	Amethyst, Azeztulite, Carnelian, Magnetite (Lodestone) with Smoky Quartz, Melanite Garnet, Petalite, Red Jasper, Smoky Quartz, Sugilite Support During: Sugilite Skin: Amethyst, Emerald Growths: Amethyst (see also Tumors)	
	Essential Oils	
	Frankincense, Sandalwood, Lavender, Rosemary, Lemongrass, Clove, Basil, Geranium, Clary Sage, Citrus Oils, Rose --- Bone: Frankincense --- Brain: Frankincense, Myrrh, Clove (Combine 15 drops frankincense, 6 drops clove, and 1Tbs fractionated coconut oil. Massage lightly on spine every day. Diffuse 15 drops frankincense and 6 drops clove for 30 minutes, three times a day. --- Diffuse frankincense, and massage the brain stem area lightly with frankincense. --- Breast: Rosemary, Lavender, Frankincense, Clove, Sandalwood, Oregano, Lemongrass, Marjoram --- Cervical: Frankincense, Geranium, White Fir, Cypress, Clove, Lavender, Lemon --- Colon: Lavender, Geranium, Frankincense, Lemongrass --- Leukemia: Frankincense, Lemongrass, Rosemary, Clary Sage --- Liver: Frankincense, Lemongrass, Lavender, Rosemary --- Lung: Frankincense (apply to chest, or mix 15 drops with 1tsp fractionated coconut oil for nightly rectal retention enema), Lavender --- Prostate: Frankincense (blend 15 drops with 1 tsp fractionated coconut oil for nightly rectal enema) --- Skin/Melanoma: Sandalwood, Frankincense, Citrus Oils --- Throat: Frankincense, Lavender --- Uterine: Geranium, Frankincense	Diffuse into the air. Inhale oil directly or applied to hands, tissue, or a cotton wick. Dilute as recommended, and apply 1-5 drops on location and on reflex points on the feet and hands. Apply as a warm compress over affected area.
Cancer - Small of Back:	EMOTIONAL	
	Continual inside strife, but appearing happy Carrying life's burdens Unresolved emotional burdens	• <i>I allow perfect love to fill my body and mind. I allow perfect love to guide my life.</i>
Cancer - Stomach:	EMOTIONAL	
	Feelings of condemnation & Hatred Feelings of malice Feelings of wanting to get even Un-forgiveness	• <i>I allow perfect love to fill my body and mind. I allow perfect love to guide my life.</i>

<i>Candida:</i>	EMOTIONAL	
	Resentment multiplying inside, Feeling very scattered Inability to claim ones own power, Great takers Unresolved negative feelings molding in the body Demanding and untrusting in relationships Continually blaming others on a sub-conscious level	<i>I give myself permission to be all that I can be and I deserve the very best in life. I love and appreciate myself and others.</i>
	Crystals	
	Carnelian, Zincite	
	Essential Oils	
	Melaleuca, Oregano, Clove, On Guard, Peppermint, Thyme, Lavender, Eucalyptus, Rosemary, DigestZen	Dilute as recommended, and apply on location. Apply as a warm compress over affected area. Diffuse into the air.
<i>Canker Sores:</i>	EMOTIONAL	
	Unresolved negativity, Blame Overwork coupled with emotional stress Emotional upset, Festering words held back by lips Anxious over details	<i>I create only joyful experiences in my loving world.</i>
<i>Car Sickness:</i>	EMOTIONAL	
	Fear, Bondage, Feeling of being trapped	<i>I move with ease through time and space. Only Love surrounds me.</i>
<i>Cardiovascular Disorder:</i>	EMOTIONAL	
	Driven to compete, achieve and acquire material wealth Feelings of agitation and impatience Wanting matters to move more quickly Low Self-esteem	
	Crystals	
	Kunzite, Peridot (see heart)	
	Essential Oils	
	Orange, Cypress, Cinnamon, Sandalwood, Thyme --- Angina: Ginger, Orange (for false angina) --- Arrhythmia: Ylang Ylang, Lavender, Deep Blue --- Atherosclerosis: Lemon, Lavender, Rosemary, Ginger, Thyme, Wintergreen --- Cardiotonic: Lavender, Thyme --- Circulation: Cypress, Thyme, Peppermint, Clary Sage, Wintergreen, Citrus Bliss, Rosemary, Geranium, Cinnamon, Helichrysum, Serenity, Basil --- Heart: Ylang Ylang, Marjoram, Geranium, Cypress, Balance, Ginger, Lavender, Rosemary, Deep Blue --- Heart Tissue: Marjoram, Lavender, Peppermint, Rosemary, Cinnamon, Rose --- Palpitations: Ylang Ylang, Orange, Lavender, Melissa, Peppermint --- Phlebitis: Helichrysum, Lavender, Cypress, Geranium, Grapefruit, Balance --- Prolapsed Mitral Valve: Marjoram --- Tachycardia: Lavender, Ylang Ylang, Orange	Dilute oils as recommended and apply oils to area: to carotid arteries, heart, feet, under left ring finger, above elbow, behind ring toe on left foot, and to reflex points on the feet. Add 1-2 drops to bathwater for a bath. Add 1-2 drops to 1Tbs fractionated coconut oil for massage oil, and massage on location or on chest, neck, or feet. Diffuse into the air. Inhale oil applied to hands, tissue, or cotton wick.
<i>Carpel Tunnel:</i>	EMOTIONAL	
	Feeling that life isn't fair, Anger & frustration Inability to claim one's own power Feeling justice is never served in your behalf	<i>I now choose to create a life that is joyous and abundant. I am at ease.</i>
	Crystals	
	Fuchsite Magnetite (Lodestone)	

	Essential Oils	
	Basil, Marjoram, Lemongrass, Oregano, Cypress, Eucalyptus, Lavender	Apply 1 drop Basil and 1 drop Marjoram on the shoulder, and massage oils into the skin. Then apply 1 drop Lemongrass on the wrist and 1 drop Oregano on the rotator cup in the shoulder, and massage into the skin. Next apply 1 drop Marjoram and 1 drop Cypress on the wrists and 1 drop Cypress on the neck down to the shoulder, and massage into the skin. Lastly, apply peppermint from the shoulder down the arm to the wrist and then out to the tips of each finger, and massage into the skin.
Cells:	Crystals	
	Metabolism: Sardonyx Rejuvenation: Jasper, Sodalite, Rhodonite Blueprint: Yellow Kunzite Disorders: Celestite, Diopase, Garnet, Herkimer Diamond, Iron Pyrite, Yellow Kunzite, Staurolite Healing: Nebula Stone Structure: Indicolite, Selenite	
Cellulite:	EMOTIONAL	
	Stored anger and self-punishment	<i>I forgive others. I forgive myself. I am free to love and enjoy life.</i>
	Crystals	
	Apatite, Citrine	
	Essential Oils	
	Slim & Sassy, Grapefruit, Rosemary, Basil, Orange, Lemon, Lime, Cypress, Lavender, Oregano, Fennel, Geranium	Add 5 drops Grapefruit and 5 drops Lemon to 1 gallon drinking water. Adjust to taste, and drink throughout the day. Add 8 drops of Slim & Sassy to 16oz of water, and drink throughout the day between meals. Dilute as recommended, and apply 1-2 drops on location. Add 1-2 drops to 1Tbs fractionated coconut oil, and massage on location.
Chakras:	Crystals	
	Align: Kyanite, Citrine, Quartz Align with Physical Body: Amber Balance: Sunstone Base: Red Stones, Fire Agate, Garnet, Pink Tourmaline, Smoky Quartz, Red Calcite, Red Jasper, Azurite, Bloodstone, Chrysocolla, Obsidian, Golden Topaz, Black Tourmaline, Carnelian, Citrine, Cuprite Blockages: Clear Quartz, Lapis Lazuli, Azurite, Bloodstone Blown: Fire Agate Brow/Third Eye: Indigo Stones, Apophyllite, Sodalite, Modavite, Azurite, Herkimer Diamond, Lapis Lazuli, Garnet, Purple Fluorite, Kunzite, Lepidolite, Malachite with Azurite (polished & indirect), Royal Sapphire, Electric-blue Obsidian, Yellow Labradorite, Aquamarine, lolite Cleanse: Amethyst, Quartz, Bloodstone, Calcite, Citrine, Quartz, Tourmaline wand Crown: Purple and white stones, Selenite, Angelite, Moldavite, Citrine, Quartz, Red Serpentine, Purple Jasper, Clear Tourmaline, Golden Beryl, Lepidolite, Purple Sapphire, Petalite, Phenacite, Larimar Earth: Brown Stones, Smoky Quartz, Brown Jasper, Hematite, Mahogany Obsidian, Tourmaline, Rhodonite, Cuprite Energy Leakage, prevent: Labradorite, Ajoite with Shattuckite, Green Aventurine, Quartz Entities, release from: Petalite, Smoky Amethyst Heart: pink or green stones, Rhodonite, Rhodochrosite, Rose Quartz, Green Jasper, Green Quartz, Jadeite, Jade, Aventurine, Kunzite, Variscite, Muscovite, Red Calcite, Watermelon Tourmaline, Pink Tourmaline, Green Tourmaline, Apophyllite, Lepidolite, Morganite, Pink Danburite, Ruby, Chrysocolla, Green Sapphire Higher Heart/Thymus: Pink or Green Stones, Diopase, Kunzite Higher Crown: White Stones, Petalite, Selenite, Azeztulite, Kunzite,	

	<p>Apophyllite, Celestite, Muscovite, Phenacite Holes, repair: Amethyst, Green Tourmaline, Quartz Mental influences, detach: Kunzite, Selenite Past Life: use appropriate crystals from Past-life healing section Negative karma, disturbances from: Petalite Protect: Apache Tear, Jet, Quartz, Labradorite Remove Blockages: Azurite, Bloodstone, Lapis Lazuli, Quartz Sacral/navel: orange stones, Orange Calcite, Blue Jasper, Red Jasper, Orange Carnelian, Topaz, Citrine Solar Plexus: Yellow Tourmaline, Golden Beryl, Rhodochrosite Spleen: Aventurine, Zircon, Ruby, Rhodonite Strengthen: Magnetite (Lodestone), Quartz Throat: Blue Topaz, Blue Tourmaline, Amber, Kunzite, Lepidolite, Blue Obsidian, Blue Lace Agate</p>	
Chest: SADNESS-PAIN	EMOTIONAL	
	<p>Dishonored, poor me, alone, Sad for self/others, Self pity Deep grief, Heartache Fear of losing self in commitment Belief & emotional center Unidentified unresolved fears Not feeling approval Hurt, sorrow, helpless / hopeless Don't belong, can't release Inability to claim one's own power Lack of self love Feelings of being unprotected Hurts where love is concerned Ileocecal Valve: Retribution, punishment</p>	
	Chakra:	Heart
	Crystals	
	<p>Hiddenite, Larimar, Prehnite Constriction: Chrysopal (Blue-green opal) Pains: Amber, Diopase, Emerald, Malachite (polished, indirect), Rose Quartz, Rhodonite, Rhodochrosite</p>	
Childhood Diseases:	EMOTIONAL	
	<p>Child responding to mother's feelings Feelings of helplessness Emotional needs not being met, Feeling shoved aside Belief in calendars and social concepts and false law Childish behavior in the adults around them</p>	<i>This child is Divinely protected and surrounded by Love. We claim mental immunity.</i>
	Chakra:	Heart, Solar Plexus
	Crystals	
	<p>Chicken Pox: Azurite, Malachite (polished, indirect), Topaz, Pearl Childhood, difficult: Smithsonite</p>	
	Essential Oils	
	<p>--- Chicken Pox: Lavender, Melaleuca, Roman Chamomile, Eucalyptus, Lemon, Bergamot (Add 10 drops Lavender and 10 drops Roman Chamomile to 4oz Calamine lotion. Mix and apply twice a day over body. Add 2 drops Lavender to 1 cup Bicarbonate of Soda (Baking Soda). Dissolve in warm bathwater, and bathe to help relieve itching.) ---Measles: Eucalyptus, Melaleuca, Lavender ---Mumps: Melaleuca, Lavender, Lemon ---Rubella (German Measles): Melaleuca, Lavender ---Whooping Cough: Oregano, Basil, Thyme, Clary Sage, Cypress, Lavender, Roman Chamomile, Grapefruit, Eucalyptus, Melaleuca, Peppermint, Rose</p>	<p>Dilute as recommended, and apply on location or on chest, neck, back, or reflex points on the feet. Add 1-2 drops to 1 quart warm water, and use water for a sponge bath. Diffuse into the air. Diffuse other antiviral oils such as Lemon as well.</p>
Chills:	EMOTIONAL	
	<p>Mental contraction, Pulling away and in Desire to retreat. "Leave me alone"</p>	<i>I am safe and secure at all times. Love surrounds me and protects me. All is well.</i>

	Crystals	
	Aragonite, Kunzite, Magnesite, Red Tourmaline, Seraphinite	
	Essential Oils	
	Basil, Fennel, Melaleuca, Peppermint, Rosemary, Lavender, Cypress	Dilute as recommended, and apply to back or to bottoms of the feet.
Cholera:	Essential Oils	
	Rosemary, Clove	Dilute as recommended, and apply to stomach and on reflex points on the feet.
	Crystals	
	Malachite (polished, indirect)	
Cholesterol:	EMOTIONAL	
	Belief that "I'm not supposed to be happy" Denying self joy, Fear of accepting joy Clogging the channels of joy	<i>I choose to love life. My channels of joy are wide open. It is safe to receive.</i>
	Crystals	
	Aventurine, Magnesite, Yellow Fluorite	
	Essential Oils	
	Lemongrass, Clary Sage, Helichrysum, Lavender	Dilute as recommended, and apply to liver area and reflex points on the feet. Place 1-2 drops in a capsule, and swallow. Diffuse into the air.
Chronic Diseases:	EMOTIONAL	
	Distrusts the process of life, Fear of the future Unwilling / Refusal to change for the better Not feeling safe.	<i>I am Willing to change and to grow. I now create a safe, new future.</i>
	Chakra:	Earth, Solar Plexus, Higher Heart
	Crystals	
	Danburite, Dendritic Chalcedony, Cat's Eye Sore Throat: Blue Tourmaline, Blue Lace Agate – Chakra: Throat	
Chronic Fatigue Syndrome:	EMOTIONAL	
	Feelings of despair Feeling totally alone Feelings of desolation Feeling "It's no use" (hopeless) No will to live Low self-worth	<i>• I allow perfect love to fill my body and mind. I allow perfect love to guide my life.</i>
	Crystals	
	Ametrine, Citrine, Green Tourmaline, Zincite (wear continuously)	
	Essential Oils	
	On Guard, Peppermint, Basil, Lemongrass, Digest Zen, Rosemary, Lavender	Dilute as recommended and apply 1-2 drops to sore muscles or joints, to the back, or to the feet. Add 1-2 drops to warm bathwater for a bath. Diffuse into the air. Inhale directly from bottle. Apply oil to hands, tissue, or cotton wick, and inhale.
Circulation Problems:	EMOTIONAL	
	Feeling overloaded, tension, stubbornness Not enjoying job, but can't quit or let go Feelings of tension & discouragement Feeling "I must prove myself, but how?" Worried, Regret, Remorse, jealousy Lack of ability to feel and express emotions in positive ways	<i>Relaxation, satisfied, renunciation of past, generosity I am free to circulate love and joy in every part of my world I love life.</i>

	Crystals	
	Candle Quartz, Bloodstone, Blue Tiger's Eye, Azurite and Malachite (polished, indirect), Rhodochrosite, Citrine, Howlite, Rose Quartz, Ruby, Stibnite, Thulite, Yellow Topaz Defective: Diamond Fortifying: Pyrope Garnet Poor: Ruby, Blue John Disorders: Electric-blue Obsidian, Hawk's Eye, Ruby, Hematite System: Chalcedony, Iron Pyrite, Jasper, Hematite, Magnetite (Lodestone), Amethyst, Bloodstone, Red Jasper	
	Essential Oils	
	Cypress, Thyme, Peppermint, Clary Sage, Wintergreen, Citrus Bliss, Rosemary, Geranium, Cinnamon, Helichrysum, Serenity, Basil	Dilute oils as recommended, and apply oils to area: to carotid arteries, heart, feet, under left ring finger, above elbow, behind ring toe on left foot, and to reflex points on the feet. Add 1-2 drops to bathwater for a bath. Add 1-2 drops to 1Tbs fractionated coconut oil for massage oil, and massage on location or on chest, neck or feet. Diffuse into the air. Inhale oil applied to hands, tissue, or cotton wick.
Cleansing:	Crystals	
	Peridot, Rose Quartz, Smoky Quartz, Quartz Aura: Amethyst, Fluorite, Selenite, Quartz – Chakra: Higher Crown Emotions: Blue Lace Agate, Rhodochrosite – Chakra: Solar Plexus Mind: Azurite – Chakra: Brow Physical Body: Clear Quartz – Chakra: Earth, Base	
Colds:	EMOTIONAL	
	Unkind feelings toward someone Confusion in the home, Mental confusion, Disorder Confusion in life, Too much going on at once Belief in seasonal sickness "I get 3 colds every winter" Small hurts	<i>I allow my mind to relax and be at peace. Clarity and harmony are within me and around me. All is well.</i>
	Crystals	
	Ametrine, Carnelian, Jet, Moss Agate, Emerald, Fluorite, Hyalite, Labradorite, Larimar	
	Essential Oils	
	Thyme, Lemon, On Guard, Melaleuca, Sandalwood, Eucalyptus, Rosemary, Lime, Peppermint (for nasal congestion), Breathe (for respiratory congestion), Ginger, Basil, Lavender, Orange, Oregano --- Children: Thyme, Lemon, Sandalwood, Rosemary, Rose (Dilute 1-2 drops of oil in 2Tbs fractionated coconut oil, and massage a little on neck and chest. --- Diffuse into the air.) --- Congestion: Eucalyptus, Peppermint, Breathe, Cinnamon, Cypress, Melaleuca, Ginger, Rosemary, Fennel, Citrus Oils, Patchouli	When you first notice a sore throat, apply a tiny amount of Melaleuca to the tip of the tongue, and then swallow. Repeat this a few times every 5-10 minutes. Then massage a couple of drops on the back of the neck. Dilute as recommended, and apply 1-2 drops to throat, temples, forehead, back of neck, sinus area, below the nose, chest, or reflex points on the feet. Diffuse into the air. Place 1-2 drops in a bowl of hot water, and inhale the vapors. Inhale directly from bottle. Apply oil to hands, tissue, or cotton wick, and inhale.
Cold Sores: (Fever Blisters)	EMOTIONAL	
	Inability to express anger Feeling pressured or burdened by responsibilities Unable to cope with pressures of life Feeling resentful of the load you are carrying Festering angry words and fear of expressing them	<i>I only create peaceful experiences because I love myself. All is well</i>
	Essential Oils	
	Melaleuca, Melissa, Peppermint, Lemon, On Guard, Geranium, Lavender, Bergamot	Dilute as recommended, and apply 1-2 drops on location
Colic:	EMOTIONAL	
	Not happy with surroundings Feelings of irritation, Mental irritation Feelings of impatience	<i>This child responds only to love and to loving thoughts. All is peaceful</i>

	Crystals	
	Malachite (polished, indirect, externally), Jade or Jadeite, Cat's Eye (over site of pain)	
	Essential Oils	
	Marjoram, Bergamot, Ylang Ylang, Ginger, Roman Chamomile, Rosemary, Melissa	Combine 2Tbs almond oil with 1 drop Roman Chamomile, 1 drop Lavender, and 1 drop Geranium. Mix, and apply to stomach and back. Dilute 1-2 drops of oil in 2Tbs fractionated coconut oil, and massage a small amount of this blend gently on stomach and back.
Colitis: (See colon, intestines, bowels, spastic colon etc.)	EMOTIONAL	
	Overly concerned with order (lose freedom) Worrying excessively Feelings of oppression Feelings of defeat, Insecurity Inability to let go of that which is over Feel a need for more affection Ulcerative: Often manifest in those with obsessive-compulsive behavior , Indecisiveness Feelings of anxiety Unable to express hostility or anger to whom you feel it Feels a need to conform Feels like a martyr	<i>I am part of the perfect rhythm and flow of life. All is in Divine right order.</i>
	Essential Oils	
	Digest Zen, Helichrysum, Peppermint, Thyme, Clove	Dilute as recommended, and apply 1-2 drops on lower abdomen or on reflex points on the feet. Use 1-2 drops in warm bathwater for a bath. Diffuse into the air. Inhale directly from bottle. Apply oil to hands, tissue, or cotton wick, and inhale.
Colon: (See intestines)	EMOTIONAL	
	Bottled up hate Repressed rage Fear of rejection Long standing repressed emotions Holding on too tightly to people Holding on too tightly to material things or the past Guilt, Bitterness, Doubt, Cynicism, Envy Over controlling attitudes Feeling cut-off, Lonely or left out Unwillingness / Fear to let go Financial worries & feelings of scarcity can restrict the movement of the bowels. Mucus colon: Layered deposits of old, confused thoughts clogging the channel of elimination Wallowing in the gummed mire of the past	<i>Elimination of that which is no longer necessary. Issues related to control & materiality. I easily release that which I no longer need The past is over and I am free. I easily assimilate and absorb a/l that I need to know and release the past with joy. I release and dissolve the past. I am a clear thinker. I live in the now in peace and joy.</i>
	Chakra:	Sacral
	Crystals	
	Bloodstone, Carnelian, Citrine, Garnet, Yellow Jasper, Obsidian, Smoky Quartz, Tourmaline	
	Essential Oils	
	Digest Zen, Peppermint ---Diverticulitis: Cinnamon, Lavender ---Polyps: Peppermint	Dilute as recommended, and apply 1-2 drops on lower abdomen or on reflex points on the feet. Use 1-2 drops in warm bathwater for a bath. Diffuse into the air. Inhale directly from bottle. Apply oil to hands, tissue, or cotton wick, and inhale.
Coma:	EMOTIONAL	
	Fear, Escaping something or someone	<i>We surround you with safety and love. We create a space for you to heal. You are loved!</i>

	Chakra:	Crown
	Crystals	
	Tanzanite	
	Essential Oils	
	Frankincense, Balance, Sandalwood, Cypress, Peppermint	Dilute as recommended, and massage 1-2 drops on the brain stem area, mastoids (behind ears), temples, and bottoms of feet.
Concentration:	Essential Oils	
	Eucalyptus, Peppermint, Breathe, Cinnamon, Cypress, Melaleuca, Ginger, Rosemary, Fennel, Citrus Oils, Patchouli	Diffuse into the air. Apply and inhale from hands, tissue, or cotton wick.
	Chakra:	Brow
	Crystals	
	Green Tourmaline, Carnelian with Magnetite (Lodestone), Red Jasper	
Confusion:	Essential Oils	
	Frankincense, Sandalwood, Balance, Rosemary, Peppermint, Marjoram, Basil, Ylang Ylang, White Fir, Thyme, Geranium, Rose, Ginger	Diffuse into the air. Inhale directly from bottle. Apply oil to hands, tissue, or cotton wick, and inhale.
	Chakra:	Brow
	Crystals	
	Sapphire, Pietersite	
Congestion:	Essential Oils	
	Eucalyptus, Peppermint, Breathe, Cinnamon, Cypress, Melaleuca, Ginger, Rosemary, Fennel, Citrus Oils, Patchouli --- Catarrh: Cypress, Helichrysum, Breathe, On Guard, Eucalyptus, Frankincense, Myrrh, Rosemary, Ginger --- Expectorant: Eucalyptus, Marjoram, Frankincense, Helichrysum --- Mucus: Digest Zen (with ginger helps digest old mucus)	Dilute as recommended, and rub 1-2 drops on the chest, neck, back, and feet. Dilute 1-2 drops in 1Tbs fractionated coconut oil, and massage on chest, neck, back, and feet. Diffuse into the air. Place 1-2 drops in a bowl of hot water, and inhale the vapor. Inhale directly from bottle. Apply oil to hands, tissue, or cotton wick, and inhale.
Conjunctivitis: (pink Eye)	EMOTIONAL	
	Feelings of frustration at what you see in life Feelings of anger towards life Not seeing the perfection in people & life	<i>I see with eyes of love. There is a harmonious solution and I accept it now.</i>
	Crystals	
	Agate, Blue Sapphire	
	Essential Oils	
	Melaleuca, Lavender	Caution: Never put oils directly in the eyes!! Be careful when applying oils near the eyes. Be sure to have some fractionated coconut oil handy for additional dilution if irritation occurs. Never use water to wash of an oil that irritates. Dilute as recommended, and apply 1-2 drops around eyes or to feet, thumbs ankles, pelvis, base of neck, or reflex points on feet.
Constipation:	EMOTIONAL	
	Constantly fretting Unwilling to release old feelings, ideas & beliefs Resisting the flow of life, Sometimes stinginess Feelings of anxiety, Stuck in the past Unresolvable problems /determined to carry on	<i>As I release the past, the new and fresh and vital enter. I allow life to flow through me.</i>
	Chakra:	Sacral

	Crystals	
	Amber, Red Jasper, Citrine, Red Calcite, Ruby, Serpentine, Sunshine Aura Quartz, Green Tourmaline, Ruby	
	Essential Oils	
	Rosemary, Lemon, Peppermint, Marjoram, Digest Zen, Ginger, Fennel, Orange, Rose, Sandalwood --- Children: Rosemary, Ginger, Orange (Dilute 1-2 drops of oil in 2Tbs fractionated coconut oil, and massage on stomach and feet.)	Dilute as recommended, and apply oils on abdomen. Add 1-2 drops to 1Tbs fractionated coconut oil, and massage onto abdomen.
Corns:	EMOTIONAL	
	Holding onto Pain / hurts of past experiences Hardened feelings, Hardened area of thought	<i>I move forward free from the past. I am safe. I am free.</i>
	Crystals	
	Apatite (rub with, soak crystal in salt water)	
	Essential Oils	
	Clove, Peppermint, Grapefruit, Citrus Bliss	Dilute as recommended, and apply to area. Combine 1-2 drops with fractionated coconut oil, and massage on location.
Coughs:	EMOTIONAL	
	Nervousness, A desire to bark at the world Feelings of criticism, See me!! Listen to me!! Feelings of annoyance Feel like you're choking on life --- Croup (Children): Marjoram, Thyme, Sandalwood (Diffuse into the air. Dilute 1-2 drops in 2Tbs fractionated coconut oil, and massage on chest and neck.)	<i>I am noticed and appreciated in the most positive ways. I am loved!!</i>
	Crystals	
	Amber, Ametrine, Aquamarine, Blue Agate, Topaz	
	Essential Oils	
	Breathe, Melaleuca, Eucalyptus, Frankincense, On Guard, Peppermint, White Fir, Sandalwood, Thyme, Myrrh, Ginger --- Allergy: Purify --- Severe: Frankincense	Diffuse into the air. Use throat drops as directed on package. Dilute as recommended, and apply 1-2 drops on the throat and chest.
Cramps:	EMOTIONAL	
	Fear of pain, Tension, Fear Holding onto incorrect perceptions of femininity Tension built up, Holding on	<i>I relax and allow my mind to be peaceful.</i>
	Crystals	
	Bloodstone, Amethyst, Malachite (polished, indirect), Magnesite, Obsidian, Serpentine, Smoky Quartz, Turquoise, Zircon, Magnetite (Lodestone) Intestinal: Green Fluorite, Magnesite Legs: Hematite, Leipdolite Muscles: Magnetite (Lodestone) Release: Azurite with Malachite (polished, indirect) Stomach: Magnesite Vascular: Magnesite	
	Essential Oils	
	Digest Zen, Basil, Clary Sage --- Charley Horse: Lemongrass with Peppermint, Marjoarm, Deep Blue, Rosemary, Basil, Thyme, Vetiver, Roman Chamomile, Cypress, Grapefruit, Clary Sage, Lavender	Flavor water with 5 drops Digest Zen, and drink for stomach pains and cramps. Dilute as recommended, and massage oil onto abdomen over area of pain.
Crohn's Disease:	Essential Oils	
	Peppermint, Digest Zen, Basil	
	Foods	
	Fasting, Colonics, & 1 Shot Glass of Olive Oil Daily	

Crying:	EMOTIONAL	
	Tears are the river of life, shed in joy as well as in sadness and fear	<i>I am peaceful with all of my emotions. I love and approve of myself.</i>
	Essential Oils	
	--- Children: Ylang Ylang, Lavender, Roman Chamomile, Geranium, Cypress Frankincense (Diffuse into the air. Dilute 1-2 drops in 2Tbs fractionated coconut oil. Massage.)	
Cushing's Disease: (see Adrenal)	EMOTIONAL	
	Mental imbalance, A feeling of being overpowered Overproduction of crushing ideas	• <i>I allow perfect love to fill my body and mind. I allow perfect love to guide my life.</i>
	Essential Oils	
	Elevation, Lemon, Basil, On Guard	
Cysts:	EMOTIONAL	
	Feeling sorry for self, Nursing hurts Inability to resolve hurt feelings, A false growth Running the old painful movie	<i>The movies of my mind are beautiful because I choose to make them so. I love me.</i>
Cystic Fibrosis:	EMOTIONAL	
	The belief that "life works for everyone but me" "Poor me"	<i>Life loves me, and I love life. I now choose to take in life fully and freely.</i>
Cystitis:	EMOTIONAL	
	Unresolved irritability Habitual unhappy thought patterns	• <i>I allow perfect love to fill my body and mind. I allow perfect love to guide my life.</i>
	Essential Oils	
	Lemongrass, On Guard, Sandalwood, Thyme, Basil, Cinnamon, Clove, Eucalyptus, Frankincense, Lavender, Bergamot, Fennel, Marjoram, Oregano	Dilute as recommended, and apply on abdomen and on reflex points on the feet. Add 1-2 drops to warm bathwater; bathe for 10-15 min
Deafness:	EMOTIONAL	
	Not wanting to hear what is going on, Rejection Lack of self-love, Stubbornness, Don't bother me Wanting to be isolated, What don't you want to hear? Feels more comfortable in own little world	<i>I listen to the Divine and rejoice at all that I am able to hear. I am one with all.</i>
	Crystals	
	Amber, Onyx, Rhodonite, Tourmaline	
Death:	EMOTIONAL	
	Leaving the movie of life	<i>I joyfully move on to new levels of experience. All is well.</i>
	Chakra:	Higher Crown
	Crystals	
	Assisting Transition: Amethyst, Lilac Kunzite, Hyalite	
Dementia: (See Alzheimer's, Senility)	EMOTIONAL	
	Feeling hopeless & helpless, Unresolved anger Tired of having to struggle with life Refusal to deal with the world as it is	<i>I am in my perfect place and I am safe at all times.</i>
	Chakra:	Brow

	Crystals	
	Chalcedony	
Depression:	EMOTIONAL	
	Anger you feel you do not have a right to have. Feeling "I'll never be able to be enough or do enough" Feeling "It's no use" Feeling "Things are beyond my control" Hopeless / helpless feeling Insufficient exposure to sunlight (usually in Winter) can also cause depression	<i>I now go beyond other people's fears and limitations. I create my life.</i>
	Chakra:	Higher Heart, Solar Plexus
	Crystals	
	<u>Lepidolite, Lithium Quartz, Kunzite, Ametrine, Sunstone</u> , Apatite, Botswana Agate, Carnelian, Idocrase, Jet, Lapis Lazuli, Moss Agate, Rutilated Quartz, Spessartite Garnet, Tiger's Eye, Hematite, Staurolite, Turquoise, Purple Tourmaline, Smoky Quartz, Spinel, Jade (wear continuously) Depressive psychosis: Emerald Deprivation, overcome: Rose Quartz, Prehnite (wear continuously) Despair: Rhodonite, Carnelian, Iron Pyrite, Serpentine, Sugilite (wear continuously)	
	Essential Oils	
	Lemon, Frankincense, Lavender, Bergamot, Elevation, Balance, Citrus Bliss, Melissa, Rosemary, Ylang Ylang, Grapefruit, Clary Sage, Serenity, Lime, Geranium, Ginger, Basil, Sandalwood, Patchouli --- Postpartum Depression: Elevation, Lemon, Lavender, Frankincense, Clary Sage, Geranium, Grapefruit, Bergamot, Balance, Myrrh, Orange	Dilute as recommended and apply 1-2 drops to temple or forehead. Add 5-10 drops to 1Tbs fractionated coconut oil, and use as a massage oil. Add 1-3 drops to warm bathwater and bathe. Dilute 1:1 In fractionated coconut oil, and apply 1-2 drops on bottom of feet and on abdomen. Diffuse into the air. Inhale directly from bottle. Apply oil to hands, tissue, or cotton wick, and inhale.
Detoxification:	Crystals	
	Brown or Black Stones, <u>Smoky Quartz</u> , Amethyst, Azurite, Bloodstone, Herkimer Diamond, Iolite, Obsidian (not continuously), Stillbite, Ruby, Topaz, Zoisite Emotions: Rose Quartz, Smoky Quartz – Chakra: Solar Plexus Etheric: Lapis Lazuli – Chakra: Brow Mind: Amethyst – Chakra: Brow Physical Body: Ruby – Chakra: Earth, Base, Sacral Spiritual: Amethyst, Lapis Lazuli – Chakra: Crown	
	Chakra:	Solar Plexus, Earth, Base
Diabetes:	EMOTIONAL	
	Longing for what might have been Judging self or others severely Disappointed in life On-going feelings of deep sorrow Emotional shock, Joy of life is gone Feeling "It should have been different" Obsessed with wanting to control	<i>This moment is filled with joy. I now choose to experience the sweetness of today.</i>
	Crystals	
	Citrine, Emerald, Red Jasper, Malachite (polished, indirect), Serpentine, Pink Opal, Jade, Diamond (on waist, on left side, as close to pancreas as possible)	
	Essential Oils	
	Rosemary, Cinnamon, Geranium, Ylang Ylang, Eucalyptus, On Guard, Cypress, Ginger, Fennel, Lavender --- Pancreas Support: Cinnamon, Geranium --- Sores (Diabetic): Lavender, Balance	Combine 8 drops Clove, 8 drops Cinnamon, 15 drops Rosemary, and 10 drops Thyme with 2 oz fractionated coconut oil. Put on feet and over pancreas. Combine 5 drops Cinnamon and 5 drops Cypress. Rub on feet and pancreas.

		Dilute as recommended, and apply on back, chest, feet, and over pancreas. Diffuse into the air.
Diarrhea:	EMOTIONAL	
	Rejecting the visualization of something you don't want to accept Wanting to be done with someone or something Running off / away from a situation Fear of something in the present Obsessed with order, Fear, Rejection	<i>My intake, assimilation and elimination are in perfect order. I am at peace with life.</i>
	Crystals	
	Green Tourmaline, Quartz, Malachite (polished, indirect), Serpentine, Pearl, Lapis Lazuli Loose Green Stools, (children): Sapphire	
	Essential Oils	
	Peppermint, Ginger, Geranium, Digest Zen, Orange, Patchouli, Melaleuca, Sandalwood, Lavender, Roman Chamomile, Cypress, Eucalyptus Children: Geranium, Ginger, Sandalwood (Dilute as recommended and apply 1-2 drops on abdomen. Apply as a warm compress over the affected area.)	
Digestive System:	Crystals	
	Citrine, Chrysocolla, Labradorite, Smithsonite, Obsidian, Iron Pyrite, Sapphire, Snowflake Obsidian, Tiger's Eye, Topaz, Yellow Apatite, Rhodonite, Peridot Dis-ease due to stress: Moonstone Faulty: Red Tourmaline, Yellow Jasper Strengthen Organs: Jasper, Topaz Tract, calm: Chrysoprase, Green Jasper, Chrysocolla, Iron Pyrite Tract, stimulate: Red Jade, Moss Agate Tract, strengthen: Iron Pyrite	
	Chakra:	Solar Plexus
	Essential Oils	
	Peppermint, Ginger, Lemongrass (purifies), Digest Zen, Fennel, Wintergreen, Marjoram (stimulates), Oregano, Rosemary, Clary Sage, Grapefruit, Basil, Lemon, Cinnamon, Clove, Orange, Bergamot	Dilute oil as recommended, and apply 1-2 drops on stomach or reflex points on feet. Dilute 1-2 drops in 1Tbs fractionated coconut oil, and massage over abdomen and lower back. Apply as a warm compress over affected area. Diffuse into the air.
Disinfectant:	Essential Oils	
	Lemon, Purify, Grapefruit, Lemongrass, Geranium	Add 1-2 drops of oil to a wet cloth, and use to wipe down counters and other surfaces. Use hand wash and wipes as directed on packaging. Diffuse into the air.
Diuretic:	Essential Oils	
	Lemongrass, Rosemary, Lavender, Patchouli, Grapefruit, Cypress, Fennel, Orange, Lemon, Oregano, Marjoram	Dilute as recommended, and apply oils to kidney area on back and to bottoms of feet.
	Crystals	
	Angelite (over kidneys)	
Dizziness:	EMOTIONAL	
	Feeling overloaded, Flighty, scattered thinking Feeling "I don't want to cope anymore" Not wanting to accept things as they are A refusal to look	<i>I am deeply centered and peaceful in life. It is safe for me to be alive and joyous.</i>
	Chakra:	Crown
	Crystals	
	Aragonite, Candle Quartz, Dioptase, Lapis Lazuli, Clear Quartz, White Sapphire	

Dowagers Hump:	EMOTIONAL	
	Unresolved anger Built up resentment Carrying others burdens	• <i>I allow perfect love to fill my body and mind. I allow perfect love to guide my life.</i>
Dry Eye:	EMOTIONAL	
	Unable to express grief, Refusal to see with love Would rather die than forgive, Being spiteful Feelings turned off, Angry eyes Incorrect perceptions from early years; keeping tears from flowing	<i>I willingly forgive. I breathe life into my vision and see with compassion and understanding.</i>
Dysentery:	EMOTIONAL	
	Fear of the present. Intense anger Feelings of being unjustly dealt with Amoebic: Believing they are out to get you Bacillary: Oppression and hopelessness	<i>I create peacefulness in my mind and my body reflects this. I am the power and authority in my world I am at peace. I am filled with life and energy and the joy of living.</i>
	Crystals	
	Emerald, Chlorite	
	Essential Oils	
	Myrrh, Eucalyptus, Lemon, Roman Chamomile, Cypress, Clove (amoebic), Melissa	Dilute as recommended, and apply on abdomen and on bottoms of feet.
Dysmenorrhea:	EMOTIONAL	
	Feelings of anger toward self Inability to forgive self, Hatred of the body or women	<i>I love my body. I love myself. I love all my cycles. All is well.</i>
Ears: UNSUPPORTIVE	EMOTIONAL	
	Hearing corresponds to the understanding Hearing problems: Trying to force someone to hear things your way What are the advantages of not hearing? A persistent refusal to hear the truth Avoidance of issues considered unpleasant Refusal to hear other points of view Lack of enthusiasm, confusion, not good enough Guilt, irresponsibility, unhelpful, irresponsible Emotional repression, un-supportiveness, vindictiveness Need to listen, feeling unheard Can't help, repulsive, abhorrent, vindictive Uninterested, bored	<i>The capacity to hear and to listen. Willingness to perceive the true messages of life. Being open and willing to hear and consider other's opinions. I am supportive, helpful, innocent, acceptable, adore, forgiveness, helpful, responsible, interested, and enthusiastic. I hear with love.</i>
	Crystals	
	Amazonite, Amber, Blue Chalcedony, Celestite, Hiddenite, Red-black or Snowflake Obsidian, Orange Calcite, Rhodonite, Tourmaline	
	Essential Oils	
	Helichrysum, Purify, Eucalyptus, Melaleuca, Geranium, Balance, Marjoram --- Hearing in a Tunnel: Purify --- Infection: Melaleuca, Purify, Lavender --- Inflammation: Eucalyptus --- Tinnitus: Helichrysum	Caution: never put oils directly into the ear canal. Dilute as recommended, and apply 1-2 drops on surface of the ear and behind the ear on the mastoid bone. Apply 1 drop oil to small cotton ball, and place over opening to ear canal (do not press into the ear canal). Place 1 drop oil on cotton swab, and swab around the ear canal. Diffuse into the air.
Earache:	EMOTIONAL	
	Feelings of anger at what you are hearing Don't want to hear what is going on, Parents arguing Children: Can't abide the turmoil in home Eustachian Tube: Disbelieved, un-trusted, hurt	<i>Harmony surrounds me. I listen with love to the pleasant and the good. I am a center for love. I am believed, trustworthy, & helped.</i>

	Crystals	
	Amethyst, Blue Agate, Sapphire, Amber, Tourmaline	
	Essential Oils	
	--- Children: Melaleuca, Roman Chamomile, Lavender, Thyme (Combine 2Tbs fractionated coconut oil with 2 drops Lavender, 1 drop Roman Chamomile, and 1 drop Melaleuca. Put a drop on a cotton ball or cotton swab, and apply in ear, behind the ear, and on reflex points on the feet.)	--- Dilute 1-2 drops in 2Tbs fractionated coconut oil, and apply a small amount behind the ear. Place a drop on a cotton ball, and place in the ear.
<i>Eczema (Dermatitis):</i>	EMOTIONAL	
	Over-sensitive, Breath-taking antagonism Feeling you are being interfered with or prevented from doing something, thus feeling frustrated Unresolved hurt feelings, Mental eruptions Unresolved feelings of irritation	<i>Harmony and peace, love and joy surround me and indwell in me. I am safe and secure.</i>
	Crystals	
	Amethyst, Green Aventurine, Sapphire	
	Essential Oils	
	Clear Skin, Helichrysum, Thyme, Geranium, Melaleuca, Lavender, Patchouli, Bergamot, Rosemary	Add 5-10 drops to 1Tbs fractionated coconut oil, and apply on location. Dilute as recommended, and apply 1-2 drops on location.
<i>Edema:</i>	EMOTIONAL	
	Sympathy for self keeping person from moving too fast Body's way of putting on a cast What or who won't you let go of? - Afraid of losing. Feeling a need to be immobilized in some area of body Holding onto something that is not necessary	<i>I willingly release the past. It is safe for me to let go, I am free now. I willingly release with joy.</i>
	Essential Oils	
	Grapefruit, Lemongrass, Cypress, Geranium, Rosemary	Dilute as recommended, and apply 1-2 drops on location. Add 1-2 drops to 8oz of water, and drink every 3 hours.
<i>Elbow: (See joints)</i>	EMOTIONAL	
	Inability to accept new experiences Inability to change focus or direction Resisting achievement or sense of confidence	<i>I easily flow with new experiences, new directions and new changes.</i>
	Essential Oils	
	Deep Blue, Eucalyptus, Peppermint, Helichrysum, Wintergreen, Rosemary, Lemongrass	Combine 10 drops Eucalyptus, 10 drops Peppermint, 10 drops Rosemary, and 1Tbs fractionated coconut oil. Apply on location; then apply an ice pack. Can also try alternating cold and hot packs. Combine 1 drop each of Lemongrass, Helichrysum, Marjoram, and Peppermint. Apply on location; then apply an ice pack. Dilute as recommended, and apply 1-2 drops on location or on reflex points on the feet. Combine 5-10 drops with 1Tbs fractionated coconut oil, and massage on location.
<i>Elimination Problems:</i>	EMOTIONAL	
	Deep subconscious resentments Holding on to past experiences Not letting go, which creates blockages Tension built up	<i>• I allow perfect love to fill my body and mind. I allow perfect love to guide my life.</i>
	Chakra:	Base
	Crystals	
	Sardonyx	

Emphysema:	EMOTIONAL	
	Feeling unworthy to live Fears taking in life to the fullest	<i>It is my birthright to live fully and freely. I love life, I love me.</i>
	Crystals	
	Amber, Amethyst, Aqua Aura, Diopase, Emerald, Malachite (polished, indirect), Morganite, Rhodonite, Rose Quartz, Tiger's Eye	
	Essential Oils	
	Eucalyptus, Breathe	Diffuse into the air. Dilute as recommended, and apply 1-2 drops to chest and back. Apply as a warm compress on chest.
Endocrine System:	EMOTIONAL	
	Drastic imbalance in life Unbalanced attitudes (overly restricted and/or excessive Too much focus on certain aspects of life while neglecting Other issues that need attention (lack of wholeness a integration)	• <i>I allow perfect love to fill my body and mind. I allow perfect love to guide my life.</i>
	Crystals	
	Amber, Amethyst, Citrine, Fire Agate, Howlite, Pink Tourmaline, Golden Topaz, Yellow Jasper, Peridot, Pietersite, Tourmaline, Ruby Aura Quartz Triple Burner Meridian, rebalance: Fire Agate, Fire Opal	
	Essential Oils	
	Zendocrine, Rosemary, Cinnamon --- Hormonal Balance: Clary Sage, Clove, Ylang Ylang --- Female: Whisper --- Sexual Energy: Ylang Ylang	Diffuse into the air. Inhale directly from bottle. Apply oil to hands, tissue, or cotton wick, and inhale. Dilute as recommended, and apply 1-2 drops to the reflex points on the feet, lower back, thyroid, liver, kidneys, gland areas, the center of the body, or both sides of the spine and clavicle area. Add 1-2 drops to 1Tbs fractionated coconut oil, and use as massage oil.
Endometriosis:	EMOTIONAL	
	Deep-seeded unresolved sadness going unanswered Feelings of frustration, Disappointment Feelings of insecurity Lack of self-love, Replace self-love with sugar Wanting to blame problems on others	<i>I am both powerful and desirable; It's wonderful to be a woman. I love myself and I am fulfilled</i>
	Chakra:	Sacral
	Crystals	
	Vanadinite (indirect)	
	Essential Oils	
	Geranium, Cypress, Clary Sage, On Guard, Eucalyptus, Whisper	Dilute as recommended, and apply 1-2 drops on lower abdomen or on feet. Apply as a warm compress. Place 1-2 drops in warm bathwater, and bathe.
Energy: (continual lack of)	EMOTIONAL	
	Unresolved deep-seeded sadness Tired of the day to day struggle Wishing you could "quit"	• <i>I allow perfect love to fill my body and mind. I allow perfect love to guide my life.</i>
	Chakra:	Base
	Crystals	
	Red Stones, <u>Jasper</u> , Quartz, Amber, Peridot. Boost: Red or Orange Stones, Amethyst, Carnelian, Herkimer Diamond – Chakra: Base, Sacral Depletion: Fire Opal, Rutilated Quartz, Red or Yellow Jasper Endurance: Jade, Chalcedony – Chakra: Base Field, Strengthen: Quartz, Kunitz – Chakra: Solar Plexus Implants: Chlorite Phantom – Chakra: Solar Plexus, Sacral	

	<p>Leakage from aura: Labradorite – Chakra: Higher Heart Redistribution: Garnet Unbalanced field: Goldsheen Obsidian</p>	
	Essential Oils	
	<p>White Fir, Elevation, Balance, Peppermint, Lemon, Basil, Thyme, Rosemary, Orange, Lemongrass, Eucalyptus ---Endurance: Peppermint ---Exhaustion: First relax the nervous system using: Lavender, Ylang Ylang, Roman Chamomile, Frankincense, Clary Sage - Secondly use an energizing oil: Lemon, Sandalwood, Rosemary, Lime, Basil, Grapefruit ---Fatigue: Rosemary (nervous fatigue), Thyme (general fatigue) ---Mental Fatigue: Serenity, Lemongrass, Basil ---Physical Fatigue: Serenity ---Physical: Lemon, Cinnamon, Bergamot ---Sexual: Ylang Ylang</p>	<p>Diffuse into the air. Inhale directly from bottle. Apply oil to hands, tissue, or cotton wick, and inhale. Blend equal parts Basil and Lemongrass together. Apply to temples, back of neck, and feet. Dilute 1-2 drops in 1Tbs fractionated coconut oil, and massage into muscles. Place 1-2 drops in warm bathwater, and bathe. Dilute as recommended, and apply 1-2 drops on temples, back of neck, liver area, or feet.</p>
Environmental Factors:	Crystals	
	<p>Brown Stones, Moss Agate, Smoky Quartz, Black Tourmaline, Argonite, Amazonite, Malachite (polished, indirect), Atmospheric Pollutants: Turquoise, Smoky Quartz, Black Tourmaline (place in environment or wear) Chakra: Earth</p>	Place crystals at four corners of house or site, place on computer etc.
	Chakra:	Earth
Epilepsy:	EMOTIONAL	
	<p>Feeling a need to persecute self Wanting to reject life, Feeling of great struggle Violence against the self, Self-violence</p>	<i>I choose to see life as eternal and joyous, I am eternal and joyous and at peace.</i>
	Chakra:	Brow
	Crystals	
	<p>Black Onyx (around neck), Tourmaline, Emerald, Jasper, Jet, Lepidolite, Magnesite, Malachite (polished, indirect), Selenite, Sugilite, Tourmaline, Lapis Lazuli, Emerald, Yellow Sapphire</p>	
	Essential Oils	
	Clary Sage	<p>Dilute as recommended, and apply 1-2 drops to back of neck, navel, heart, or reflex points on the feet. Diffuse into the air.</p>
Epstein-Barr Virus:	EMOTIONAL	
	<p>Pushing beyond one's limits, Draining all inner support Fear of not being good enough, Stress virus</p>	<i>I relax and recognize my self-worth. I am good enough. Life is easy and joyful.</i>
	Essential Oils	
	Breathe, On Guard	<p>Blend 1: Combine 3 drops Oregano, 3 drops On Guard, and 3 drops Thyme. Rub the blend on the feet. Dilute as recommended, and apply 1-3 drops on throat and feet.</p>
Eyes: OVERWHELMED	EMOTIONAL	
	<p>Burning: fear, Stinging: Terror, Dry: Resentment Gritty: Anger, Heavy: Sadness, Twitches: Fear of being watched) Left Eye: Inner, emotional & intuitive aspect Right Eye: That which deals with the world & external situations, More aggressive & assertive Don't want to see, Over-taxed, shattered, yearning Not want to see clearly - past, present or future Abandoned, Unsuccessful, Clingy, Longing Need to see beyond the lesson, Forsaken Circles under: Bitterness Remorse/regret Self-condemnation Deep seeded grief Feeling unfulfilled</p>	<p><i>I see with love and joy. The capacity to see life and its issues clearly. Willingness to be open and make contact with people and the world around us. When we are open, our eyes become a clear channel through which our heart and soul find expression. Excellent sight is the physical counterpart of clear spiritual perception.</i></p>

	<p>Resentment/hurt Glaucoma: Protracted hostility Pressure from longstanding hurts. Overwhelmed by it all, Stoney un-forgiveness Sty: Not liking what you see in your own life Astigmatism: "I" trouble, Fear of really seeing the self Keratitis: Extreme anger, Desire to Hit others or what you s~ Tears: Deep releasing of inner pain & hurt Resolution of emotions Watery: Unable to express an inner grief Not wanting to understand what you are seeing Persistent refusal to see the truth Fearing the future Not wanting to see life as it is Life is weak and out of focus Not seeing eye to eye With another Not forgiving Emotional repression Feeling abandoned, unsuccessful or overwhelmed Lack of motivation Fear of intimacy Fear of what's "out there" and/or what's inside oneself Inability to see one's own self-worth (low self-esteem) Myopia: Fear of future, Not trusting what is ahead Children: Not wanting to see what's going on in family Crossed: Not wanting to see what's out 'there Crossed purposes Cataracts: Inability to see ahead with joy, Dark future Far-Sighted: Too extroverted Avoidance of one's own self-development Procrastination, Fear of the present Fear of being close With others Living in the future and neglecting the present Not wanting to look at or take responsibility for what one has created. Nearsighted: Introspective, Shy Refusal to look at or take responsibility for creating positive goals for one's future Choosing not to see any further than one's own limited beliefs Inability to see the "big picture", Fear of future Failure to acknowledge the spiritual significance of life Wall Eyes: Fear of looking at the preset, Right here</p>	<p><i>Successful, restored, composed, accepted, included, adjusted, fulfilled, comfort</i></p> <p><i>I see with love and tenderness I now create a life I love to look at. I am now willing to see my own beauty and magnificence. I allow the love from my own heart to heal all that I see. I choose peace. All is well in my world.</i></p> <p><i>I trust the process of life. I am safe. Harmony, joy, beauty and safety now surround child It is safe for me to see. I am at peace. Life is eternal and filled with joy. I look forward to every moment. I am safe in the here and now. I see that clearly.</i></p> <p><i>I accept Divine guidance and am always safe!</i></p> <p><i>I love and approve of myself right now</i></p>
	<p>Chakra:</p>	<p>Brow</p>
	<p>Crystals</p>	
	<p><u>Emerald</u>, Cat's Eye, Aquamarine, Agate, Beryl, Chalcedony, Sapphire, Charoite, Dark-blue Tourmaline, Blue Fluorite, Dendritic Agate, Ruby, Fire Agate, Snowflake Obsidian, Peridot, Opal, Blue Obsidian, Apophyllite, Iceland Spa, Labradorite, Celestite, Chrysoprase, Ulexite, Orange Calcite, Blue Lace Agate</p> <p>Bloodshot: Emerald Clear: Snowflake Obsidian Disease: Jade, Albite Impurities, irritants in: Ruby Infection: Blue Lace Agate, Sapphire, Quartz, Ruby Itching: Aquamarine Sight: Green Stones, Snowflake Obsidian, Rose Quartz, Malachite (polished, indirect), Variscite Soothe: Emerald Strengthen Muscles: Ulexite Tired: Emerald Ulcerated: Sapphire Watering: Aqua Aura, Aquamarine Weak: Pearl Weak eyesight: Pyrolusite, Rhodochrosite, Opal</p>	
	<p>Essential Oils</p>	
	<p>Lemongrass, Sandalwood, Cypress, Lemon, Fennel, Eucalyptus, Lavender, On Guard</p>	<p>Combine 5 parts distilled water, 2 parts honey, and 1 part apple cider vinegar (do not use white vinegar). Mix together, and store in a bottle for Eye Drops--- use</p>

	<p>---Blocked Tear Ducts: Lavender</p> <p>---Cataracts: Clove, Lavender (Combine 8 drops Lemongrass, 6 drops Cypress, and 3 drops Eucalyptus. Apply around the eye area two times a day. Do not get oil in the eyes.)</p> <p>---Dry/Itchy eyes: Melaleuca (in humidifier)</p> <p>---Eye Lid Drop/Drooping Eyelid: Combine equal parts Helichrysum and Peppermint, and apply 1-2 drops on the eyelid. Do not get oil in the eyes.</p> <p>---Improve Vision: Frankincense, Lemongrass, On Guard, Sandalwood, Lavender (Combine 10 drops Lemongrass, 5 drops Cypress, and 3 drops Eucalyptus with 2Tsp fractionated coconut oil. Apply around the eyes morning and night, or apply on reflex points on the feet or on the ears.</p> <p>---Iris Inflammation: Eucalyptus</p> <p>---Macular Degeneration: Clove</p> <p>---Pink Eye: Melaleuca, Lavender</p> <p>---Retina (Strengthen): Cypress, Lemongrass, Helichrysum, Peppermint, Lavender, Sandalwood</p> <p>---Swollen Eyes: Cypress, Helichrysum, Peppermint (allergies), Lavender</p>	<p>for glaucoma, cataracts, spots, film, and growths of various kinds. Apply several times a day until condition has cleared.</p> <p>Caution: Never put essential oils directly in the eyes! Be careful when applying oils near the eyes. Be sure to have some fractionated coconut oil handy for additional dilution if irritation occurs. Never use water to wash off an oil that irritates. Dilute as recommended and apply 1-2 drops around eyes or to feet, thumbs, ankles, pelvis, base of neck, or reflex points on the feet. Diffuse into the air.</p>
Face:	<p>EMOTIONAL</p> <p>Has to do With identity</p> <p>Forehead: Reacting to recent conscious thoughts</p> <p>Paralysis: Judging self harshly Putting self down in favor of others Feeling rejected Feeling fear and anxiety Having doubts about own competence Can't face a situation, someone or something Afraid of losing face, What we show the world Problems with relationships</p> <p>Lines-Sagging: Sagging thoughts. Resent life (Numb: Stuffed Feelings, Itching: Remorse Want to get out/away)</p>	<p><i>Reflects attitudes about oneself and life. Self-image, ego, self-expression, and emotional history. 'The Ability to 'face" ourselves and the issues of life with honesty and integrity.</i></p> <p><i>Facial expressions can be an open book that reveals much about our inner feelings. When we are trying to be something other than our true selves, or hide our true feelings, there is conflict within, and the face becomes a mask of tensions rather than an expression of our soul's beauty and joy.</i></p> <p><i>It is safe to be me. I express who I am. I express the joy of living and allow myself to enjoy every moment of every day totally. I become young again.</i></p>
	Crystals	
	Cat's Eye, Cathedral Quartz Paralysis: Diamond	
	Essential Oils	
	Myrrh, Sandalwood, Vetiver	Add 5-10 drops to 1Tbs fractionated coconut oil, and apply to face. Add 1-2 drops essential oil to 1 tsp unscented lotion, and apply to the skin.
Fainting:	<p>EMOTIONAL</p> <p>Fear of the present Feeling unable to cope, An excuse to blank out, Black out</p>	<i>I have the power and strength and knowledge to handle everything in my life.</i>
	Crystals	
	Amethyst, Lapis Lazuli	
	Essential Oils	
	Peppermint, Rosemary, Basil, Lavender	<i>Inhale directly from the bottle</i>
Fallopian Tubes: (Blocked)	<p>EMOTIONAL</p> <p>Nervous tension of long duration High-strung temperament</p>	<p>• <i>I allow perfect love to fill my body and mind. I allow perfect love to guide my life.</i></p>

	Chakra:	Sacral
	Crystals	
	Chrysoprase, Carnelian	
Fat: (See Overweight)	EMOTIONAL	
	<p>Feel a need for protection, Over sensitivity Resistance to forgiving Hidden anger, Resistance to forgive</p> <p>Arms: Anger at being denied love</p> <p>Belly: Anger at being denied nourishment</p> <p>Hips: Lumps of stubborn anger at the parents</p> <p>Thighs: Packed childhood anger. Rage at father</p>	<p><i>I am protected by Divine Love. I am always safe and secure.</i></p> <p><i>I am willing to grow up and take responsibility for my life.</i></p> <p><i>I forgive others and I now create my own life the way I want it. I am safe.</i></p> <p><i>It is safe for me to create all the love I want. I nourish myself with spiritual food and I am satisfied & free.</i></p> <p><i>I am willing to forgive the past. It is safe for me to go beyond my parents' limitations. I see my father as a loveless child and I forgive easily.</i></p> <p><i>We are both free.</i></p>
	Crystals	
	Iolite Metabolism, slow: Magnesite	
Fatigue:	EMOTIONAL	
	Resisting life, Lack of love for what one does Feeling bored Not enjoying your place in life Experiencing "burn out" in one's job or relationship	<i>I am enthusiastic about life and filled with energy and enthusiasm.</i>
	Chakra:	Base, Sacral
	Crystals	
	<u>Carnelian</u> , Amethyst, Ametrine, Bloodstone, Blue Opal, Dendritic Agate, Iron Pyrite, Rose Quartz, Sunstone, Diopase, Staurolite, Diopase, Hematite	
Feet: FEAR	EMOTIONAL	
	<p>Fear of the future, insecurity Fear of "stepping" forward in life Fear of "stepping" into new and different experiences in life Lack of understanding in many aspects of life Not be grounded Out of control with reality Lack of motivation Represents our understanding - of self, life & others Unsure of one's role in life (lack of identity) Fear of being one's True Self Being too tired (emotionally & physically) to move forward Leading others along paths of dishonesty or wrong-doing</p> <p>Toes: Fear of minor details of the future</p>	<p><i>Understanding, balance, self-support, stability, motivation. Being grounded and connected to Earth.</i></p> <p><i>The foundation of one's body. Stepping into new 'experiences. Taking the necessary steps forward (emotionally, mentally or spiritually). The ability to "stand on one's own feet." The courage to be one's True Self.</i></p> <p><i>My understanding is clear, and I am willing to change with the times. I am safe.</i></p> <p><i>I move forward in life with joy and with ease.</i></p>
	Crystals	
	Tiger Iron, Onyx, Pietersite, Larimar, Smoky Quartz, Apophyllite, Aquamarine, Jet	
	Burning: Blue Lace Agate Excessive Perspiration: Gem Silica Swollen: Aquamarine	
	Essential Oils	
	Balance, Ylang Ylang, Orange, Sandalwood, Clary Sage, Geranium, Myrrh, Bergamot, White Fir, Cypress, Marjoram	Diffuse into the air. Inhale directly from bottle. Apply oil to hands, tissue, or cotton wick, and inhale.

	<p>---Foot: Lemon, Lavender, Roman Chamomile ---Blisters: Lavender, Geranium, Melaleuca, Purify ---Bunion: Cypress ---Calluses: Oregano ---Club Foot : Ginger, Rosemary, Lavender, Roman Chamomile ---Corns: Clove, Peppermint, Grapefruit, Citrus Bliss</p>	
Female Problems: (see <i>Hormones</i>)	EMOTIONAL	
	<p>Emotional block where own sexuality is concerned Feeling inadequate in sexual role, Denial of self Feelings of fear or guilt about sex Refusing to "let go" of the past Feels to reject feminine nature/femininity/feminine principle Emotional block where mate is concerned Amenorrhea: Not wanting to be a woman, Dislike of self</p>	<p><i>I rejoice in who I am. I am a beautiful expression of life, flowing perfectly at all times.</i> <i>I rejoice in my femaleness. I love being a woman.</i> <i>I love my body.</i></p>
	Chakra:	Sacral, Base
	Crystals	
	<p>Orange Stones, Carnelian, Malachite (polished, indirect), Moonstone, Chrysoprase, Amber, Topaz, Unakite, Wulfenite</p> <p>Fertility, increase: Atacamite, Carnelian, Jade, Moonstone, Orange Sapphire, Rose Quartz, Ruby in Zoisite</p>	
	Essential Oils	
	<p>Hot Flashes: Balance, Peppermint, Clary Sage (Both morning and evening, apply 1-2 drops each of Balance and Peppermint to back of neck; then apply 1-2 drops Clary Sage to forearms in the morning and to the ankles in the evening. Hormones (Balancing): Ylang Ylang, Clary Sage Infertility: Clary Sage, Geranium, Melissa, Cypress, Thyme, Fennel, Roman Chamomile, Ylang Ylang Menopause: Cypress, Lavender, Roman Chamomile, Orange, Clary Sage, Basil, Geranium, Rosemary, Thyme ---PreMenopause: Clary Sage, Lavender Menstruation: ---Amenorrhea (absence of): Basil, Clary Sage, Peppermint, Rosemary, Marjoram, Lavender, Roman Chamomile ---Dysmenorrhea (painful): Geranium, Clary Sage, Lavender, Cypress, Peppermint, Marjoram, Roman Chamomile, Basil, Rosemary, Fennel ---Irregular: Peppermint, Rosemary, Roman Chamomile, Clary Sage, Fennel, Lavender, Rose ---Menorrhagia (HEAVY): Cypress, Geranium, Roman Chamomile, Rose ---Scanty: Peppermint, Lavender, Melissa Ovaries: Rosemary, Geranium, Digest Zen, ---Ovarian Cyst: Basil PMS: Clary Sage, Geranium, Fennel, Lavender, Bergamot, Grapefruit ---Apathetic-Tired-Listless: Grapefruit, Geranium, Bergamot, Fennel ---Irritable: Clary Sage, Bergamot, Roman Chamomile ---Violent / Aggressive: Geranium, Bergamot ---Weeping-Depression: Clary Sage, Bergamot, Geranium</p>	<p>Dilute as recommended, and apply to area. Combine 1-2 drops with fractionated coconut oil, and massage on location.</p> <p>Dilute as recommended, and apply to the abdomen, lower back, shoulders, or reflex points on the feet. Add 1-2 drops to 1Tbs fractionated coconut oil, and massage into abdomen, lower back, and shoulders. Apply as a warm compress to the abdomen. Add 1-2 drops to 2tsp olive oil, insert into vagina, and retain overnight with a tampon.</p> <p>Diffuse into the air.</p>
Fever:	EMOTIONAL	
	<p>Feelings of anger unable to be expressed Feelings of resistance Emotionally "burning up" about something Being affected by lack of order Holding onto the past</p>	<p><i>I am the cool, calm expression of peace and love.</i></p>
	Crystals	
	<p><u>Blue Chalcedony</u>, Agate, Chiastolite, Carnelian, Green Calcite, Hematite, Iolite, Iron Pyrite, Larimar, Kyanite, Okenite, Opal, Magnesite, Peridot, Moldavite, Tektite, Red Jasper, Chlorite, Chrysoprase, Sapphire, Pearl</p>	Place stone on brow or on greatest heat spot.

	Essential Oils	
	Peppermint, Lemon, Lime, Eucalyptus, Clove, Patchouli, Melaleuca, Ginger, Lavender, Basil, White Fir, Bergamot --- To Cool the System: Clove, Peppermint, Eucalyptus, Bergamot --- To Induce Sweating: Basil, Fennel, Melaleuca, Peppermint, Rosemary, Lavender, Cypress --- Children: Lavender, Peppermint (Dilute 1-2 drops in 2Tbs fractionated coconut oil, and massage a small amount on the neck, feet, behind ears, and on back. --- Diffuse into the air.)	Place 1-2 drops of essential oil into capsule; then swallow capsule. Place 1-2 drops in 8oz of rice milk or water, and sip slowly. Dilute as recommended, and apply to back or to bottom of the feet. Diffuse into the air.
Fibroid Tumors & Cysts:	EMOTIONAL	
	Nursing a hurt from a partner The ego has been injured, Blow to feminine ego Unexpressed & unresolved hurts	<i>I release the pattern in me that attracted this experience. I create only good in my life.</i>
	Chakra:	Sacral
	Crystals	
	Vanadinite (indirect), Sulphur (polished, indirect)	
	Essential Oils	
	Frankincense, Helichrysum, Oregano, Balance, Lavender --- Fibromyalgia: Deep Blue, Wintergreen, Helichrysum, Lavender, Rosemary, Thyme	Place 3 drops of oil in douche. Dilute as recommended, and apply to reflex points on the feet. Add 1-2 drops of oil to 1Tbs fractionated coconut oil, and massage on location. Apply as a warm compress over affected area.
Fingers: <i>(fussing over details of life)</i>	EMOTIONAL	
	Thumb: Affected by Worry, Depression, Hate, Anxiety, Guilt & Self-protection. Will power, Issues of control Steadiness of purpose - The conscious mind, Intellect Index: Affected by Fear & Resentment. Ego, Pride, Judgment, Power, Authority, Ambition, Leadership Middle: Affected by Anger, Bitterness & Sexuality. Balance, Introspection, Religion, Philosophy, Service, Responsibility Ring: Affected by Grief & Inability to flow with life. Relationships, Emotions, Heart, Creativity, Sociability, Adaptability, Unions Little: Affected by Pretense, Deceit & Un-forgiveness. Mental/physical Communication and expression, The subconscious, Family relationships	<i>Like the hands, fingers represent the capacity to "do" and to "grasp" and "handle" life's experiences. They are an extension/expression of the love of the heart and creativity of the mind. Fingers represent taking responsibility, giving and receiving, the ability to "Feel". My mind is at peace. I am secure I am comfortable with my sexuality I am peacefully loving. I am myself with the family of Life.</i>
	Essential Oils	
	--- Mashed Fingers: Apply 1 drop Geranium (for bruising), 1 drop Helichrysum (to stop bleeding), 1 drop Lavender, 1 drop Lemongrass (for tissue repair), and 1 drop Deep Blue (for pain).	
Fingernails:	EMOTIONAL	
	Biting: Wanting to destroy oneself Resisting authority Over-analyzing tiny details (See nail-biting)	<i>• I allow perfect love to fill my body and mind. I allow perfect love to guide my life.</i>
	Crystals	
	Blue Lace Agate	
Fistula:	EMOTIONAL	
	Fear, A blockage in the letting go process	<i>I am safe. I trust fully in the process of life. Life is for me.</i>
Flu: <i>(See Immune System)</i>	EMOTIONAL	
	Fear, Belief in statistics Belief in the worst happening to you Belief in mass negativity and beliefs	<i>I am beyond group beliefs or the calendar. I am free from all congestion and influence.</i>

	Chakra:	Higher Heart
	Crystals	
	Fluorite, Labradorite, Moss Agate	
	Essential Oils	
	Breathe, Melaleuca, Peppermint, Rosemary, Eucalyptus, On Guard, White Fir (aches/pains), Lavender, Oregano, Thyme, Orange, Clove, Ginger --- Children: Cypress, Lemon (Dilute 1 drop oil in an unscented bath gel, and use for a bath. --Diffuse into the air.)	Diffuse into the air. Dilute as recommended, and apply to thymus area, chest, back, sinuses, to reflex points on the feet. Add 1-2 drops to hot bathwater, and bathe. Dilute 1-2 drops in 1Tbs fractionated coconut oil, and massage on chest, back and feet. Place 1-2 drops of Ginger oil in an empty capsule, and swallow to help reduce feelings of nausea.
Food Poisoning:	EMOTIONAL	
	Allowing others to take control Feeling defenseless	<i>I have the strength, power, and skill to digest whatever comes my way.</i>
	Crystals	
	Emerald	
	Essential Oils	
	Digest Zen, On Guard, Rosemary	Add 6 drops to 8oz water. Swish around in the mouth, and swallow. Place 1-2 drops in an empty capsule, and swallow.
Frigidity:	EMOTIONAL	
	Fear, Denial of pleasure Belief that sex is bad, Insensitive partners Belief in the worst happening to you Belief in mass negativity, Fear of father (See Immune System)	<i>It is safe for me to enjoy my own body. I rejoice in being a woman.</i>
	Chakra:	Sacral, Base
	Crystals	
	Carnelian, Uvarovite Garnet, Rose Quartz	
	Essential Oils	
	Clary Sage, Ylang Ylang, Whisper, Rose	Diffuse into the air. Dilute as recommended, and wear on temples, neck, or wrists as perfume or cologne. Combine 3-5 drops of your desired essential oil with 1Tbs fractionated coconut oil to use as massage oil. Combine 1-2 drops with ¼ cup bath salts, and dissolve in warm bathwater for a romantic bath.
Fungus:	EMOTIONAL	
	Inability to let go of the past Allowing the past to rule the now Stagnating beliefs	<i>I live in the present moment, joyous and free.</i>
	Crystals	
	<u>Moss Agate</u> , Chrysoprase with Smoky Quartz, Ruby Aura Quartz	
	Essential Oils	
	Melaleuca, Oregano, Clear Skin, Cypress, Peppermint, Thyme, Geranium, Lavender	Dilute as recommended, and apply on location. Apply as a warm compress over affected area. Diffuse into the air. Combine 2 drops Lavender, 2 drops Melaleuca, and 2 drops Thyme. Apply 1-2 drops on location 3 times a day for 10 days. Then mix 30 drops Melaleuca with 2Tbs fractionated coconut oil, and use daily until gone.

Gallbladder:	EMOTIONAL	
	Feelings of bitterness, Proud, Egotistical Feelings of anger, Stuck-up, Disorganized Wanting to force things, Haughty, Smug, Arrogant Hurt, Confused Anger, Rage, Fury, Wrath	<i>Humble, modest, sympathetic, organized, meek, compassionate, listening, comfort, confident. reach out with love, adoration</i>
	Crystals	
	Amber, Yellow Apatite, Azurite with Malachite (polished, indirect), Calcite, Carnelian, Citrine, Chalcedony, Danburite, Green Obsidian, Peridot, Red Jasper, Tiger's Eye, Topaz	
	Essential Oils	
	Geranium, Rosemary, Lavender --- Infection: Helichrysum	Dilute as recommended, and apply 1-2 drops over gallbladder area. Apply as a warm compress over the gallbladder area.
Gallstones:	EMOTIONAL	
	Feelings of bitterness, Hard thoughts Feelings of condemnation Being unyielding Feeling of pride Refusing to forgive	<i>There is joyous release of the past. Life is sweet and so am I.</i>
	Crystals	
	Carnelian, Rhyolite, Jasper, Emerald and Blue Sapphire	
	Essential Oils	
	Grapefruit, Geranium, Rosemary, Wintergreen, Lime	Dilute as recommended, and apply 1-2 drops over gallbladder area. Apply as a warm compress over the gallbladder area.
Gangrene:	EMOTIONAL	
	Morbidity running wild, Mental morbidity Unresolved poisonous feelings Drowning of joy with poisonous thoughts	<i>I now choose harmonious thoughts and let the joy flow freely through me.</i>
	Essential Oils	
	Lavender, On Guard, Thyme	Dilute as recommended, and apply 1-3 drops on location
Gas Pains:	EMOTIONAL	
	Gripping, Fear, Undigested ideas	<i>I relax and let life flow through me with ease.</i>
	Chakra:	Solar Plexus
	Crystals	
	Iron Pyrite Ulcer: Emerald, Sapphire, Agate Upset: Carnelian, Jasper, Thulite	
	Essential Oils	
	Lavender, Ginger, Peppermint, Eucalyptus, Bergamot, Myrrh, Rosemary	Dilute as recommended, and apply 1-2 drops on stomach, abdomen, or reflex points on feet.
Gastritis:	EMOTIONAL	
	Feelings of uncertainty, Doom Feelings of anxiety, Prolonged uncertainty	<i>I love and approve of myself I am safe.</i>
	Crystals	
	Agate	
	Essential Oils	
	Digest Zen, Peppermint, Lemongrass, Fennel	Dilute as recommended, and apply 1-2 drops on stomach. Add 1 drop of oil to rice or almond milk; take as a

		supplement. Place 1-2 drops in an empty capsule, swallow capsule.
Genitals:	EMOTIONAL	
	Misuse of or excessive focus on sex Indulging in pleasure and sensation at the expense of one's true feelings Unwillingness to channel energy into outlets of creative expression other than sex Selfishness, Greed, Deception Lack of affection, Masculine / Feminine principles Feeling unproductive, Not good enough Repressed emotions stored in the pelvic region Inhibitions and/or feelings of guilt associated with sex Anger towards or attempting to punish one's partner Fear of "letting go" Lack of spontaneity in life Inability to surrender to the joys of passion and pleasure	<i>It is safe to be who I am. I rejoice in my own expression of life. I am perfect just as I am. I love and approve of myself.</i> <i>One's relationship to sexuality and interpersonal sexual relationships. Courage, will-power, achievement. Issues of power and assertiveness. The seat of sensation and the life force / the kundalini or serpent force. The ability to "let go", to surrender to life; spontaneity. The ability to give and receive pleasure.</i>
	Chakra:	Base
	Crystals	
	Atacamite	
	Essential Oils	
	Infection: Melaleuca, Oregano, Eucalyptus, Lavender Inflammation: Lavender, Roman Chamomile Swelling: Cypress, Lavender, Rosemary, Eucalyptus Jock Itch: Melaleuca, Clear Skin, Lavender, Cypress (Place 2 drops of any of the above oils in 1tsp fractionated coconut oil	Dilute as recommended, and apply 1-2 drops on location or on reflex points on the feet. Dilute 1-2 drops in 1Tbs fractionated coconut oil, and massage on location. Add 1-2 drops essential oil to warm water, and bathe.
Giardia:	Essential Oils	
	Lavender	Place 1-2 drops in an empty capsule; swallow capsule. Dilute as recommended, and apply 1-2 drops on abdomen or reflex points on the feet.
Glandular Problems:	EMOTIONAL	
	Self-starting activities, Holding self back Poor distribution of get-up-and-go ideas Long term inappropriate feelings Unresolved feelings that have created gross imbalance Unbalanced attitudes (overly restricted and/or excessive) Too much focus on certain aspects of life while neglecting Other issues that need attention (lack of wholeness and integration).	<i>I am the creative power in my world I have all the Divine ideas and activity I need I move forward now. The ability to integrate and balance the totality of one's experience. Vitality, energy, enthusiasm. Our glands secrete hormones that keep the body/mind system balanced and healthy. These hormones reflect our attitudes and responses toward ourselves and life. One's attitudes and responses are "secreted" directly into the blood stream.</i>
	Chakra:	Throat
	Crystals	
	Mookaite Regulate: Ruby Swollen: Amber, Aquamarine, Blue Lace Agate, Jet, Topaz Fever: Blue Lace Agate	
Goiter: (See Thyroid)	EMOTIONAL	
	Feeling unfulfilled Feeling of being used, Victim Feel purposes have been thwarted Hatred for being inflicted upon	<i>I am the power and authority in my life. I am free to be me.</i>

	Chakra:	Throat
	Crystals	
	<u>Amber</u> (wear continuously), Chrysoprase, Zeolite	
Gout:	EMOTIONAL	
	Judging others harshly Feelings of impatience Feelings of anger held inside Rejecting others or world around you Wanting to dominate	<i>I am safe and secure. I am at peace with myself and with others.</i>
	Crystals	
	Chiastolite, Chrysoprase, Prehnite, Labradorite, Topaz, Tourmaline, Magnetite (Lodestone)	
	Essential Oils	
	Lemon, Geranium, Deep Blue, Wintergreen Thyme	Place 1-2 drops in 8oz water and drink Dilute as recommended and apply on location. Add 1-2 drops fractionated coconut oil and massage on location.
Growths:	EMOTIONAL	
	False sense of pride Unresolved anger and resentments Inability to accept Divine help Spiritual understanding & values out of balance Nursing buried/old hurts	<i>I easily forgive. I love myself and will reward myself with thoughts of praise</i>
	Crystals	
	Malachite (polished, indirect)	
Gum Problems:	EMOTIONAL	
	Not carrying out decisions once they are made Wishy-washy about life, inability to back up choices	<i>I am a decisive person. I follow through and support myself with love.</i>
	Crystals	
	Agate, Pyrolusite	
	Essential Oils	
	Myrrh, Lavender, Melaleuca, Helichrysum, Roman Chamomile, On Guard, & Rose	
Hair:	EMOTIONAL	
	Bothered, pressured Scared Grey: Stress, A belief in pressure & strain	<i>Involved, refreshed, security I am at peace and comfortable in every area of my life. I am strong and capable.</i>
	Crystals	
	Aquamarine, Agate, Larimar, Galena (indirect), Opal, Tourmaline, Chrysocolla, Rutilated Quartz ('Angel Hair') Alopecia: Moonstone – massage scalp with, or wear as earrings, Galena (indirect) --- Chakra: Solar Plexus Baldness: Galena (indirect), Unakite –massage scalp Growth, stimulate: Galena (indirect), Chalcopyrite, Petrified Wood – massage with stone Health: Jade –massage with stone, or wear as earrings Loss: Galena (indirect), Aragonite, Blue Opal (on solar plexus or wear as earrings) Loss of Condition: Chrysocolla, Quartz, Larimar, Magnetite (Lodestone), Opal, Smithsonite, Tourmaline, Unakite, Zincite (wear as earrings), Galena (indirect) Pigmentation, lack of: Chrysocolla –massage with stone Problem: Magnetite Static Electricity in: Unakite (rub through hair, or wear as earrings)	

	Essential Oils	
	<p>–Beard: Rosemary, Lemon, Lavender, Thyme, Cypress –Children: Lavender –Dandruff: Lavender, Wintergreen, Cypress, Rosemary, Thyme –Dry: Geranium, Sandalwood, Lavender, Rosemary, Wintergreen –Estrogen Balance: Clary Sage –Fragile Hair: Clary Sage, Lavender, Thyme, Sandalwood, Wintergreen, Roman Chamomile –Greasy/Oily Hair: Basil, Cypress, Thyme, Lemon, Rosemary –Growth (stimulate): Thyme, Lavender, Rosemary, Ylang, Ylang, Clary Sage, Geranium, Ginger, Lemon, Grapefruit –Itching: Peppermint, Lavender –Loss: Rosemary, Lavender, Thyme, Ylang Ylang, Wintergreen, Lemon, Clary Sage, Cypress, Roman Chamomile</p>	Apply 1-2 drops of oil to hands and massage into hair and scalp before bath or shower, then shampoo and rinse hair as normal. Add 1-2 drops of oil to 2Tbs of an unscented shampoo or shower-gel and use to shampoo hair.
Hands: FRUSTRATED	EMOTIONAL	
	<p>Has to do with the ability to grasp or let go of ideas Wrist: Movement and Ease Left: Receiving or being passive Right: Giving, reaching out or acting aggressively Fearing new ideas Fearing lack of opportunities Withholding the expression of life Unwillingness to feel, Caressing, Pinching Feeling incompetent or insecure Avoiding one's responsibilities and transferring them to others Lack of initiative, Hold and handle, Clutch & grip Feeling overwhelmed (unable to "hold on") Hands have the ability to give or grab; explore or push away, All ways of dealing with experience</p>	<p><i>The capacity to "embrace" and "grasp" life and its experiences. The hands and arms are an extension I handle all my experiences with Wisdom, love & ease. And expression of the love of the heart. Communication, creativity. The ability to "feel". Reaching for goals. Taking hold of one's life (Taking responsibility). The ability to give & receive</i></p> <p><i>I choose to handle all my experiences with love and with joy and with ease.</i></p>
	Crystals	
	<p>Moldavite, Aquamarine, Moonstone, Smoky Quartz Swollen: Aquamarine, Moonstone Coordination: Tourmaline</p>	
	Essential Oils	
	<p>Geranium, Lemon, Lemongrass, Sandalwood, Rosemary, Eucalyptus Dry: Geranium, Sandalwood Neglected: Geranium, Lemon Tingling in: Lemongrass</p>	Dilute as recommended, and apply 1-2 drops to hands. Dilute 1-2 drops in 1Tbs almond or olive oil, and use as massage oil to massage into hands.
Hands - Arthritis:	EMOTIONAL	
	<p>Rigid perfectionist or controlling personality Severe self-criticism and criticism of others Inflexible feelings repressed & mirrored in the hands</p>	• <i>I allow perfect love to fill my body and mind. I allow perfect love to guide my life.</i>
Hands - Cramps:	EMOTIONAL	
	<p>Conflict over ability & how to communicate it Feels unable to communicate well verbally</p>	• <i>I allow perfect love to fill my body and mind. I allow perfect love to guide my life.</i>
Hands - Sweaty:	EMOTIONAL	
	<p>Fears making mistakes Fears appearing incompetent or foolish</p>	• <i>I allow perfect love to fill my body and mind. I allow perfect love to guide my life.</i>
Hay Fever:	EMOTIONAL	
	<p>Unresolved feelings of rage or fear Unresolved feelings of grief or sadness Repressed tears held back, Emotional congestion Repressed aggression, Guilt Wanting to get even, Fear of the calendar Feelings of guilt, Belief in persecution</p>	<i>I am one with ALL OF LIFE. I am safe at all times.</i>
	Crystals	
	<p>Amber, Aquamarine, Blue Lace Agate, Jet, Tiger's Eye, Zircon (wear continuously)</p>	

	Essential Oils	
	Lavender, Eucalyptus, Rose	Dilute as recommended, and apply to sinuses and to bottoms of feet.
Head:	EMOTIONAL	
	<p>Closed, invalidation Conscious thoughts not in alignment with love and wisdom An unbalanced condition whereby one uses intellect To escape from feelings Lack of faith and trust in Divine Intelligence Overly attached to personal objectives Being too willful and / or obstinate Being overly critical toward oneself or others Feeling pressured What you consciously think and speak affects organs in the head area, throat and jaw</p>	<p><i>The source of true wisdom is found in the heart. Intellect without the illumination of love is not wisdom.</i></p> <p><i>The head represents the way we think about ourselves. The head has the position of authority over the body. It is the directing force which (ideally) synthesizes the information from various levels of our perception and integrates that information into a unified and balanced life plan. Choices wisdom, faith, will, and intellect. Issues related to one's conscious thinking.</i></p>
	Crystals	
	Larimar Excess Energy in: Brecciated Jasper	
Headaches:	EMOTIONAL	
	<p>Tension & stress, Invalidating the self Inability to resolve emotional upsets Hurt feelings going unexpressed Feelings of inner pressure working on you Feeling unable to control, Self criticism Feelings of fear & anxiety getting the best of you Unpleasant relationships Inability to face an issue Manifesting the need to laugh, sing, praise & express gratitude</p>	<i>I love and approve of myself. I see myself and what I do with eyes of love. I am safe.</i>
	Chakra:	Brow
	Crystals	
	<p><u>Cathedral Quartz, Lapis Lazuli, Sugilite</u>, Amber, Amethyst, Diopase, Magnesite, Smoky Quartz, Hematite, Rose Quartz, Turquoise, Jet, Blue Sapphire</p> <p>Arising From: ---Neck Tension: Magnetite (Lodestone) – on base of skull ---Negative Environmental factors/ electromagnetic stress: Smoky Quartz ---Poor Posture: Magnetite (Lodestone) – on base of skull ---Upset Stomach: Ametrine (over stomach)</p>	
	Essential Oils	
	<p>Past Tense, Peppermint, Rosemary, Deep Blue, Eucalyptus, Frankincense, Patchouli, Basil, Marjoram, Lavender, Clove ---Tension: Past Tense, Peppermint, Deep Blue ---Sugar headache: On Guard</p>	<p>Recipe: Apply 2 drops each of peppermint, eucalyptus, and frankincense to neck, temples, and forehead. Dilute as recommended and apply 1-2 drops to temples, back of neck, and forehead.</p>
Heart Problems: INSECURE (See Blood)	EMOTIONAL	
	<p>Violating the laws of love: knowingly or unknowingly Feelings of compassion or rejection being blocked Feelings of resentment and/or hurt Not feeling approval from others Upsetting family problems Has a difficult time forgiving (including self) Wanting to release from responsibility In a relationship that hurts, sour, disgusted Fear of being hurt, insecurity, feeling unloved Broken-hearted and/or defeated, bitter Putting up barriers in an attempt to protect oneself</p>	<p><i>The seat of our true Inner Self. The doorway of spiritual illumination. The center through which we express our capacity for deep feeling, nurturing, unconditional love, affection, forgiveness. Compassion, and sensitivity for oneself, others, and life. Closely associated with our desires. Center of love & security.</i></p>

	<p>Shutting out the life giving power of love Arrogance, insensitivity, intolerance Misplaced affections and/or desires Long-held hurt, bitterness, Anger, hostility or rage Too much stress/anxiety, forgotten Feeling burdened with responsibility Emotions such as hate, fear, resentment Lack of forgiveness can block the flow of vitality in the heart area Embarrassed, wounded, used, abused Unappreciated, confused, rejected, dumb, offended Self punished, discouraged, unacceptable Longstanding emotional problems, Hardening of the heart Belief in strain & stress Squeezing all the joy out in favor of money or position or...? Attacks: Feeling alone and scared, "I'm not good enough" "I don't do enough, I'll never make it."</p>	<p><i>Secure, forgiveness. forgiven, loved, success, agreeable, empathetic, remembered.</i></p> <p><i>My heart beats to the rhythm of love. I bring joy back to the center of my heart. I express love to all. Joy, joy, joy. I lovingly allow joy to flow through my mind and body and experience. I breathe freely & fully. I am safe. I trust the process of life.</i></p> <p><i>I express love to all I bring back joy to the center of my heart. I am one with all of life. The universe totally supports me. All is well</i></p>
	Chakra:	Heart
	Crystals	
	<p>Pink or Green Stones, <u>Rhodochrosite</u>, Green Obsidian, Peridot, Rose Quartz, Pink or Watermelon Tourmaline, Rhodonite, Blue or Green Aventurine, Sapphire</p> <p>Attacks: Aventurine, Diopase Beat, irregular: Rhodochrosite, Jade Burn: Carnelian, Diopase, Quartz, Peridot, Pyrope Garnet, Emerald Disease: Ruby, Red Jasper, Carnelian, Morganite, Rhodochrosite, Rhodonite, Tourmalinated Quartz Heartache: Chrysocolla, Lapis Lazuli, Rhodonite, Rose Quartz, Topaz, Lepidolite (wear continuously over higher heart) Inflammation: Hematite Invigorate: Green Garnet Muscle: Kunzite Rhythm, disturbed: Serpentine Strengthen: Calcite Trauma: Larimar Unblock: Diopase, Rose Quartz</p>	
	Essential Oils	
	<p>Orange, Cypress, Cinnamon, Sandalwood, Thyme ---Angina: Ginger, Orange (for false angina) ---Arrhythmia: Ylang Ylang, Lavender, Deep Blue ---Atherosclerosis: Lemon, Lavender, Rosemary, Ginger, Thyme, Wintergreen ---Cardiotonic: Lavender, Thyme ---Circulation: Cypress, Thyme, Peppermint, Clary Sage, Wintergreen, Citrus Bliss, Rosemary, Geranium, Cinnamon, Helichrysum, Serenity, Basil ---Heart: Ylang Ylang, Marjoram, Geranium, Cypress, Balance, Ginger, Lavender, Rosemary, Deep Blue ---Heart Tissue: Marjoram, Lavender, Peppermint, Rosemary, Cinnamon, Rose ---Palpitations: Ylang Ylang, Orange, Lavender, Melissa, Peppermint ---Phlebitis: Helichrysum, Lavender, Cypress, Geranium, Grapefruit, Balance ---Prolapsed Mitral Valve: Marjoram ---Tachycardia: Lavender, Ylang Ylang, Orange</p>	<p>Dilute oils as recommended and apply oils to area: to carotid arteries, heart, feet, under left ring finger, above elbow, behind ring toe on left foot, and to reflex points on the feet. Add 1-2 drops to bathwater for a bath. Add 1-2 drops to 1Tbs fractionated coconut oil for massage oil, and massage on location or on chest, neck, or feet.</p> <p>Diffuse into the air. Inhale oil applied to hands, tissue, or cotton wick.</p>
Heartburn:	EMOTIONAL	
	Fear, Fear, Fear, Clutching fear	<i>I trust the process of life I breathe freely and fully. I am safe.</i>
	Essential Oils	
	Lemon, Peppermint, Digest Zen	Blend 2 drops Lemon, 2 drops Peppermint, and 3 drops Sandalwood in 1Tbs fractionated coconut oil.

		Apply to breast bone in a clockwise motion using the palm of the hand. Apply to reflex points on the feet. Dilute as recommended, and apply 1-2 drops to chest.
Hemorrhoids:	EMOTIONAL	
	On-going feelings of being burdened Feeling pressured or anxious Feeling fear or tension, Anger of the past Inability to let go, Fear of deadlines	<i>I release all that is unlike love. There is time and space for everything I want to do.</i>
	Essential Oils	
	Cypress, Geranium, Clary Sage, Helichrysum, Patchouli, Peppermint, Sandalwood, Frankincense, Myrrh	Blend 1: Mix 1 drop cypress and 1 drop either helichrysum or geranium and apply on location. Dilute as recommended, and apply 1-2 drops on location. Mix 1-2 drops with 1tsp fractionated coconut oil, and apply on location using a rectal syringe.
Hepatitis:	EMOTIONAL	
	Not wanting to change Feelings of anger, Fear or hate Liver is the seat of anger and rage	<i>My mind is cleansed and free. I leave the past and move into the new. All is well.</i>
	Crystals	
	Calcite, Emerald	
	Essential Oils	
	Myrrh, Melaleuca, Frankincense, Rosemary, Oregano, Thyme, Basil, Cinnamon, Cypress, Eucalyptus, Peppermint --- Viral: Myrrh, Rosemary, Basil	Dilute as recommended, and apply 1-2 drops over liver area and on reflex points on the feet. Apply 1-2 drops on spine and liver area for viral infections. Apply as a warm compress over the liver area.
Hernia:	EMOTIONAL	
	Feelings of anger, Being burdened Punishing self, Ruptured relationships String, Incorrect creative expression	<i>My mind is gentle and harmonious. I love and approve of myself. I am free to be me.</i>
	Crystals	
	Mookaite Hiatus Hernia: Green Jasper –tape over site	
	Essential Oils	
	--- Hiatal: Basil, Peppermint, Cypress, Ginger, Geranium, Lavender, Fennel, Rosemary --- Incisional: Basil, Helichrysum, Lemongrass, Geranium, Lavender, Ginger, Lemon, Melaleuca --- Inguinal: Lemongrass, Lavender	Dilute as recommended, and apply on location, lower back, and reflex points on the feet.
Herpes:	EMOTIONAL	
	Feelings of guilt, Public shame, Anxiety and Anger Mass belief in sexual guilt & punishment Belief in a punishing God, Rejection of the genitals	<i>My concept of God supports me. I am normal and natural. I rejoice in my own sexuality and in my own body. I am wonderful.</i>
	Chakra:	Throat
	Crystals	
	Fluorite, Jadeite, Lapis Lazuli	
Herpes - Simplex:	EMOTIONAL	
	Wanting to speak words of bitterness (unsspoken) Wanting to complain royally, Burning to itch	<i>I think and speak only words of love. I am at peace with life.</i>
	Essential Oils	
	Peppermint, Melaleuca, Helichrysum, Clove, Lavender, Eucalyptus, Lemon, Cypress, Rose, Bergamot	Dilute as recommended, and apply oil directly on the lesions at the first sign of outbreak.

Hips:	EMOTIONAL	
	Fears making major decisions, Out of balance Major thrust in moving forward Has nothing to look forward to Lack of emotional & physical self-support	<i>Hip Hip Hooray - there is joy in every day. I am balanced and free.</i>
	Crystals	
	Jade, Tiger Iron, Smoky Quartz, Red Calcite Pain: Azurite	
Hip-Joint:	EMOTIONAL	
	Not wanting to accept present experiences Non-acceptance of physical experiences Fear of going forward in major decisions Nothing to look forward to	<i>I am in perfect balance. I move forward in life with ease and with joy at every age.</i>
Hirsutism:	EMOTIONAL	
	Anger that is covered up - usually by Fear Desire to Blame, Unwillingness to nurture self	<i>I am a loving parent to myself. I am covered with love and approval. It is safe for me to show who I am.</i>
Hives:	EMOTIONAL	
	Small hidden fears, Mountains out of molehills Fears that are finally surfacing Feeling mistreated Inability to view things with the correct perspective Anger - perceiving someone has inflexible behavior Wanting to protest, but unable to	<i>I bring peace to every corner of my life.</i>
	Essential Oils	
	Melaleuca, Peppermint, Lavender	Dilute as recommended, and apply 1-2 drops on location. Add 1-2 drops to 1 Tbs fractionated coconut oil, and massage on location.
Hodkin's Disease:	EMOTIONAL	
	Frantic need to feel accepted or prove oneself until the blood has no substance left to support itself Inability to accept self - Joy lost / forgotten Feels a continual need to prove self, Blame Fear of not being good enough	<i>I am perfectly happy to be me. I am good enough just as I am. I love and approve of myself. I am joy expressing and receiving.</i>
	Essential Oils	
	Clove	Dilute as recommended, and apply 1-2 drops on location. Add 1-2 drops to 1Tbs fractionated coconut oil, and massage on location.
Hormones:	Crystals	
	Boosting: Amethyst, Pietersite For Growth: Pietersite Imbalances: Chrysoprase, Citrine, Labradorite, Moonstone Regulate: Watermelon Tourmaline	
	Chakra:	Brow, Higher Heart
	Essential Oils	
	Zendocrine, Rosemary, Cinnamon --- Hormonal Balance: Clary Sage, Clove, Ylang Ylang --- Female: Whisper --- Sexual Energy: Ylang Ylang	Diffuse into the air. Inhale directly from bottle. Apply oil to hands, tissue, or cotton wick, and inhale. Dilute as recommended, and apply 1-2 drops to the reflex points on the feet, lower back, thyroid, liver, kidneys, gland areas, the center of the body, or both sides of the spine and clavicle area. Add 1-2 drops to 1Tbs fractionated coconut oil, and use as massage oil.
Hormonal Symptoms		
	Abundance of Estrogen: --- water retention --- fatigue --- breast swelling --- fibrocystic breasts	

	<ul style="list-style-type: none"> --- premenstrual-like mood swings --- loss of sex drive --- breast pain --- heavy or irregular menses --- uterine fibroids --- cravings for sweets --- weight gain 	
	<p>Lack of Estrogen:</p> <ul style="list-style-type: none"> ---hot flashes (not only symptom) --- shortness of breath ---night sweats --- sleep disorders --- vaginal dryness --- dry skin --- anxiety --- mood swings --- headache --- depression --- memory loss --- heart palpitations --- yeast infections --- vaginal shrinkage ---painful intercourse --- inability to reach orgasm --- lack of menstruation 	
	<p>Low Cortisol</p> <ul style="list-style-type: none"> --- fatigue --- sugar cravings --- allergies --- chemical sensitivity --- stress --- cold body temp --- heart palpitations --- aches/pains --- arthritis --- sleep disturbances 	
	<p>High Cortisol</p> <ul style="list-style-type: none"> --- bone loss --- fatigue --- weight gain in waist --- loss of muscle mass --- thinning skin 	
	<p>Lack of Progesterone</p> <ul style="list-style-type: none"> --- swollen breasts --- headache --- low libido --- anxiety --- moodiness --- fuzzy thinking --- depression --- food cravings --- irritability --- insomnia --- cramps --- emotional swings --- painful breasts --- weight gain --- early menstruation --- bloating --- inability to concentrate --- painful joints --- asthma --- acne 	
	<p>Abundance of Progesterone</p> <ul style="list-style-type: none"> --- depression --- somnolence --- causes sleep 	

	High Testosterone --- excessive facial/body hair --- loss of scalp hair --- increased acne --- oily skin	
	Low Testosterone --- low libido --- vaginal dryness --- foggy thinking --- fatigue --- aches/pains --- memory lapses --- incontinence --- depressed --- sleep disturbances --- bone loss --- muscle shrinkage --- thinning skin	
	Low Thyroid --- fatigue --- constipation --- decrease sweating --- slow heart rate --- muscle tightness --- cold body temp --- heart palpitations --- fibrocystic breasts --- heavy periods --- muscle cramps --- restless leg --- dry skin --- ridged nails --- loss of muscle mass --- dry brittle hair --- hair loss --- weight loss / gain --- inability to lose weight --- sleep changes --- anxiety --- loss of eyebrows --- high lipids --- cold extremities --- scalloped tongue --- voice hoarse --- cold intolerance --- puffy face/eyes	
Huntington's Disease:	EMOTIONAL	
	Feelings of resentment for inability to change others Feelings of hopelessness & helplessness Feelings of deep sorrow	<i>I release all control to the Universe. I am at peace with myself and with life.</i>
Hyperactivity:	EMOTIONAL	
	Always wanting needs to be met, but feels helpless to have it happen, Fear, Feeling pressured & frantic Frustrated due to inability to feel peace	<i>I am safe. All pressure dissolves. I AM good enough.</i>
	Chakra:	Earth, Base
	Crystals	
	Cerussite, Garnet, Green Tourmaline, Moonstone, Ruby	
	Essential Oils	
	Lavender, Serenity, Balance, Roman Chamomile, Citrus Bliss	Diffuse into the air. Inhale directly from bottle. Apply oil to hands, tissue, or cotton wick, and inhale. Dilute as recommended, and apply 1-2 drops to back of neck, temples, chest, shoulders, back or reflex points on the feet. Place 1-2 drops in 1Tbs fractionated coconut oil, and massage into the back, shoulders, neck or arms.

<i>Hyperpnea:</i>	Essential Oils	
	Ylang Ylang	Diffuse into the air. Inhale directly from bottle. Apply oil to hands, tissue, or cotton wick, and inhale. Dilute as recommended, and apply to chest, sinuses, neck, or reflex points on the feet. Add 2-3 drops to water, and gargle. Apply to chest as warm compress.
<i>Hyperthyroidism:</i>	EMOTIONAL	
	Feelings of rage for being overlooked/left out	<i>I am at the center of life and I approve of myself and all that I see.</i>
	Chakra:	Throat
	Crystals	
	Atacamite	
<i>Hyperventilation:</i>	EMOTIONAL	
	Distrusting the flow of life, Fear, Not trusting Feelings of resistance to life & it's uncertainties	<i>I am safe everywhere in the Universe. I love myself and trust the process of life.</i>
<i>Hypoglycemia:</i>	EMOTIONAL	
	Feelings of overwhelmed burdens of life Feeling a lack of joy in life, "What's the use"	<i>I now choose to make my life light and easy and joyful.</i>
	Chakra:	Spleen
	Crystals	
	Moss Agate, Serpentine, Pink Opal	
	Essential Oils	
	Eucalyptus, On Guard, Cinnamon, Cloves, Thyme	Dilute as recommended and apply 1-2 drops over pancreas and on reflex points on the feet.
<i>Hypothalamus:</i> UNDESIRABLE	EMOTIONAL	
	Feelings of rage, insecurity, displeasure, sadness & anxiety Hypothalamus governs pituitary & pineal gland which in turn governs The endocrine system Unneeded, unwanted, failure Hunger, deprived, thirst	<i>Pleasant, needed, wanted, success, full, given - offered, refreshed</i>
<i>Hysteria:</i>	Crystals	
	Lapis Lazuli, Rose Quartz, Amber, Turquoise, Amethyst, Topaz, Moonstone (with caution)	
	Chakra:	Solar Plexus
	Essential Oils	
	Lavender, Ylang Ylang, Melissa, Serenity, Citrus Bliss, Myrrh --- Agitation: Lavender, Ylang Ylang, Geranium, Bergamot, Serenity, Sandalwood, Balance, Marjoram, Myrrh, Clary Sage, Rose, Frankincense, Elevation --- Anger: Serenity, Lavender, Ylang Ylang, Balance, Elevation, Bergamot, Geranium, Frankincense, Sandalwood, Cypress, Lemon, Myrrh, Marjoram, Helichrysum, Rose, Orange -- Hyperactivity: Lavender, Serenity, Balance, Roman Chamomile, Citrus Bliss -- Sedative: Lavender, Serenity, Citrus Bliss, Bergamot, Ylang Ylang, Geranium, Vetiver, Frankincense, Sandalwood, Orange, Rose, Lemongrass, Clary Sage, Marjoram	Diffuse into the air. Inhale directly from the bottle. Apply oil to hands, tissue or cotton wick, and inhale. Dilute as recommended, and apply 1-2 drops to back of neck, temples, chest, shoulders, back, or reflex points on the feet. Place 1-2 drops in 1Tbs fractionated coconut oil, and massage into the back, shoulders, neck, or arms.

<i>Immune System:</i> (Suppression may cause)	EMOTIONAL	
	Giving up Inability to care (feeling) for others Feeling that "everything is out of my control" Feeling "there's no use trying anymore" Feeling of "I'm not good enough" Resistance to being open and vulnerable Lack of enthusiasm for life Feeling that life is not exciting or worth living Feeling "down" on oneself Being too critical of self or others (originating from lack of self-esteem.) Negative/destructive thinking Anxiety/stress due to one's inability to create positive and peaceful experiences Feelings of being "attacked," "beaten down," "defenseless," and/or "defeated" (lose self-esteem)	<i>Represents strength, vitality, and enthusiasm on the physical, emotional, and mental levels. Issues related to vulnerability.</i> <i>A strong immune system indicates a healthy level of self-esteem and enthusiasm for life.</i>
	Chakra:	Higher Heart
	Crystals	
	<u>Bloodstone</u> (wear over higher heart chakra), <u>Smithsonite</u> (around corners of bed), Chevron Amethyst, Ametrine, Black or Green Tourmaline, Brown Jasper, Green Calcite, Chiastolite, Lepidolite, Mookaite, Kunzite, Lapis Lazuli, Blue Agate, Carnelian, Malachite (polished, indirect), Moss Agate, Quartz, Zoisite, Turquoise	
	Essential Oils	
	On Guard, Oregano, Melaleuca, Rosemary, Clove, Frankincense, Geranium, Lemon, Thyme, Lavender, Lime --- Stimulates: Oregano, Cinnamon, Frankincense, Melaleuca, On Guard, Lavender	Dilute as recommended, and apply 1-2 drops to bottoms of feet, along spine, or under arms (around lymph nodes). Add 1-2 drops to 1Tbs fractionated coconut oil, and massage onto back, arms, and feet.
<i>Impetigo:</i> (see skin)	Essential Oils	
	Geranium, Lavender, Clear Skin, Myrrh	Boil 4oz of water; cool; and add 5-10 drops essential oil: wash sores with this water, and then cover sores for an hour. Apply oils as a hot compress on location.
<i>Impotence:</i>	EMOTIONAL	
	Conflicting ideas about sex, Fear of mother Resentments or guilt having to do with sex and sexual relationships Psychic obsessions or sexual frustration, Fear Emotional nature affected by complexes, Tension Social beliefs, Spite against a previous mate Fixations or neurotic attachments, Sexual pressure	<i>I now allow the full power of my sexual principle to operate with ease and with joy.</i>
	Chakra:	Base, Sacral
	Crystals	
	Carnelian, Garnet, Morganite, Rhodonite, Sodalite, Variscite	
	Essential Oils	
	Clary Sage, Clove, Ginger, Sandalwood	Dilute as recommended, and apply 1-2 drops on location or on reflex points on the feet. Dilute 1-2 drops in 1Tbs fractionated coconut oil, and massage on location. Add 1-2 drops essential oil to warm water, and bathe.
<i>Incontinence:</i>	EMOTIONAL	
	Weary of controlling the emotions Overflowing emotions Years of controlling the emotions	<i>I am willing to feel. It is safe for me to express my emotions.</i> <i>I love myself.</i>
	Chakra:	Sacral

	Crystals	
	Petrified Wood	
	Essential Oils:	
	Cypress (rub on abdomen at bedtime)	
<i>Incurable Disease:</i>	EMOTIONAL	
	Long standing condemnation of self & others Need to forgive all situations & people of the past Cannot be cured by outer means at this point - we must go within to effect the cure It came from nowhere-go back to nowhere	<i>Miracles happen every day. I go within to dissolve the pattern That created this, and I now accept a Divine healing. And so it is!</i>
<i>Indigestion:</i>	EMOTIONAL	
	Feeling everyone is against you, Anxiety Feel you need to fight your way through life Feelings of anxiety, Gut-level fear, Dread Fear of losing job; losing security, Gripping and grunting	<i>I digest and assimilate all new experiences peacefully and joyously.</i>
	Chakra:	Solar Plexus
	Crystals	
	Candle Quartz, Citrine, Jasper, Peridot, Tourmaline	
	Essential Oils	
	Peppermint, Ginger, Lavender, Orange, Lime, Thyme, Myrrh, Grapefruit	Add 1-2 drops of oil to 8oz of almond or rice milk; drink. Place 1-2 drops of oil in an empty capsule; swallow capsule. Dilute oil as recommended, and apply 1-2 drops on stomach or reflex points on feet. Dilute 1-2 drops in 1Tbs fractionated coconut oil, and massage over abdomen and lower back. Apply as a warm compress over stomach area.
<i>Infection:</i>	EMOTIONAL	
	Feelings of hostility, Irritation Feelings of anger being manifested Feelings of suspicion or annoyance	<i>I choose to be peaceful and harmonious.</i>
	Chakra:	Higher Heart
	Crystals	
	Blue Lace Agate, Kunzite, Galena (indirect), Green Calcite, Opal, Amethyst, Smoky Quartz, Sulphur (indirect), Acute: Bloodstone, Chrysocolla, Rhodochrosite, Sulphur (polished, indirect) Increase Resistance to: Amethyst (wear continuously) Infectious Illness: Emerald, Fluorite Causing Infertility: Chrysoprase	
	Essential Oils	
	Cinnamon, Clary Sage, On Guard, Bergamot, Myrrh (with Oregano), Basil, Cypress, Rosemary (with Myrrh for Oral infections), Thyme (for urinary infections), Lemongrass, Lime, Patchouli, Lavender, Oregano, Fennel, Peppermint -- Infected Wounds: Frankincense, Melaleuca	Dilute as recommended, and apply 1-2 drops on location. Mix 1-2 drops with 1Tbs fractionated coconut oil, and massage on location or on neck, arms, chest, or feet. Blend 1: Apply 1 drop thyme on location with hot compress daily. After infection and pus have been expelled, mix 3 drops lavender, 2 drops melaleuca, and 2 drops thyme combined with 1tsp fractionated coconut oil, and apply a little of this mixture on location twice daily.

Inflammation:	EMOTIONAL	
	Feelings of rage, Anger or Fear Seeing red, Inflamed thinking Frustration about conditions in life	<i>My thinking is peaceful, calm and centered I am Willing to change all patterns of criticism. I love and approve of myself.</i>
	Crystals	
	Blue Lace Agate, Blue Chalcedony, Galena (indirect), Green Jasper, Larimar, Iron Pyrite, Siberian Blue Quartz, Topaz, Spinel Bladder & Intestinal: Agate Kidneys: Jade, Jadeite Joints: Rhodonite, Malachite (polished, indirect)	
	Essential Oils	
	Frankincense, Melaleuca, Eucalyptus, Oregano, Deep Blue, Lavender, Patchouli, Roman Chamomile, Myrrh, Rosemary, Peppermint, Wintergreen, Clove, Thyme, Geranium, Helichrysum, Serenity, Lemongrass, Cypress	Dilute as recommended, and apply 1-2 drops on location and on the back of neck by the base of the skull. Add 3-4 drops to 1Tbs fractionated coconut oil, and massage on location.
Influenza: (See Respiratory)	EMOTIONAL	
	Believing the worst will happen to you Fearing the worst, Believing in statistics Response to mass negativity and beliefs	<i>I am beyond group beliefs or the calendar. I am free from all congestion and influence.</i>
	Chakra:	Higher Heart
	Crystals	
	Fluorite, Moss Agate	
	Essential Oils	
	Breathe, Melaleuca, Peppermint, Rosemary, Eucalyptus, On Guard, White Fir (aches/pains), Lavender, Oregano, Thyme, Orange, Clove, Ginger	Diffuse into the air. Dilute as recommended, and apply to thymus area, chest, back, sinuses, or reflex points on the feet. Add 1-2 drops to hot bathwater, and bathe. Dilute 1-2 drops in 1Tbs fractionated coconut oil, and massage on chest, back, and feet.
Injuries:	EMOTIONAL	
	Feelings of guilt & a need to be punished, Guilt Feeling angry toward self, so needs to suffer Cuts: Punishment for not following your own rules Wounds: Anger and guilt at the self	<i>I now release anger in positive ways. I love and appreciate me. I create a life filled with rewards I forgive myself and I choose to love myself.</i>
	Crystals	
	Amethyst, Obsidian	
	Essential Oils	
	Bruises: Helichrysum, Geranium, Fennel, Deep Blue (for pain), On Guard, Lavender Wounds: Clove, Melaleuca, Helichrysum, Lavender, Lemongrass, Purify, Basil, Cypress, Eucalyptus, Frankincense, Roman Chamomile, Peppermint (after wound is closed), Myrrh, Rose, Sandalwood, Thyme, Bergamot --- Children/Infants: Roman Chamomile --- Bleeding: Helichrysum, Rose, Lavender, Lemon --- Disinfectant: Melaleuca, Thyme, Lavender --- Healing: Basil, Helichrysum, Melaleuca, Lavender, Myrrh, Sandalwood --- Surgical: Peppermint, Melaleuca --- Weeping: Myrrh, Patchouli	Dilute as recommended and apply 1-2 drops on location.

Insanity:	EMOTIONAL	
	Unable to let go of old ideas or things of the past Wanting to escape, Violent separation from life Strong desire to separate or withdraw from life Inability to cope Wanting to flee from family	<i>This mind knows its true identity and is a creative point of Divine Self-Expression.</i>
Insomnia:	EMOTIONAL	
	Tensions in life, Not trusting process of life Deep seeded guilt Feelings of fear & anxiety Reaction to potential threatening situations	<i>I lovingly release the day and slip into peaceful sleep, knowing tomorrow will take care of itself.</i>
	Crystals	
	<u>Ajoite</u> , Amethyst, Ajoite with Shattuckite, Candle Quartz, Celestite, Charoite, Hematite, Howlite, Lapis Lazuli, Lepidolite, Moonstone, Muscovite, Sodalite, Topaz, Zoisite, Magnetite (Lodestone) – place at head and foot of bed From Geopathic/electromagnetic stress: <u>Herkimer Diamond</u> , <u>Black Tourmaline</u> , Smoky Quartz (place around bed or in four corners of room or house) From Negative environmental influences: Bloodstone in water by bed, Black Tourmaline placed around the four corners of the room From Nightmares: Tourmaline, Smoky Quartz – Chakra: Brow From Overactive Mind: Blue Selenite, Yellow Labradorite, Amethyst –Chakra: Brow From Overeating: Iron Pyrite, Moonstone –Chakra: Solar Plexus From Stress: Chrysoprase, Rose Quartz, Amethyst – Chakra: Higher Heart	
	Essential Oils	
	Lavender, Orange, Serenity, Roman Chamomile, Cypress, Ylang Ylang, Citrus Bliss, Marjoram, Lemon, Rosemary, Sandalwood, Clary Sage, Bergamot --- Children, 1-5 years: Lavender, Roman Chamomile --- Children, 5+ years: Clary Sage, Geranium, Ylang Ylang	
Intestinal Diseases:	EMOTIONAL	
	Inability to assimilate & absorb the new in life Wanting to live in the past Desire to stay in comfort zone	• <i>I allow perfect love to fill my body and mind. I allow perfect love to guide my life.</i>
	Chakra:	Sacral
	Crystals	
	Orange Calcite, Brown Tourmaline	
	Essential Oils	
	Peppermint, Ginger, Lemongrass (purifies), Digest Zen, Fennel, Wintergreen, Marjoram (stimulates), Oregano, Rosemary, Clary Sage, Grapefruit, Basil, Lemon, Cinnamon, Clove, Orange, Bergamot	Dilute oil as recommended, and apply 1-2 drops on stomach or reflex points on feet. Dilute 1-2 drops in 1Tbs fractionated coconut oil, and massage over abdomen and lower back. Apply as a warm compress over affected area. Diffuse into the air.
Intestines:	EMOTIONAL	
	(Small): UNAPPRECIATED Forced, Obligated, Sadness Pressured, Compelled, Sorrow Un-giving, Selfish (Large): Exasperated Forlorn, Lonely, Left out Envy, Craving, Doubt, Cut off Barrier, Disunited, Incomprehensible At wits end, Lost Guilt, Unmerciful	<i>Appreciated, helpful, willing, desirable, eager, cooperative, unselfish, joy, mild, merciful, hopeful, befriended, included, supportive, satisfied, certainty, united, clear, understood, able, enlightened, self worth.</i> <i>I easily assimilate and absorb all that I need to know and release the past with joy.</i>

	Chakra:	Sacral
	Crystals	
	Amber, Amethyst, Beryl, Bloodstone, Carnelian, Calcite, Celestite, Green Fluorite, Fire Opal, Yellow Jasper, Petalite, Peridot, Snowflake Obsidian, Sardonyx, Apophyllite	
	Essential Oils	
	Basil, Marjoram, Ginger, Rosemary	Dilute oil as recommended, and apply 1-2 drops on stomach or reflex points on feet. Dilute 1-2 drops in 1Tbs fractionated coconut oil, and massage over abdomen and lower back. Apply as a warm compress over affected area.
<i>Iron Absorption:</i>	Crystals	
	Almandine Garnet, Hematite, Dioptase, Blue Opal, Chrysocolla	
	Chakra:	Solar Plexus, Base
<i>Irritable Bowel Syndrome:</i>	Essential Oils	
	Peppermint, Digest Zen	Add 2 drops of each oil to 8oz distilled water, and drink 1-2 times per day. Place 2 drops of each oil in an empty capsule & swallow capsule. Dilute 1-2 drops in 1Tbs fractionated coconut oil, and apply over the abdomen with a hot compress.
	Crystals	
	Calcite	
<i>Itching:</i>	EMOTIONAL	
	Desires gone unfulfilled/against the grain Having a difficult time accepting where you are in life Wanting more than you are getting out of life Unsatisfied, Remorse, Itching to get out/away	<i>I am at peace just where I am. I accept my good knowing all my needs and desires will be fulfilled.</i>
	Crystals	
	Azurite, Malachite (polished, indirect), Green Aventurine, Hematite	
	Essential Oils	
	Lavender, Serenity, Peppermint	Dilute as recommended, and apply 1-2 drops on location and on ears.
<i>Jaundice:</i>	Crystals	
	Ametrine, Jadeite, Yellow Sapphire	
	Essential Oils	
	Geranium, Lemon, Rosemary	Dilute 1-2 drops in 2Tbs fractionated coconut oil, and massage a small amount on the liver area and on the reflex points on the feet.
<i>Jaw Problems: (TMJ Syndrome)</i> <i>see also mouth</i>	EMOTIONAL	
	Feelings of rage, Anger, Resentment Subconsciously wanting revenge Inability to express how one feels	<i>I am willing to change the patterns in me that created this condition. I love and approve of myself. I am safe.</i>
	Crystals	
	Aquamarine	
<i>Joints: (see neck, knees, shoulders, hands/arms, etc.)</i>	EMOTIONAL	
	Feelings of resentment Joints suggest "flexibility" and ease of movement in body/mind They are an indication of how we deal with and adapt to the Motions and movements of life's changing circumstances. Love	<i>Joints suggest "flexibility" and ease of movement in body/mind They are an indication of how we deal</i>

	<p>is the lubricant that frees us from the limitations of rigidity. Suppressing hurt feelings A loss of flexibility in one's attitudes and opinions Being too "rigid & stiff" One's body/mind becoming "bound" with the "rigidity" of Skepticism and/or criticism Unwilling to surrender to the flow of life Feeling "disjointed", Inability to change directions Trying to overpower, or feeling overpowered by another person's will</p>	<p><i>with and adapt to the motions and movements of life's changing circumstances. Love is the lubricant that frees us from the limitations of rigidity.</i></p> <p><i>I easily flow with change. My life is Divinely guided and I am always going in the best direction.</i></p>
	<p>Crystals</p>	
	<p><u>Magnetite (Lodestone)</u>, Hematite, Diopase, Calcite, Azurite, Rhodonite Calcified: Calcite Inflammation: Hematite, Malachite (polished, indirect), Rhodonite, Lapis Lazuli Mobilizing: Fluorite, Red Calcite Pain: Kunzite Problems: Amber, Apatite, Fluorite, Lepidolite, Obsidian, Sulphur (polished, indirect) Strengthening: Aragonite, Calcite Swollen: Malachite (polished, indirect)</p>	
	<p>Essential Oils</p>	
	<p>Wintergreen, Roman Chamomile (inflammation) ---Rotator Cuff (sore): Wintergreen, Deep Blue, Lemongrass, Peppermint, White Fir ---Shoulder (frozen): White Fir, Lemongrass, Basil, Wintergreen, Deep Blue, Oregano, Peppermint ---Tennis Elbow: Deep Blue, Eucalyptus, Peppermint, Helichrysum, Wintergreen, Rosemary, Lemongrass</p>	<p>Dilute as recommended, and apply 1-2 drops on location or on reflex points on the feet. Combine 5-10 drops with 1Tbs fractionated coconut oil and massage on location.</p>
<p><i>Kidney Problems: DISLOYAL</i></p>	<p>EMOTIONAL</p>	
	<p>Extension of bladder but more severe Insensitive to situations where caring & concerning should be exhibited Trying to control life, Reacting like a little kid Being over-judgmental, Hate, Criticism Feeling emotional confusion, Disappointment Deep subconscious resentments toward people & experiences of the past, Failure Unfounded criticism of others. Repressed emotions like anger Indecisiveness, ashamed, at fault Being over forceful, aggressive Feelings of shame, intolerance or hostility Emotional stress from relationships Emotional pain, fear of being alone Obsessive thinking, revolting Anger, injustice, Un-loyal Creative insecurity, Sexual indecision</p>	<p><i>Divine right action is always taking place in my life. Only good comes from each experience. It is safe to grow up.</i></p> <p><i>The ability to "flow" with life and allow life to flow through us. Issues related to elimination; "filtering out" and letting go of that which is unnecessary. Issues associated with relationships. The kidneys are extremely sensitive to emotional stress, and will reflect one's tension and anxiety in impaired functioning.</i></p> <p><i>Loyal, steadfast to right, mild, understanding, affectionate, attractive, patient, justice, sexual security, creative security, decisive</i></p>
	<p>Crystals</p>	
	<p><u>Jade, Jadeite</u>, Amber, Aquamarine, Beryl, Bloodstone, Hematite, Carnelian, Chrysocolla, Muscovite, Septarian, Citrine, Orange Calcite, Nephrite, Rhodochrosite, Rose or Smoky Quartz, Serpentine, Topaz Chakra: Solar Plexus Cleanser: <u>Jade</u>, Atacamite, Nephrite, Hematite, Bloodstone, Opal, Rose Quartz Degeneration: Honey Calcite, Red or Yellow Jasper Detoxify: Chrysocolla, Smoky Quartz Fortify: Grossularite Infections: Citrine Regulating: Carnelian, Muscovite Stimulating: Ruby, Rhodochrosite Stones: Magnesite, Rhyolite, Jasper Underactive: Ruby, Fire Opal, Prehnite, Rhodochrosite</p>	

	Chakra:	Solar Plexus
	Essential Oils	
	Lemongrass, Thyme, Grapefruit, Geranium, Clary Sage --- Infection: Rosemary --- Inflammation: 1 gallon of distilled water and 2 quarts cranberry juice in 1 day.	Dilute as recommended, and apply to kidneys and reflex points on the feet. Apply as a hot compress.
Kidney Stones:	EMOTIONAL	
	Lumps of Hardened / undissolved anger	<i>I dissolve all past problems with ease.</i>
	Essential Oils	
	Lemon, Eucalyptus	Apply as a hot compress over kidneys. Dilute as recommended, and apply 1-2 drops on location. Add 1-2 drops oil to 8 oz of water, and drink. To help pass a stone, drink 4oz distilled water with juice from ½ lemon every 30 minutes for 6 hours; then take 2Tbs extra light virgin olive oil with the juice from 1 full lemon, and repeat daily until stone passes. Drinking plenty of water can help prevent the formation of kidney stones.
Knee Problems: ANGER (also see joints)	EMOTIONAL	
	Unable to be flexible Not wanting to bend, usually to authority Ego gets in the way, Fear Pride gets in the way Stubborn: wanting own way Not good enough, Won't give in Vulnerable, weak, scared, terrified Not being humble or flexible in one's attitudes (refusing to bend) False pride, resistance to change/progress	<i>The ability to bend and be flexible in one's attitudes. Progress, grounding, self-support, stability, humility. The ability to flow with and adapt to the motions and movements of life's changing experiences.</i> <i>I am flexible and flowing Forgiveness, Understanding. Compassion. I bend and flow with ease, and all is well.</i>
	Crystals	
	Azurite, Blue Lace Agate	
	Essential Oils	
	Birch, Wintergreen, Marjoram, Lemongrass, White Fir, Peppermint -- Aches and Pains: Marjoram, Deep Blue, Birch, Clove, AromaTouch, Oregano, Peppermint, Wintergreen, White Fir, Vetiver, Roman Chamomile, Helichrysum, Ginger, Lavender, Rosemary, Thyme	
Knee - Left:	EMOTIONAL	
	Need to be more receptive to events Feelings of insecurity Experiencing unresolved stress	• <i>I allow perfect love to fill my body and mind. I allow perfect love to guide my life.</i>
Knee - Right:	EMOTIONAL	
	Need to be more assertive Not wanting to give in to authority	• <i>I allow perfect love to fill my body and mind. I allow perfect love to guide my life.</i>
Laryngitis:	EMOTIONAL	
	Fears voicing opinions/speaking up Feelings of resentment toward authority Repressed emotions & fears Gripped anger, So mad you can't speak Irritation at someone or some situation	<i>I am free to ask for what I want. It is safe to express myself I am at peace.</i>
	Chakra:	Throat
	Crystals	
	Amber, Blue Lace Agate, Rhodonite, Sodalite, Stillbite, Tourmaline (wear continuously over site)	

	Essential Oils	
	Sandalwood, Frankincense, Thyme, Lavender	Diffuse into the air. Dilute as recommended, and apply to neck and reflex points on the feet.
Left side of Body:	EMOTIONAL	
	Feminine side /Represents receiving, Taking in Unresolved relationship(s) with a particular woman Feeling unworthy (to receive) Inability to express or over-expression of feminine energy Inhibited creative expression, Women, The mother Not responding to one's intuition	<i>Feminine energy. Receiving, passive, introverted, intuitive, creative, inherited perceptions of the female image. Reflects relationship with one's own feminine side and/or relationship(s) with women (mother, wife, girlfriend, co-workers. Friends).</i>
Leg Problems: (see joints) ANGER & Guilt -Adult Issues	EMOTIONAL	
	Fear of moving ahead with life, or carry on with life Fear of change Has difficulty in being resolute about issues Inability to understand Pride, Ego Can't bend, stubborn, better than/less than Lack of strength and/or self-confidence Not being powerful or strong enough Lack of initiative, Can't go forward in life Feeling unsupported. Not being grounded, Can't move Fear of progress and/or change and/or future Shins: GUILT. Insecure, Fear of the future Undeserving Varicose veins: Feeling overworked, Overburdened, Discouraged	<i>Moving forward in life. Progress, strength, power, balance, confidence. Our grounding contact with the Earth. Our ability to support ourselves. Our legs/thighs carry us on into new experiences and help us carry the weight of life's pressures.</i> <i>Life is for me. I move forward with confidence and joy, knowing that all is well in my future.</i>
	Crystals	
	<u>Aquamarine</u> , Bloodstone, Blue Tiger's Eye, Garnet, Jasper, Pietersite, Hawk's Eye, Ruby, Smoky Quartz, Tiger Iron, Red Calcite	
Leg Paralysis:	EMOTIONAL	
	Avoiding situation you don't like Avoiding something you are afraid of	<i>• I allow perfect love to fill my body and mind. I allow perfect love to guide my life.</i>
Leprosy:	EMOTIONAL	
	Inability to handle life at all Long-held belief in not being good enough/clean	<i>I rise beyond past limitations. I am Divinely guided and inspired Love heals all life.</i>
	Crystals	
	Ruby	
Leukemia: (See Blood)	EMOTIONAL	
	Feelings of deep depression Feelings of anger or ill will Significant loss of a parent or a career position Feelings of total helplessness Giving up or quitting, Brutally killing inspiration Unable to express emotions, "What's the use" Feeling present conditions & future possibilities are intolerable Feelings of despair	<i>I move beyond past limitations into the freedom of the now. It is safe to be me.</i>
	Crystals	
	Bloodstone, Uvarovite Garnet, Alexandrite	
	Essential Oils	
	Frankincense, Lemongrass, Rosemary, Clary Sage	Diffuse into the air. Inhale oil directly or applied to hands, tissue, or a cotton wick. Dilute as recommended, and apply 1-5 drops on

		location and on reflex points on the feet and hands. Apply as a warm compress over affected area.
Leukorrhea:	EMOTIONAL	
	Sexual guilt Feeling powerless - especially over the male Feeling anger toward mate	<i>I create all my experiences. I am the power. I rejoice in my femaleness. I am free.</i>
	Crystals	
	Turquoise	
Liver: (Anger Center)	EMOTIONAL	
	Feelings of unresolved, suppressed anger Feelings of resentment & pettiness Being judgmental, Primitive emotions Critical thoughts, Chronic complaining Not forgiving self or others, Feelings of injustice & revenge Feelings of self-condemnation Feelings of regret over the past/sadness Being possessive, Distressed, Hopeless Prolonged bitterness, envy & hostility Unhealthy desires, Feeling bad Selfish motives, Unhappiness Fault-finding to deceive yourself Feelings of despair/distress Feeling helpless / hopeless / incapable Distress, Righteous indignation Jaundice: Internal and external prejudice Unbalanced reason	<i>The liver is the hardest working organ in the body. It is related to our desires and emotions and is affected by inharmonious emotional conditions.</i> <i>Content, trusting, faith, powerful, understanding happiness, cheer</i> <i>Love and peace and joy are what I know. I choose to live through the open space in my heart. I look for love and find it everywhere.</i> <i>I feel tolerance and compassion and love for all people, myself included</i>
	Crystals	
	<u>Yellow Jasper</u> , Amethyst, Aquamarine, Azurite with Malachite (polished, indirect), Beryl, Bloodstone, Carnelian, Charoite, Citrine, Danburite, Emerald, Gold Calcite, Hiddenite, Labradorite, Rhodonite, Amber, Chrysoprase, Red Jasper, Yellow Fluorite, Yellow Labradorite, Pietersite, Rose Quartz, Ruby, Tiger's Eye, Topaz Blockages: Red Jasper, Red Tourmaline Cleanse: Ruby Damage Due to Alcohol: Charoite, Peridot Detoxification: Malachite (polished, indirect) Spots: Chlorite, Seraphinite Stimulate: Azurite, Ziron, Emerald	
	Essential Oils	
	Geranium, Helichrysum, Digest Zen, Cypress, Grapefruit, Zendocrine, Myrrh, Serenity, Roman Chamomile --- Cirrhosis: Frankincense, Myrrh, Geranium, Rosemary, Rose, Roman Chamomile --- Cleansing: Clove, Geranium, Helichrysum, Myrrh --- Hepatitis: Myrrh, Melaleuca, Frankincense, Rosemary, Oregano, Thyme, Basil, Cinnamon, Cypress, Eucalyptus, Peppermint --- Viral: Myrrh, Rosemary, Basil --- Jaundice: Geranium, Lemon, Rosemary (Dilute 1-2 drops in 2Tbs fractionated coconut oil, and massage a small amount on the liver area and on the reflex points on the feet.) --- Stimulant: Helichrysum	Dilute as recommended, and apply 1-2 drops over liver area and on reflex points on the feet. Apply 1-2 drops on spine and liver area for viral infections. Apply as a warm compress over the liver area. Diffuse into the air. Inhale directly from the bottle. Apply oil to hands, tissue, or cotton wick, and inhale.
Lock Jaw:	EMOTIONAL	
	Feelings of rage, Anger Wanting to control, Festering thoughts Inability/refusal to express how one feels	<i>I trust the process of life. I easily ask for what I want. Life supports me. I allow the love from my own heart to wash through me & cleanse and heal every part of my body/emotions.</i>

Lou Gehrig's Disease: (<i>Amyotrophic Lateral Sclerosis</i>)	EMOTIONAL	
	Unwillingness to accept self-worth Denial of success	<i>I know I am worthwhile. It is safe for me to succeed. Life loves me.</i>
	Essential Oils	
	Cypress, Balance, Frankincense, Sandalwood, Serenity, Geranium, Rosemary, Thyme	Dilute as recommended, and apply 1-2 drops on brain stem, neck, spine, and reflex points on the feet. Add 1-2 drops to 1Tbs fractionated coconut oil, and apply on back, neck, and feet. Diffuse into the air. Inhale directly from the bottle. Apply oil to hands, tissue, or cotton wick, and inhale.
Lungs: DEPRESSED	EMOTIONAL	
	Feelings of grief Not feeling approval, Intolerance Hurts where love is concerned Feels life is monotonous Lack of self-esteem, sad, criticized Emotional repression, recluse Resistance to accepting love, out of sorts Fear of taking in life. Not feeling worthy of living life fully Stress associated with relationships Feeling unappreciated, unfriendly Selfishness, resentment, anger, grief for others or self Stifled expression of one's potential or capacity Lack of inspiration and/or spontaneity Too much stress/anxiety Depressed, False pride, Haughtiness Scorn, Prejudice, Disdain, Contempt	<i>The lungs are closely associated with the heart, and reflect taking in the "vital breath of life," which is Love, openness, spontaneity, & inspiration.</i> <i>I take in life in perfect balance. Cheerful, fellow-feeling, glad, appreciated, modesty, sociable, up-build, friendly, tolerance, & humility.</i> <i>I have the capacity to take in the fullness of life. I lovingly live life to the fullest.</i>
	Crystals	
	Charoite , Amber, Amethyst, Aventurine, Beryl, Fluorite, Chrysocolla, Dioptase, Hiddenite, Kunzite, Lapis Lazuli, Peridot, Petalite, Pink Tourmaline, Prehnite, Rose Quartz, Sodalite, Turquoise, Rhodochrosite, Sardonyx, Emerald, Morganite, Watermelon Tourmaline, Serpentine Congested: Vanadinite (indirect), Moss Agate Difficulty in Breathing: Chrysocolla, Apophyllite Fluid in: Zircon, Amber, Diamond, Yellow Sapphire	
	Essential Oils	
	Breathe, Eucalyptus, Sandalwood, Frankincense, Elevation, On Guard (for infections) Oxygen: Frankincense, Sandalwood	Diffuse into the air. Inhale directly from bottle. Apply oil to hands, tissue, or cotton wick, and inhale. Dilute as recommended, and apply to chest, sinuses, neck, or reflex points on the feet. Add 2-3 drops to water, and gargle. Apply to chest as warm compress.
Lupus:	EMOTIONAL	
	Feelings of deep-seeded (seated) grief Feels like "giving up", Anger & punishment Better to die than stand up for one's self Laughing on the outside, but crying on the inside	<i>I speak up for myself freely and easily. I claim my own power. I love and approve of myself. I am free and safe.</i>
	Essential Oils	
	Clove, Elevation, On Guard, Balance, Melissa	Dilute as recommended, and apply 1-2 drops on adrenal glands, under the arms, neck or on the bottoms of the feet.
Lymphatic Vessels:	EMOTIONAL	
	Breaking the laws of love Breaking the laws of peace & joy Resentment, Hatred or anger built up inside	

<i>Lymph System: CONFUSED</i>	EMOTIONAL	
	Lack of enthusiasm, Lack of love & joy Unable to feel acceptance Being "uptight", Burdened and/or confused Inability to flow with life's changes Feeling hindered or restricted Impacted/unresolved emotional issues blocking the flow of life force in a particular area Compelled, Hampered, Burdened Not centered on the essentials of life Hindered, Load, Commotion, Restricted Weighed down, Tied down, Undisciplined	<i>Related to the water element and signifies the ability to flow with life. Allowing life to flow through us, releasing that which is unnecessary, and bringing nourishment to cells, tissues, and organs. Restriction of emotional energy will produce a corresponding restriction of lymphatic flow.</i> <i>Confident, generous, allowed, relieved, encouraged, competent, quiet, free, relieved, interested, & disciplined</i> <i>I am now totally centered in the love and joy of being alive. I flow with life. Peace of mind is mine.</i>
	Crystals	
	Agate, Moss Agate, Blue Chalcedony, Tourmaline Cleansing: Yellow Apatite, Agate, Rose Quartz, Ruby, Light-colored Sugilite, Sodalite Infections: Blue Lace Agate Stimulating: Bloodstone, Blue Chalcedony Swellings: Jet	
	Essential Oils	
	Cypress, Sandalwood, DigestZen --- Cleansing: Lemon, Lime --- Decongestant For: Cypress, Grapefruit, Citrus Bliss, Lemongrass, Helichrysum, Orange, Rosemary, Thyme --- Drainage of: Helichrysum, Lemongrass --- Eliminates Waste Through: Lavender --- Increase Function of: Lemon	Dilute as recommended, and apply 1-2 drops on neck, arms, thyroid area, and reflex points on the feet. Add 1-2 drops to warm bathwater, and bathe. Diffuse into the air. Inhale directly from bottle. Apply oil to hands, tissue, or cotton wick, and inhale.
<i>Malaria:</i>	EMOTIONAL	
	Out of balance with nature and with life	<i>I am united and balanced with all of life.</i> <i>I am safe.</i>
	Crystals	
	Blue Lace Agate, Iolite, Turquoise	
	Essential Oils	
	TerraShield, Eucalyptus, Lemongrass, Lavender, Lemon	Dilute as recommended, and apply 1-2 drops to feet and exposed skin. Add 3-5 drops to 1Tbs fractionated coconut oil, and apply to exposed skin. Add 2-3 drops to 1-2oz distilled water in a small spray bottle, shake well, and mist onto the skin or into small openings where bugs may come through. Diffuse into the air. Place 1-2 drops on small ribbons, strings, or cloth, and hang around area to help repel mosquitoes.
<i>Male Problems: (see Hormones)</i>	EMOTIONAL	
	Feeling inadequate in sexual role Refusing to let go of the past Feeling guilt for sleeping around Holding onto unpleasant memories of previous relationships Feeling unfulfilled in love	<i>• I allow perfect love to fill my body and mind. I allow perfect love to guide my life.</i>
	Essential Oils	
	--- Genital Area: --- Infection: Melaleuca, Oregano, Eucalyptus, Lavender --- Inflammation: Lavender, Roman Chamomile --- Swelling: Cypress, Lavender, Rosemary, Eucalyptus	Dilute as recommended, and apply 1-2 drops on location or on reflex points on the feet. Dilute 1-2 drops in 1Tbs fractionated coconut oil, and massage on location. Add 1-2 drops essential oil to warm water, and bathe.

	<p>---Impotence: Clary Sage, Clove, Ginger, Sandalwood</p> <p>---Infertility: Basil, Clary Sage, Thyme</p> <p>---Jock Itch: Melaleuca, Clear Skin, Lavender, Cypress</p>	
Mastoiditis: <i>(Most often in children)</i>	EMOTIONAL	
	<p>Not wanting to hear what is happening in surroundings</p> <p>Fears that affect the understanding</p> <p>Feeling left out, Anger & frustration</p>	<i>Divine peace and harmony surround and indwell in me. I am an oasis of peace, love & joy. All is well in my world.</i>
Menopause:	EMOTIONAL	
	<p>Fears this time of life & getting older</p> <p>Fears being rejected, Self rejection</p> <p>Feeling useless, Not good enough</p> <p>Fear of no longer being wanted</p>	<i>I am balanced and peaceful In all changes of cycles, and I bless my body with love.</i>
	Crystals	
	Citrine, Garnet, Lapis Lazuli, Lepidolite, Cherry Opal, Pearl, Moonstone, Rose Quartz, Ruby, Zincite, Diamond	
Menstrual Problems:	EMOTIONAL	
	<p>Unresolved feelings of guilt, Fear</p> <p>Fears role as a woman, Rejection of femininity</p> <p>Belief that the genitals are sinful or dirty</p> <p>Feels no joy in being a woman</p>	<i>I accept my full power as a woman and accept all my bodily processes as normal and natural. I love and approve of myself.</i>
	Chakra:	Sacral, Base
	Crystals	
	<p>Bring On: Wulfenite, Red Jasper</p> <p>Cramps: Chrysocola, Citrine, Infinite Stone, Jet, Labradorite, Lapis Lazuli, Magnesite, Rose Quartz, Topaz, Pearl</p> <p>Cycle, regulate: Carnelian, Moonstone</p> <p>Disorders: Staurolite, Topaz, Jet</p> <p>Excessive: Carnelian, Jasper</p> <p>Irregular: Red Jasper</p>	
	Essential Oils	
	<p>Clary Sage, Geranium, Fennel, Lavender, Bergamot, Grapefruit</p> <p>---Apathetic-Tired-Listless: Grapefruit, Geranium, Bergamot, Fennel</p> <p>---Irritable: Clary Sage, Bergamot, Roman Chamomile</p> <p>---Violent Aggressive: Geranium, Bergamot</p> <p>---Weeping-Depression: Clary Sage, Bergamot, Geranium</p> <p>Hormones (Balancing): Ylang Ylang, Clary Sage</p> <p>Menopause: Cypress, Lavender, Roman Chamomile, Orange, Clary Sage, Basil, Geranium, Rosemary, Thyme</p> <p>Pre-Menopause: Clary Sage, Lavender</p> <p>Amenorrhea: Basil, Clary Sage, Peppermint, Rosemary, Marjoram, Lavender, Roman Chamomile</p> <p>Dysmenorrhea: Geranium, Clary Sage, Lavender, Cypress, Peppermint, Marjoram, Roman Chamomile, Basil, Rosemary, Fennel</p> <p>Irregular: Peppermint, Rosemary, Roman Chamomile, Clary Sage, Fennel, Lavender, Rose,</p> <p>Scanty: Peppermint, Lavender, Melissa</p>	<p>Dilute as recommended, and apply to the abdomen, lower back, shoulders, or reflex points on the feet.</p> <p>Add 1-2 drops to 1Tbs fractionated coconut oil, and massage into abdomen, lower back, and shoulders.</p> <p>Apply as a warm compress to the abdomen. Add 1-2 drops to 2 tsp olive oil, insert into vagina, and retain overnight with a tampon.</p>
Metabolic:	Crystals	
	<p>Imbalances: Amazonite, Blue Opal, Diamond, Sodalite, Herkimer Diamond, Labradorite, Peridot, Watermelon Tourmaline, Azurite with Malachite (polished, indirect) and Chrysocola</p> <p>Stimulating Processes: Amethyst, Sodalite, Pyrolusite, Apatite, Red Carnelian, Blue Tiger's Eye, Garnet</p> <p>System: Amethyst, Sodalite, Carnelian, Bloodstone, Labradorite</p> <p>Chakra: Brow, Higher Heart</p>	
	Chakra:	Brow, Higher Heart
	Essential Oils	
	Clove, Balance, Oregano	Diffuse into the air. Inhale oil applied to tissue or

		cotton wick. Dilute as recommended, and apply 1-2 drops on neck or bottoms of the feet.
Migraine Headaches:	EMOTIONAL	
	Unable to flow easily with life, want to take things at own pace Dislikes being pushed/driven, Inability to handle pressure or stress for long periods Pushing to control; wants to control Sexual Fears (usually relieved by masturbation)	<i>I relax into the flow of life and let life provide all that I need easily and comfortably. Life is for me.</i>
	Chakra:	Brow, Crown, Past Life
	Crystals	
	Aventurine, Dioptase, Iolite, Sugilite, Rhodochrosite, Jet, Lapis Lazuli, Magnesite, Rose Quartz, Topaz, Pearl	
	Essential Oils	
	Past Tense, Peppermint, Basil, Deep Blue, Wintergreen, Ylang Ylang	Dilute as recommended and apply 1-2 drops to temples, back of neck, and forehead.
Mind:	EMOTIONAL	
	Over analyzation Fear of the unknown	• <i>I allow perfect love to fill my body and mind. I allow perfect love to guide my life.</i>
	Chakra:	Brow, Crown
	Crystals	
	Magnesite 'brain form', Zircon Breakdown: Smithsonite, Rhodochrosite, Topaz Burdens, lighten: Amethyst Burn-out: Tiger Iron Conditioning, rigid: Sodalite Dependency: Lepidolite Dexterity, improve: Chrysoprase Dis-ease: Tiger's Eye Dysfunction: Celestite Focusing: Amethyst, Fluorite, Idocrase Mind Chatter, shut off: Rhomboid Calcite, Blue Selenite Negative Thought Patterns: Idocrase Undue influence, remove: Fluorite, Sunstone	
	Essential Oils	
	Rosemary, Peppermint, Frankincense, Basil, Citrus Bliss, Clove, Lemon, Ginger, Grapefruit, Lime, Bergamot, Rose, Lavender, Lemongrass, Clary Sage, Cypress, Geranium Activates Right Brain: Geranium, Grapefruit, Helichrysum, Wintergreen, Roman Chamomile Aging: Thyme, Frankincense Concussion: Frankincense, Cypress Injury: Frankincense, Bergamot, Peppermint, Lemon, Balance, Lemongrass Improve Memory: Clove, Clary Sage Integration: Balance, Helichrysum, Geranium, Clary Sage, Cypress, Lemongrass Mental Fatigue: Frankincense Myelin Sheath: Peppermint, Frankincense, Lemongrass, Balance, Geranium Oxygenate: Eucalyptus, Rosemary, Helichrysum, Sandalwood, Marjoram (Place 3 drops each of Helichrysum and Sandalwood on the back of the neck, on the temples, and behind the ears down to the jaw once or twice a day. Stimulate Memory: Rosemary Stroke: Cypress, Helichrysum, Fennel (Combine 1 drop Basil, 1 drop Lavender, and 1 drop Rosemary, and apply to the spinal column and paralyzed area) Tumor: Frankincense, Clove, Sandalwood	Diffuse into the air. Inhale directly from bottle. Apply oil to hands, tissue, or cotton wick, and inhale. Wear as a perfume or cologne. Dilute as recommended, and apply 1-2 drops on temples or back of neck.

Miscarriage:	EMOTIONAL	
	Fears timing is "wrong", "Not now -later" Fears what the future will bring Fears the responsibility of baby	<i>Divine right action is always taking place in my life. I love and approve of myself. All is well.</i>
	Chakra:	Sacral
	Crystals	
	Healing After: Wulfenite	
	Essential Oils	
	Frankincense, Grapefruit, Geranium, Lavender, Roman Chamomile	Dilute 5-6 drops in 1Tbs fractionated coconut oil, and massage on back, legs, and arms. Add 3-4 drops to warm bath-water, and bathe.
Mold:	Essential Oils	
	On Guard, Clove, Thyme, Cinnamon, Oregano, Rosemary, Purify	Diffuse into the air. Dilute as recommended, and apply on location.
Mononucleosis:	EMOTIONAL	
	Feeling unloved & unworthy, Not caring for self Feelings of anger from not being appreciated	<i>I love and appreciate and take care of myself. I am enough.</i>
	Essential Oils	
	Breathe, On Guard	Dilute as recommended, and apply 1-3 drops on throat and feet. Blend 1: Combine 3 drops Oregano, 3 drops On Guard, and 3 drops Thyme. Rub the blend on the feet.
Motion Sickness:	EMOTIONAL	
	Fears not having control Fear of death, Fear	<i>I am always in control of my thoughts. I am safe. I love and approve of myself. I trust life.</i>
	Crystals	
	Linarite, Jasper, Malachite (polished, indirect)	
	Essential Oils	
	Peppermint, Digest Zen, Ginger	Diffuse into the air. Dilute as recommended, and apply 1-2 drops to the feet, temples and wrists. Dilute 1-2 drops essential oil in 1Tbs fractionated coconut oil, and massage on stomach. Apply oil as a warm compress.
Mouth Problems: (also Jaw /Tongue) see also neck and throat	EMOTIONAL	
	Resistant to change, Not nurturing self Fears moving out of comfort zone Opinionated, Set opinions Indulgence of malicious gossip, lying Constant complaining and/or negativity in one's speech Not able to take it in , Closed minded Stored tension from unexpressed feelings Fear of expressing and speaking up for oneself Feelings of loss or poverty Defiance stubbornness, Can't take in new ideas. "Swallowed feelings" such as held-back anger and/or rage are often stored In the law (Bad Breath: Festering anger/vengeance - see odor)	<i>The verbal channel/pathway for our mental, emotional and spiritual expression. Issues related to nourishing and supporting ourselves and to acquiring possessions. Taking in and assimilating new ideas (food). The creative powers of the spoken word, which can glorify or condemn, heal or hurt. I welcome new ideas and new concepts and prepare them for digestion and assimilation.</i>

	Crystals	
	Apatite, Sodalite, Tiger's Eye, Yellow Sapphire Movement Disorders: Apophyllite, Albite Problems: Beryl Ulcers: Clear Quartz, Jadeite, Lapis Lazuli, Rose Quartz, Ruby, Tourmaline	
Multiple Sclerosis:	EMOTIONAL	
	Unwilling to be flexible, Mental hardness. Unreceptive to new ideas, Iron Will, Inflexible Hard on self: blames self: Fear Incorrect use of will, Hard-heartedness Unforgiving of self or others	<i>By choosing loving, joyous thoughts. I create a loving, joyous world. I am safe and free.</i>
	Crystals	
	Carnelian, Red Jasper, Rose Quartz, Lapis Lazuli, Rhodonite, Tourmaline, Blue John	
	Essential Oils	
	Frankincense, Sandalwood, Peppermint, Cypress, Serenity, Oregano, Thyme, Birch, Rosemary, Wintergreen	Dilute as recommended, and apply 1-2 drops to spine, back of neck, and feet. Dilute 1-3 drops in 1Tbs fractionated coconut oil, and massage on back and neck.
Muscles:	EMOTIONAL	
	Resistance to new experiences and to move in life. Attitudes that are overbearing, controlling, dominating Lack of will to move, change, express, or progress	<i>I experience life as a joyous dance. The ability to move and express. The primary avenue for the physical expression of our desires, will, power, & strength.</i>
	Crystals	
	Hematite, Rhodonite, Jadeite Flexibility: Fuchsite, Petalite Relaxant: Celestite, Larimar, Magnesite, Smithsonite Spasm: <u>Azurite with Malachite</u> (polished, indirect), Amazonite, Apache Tear, Red Tourmaline, Chrysocolla, Magnetite (Lodestone) Strengthen: Apatite, Fluorite, Tourmaline, Peridot, Jadeite Tissue: Aventurine, Danburite, Magnetite (Lodestone) Tone: Fluorite, Peridot, Tourmaline Torn: Malachite (polished, indirect) Weak: Tiger Iron, Rhyolite	
	Essential Oils	
	Marjoram, Deep Blue, Peppermint, Aroma Touch, Birch, Cypress, Wintergreen, Lemongrass, Lavender Aches and Pains: Marjoram, Deep Blue, Birch, Clove, Aroma Touch, Oregano, Peppermint, Wintergreen, White Fir, Vetiver, Roman Chamomile, Helichrysum, Ginger, Lavender, Rosemary, Thyme Cardiac Muscle: Marjoram, Lavender, Peppermint, Rosemary, Cinnamon Cartilage Injury: Birch, Wintergreen, Marjoram, Lemongrass, White Fir, Peppermint Cramps/Charley Horses: Lemongrass with Peppermint, Marjoram, Deep Blue, Rosemary, Basil, Thyme, Vetiver, Roman Chamomile, Cypress, Grapefruit, Clary Sage, Lavender Development: Birch, Wintergreen, Deep Blue Fatigue: Marjoram, White Fir, Cypress, Peppermint, Eucalyptus, Grapefruit, Rosemary, Thyme Ligaments: Lemongrass Over-Exercised: White Fir, Eucalyptus, Lavender, Thyme, Ginger Smooth Muscle: Marjoram, Rosemary, Peppermint, Fennel, Cypress, Clary Sage, Melissa, Lavender, Sandalwood, Bergamot Spasms: Basil, Marjoram, Deep Blue, Roman Chamomile, Peppermint, Cypress, Clary Sage, Lavender Sprains: Marjoram, Lemongrass, White Fir, Helichrysum, Rosemary, Thyme, Vetiver, Eucalyptus, Clove, Ginger, Lavender Strain: Lemongrass, Deep Blue, Ginger (circulation), Helichrysum (pain) Stiffness: Deep Blue	Dilute as recommended, and apply 1-2 drops on location. Add 2-4 drops to 1Tbs fractionated coconut oil, and massage into desired muscles or joints. Add 1-2 drops to warm bathwater and bathe. Apply as hot or cold (for strains or sprains) compress. Diffuse into the air.

	<p>Tendinitis: Marjoram, Lavender Tension (shoulders / neck): Marjoram, Deep Blue, Peppermint, Helichrysum, Lavender, Roman Chamomile Tone: Birch, Cypress, Wintergreen, Marjoram, Basil, Peppermint, Orange, Thyme, Rosemary, Grapefruit, Lavender</p>	
Muscle Cramps:	EMOTIONAL	
	Stubborn nature A willful attitude Resists moving forward in life	
	Crystals	
	<u>Magnetite (Lodestone)</u> , Apache Tear, Infinite Stone	
Muscular-Skeletal Diseases: (Muscular Dystrophy)	EMOTIONAL	
	A form of self-created paralysis to keep from hitting someone or moving forward Deep seeded anger that has not been resolved Feels "I must experience pain", "It's not worth growing up."	<i>I go beyond my parents' limitations. I am free to be the best me I can.</i>
	Crystals	
	Kyanite, Peridot, Petalite Inflexibility: Fuchsite, Jade	
	Essential Oils	
	Marjoram, Lemongrass, Basil, Rosemary, Aroma Touch, Deep Blue, Geranium, Lavender, Lemon, Orange, Ginger	Dilute as recommended, and apply 1-2 drops on location. Add 2-4 drops to 1Tbs fractionated coconut oil, and massage into desired muscles or joints. Add 1-2 drops to warm bathwater and bathe. Apply as hot or cold (for strains or sprains) compress.
Myasthenia Gravis:	EMOTIONAL	
	Laughing on the outside, but crying on the inside Feelings of helplessness in being able to change conditions Deep-seeded grief Feelings like giving up Fears a change in life	
Nails:	EMOTIONAL	
	Represent protection	<i>I reach out safely.</i>
	Crystals	
	Rhodochrosite, Blue Lace Agate Strengthen: Calcite, Fluorite, Rhodochrosite, Pearl	
	Essential Oils	
	Lemon, Frankincense, Myrrh, Citrus Bliss, Melaleuca (infection), Eucalyptus, Lavender, Grapefruit, Rosemary, Cypress, Oregano, Thyme	Blend 1: Combine 2 drops frankincense, 2 drops lemon, and 2 drops myrrh with 2 drops wheat germ oil. Apply 2-3 times per week. Dilute as recommended, and apply 1-2 drops to nails. Add 1-2 drops to 1 tsp fractionated coconut oil, and apply to nails.
Nail-Biting:	EMOTIONAL	
	Unfulfilled desires, Eating away at the self Feeling spiteful towards parents Feelings of frustration	<i>All is safe for me to grow up. I now handle my own life with joy and with ease.</i>
Narcolepsy:	EMOTIONAL	
	Wishing you were somewhere else, Get away Don't want to cope anymore Weary of responsibilities, Extreme Fear Wishing responsibilities would go away	<i>I rely on Divine wisdom and guidance to protect me at all times. I am safe.</i>

Nausea:	EMOTIONAL	
	Rejecting the visualization of something you don't want to see Wishing an undesirable situation had never happened Fear of something about to happen	<i>I am safe. I trust the process of life to bring only good.</i>
	Chakra:	Solar Plexus
	Crystals	
	Red Aventurine, Diopase, Emerald, Brown Agate, Fuchsite, Jasper, Blue Sapphire	
	Essential Oils	
	Ginger, Peppermint, Lavender, Digest Zen, Patchouli, Clove Morning Sickness: Ginger, Peppermint Motion Sickness: Peppermint, Digest Zen, Ginger Vomiting: Ginger, Peppermint, Patchouli, Fennel, Rose, Roman Chamomile	Place 1-2 drops in an empty capsule, swallow capsule. Place 1 drop in 8oz rice or almond milk, and drink. Dilute as recommended, and apply behind ears, on stomach, or on reflex points on the feet. Diffuse into the air. Inhale directly from bottle. Apply oil to hands, tissue, or cotton wick, and inhale.
Neck Problems: Flexibility	EMOTIONAL	
	Moving under pressure Want to let feelings out but don't dare Inflexible state of mind, indecision Not wanting to yield to opinions you think are wrong Non-acceptance & rejection of others, blame Unwillingness to acknowledge one's feelings Unexpressed creative forces, guilt Lack of communication, inability to see what's back there Failure to see different sides of a situation Feeling overwhelmed, overloaded Taking on too much responsibility ("a pain in the neck") Stiff neck can reflect rigidity in one's outlook on life Unbending bullheadedness Repression, anger, bitterness, fear burdened	<i>A pathway through which our feelings move into expression as thoughts and words. The ability to be flexible in one's attitudes. The capacity to view things from various perspectives. Creative expression. I am peaceful with life. It is with flexibility and ease that I see all sides of an issue. There are endless ways of doing things and seeing things. I am safe. It is safe to see other viewpoints</i>
	Chakra:	Throat
	Crystals	
	Aquamarine, Quartz, Larimar Tension: Hematite, Magnetite (Lodestone), Rose Quartz, Seraphinite, Alexandrite	
	Essential Oils	
	Lemon, Geranium, Clary Sage, Orange, Basil, Helichrysum	Dilute 1-5 drops oil in 1Tbs fractionated coconut oil, and massage on neck.
Nephritis:	EMOTIONAL	
	Feelings/overreaction of disappointment Feelings/overreaction of failure Feeling life is unfair	<i>Only right action is taking place in my life I release the old and welcome the new. All is well.</i>
Nerves:	EMOTIONAL	
	Influenced by thoughts & feelings How the body communicate within Parasympathetic: Holding onto things or people of the past that need releasing	<i>I communicate with ease and with joy.</i>
	Crystals	
	Dendritic Agate, Pink Tourmaline, Smoky Quartz, Amethyst Calming: Amazonite Damage: Fishtail Selenite, Chiastolite, Kunzite Pain Relief: Fluorite Regenerating: Watermelon Tourmaline Strengthen: Jade	

<i>Nervous Breakdown:</i>	EMOTIONAL	
	Inability to communicate true feelings Fear of the future, Self-centeredness Jamming the channels of communication	<i>I open my heart and create only loving communication. I am safe. I am well.</i>
<i>Nervousness:</i>	EMOTIONAL	
	Inability to communicate feelings adequately Fear of the future, Struggle Feelings of anxiety, Rushing Confused thinking, Not trusting process of life	<i>I am on an endless journey through eternity and there is plenty of time. I communicate with my heart. All is well.</i>
	Crystals	
	Rhodochrosite, Lapis Lazuli, Sapphire (wear continuously, or place for 20 min)	
	Essential Oils	
	Orange	Diffuse into the air. Inhale directly from bottle. Apply oil to hands, tissue, or cotton wick, and inhale. Dilute as recommended, and apply 1-2 drops to temples.
<i>Neuralgia:</i>	EMOTIONAL	
	Punishment for guilt, Anguish over communication	<i>I communicate with love. I forgive myself. I love and approve of myself.</i>
	Crystals	
	Cathedral Quartz (over site of pain), Amber, Amethyst, Carnelian, Dendritic Agate, Kunzite, Lapis Lazuli, Lepidolite, Hematite, Rose Quartz, Magnetite (Lodestone)	
<i>Nervous System: (nerves)</i>	EMOTIONAL	
	Nervous, aggravated	<i>I am restful, patient, and calm</i>
	Crystals	
	Ametrine, Sunstone, Blue Lace Agate, Green Jade, Lapis Lazuli, Amber, Green Tourmaline Autonomic System: Ametrine, Charoite, Sunstone Disorders: Sapphire, Kunzite, Chrysoprase Depleted or Disturbed: Alexandrite, Celestite, Amethyst, Dioptase, Rose Quartz, Rhodonite, Aventurine. (Wear Continuously) Exhaustion: Thulite, Morganite Stress: Muscovite Tension: Emerald Trapped Nerve: Kunzite	
	Essential Oils:	
	Peppermint (soothes and strengthens damaged nerves), Basil (stimulates), Lavender, Lemon, Grapefruit, Frankincense, Bergamot, Lemongrass (for nerve damage), Marjoram (soothing), Geranium (regenerates), Serenity, Roman Chamomile, Vetiver, Cinnamon, Ginger, Orange, Sandalwood Bell's Palsy: Peppermint, Rosemary, Thyme Carpal Tunnel Syndrome: Basil, Marjoram, Lemongrass, Oregano, Cypress, Eucalyptus, Lavender Huntington's Disease: Peppermint, Basil Neuralgia: Marjoram, Eucalyptus, Roman Chamomile, Lavender, Helichrysum Neuritis: Eucalyptus, Roman Chamomile, Lavender, Clove Neurotonic: Melaleuca, Thyme Paralysis: Peppermint, Lemongrass, Geranium, Balance, Purify, Cypress, Ginger, Helichrysum Parasympathetic Nervous System: Lavender (stimulates), Lemongrass (regulates), Marjoram (tones), Serenity, Balance Parkinson's Disease: Marjoram, Lavender, Clary Sage, Frankincense, Balance, Sandalwood, Serenity, Vetiver, Cypress (circulation), Bergamot, Geranium, Helichrysum, Lemon, Orange, Peppermint,	Dilute as recommended, and apply 1-3 drops on location, spine, back of neck, and reflex points on the feet. Add 2-4 drops to 1Tbs fractionated coconut oil, and massage on location. Add 1-2 drops to warm bathwater, and bathe. Diffuse into the air. Inhale directly from bottle. Apply oil to hands, tissue, or cotton wick, and inhale.

	Rosemary, Thyme Sympathetic Nervous System: Grapefruit (stimulates), Eucalyptus, Peppermint, Ginger Virus of Nerves: Frankincense, Clove	
Neuritis:	EMOTIONAL	
	Feeling of being irritated without your consent Your power is negated because of being irritated	• <i>I allow perfect love to fill my body and mind. I allow perfect love to guide my life.</i>
	Crystals	
	Tourmaline	
Neurosis:	EMOTIONAL	
	Feeling of overload; pressures in life too hard to bear Feeling there is no letting up; "can't quit"	• <i>I allow perfect love to fill my body and mind. I allow perfect love to guide my life.</i>
	Chakra:	Solar Plexus
	Crystals	
	Aventurine (especially Green)	
Nodules:	EMOTIONAL	
	Feelings of frustration & resentment Feel you always have to prove yourself Ego feels in jeopardy · Resentment, frustration & hurt ego over career	<i>I release the pattern of delay within me, and I now allow success to be mine.</i>
Nose:	EMOTIONAL	
	Invisible, Need recognition' Stinky, Awful Runny: Crying on the inside; wanting help Running away from unwanted responsibility Stuffy: Not accepting your worth Desire for love Bleeds: Need for recognition, Crying for love Feeling unrecognized, overlooked and unnoticed.	<i>I am pleasant, & wonderful I love and comfort myself in ways that are pleasing to me. I love and appreciate myself. I recognize my own true worth. I am wonderful.</i>
	Crystals	
	Blue Fluorite, Magnetite (Lodestone) Bleeds: <u>Carnelian</u> , Magnetite (Lodestone), Topaz (externally to nostril), Sapphire (apply to forehead), Ruby Nostrils, blocked: Jet (place over, or inhale essence)	
	Essential Oils	
	Melaleuca, Rosemary Bleeding: Helichrysum, Cypress, Lemon, Frankincense, Lavender Nasal Nasopharynx: Eucalyptus Nasal Polyp: Frankincense, Oregano, Breathe, Peppermint, Purify, Basil Olfactory Loss: Peppermint, Basil Rhinitis: Eucalyptus, Peppermint, Basil	Dilute as recommended, and apply 1-2 drops on nose (use caution not to get in eyes). Dilute as recommended, and apply 1 drop to a cotton swab, and swab the inside of the nose. Diffuse into the air, and inhale the vapors through the nose. Inhale directly from bottle. Apply oil to hands, tissue, or cotton wick, and inhale.
Nutrient Absorption:	Crystals	
	Turquoise, Idocrase, Fluorite, Moonstone, Pietersite, Serpentine Chakra: Solar Plexus	
	Chakra:	Solar Plexus
Numbness:	EMOTIONAL	
	Not expressing/withholding love Not expressing consideration, Going dead mentally	<i>I share my feelings and my love. I respond to love in everyone.</i>
Obesity:	EMOTIONAL	
	Using food as a substitute for affection Inability to admit to self or others what you really want Inability to express true feelings	• <i>I allow perfect love to fill my body and mind. I allow perfect love to guide my life.</i>

	Seeking love Protecting the body Trying to fulfill the self Stuffed feelings	
	Crystals	
	Black Onyx, Diamond, Tourmaline, Moonstone, Zircon	
	Essential Oils	
	Grapefruit, Slim & Sassy, Orange, Rosemary, Fennel Slimming/Toning: Grapefruit, Slim & Sassy, Orange, Lemongrass, Rosemary, Thyme, Lavender Weight Loss: Slim & Sassy, Elevation, Patchouli	Recipe 1: Add 5 drops lemon and 5 drops grapefruit to 1 gallon of water, and drink throughout the day. Diffuse into the air. Inhale directly or applied to hands, tissue, or cotton wick.
Odor:	EMOTIONAL	
	Body: Fear of others, Self-hate, Dislike of self Breath: Festering Anger / Revenge thoughts Experiences backing up, Vile gossip Rotten attitudes, Foul thinking	<i>I love and approve of myself. I am safe. I release the past with love. I choose to voice with love. I speak with gentleness and love. I exhale only the good.</i>
	Crystals	
	Zeolite Body: Magnesite, Orbicular Jasper (Chakra: Earth, Base, Sacral) Breath: Sunstone	
	Essential Oils	
	Peppermint, On Guard, Patchouli, Lavendar --- Deodorant: Purify, Melaleuca, Lavender, Geranium, Eucalyptus, Cypress, Elevation, Serenity, Breathe, Whisper --- Deodorizing: Purify, Peppermint, Clary Sage	Dilute as recommended, and apply 1-2 drops on the skin. Dilute 2-3 drops to 4oz unscented talcum powder and 2oz baking soda, and apply under the arms, on the feet, or on other areas of the body. Diffuse into the air. Dissolve 8-10 drops in 1tsp perfumer's or pure grain alcohol (such as vodka), and combine with distilled water in a 1oz spray bottle. Spray into the air or on affected surface.
Osteomyelitis:	EMOTIONAL	
	Feeling a lack of support Feeling frustrated with life Feeling angry at life & structure of life	<i>I am peaceful with and trust the process of life. I am safe and secure.</i>
	Essential Oils	
	Lemongrass, Clove, Eucalyptus, Melaleuca	Recipe 1: Apply equal parts lemongrass, clove, eucalyptus, and melaleuca. Either blended together or applied individually on location.
Osteoporosis:	EMOTIONAL	
	Feeling totally unsupported in life	<i>I stand up for myself and life supports me in unexpected loving ways.</i>
	Crystals	
	Amazonite, Larimar, Smithsonite	
	Essential Oils	
	Clove, Geranium, Peppermint, Wintergreen, White Fir, Deep Blue, Thyme, Rosemary, Lemon, Cypress	Dilute as recommended, and apply on location or on reflex points on feet.
Ovaries:	EMOTIONAL	
	Feelings of loneliness, Lack of creativity Desire to feel love and respect Feeling inadequate in sexual role	<i>I am balanced in my creative flow.</i>
	Crystals	
	Amber, Atacamite, Carnelian, Chrysoprase, Gold Calcite, Peach Aventurine, Ruby in Zoisite, Topaz Disease of: Zoisite	

	Chakra:	Sacral
	Essential Oils	
	Rosemary (regulates), Geranium, Whisper, Digest Zen Ovarian Cyst: Basil	Dilute as recommended, and apply 1-2 drops on abdomen and reflex points on the feet. Add 1-2 drops to 1Tbs fractionated coconut oil, and massage into abdomen and lower back. Apply as a warm compress to the abdomen. Add 1-2 drops to 2 tsp olive oil, insert into vagina, and retain overnight with a tampon.
Over:	Crystals	
	Acidification: Bloodstone, Chiastolite, Zoisite Active: Amethyst, Garnet Attachment: Magnetite (Lodestone) – Chakra: Solar Plexus Indulgence: Amethyst, Hematite – Chakra: Base Sensitive: Rose Quartz, Sodalite – Chakra: Solar Plexus Thinking: Rhomboid Calcite, Yellow Labradorite, Beryl, Blue Selenite – Chakra: Brow Whelm: Blue-green Jade (wear continuously) –Chakra: Solar Plexus Working: Staurolite	
Over-Eating: (Compulsive)	EMOTIONAL	
	Tension · Feeling a material-emotional lack Craving closeness Putting on emotional armor A symbol of power & desire to throw one's weight around Emotional energy based on anger & resentment	• <i>I allow perfect love to fill my body and mind. I allow perfect love to guide my life.</i>
	Chakra:	Base
	Crystals	
	Hematite	
	Essential Oils	
	Slim & Sassy, Grapefruit, Lemon, Peppermint, Ginger	Diffuse into the air. Inhale directly from bottle. Apply oil to hands, tissue, or cotton wick, and inhale. Add 8 drops Slim & Sassy to 16oz of water, and drink throughout the day between meals. Drink 1-2 times per day as a meal alternative.
Overweight:	EMOTIONAL	
	Feelings of insecurity, Fear Feelings of self-rejection, Insecurity Wanting to protect the body, Self rejection Seeking love & fulfillment Attempting to fulfill the self Feelings are being stuffed inside	<i>I am at peace with my own feelings. I am safe where I am. I create my own security. I love and approve of myself.</i>
	Crystals	
	Cinnabar	
	Essential Oils	
	Grapefruit, Lemon, Slim & Sassy, Orange, Lemongrass, Rosemary, Thyme, Lavender, Elevation, Patchouli	Add 5 drops lemon and 5 drops grapefruit to 1 gallon of water, and drink throughout the day.
Oxygen Absorption:	Crystals	
	Botswana Agate, Fluorite, Serpentine (over heart and lungs)	
	Chakra:	Solar Plexus
	Essential Oils	
	Sandalwood, Frankincense, Oregano, Fennel	Diffuse into the air. Inhale directly from bottle. Apply oil to hands, tissue, or cotton wick, and inhale. Dilute as recommended, and apply 1-2 drops to forehead, chest and sinuses.

Paget's Disease:	EMOTIONAL	
	Feeling there is no longer any foundation to build on "Nobody Cares"	<i>I know I am supported by Life in grand and glorious ways. Life loves me and care for me.</i>
Pain:	EMOTIONAL	
	God trying to get your attention Repressed anger & frustration In a relationship that hurts Feelings of guilt, Need to punish self Indicating that something is imbalanced	<i>I lovingly release the past. They are free and I am free. All is well in my heart now.</i>
	Chakra:	Solar Plexus, Higher Heart
	Crystals	
	Relief: Cathedral Quartz, Amber, Amethyst, Dendritic Agate, Boji Stones, Aragonite, Celestite, Fluorite, Hematite, Infinite Stone, Lapis Lazuli, Larimar, Malachite (polished, indirect), Magnetite (Lodestone), Quartz, Sugilite, Mahogany Obsidian, Seraphinite, Smoky Quartz, Rose Quartz, Tourmaline Feelings, assimilate: Rhodochrosite	
	Essential Oils	
	Lavender, Eucalyptus, Deep Blue, Lemon, Rosemary, Clove, Cypress, White Fir, Helichrysum, Geranium, Frankincense, Lemongrass, Marjoram, Melaleuca, Peppermint, Rosemary, Wintergreen Bone: Deep Blue, Wintergreen, Lavender, Cypress, White Fir, Helichrysum, Peppermint, Sandalwood Chronic: Deep Blue, Wintergreen, Cypress, White Fir, Helichrysum, Ginger, Peppermint, Sandalwood General: Deep Blue, Wintergreen, Lavender, Cypress, Marjoram, White Fir, Helichrysum, Peppermint, Sandalwood Inflammation: Rosemary, Eucalyptus, Lavender, Deep Blue Joints: Deep Blue, Wintergreen, Roman Chamomile Muscle: Deep Blue, White Fir, Clove, Lavender, Lemongrass (ligaments), Cypress, Marjoram, Helichrysum, Peppermint, Sandalwood, Wintergreen Tissue: Deep Blue, Helichrysum	Dilute as recommended, and apply 1-2 drops on location. Combine with carrier oil, and massage into affected muscles and joints. Apply as a warm compress over affected areas. Diffuse into the air. Inhale oil applied to a tissue or a cotton wick.
Palsy:	EMOTIONAL	
	Cerebral: A need to unite the family in an action of love Feeling stagnant in life, Extreme control over anger Feel you can't move forward, Stuck Unwillingness to express feelings. Paralyzing thoughts	<i>I contribute to a united, loving and peaceful family life. All is well. It is safe for me to express my feelings. I forgive myself. I am a free thinker and I have wonderful experiences with ease and with joy.</i>
Pancreas: REJECTED	EMOTIONAL	
	Feelings of judgment Feelings of guilt, Sorrow Low self-esteem, Pity Suppressing laughter Incorrect use of ego Feels the joy of living is gone/not allowing joy Issues of rejection and abandonment Feeling unaccepted Self pity and/or sorrow Feeling deprived of the "sweet" things in life Inability to handle/assimilate the sweetness/beauty of life Loneliness Trying to hold onto life too tightly	<i>The capacity to take in, assimilate, and balance the sweetness of life. The balance of giving and receiving love. Uncertainty worry, mental confusion, anger, hostility, bitterness, and/or resentment can take the "sweetness" out of one's life (and Blood), resulting in imbalances in this area. (Diabetics) Approved, joy, grateful, accepted My life is sweet. I love and approve of myself and I alone, create sweetness and joy in my life.</i>
	Chakra:	Spleen, Solar Plexus, Base

	Crystals	
	Amber, Bloodstone, Charoite, Chrysocolla, Citrine, Carnelian, Green Calcite, Jasper, Malachite (polished, indirect), Moonstone, Pink Tourmaline, Smoky Quartz, Topaz, Red Tourmaline, Blue Lace Agate, Chrysocolla, Septarian Secretions: Muscovite, Malachite (polished, indirect)	
	Essential Oils	
	Cypress, Rosemary, Breathe, Lemon, On Guard Pancreatitis: Lemon, Marjoram Stimulant For: Helichrysum Support: Cinnamon, Geranium, Fennel	Dilute as recommended, and apply 1-2 drops over pancreas area or on reflex points on the feet. Diffuse into the air.
Paralysis: (see palsy)	EMOTIONAL	
	Feeling overwhelmed by responsibilities Sub-consciously wanting to escape (Situation or person) Resisting life, Terror, Fear Fear of the future, Resistance	<i>I am one with all of life. I am totally adequate for all situations.</i>
	Crystals	
	Amethyst, Chiastolite, Watermelon Tourmaline, Emerald with Blue Sapphire	
	Essential Oils	
	Peppermint, Lemongrass, Geranium, Balance, Purify, Cypress, Ginger, Helichrysum	Dilute as recommended, and apply 1-3 drops on location, spine, back of neck, and reflex points on the feet. Add 2-4 drops to 1Tbs fractionated coconut oil, and massage on location. Add 1-2 drops to warm bathwater, and bathe. Diffuse into the air. Inhale directly from bottle. Apply oil to hands, tissue, or cotton wick, and inhale.
Paralyzed Arms:	EMOTIONAL	
	Left arm: Difficulty in receiving from others Right arm: Difficulty in giving to others Resistance to an unexplained hardness of will Tension of the mind	<i>• I allow perfect love to fill my body and mind. I allow perfect love to guide my life.</i>
Parasites:	EMOTIONAL	
	Allowing feelings to rule you rather than you ruling feelings Strong belief in being a victim & unclean Helpless to the seeming attitudes of others Giving power to others, Letting them take over	<i>I lovingly take back my power & eliminate all interference Others only reflect the good feelings I have about myself. I love and approve of all that I am.</i>
	Crystals	
	Amethyst, Ruby Aura Quartz, Rutilated Quartz, Serpentine	
	Essential Oils	
	Oregano, Thyme, Fennel, Roman Chamomile, Digest Zen, Lavender, Melaleuca, Clove Intestinal: Lemon, Oregano, Roman Chamomile Worms: Digest Zen, Lavender, Rosemary, Thyme, Peppermint, Roman Chamomile, Bergamot, Melaleuca	Place 2-4 drops essential oil in empty capsule, and swallow. Add 1-2 drops to 4oz rice or almond milk, and drink. Worm Blend: Combine 6 drops Roman Chamomile, 6 drops eucalyptus, 6 drops lavender, and 6 drops lemon with 2 Tbs fractionated coconut oil. Apply 10-5 drops over abdomen with a hot compress, and apply 1-2 drops on intestine and colon reflex points on the feet.
Parathyroid:	EMOTIONAL	
	Unresolved anger Concerned, jealous Repressed, suppressed, paranoid	<i>Trust, Freedom, Encouraged, Secure</i>
	Chakra:	Throat
	Crystals	
	Kyanite, Malachite (polished, indirect)	

<i>Parkinson's Disease:</i>	EMOTIONAL	
	Wanting full control, Intense desire to control Fears not being able to control	<i>I relax knowing that I am safe. Life is for me and I trust the process of life.</i>
	Crystals	
	Celestite, Opal, Rose Quartz	
	Essential Oils	
	Marjoram, Lavender, Clary Sage, Frankincense, Balance, Sandalwood, Serenity, Vetiver, Cypress (circulation), Bergamot, Geranium, Helichrysum, Lemon, Orange, Peppermint, Rosemary, Thyme	Add 5-10 drops essential oil to 1Tbs fractionated coconut oil and massage on affected muscles, back, legs, and neck. Dilute as recommended and apply 1-2 drops to base of neck or reflex points on the feet. Add 3-5 drops to warm bathwater and bathe.
<i>Past Life:</i>	Crystals	
	<p>Abandonment: Rhodonite, Pink Tourmaline Access: Variscite, Wulfenite Addiction, Causes of: Iolite Akashic record, read: Tibetan Black Spot Quartz, Cathedral Quartz, Tanzanite, Prehnite Betrayal: Rhodonite Blockages from past lives: Leiodolite Broken heart: Rose Quartz Chastity: Okenite Cleansing: Danburite Curses, break: Shattuckite, Tiger's Eye Curses, deflect effects of: Black Tourmaline Cycles: Okenite Death, unhealed trauma: Lilac Smithsonite Debts, recognize: Okenite Deprivation: Prehnite Dis-ease: Tanzanite with Iolite and Danburite Emotional attachments: Rainbow Aura Quartz, Rainbow Obsidian (wear continuously) Emotional Pain: Charoite Emotional Wounds: Rhodonite Entity Attachment: Smoky Amethyst, Kunzite, Larimar, Petalite, Selenite, Laser Quartz (place on appropriate chakra, hold in place until removed, purify crystal immediately) Family Patterns: Spirit Quartz Grief Unhealed: Fire Opal, Spirit Quartz Hyperactivity due to effects of: Prehnite Healing: Danburite, Merlinite, Charoite, Obsidian, Okenite, Infinite Stone, Rhodonite, Pietersite Heart Pain: Rhodonite, Rhodochrosite, Dioptase Injuries: Herkimer Diamond, Onyx Learning from: Muscovite, Peridot Mental Imperatives, release: Danburite, Idocrase Persecution: Wulfenite Phobias resulting from: Prehnite Prisoner: Idocrase Psychosexual problems resulting from: Malachite (polished, indirect) Recall: Amber, Carnelian, Phantom Crystals, Garnet, Serpentine, Variscite Redress: Charoite Regression: Green Aventurine, Variscite Relationships: Larimar, Lithium Quartz Releasing vows: Turquoise Rejection: Blue Lace Agate Resentment: Rhodonite Restraint, emotional or mental: Idocrase Sexual problems arising from: Malachite (polished, indirect) Soul Agreements, recognition: Wulfenite Tie Cutting: Malachite (polished, indirect), Sunstone, Petalite, Wulfenite, Green Obsidian, Rainbow Obsidian Thought Forms, release: Iolite Wound imprints in etheric body: Sceptre Quartz, Tibetan Black Spot Quartz wand, Charoite, Selenite, Smoky Quartz</p>	

Pelvis:	EMOTIONAL	
	Unable to remain grounded or focused in emotional activity Relates to holding on to sexual feelings	• <i>I allow perfect love to fill my body and mind. I allow perfect love to guide my life.</i>
	Essential Oils	
	Pelvic Pain Syndrome: Ginger, Geranium, Clove, Bergamot, Thyme, Rose	Place 2-3 drops in warm bathwater, and soak for 10 minutes. Add 5-10 drops to 1Tbs fractionated coconut oil, and massage on pelvis and upper legs.
Peptic Ulcer: (Heartburn, Stomach)	EMOTIONAL	
	Feels a lack of self-worth, Fear, Not good enough Feels responsible for pleasing everyone	<i>I love and approve of myself. I am at peace with myself. I am wonderful.</i>
Phlebitis:	EMOTIONAL	
	Feelings of being trapped, Anger, Frustration Feeling there is no way out Feels life's immediate problems can't be solved Blaming others for the limitation & lack of joy in life	<i>Joy now flows freely within me and I am at peace with life.</i>
	Essential Oils	
	Helichrysum, Lavender, Cypress, Geranium, Grapefruit, Balance	Dilute oils as recommended and apply oils to area: to carotid arteries, heart, feet, under left ring finger, above elbow, behind ring toe on left foot, and to reflex points on the feet. Add 1-2 drops to bathwater for a bath. Add 1-2 drops to 1Tbs fractionated coconut oil for massage oil, and massage on location or on chest, neck, or feet. Diffuse into the air. Inhale oil applied to hands, tissue, or cotton wick.
Pimples:	EMOTIONAL	
	Unresolved frustration Hidden anger surfacing Dislike of self Anger boiling up from inside Unexpressed emotions surfacing Anxiety regarding one's relationship to oneself and the world Blackheads: Small outbursts of anger Whiteheads: Hiding ugliness	<i>Related to one's self-image. Individuality, sensitivity, and feeling. Issues related to elimination (letting things go).</i> <i>I calm my thoughts and I am serene I accept myself as beautiful and loved.</i>
	Essential Oils	
	Melaleuca, Lavendar, Geranium, Sandalwood, Thyme, Vetiver, Lemon, Lemon-grass, Marjoram, Patchoili	Dilute as recommended, and apply one of the above oils on location. Place about 10 drops of an oil in a 1-2 oz spray bottle filled with water, and mist your face several times per day.
Pineal Gland: SPEECHLESS	EMOTIONAL	
	Corresponds with inner seeing & hearing Refusing to receive understanding & enlightenment Misusing faith, deaf, blind, dumb, tongue-tied Unsociable, purposeless, empty, unconcerned	<i>I am communicative, attentive, observant, expressive, sociable, purposeful, strong, fulfilled, & caring.</i>
	Crystals	
	Amethyst, Quartz, Moonstone, Opal, Gem Rhodonite, Sodalite, Ruby, Yellow Labradorite, Petalite	
	Essential Oils	
	Frankincense, Sandalwood, Vetiver, Ginger	<i>Diffuse into the air. Inhale directly from bottle. Apply oil to hands, tissue, or cotton wick, and inhale.</i>

Pink-Eye:	EMOTIONAL	
	Feelings of frustration, Not wanting to see Feelings of anger at present situation Wanting to obscure what is going on around you	<i>I release the need to be right. I am at peace. I love and approve of myself.</i>
	Essential Oils	
	Melaleuca, Lavender	Dilute as recommended and apply 1-2 drops around eyes (never in eyes), or to feet, thumbs, ankles, pelvis, base of neck, or reflex points on the feet. Diffuse into the air.
Pituitary Gland: (parotid) UNHAPPY - Control center	EMOTIONAL	
	Continually picturing ill health or sickness Feelings of being a constant recipient of bad luck/misfortune Not being able to see good in all things	<i>I am joyful, agreeable, satisfied, relief, & yielding. My mind and body are in perfect balance. I control my thoughts.</i>
	Crystals	
	Iolite, Pietersite, Sapphire, Garnet	
	Essential Oils	
	Frankincense, Sandalwood, Vetiver, Ginger Balances: Ylang Ylang, Geranium Increase Oxygen: Frankincense, Sandalwood	Diffuse into the air. Inhale directly from bottle. Apply oil to hands, tissue, or cotton wick, and inhale. Dilute as recommended, and apply 1-2 drops to forehead, back of neck, and reflex point on big toes.
Plantar Wart:	EMOTIONAL	
	Frustrated at very basis about life & the future Deep seeded anger Spreading frustration about the future	<i>I move forward with confidence and ease. I trust and flow with the process of life.</i>
Pleurisy:	EMOTIONAL	
	Feelings of antagonism Feelings of hostility	<i>• I allow perfect love to fill my body and mind. I allow perfect love to guide my life.</i>
	Crystals	
	Pearl	
	Essential Oils	
	Cypress, Thyme	Diffuse into the air. Inhale directly from bottle. Apply oil to hands, tissue, or cotton wick, and inhale. Dilute as recommended, and apply to chest, sinuses, neck, or reflex points on the feet. Add 2-3 drops to water, and gargle. Apply to chest as warm compress.
Pneumonia:	EMOTIONAL	
	Weary /Tired of life, Desperate Deep emotional hurts that have not healed Feelings of desperation	<i>I freely take in Divine ideas that are filled with the breath and the intelligence of life. This is a new moment.</i>
	Crystals	
	Fluorite, Diamond	
	Essential Oils	
	Breathe, On Guard, Thyme, Cinnamon, Oregano, Eucalyptus, Melaleuca, Lavender, Lemon, Frankincense, Myrrh	Diffuse into the air. Place 4 drops in ½ cup hot water, and inhale steam deeply. Dilute as recommended, and apply to chest, back, and reflex points on the feet. Apply as warm compress to the chest. Place 2-3 drops in 1 tsp fractionated coconut oil; place oil in rectum, and retain overnight.
Poison Ivy:	EMOTIONAL	
	Feeling defenseless and open to attack	<i>I am powerful, safe & secure. All is well.</i>

	Essential Oils	
	Rose, Lavender, Elevation, Roman Chamomile	Dilute as recommended, and apply 1-2 drops on location. Add 2-3 drops to 1tsp fractionated coconut oil, and apply on location.
Polio:	EMOTIONAL	
	Paralyzing jealousy A desire to stop someone	<i>There is enough for everyone. I create my good and my freedom with loving thoughts.</i>
Post-Nasal Drip:	EMOTIONAL	
	Crying on the inside, Childish tears Feelings of inner grief Feeling you are a victim	<i>I acknowledge and accept that I am the creative power in my world. I now choose to enjoy my life.</i>
Premenstrual Syndrome: (PMS)	EMOTIONAL	
	Relinquishing power to others/outside influences Rejecting the feminine process/aspect of self Allowing confusion to reign	<i>I now take charge of my mind and my life. I am a powerful, dynamic woman! Every part of my body functions perfectly. I love me.</i>
	Crystals	
	Chrysocola, Opal, Moonstone	
	Essential Oils	
	Clary Sage, Geranium, Fennel, Lavender, Bergamot, Grapefruit Apathetic-Tired-Listless: Grapefruit, Geranium, Bergamot, Fennel Irritable: Clary Sage, Bergamot, Roman Chamomile Violent Aggressive: Geranium, Bergamot Weeping-Depression: Clary Sage, Bergamot, Geranium	Dilute as recommended, and apply to the abdomen, lower back, shoulders, or reflex points on the feet. Add 1-2 drops to 2 tsp olive oil, insert into vagina, and retain overnight with a tampon.
Prostate Problems:	EMOTIONAL	
	Ideas are in conflict about sex/masculinity Refusing to let go of the past Fear of aging, Mental fears weaken masculinity Feels like throwing in the towel, Giving up Sexual pressure and guilt	<i>I accept and rejoice in my masculinity. I love and approve of myself. I accept my own power. I am forever young in spirit.</i>
	Crystals	
	Chrysoprase, Obsidian, Zincite	
	Essential Oils	
	Helichrysum, Frankincense Benign Prostatic Hyperplasia: Fennel Prostatitis: Thyme, Cypress, Lavender	Dilute as recommended, and apply to the posterior, scrotum, ankles, lower back, or bottom of feet. Add 5 drops to 1Tbs fractionated coconut oil, insert into rectum, and retain throughout the night.
Prostate Cancer	EMOTIONAL	
	Repressed anger at being restricted	<i>• I allow perfect love to fill my body and mind. I allow perfect love to guide my life.</i>
	Essential Oil	
	Frankincense (blend 15 drops with 1 tsp fractionated coconut oil for nightly rectal enema)	Diffuse into the air. Inhale oil directly or applied to hands, tissue, or a cotton wick. Dilute as recommended, and apply 1-5 drops on location and on reflex points on the feet and hands. Apply as a warm compress over affected area.
Protein Absorption:	Crystals	
	Opal	
	Chakra:	Solar Plexus

Psoriasis: (Skin problems)	EMOTIONAL	
	Emotional insecurity, Fear of being hurt Unwilling to be accountable for own feelings Unresolved, deep-seeded hurt feelings surfacing Deadening the senses of the self Refusing to accept responsibility for your own feelings	<i>I am alive to the joys of living. I deserve and accept the very best in life. I love and approve of myself.</i>
	Crystals	
	Blue Lace Agate, Labradorite	
	Essential Oils	
	Helichrysum, Thyme, Lavender, Melaleuca, Roman Chamomile, Bergamot	Dilute as recommended, and apply 1-2 drops on location. Combine 2 drops Roman Chamomile with 2 drops Lavender, and apply on location.
Psychic Attack:	Crystals	
	Black Tourmaline, Apache Tear, Rutilated Quartz, Ametrine, Moss Agate, Selenite, Labradorite, Ajoite with Shattuckite (wear constantly) Surgery: Tektite Shadow: Mahogany Obsidian (short periods only) Psychosexual problems: Malachite (polished, indirect) Psychosomatic disease: Pink Chalcedony, Iron Pyrite, Kunzite, Amethyst --- Stabilize body during changes: Morganite --- Understand Causes of: Sugilite, Malachite (polished, indirect)	
Pubic Bone:	EMOTIONAL	
	Genital protection	<i>My sexuality is safe.</i>
Pyorrhea:	EMOTIONAL	
	Feeling angry at self for not being able to make decisions Wishy-Washy people	<i>I approve of myself and my decisions are always perfect for me.</i>
Rabies:	EMOTIONAL	
	Anger, A belief that violence is the answer	<i>I am surrounded and in dwelled with peace.</i>
Rash: (See Hives)	EMOTIONAL	
	Being irritated by something or someone/delays Unable to flow with life Babyish way to get attention	<i>I love and approve of myself. I am at peace with the process of life.</i>
	Crystals	
	Rhyolite	
	Essential Oils	
	Melaleuca, Lavender, Roman Chamomile --- Children: Lavender, Roman Chamomile, Sandalwood (Dilute 1-2 drops in 2Tbs fractionated coconut oil, and apply a small amount on location.) --- Diaper Rash: Lavender (Combine 1 drop Roman Chamomile and 1 drop Lavender with 1tsp fractionated coconut oil, and apply on location. – Dilute 1-2 drops in 2Tbs fractionated coconut oil, and apply a small amount of this mixture on location.	Dilute as recommended, and apply 1-2 drops on location. Add 1-5 drops to 1Tbs fractionated coconut oil, and apply on location.
Reproductive: WORRIED	EMOTIONAL	
	Misunderstood, dirty, unfruitful, unproductive Misjudged, unresponsive, frigid, unfulfilled Dishonorable, wrong, unrecognized, unthinking Thoughtless, unaffectionate, lie, deceive, unfriendly	<i>I am assured, satisfied, respected, natural, fruitful, productive, respected, responsive, warm, fulfillment, fine, understood, accepted, thoughtful, truth, & friendly.</i>

	Chakra:	Base, Sacral
	Crystals	
	Red and Orange stones, Moonstone, Carnelian, Rose Quartz, Smoky Quartz, Thulite, Unakite, Tiger's Eye	
Respiratory Problems: (Bronchitis, Colds, Coughs, Influenza)	EMOTIONAL	
	Not feeling approval Lack of love, Fear of taking in life fully Fears living life to the fullest	<i>I am safe. I love my life</i>
	Crystals	
	Candle Quartz, Iron Pyrite, Lapis Lazuli Problems with: Apophyllite, Rhodochrosite, Pietersite	
	Essential Oils	
	Breathe, Eucalyptus, Peppermint, White Fir, Cinnamon, On Guard, Melaleuca, Clary Sage, Fennel, Helichrysum, Marjoram, Oregano, Bergamot, Clove, Frankincense, Lemon, Rosemary, Lime Asthma: Eucalyptus, Frankincense, Peppermint, Thyme, Breathe, Oregano, Lemon, Myrrh, Lavender, Geranium, Cypress, Clary Sage, Ylang Ylang, Rose, Helichrysum, Marjoram, Rosemary Breathing: Breathe, Cinnamon, Frankincense, Rosemary, Thyme, Marjoram, Ginger Bronchitis: Eucalyptus, Thyme, White Fir, Basil, Breathe, On Guard, Clary Sage, Cypress, Melaleuca, Marjoram, Peppermint, Rosemary, Wintergreen, Myrrh, Clove, Frankincense, Ginger, Lavender, Lemon, Sandalwood, Bergamot Hypernea: Ylang Ylang Lungs: Breathe, Eucalyptus, Sandalwood, Frankincense, Elevation, On Guard (for infections) Oxygen: Frankincense, Sandalwood Pleurisy: Cypress, Thyme Pneumonia: Breathe, On Guard, Thyme, Cinnamon, Oregano, Eucalyptus, Melaleuca, Lavender, Lemon, Frankincense, Myrrh	Blend 1: Combine 5 drops eucalyptus, 8 drops frankincense, and 6 drops lemon. Apply to bottoms of feet; or add to 1oz (2Tbs) fractionated coconut oil, and apply as a hot compress on chest. Recipe 1: Combine 10 drops eucalyptus and 10 drops myrrh with 1Tbs fractionated coconut oil. Insert rectally for overnight retention enema. Diffuse into the air. Inhale directly from bottle. Apply oil to hands, tissue, or cotton wick, and inhale. Dilute as recommended, and apply to chest, sinuses, neck, or reflex points on the feet. Add 2-3 drops to water, and gargle. Apply to chest as warm compress. Add 20 drops to 1Tbs fractionated coconut oil, and insert rectally for overnight retention enema.
Rheumatism:	EMOTIONAL	
	Feelings of resentment & wanting revenge "I am a victim" syndrome, Chronic bitterness Long-standing bitterness, Lack of Love Has a problem loving self & others	<i>I create my own experiences. As I love and approve of myself and others, my experiences get better and better.</i>
	Crystals	
	Agate, Amber, Azurite, Chrysocolla, Hematite, Carnelian, Chialstolite, Emerald, Labradorite, Malachite (polished, indirect), Sunstone, Magnetite (Lodestone)	
	Essential Oils	
	Marjoram, Lavender, Cypress, Deep Blue, Geranium, Bergamot, Clove, Ginger, Lemon, Rosemary, Wintergreen, Cinnamon, Eucalyptus, Oregano, Peppermint, Roman Chamomile, Thyme	Dilute as recommended, and apply on location. Apply as a warm compress over affected area. Dilute 1-2 drops in 1Tbs fractionated coconut oil, and use as a massage oil. Add 1-2 drops to ¼ cup Therapeutic Bath Salts and dissolve in warm bathwater for a soaking bath. Diffuse into the Air.
Rickets:	EMOTIONAL	
	Emotional malnutrition. Lack of love & security	<i>I am secure and am nourished by the Love of the Universe itself.</i>
	Crystals	
	Apatite, Calcite, Rutilated Quartz	
Right-Left Split:	EMOTIONAL	
	Right: Masculine side, Fighting, Giving, Releasing side Unresolved relationship(s) with men (father, brother, boyfriend etc.) Inability to give to oneself or others	<i>Giving, assertive, extroverted, bringing ideas into action. Inherited perception of the male image.</i>

	<p>Holding back on some level, Letting go Inability to express or over-expression of masculine energy Overexertion in work and/or activities</p> <p>Left: Feminine side/Protecting/Receiving/Taking side Unresolved relationships(s) with women/self Feeling unworthy Inhibited creative expression- Not responding to one's intuition Inability to express or over-expression of female energy</p>	<p><i>Reflects relationship to one's own masculine side and/or relationships with men. I balance my masculine energy easily & effortlessly</i></p> <p><i>Feminine energy. Receiving, passive, introverted Intuitive, creative. Inherited perceptions of Female image. Reflects relationship to one's own feminine side and/or other women.</i></p>
Ringworm:	EMOTIONAL	
	<p>Allowing others to get under your skin Not feeling good enough or clean enough</p>	<p><i>I love and approve of myself. No person, place or thing has any power over me. I am free.</i></p>
	Crystals	
	Calcite, Diamond, Zircon	
	Essential Oils	
	Melaleuca, Oregano, Clear Skin, Peppermint, Thyme, Geranium, Lavender	<p>Combine 2 drops Lavender, 2 drops Melaleuca, and 2 drops Thyme. Apply 1-2 drops on ringworm three times a day for 10 days. Then mix 30 drops melaleuca with 2Tbs fractionated coconut oil, and use daily until ringworm is gone.</p>
Sacroiliac Problems:	EMOTIONAL	
	Feel you're in the wrong place (job, city, relationship, etc.)	<p>• <i>I allow perfect love to fill my body and mind. I allow perfect love to guide my life.</i></p>
Scabies:	EMOTIONAL	
	Infected thinking, Allowing others to get under skin	<p><i>I am my own person. I am the living, loving, joyous expression of life.</i></p>
	Essential Oils	
	On Guard, Clear Skin, Melaleuca, Peppermint, Lavender, Bergamot	<p>Add 5-10 drops to 1Tbs fractionated coconut oil, and apply a small amount on location morning and night. Dilute as recommended, and apply 1-2 drops on location.</p>
Scar Tissue:	Crystals	
	Rose Quartz	
	Essential Oils	
	Lavender (burns), Rose (helps prevent), Frankincense (helps prevent), Helichrysum (reduces), Geranium, Myrrh	<p>Blend 1: Combine 5 drops helichrysum and 5 drops lavender with 1Tbs sunflower oil or with liquid lecithin (an emulsifier extracted from eggs or soy), and apply on location.</p> <p>Blend 2: Combine 1 drop lavender, 1 drop lemongrass, and 1 drop geranium, and apply on location to help prevent scar formation.</p>
Sciatica:	EMOTIONAL	
	<p>Mental anxieties regarding creative abilities Sexual abnormality or frustration, Fear of money Over-concerned with money issues, Fear of future Being double-minded & Hypocritical</p>	<p><i>I move into my greater good. My good is everywhere, and I am secure and safe.</i></p>
	Crystals	
	Kunzite, Lepidolite, Sapphire, Tourmaline, Zircon, Hematite, Rose Quartz	

	Essential Oils	
	Peppermint, Roman Chamomile, Helichrysum, Thyme, Deep Blue (for pain), Balance, White Fir, Sandalwood, Lavender, Wintergreen	Dilute as recommended, and apply 1-2 drops on the lower back, buttocks, or legs. Add 5-10 drops to 1Tbs fractionated coconut oil, and massage on spine, back, legs, and bottoms of feet.
Scleroderma:	EMOTIONAL	
	Protecting the self from life Not trusting yourself to be there and to take care of self	<i>I relax completely for I now know I am safe. I trust Life and I trust myself.</i>
Scratches:	EMOTIONAL	
	Feeling life tears at you, Life is a rip off Feels like you are being ripped off, Cheated	<i>I am grateful for life's generosity to me. I am blessed.</i>
	Essential Oils	
	---Cuts: Helichrysum, Lavender, Melaleuca, Basil, On Guard, Roman Chamomile, Cypress	Dilute as recommended, and apply 1-2 drop on location.
Sedatives:	Essential Oils	
	Lavendar, Ylang Ylang, Melissa, Roman Chamomile, Sandalwood, Rose, Clary Sage, Cypress, Frankincense, Bergamot, Marjoram	Diffuse into the air. Inhale directly from bottle. Apply oil to hands, tissue, or cotton wick, and inhale. Dilute as recommended and apply 1-2 drops to temple or forehead. Add 5-10 drops to 1Tbsp fractionated coconut oil, and use as massage oil. Add 1-3 drops to warm bathwater, and bathe.
	Crystals	
	Magnetite (Lodestone), Rutilated Quartz, Smoky Quartz	
Seizures:	EMOTIONAL	
	Running away from the family, self or life	<i>I am at home in the universe. I am safe and secure and understood.</i>
	Essential Oils	
	Clary Sage, Lavender, Balance, Serenity, Elevation Convulsions: Lavender, Clary Sage, Balance Epilepsy: Clary Sage Grand Mal Seizure: Balance (on feet), Serenity (around naval), Elevation (over heart)	Dilute as recommended, and apply 1-2 drops to back of neck, navel, heart, or reflex points on the feet.
Senility:	EMOTIONAL	
	Inability to stay in the present Longing to return to security of by-gone years Wanting to control those around you Demanding care & attention, Escapism	<i>Divine protection. Safety. Peace. The Intelligence of the Universe operates at every level of life.</i>
	Chakra:	Brow
	Crystals	
	Chalcedony, Rose Quartz	
Sex Organs:	EMOTIONAL	
	Feelings of apathy & separation	<i>• I allow perfect love to fill my body and mind. I allow perfect love to guide my life.</i>
	Crystals	
	Jasper, Smoky Quartz, Pink Tourmaline Abuse, healing: Rhodochrosite, Pink Agate, Pink Carnelian, Ruby Aura Quartz Libido, loss of: Fluorite Libido, imbalances: Garnet Pleasure, prolong: Jasper Sexuality: Pyrolusite STD's: Chrysoprase, Malachite (polished, indirect) Tension: Brown Opal	

	Essential Oils	
	Female Frigidity: Clary Sage, Ylang Ylang, Whisper, Rose Impotence: Clary Sage, Clove, Rose, Ginger, Sandalwood Libido (low): Ylang Ylang, Elevation --- Men: Cinnamon, Ginger, Myrrh --- Women: Clary Sage, Geranium	Diffuse into the air. Dissolve 2-3 drops in 2 tsp pure grain or perfumers alcohol, combine with distilled water in a 1 or 2 oz spray bottle, and spray into the air or on clothes or bed linens. Dilute as recommended, and wear on temples, neck, or wrists as perfume or cologne. Combine 3-5 drops of your desired essential oil with 1Tbs fractionated coconut oil to use as massage oil. Combine 1-2 drops with ¼ cup therapeutic bath salts, and dissolve in warm bathwater for a romantic bath.
Shingles:	EMOTIONAL	
	Fear things won't work out the way we want Over-sensitive, Fear the other shoe will drop On-going tension concerning a situation Hostile energy being manifest, Fear & tension	<i>I am relaxed and peaceful because I trust the process of life. All is well in my world</i>
	Crystals	
	Blue Lace Agate, Chrysoprase, Fluorite, Jade, Lapis Lazuli, Chrysoprase, Rose Quartz	
	Essential Oils	
	Melaleuca, Eucalyptus, Lavender, Lemon, Geranium, Bergamot	Blend 1: Combine 10 drops lavender, 10 drops melaleuca, and 10 drops thyme with 1Tbs fractionated coconut oil. Apply on feet and on location. Dilute as recommended, and apply 1-2 drops on location. Add 5-10 drops essential oil to 1Tbs fractionated coconut oil, and massage on location and on bottoms of feet.
Shins:	EMOTIONAL	
	Not being true to ideals & values Where are you stands of life?	<i>I live up to my highest stands with love and with joy.</i>
Shoulders: <i>(Our expressive part) ANGER</i>	EMOTIONAL	
	Bearing burdens that don't belong to you Life is too great a burden to bear Carrying stressful responsibilities Lacking in courage, fear of life, can't cope Feeling that one's responsibilities are a burden "Shouldering" a false sense of responsibility Carrying the weight of someone else's expectations or demands Withholding the expression of love Tension/stress Inability to carry life experiences joyously Need to be perfect Fear of death & loneliness Fear of expressing oneself Insecurity/lack of self-esteem Hunched & Sloped: Feels life is a tough struggle Round: Feelings of Hopeless/Helpless, Burdens of life Scoliosis: Inability to trust life	<i>Responsibility ("shouldering" responsibility). Self-esteem. Like the arms and the heart, the shoulders are also related to the expression of love.</i>
	Crystals	
	Prehnite, Blue Lace Agate, Hawk's Eye, Hiddenite, Larimar, Selenite Locked: Blue Lace Agate Psychosomatic reasons behind frozen: Hawk's Eye	
	Essential Oils	
	White Fir, Lemongrass, Basil, Wintergreen, Deep Blue, Oregano, Peppermint	Dilute as recommended, and apply 1-2 drops on location or on reflex points on the feet. Combine 5-10 drops with 1Tbs fractionated coconut oil and massage on location.
Sickle Cell Anemia:	EMOTIONAL	
	Feelings of inferiority, Not good enough Destroy all the joy in life	<i>This child lives and breathes the joy of life and is nourished by love. God works miracles every day.</i>

Sinus Trouble:	EMOTIONAL	
	Trying to call the shots in someone else's life Dominating possessive, mean, spiteful Being irritated by a person close to you	<i>I am kind, & forgiving. I declare peace and harmony indwell in me and surround me at all times. All is well.</i>
	Crystals	
	Azurite, Blue Lace Agate, Black Onyx, Sodalite, Smithsonite, Jet, Emerald, Fluorite	Place over nostril or forehead, or inhale crystal essence
	Essential Oils	
	Helichrysum, Eucalyptus, Breathe, Peppermint, On Guard Sinusitis: Eucalyptus, Rosemary, Breathe, Digest Zen, Peppermint, Melaleuca, White Fir, Ginger	Recipe 1: For chronic sinusitis, apply 1-2 drops Digest Zen around navel four times daily; apply 2 drops peppermint under tongue two times daily. Diffuse into the air. Inhale directly from bottle. Apply oil to hands, tissue, or cotton wick, and inhale. Place 1-2 drops in a bowl of hot water, and inhale vapors. Dilute as recommended, and apply 1-2 drops along the sides of the nose or forehead (often clears out sinuses immediately).
Skin Disease: UNEASY	EMOTIONAL	
	Unresolved feelings of irritation about someone or something Unresolved feelings of criticism Disturbed reactions over trivial things Lack of security - fear, Anxiety, Threatened Feelings of impatience, Restlessness Feeling bored, Unfulfilled, Apprehensive Feeling unsettled. Icky, Unpleasant Anger (against oneself or another) Unprotected individuality, Sensing organ Scared, Creepy, Squeamish, Old buried guck	<i>Related to one's self-image. Individuality, sensitivity and feeling. Issues related to elimination (letting things go). Harmonious, enjoyable, pleasant, secure, courage, friendly, settled, calm I feel safe to be me. I am free in this moment. I lovingly protect myself with thoughts of joy and peace. The past is forgiven and forgotten.</i>
	Crystals	
	Agate, Amethyst, Aventurine, Azurite, Brown Jasper, Green Jasper, Galena (indirect), Rose Quartz, Sulphur (polished, indirect), Topaz Ageing, Reverse: Selenite Cancer: Emerald Detoxify: Lepidolite Disorders: Calcite, Green Aventurine, Rose Quartz, Smithsonite, Agate, Rhodochrosite, Sulphur (polished, indirect), Brown and Green Jasper, Zircon, Chrysoprase, Fluorite, Rhyolite, Snowflake Obsidian, Pearl Growths: Chlorite Infections: Moss Agate, Sulphur (polished, indirect) Wrinkles, remove: Fluorite, Ulexite	
	Essential Oils	
	Peppermint, Melaleuca, Clear Skin, Sandalwood, Frankincense, Lavender, Myrrh, Geranium, Rosemary, Balance, Ylang Ylang, Marjoram, Cypress, Zendocrine, Vetiver, Helichrysum, Lemon, Orange, Lime, Patchouli Chapped/Cracked: Myrrh, Clear Skin (Dilute as recommended, and apply 1-2 drops on location. Add 5-10 drops to 1 Tbs fractionated coconut oil, and massage on location. Dehydrated: Geranium, Lavender (Dilute as recommended, and apply 1-2 drops on location. Add 5-10 drops to 2Tbs fractionated coconut oil, and use as massage oil. Add 1 drop essential oil to 1 tsp unscented lotion, and apply on the skin. Add 1-2 drops to 1Tbs bath or shower gel, and apply to skin. Dry: Geranium, Lavender, Roman Chamomile, Sandalwood, Lemon (Add 5-10 drops to 1Tbs fractionated coconut oil, and use as massage oil. Add 2-3 drops essential oil to 1tsp hand and body lotion, and apply on the skin.) --- Children Dry Skin: Sandalwood (Dilute 1-2 drops in 2Tbs fractionated coconut oil, and apply a small amount on location.) Energizing: Bergamot, Lemon (Dilute as recommended, and apply 1-2 drops on location. Add 5-10 drops to 2 Tbs fractionated coconut	Dilute as recommended, and apply 1-2 drops on location. Add 5-10 drops to 2Tbs fractionated coconut oil, and use as massage oil. Add 1 drop essential oil to 1tsp unscented lotion, and apply to the skin. Apply foaming hand wash to skin instead of soap, or use bath bars when washing hands or bathing.

	<p>oil, and use as massage oil. Add 1 drop essential oil to 1tsp hand and body lotion and apply on skin. Add 1-2 drops to 1Tbs bath or shower gel, and apply to skin.</p> <p>Moles: Frankincense, Sandalwood, Geranium, Lavender (Dilute as recommended, and apply 1 drop on location.)</p> <p>Oily/Greasy: Lemon, Cypress, Clear Skin, Frankincense, Geranium, Lavender, Marjoram, Orange, Rosemary (Add 5-10 drops to 1Tbs fractionated coconut oil, and use as a massage oil.)</p> <p>Revitalizing: Cypress, Lemon, Clear Skin, Fennel, Lime (Add 5-10 drops to 1Tbs fractionated coconut oil, and use as massage oil. Add 2-3 drops essential oil to 1tsp unscented lotion, and apply on the skin.)</p> <p>Scarring: Lavender (burns), Rose (helps prevent), Frankincense (helps prevent), Helichrysum (reduces), Geranium, Myrrh --- (Combine 5 drops helichrysum and 5 drops lavender with 1Tbs sunflower oil or with liquid lecithin –an emulsifier extracted from eggs or soy – and apply on location. --- Combine 1 drop Lavender, 1 drop Lemongrass, and 1 drop Geranium; apply on location to help prevent scar formation. Dilute as recommended and apply 1-2 drops on location)</p> <p>Sensitive: Lavender, Geranium (Dilute as recommended, and apply 1-2 drops on location)</p> <p>Skin Ulcers: Lavender, Myrrh, Clear Skin, Helichrysum, Purify (Dilute as recommended, and apply 1-2 drops on location.)</p> <p>Stretch Marks: Lavender, Myrrh (Add 5-10 drops to 1Tbs fractionated coconut oil or hazelnut oil, and apply on location.)</p> <p>Tones: Lemon (Add 4-5 drops to 1Tbs fractionated coconut oil, and use as massage oil)</p> <p>Vitlgo: Sandalwood, Vetiver, Frankincense, Myrrh, Purify (Dilute as recommended, and apply 1-2 drops behind ears and on back of neck or on reflex points on the feet; then cup hands together, and inhale the aroma from the hands.)</p> <p>Wrinkles: Lavender, Fennel, Geranium, Frankincense, Rose, Rosemary, Myrrh, Clary Sage, Cypress, Helichrysum, Lemon, Orange, Oregano, Sandalwood, Thyme, Ylang Ylang (Combine 1 drop frankincense, 1 drop lavender, and 1 drop lemon. Rub on morning and night around the eyes – careful not to get in eyes. --- Combine 1 drop Sandalwood, 1 drop Helichrysum, 1 drop Geranium, 1 drop Lavender, and 1 drop Frankincense. Add to 2 tsp unscented lotion, and apply to skin. ---Dilute as recommended, and apply 1-2 drops to skin. Add 5-10 drops to 1Tbs fractionated coconut oil or other carrier oil such as jojoba, apricot, hazelnut, or sweet almond, and apply on areas of concern. Add 3-5 drops to ½ cup Bath Salts, and dissolve in warm bathwater before bathing.)</p> <p>---Cradle Cap: Combine 2Tbs almond oil with 1 drop Lemon and 1drop Geranium. Apply a small amount of this blend on the head.</p>	
Skin Rashes:	EMOTIONAL	
	<p>Inner conflicts surfacing Someone or something is irritating you Feeling frustrated at not being able to accomplish something</p>	<p><i>• I allow perfect love to fill my body and mind. I allow perfect love to guide my life.</i></p>
	Essential Oils	
	Melaleuca, Lavender, Roman Chamomile	<p>Dilute as recommended, and apply 1-2 drops on location. Add 1-5 drops to 1Tbs fractionated coconut oil, and apply on location.</p>
Slipped Disc:	EMOTIONAL	
	<p>Feeling indecisive about life Feeling no support in life</p>	<p><i>Life supports all of my thoughts,' therefore, I love and approve of myself and all is well.</i></p>
Snoring:	EMOTIONAL	
	Stubborn refusal to eliminate old patterns	<p><i>I release all that is unlike love and joy in my mind. I move from the past into the new and fresh and vital.</i></p>

Sore-Throat: (Quinsy, Tonsillitis)	EMOTIONAL	
	Feelings of anger going unexpressed Strong belief that you cannot speak up for self and ask for your needs. Other negative feelings going unexpressed	<i>It is my birthright to have my needs met. I now ask for what I want with love and with ease. I release all restrictions and I am free to be me.</i>
	Chakra:	Throat
	Crystals	
	<u>Blue Lace Agate</u> , Aquamarine, Blue Tourmaline, Blue Jasper, Pyrope Garnet Soothing: Larimar, Pink Opal, Blue Lace Agate	
	Essential Oils	
	Melaleuca, On Guard, Oregano, Sandalwood, Lime, Bergamot, Geranium, Ginger, Myrrh Congestion: Peppermint, Myrrh Dry: Lemon, Grapefruit Infection In: Lemon, On Guard, Peppermint, Oregano, Clary Sage Strep: On Guard, Melaleuca, Ginger, Geranium, Oregano Tonsillitis: Melaleuca, On Guard, Ginger, Lavender, Lemon, Bergamot, Clove, Thyme, Roman Chamomile	Dilute as recommended, and apply 1-2 drops on throat or reflex points on the feet. Add 1-2 drops to 4 oz (1/2 cup) water, and gargle. Diffuse into the air. Inhale directly from bottle. Apply oil to hands, tissue, or cotton wick, and inhale.
Sores:	EMOTIONAL	
	Unexpressed anger that settles in	<i>I express my emotions in joyous, positive ways.</i>
	Crystals	
	Amethyst, Green Aventurine, Chalcedony, Carnelian, Quartz, Ruby, Lapis Lazuli	
Spasms:	EMOTIONAL	
	Tightening our thoughts & feelings of fear	<i>I release, I relax and I let go. I am safe in life. All is well.</i>
	Crystals	
	Aragonite, Magnesite, Azurite, Amazonite, Carnelian, Electric-blue Obsidian, Ruby	
	Essential Oils	
	Basil, Marjoram, Deep Blue, Roman Chamomile, Peppermint, Cypress, Clary Sage, Lavender	Dilute as recommended, and apply 1-2 drops on location. Add 2-4 drops to 1Tbs fractionated coconut oil, and massage into desired muscles or joints. Add 1-2 drops to warm bathwater and bathe. Apply as hot or cold (for strains or sprains) compress. Diffuse into the air.
Spastic Colon:	EMOTIONAL	
	Intense feelings of insecurity Unable to let go and go with the flow of life	<i>It is safe for me to live. Life will always provide for me.</i>
Spine: (Has to do with the ego)	EMOTIONAL	
	Ego getting carried away in pride Feelings of shyness, Inflexible Feelings of inferiority Curvature: Fear & trying to hold onto old ideas Not trusting life, Lack of integrity No courage of convictions, Lack of support	<i>I am supported by Life. I release all fears. I now trust the process of life. I know that life is for me. I stand straight and tall with love.</i>
	Crystals	
	Garnet, Tourmaline, Labradorite, Beryl Column, inflexible: Selenite	

	<p>Disorders: Garnet Energy, blocked: Fire Opal, Red Spinel Injuries: Emerald, Fluorite, Cherry Opal, Selenite Misalignment: Azurite, Fuchsite, Hematite, Tiger's Eye, Magnetite (Lodestone), Hiddenite, Labradorite, Tourmaline Strengthen Base of: Orange Carnelian, Garnet</p>	
	Essential Oils	
	<p>Deep Blue, Balance, Cypress, Eucalyptus, Geranium, Lavender, Roman Chamomile, Oregano, Peppermint, Rosemary, Thyme Calcified Spine: Deep Blue, Geranium, Rosemary Deteriorating Spine: Deep Blue Herniated Discs: Deep Blue, Balance (3 drops on location), Peppermint, Cypress (strengthens blood capillary walls, improves circulation, anti-inflammatory) Lumbago/Lower Back Pain: Sandalwood, Deep Blue Muscular Fatigue: Clary Sage, Marjoram, Lavender, Rosemary Pain: Balance, Deep Blue Stiffness: Marjoram, Balance Viruses Along Spine: Oregano, Eucalyptus</p>	<p>Blend 1: Combine 5-10 drops each of lavender, eucalyptus, and ginger, and apply 2-3 drops on location or as a warm compress. Blend 2: Combine 5-10 drops each of peppermint, rosemary, and basil and apply 2-3 drops on location or as a warm compress.</p> <p>Dilute as recommended and apply along the spine, on affected muscles, or on reflex points on the feet. Dilute 1-3 drops in 1Tbs fractionated coconut oil, and massage into muscles on the back or along the spine. Apply as a warm compress over affected area.</p>
Spinal Meningitis:	EMOTIONAL	
	<p>Unresolved feelings of rage Inflammatory thoughts</p>	<i>I release all blame and accept the peacefulness & joy of life.</i>
Spleen: UNHAPPY	EMOTIONAL	
	<p>Lack of self-love; Obsessions - being obsessed Not allowing self to feel others' love/feeling rejected Emotional conflicts, betrayed Feelings of intense' anger/antagonism Feelings of agitation & melancholy Uncourageous, Insignificant, Worthless, Useless Anxiety about future, Disapproved, Rejection</p>	<p><i>Courageous, important, value, useful, befriended.</i> <i>Faith in the future, Approved, Security</i> <i>I love and approve of myself. I trust the process of life to be there for me. I am safe. Allis well.</i></p>
	Chakra:	Spleen
	Crystals	
	<p>Amber, Aquamarine, Azurite, Bloodstone, Chalcedony, Citrine, Fluorite, Green Obsidian, Septarian, Ruby, Peridot, Jade, Yellow Labradorite, Wulfenite, Zircon, Sunstone</p> <p>Deterioration: Yellow and Red Jasper Detoxifying: Bloodstone, Pink Tourmaline Poor Functioning, overcome: Honey Calcite, Mookaite Protection: Green Aventurine Stimulating: Ruby, Rubellite (Red Tourmaline)</p>	
	Essential Oils	
	Marjoram	Dilute as recommended and apply 1-2 drops over spleen or on reflex points on the feet. Apply as a warm compress over upper abdomen.
Sprains:	EMOTIONAL	
	<p>Feelings of resistance, Anger Inability to change directions in life</p>	<i>I trust the process of life to take me only to my highest good. I am at peace.</i>
	Crystals	
	Green Tourmaline	

	Essential Oils	
	Marjoram, Lemongrass, White Fir, Helichrysum, Rosemary, Thyme, Vetiver, Eucalyptus, Clove, Ginger, Lavender Strain: Lemongrass, Deep Blue, Ginger (circulation), Helichrysum (pain) Stiffness: Deep Blue	Dilute as recommended, and apply 1-2 drops on location. Add 2-4 drops to 1Tbs fractionated coconut oil, and massage into desired muscles or joints. Add 1-2 drops to warm bathwater and bathe. Apply as hot or cold (for strains or sprains) compress. Diffuse into the air.
Sterility:	EMOTIONAL	
	Extreme nervous tension Hard & cold in attitudes, Fear & resistance Not needing to go through the parenting experience	<i>I trust the process of life. I am always in the right place, doing the right things, at the right time. I love and approve of myself.</i>
	Essential Oils	
	Clary Sage, Geranium, Melissa, Cypress, Thyme, Fennel, Roman Chamomile, Ylang Ylang	Dilute as recommended, and apply to area. Combine 1-2 drops with fractionated coconut oil, and massage on location. Dilute as recommended, and apply to the abdomen, lower back, shoulders, or reflex points on the feet. Add 1-2 drops to 1Tbs fractionated coconut oil, and massage into abdomen, lower back, and shoulders. Apply as a warm compress to the abdomen. Add 1-2 drops to 2tsp olive oil, insert into vagina, and retain overnight with a tampon. Diffuse into the air.
Stiffness:	EMOTIONAL	
	Inability to give, Rigid, Stiff thinking Inflexible in opinions & attitudes	<i>I am safe enough to be flexible in my mind.</i>
	Crystals	
	Hawk's Eye, Siberian Blue Quartz	
	Essential Oils	
	Deep Blue	Dilute as recommended, and apply 1-2 drops on location. Add 2-4 drops to 1Tbs fractionated coconut oil, and massage into desired muscles or joints. Add 1-2 drops to warm bathwater and bathe. Apply as hot or cold (for strains or sprains) compress. Diffuse into the air.
Stomach Cancer:	EMOTIONAL	
	Feelings of wanting to get even Feelings of spite Wanting revenge	<i>• I allow perfect love to fill my body and mind. I allow perfect love to guide my life.</i>
Stomach Problems: FEAR	EMOTIONAL	
	Our sense of security feels threatened Fears new ideas, Unreliable, Disgust Lack of affection, Hate, Unfaithful Condemning the success of other people Unhappy feelings, Judge self/others, Bad Emotional upsets, Worries, Anxiety, Fear Discontent, Impatience, Guilty, Condemned Repressed feelings, Repulsive, Discontent Punish self/others, Reject self/others Unable to hold nourishment or digest ideas Feeling that one has been treated unjustly, nauseated Resentful, Unsubmissive, Rebellious, Upset Dread, Fear of the new, Inability to assimilate the new Deprivation, Emptiness, Sympathy, Greed Bitterness, Unreliable, Disappointed, Dread	<i>Being critical/judgmental and/or condemning of others or self will affect the stomach. The stomach is a very sensitive organ which reflects even our most subtle feelings. I have the ability to discern, choose, digest, and properly assimilate life's experiences - recognizing what is beneficial and what is not. I am reliable, acceptable, patient, content, comfortable, hunger submissive, accepting, calm, reliable, tranquility, empathy</i>

	Inability/resistance to assimilate and process life's experiences, Lack of discernment and wisdom in choosing the foods one eats (Cramps: Fear or tension & stopping the process, Nausea: Fear or rejection, Pain Guilt or seeking punishment)	<i>I digest life with ease. Life agrees with me. I assimilate the new every moment of every day. All is well.</i>
	Chakra:	Solar Plexus
	Crystals	
	Amethyst, Aquamarine, Chrysocolla, Carnelian, Snowflake Obsidian, Amber, Yellow Jasper, Yellow Labradorite, Green Fluorite, Fire Agate, Beryl, Serpentine, Mookaite, Pearl, Jade, Jadeite Acidity: Peridot Cramps: Magnesite Pains: Jet, Lapis Lazuli Problems as a result of stress: Chrysoprase Strengthen: Jasper (wear around neck) Swollen: Emerald, Pearl Ulcers: Agate, Pearl, Tiger's Eye, Moonstone, Quartz Upset: Emerald, Bloodstone, Aquamarine, Morganite	
	Essential Oils	
	Basil, Peppermint, Lemongrass, Ginger, Digest Zen	Dilute oil as recommended, and apply 1-2 drops on stomach or reflex points on feet. Dilute 1-2 drops in 1Tbs fractionated coconut oil, and massage over abdomen and lower back. Apply as a warm compress over the area.
Stress:	Crystals	
	<u>Amethyst, Charoite, Green Aventurine</u> , Beryl, Dioptase, Lapis Lazuli, Magnetite (Lodestone), Herkimer Diamond, Labradorite, Rose Quartz, Rhodonite, Amber, Petalite, Aquamarine, Siberian Quartz, Jasper	
	Chakra:	Brow, Heart, Solar Plexus
	Essential Oils	
	Lavender, Lemon, Ylang Ylang, Bergamot, Elevation, Serenity, Grapefruit, Aroma Touch, Roman Chamomile, Geranium, Balance, Frankincense, Marjoram Chemical: Lavender, Rosemary, Grapefruit, Geranium, Clary Sage, Lemon Emotional Stress: Elevation, Clary Sage, Bergamot, Geranium, Roman Chamomile, Sandalwood Environmental Stress: Bergamot, Cypress, Geranium Mental Stress: Lavender, Grapefruit, Bergamot, Sandalwood, Geranium Performance Stress: Grapefruit, Bergamot, Ginger, Rosemary Physical Stress: Serenity, Lavender, Bergamot, Geranium, Marjoram, Roman Chamomile, Rosemary, Thyme	Diffuse into the air. Inhale directly from bottle. Apply oil to hands, tissue, or cotton wick, and inhale. Wear as perfume or cologne. Add 5-10 drops to 1Tbs fractionated coconut oil, and massage on skin. Add 1-2 drops to ¼ cup Therapeutic Bath Salts, and dissolve in warm bathwater before bathing. Dilute as recommended, and apply 1-2 drops on neck, back, or bottoms of feet.
Stroke:	EMOTIONAL	
	Rejecting life at a deep level Extreme resistance, Rejection of life Self-violence, "Rather die than change" Feeling overloaded with the pressures of life Feel like "giving up"	<i>Life is change, and I adapt easily to the new. I accept life - past, present and future.</i>
	Essential Oils	
	Cypress, Helichrysum, Fennel Muscular Paralysis: Lavender – Combine 1 drop Basil, 1 drop Lavender, and 1 drop Rosemary, and apply to spinal column and paralyzed area.	Inhale oil directly or applied to hands, tissue or cotton wick. Diffuse into the air. Dilute as directed, and apply 1-2 drops to the back of the neck and the forehead.
Stuttering:	EMOTIONAL	
	Wanting to protest, but dares not Unable to express self; Emotionally insecure Having to always please authority figures Insecurity, Lack of self-expression Not being allowed to cry.	<i>I am free to speak up for myself. I am now secure in my own expression. I communicate only with love.</i>

Sty:	EMOTIONAL	
	Not seeing the best in another person Looking at life through angry eyes Unresolved feelings of anger toward someone	<i>I choose to see everyone and everything with joy and love.</i>
Suicidal:	EMOTIONAL	
	Feeling totally unable to resolve life's problems Feeling there is no hope for tomorrow Feeling "What's the use", Refusal to see another way out See life only in black and white/extremism Feels "Everyone would be better off without me"	<i>I live in the totality of possibilities There is always another way. I am safe.</i>
	Crystals	
	Smoky Quartz, Amber, Lapis Lazuli	Wear Constantly
	Essential Oils	
	Lemon, Frankincense, Lavender, Bergamot, Elevation, Balance, Citrus Bliss, Melissa, Rosemary, Ylang Ylang, Grapefruit, Clary Sage, Serenity, Lime, Geranium, Ginger, Basil, Sandalwood, Patchouli	Dilute as recommended and apply 1-2 drops to temple or forehead. Add 5-10 drops to 1Tbs fractionated coconut oil, and use as a massage oil. Add 1-3 drops to warm bathwater and bathe. Dilute 1:1 In fractionated coconut oil, and apply 1-2 drops on bottom of feet and on abdomen. Diffuse into the air. Inhale directly from bottle. Apply oil to hands, tissue, or cotton wick, and inhale.
Swelling:	EMOTIONAL	
	Holding onto negative feelings, Clogged, Painful ideas Being stuck in thinking	<i>My thoughts flow freely and easily. I move through ideas with ease.</i>
	Crystals	
	Amethyst, Anhydrite, Sulphur (polished, indirect), Jet, Magnetite (Lodestone) Feet: Jet Glands and Lymphatics: Jet Joints: Malachite (polished, indirect), Rhodonite	
	Essential Oils	
	Grapefruit, Lemongrass, Cypress, Geranium, Rosemary	Dilute as recommended, and apply 1-2 drops on location. Add 1-2 drops to 8oz of water, and drink every 3 hours.
Tail-bone:	EMOTIONAL	
	Unduly concerned with material needs & survival needs	<i>• I allow perfect love to fill my body and mind. I allow perfect love to guide my life.</i>
Teeth: (Painful)	EMOTIONAL	
	Inability to be decisive Decrepit Wisdom Tooth Impacted: Not giving yourself mental space to create a firm foundation Root Canal: Can't bite into anything anymore Root belief's being destroyed Longstanding indecisiveness Inability to break down ideas for analysis & choice	<i>I am decisive, & vitality. I open my consciousness to the expansion of life. There is plenty of space for me to grow and to change. I create firm foundations for myself and for my life. I choose my beliefs to support me joyously. I make my choices based on the principles of truth, and I rest securely knowing that only right action is taking place in my life. Peaceful, Complete, Forgiven</i>
	Crystals	
	Calcite, Amethyst, Azurite and Malachite (polished, indirect), Apatite, Howlite, Aquamarine, Rutilated Quartz, Onyx, Fluorite, Tourmaline, Topaz	

	Decay: Amazonite Enamel deficiencies: Idocrase, Onyx Loose: Jet Mercury poisoning, antidote: Selenite Strengthen: Calcite Teething Pain: Amber, Cathedral Quartz Toothache: <u>Amber</u> , Aquamarine, Lapis Lazuli, Malachite (polished, indirect), Jet	
	Essential Oils	
	On Guard, Melaleuca, Peppermint, Serenity, Lavender, Clove, Eucalyptus, Cinnamon, Purify, Roman Chamomile --- Grinding (Children): Lavender, Serenity (Dilute 1-2 drops in 2Tbs fractionated coconut oil, and massage a small amount on the feet. Diffuse into the air.)	Toothpaste: Mix 1-2 drops On Guard with ½ tsp Baking Soda to form paste and use.
Testicles:	EMOTIONAL	
	Rejecting masculinity	<i>It is safe to be a man.</i>
	Chakra:	Base
	Crystals	
	Amber, Alexandrite, Atacamite, Carnelian, Chrysoprase, Citrine, Gold Calcite, Peach Aventurine, Jadeite, Topaz, Carnelian, Variscite Diseases of: Zoisite	
	Essential Oils	
	Rosemary Regulation: Clary Sage, Sandalwood, Geranium	Dilute as recommended, and apply 1-2 drops on location or on reflex points on the feet. Diffuse into the air. Inhale directly from bottle. Apply oil to hands, tissue, or cotton wick, and inhale.
Thighs:	EMOTIONAL	
	Fat: Feelings of frustration about moving forward in life Fear of the future	• <i>I allow perfect love to fill my body and mind. I allow perfect love to guide my life.</i>
Throat:	EMOTIONAL	
	Feelings of anger that have been restrained Strong critical words have been spoken Swallowed emotional hurts & Anger Not having your own way, stubborn Feelings of confusion, Inflexible Lack of discernment, Refusal to change Knowledge used unwisely, Stifled creativity Fear of expressing and/or speaking up for oneself Difficulty in expressing feelings, can't speak up for self Unexpressed creative potentials Fear of success or failure, claustrophobic Lack of self-identity, choked Inability to speak up for one's self. Lying and/or negative speech Lump in throat: Fear, Not trusting the process of life	<i>The center of creativity and expression. The power of the spoken word, communication. The verbal channel for the expression of the heart and mind. Our spoke words are energy in motion and resonate throughout the entire body, powerfully affecting cells, tissues, and organs. Negative, critical, unloving words lower one's immunity and may cause illness in the body. Positive, uplifting words and affirmations of truth vitalize and regenerate the cells, tissues, and organs of the body.</i> <i>I am willing to change.</i> <i>Opened, Breath</i> <i>I open my heart and sing the joys of love. It's okay to make noise. I express myself freely and joyously. I speak up for myself with ease. I express my creativity.</i> <i>I am safe. I trust that Life is here for me. I express myself freely and joyously.</i>
	Chakra:	Throat
	Crystals	
	(Blue Stones) <u>Amber</u> , <u>Blue Lace Agate</u> , Apatite, Angelite, Anhydrite, Azurite, Celestite, Blue Jasper, Kyanite, Larimar, Blue Tourmaline,	

	Turquoise, Hematite Infected: Amber (gargle) Inflammation: Angelite, Aquamarine, Siberian Blue Quartz, Beryl Relaxed: Amber Ulcerated: Chrysocolla	
	Essential Oils	
	Cypress, Oregano Congestion: Peppermint, Myrrh Cough: Breathe, Melaleuca, Eucalyptus, Frankincense, On Guard, Peppermint, White Fir, Sandalwood, Thyme, Myrrh, Ginger --- Allergy: Purify --- Severe: Frankincense Dry: Lemon, Grapefruit Infection In: Lemon, On Guard, Peppermint, Oregano, Clary Sage Laryngitis: Sandalwood, Frankincense, Thyme, Lavender Sore: Melaleuca, On Guard, Oregano, Sandalwood, Lime, Bergamot, Geranium, Ginger, Myrrh Strep: On Guard, Melaleuca, Ginger, Geranium, Oregano Tonsillitis: Melaleuca, On Guard, Ginger, Lavender, Lemon, Bergamot, Clove, Thyme, Roman Chamomile	Dilute as recommended, and apply 1-2 drops on throat or reflex points on the feet. Add 1-2 drops to 4oz (1/2 cup) water, and gargle. Diffuse into the air. Inhale directly from bottle. Apply oil to hands, tissue, or cotton wick, and inhale.
Thrush:	EMOTIONAL	
	Feelings of anger for making incorrect choices	<i>I lovingly accept my choices, knowing I am free to change. I am safe.</i>
	Crystals	
	Dendritic Chalcedony, Chrysocolla	
	Essential Oils	
	Melaleuca, Lavender, Clear Skin, Eucalyptus, Marjoram, Thyme --- Children: Melaleuca, Lavender, Thyme, Lemon, Geranium (Dilute 1-2 drops in 2Tbs fractionated coconut oil, and apply a small amount on location.)	Dilute as recommended, and apply on location. Apply as a warm compress over affected area.
Thymus: TROUBLED	EMOTIONAL	
	Master Gland, Neglected Feeling persecuted, Difficult, Hard Feeling picked on, Imposed upon, Forgetful Feeling life is unfair, Too much responsibility Feeling unprotected/attacked by life, Out to get me	<i>Calm, easy, adaptable, responsible, Okay, accepted remembering, cared for, caring My loving thoughts keep my immune system strong. I am safe inside and out. I hear myself with love.</i>
	Chakra:	Higher Heart
	Crystals	
	Amethyst, Angelite, Aqua Aura, Blue or Green Tourmaline, Bloodstone, Aventurine, Citrine, Dioptase, Hiddenite, Jadeite, Quartz, Rose Quartz, Septarian Underactive: Hiddenite, Aqua Aura, Smithsonite, Lapis Lazuli, Peridot	
	Essential Oils	
	On Guard	Dilute as recommended, and apply over thymus or on bottoms of feet.
Thyroid: SHAME	EMOTIONAL	
	Conflict between the conscious & the subconscious Fears Self-expression, Humiliated, Fearful, Terror Deep sense of frustration/anxiety Lack of discernment, Humiliation "I never get to do what I want, When is it my turn?" Unrespected, Unworthy, Defensive, Stupid Made a fool of, Put down Hypothyroidism: Giving up, Feeling hopelessly stifled	<i>Serving, goodness, courage, secure, respected, worthy, listen, reasonable, compassion, & respected. I move beyond old limitations and now allow myself to express freely and creatively. I create a new life with new rules that totally supports me.</i>
	Chakra:	Throat

	Crystals	
	Amber, Aquamarine, Aqua Aura, Azurite, Beryl, Celestite, Blue Tourmaline, Candle Quartz, Citrine, Lapis Lazuli, Idocrase, Kyanite, Sodalite, Turquoise, Rhodonite, Rutilated Quartz, Vanadinite (indirect), Sapphire Deficiencies: Blue Lace Agate, Angelite, Harlequin Quartz, Citrine, Kyanite, Lapis Lazuli Balance: Aquamarine Regulate: Lapis Lazuli, Rhodonite Stimulate: Rutilated Quartz, Rhodonite	
	Essential Oils	
	Dysfunction: Clove HyperThyroidism: Myrrh, Lemongrass HypoThyroidism: Peppermint, Clove, Lemongrass Supports: Myrrh	Hyper Blend: Combine 1 drop myrrh and 1 drop lemongrass, and apply on base of throat and reflex points on the feet. Hypo Blend: Combine 1 drop lemongrass with 1 drop either peppermint or clove, and apply on base of throat and reflex points on the feet. Dilute as recommended, and apply 1-2 drops on base of throat, hands, or reflex points on the feet. Diffuse into the air. Inhale oils applied to hands.
Tics, Twitches:	EMOTIONAL	
	Fear, A feeling of being watched by others	<i>I am approved of by all of Life. All is well. I am safe.</i>
	Crystals	
	Azurite	
Tinnitus:	EMOTIONAL	
	Refusing to hear ones inner voice, Stubbornness Not wanting to listen to higher laws	<i>I trust my Higher Self. I listen with love to my inner voice. I release all that is unlike the action of love.</i>
	Crystals	
	Celestite, Hemimorphite	
	Essential Oils	
	Helichrysum	Dilute as recommended, and apply 1-2 drops on surface of ear and behind the ear on the mastoid bone. Apply one drop oil to small cotton ball, and place over opening to ear canal (do not press into the ear canal). Place 1 drop oil on cotton swab, and swab around the ear canal.
Toes:	EMOTIONAL	
	Worrying/Fear about minor details of the future Ingrown Toenail: Worry & guilt about right to move forward	<i>All details take care of themselves. It is my Divine right to take my own direction in life. I am safe. I am free.</i>
	Crystals	
	Aragonite Toenails: Blue Lace Agate Fungal Infections: Moss Agate	
Tongue:	EMOTIONAL	
	Not speaking truth Inability to taste the beauty/pleasures and joy of life	<i>I rejoice in all of my life's bountiful abundance & givingness.</i>
Tonsils:	EMOTIONAL	
	Tense will Repressed fear or anger, timid Irritation at someone or something Not getting own way Tonsillitis: Fear, Repressed emotions, Stifled creativity	<i>I am bold. My good now flows freely. Divine ideas express through me. I am at peace.</i>

	Chakra:	Base
	Crystals	
	Chrysocola, Amber, Blue Lace Agate, Sodalite, Shattuckite, Tourmaline	
	Essential Oils	
	--- Children: Melaleuca, Lemon, Roman Chamomile, Lavender, Ginger (Dilute 1-2 drops in 2Tbs fractionated coconut oil, and apply a small amount to tonsils and lymph nodes.)	
Top Half of Body: <i>(from waist up)</i>	EMOTIONAL	
	Repressed emotional/creative expression	<i>Communication, self-expression, the senses, emotions, touching. Outgoing, assertive, active, sociable, interpersonal relationships.</i>
Torso:	EMOTIONAL	
	Long-held, suppressed/unexpressed feelings Such as guilt, fear, resentment, and anger	<i>This area of the body specifically relates to our unconscious feelings. The organs that are most often affected by our unconscious attitudes are: Heart, stomach, lungs, kidneys, uterus, intestines, pancreas, bladder, spleen, and lower back.</i>
Tuberculosis:	EMOTIONAL	
	Continual selfishness Feeling possessive, Revenge Being cruel to others, Cruel thoughts	<i>As I love and approve of myself, I create a joyful, peaceful world to live in.</i>
	Crystals	
	Amber, Diopase, Emerald, Morganite, Topaz, Blue Sapphire, Pearl	
	Essential Oils	
	Eucalyptus, Cypress, Breathe, Thyme, On Guard, Lemon, Melissa, Peppermint, Sandalwood Airborne Bacteria: On Guard, Lemongrass, Geranium, Purify, Breathe Pulmonary: Oregano, Cypress, Eucalyptus, Frankincense	Diffuse into the air. Inhale directly from bottle. Apply oil to hands, tissue, or cotton wick, and inhale. Add 2-3 drops to bowl of hot water, and inhale vapors. Dilute as recommended, and apply 1-2 drops on chest, back, or reflex points on the feet. Add 1-2 drops to 1tsp fractionated coconut oil, and apply as rectal implant. Add 5-10 drops to 1Tbs fractionated coconut oil, and massage on chest, back, and feet.
Tumors: (False growths)	EMOTIONAL	
	Suppressed emotional hurts Unresolved feelings of hate & anger Feelings of remorse False sense of value & pride Results from not forgiving & releasing (forgetting) resentment Feeling of "No one cares" Doesn't feel close to parents, Nursing old hurts & shocks Forgiveness & Love are the two greatest solvents	<i>I lovingly release the past and turn my attention to this new day. All is well.</i>
	Crystals	
	Amethyst, Rose Quartz, Fluorite, Petalite, Bloodstone, Malachite (polished, indirect), Jet, Sardonyx, Sapphire	
	Essential Oils	
	Frankincense, Clove, Sandalwood Lipoma: Frankincense, Clove, Grapefruit, Ginger	Dilute as recommended, and apply 1-2 drops on location. Diffuse into the air. Inhale directly from bottle. Apply oil to hands, tissue, or cotton wick, and inhale.

Ulcers:	EMOTIONAL	
	Worrying over details, Not good enough Conflict as to capability Frustration at not having things go the way you want Pressures are too much to bear Feelings of anxiety, fear or tension Seeking revenge, What is eating away at you? Feelings of conflict/helplessness/powerless	<i>I love and approve of myself. I am at peace. I am calm All is well.</i>
	Crystals	
	Ametrine, Calcite, Chrysocolla, Fluorite, Peridot, Siberian Quartz, Rhodonite, Green Aventurine, Tiger's Eye, Sapphire, Moonstone, Tourmaline Eyes: Sapphire Gastric: Agate Intestinal: Ametrine Mouth: Ruby Skin: Blue Lace Agate, Calcite, Ruby, Emerald Stomach: Blue Lace Agate, Emerald, Siberian Blue Quartz, Peridot, Rhodonite, Sapphire, Sunstone Throat: Chrysocolla Varicose: Bloodstone, Blue Lace Agate, Ruby	
	Essential Oils	
	Frankincense, Myrrh, Lemon, Oregano, Rose, Thyme, Clove, Bergamot Duodenal: Frankincense, Myrrh, Lemon, Oregano, Rose, Thyme, Clove, Bergamot Gastric: Geranium, Peppermint, Frankincense, Orange, Bergamot Leg: Purify, Lavender, Roman Chamomile, Geranium Peptic: Water with 1 drop cinnamon and sip all day Varicose Ulcer: Melaleuca, Geranium, Lavender, Eucalyptus, Thyme	Add 1 drop oil to rice or almond milk, and drink. Add 1 drop or less as flavoring to food after cooking. Dilute as recommended, and apply 1-2 drops over area. Apply as warm compress.
Underweight:	EMOTIONAL	
	Worries, Fears, Distrusting life, Feeling extreme tension	<i>• I allow perfect love to fill my body and mind. I allow perfect love to guide my life.</i>
Urinary Infections:	EMOTIONAL	
	Putting blame on others for your problems, Angry Allowing another to irritate you, Being pissed off	<i>I am willing to change. I love and approve of myself. I only create joyful experiences in my life. I release the pattern in my consciousness that created this condition.</i>
	Crystals	
	Yellow or Green Zincite (color of urine) Ailments: Blue Lace Agate, Amber, Jadeite, Jasper, Red Calcite, Ruby, Jade System: Citrine, Jade	
	Essential Oils	
	Sandalwood, Thyme, Melaleuca, Bergamot, Lavender, Rosemary General Stimulant: Eucalyptus, Bergamot Infection: Purify, Lemongrass, Geranium, Bergamot Stones In: Fennel, Geranium Support: Geranium, Cypress, Melaleuca	Dilute as recommended, and apply 1-2 drops over lower abdomen, lower back, or pubic area. Add 5-10 drops to 1Tbs fractionated coconut oil, and massage on abdomen, lower back, or pubic area. Apply as warm compress. Infection Blend: Add 1 drop On Guard and 1 drop Oregano, and apply as hot compress over abdomen and pubic area.
Uterine Cancer:	EMOTIONAL	
	Being ticked off at the male gender Repressed anger Feeling like a martyr	<i>• I allow perfect love to fill my body and mind. I allow perfect love to guide my life.</i>
	Essential Oils	
	Geranium, Frankincense	Dilute as recommended, and apply 1-2 drops on lower abdomen or on reflex points on the feet and ankles.

		Add 2-5 drops essential oil to 1 tsp fractionated coconut oil, and insert into vagina for overnight retention (a tampon may be used if necessary to help retain the oil). Apply as a warm compress.
Uterus:	EMOTIONAL	
	Has to do with unresolved feelings towards mother Negative feelings toward creative aspect of life Holding onto old wounds and pain regarding sex and/or relationships Feeling unrecognized and/or misunderstood Repression and/or guilt regarding sex, Not being creative Fears or anxieties related to childbearing and motherhood Issues related to receiving, Vulnerability, and Femininity	<i>"Giving birth" to new and creative ideas. Letting in life. One's relationship to men. Sexuality.</i> <i>I am at home in my body.</i>
	Chakra:	Sacral
	Crystals	
	Wulfenite, Agate Bleeding: Jasper	
	Essential Oils	
	Frankincense, Lemon, Myrrh, Geranium Regeneration of Tissue: Frankincense Uterotonic: Thyme	Dilute as recommended, and apply 1-2 drops on lower abdomen or on reflex points on the feet and ankles. Add 2-5 drops essential oil to 1 tsp fractionated coconut oil, and insert into vagina for overnight retention (a tampon may be used if necessary to help retain the oil). Apply as a warm compress.
Vaginitis:	EMOTIONAL	
	Feels sexual guilt, A need to punish self, Anger at mate Feels a loss of someone or something loved	<i>Others mirror the love and self-approval I have for myself. I rejoice in my sexuality.</i>
	Chakra:	Sacral
	Crystals	
	Carnelian	
	Essential Oils	
	Rosemary, Cinnamon (dilute heavily), Eucalyptus, Melaleuca, Lavender Vaginal Candida: Melaleuca, Oregano, Clove, On Guard, Bergamot, Clear Skin, Peppermint, Thyme, Lavender, Eucalyptus, Rosemary, Digest Zen Vaginal Infection: Rosemary, Cinnamon (dilute heavily), Melaleuca, Oregano, Thyme, Myrrh, Clary Sage, Cypress, Eucalyptus, Lavender	Dilute oils as recommended, and apply 1-2 drops on location. Add 2-3 drops to 1 tsp fractionated coconut oil, insert using vaginal syringe, and retain using tampon overnight. Add 2-3 drops to 1 tsp fractionated coconut oil, soak tampon in mixture, insert, and leave in all day or overnight. Add 1-2 drops to warm water, and use in a douche. Add 1-2 drops to warm bathwater, and bathe.
Varicose Veins:	EMOTIONAL	
	Pronounced tension, Standing in situation you hate Wanting to run away Feelings of discouragement Feelings of negativity & resistance Feeling overburdened, Overworked	<i>I stand in truth and live and move in joy. I love life, and circulate freely.</i>
	Crystals	
	Topaz, Tourmaline, Blue John, Aquamarine, Amber, Blue Lace Agate, Opal, Rhodonite Veins: Variscite, Pyrolusite, Snowflake Obsidian, Galena (indirect), Ruby, Rhodochrosite, Rhyolite, Golden Healer, Smithsonite --- Elasticity: Smithsonite, Variscite --- Strengthen Walls: Rutilated Quartz, Sapphire	
	Essential Oils	
	Cypress, Lemongrass, Lemon, Peppermint, Helichrysum, Citrus Bliss, Geranium, Lavender, Rosemary, Orange	Dilute as recommended, and apply oils gently from ankles up the legs. Constant application of oils for an extended period of time is the key. Add 3-5 drops to 1Tbs fractionated coconut oil, and massage above the

		veins towards the heart. Wearing support hose and elevating the feet can also help keep blood from pooling in the legs.
<i>Venereal Disease:</i>	EMOTIONAL	
	Feels a need to be punished, Bad person Feeling guilty about sexual activities, Abusing others Giving away your power & effectiveness Belief that genitals are sinful or dirty	<i>I love my body. I love my sexuality. I love me. I choose to be me. I approve of myself as I am. I lovingly and joyously accept my sexuality and its expression. I accept only thoughts that support me and make me feel good.</i>
	Chakra:	Base
	Crystals	
	Zircon	
<i>Viral Infections:</i>	EMOTIONAL	
	Bitterness & ugliness overshadowing the beautiful & good' in life Belief that "I get everything that comes along"	<i>I lovingly allow joy to flow freely in my life. I love me.</i>
	Chakra:	Higher Heart, Base, Sacral
	Crystals	
	Fluorite, Turquoise Anti-Virus: Fluorite Increase Virility: Red or Orange Stones, Red-Black Obsidian, Lapis Lazuli, Ruby in Zoisite	
	Essential Oils	
	Helichrysum, Melaleuca, Clove, On Guard, Melissa, Breathe, Lime, Cinnamon, Lemon, Oregano, Peppermint, Eucalyptus, Thyme, Orange, Grapefruit, Clary Sage, Myrrh, Geranium, Lavender, Sandalwood, Rosemary, Cypress Airborne Viruses: On Guard Ebola Virus: Cinnamon, Oregano Epstein-Barr Virus: On Guard Herpes Simplex: Peppermint, Clove, Helichrysum, Melaleuca, Lavender, Eucalyptus, Cypress, Lemon HIV / AIDS: Helichrysum, On Guard, Lemon, Balance Respiratory: Eucalyptus, On Guard Spine: 5 drops Oregano and 5 drops Thyme, Apply to bottoms of feet and along the spine.	Dilute as recommended, and apply on location or to reflex points on the bottoms of the feet. Diffuse into the air. Inhale oil applied to a tissue or cotton wick.
<i>Vitamin Absorption:</i>	Crystals	
	Carnelian, Garnet A & E: Blue-green Selenite B: Tiger Iron, Rhyolite C: Chrysoprase, Chrysocolla, Apache Tear D: Apache Tear	
	CHAKRA:	Solar Plexus
<i>Vomiting:</i>	EMOTIONAL	
	Rejecting the visualization of what you don't want to accept Feelings of disgust Fear of the new	<i>I digest life safely and joyously. Only good comes to me and through me.</i>
	Chakra:	Solar Plexus
	Crystals	
	Emerald, Lapis Lazuli, Moonstone	

	Essential Oils	
	Ginger, Peppermint, Patchouli, Fennel, Rose, Roman Chamomile	Place 1-2 drops in an empty capsule, swallow capsule. Place 1 drop in 8oz rice or almond milk, and drink. Dilute as recommended, and apply behind ears, on stomach, or on reflex points on the feet. Diffuse into the air. Inhale directly from bottle. Apply oil to hands, tissue, or cotton wick, and inhale.
Vulva:	EMOTIONAL	
	Vulnerability	<i>It is safe to be vulnerable.</i>
Warts:	EMOTIONAL	
	Refusing to see the beauty in life, Ugliness Feelings of hate taking form	<i>I am the love and the beauty of life in full expression.</i>
	Crystals	
	Calcite, Emerald, Apatite and Sea Salt	
	Essential Oils	
	Frankincense, On Guard, Melaleuca, Oregano (layer with On Guard), Clove, Cypress, Cinnamon, Lemon, Lavender Genital: Frankincense, On Guard, Melaleuca, Oregano, Thyme Plantar: Oregano	Recipe 1: Combine 5 drops Cypress, 10 drops Lemon and 2Tbs Apple Cider Vinegar. Apply twice daily, and bandage. Keep a bandage on until wart is gone. Dilute as recommended or dilute 1-2 drops in a few drops fractionated coconut oil, then apply 1-2 drops on location daily.
Water Retention:	Crystals	
	Mookaite, Anhydrite, Moonstone Salt / Water Imbalances: Jade	
	Essential Oils	
	Grapefruit, Lemongrass, Cypress, Geranium, Rosemary	Dilute as recommended, and apply 1-2 drops on location. Add 1-2 drops to 8oz of water, and drink every 3 hours.
Weakness:	EMOTIONAL	
	A need for mental rest	<i>I accept myself as beautiful and loved.</i>
	Crystals	
	Amethyst, Hematite, Turquoise Energy Field: Quartz (hold in front of Solar Plexus) Muscles: Amethyst, Hematite	
	Essential Oils	
	White Fir, Elevation, Balance, Peppermint, Lemon, Basil, Thyme, Rosemary, Orange, Lemongrass, Eucalyptus Endurance: Peppermint Exhaustion: First relax the nervous system using: Lavender, Ylang Ylang, Roman Chamomile, Frankincense, Clary Sage - Secondly use an energizing oil: Lemon, Sandalwood, Rosemary, Lime, Basil, Grapefruit Fatigue: Rosemary (nervous fatigue), Thyme (general fatigue) --- Mental Fatigue: Serenity, Lemongrass, Basil --- Physical Fatigue: Serenity Physical: Lemon, Cinnamon, Bergamot Sexual: Ylang Ylang	Diffuse into the air. Inhale directly from bottle. Apply oil to hands, tissue, or cotton wick, and inhale. Blend equal parts Basil and Lemongrass together. Apply to temples, back of neck, and feet. Dilute 1-2 drops in 1Tbs fractionated coconut oil, and massage into muscles. Place 1-2 drops in warm bathwater, and bathe. Dilute as recommended, and apply 1-2 drops on temples, back of neck, liver area, or feet.
Weight:	Crystals	
	Control: Angelite, Apatite Loss: Unakite, Seraphinite, Green Tourmaline, Prehnite Over: Kyanite, Seraphinite, Green Tourmaline Under: Danburite	

	Essential Oils	
	<p>Obesity: Grapefruit, Slim & Sassy, Orange, Rosemary, Fennel</p> <p>Slimming & Toning: Grapefruit, Slim & Sassy, Orange, Lemongrass, Rosemary, Thyme, Lavender</p> <p>Weight-Loss: Slim & Sassy, Elevation, Patchouli</p>	<p>Diffuse into the air. Inhale directly or applied to hands, tissue or cotton wick.</p> <p>Weight Loss Recipe: Add 5 drops lemon and 5 drops grapefruit to 1 gallon of water, and drink throughout the day.</p>
Will:	Crystals	
	<p>Power: Rose Quartz, Black Onyx, Tiger's Eye, Ruby, Garnet</p> <p>To Be Cured: Garnet</p> <p>To Live, increase: Opal</p>	
Yeast Infections:	EMOTIONAL	
	<p>Deep and unresolved resentments</p> <p>Lack of self love</p> <p>Inability to claim ones own power</p> <p>Unable to love & support the self</p> <p>Unable to accept the self</p> <p>Not recognizing/Denying own needs</p>	<i>I now choose to support myself in loving, joyous ways</i>
	Essential Oils	
	Melaleuca, Oregano, Clove, On Guard, Peppermint, Thyme, Lavender, Eucalyptus, Rosemary, DigestZen	<p>Dilute as recommended, and apply on location. Apply as a warm compress over affected area.</p> <p>Diffuse into the air.</p>
Yin-Yang Imbalances:	Crystals	
	Kyanite, Celestite, Merlinite, Onyx, Hematite with Rutile	
	Chakra:	Base

~REPRODUCTIVE/EDOCRINE~

~ TRUST / CONFIDENCE ~

The Reproductive/Endocrine System stores and contains the Emotional Molecules of:

- Vitality
- Sexual Power
- Trust
- Confidence
- Anger
- Distrust
- Incompetence

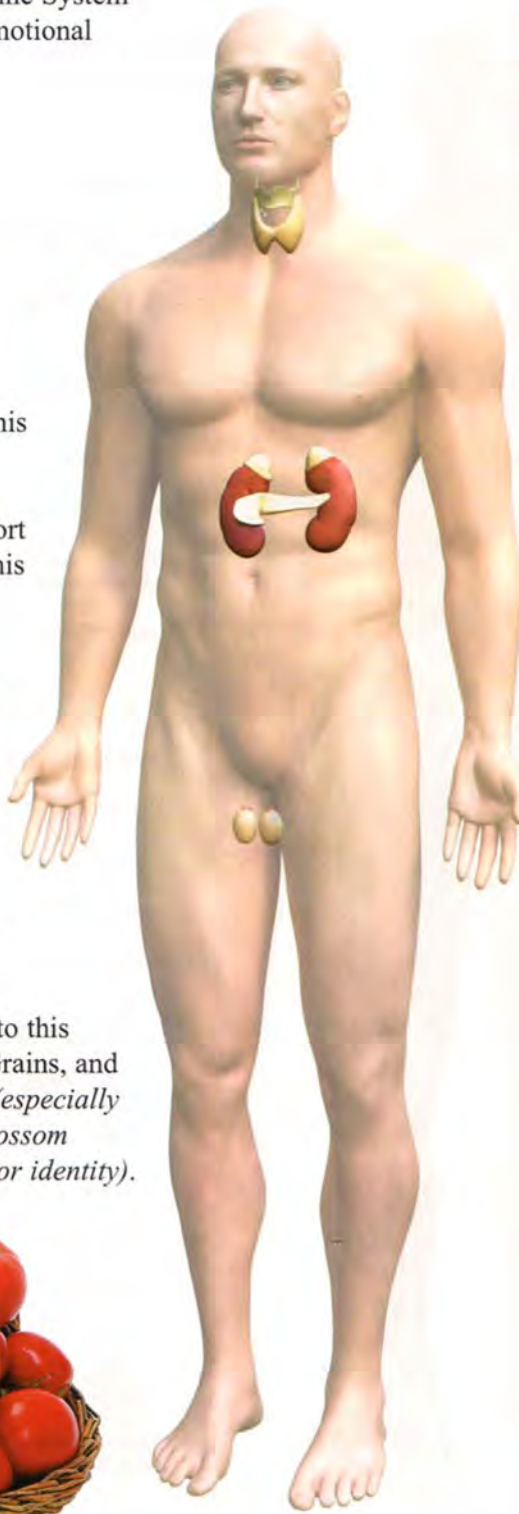
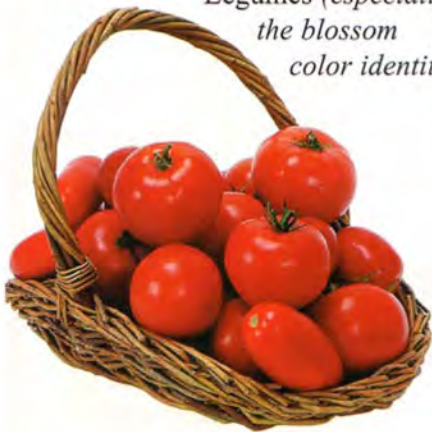
Red Whole foods target this system for Vitality.

Green Whole foods support the release of disease in this system.

Red Whole foods build Power, Trust, and Confidence in this system.

Green Whole foods release molecular deposits of Anger and feelings of incompetence and Distrust.

Additional support foods to this system are Nuts, Seeds, Grains, and Legumes (*especially the blossom color identity*).



Sacred Geometric Symbol		
#	↔	1
Pigments of Emotion A Rainbow of Foods	↔	Lycopene/Red Cyanine
Fiber	↔	Mucilage
Physiological System	↔	Reproductive/Glandular
Food Group for Physiological Support	↔	Nuts Seeds Grains Legumes
Primary Positive Emotion	↔	Trust
Primary Negative Emotion	↔	Anger
Social Skill	↔	Confidence
Endocrine System	↔	Gonads Ovaries/Testies
Nerves Minorah 7 candles (light)	↔	Sacral Coccygeal
Diseases Effected	↔	All Glands Pancreas Liver
Notes	↔	C
Vowel Sound	↔	A
Hum Sound	↔	Ma - Am - Mam
Skill	↔	Reproduction
7 Intelligences	↔	Interperaoanal (social)
da Vinci's 7 Principles	↔	Dimostrazione (to experience)
7 Gifts of Intelligence	↔	Trust
7 Daes Lords of Time	↔	Sunday
7 Stars	↔	Sun
7 Churches	↔	Ephesus
7 Wonders	↔	Giza Pyramid
7 Heroes	↔	Adrastus
7 Hills	↔	Aventine
7 Arch Angels	↔	Michael
Kingdoms of Administration Within	↔	Angels
Crystal Lattice	↔	Trigonal

Words and Ideas to ponder for this system are listed here. They have Historical (*inherited-genealogical*), Symbolic, and Mythological (*spiritual/religious*) connections to this body system. If the interest is in you, you'd do well (*have a lot of fun*) and learn New Insights into your personal Hidden Strengths and Weaknesses by Searching and Pondering upon these things while Imagining their Connections to **Red** Whole foods and the Reproductive/Endocrine System.

~MUSCULO/SKELETAL~

~ JOY / CURIOSITY ~

The Musculo/Skeletal System stores and contains the Emotional Molecules of:

- Joy
- Curiosity
- Kindness
- Happiness
- Fear
- Doubt
- Worry

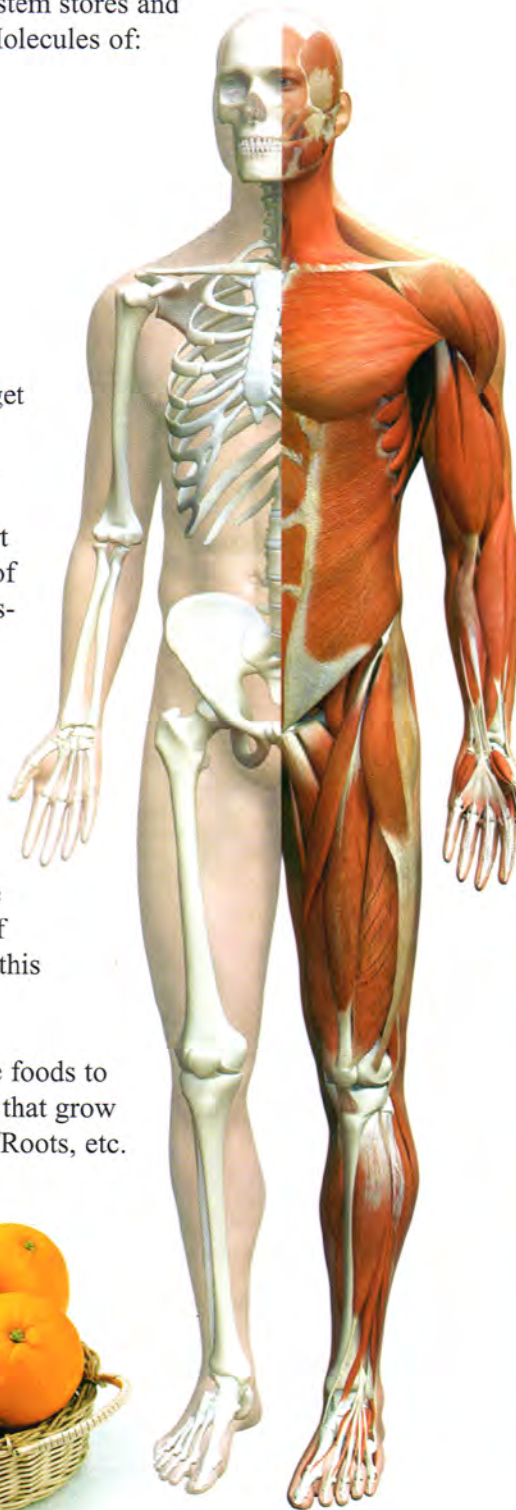
Orange Whole foods target strengthening the Musculo/Skeletal System.

Blue Whole foods support release of the symptoms of disease deposits in the system.

Orange Whole foods build the Power of Joy and Curiosity in this system.

Blue Whole foods release the Emotional Deposits of Fear and Worry stored in this system.

Additional support Whole foods to this system are any foods that grow under the ground, Tubers/Roots, etc.



Sacred Geometric Symbol		○
#	↔	2
Pigments of Emotion A Rainbow of Foods	↔	Carotene/Orange
Fiber	↔	Gums
Physiological System	↔	Musculo/Skeletal
Food Group for Physio- logical Support	↔	Tubers and Peanuts
Primary Positive Emo- tion	↔	Joy
Primary Negative Emo- tion	↔	Fear
Social Skill	↔	Curiosity
Endocrine System	↔	Adrenals
Nerves Minorah 7 candles (light)	↔	Sacral Plexus
Diseases Effectted	↔	Muscles/Bones
Notes	↔	D
Vowel Sound	↔	E
Hum Sound	↔	Me - Em - Mam
Skill	↔	Personal Survival
7 Intelligences	↔	Bodily Kinesthetic
da Vinci's 7 Principles	↔	Curiosity (Curiosity)
7 Gifts of Intelligence	↔	Kindness/Happiness
7 Daes Lords of Time	↔	Monday
7 Stars	↔	Moon
7 Churches	↔	Smyrna
7 Wonders	↔	Hanging Gardens
7 Heroes	↔	Amphiarous
7 Hills	↔	Caelian
7 Arch Angels	↔	Gabriel
Kingdoms of Adminis- tration Within	↔	Principalities
Crystal Lattice	↔	Cubic

Words and Ideas to ponder for this system are listed here. They have Historical (*inherited-genealogical*), Symbolic, and Mythological (*spiritual/religious*) connections to this body system. If the interest is in you, you'd do well (*have a lot of fun*) and learn New Insights into your personal Hidden Strengths and Weaknesses by Searching and Pondering upon these things while Imagining their Connections to **Orange** Whole foods and the Musculo/Skeletal System.

~LYMPHATIC/IMMUNE~

~ INTENTION / WONDERS ~

The Lymphatic/Immune System stores and contains the Emotional Molecules of:

- Wonder
- Intentionality
- Adoration
- Will
- Anxiety
- Nervousness
- Impatience

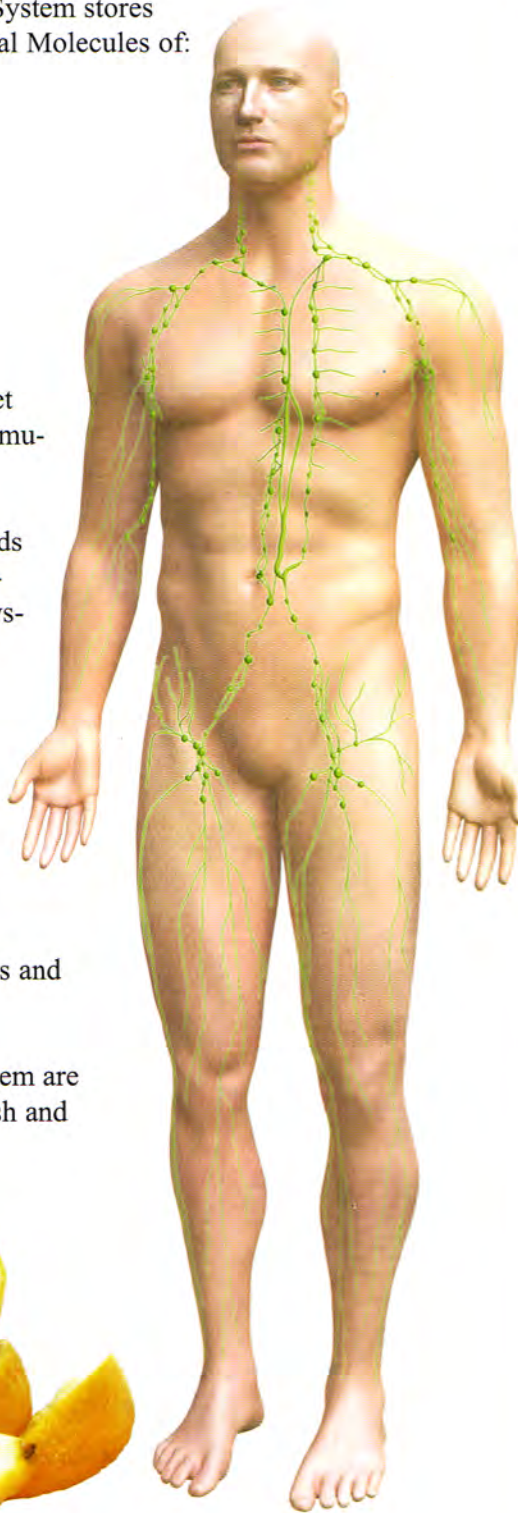
Yellow Whole foods target this system for Strong Immunity.


Violet/Purple Whole foods support the release of disease overwhelm in this system.

Yellow Whole foods build a sense of Wonder and strengthen Will Power.

Violet/Purple Whole foods release molecular deposits of Anxiety, Stress and Nervousness.

Support foods to this system are Garlic, Onion, Horseradish and spices.



Sacred Geometric Symbol		
#	↔	3
Pigments of Emotion A Rainbow of Foods	↔	Lutein/Yellow Xanthophyll
Fiber	↔	Lignin
Physiological System	↔	Lymphatic/Immune
Food Group for Physiological Support	↔	Herbs, Spices, Garlic, Onions & Horseradish
Primary Positive Emotion	↔	Wonder
Primary Negative Emotion	↔	Anxiety
Social Skill	↔	Intentionality
Edocrine System	↔	Thymus
Nerves Minorah 7 candles (light)	↔	Solar Plexus
Diseases Effected	↔	Infections, Swellings, Bacteria & Virus
Notes	↔	E
Vowel Sound	↔	I
Hum Sound	↔	Mi - Im - Mim
Skill	↔	Vitality
7 Intelligences	↔	Spatial Mechanical
da Vinci's 7 Principles	↔	Corporalita (to cultivate Fitness & Poise)
7 Gifts of Intelligence	↔	Self-Esteem
7 Daes Lords of Time	↔	Tuesday
7 Stars	↔	Mercury
7 Churches	↔	Pergamos
7 Wonders	↔	Zeus: Statue of Olympia
7 Heroes	↔	Capaneus
7 Hills	↔	Capitoline
7 Arch Angels	↔	Sachiel
Kingdoms of Administration Within	↔	Powers
Crystal Lattice	↔	Hexagonal

Words and Ideas to ponder for this system are listed here. They have Historical (*inherited-genealogical*), Symbolic, and Mythological (*spiritual/religious*) connections to this body system. If the interest is in you, you'd do well (*have a lot of fun*) and learn New Insights into your personal Hidden Strengths and Weaknesses by Searching and Pondering upon these things while Imagining their Connections to **Yellow** Whole foods and the Lymphatic/Immune System.

~DIGESTIVE/ELIMINATORY~

~ PRIDE / SELF CONTROL ~

The Digestive/ Eliminary System stores and contains the Emotional Molecules of:

- Personal Pride
- Self-Esteem
- Acceptance
- Self-Control
- Guilt
- Grief
- Arrogance

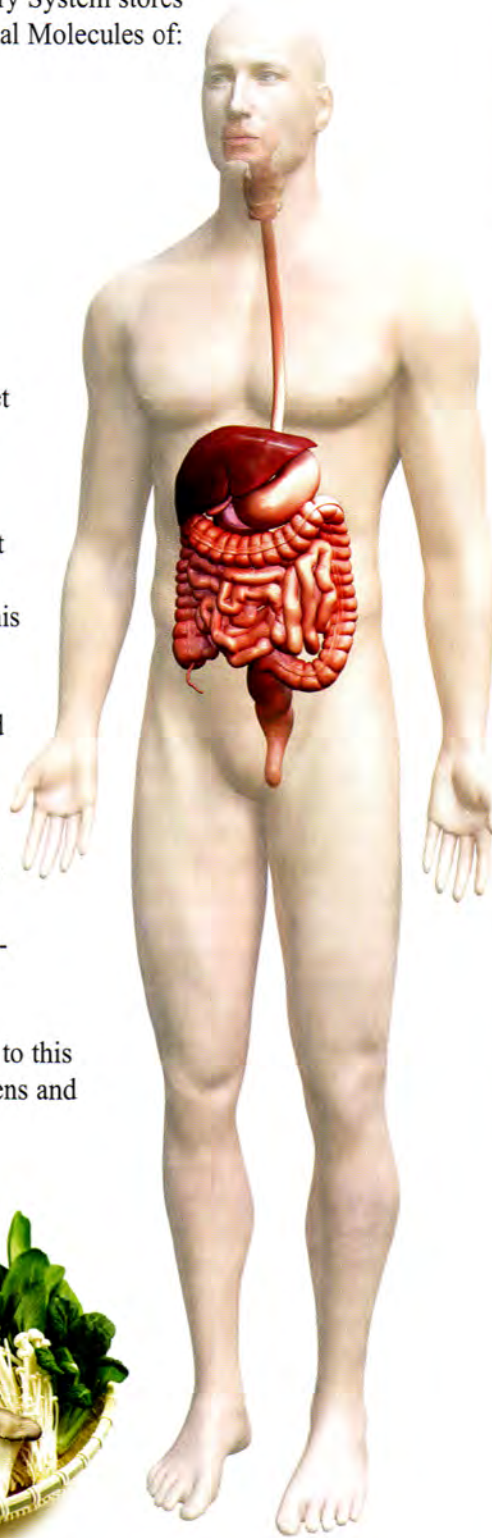
Green Whole foods target this system for Toxic Release.

Red Whole foods support the release of 90% of all known disease through this system.

Green Whole foods build Personal Power and the Desire to Achieve.

Red Whole foods release molecular deposits of Shame, Guilt and Dishonesty.

Additional support foods to this system are all Leafy Greens and Fermented Foods.



Sacred Geometric Symbol		
#	↔	4
Pigments of Emotion A Rainbow of Foods	↔	Chlorophyll/Green
Fiber	↔	Bran
Physiological System	↔	Digestive/Eliminatory
Food Group for Physiological Support	↔	Ferments
Primary Positive Emotion	↔	Pride (Acceptance)
Primary Negative Emotion	↔	Guilt
Social Skill	↔	Self-Control
Endocrine System	↔	Thyroid
Nerves Minorah 7 candles (light)	↔	Cervical, Ganglia & Medula (throat)
Diseases Effected	↔	Stomach, Intestines, Urinary Tract & Skin
Notes	↔	F
Vowel Sound	↔	O
Hum Sound	↔	Mo - Om - Mom
Skill	↔	Love/Nurture
7 Intelligences	↔	Self-Awareness
da Vinci's 7 Principles	↔	Sfumato (uncertainty)
7 Gifts of Intelligence	↔	Tolerance
7 Daes Lords of Time	↔	Wednesday
7 Stars	↔	Mars
7 Churches	↔	Thyatira
7 Wonders	↔	Temple of Artemus
7 Heroes	↔	Hippomedon
7 Hills	↔	Esquiline
7 Arch Angels	↔	Gassiel
Kingdoms of Administration Within	↔	Virtues
Crystal Lattice	↔	Tetragonal

Words and Ideas to ponder for this system are listed here. They have Historical (*inherited-genealogical*), Symbolic, and Mythological (*spiritual/religious*) connections to this body system. If the interest is in you, you'd do well (*have a lot of fun*) and learn New Insights into your personal Hidden Strengths and Weaknesses by Searching and Pondering upon these things while Imagining their Connections to **Green** Whole foods and the Digestive/ Eliminary System.

~ RESPIRATORY ~

~ TOLERANCE / GRATITUDE ~

The Respiratory System stores and contains the Emotional Molecules of:

- Tolerance
- Relief
- Acceptance
- Cooperativeness
- Terror
- Traumatic Shock
- Compulsiveness

Blue Whole foods target this system for Life Force and the ability for Calm Intensity.

Orange Whole foods support the release of Trapped Toxic Moments.

Blue Whole foods build Feelings of Family and Community in this system.

Orange Whole foods release molecular deposits of Emotional Overwhelm and Instinctive Response of "Fight or Flight."

Additional support foods to this system are Potatoes, Yams and Carrots.



Sacred Geometric Symbol		
#	↔	5
Pigments of Emotion A Rainbow of Foods	↔	Antho/Blue
Fiber	↔	Cellulose
Physiological System	↔	Respiratory
Food Group for Physiological Support	↔	Molds, Myco's, Mushrooms & Nutritional Yeast
Primary Positive Emotion	↔	Tolerance (Gratitude)
Primary Negative Emotion	↔	Traumatic Shock/Terror
Social Skill	↔	Cooperativeness
Edocrine System	↔	Pituitary
Nerves Minorah 7 candles (light)	↔	Hypothalamus/Pituitary
Diseases Effected	↔	Sinus, Laryngeal & Lungs
Notes	↔	G
Vowel Sound	↔	WOO - WHO
Hum Sound	↔	Mhu - Hum - Mhum
Skill	↔	Intuitive Knowledge
7 Intelligences	↔	Musical
da Vinci's 7 Principles	↔	Arter/scienze Logic & Imagination
7 Gifts of Intelligence	↔	Gratitude
7 Daes Lords of Time	↔	Thursday
7 Stars	↔	Jupiter
7 Churches	↔	Sardis
7 Wonders	↔	The Mausolons
7 Heroes	↔	Parthenon
7 Hills	↔	Palatine
7 Arch Angels	↔	Samael
Kingdoms of Administration Within	↔	Dominions
Crystal Lattice	↔	Orthothrombic

Words and Ideas to ponder for this system are listed here. They have Historical (*inherited-genealogical*), Symbolic, and Mythological (*spiritual/religious*) connections to this body system. If the interest is in you, you'd do well (*have a lot of fun*) and learn New Insights into your personal Hidden Strengths and Weaknesses by Searching and Pondering upon these things while Imagining their Connections to **Blue** Whole foods and the Respiratory System.

~CIRCULATORY~

~ LOVE / COMMUNICATION ~

The Circulatory System stores and contains the Emotional Molecules of:

- Love
- Graciousness
- Elation
- Pleasures
- Sadness
- Loneliness
- Rejection

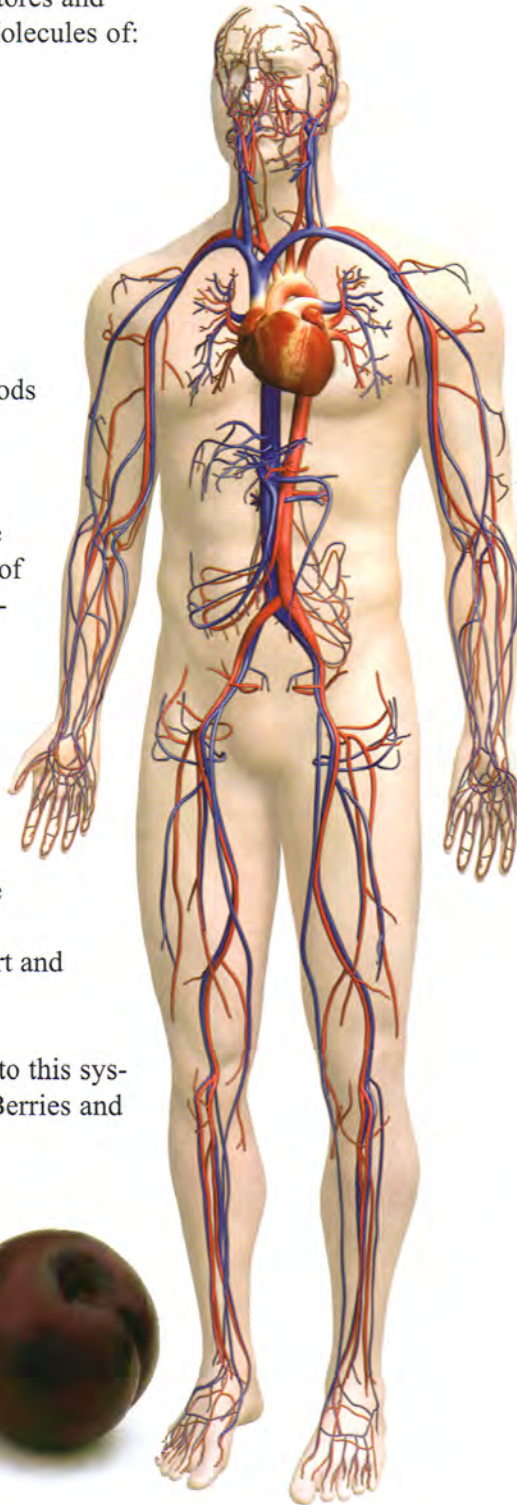
Indigo/Blueish Whole foods target this system for Longevity.

Orange/Yellowish Whole foods support the release of Blood diseases in this system.

Indigo/Blueish Whole foods build the flow of Warmth, Agape and fulfillment in this system.

Orange/Yellowish Whole foods release molecular deposits of a Broken Heart and Aloneness.

Additional support foods to this system are Peppers, Citrus, Berries and Currants.



Sacred Geometric Symbol



#	6
Pigments of Emotion A Rainbow of Foods	Antho's/Indigo Cyanins
Fiber	hemi Cellulose
Physiological System	Circulatory
Food Group for Physiological Support	All Veggies
Primary Positive Emotion	Love
Primary Negative Emotion	Sadness (Loneliness)
Social Skill	Communicate
Endocrine System	Para Thyroid
Nerves Minorah 7 candles (light)	Heart Plexus
Diseases Effected	Heart, Veins, Arteries, Capillaries & Blood
Notes	A
Vowel Sound	U
Hum Sound	Mu - Um - Mum
Skill	Speak from Heart
7 Intelligences	Verbal Linquistic
da Vinci's 7 Principles	Sensazions (to enhance sense)
7 Gifts of Intelligence	Love
7 Daes Lords of Time	Friday
7 Stars	Venus
7 Churches	Philadelphia
7 Wonders	Colossus of Rhodes
7 Heroes	Polnices
7 Hills	Quirinal
7 Arch Angels	Anael
Kingdoms of Administration Within	Thrones
Crystal Lattice	Monoclinic

Words and Ideas to ponder for this system are listed here. They have Historical (*inherited-genealogical*), Symbolic, and Mythological (*spiritual/religious*) connections to this body system. If the interest is in you, you'd do well (*have a lot of fun*) and learn New Insights into your personal Hidden Strengths and Weaknesses by Searching and Pondering upon these things while Imagining their Connections to **Indigo/Blueish** Whole foods and the Circulatory System.

~NERVOUS PNS/CNS~

~ HAPPINESS / RELATEDNESS ~

The Nervous PNS/CNS System stores and contains the Emotional Molecules of:

- Serenity
- Contentment
- Gregariousness
- Relatedness
- Depression
- Dejected/Apathy
- Dread

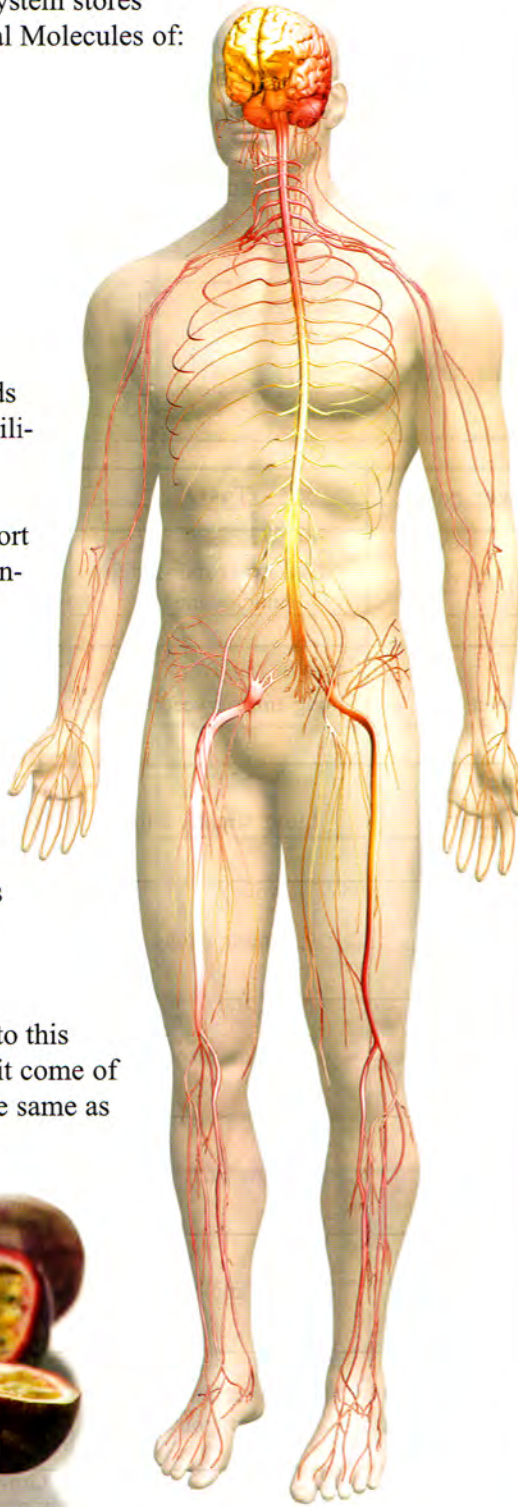
Violet/Purple Whole foods target this system for Stability.

Yellow Whole foods support the release of Nerve Degenerative Diseases.

Violet/Purple Whole foods build Creativity and Imagination in this system.

Yellow Whole foods release molecular deposits of Despair and Helplessness.

Additional support foods to this system are all Fruits. Fruit come of a 5 pointed star pattern the same as star neurons (*astrocytes*).



Sacred Geometric Symbol



#	↔	7
Pigments of Emotion A Rainbow of Foods	↔	Lyco/Violet/Purple Cyanins
Fiber	↔	Pectin
Physiological System	↔	Nervous PNS/CNS
Food Group for Physiological Support	↔	All Fruits
Primary Positive Emotion	↔	Happiness
Primary Negative Emotion	↔	Depression
Social Skill	↔	Relatedness
Endocrine System	↔	Pineal
Nerves Minorah 7 candles (light)	↔	Cerebral Cortex Pineal
Diseases Effectted	↔	Nervous/Neuro Muscular & Mental
Notes	↔	B
Vowel Sound	↔	WHY
Hum Sound	↔	Mwhy - Whym - Mwhym
Skill	↔	Imagination/Reason
7 Intelligences	↔	Logical Mathematical
da Vinci's 7 Principles	↔	Connessione (Appreciation)
7 Gifts of Intelligence	↔	Imaginative/Creative
7 Daes Lords of Time	↔	Saturday
7 Stars	↔	Saturn
7 Churches	↔	Laodecia
7 Wonders	↔	Pharos of Alexandria
7 Heroes	↔	Tydeus
7 Hills	↔	Viminal
7 Arch Angels	↔	Raphael
Kingdoms of Administration Within	↔	Seraphims
Crystal Lattice	↔	Triclinic

Words and Ideas to ponder for this system are listed here. They have Historical (*inherited-genealogical*), Symbolic, and Mythological (*spiritual/religious*) connections to this body system. If the interest is in you, you'd do well (*have a lot of fun*) and learn New Insights into your personal Hidden Strengths and Weaknesses by Searching and Pondering upon these things while Imagining their Connections to **Violet/Purple** Whole foods and the Nervous PNS/CNS System.

DOCTRINE OF SIGNATURES: TELEOLOGICAL NUTRITIONAL TARGETING (T.N.T.)

Nature's Medi-Signs

Have you ever noticed that a walnut looks like the brain? That a sliced carrot looks like the pupil and iris of the eye? That a cluster of grapes has the shape of the heart and each grape looks like blood cells? That a tomato is red and has four chambers just like the heart? That an avocado looks like a womb and cervix with a swollen seed and that it takes exactly nine months to grow from blossom to ripened fruit? Have you ever wondered why we call certain legumes kidney beans? Would it surprise you that today's medical research into human nutrition has confirmed the efficacy of observational patterns of food to human health in organs and systems of the body? This observation of similarities anciently was called the Doctrine of Signatures. Today's investigative nutritional science is proving that folk wisdom is tomorrow's new whole food nutritional medicine. From folk medicine to modern cure's whole foods offer the solution.

The following is a list of fruits, vegetables, and various diseases and their corresponding Medi-sign. There's more than this list, but you can note separately to eat by color. If you have an issue in your blood – it being red – you could eat red foods and they all support the blood in some manner. So it goes with everything. The greatest gift you can use to find the foods that are most beneficial is to follow the guidance of the Holy Spirit or your 'intuition'.

Enjoy!!

A

Abdominals	Lentils, any food in a shell or pod
Abdominal Aortic Aneurysm (bleeding)	Salt, Walking, & Sunshine
Acidosis	Raw food diet (no animals)
Acne / Abscess	Water & Sunshine
Acorn Squash	Skin Liver & Muscles
ADD / ADHD	Apples & Water (no prescription drugs)
Addiction	7 Days on Water 14 Days on Cabala Juice
Addison's Disease	Any and all Green Foods
Age Spots	Aloe Vera Gel, Lemon & Onions
AIDS / HIV	Honey, Wheat, & Barley Grass Juice
Alanine	Nuts, Seeds & Garlic
Albinism	Cabala Juice for 28 days, Sunshine as able
Alcohol Addiction	Water, Macadamia Nuts & Grapes
Alfalfa Sprouts	Neurons, Neuro-Immunity & Blood
Alimentary Canal	All Nuts, Seeds & Grains
Alkalosis	Stop all antacids & Eat Lots of Citrus
Allergies	Water, Apples, Legumes & Green Foods
Allspice	Blood Purifier
Almond	Brain, Testicles, & Ovaries
Almond Oil	Brain, Heart & Blood Vessels
Alzheimer's	Nuts, Seeds, Whole Grains, Water & Salt

Amaranth	Strengthens All Cell Outer Membranes
Amino Acids	Nuts, Seeds, & Grains
Amnesia	Raw Tahini, Walnuts, Almonds, & Pecans
Anemia	Nutritional Yeast, Honey, Bee Pollen & Legumes
Aneurysm	Green Foods, Walking, Salt & Water
Anger / Rage	Blue / Green Foods
Angina	Water, Salt, Banana's & Olive Oil
Animal Bites	Salt in Wound
Anise	Veins, & Mucosal Lining of the Alimentary Tract
Anosmia	Peppers & Nasal Salt Rinse
Anthrax	Garlic, Onions, Horseradish, & Oregano
Anxiety	Warm and Comfort Foods (Organic Chocolate)
Appendicitis	Colonics, & Raw Food Diet
Apples	The Whole Body
Apple Cider Vinegar	All 7 Physiological Systems
Apraxia	1 Quart of Raw Juice Daily
Apricot	Liver, Skin & Deplaques Cancer Sites
Arginine	Liver, & Muscles, & eat your peanuts
Aromatherapy	Health comes of a happy heart
Arrhythmia / Heart Attack	Exaggerated Coughing, Water & Salt
Arrowroot	Bone, Bone Marrow & Stimulates StemCell Production
Arthritis	Fasting for 21 days on Water & Walking
Arthro-Sclerosis	No Meat & A Raw Food Diet
Artichoke	Liver, Kidneys, Brain & Basal Ganglia
Arugula	The Vascular System
Asparagine	Power & Fertility
Asparagus	Kidney Function, Male Sexual Desire, & Increased Semen Volume
Aspartic Acid	The Athletic Powerhouse
Asthenia	Hot Water Soaks, & Lots of Raw Food
Asthma	Red Potato Juice, Walking, Water & Salt
Astigmatism	Carrots & Carrot Juice
Athero Sclerosis	1 Grapefruit Daily & No dead Animals
Athetosis	Mushrooms, Salt & Water
Athlete's Foot	Salt, & Tea Tree Oil Foot Soaks
Atrophic Vaginitis	Plain Live Cultured Yogurt as a Vaginal Infusion
Atrophy	Nuts, Seeds, Whole Grains, Walking 7 Weights
Austrailian Blue Squash	Skin, Muscles, & Liver
Autism	No Soda Pop, Eat Don's M5 Meal Daily
AutoImmune Disease	Apples, Fresh Juices & Walking
Autonomic Neuropathy	Salt, Water, & Exercising
Avocado	Womb, Cervix, Fetus Development & Neuro Food
Avocado Oil	Nerve Sheaths & Skin

B

Back Pain	Chiropractic Adjustments & Bent Leg Push-ups
Bacteria	Raw Honey

Bacterial Infections	Raw Honey, Salt, Water & Fermented Foods
Bacterial Meningitis	Salt, Sat & More Salt, Water & Fermented Foods
Bad Breath (Halitosis)	Chew Dill Seeds & Cloves then spit them out
Bags Under Eyes	Drink Water, Potato & Cucumber Eye Patches
Baking Soda	Skin, Body Cleanser & Deplaquer
Balding	Nuts, Seeds, Grains & Leafy Greens
Bamboo Shoots	Artery Cleaning, Colon Cleansing & Tube Cleaner
Banana	Penile Function, Builds Blood Volume, Bones & Muscle
Barley	Cell Strengtheners & Muscle Fiber Strengtheners
Basil	Neo Cortex & its blood supply
Basmati Rice	Neuro-Immune Cells
Bay Leaf	Imagination, Intuition & Dreams
Beans & Peas	All 7 Neuro-Endocrine Centers, Chakras & Kidneys
Bean Sprouts	Cell Life, Longevity & Deplaquer
Bed Sores	Pack with Raw Honey
Bedwetting	1tsp Raw Honey at Bedtime
Bee Stings	Fresh Onion on Sting Site
Beets	Hearts & Blood
Beeturia	Celebrate Life is Colorful!!
Belching	1tsp Baking Soda in a glass of Water
Beriberi	Nuts, Seeds, Grains & Legumes
Berries	Blood, Neuro-Immunity, Breasts & Nipples
Binge Eating	High Water Content Foods
Bi-Polar	21 Days on any and all Apples
Bitter Melon Squash	Deplaques Blood & Expels Parasites
Black Beans	Brain Organs & Blood Cells
Blackberry	Breastes & Blood
Black Currant, Borage and Evening Primrose Oils	Hormone Production & Brain Function
Black Eye	Mango, Papaya & Pineapple
Black Eyed Pea	Blood, Brain & Kidney
Black Pepper	Colon Function & Tongue / Tastebud Enhancer
Bladder Cancer	21 days on Water & Saltwater
Bladder Infection	Fermented Foods & Saltwater
Bleeding	Cabbage & Oats
Blister	Lavendar Oil
Blood Sugar	Cinnamon & Cinnamon Tea
Blueberry	Brain & Visual System
Body Odor	Use Olive Oil, Salt & Peppermint as a Body Scrub
Boils	Hot Packs, Lance & Apply Salt
Bok Choy	Bones
Botulism	Fermented Foods
Boysenberry	Blood & Breasts
Brachial Plexus Injury	Peppermint Oil Topicals, Heat Packs & Rest
Brazil Nut	Prostate, Ovaries, Neurons, Brain & Deplaquer
Bread	Emotions & Social Bond
Breast Cancer	Water, Salt, Raw Foods, Sunshine & Go Bra-less
Breast-Feeding Pain	Lanolin or Shea Butter on Nipples
Breasts Sag	Push-ups Daily

Brittle Nails	Cauliflower & Moistened Nails with Olive Oil
Broccoli	Brain, Basal Ganglia & Neuro-Immune Cells
Bronchitis	Fresh Air, Salt & Water
Brucellosis	Honey, Garlic, Onions & Hot Peppers
Bruises	Spinach & All Green Foods
Brussels Sprouts	Blood Flow to Brain
Bubonic Plague	Cinnamon Oil under the Nose and in the Diet
Buckwheat	Pancreatic Cells
Bulimia	High Water Content Foods
Bulgur	Intestinal Health & Function
Bunion	Saltwater Soaks & Coconut Rub
Burdock / Gobo Root	Skin and Organ Deplaquer & Vermafuge
Burns	Fresh Air to Burn Site, mild Salt, Water & Honey
Burro Banana	Increases Penis Size & Function
Bursitis	Fresh Cherries, Cherry Syrup & Dried Cherries
Butter	Joints, Nerves, Emotions of Happiness & Contentment
Butter Cup Squash	Liver, Skin, & Muscles
Buttermilk	A ferment for Bones & Blood Vessels
Butternut Squash	Liver, Skin & Facial Wrinkles

C

Cabbage	Arteries, Veins, Capillaries & Brain
Cactus (Prickly Pear)	Pancreas, Liver, Heart & Skin
Cadmium Toxicity	Broccoli, Cauliflower, Cabbage & Egg Yolks
Caffeine Dependency	Avoid Soda Pop, Energy Drinks & Supplements
Calabaza Squash	Breasts, Skin & Liver
Calcium	Brain Function more than Bones
Calories	Energy, Power & Strength
Campylo-Bacter Infection	Salt, Honey & Water
Cancer	No Animals, Raw Food & Sunshine
Cane Juice	Brain & Pancreas
Canker Sores	Activated Charcoal
Canola Oil	Skin
Cantaloupe	Breasts, Skin & Brain
Carbohydrates	Nature's Carbohydrates Feed the Brain
Cardamom	Male / Female Sexual Desire & Intestinal Cleanser
Cardiac Arrest	Strong Coughing & Water
Carob	Parastaltic Action & Soothes Emotions
Carpel Tunnel Syndrome	Hot Water Salt Soaks & Ice
Carrot	Eye Function, Occular Chiasma & Visual Cortex
Carsick / Travel Sickness	Look out the Window
Cashew	Fetus Development, Bones & Blood
Cataracts	Raw Goat and Cow Milk & All Fermented Foods
Catnip	Prevents Premature Birth & Soothes Anxiety Disorders
Cauliflower	Brain Function, Bones & Deplaquer
Cavities	Brush with Salt & Bicarbonate of Soda

Celery	Bones
Celiac Disease	Mother's Milk & All Fermented Foods
Cerebral Aneurysm	Grapefruit & the White Pulp Pectins from the Peeling... just eat it!
Cerebral Palsy	Coconut Oil, Olive Oil, Nuts & Seeds
Cervical Cancer	Go Raw Food Vegetarian, Nuts, Ferments & Vaginal Yorgurt Infusions Nightly
Chalazion	Warm Compresses, Garlic, Onions & Honey
Chancroid	Sexual Hygiene with Saline
Chapped Lips	Water, Salt & Lanolin Lip Balm
Chapped Skin	Cold-Pressed Coconut Butter & Olive Oil
Chayote Squash	Heart Function
Cheese	A Ferment for the Emotions & Bones
Chemotherapy	Plant Chemistry Heals and Doesn't Kill - - - Chemo does
Cherries	Heart, Blood, Capillaries & Pain Remover
Chestnut	Heart & Blood
Chicken Pox	Saltwater Baths & Eat Raw Honey
Chicory (Curly Endive)	Neo-Cortex & Blood Quality
Chives	Blood Tube (Veins & Capillaries) Strengtheners
Chlamydia (Trachomatis)	Yogurt Vaginal Infusions, Eat Garlic & Onion
Cholera	Drink Saltwater and Eat Onions, Honey & Garlic
Cholesterol	Helps to keep you Hydrated
Chordoma	A 20-40 Day Fast on Water and they are Gone!
Chromium	Stabilizes Blood Sugar
Chronic Fatigue	Increase Salt and Rejuvenate with Fasting
Cilantro Leaves	Cleanser & Nerve Tonic
Cinnamon	Brain Function & Pancreatic Function
Circulation Blockage in Legs	Walking, Water & Salt
Circulatory Problems	Citrus, Legumes, Water & Salt
Cirrhosis	1 Cup Lemon Juice Daily, Macadamias & Grapes
Citrus	Breasts, Deplaquer & Shrinks Tumors
Cleft Lip	Micro-Surgeries Until Repaired
Cloves	Bone & Joints
Coccidiomycosis	Water, Salt & Honey Infused Garlic
Cocoa	Heart & Emotions
Coconut	All 76 Trillion Cells & A Panacea Food like Apples
Coconut Oil	Heart, Brain & Skin
Coffee	The Adrenals
Cold	Exercise, Fresh Air, Peppers & Salt
Cold Hands & Feet	Hot Salt Water Soaks & A Raw Food Diet
Cold Sores	Ear Wax as a Topical
Colic	Movement & Vacuum/Dryer Noise
Colitis	Fermented Foods & Colonics
Collard Greens	Lungs & Brain
Colon Cancer	Fermented Foods & A Raw Plant Food Diet
Color Blindness	Carrots & Carrot Juice
Congestive Heart Failure / Heart Disease	Swear off Animal Carcasses and Go Raw Food Vegetarian & Ferments
Constipation	Colonics, Raw Foods, Water, Salt & Oils from Foods. No Supplements or Drugs

Convulsions	All Green Foods and Tubers.
Copper	No Processed Sugars or Synthetic Sweeteners
Coriander Seeds	Hair & Skin
Corn	Pancreatic Function & Neurons
Corn Oil	Teeth, Bones & Cell Wall Integrity
Corns & Calluses	Blood Builder
Coronary Artery Disease	Apply Crushed Garlic, Lemon Juice & Water
Cottonseed Oil	Grapefruit, Olive Oil & Raw Foods
Cough	Use on Furniture
Couscous	Saltwater, Peppermint Oil & Honey
Cracked Wheat	Brain Cells
Cradle Cap	All Cells
Cranberry	Massage with Olive Oil
Cream	The Bladder
Cretinism	Intestines & Emotions
Crohn's Disease	Sea Salts, Mushrooms, all Nuts, Seeds & Hard Squash
Croup	Fasting, Colonics & 1 Shot Glass of Olive Oil Daily
Cucumber	Fresh Air, Cold Air, Salt, Liquids & Rest
Cumin	Skin, Penis Function & Vermafuge
Cuts & Scrapes	Testicles, Ovaries & Deplaquer
Cysteine	Salt & Honey
Cystic Fibrosis	Blocks Microwaves & Radiation
	Raw Milk, Red Raw Potatoes & Peppermint Oil

D

Dandruff	Hydrate & Moisturize with Olive Oil
Dates	Ovaries & Pancreatic Cells
Depression	Sunshine, Walking & all Yellow Foods
Dermatitis	Salt Baths, Sunshine & Raw Oils, Internally and Topically
Diabetes	Raw Whole Food Diet, Fasting, Walking & Snack Cashews
Diabetic Neuropathies	Stricked Raw Food Diet, Salt & Walking
Diaper Rash	Saltwater Rinse & Apply Coconut Oil
Diarrhea	Saline Enema
Dill	Brain, Dreams & Intuition
Diverticulitis	Drink and Eat Whole Food Oils, Raw Food Diet & Especially Ferments.
Dizziness	An Eye Patch & Warm Oil in Ears
Domestic Violence	The Courage to Leave
Down Syndrome	A Great Diet, Exercise & Oils of Primrose, Borage & Black Currant... LOTS OF LOVE!!!
Drugs	Colonics, Salt & Water
Drug Overdosing	Colonics, Salt & Water
Dry Eyes / Eye Problems	Carrot Seed Oil & a Soaked Flaxseed under the eyelid
Dry Hair	Olive Oil & Avocado mixed together and put into hair for 30 min
Dry Mouth	Water & Sucking on Rock Salt
Dry Skin	Rub on Coconut Oil, Drink the Dry Skin Shake
Dyslexia	Master the 52 Phoneme's & Relax... you're a Genius!

E

Ear Infections / Earache

Ebola

Eczema

Edema

Eggs

Eggplant

Elderberry

Emphysema

Enamel

Encephalitis

Endive

Endometriosis

Epilepsy

Estrogen

Eye Cancer

Saltwater Irrigation

Garlic, Saltwater & Honey

Hot Oatmeal Bath, Coconut & Soy Oil Rub

Salt & Water

Eyes

Tumor Reduction, Deplaquer & Womb

Cells, Especially Breast Cells

Mustard Leaf Salads, Hot Peppers, Peppermint Oil,
Garlic Onions, Salt & Water

Celery, Bok Choy, Horseradish & Salt

Raw Honey, Garlic, Onions & Horseradish

Bones

Nuts, Seeds, Green Foods & all Plant Oils

Salt, Bananas, Green Leafy Foods 6 times a day

Seeds, Legumes & One Stone Fruit

All Yellow & Green Foods; Salt & Water

F

Facial Nerve Disorder

Farina

Fats

Fava Bean

Fennel

Fenugreek

Fever

Fiber / Lectric

Fibrocystic Disease

Fibroids

Fibromyalgia

Fiddlehead Fern

Figs

Flaxseed

Flaxseed Oil

Fluid Retention

Flu / Influenza

Food Poisoning

Foot Odor

Fractures / Breaks

Frigidity / Low Sex Drive

Frost Bite

Garlic, Onions, Avocado's & Bone Tapping

Brain Cells & Nerves

Nerves & Emotions

Neurons, Nerves & Red Blood Cells

Bones & Nerves

Pancreatic Cells Regeneration

Enema's / Colonics & No Meat

7 Nutritional Fibers Clean the 7 Body Systems

Nuts, Seed & All Oils

Water & Juice Fast for 21 Days

Walking, Salt Bathes, Water, Oils & Organic Chocolate

Balance, Choclea of the Ear

Testicles

Mucosal Cell Function & Deplaquer

Blood Builder

Lots of Salt & Water

Too Much Sugar & Animal Carcasses

Drink Water, Force Yourself to Puke & Have an Enema

Salt & Apple Cider Vinegar Soak, Go Barefoot

Rest, Celery, & Bok Choy

Seed, Peanuts & Banana's

Warm Saltwater Soak Immediately

G

Gallstones	Grapefruit Juice & Olive Oil Drink
Gangrene	Walking, Swimming, Garlic, Onions & Lots of Salt
Garbanzo Bean / Chick Pea	Heart Deplaquer
Garlic	Feed, Heals & Cleanses all of the Cells
Gas / Flatulence	Bicarbonate of Soda & Water Before Bed
Generalized Anxiety Disorder	Foods Grown Under the Ground & Lavender Oil
Genital Warts (Condyloma)	Thuja Oil & Garlic
Ginger Root	An Overall Nerve & Joint Tonic
Gingivitis / Gum Disease / Periodontal Disease	Bicarbonate of Soda, Salt, Water & A Good Toothbrush
Glaucoma	Carrot seed Eyedrops & Carrot Juice Daily
Glutamic Acid	Strengthens the Emotional Fabric
Glycine	Pure Neuro Intelligence
Golden Nugget Squash	Liver, Skin & Muscles
Gooseberry	Blood Purifier
Grains	Brains
Grapefruit	Breasts, Heart & Blood
Grapes	Heart & Blood
Grapeseed Oil	Blood & Lymph Cells
Green Bean	Spleen, Pancreas & Blood Builder
Green Pea	Spleen, Pancreas & Blood Builder
Grief	Humor is the Best Medicine & Pet Animals
Growth Problems	Breast-feed, Mushrooms, Nuts & Seeds
Guava	Skin, Whole Body & All Cells
Guilt	Green Leafy Foods & Ferments
Gout	Water, Salt & Lots of Cherries

H

Hair Loss / Thinning	Scalp Massage, Nuts, Seeds, Oils & Fermented Foods
Hammer Toe	Walking Barefoot, Salt Soaks & Oil Rubs
Hangnail	Garlic & Olive Oil
Hangover	Honey, Fruit Juice & Lots of Water
Hazel Nut / Filbert	Pineal Gland & Pituitary
Headaches	Water, Water, Water & Salt
Hearing Loss	Ear Colonic Hygiene
Heart Burn / Reflux / Indigestion	7 Day Water Fast or 14 Days on Apples
Heart Disease	Raw Whole Plant Foods, Water, Walking & Salt
Heat Exhaustion / Heat Stroke	Hot Foods, Cool Bath's, Water & Salt
Heat Rash	Garlic & Honey Smears on Rash and Cool Pool Swims
Heel Pain	Cherries, Salt Soaks, Barefoot Walking in Sand or Grass
Hematoma	Saltwater Infusions, Citrus & Garlic
Hemorrhoids	Water, Oils, Green Foods & Seeds

Hepatitis	Lots of Fresh Lemon Juice, Orange & Yellow Foods
Hepatitis A	Lots of Fresh Lemon Juice, Orange & Yellow Foods
Hepatitis B	Lots of Fresh Lemon Juice, Orange & Yellow Foods
Hepatitis C	Lots of Fresh Lemon Juice, Orange & Yellow Foods
Herpes	Licorice, Eat Aloe Vera Leaves / Gel
Hiccups	Apple Cider Vinegar & Bicarbonate of Soda
High Blood Pressure	Salt, Water, Walking & Colonics
High Cholesterol	Legumes, Grapefruit & Stop Eating Animals
Histidine	Nerves
Hives	14 - 21 Day Water Fast
Hodgkin's Disease / Lymphoma	14 Days on Cabala Juice
Homeopathy	A First Step in the Right Direction
Hominy / Grits	Bones & Muscle Power
Honey	Brain, Heart & Nerve Cleanser
Honeydew	Breasts Deplaquer
Horseradish Root	Bones, Stem Cells, Deplaquer & Lungs
Huckleberry	Brain & Blood Deplaquer
Human Bites	Salt in Wound
Huntington's Disease/Chorea	Walking, Weights, Tennis, Salt & Water
Hypertension	Walking & Red Foods
Hyper Thyroidism	Extended Fasting, Mushrooms & Ferments
Hypoglycemia	Sweet Potatoes & Lots of Fruit
Hypo Thyroidism	Water, Carrots, Salt, Nuts, Seeds, Grains & Mushroom
Hysterectomy	Soybeans & Yams

I

Ichthyosis	Oil, Salt, Sunshine & Urine
Infertility Female / Male	Figs, Seeds, Bananas, Pomegranates & Watermelon
Immunization	Don't Do It!!!
Impotence / Erectile Dysfunction	Peanuts & Fantasy
Ingrown Hairs	Witch Hazel
Insomnia	Eating Salt at Bedtime
Interstitial Cystitis	Saline Douches, Yogurt Infusions, Salt & Water
Intermittent Claudication	Walking, Garlic, Honey & Fermented Foods
Iodine	Thyroid
Iridology	Brilliant Record of the Body
Iritis	Soak Flaxseed in Saltwater & Put under Eyelid
Iron	Blood
Irritable Bowel Syndrome	Drink Olive Oil, Raw Foods & Lots of Water
Isoleucine & Leucine	Mental Vision & Brain Energy

J

Jaundice	Orange & Yellow Foods, Lemon Juice & Sunshine
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Jet Lag	Sunshine, Walking, Salt & Water
Jicama	Eye Cells
Jock Itch	Salt Rinse & Garlic
Joint Pain	Peppermint Oil Applied & Eat Lots of Celery
Juniper Berry	Bladder, Blood Cleanser & Deplaquer

K

Kale	Brain Food
Keloids	Crushed Garlic, Salt & Olive Oil Poultice
Keratosis Pilaris	Salt Scrub & Lots of Sunshine
Kidney Disease	Saltwater, Kidney Beans, Oils & Walking
Kidney Stones (Calculi)	Sauerkraut, Tomato & Peppermint Juice Mix
Kiwi Fruit	Blood Flow to Eyes & Visual Cortes
Knee Pain	Cherries, Cherry Juice & Salt Soaks
Kohlrabi	Blood Flow

L

Lack of Orgasm	Frequency & Fantasy
Lactose Intolerant	Fermented Foods
Lazy Eye (Amblyopia)	Eye Patch & Lots of Cherries
Lead Poisoning	21-28 Days on Just Apples & Water
Lecithin	Nerves & Blood
Leeks	Liver Cells & Bone Marrow Stem Cells
Leg Cramps	Bare Feet on Cold Floor & Saltwater
Legionellosis	Onions, Garlic, Horseradish & Lots of Salt
Leishmaniasis	Honey, Garlic & Onion Infusions to Diet
Lemon	Energy & Deplaquer
Lemongrass	Bones
Lentil	All Cells, Brain & Heart
Leptospirosis	Honey, Garlic, Onions & Horseradish
Lettuce	Blood Brain Flow
Leukemia	Phi Pi, Cabala Juice & Raw Food
Licorice	Lungs, Liver & Bones
Lima Bean	Builds & Cleanses the Kidneys
Lime	Clears Lymph Plaque from the Breasts
Linseed Oil	Furniture Oil
Lipids	Protect Nerve Sheaths
Listeriosis	Honey, Garlic & Onion Paste - Snack it!
Liver Disease	1 cup of Lemon Juice Daily for 90 Days
Liver Problems	Drink 1 "Hot Mama" Everyday for 90 Days
Lockjaw / Tetanus	Salt, Salt, Salt & Lots of Water
Loganberry	Liver, Breast & Heart Cells
Lung Cancer	Red Raw Potatoes, Lemons & Salt

Lupus Erythematosus
Lyme Disease
Lysine

Raw Food Fasting, Garlic, Onions & Raw Honey
21 Days on Cabala, Onions & Garlic
Bones & Cartilage

M

Macadamia
Macular Degeneration
Magnesium
Malabsorption Syndrome
Malaria
Manganese
Mango
Maple Syrup
Marine Animal Bites & Stings
Marjoram
Measles
Melioidosis (Whitmore Disease)
Melons
Meniere's Disease
Menopause Problems
Menstrual Cramps
Menstruation
Mercury Fillings
Methionine
Migraines
Milk
Millet
Mineral Deficiency
Mineral Oil
Molasses (Blackstrap)
Moles
Molybdenum
Mono Neuropathy
Mono Nucleosis
Mood Swings
Mosquitoes & Flies Bite
Mouth Cancer
Mulberry
Multiple Myeloma
Mumps
Muscle Cramps
Muscle Pain / Injuries
Muscular Dystrophy
Mushrooms
Mustard
Mustard Green

Heart & Brain Blood Flow
Eat Carrots & Spinach Everyday
Balance & Nerves
Raw Foods & Saltwater Colonics
Garlic, Onions & Saltwater Everyday
Blood & Nerves
Heart, Muscle & Skin
Brain & Blood
Hot Saltwater Applied to Wound
Brain Plaque Cleanser
Rest, Water, Salt & Juice
Onions, Garlic & Horseradish
Brain & Breasts
Ear Candling
Hot Saltwater Soaks & Cold-Pressed Soybean Oil
3-7 Day Juice Fasts & Hot Salt Baths
3-7 Day Juice Fasts & Hot Salt Baths
Avoid them or Slowly have them removed
Hair & Kidneys
Fasting & Saltwater
Life Force ... if it's Raw
All Cells Strengthener
All Raw Foods
Use on Machinery
Brain & Blood Flow
Garlic & Lemon Juice Topically
Bones & Liver
Salt & Saltwater Soaks
Salt, Water, Honey & Garlic
Eat Tubers
Bicarbonate of Soda on Bite & Drink Saltwater
Salt, Bicarbonate of Soda & Apple Cider Vinegar
Breasts, Plaque & Cancer Cleanser
21-28 Days on Apples & Water
Salt, Water, Soups & Juices
Prunes & Saltwater
Peppermint Oil at the Site
Fasting
Thyroid Function, Brain & Penis
Lungs & Deplaquer
Lungs & Deplaquer

Myasthenia Gravis	14 Days on Cabala Juice
Myoclonus	Muscle Tapping & Raw Red Foods
Myopia	Carrots, Kiwi Fruit & 13 Knot Rope

N

Nail Biting	Apply Tea Tree Oil to Nails
Nail Infections	Soak in Saltwater & Apply Hydrogen Peroxide
Narcolepsy	10-21 Day Water Fast & Smell Peppermint Oil
Nausea	Drink Water & Puke!
Navy Beans	Blood Cells
Neck Pain	Essential Peppermint Oil Rubbed into Site
Nectarine	Heart, Muscles & Skin
Neoplasm	21-28 Days on Apples or Grapes
Nervous Exhaustion	Blueberries & Eat Salt Before Bed
Nervousness	Tubers & Beans
Neuropathy	Fasting, Walking & Hot Salt Baths
Nightmares	All Tubers
Night Sweats	Water, Colonics, Salt & Walking
Nosebleeds	Olive Oil in Each Nostril & Use a Salt Nasal Spray
Nutritional Yeast	Thyroid & Brain
Nuts	All Neuro-Endocrine Glands

O

Oats	Blood Cells
OCD (Obsessive Compulsive Disorder)	Grounding Foods; Tubers & Legumes
Oils	Joints, Heart & Skin
Oily Hair	Beer, Lemon Juice & Aloe Vera
Oily Skin	Salt Baths, & Sunshine
Okra	Bones
Olive	Ovaries (All Live - Olive)
Olive Oil	Ovaries & Blood Flow (All Live - Olive)
Onion	All Cells & Orgnaelles
Opo Squash	Penis & Blood Flow
Oregano	Emotional Happiness
Orange	Breasts Cells
Orange (Navel)	Breasts Cells
Osteoporosis	Eat More Salt!
Ovarian Cancer	One Seed Fruits, Ferments & Honey
Ovarian Cyst	21-40 Day Cabala Juice Fast
Overweight / Obesity	Don't Eat after 4 pm & Walk 3-5 Miles Daily

P

Palpitations	Raw Red Foods, Salt & Walking
Pancreatitis	Sweet Potatoes & Fasting
Panic Disorder / Attack	All Tubers
Pantothenic Acid	Nerves & Muscle
Papaya	Womb, Cervix & Ovaries
Parasite	Dead Animals are Worm Food... Try Starving Them!
Parkinson's Disease (Plaque & Parasites)	Raw Nuts, Seed & Grains
Parsley	Lungs & Bronchial
Parsnip	Bones & Eyes
Passion Fruit	Ovaries & Testicles
Peaches	Breasts, Heart & Skin
Peanut	Testicles
Peanut Oil	Prostate & Brain
Pears	Womb, Cervix & Ovaries
Peas	Pineal & Pituitary Gland
Pecans	Brain & Blood Flow
Pelvic Inflammatory Disease	Fermented Foods & Yogurt Vaginal Infusions
Peppermint	Brain Function
Peppers	Heart & Blood
Peritonitis	Brush your Teeth with Salt & Bicarbonate of Soda
Persimmons	Heart & Skin
Phenylalanine	Strengthens the Emotional Fabric & Alertness
Phlebitis	No Meat! Eat Raw Foods
Phobias	Tubers & Legumes
Phosphorus	Blood & Heart
Pineapple	Strengthens All Tubes & Cells
Pine Nuts	Brain Food
Pink Eye / Conjunctivitis	Saltwater Drops
Pinto Beans	Interior Organs of the Brain
Pistachios	Pituitary
Pityriasis	Oatmeal & Olive Oil Warm Water Baths
Plantains	Penis Function & Muscles
Plums	Heart, Ear & Blood Flow
Pneumonia	Fresh Air, Fresh Citrus & Lots of Salt
Poison Ivy / Poison Oak / Poison Sumac	Witch Hazel & Tea Tree Oil
Pole Bean	Colon
Polio (Poliomyelitis)	All Fermented Foods, Onions, Garlic & Honey
Pollution	Ceiling Fans
Pomegranate	Ovaries & Womb
Poppy Seed	Nerve Soother
Porphyria	21 Days on Cabala Juice & Go Raw Foodist!
Postherpetic Neuralgia	Fruit & Legumes
Post Traumatic Stress Disorder	Yellow & Orange Raw Foods
Posture	Push-ups
Potassium	Nerves & Heart
Potatoes	Lungs

Pregnancy Complaints
 Premature Ejaculation
 Progeria
 Proline
 Prostate Cancer
 Prostate Problems
 Prunes
 Psittacosis
 Psoriasis
 Pubic Lice
 Puffy Eyes
 Pumpkin
 Pumpkin Seed
 Pumpkin Seed Oil

Avocadoes, Pears, Walking & Water
 Bananas, Nuts & Seeds
 Raw Milk, Nuts, Seeds & Grains
 Joints & Tendons
 Oats, Flax, Wheat Germ & Frequent Sex
 Oats, Flax, Wheat Germ & Frequent Sex
 Brain, Plaque Cleanser & Inner Ears
 All Fermented Foods
 Sunshine & Coconut Oil
 Shave all Pubic Hair & Bathe in Saltwater
 Drink Water & Cucumber Slices on the Eyes
 Male / Female Sexual Health
 Removes Parasites
 Bone Joints, Muscles & Brain

Q

Q Fever
 Quince
 Quinoa / Inca Wheat

All Fermented Foods & Colonics
 Whole Body Life Force
 Brain & Visual System

R

Rabies
 Radiation
 Radicchio
 Radishes
 Rapini / Broccoli Raab
 Rashes
 Raspberry
 Raynaud's Disease
 Razor Burn
 Red Bean / Kidney Bean
 Repetitive Strain Injury
 Rheumatic Fever
 Rheumatoid Arthritis
 Rhubarb
 Rice
 Rickets
 Rocky Mountain Spotted Fever
 Rolled Wheat Flakes
 Rosemary
 Rubella
 Rutabaga
 Rye

Salt in the Wound Followed by Hydrogen Peroxide
 Raw Yellow Foods
 Arteries, Veins & Capillary Flow
 Blood Plaque Cleanser
 Red Blood Cell Builder
 Lemon Juice, Tea Tree Oil & Witch Hazel
 Breasts & Positive Emotions
 Chew Crushed Ice & Eat Hot Peppers
 Fresh Aloe Vera Gel
 Kidneys
 Warm Saltwater Soaks, then Apply Helichrysum
 All Fermented Foods & Walking
 Fasting & Warm Mud / Clay Soaks
 Bone Marrow Builder & Stem Cells
 Pancreas Blood Builder
 Lots of Sunshine & Raw Green Foods
 Salt in the Wound & Fermented Foods
 All Cells
 Brain Neuron Function (Memory)
 Rest & Lots of Raw Fruits
 Heart Blood Purifier
 Gall Bladder & Blood Flow

S

Sage	Lungs
Salmonellosis	Hot Peppers, Garlic & Onions
Salsify	Increases Sexuality
Salt / Sodium / Chloride	Life Force, Energy & Health
Sapodilla	Pancreas Regeneration
Sars (Severe Acute Respiratory Syndrome)	Hot Lemon Tea & Rest
Savory	Brain Neuronal Function
Scabies / Mites	Onion Juice & Honey Topically
Scarlet Fever	Sip Hot Lemon Juice with Tea Tree & Peppermint Oil
Scarring	Fresh Lemon Juice & Sunshine
Sciatica	Bent-Knee Push-ups & Helichrysum
Scorpion Stings	Ice & Clove Oil Topically
Scurvy	Fresh Fruits
Seasonal Affective Disorder (SAD)	Yellow / Orange Raw Foods, & Sunshine
Seaphire	Brain, Memory & Plaque Remover
Seasick	Whole Grain Breads
Seaweed / Kelp	Builds Blood Quality & Thins Blood
Selenium	Breaks up Plaque & Remisses Cancer
Sepsis	Yogurt & Keifers
Serine	Nerves & Nerve Fibers
Sesame Seed	Pineal & Imagination Force
Sesame Seed Oil	Blood Brain Flow
Shigellosis	Garlic, Onions & Fermented Foods
Shingles	Fasting, Saltwater Soaks & Coconut Oil
Shin Splints	Celery, Bok Choy & Rest
Shock	Tubers
Shoulder Pain	Peppermint & Helichrysum Oil
Shyness	Yellow Raw Foods
Sibling Rivalry	Whole Food Desserts (Comfort Foods)
Sickle Cell Anemia	Garlic, Onions, Hot Peppers & Salt
Sinus Congestion	Saltwater Nasal Spray
Sinusitis	Saltwater Nasal Spray
Skeletal / Bones	Celery, Bok Choy, Rhubarb & Salt
Skin Cancer / Melanoma	Fresh Fruits, Vegetables & Sunshine
Small Pox	Garlic & Clove Oil
Smoking Nicotine	Tumeric & Licorice
Snake Bites	Buy a Snake Bite Kit & Put Salt in the Wound
Snoring	Saltwater Nasal Spray
Snow Peas	Nerves & Brain
Social Anxiety Disorder	Tubers & Legumes
Sore Feet	Cherries
Sore Nipples	Lanolin Oil or Shea Butter
Sore Throat	Suck on Rock Salt
Sorrel	Cardio-Vascular System

Soybean	Breast Cleanser & Cell Builder
Soybean Oil	Joints & Heart
Spaghetti Squash	Liver & Intestines
Spearmint	Speech, Tongue & Brain
Specific Phobias	Raw Yellow & Orange Foods
Spelt	All Cells & Brain
Spinach	Blood, Brain & Muscle Strength
Spider Bites	Salt Directly into the Wound
Spinal Cord Compression	Bent-Knee Push-ups & Water Exercises
Splinters	Remove with Tweezers or Glue
Split Ends	Olive Oil, Honey & Egg Yolk
Sprains	Rest, Ice, Compression & Elevation
Squash	Skin, Vermafuge & Eyes
Star Fruit	Astrocyte Brain Function
Stevens Johnson Syndrome	Saltwater & Warm Salt Baths
Stomach Cramps	Peppermint, Tea, Salt & High Fiber Veggies
Stomach Ulcer	7 Day Cabala Juice Fast
Strabismus	Eye Patch & Vision Exercises
Strawberry	Heart Rhythm & Muscle Strength
Strep Throat	Suck on Rock Salt
Stress	Legumes & Tubers
Stretch Marks	Lemon Juice & Sunshine
Stroke	Nuts, Seeds, Grains & Salt
Sugar	Unprocessed Sugar is Brain Food
Sugar Snap Peas	Brain
Sulfur	Purifies the Blood
Sun	Highest Source of Complete Nutrition
Sunflower and Safflower Oils	Pancreas Function
Sunflower Seeds	Pancreas Function
Sweet Leaf (Stevia)	Brain
Swelling	Saltwater Soaks, Liquids & Salt
Swimmers Ear	Saltwater Rinse & Grapeseed Oil Drops
Swiss Chard	Bone Marrow & Blood Builder
Synovitis	Cherries, Berries & Fermented Foods
Syphilis	Raw Honey, Fermented Foods, Onions & Garlic
Systemic Scleroderma	Fermented Foods & Salt

T

Toilet Training	Whole Food Desserts
Tomatillo	Blood & Heart
Tomatoes	Heart & Blood - Love / Kindness
Tongue Ulcers	Salt, Bicarbonate of Soda & Fermented Foods
Tonsillitis	Enemas & Sip Saltwater
Tooth Decay	Raw Green Foods & Salt
Toot Sensitivity	Clove Oil
Toothache	Clove Oil, & Ginger Root

Tourette's Syndrome
 Toxic Shock Syndrome
 Transverse Myelitis
 Trauma
 Trichomoniasis
 Trisomy
 Tryptophan
 Tuberculosis
 Tularemia
 Turmeric
 Tungiasis
 Turban Squash
 Turnip
 Turnip Greens
 Typhoid Fever
 Typhus
 Tyrosine

Raw Nuts & All Fruits
 Hot Saltwater Baths & Use All Cotton Tampons
 Onions, Garlic & Hot Peppers
 Legumes, Seeds & Nuts
 Fermented Foods, Salt, Garlic & Onions
 Walking & Fresh Juices
 Brain & Emotions
 Raw Red Potatoes & Salt
 Garlic or Onion Juice to the Bite Site
 Liver & Plaque Remover
 Garlic & Salt
 Eyes, Cornea & Skin
 Builds & Strengthens All Cell Structures
 Veins & Blood
 Fermented Foods, Garlic, Onions, & Lemons
 Garlic, Salt & Water
 Brain & Nerves

U

Underarm Odor
 Uremia
 Urinary Incontinence

Grain Alcohol & Your Favorite Essential Oil
 Tubers & Fasting
 Salt, Cranberries & Fermented Foods

V

Vaginal Itching
 Vaginal Odor
 Vaginitis / Vaginal Discharge
 Valine
 Vanilla
 Vasovagal Syncope
 Varicose Veins
 Vertigo
 Viral Meningitis (Aseptic)
 Visual Problems
 Vitiligo
 Von Hippel-Lindau Syndrome

Yogurt Infusions & Saline Douche
 Yogurt Infusions & Saline Douche
 Yogurt Infusions & Saline Douche
 Brain
 Emotions & Sexual Desire
 Walking, Salt & Water
 Large Leafy Green with Large Veins & Walking
 Body Cleansing & Balance Maneuvers
 Soups, Sops, Sops & Hot Fresh Lemon Tea
 Carrots & Carrot Juice
 1 Cup of Fresh Lemon Juice Daily, Garlic & Onions
 21 Day Fast on Cabala Juice

W

Walnut
 Walnut Oil
 Watercress

Brain, Nerves & Imagination
 Brain, Nerves & Imagination
 Lungs

Watermelon
Warts
Wheat
Wheat Berries
Wheat Germ
Wheat Grass & Barley Grass
Whooping Cough (Pertussis)
Wrinkles

Brain Food
Thuja Oil & Garlic Cloves Taped over Wart
All Cells & Every Organ Symbol of Life (Vagina)
All Cells & Every Organ Symbol of Life (Vagina)
All Cells & Every Organ Symbol of Life (Vagina)
Life Force & Deplaquer
Suck on a Rock Salt & Red Raw Potatoes
Water & Olive Oil

X

"X" Foods are all Yellow Foods

Yellow Reinforces Positive Emotions

Y

Yacon Inca Tuber
Yeast Infection / Candida
Yellow Fever
Yellow Squash
Yellow Wax Bean
Yogurt

Pancreas & Blood Balancer
Yogurt Infusion in Vagina & Fermented Foods
Salt, Onions & Garlic
Liver
Intestines & Liver Cells
Life Force

Z

Zinc
Zucchini

Skin
Penis & Skin

COMMON CRYSTALS FOR A SPECIFIC PURPOSE:

Readiness for action:	Amethyst, Ametrine, Fire Opal, Rhodonite, Turquoise
Communicate with angels:	Angelite, Celestite
New Beginnings:	Garnet, Moss Agate
Cheerfulness:	Amber, Fire Opal
Creativity:	Ametrine, Citrine, Amber, Garnet, Labradorite, Tourmaline
Unfinished Business:	Aquamarine, Carnelian
Fulfillment of Desires:	Amber, Malachite, Hematite, Fire Opal
Devotion:	Kunzite, Tourmaline
Solving Difficulties:	Carnelian, Garnet, Moss Agate, Smoky Quartz, Tiger's Eye
Connect with earth:	Petrified Wood
Enthusiasm:	Aventurine, Fire Opal, Garnet, Labradorite, Rhodochrosite
Fertility:	Chrysoprase, Topaz, Moonstone, Rhodonite, Rose Quartz
Foresight:	Aquamarine, Turquoise
Friendship:	Emerald, Lapis Lazuli, Malachite, Peridot, Rhodonite
Goal setting:	Labradorite, Lepidolite, Watermelon Tourmaline
Intuition:	Amethyst, Amazonite, Ametrine, Petrified Wood, Kunzite, Labradorite, Moonstone, Turquoise
Love:	Chrysoprase, Emerald, Moonstone, Rhodochrosite, Rose Quartz, Ruby, Watermelon Tourmaline
Luck:	Agate, Ametrine, Aventurine, Amber, Chrysoprase, Garnet, Malachite, Moonstone, Sunstone, Turquoise
Increase Motivation:	Amber, Chrysoprase
Order:	Aquamarine, Fluorite, Sodalite
Positive attitude towards life:	Malachite, Chrysoprase, Topaz, Rhodochrosite, Sunstone
Protection:	Agate, Obsidian, Smoky Quartz, Serpentine, Tiger's Eye, Turquoise, Black Tourmaline, Watermelon Tourmaline
Self Confidence:	Calcite, Citrine, Fluorite, Garnet, Topaz, Sunstone
Stamina:	Aquamarine, Garnet, Red Jasper



AGATE



MOSS AGATE



AMAZONITE



AMBER



AMETHYST



AMETRINE



ANGELITE



AQUAMARINE



AVENTURINE



CALCITE



CARNELIAN



CELESTITE



CHRYSOPRASE



CITRINE



EMERALD



FLUORITE



GARNET



HEMATITE



RED JASPER



JASPER



KUNZITE



LABRADORITE



LAPIS LAZULI



LEPIDOLITE



MALACHITE



MOONSTONE



OBSIDIAN



OPAL



FIRE OPAL



PERIDOT



PETRIFIED WOOD



QUARTZ



ROSE QUARTZ



SMOKY QUARTZ



RHODOCHROSITE



RHODONITE



RUBY



SERPENTINE



SODALITE



SUNSTONE



TIGER'S EYE



TOPAZ



TOURMALINE



BLACK TOURMALINE



WATERMELON
TOURMALINE



TURQUOISE

CRYSTALS MEANINGS AND USEFULNESS

AGATE: Formed from microscopic crystals of quartz laid down in bands, this is a very stable crystal. Agates are grounding stones, bringing about an emotional, physical, and intellectual balance. They aid in centering and stabilizing physical energy. Agate has the power to harmonize yin and yang, the positive and negative forces that hold the universe in place. A soothing and calming stone, Agate works slowly but brings great strength. Its multiple layers can bring hidden information to light.

Psychologically, Agate gently facilitates acceptance of one's self. This builds self-confidence. It aids self-analysis and perception of hidden circumstances, bringing to your attention any dis-ease that is interfering with your well being. Agates enhance mental function as they improve concentration, perception, and analytical abilities, leading to practical solutions. Agate's love of truthfulness encourages speaking one's own truth. Agates with clear crystals can stimulate memories. Emotionally, this crystal overcomes negativity and bitterness of the heart. It heals inner anger, fostering love and the courage to start again. It is useful for any kind of emotional trauma. It creates a sense of safety and security by dissolving internal tension.

Spiritually, Agate raises consciousness and links into collective consciousness and awareness of the oneness of life. It encourages quiet contemplation and assimilation of life experiences, leading to spiritual growth and inner stability.

Healing, Agate stabilizes the aura, eliminating and transforming negative energies. Its cleansing effect is powerful at the physical and emotional levels. Placed on the heart, it will heal the emotional dis-ease that prevents acceptance of love. Placed on the abdomen or taken as an elixir, Agate stimulates the digestive process and relieves gastritis. It heals the eyes, stomach, and uterus; it cleanses the lymphatic system and the pancreas; it strengthens blood vessels and heals skin disorders.

*****MOSS AGATE:** A stabilizing stone strongly connected with nature, Moss Agate is said to refresh the soul and enable you to see the beauty in all you behold. It is helpful in reducing sensitivity to weather and to environmental pollutants. This stone is extremely beneficial for anyone employed in agriculture or associated with botany.

A birthing crystal, Moss Agate assists midwives in their work, lessening pain and ensuring a good delivery. It is a stone of new beginnings and release from blockages or spiritual fetters. A stone of wealth, Moss Agate attracts abundance. Moss Agate can act with a dual purpose. It helps intellectual people access their intuitive feelings and conversely, assists intuitive people in channeling their energy in practical ways.

Psychologically, Moss Agate improves self-esteem and strengthens positive personality traits. It releases fear and deep-seated stress. It helps to develop strength and the ability to get along with others, and encourages expanding one's personal space and growth. It strengthens the ability to try one more time, inspiring with new ideals after a period of stagnation.

Mentally, Moss Agate promotes self-expression and communication. It balances the emotions, reducing stress and lessening fear. It encourages trust and hope, being a highly optimistic stone. It is helpful for anyone suffering from depression through life circumstances or brain imbalances. No matter how difficult those circumstances may be Moss Agate gives insight into the reason behind them.

Healing, Moss Agate speeds up recovery. It can be used to counteract long-term illness. It is anti-inflammatory, cleanses the circulatory and immune system. Moss Agate eliminates depression cause by left-right brain imbalance. It

helps prevent hypoglycemia and dehydration, treats infections, colds and flu, and lowers fevers. It is anti-inflammatory and reduces swelling in lymph nodes. As an elixir applied to the skin, Moss Agate treats fungal and skin infections.

AMAZONITE: Amazonite has a powerful filtering action. At a physical level, it blocks geopathic stress, absorbs microwaves and cell phone emanations, and protects against electromagnetic pollution. It should be placed between you and the source of any pollution or taped to a cell phone. At a mental level, it filters the information passing through the brain and combines it with intuition.

This is an extremely soothing stone. It calms the brain and nervous system and aligns the physical body with the etheric, maintaining optimum health. It balances the masculine and feminine energies and many aspects of the personality. It is a stone that helps you to see both sides of a problem or different points of view. At an emotional level, Amazonite soothes emotional trauma, alleviating worry and fear. It dispels negative energy and aggravation.

Spiritually, an elixir of Amazonite is extremely beneficial to all levels of consciousness. The stone itself assists in manifesting universal love.

Healing, Amazonite heals and opens both the heart and throat chakras to enhance loving communication. It also opens the third eye and intuition. The stone dissipates negative energy and blockages within the nervous system. It is beneficial in osteoporosis, tooth decay, calcium deficiency, and calcium deposits, balancing the metabolic deficiencies that create these conditions. The elixir rectifies calcium problems. Amazonite also relieves muscle spasms. A major property is the protection it affords from the health hazards of microwaves and other sources of electromagnetic smog.

AMBER: Strictly speaking, Amber is not a crystal at all. It is a tree resin that solidified and became fossilized. It has strong connections with the earth and is a grounding stone for higher energies. Amber is a powerful healer and cleanser that draws dis-ease from the body and promotes tissue revitalization. It also cleans the environment and the chakras. It absorbs negative energies and transmutes them into positive forces that stimulate the body to heal itself. A powerful protector, it links the everyday self to the higher spiritual reality.

Psychologically, Amber brings stability to life but also motivates by linking what is wished for to the drive to achieve it. It's warm, bright energies translate into a sunny, spontaneous disposition that nevertheless respects tradition. It can help counteract suicidal or depressive tendencies.

Mentally, Amber stimulates the intellect, clears depression, and promotes a positive mental state and creative self-expression. It brings balance and patience and encourages decision-making, being a useful memory aid. Its flexibility dissolves opposition. Emotionally, Amber encourages peacefulness and develops trust. Spiritually, Amber promotes altruism and brings wisdom.

Healing, Amber is a powerful chakra cleanser and healer. At a physical level, it imbues the body with vitality and has the power to draw disease out of the body. By absorbing pain and negative energy, Amber allows the body to rebalance and heal itself. Amber alleviates stress. It resonates with the throat, treating goiters and other throat problems. It treats the stomach, spleen, kidneys, bladder, liver, and gallbladder, alleviates joint problems, and strengthens the mucus membranes. As an elixir and for wound healing, it is an excellent natural antibiotic. It can stimulate the navel chakra and help in grounding energies into the body.

AMETHYST: Amethyst is an extremely powerful and protective stone with a high spiritual vibration. It guards against psychic attack, transmuting the energy into love. A natural tranquilizer, Amethyst blocks geopathic stress and negative environment energies. Its serenity enhances higher states of consciousness and meditation. Amethyst has strong healing and cleansing powers, and enhances spiritual awareness. Traditionally, it was worn to prevent drunkenness and has a sobering effect on overindulgence and physical passions, supporting sobriety. It overcomes addictions and blockages of all kinds. Used at a higher level, Amethyst opens to another reality.

Amethyst is extremely beneficial to the mind, calming or stimulating as appropriate. When you meditate, it turns thoughts away from the mundane into tranquility and deeper understanding. Mentally, it helps you feel less scattered, more focused and in control of your faculties. It enhances the assimilation of new ideas and connects cause with effect.

This stone facilitates the decision-making process, bringing in common sense and spiritual insights, and putting decisions and insights into practice. Mentally, it calms and synthesizes, and aids the transmission of neural signals through the brain. It is helpful where insomnia is caused by an overactive mind and protects against recurrent nightmares. Amethyst enhances memory and improves motivation, making you more able to set realistic goals. It can help you to remember and understand dreams and facilitates the visualization process.

Amethyst balances out highs and lows, promoting emotional centering. It dispels anger, rage, fear, and anxiety. Alleviating sadness and grief, it supports coming to terms with loss. Amethyst is one of the most spiritual stones, promoting love of the divine, giving insights into its true nature, and encouraging selflessness and spiritual wisdom. It opens intuition and enhances psychic gifts. This is an excellent stone for meditation and scrying and can be placed on the third eye to stimulate it. Sleeping with Amethyst facilitates out-of-body experiences and brings intuitive dreams. It transmutes “lower” energies to the higher frequencies of the spiritual and etheric realms.

Healing, Amethyst boosts production of hormones, and tunes the endocrine system and metabolism. It strengthens the cleansing and eliminating organs and the immune system. An excellent cleanser for the blood, Amethyst relieves physical, emotional, and psychological pain or stress, and blocks geopathic stress. It eases headaches and releases tension. This stone reduces bruising, injuries, and swellings, and treats hearing disorders. It heals dis-eases of the lungs and respiratory tract, skin conditions, cellular disorders, and dis-eases of the digestive tract. It is beneficial for the intestines, regulating flora, removing parasites, and encouraging reabsorption of water. Amethyst treats insomnia and brings restful sleep.

At a subtle level, Amethyst balances and connects the physical, mental, and emotional bodies, linking them to the spiritual. It cleanses the aura and transmutes negative energy, and stimulates the throat and crown chakras. It is helpful for people about to make the transition through death. Amethyst can stabilize psychiatric conditions but should not be used in cases of paranoia or schizophrenia.

AMETRINE: Ametrine powerfully combines Amethyst and Citrine. It is fast and effective in its action, and is particularly useful in long-standing illness as it brings insight into causes of disease. Ametrine connects the physical realm with higher consciousness. This stone facilitates and protects during astral travel and relieves psychic attack. It clears stress and tension from the head, calming the mind and bringing greater focus to meditation. Ametrine opens the third eye, promoting healing and divination. It unites masculine and feminine energies.

Psychologically, Ametrine enhances compatibility and acceptance of others. It shows where everyone is linked, overcoming prejudice. An extremely energetic stone, it stimulates creativity and supports taking control of one’s own life. It is a stone that can overcome apparent contradictions.

Mentally, Ametrine brings clarity, harmonizing perception and action. It strengthens concentration and aids thinking things through, encouraging exploration of all possibilities, bringing creative solutions. It takes the intellect beyond everyday reality to link into higher awareness.

Emotionally, Ametrine releases blockages, including negative emotional programming and expectations, facilitating transformation, bringing insight into underlying causes of emotional distress. Ametrine promotes optimism and a well-being that is not disturbed by stressful external influences.

Healing, Ametrine gets to the bottom of things. Its powerful cleansing properties disperse negatively from the aura, and toxins from the body. An exceptional blood cleanser and energizer, it regenerates the physical body and strengthens the immune system, aids the autonomic nervous system and physical maturation, stabilizes DNA/RNA and oxygenates the body. Ametrine heals chronic fatigue syndrome (CFS), burning sensations, depression, gastric disturbances and ulcers, fatigue and lethargy, tension headaches, and stress-related disease. It releases blockages in the physical, emotional, and mental subtle bodies.

ANGELITE: Angelite is one of the “stones of awareness” for the New Age. It represents peace and brotherhood. As its name suggests, Angelite facilitates conscious contact with the angelic realm. It enhances telepathic communication and enables out of body journeys to take place while still maintaining contact with everyday reality.

Angelite is a powerful stone for healers because it deepens attunement and heightens perception. It also provides protection for the environment or the body, especially when taken as an elixir. Angelite is formed from Celestite that has been compressed over millions of years, and it shares many properties with that stone.

Psychologically, Angelite helps you to speak your truth, whatever it may be. It also helps you to be more compassionate and accepting, especially of that which cannot be changed. It alleviates psychological pain and counteracts cruelty. Mentally, Angelite has been used to enhance astrological understanding and to bring deeper understanding of mathematics. It also facilitates telepathic contact between minds.

Spiritually, Angelite is filled with compassion. It transmutes pain and disorder into wholeness and healing, opening the way for spiritual inspiration. It creates a deep feeling of peace and tranquility. It helps connect to universal knowledge and raises awareness. Angelite facilitates the rebirthing process, stimulates healing, and opens psychic channeling.

Healing, Applied to the feet, Angelite unblocks meridians and energetic pathways. It resonates with the throat, alleviating inflammation and balancing the thyroid and the parathyroid's. This soothing stone repairs tissue and blood vessels, balancing the fluids within the physical body, and can act as a diuretic. It is useful in weight control, and relates particularly to the lungs and arms. Angelite can cool the pain of sunburn. At a subtle level, Angelite balances the physical body with the etheric realms.

AQUAMARINE: Aquamarine is a stone of courage. Its calming energies reduce stress and quiet the mind. It harmonizes its surroundings and protects against pollutants. In ancient times it was believed to counteract the forces of darkness and procure favor from the spirits of light. It was carried by sailors as a talisman against drowning.

Psychologically, Aquamarine has an affinity with sensitive people. It has the power to invoke tolerance of others. It overcomes judgementalism, gives support to anyone who is overwhelmed by responsibility, and encourages taking responsibility for one's self. It creates a personality that is upright, persistent, and dynamic. It can break old, self-defeating programs.

Aquamarine calms the mind, removing extraneous thought. It filters information reaching the brain and clarifies perception, sharpens the intellect, and clears up confusion. With its ability to bring unfinished business to a conclusion, Aquamarine is useful for closure on all levels. It clears blocked communication and promotes self-expression. This stone is helpful in understanding underlying emotional states and interpreting how you feel. It soothes fears and increases sensitivity.

Spiritually, Aquamarine sharpens intuition and opens clairvoyance. A wonderful stone for meditation, it invokes high states of consciousness and spiritual awareness and encourages service to humanity. Aquamarine shields the aura and aligns the chakras, clearing the throat chakra and bringing communication from a higher plane. It also aligns the physical and spiritual bodies.

Healing, Aquamarine is useful for sore throats, swollen glands, and thyroid problems. It harmonizes the pituitary and the thyroid, regulating hormones and growth. This stone has a general tonic effect. It strengthens the body's cleansing organs and aids the eyes, jaw and teeth, and stomach. It is useful for counteracting short-or long-sightedness and calms overreactions of the immune system and autoimmune diseases such as hay fever.

AVENTURINE: Aventurine is a very positive stone of prosperity. It has a strong connection to the devic kingdom and is used to grid gardens or houses against geopathic stress. Wearing Aventurine absorbs electromagnetic smog and protects against environmental pollution. Taped to a cell phone, it acts as a protection against its emanations. This crystal defuses negative situations and turns them around.

Psychologically, Aventurine reinforces leadership qualities and decisiveness. It promotes compassion and empathy and encourages perseverance. It takes you back into the past to find sources of dis-ease. This stone relieves stammers and severe neuroses, bringing understanding of what lies behind the conditions. Aventurine stabilizes one's state of mind, stimulates perception, and enhances creativity. It sees alternatives and possibilities, especially those presented by other people. This stone brings together the intellectual and emotional bodies. Aventurine calms anger and irritation. It stimulates emotional recovery and enables living within one's own heart.

Physically, Aventurine promotes a feeling of well-being. It regulates growth from birth to seven years. It balances male-female energy and encourages regeneration of the heart. Spiritually, Aventurine protects the heart chakra, guarding against psychic vampirism of heart energy.

Healing, Aventurine benefits the thymus gland, connective tissue, and nervous system; it balances blood pressure and stimulates the metabolism, lowering cholesterol and preventing arteriosclerosis and heart attacks. It has an anti-inflammatory effect and helps ease skin eruptions and allergies, relieves migraine headaches, and soothes the eyes. Aventurine heals the adrenals, lungs, sinuses, heart, and muscular and urogenital systems. As an elixir, it relieves skin problems.

CALCITE: Calcite is a powerful amplifier and cleanser of energy. Simply having Calcite in the room cleans negative energies from the environment and heightens your energy. Within the body, it removes stagnant energy. The spectrum of colors cleans the physical and subtle bodies. Calcite is an active crystal, speeding up development and growth. This is a spiritual stone linked to the higher consciousness that facilitates the opening of the higher awareness and psychic abilities, channeling, and out-of-body experiences. It accelerates spiritual development and allows the soul to remember experiences when it returns to the body.

Psychologically, Calcite connects the emotions with the intellect, creating emotional intelligence. Calcite has a positive effect, especially where someone has lost hope or motivation. It combats laziness, aiding in becoming more energetic on all levels.

Mentally, Calcite calms the mind, teaches discernment and analysis, stimulates insights, and boosts memory. It facilitates knowing which information is important, and then retaining it. Calcite confers the ability to change ideas into action. It is a useful stone for study.

Calcite alleviates emotional stress and replaces it with serenity. It is a stabilizing stone, enhancing trust in oneself and strengthening the ability to overcome setbacks. On a subtle level, a layout of the appropriate colors of Calcite cleanses, balances, and energizes all the chakras.

Healing, Calcite cleanses the organs of elimination. It encourages calcium uptake in bones but dissolves calcifications, strengthening the skeleton and joints. It alleviates intestinal and skin conditions. Calcite stimulates blood clotting and tissue healing. It fortifies the immune system and can encourage growth in small children. Calcite works quickly as an elixir and can be applied to the skin, ulcers, warts, and supporting wounds. At a subtle level, Calcite cleans and reenergizes the chakras.

CARNELIAN: Carnelian grounds and anchors you in the present reality. A stabilizing stone with high energy, it is excellent for restoring vitality and motivation, and for stimulating creativity. It is useful for dramatic pursuits. Carnelian has the ability to cleanse other stones.

Psychologically, Carnelian imparts an acceptance of the cycle of life and removes fear of death. In ancient times it was used to protect the dead on their journey to the afterlife. It gives courage, promotes positive life choices, dispels apathy, and motivates for success in business and other matters. Carnelian is useful for overcoming abuse of any kind. This stone helps you to trust yourself and your perceptions. It gets to the bottom of what makes you tick, overcomes negative conditioning, and encourages steadfastness.

Mentally, Carnelian improves analytic abilities and clarifies perception. It removes extraneous thoughts in meditation and tunes daydreamers into everyday reality. It sharpens concentration and dispels mental lethargy. Emotionally, this stone is a powerful protector against envy, rage, and resentment, yours or other people's. It calms anger and banishes emotional negativity, replacing it with a love of life.

Healing, Carnelian is full of the life force and vitality. It stimulates the metabolism. Carnelian activates the base chakra, influences the female reproductive organs, and increases fertility. This stone overcomes frigidity and impotence, heals lower back problems, rheumatism, arthritis, neuralgia, and depression, especially in those of advanced years. It regulates bodily fluids and the kidneys, accelerates healing in bones and ligaments, and stanches blood, Carnelian improves the absorption of vitamins and minerals and ensures a good supply of blood to organs and tissues.

CELESTITE: Celestite has a high vibration and is a teacher for the New Age. It is imbued with divine energies. It takes you into the infinite peace of the spiritual and contacts the angelic realms. It jumps starts spiritual development and urges you toward enlightenment. It is a useful stone for stimulating clairvoyant communication, dream recall, and journeys out of the body. This beautiful crystal promotes purity of the heart and attracts good fortune. It heals the aura and reveals truth. It is a stone that brings balance and alignment. The deep peace it holds assists in conflict resolution and in maintaining a harmonious atmosphere in times of stress. Celestite can improve dysfunctional relationships by opening a space for peaceful negotiation. Celestite is a creative stone, especially useful for the arts.

Psychologically, Celestite imparts gentle strength and enormous inner peace despite urging toward greater openness to new experiences. It is a teacher of trust in the infinite wisdom of the divine. With its calming effect, Celestite can cool fiery emotions.

Mentally, Celestite calms and sharpens the mind, dispersing worries and promoting mental clarity and fluent communication. It aids the analysis of complex ideas. This stone synthesizes intellect with instinct and promotes mental balance.

Placed on the third eye, Celestite opens a connection to the universal energies. It brings a vision of peaceful coexistence with the whole of creation and holds the possibility of total harmony.

Healing, Celestite is an excellent healing stone, dissolving pain and bringing in love. It treats disorders of the eyes and ears, eliminates toxins, and brings cellular order. Its soothing influence relaxes muscle tension and calms mental torment. As with all blue crystals, Celestite is an effective opener and healer of the throat chakra and its associated physical conditions.

CHRYSOPRASE: Chrysoprase imparts a sense of being a part of the divine whole. It induces deep meditative states. Said by the ancients to promote love of truth, Chrysoprase also promotes hope and gives personal insights. It draws out talents and stimulates creativity. It encourages fidelity in business and personal relationships. This crystal energizes the heart and sacral chakras and brings universal energy into the physical body.

Psychologically, Chrysoprase is calming and non-egotistical, creating openness to new situations. It assists in looking at egotistical motives in the past and the effect they have had on your development, and it aligns your ideals with your behavior. Overcoming compulsive or impulsive thoughts and actions, it turns your attention to positive events. This stone opposes judgmentalism, stimulating acceptance of oneself and others. It is useful for forgiveness and compassion.

Mentally, Chrysoprase stimulates fluent speech and mental dexterity. It prevents you from speaking out unthinkingly in anger. It lifts oppressive and recurrent images, preventing nightmares, especially in children. Emotionally, Chrysoprase brings a sense of security and trust. It is useful in healing codependence, supporting independence and yet encouraging commitment.

Physically, Chrysoprase has a strong detoxifying action. It can mobilize heavy metals out of the body, and it stimulates liver function.

Healing, Chrysoprase is excellent for relaxation and peaceful sleep. Resonating with the sacral chakra, it enhances fertility, reverses infertility caused by infection, and guards against sexually transmitted diseases. This stone aids gout, eye problems, and mental illness. It treats skin diseases, heart problems, and goiters, balances the hormones, and soothes the digestive system. Chrysoprase ameliorates infirmity and brings universal energy into the body. It increases absorption of Vitamin C. Combined with Smoky Quartz, it treats fungal infections. The elixir calms stomach problems caused by stress. Chrysoprase heals the inner child, releasing emotions locked in since childhood. It reduces claustrophobia and nightmares.

CITRINE: Citrine is a powerful cleanser and regenerator. Carrying the power of the sun, this is an exceedingly beneficial stone. It is a warming, energizing, and highly creative. This is one of the crystals that never needs cleansing. It absorbs, transmutes, dissipates, and grounds negative energy and is therefore extremely protective for the environment. Citrine energizes every level of life. As an aura protector, it acts as an early warning system so that action

can be taken to protect oneself. It has the ability to cleanse the chakras, especially the solar plexus and navel chakras. It activates the crown chakra and opens the intuition. Citrine cleanses and balances the subtle bodies, aligning them with the physical.

Citrine is one of the stones of abundance. This dynamic stone teaches how to manifest and attracts wealth and prosperity, success, and all good things. Citrine is a happy, generous stone and encourages sharing what you have and yet helps you to hold on to your wealth. It has the power to impart joy to all who behold it. Gloom and negativity have no place around Citrine. It is a useful stone for smoothing group of family discord.

Psychologically, Citrine raises self-esteem and self-confidence and removes destructive tendencies. It enhances individuality, improves motivation, activates creativity, and encourages self-expression. It makes you less sensitive, especially to criticism, and encourages acting on constructive criticism. It helps you develop a positive attitude and to look forward optimistically, going with the flow instead of hanging on to the past. This stone promotes enjoyment of new experiences and encourages exploring every possible avenue until you find the best solution.

Mentally, Citrine enhances concentration and revitalizes the mind. It is excellent for overcoming depression, fears, and phobias. Citrine promotes inner calm so that wisdom can emerge. It helps in digesting information, analyzing situations and steering them in a positive direction. This stone awakens the higher mind. Wearing a Citrine pendant overcomes difficulty in verbalizing thoughts and feelings.

Emotionally, citrine promotes joy in life. It releases negative traits, fears, and feelings at the deepest of levels. It overcomes fear of responsibility and stops anger. This stone helps you move into the flow of feelings and become emotionally balanced. Physically, Citrine imparts energy and invigoration to the physical body. It is useful for people who are particularly sensitive to environmental and other outside influences.

Healing, Citrine is an excellent stone for energizing and recharging. It is highly beneficial for CFS and reverses degenerative disease. Citrine stimulates digestion, the spleen, and the pancreas. It negates infections in the kidney and bladder, helps eye problems, increases blood circulation, detoxifies the blood, activates the thymus, and balances the thyroid. It has a warming effect and fortifies the nerves. Citrine is an eliminator—it relieves constipation and removes cellulite. As an elixir, it is helpful for menstrual problems and menopausal symptoms such as hot flashes, balancing the hormones and alleviating fatigue.

EMERALD: Emerald is a stone of inspiration and infinite patience. It is a life-affirming stone with great integrity. Known as the “stone of successful love,” it brings domestic bliss and loyalty. It enhances unity, unconditional love, and partnership and promotes friendship. Emerald keeps a partnership in balance. If it changes color, it is said to signal unfaithfulness. Emerald opens the heart chakra and has a calming effect on the emotions.

This stone ensures physical, emotional, and mental equilibrium. It eliminates negativity and brings in positive actions. Focusing intention and raising consciousness, it brings about positive action. It enhances psychic abilities, opens clairvoyance, and stimulates gathering wisdom from the mental planes. Traditionally, emerald was said to protect from enchantment and the ploys of magicians, and to foretell the future.

Psychologically, Emerald gives the strength of character to overcome the misfortunes of life. It is a stone of regeneration and recovery and can heal negative emotions. It enhances the ability to enjoy life to the fullest. It is helpful in cases of claustrophobia.

Emerald imparts mental clarity, strengthens memory, inspires a deep inner knowing, and broadens vision. It is a wisdom stone, promoting discernment and truth, and aiding eloquent expression. It helps bring to the surface what is

unconsciously known. Emerald is extremely beneficial to mutual understanding within a group of people, stimulating cooperation.

Healing, Emerald aids recovery after infectious illness. It treats sinuses, lungs, heart, spine, and muscles, and soothes the eyes. It improves vision and has a detoxifying effect on the liver. Emerald alleviates rheumatism and diabetes. It has been used as an antidote to poisons. Worn around the neck, Emerald was believed to ward off epilepsy. Its green ray can assist healing of malignant conditions.

FLUORITE: Fluorite is highly protective, especially on a psychic level. It helps you to discern when outside influences are at work within yourself and shuts off psychic manipulation and undue mental influence. This stone cleanses and stabilizes the aura. It is extremely effective against computer and electromagnetic stress. Appropriately positioned, it blocks geopathic stress. Used in healing, Fluorite draws off negative energies and stress of all kinds. It cleanses, purifies, dispels, and reorganizes anything within the body that is not in perfect order. This is the best crystal to use to overcome any form of disorganization.

Fluorite grounds and integrates spiritual energies. It promotes unbiased impartiality and heightens intuitive powers; makes you more aware of higher spiritual realities and can quicken spiritual awakening; and focuses the mind and links it into the universal mind. Fluorite brings stability to groups, linking them into a common purpose. Fluorite is associated with progress on many levels, incorporating structure into daily life. This stone can overcome chaos and reorganize the physical, emotional, and mental bodies.

Psychologically, Fluorite dissolves fixed patterns of behavior and gently opens the door to the subconscious, bringing suppressed feelings to the surface for resolution. It increases self-confidence and dexterity. Fluorite improves physical and mental coordination and counteracts mental disorders. Dissolving fixed ideas, it helps to move beyond narrow-mindedness to the bigger picture. This stone dissolves illusions and reveals truth. It is very helpful when you need to act impartially and objectively.

Fluorite is an excellent learning aid—it organizes and processes information, linking what is already known into what is being learned, and increases concentration. It helps you to absorb new information and promotes quick thinking. Emotionally, Fluorite has a stabilizing effect. It helps you to understand the effect of the mind and emotions on the body. In relationships, it teaches the importance of balance. Physically, Fluorite assists balance and coordination.

Healing, Fluorite is a powerful healing tool, dealing with infections and disorders. It benefits against viruses, especially as an elixir. Fluorite regenerates the skin and mucus membranes, particularly in the respiratory tract, and heals ulcers and wounds. It is beneficial for colds, flu, and sinusitis. Dissolving adhesions and mobilizing joints, Fluorite alleviates arthritis, rheumatism, and spinal injuries. Stroked across the body toward the heart, Fluorite provides pain relief. It ameliorates the discomfort of shingles and other nerve-related pain, and heals the skin removing blemishes and wrinkles. It can be used during dental work. Fluorite rekindles sexual libido.

GARNET: Garnet is a powerfully energizing and regenerating stone. It cleanses and reenergizes the chakras. It revitalizes, purifies, and balances energy, bringing serenity or passion as appropriate. It is said to be able to warn of approaching danger and was long ago carried as a protective talisman. Garnet is one of the most plentiful stones. It has several forms according to its mineral base, each of which has different properties in addition to the generic attributes.

Garnet inspires love and devotion. It balances the sex drive and alleviates emotional disharmony. Red Garnet in particular stimulates the controlled rise of kundalini energy and aids sexual potency. This is a stone of commitment.

Garnet is a useful crystal to have in a crisis. It is particularly helpful in situations where there seems to be no way out or where life has fragmented or is traumatic. It fortifies, activates, and strengthens the survival instinct, bringing courage and hope into seemingly hopeless situations. Crisis is turned into challenge under Garnet's influence. It also promotes mutual assistance in times of trouble.

Garnet has a strong link with the pituitary gland and can stimulate expanded awareness and past-life recall. Garnet activates other crystals amplifying their effect. It clears negative chakra energy. Square-cut garnets are said to bring success in business matters.

Psychologically, Garnets sharpen your perceptions of yourself and other people. It dissolves ingrained behavior patterns that are no longer serving you and bypasses resistance or self-induced unconscious sabotage. Mentally, Garnet helps you to let go of useless or old or obsolete ideas. Emotionally, Garnet removes inhibitions and taboos. It opens up the heart and bestows self-confidence.

Healing, Garnet regenerates the body. It stimulates the metabolism. Garnet treats spinal and cellular disorders, purifies and reenergizes the blood, heart, and lungs, and regenerates DNA. It assists assimilation of minerals and vitamins.

HEMATITE: Hematite is particularly effective at grounding and protecting. It harmonizes mind, body, and spirit. Used during out-of-body journeying, it protects the soul and grounds it back into the body. This stone has a strong yang element and balances the meridians redressing yin imbalances. It dissolves negativity and prevents negative energies from entering the aura, restoring peace and harmony to the body. Hematite is said to be beneficial for legal situations.

Psychologically, Hematite is strong. It supports timid women, boosts self-esteem and survivability, enhances will power and reliability, and imparts confidence. This stone removes self-limitations and aids expansion. It is a useful stone for overcoming compulsions and addictions. Hematite brings attention to the unfulfilled desires that are driving life. It treats overeating, smoking, and any form of overindulgence. Hematite helps you to come to terms with mistakes and to accept them as learning experiences rather than disasters.

Mentally, Hematite stimulates concentration and focus. It enhances memory and original thought. It brings the mind's attention to basic survival needs and helps to sort out problems of all kinds. This is a useful stone for the study of mathematics and technical subjects. Physically, Hematite has a powerful connection with blood. It restores, strengthens, and regulates the blood supply. It can draw heat from the body.

Healing, Hematite aids circulatory problems such as Reynaud's Disease and blood conditions such as anemia. It supports the kidneys in cleansing blood and it regenerates tissue. Hematite stimulates the absorption of iron and the formation of red blood cells. It treats leg cramps, anxiety, and insomnia, and aids spinal alignment and fractures. Use as an elixir for fevers.

JASPER: Jasper is known as the "supreme nurturer." It sustains and supports during times of stress, and brings tranquility and wholeness. Used in healing, it unifies all aspects of your life. Jasper reminds people to help each other. Jasper aligns the chakras and can be used in chakra layouts. Each color is appropriate to a specific chakra. This stone facilitates shamanic journeys and dream recall. It provides protection and grounds energies and the body. It absorbs negative energy and cleanses and aligns the chakras and the aura. Jasper balances yin and yang and aligns the physical, emotional, and mental bodies with the etheric realm. It clears electromagnetic and environmental pollution, including radiation, and aids dowsing.

Psychologically, Jasper imparts determination to all pursuits. It brings the courage to get to grips with problems assertively and encourages honesty with yourself. It supports during necessary conflict. Mentally, Jasper aids quick thinking, and promotes organizational abilities and seeing projects through. It stimulates the imagination and transforms ideas into action. Physically, Jasper prolongs sexual pleasure. It supports during prolonged illness or hospitalization and reenergizes the body.

Healing, Jasper supports the circulatory, digestive, and sexual organs. It balances the mineral content of the body. It is particularly useful as a gem elixir because it does not over stimulate the body.

*****RED JASPER:** Red Jasper is gently stimulating. It grounds energy and rectifies unjust situations. Red Jasper brings problems to light before they become too big and provides insights into the most difficult situations. It makes an excellent “worry bead” calming the emotions when played with. Placed under the pillow, it helps dream recall. Red Jasper stimulates the base chakras and assists rebirthing. It cleans and stabilizes the aura, and strengthens your boundaries. This is a stone of health, strengthening and detoxifying the circulatory system, the blood, and liver. It dissolves blockages in the liver or bile ducts.

KUNZITE: Tranquil Kunzite is an extremely spiritual stone with a high vibration. It awakens the heart center and unconditional love, producing loving thoughts and communication. It radiates peace and connects you to universal love. Kunzite induces a deep and centered meditative state and is beneficial for those who find it hard to enter into meditation. It also enhances creativity. Kunzite encourages humility and the willingness to serve.

Kunzite is a protective stone, working on the individual and the environment. It has the power to dispel negativity. This stone shields the aura from unwanted energies, providing a protective sheath around it, and dispelling attached entities and mental influences from it. It imparts the ability to be self-contained, even within a crowd. Kunzite strengthens the energy field around the body.

Psychologically, Kunzite encourages self-expression and allows free expression of feelings. It removes obstacles from your path and helps you to adjust to the pressure of life. It can aid in recovering memories that have been blocked. It is useful healer for people who had to grow up too fast, bringing back lost trust and innocence. It promotes the quality of tolerance for the self and others. Kunzite is helpful in reducing stress-related anxiety.

Mentally, Kunzite facilitates introspection and the ability to act on constructive criticism. It has the power to combine intellect, intuition, and inspiration. Kunzite can be used to clear emotional debris and to free up the emotions, healing heartache, especially that carried forward from other lives. It clears resistance and assists in effecting compromises between personal needs and those of others. Kunzite’s mood-lifting effect is helpful in depression arising from emotional causes. It is excellent for alleviating panic attacks.

Spiritually, Kunzite activates the heart chakra and aligns it with the throat and third eye. Physically, Kunzite can be used to block geopathic stress. It is most effective when worn as a pendant or taped to a cell phone or other electromagnetic device.

Healing, This stone strengthens the circulatory system and the heart muscle. It is helpful for conditions affecting the nerves of the body, such as neuralgia. It calms epilepsy and soothes joint pain. It neutralizes the effects of anesthesia and stimulates the immune system. Kunzite contains lithium and is beneficial for psychiatric disorders and depression, especially when taken as an elixir. Kunzite helps the physical body to recover from the effects of emotional stress. It can be used by radionic practitioners to represent the patient during treatment given at a distance.

LABRADORITE: Iridescent Labradorite is a highly mystical and protective stone, a bringer of light. It raises consciousness and connects with universal energies. Labradorite deflects unwanted energies from the aura and prevents energy leakage. It forms a barrier to negative energies shed during therapy. It can take you into another world or into other lives. A stone of esoteric knowledge, it facilitates initiation into the mysteries. Labradorite aligns the physical and etheric bodies and accesses spiritual purpose. It raises consciousness and grounds spiritual energies into the physical body. This stone stimulates intuition and psychic gifts, including the art of “right timing”, bringing messages from the unconscious mind to the surface and facilitating their understanding.

Psychologically, Labradorite banishes fears and insecurities and the psychic debris from previous disappointments, including those experienced in past lives. It strengthens faith in the self and trust in the universe. It removes other people’s projections, including thought forms that have hooked into the aura.

Labradorite calms an overactive mind and energizes the imagination bringing up new ideas. Analysis and rationality are balanced within the inner sight. Labradorite brings contemplation and introspection. Synthesizing intellectual thought with intuitive wisdom, it is an excellent dispeller of illusions, going to the root of the matter and showing the real intention behind thoughts and actions. This stone brings up suppressed memories from the past. Labradorite is a useful companion through change, imparting strength and perseverance. A stone of transformation, it prepares body and soul for the ascension process.

Healing, Labradorite treats disorders of the eyes and brain, relieves stress, and regulates metabolism. It treats colds, gout, and rheumatism, balances hormones and relieves menstrual tension, and lowers blood pressure. Labradorite can be used as a witness during radionic treatment, pinpointing the cause of the dis-ease.

LAPIS LAZULI: Lapis Lazuli opens the third eye and balances the throat chakra. It stimulates enlightenment and enhances dream work and psychic abilities, facilitating spiritual journeying and stimulating personal and spiritual power. This stone quickly releases stress, bringing deep peace. It possesses enormous serenity and is the key to spiritual attainment.

Lapis Lazuli is a protective stone that contacts spirit guardians. This stone recognizes psychic attack, blocks it, and returns the energy to its source. It teaches the power of the spoken word, and can reverse curses or dis-ease cause by not speaking out in the past. This stone harmonizes the physical, emotional, mental, and spiritual levels. Imbalances between these levels can result in depression, dis-ease, and lack of purpose. In balance, the harmony brings deep inner self-knowledge.

Lapis Lazuli encourages taking charge of life. It reveals inner truth, encourages self-awareness, and allows self-expression without holding back or compromising. If repressed anger is causing difficulties in the throat or in communication, Lapis Lazuli releases these. This stone brings the enduring qualities of honesty, compassion, and uprightness to the personality.

Lapis Lazuli is a powerful thought amplifier. It stimulates the higher faculties of the mind, bringing objectivity and clarity. It encourages creativity through attunement to the source. Lapis Lazuli helps you to confront truth, wherever you find it, and to accept what it teaches. It aids in expressing your own opinions and harmonizes conflict. It teaches the value of active listening. Lapis Lazuli bonds relationships in love and friendship and aids expressing feelings and emotions. It dissolves martyrdom, cruelty, and suffering. As a gem essence, it dissolves emotional bondage.

Healing, Lapis Lazuli alleviates pain, especially that of migraine headaches. It overcomes depression, benefits the respiratory and nervous systems and the throat, larynx, and thyroid, cleanses organs, bone marrow, thymus, and the immune system. Lapis Lazuli overcomes hearing loss, purifies blood, and boosts the immune system. It alleviates insomnia and vertigo, and lowers blood pressure.

LEPIDOLITE: Lepidolite clears electromagnetic pollution and should be placed on computers to absorb their emanations. When Lepidolite takes mica-like form its properties are greatly amplified, and this is the most efficient “mopping up” tool. Lepidolite insists on being used for the highest good. It dissipates negativity. It activates and opens the throat, heart, third eye, and crown chakras, clearing blockages and bringing cosmic awareness. This stone aids in shamanic or spiritual journeying and accesses the Akashic Record. It tunes you in to thoughts and feelings from other lives that are creating a blockage in your life now. It can take you forward into the future.

Lepidolite is extremely useful in the reduction of stress and depression. It halts obsessive thoughts, relieves despondency, and overcomes insomnia. Lepidolite contains lithium and is helpful in stabilizing mood swings and bipolar disorders. It is excellent for overcoming any kind of emotional or mental dependency, supportive in releasing from addictions and complaints of all kinds, including anorexia. As a “stone of transition,” it releases and reorganizes old psychological and behavioral patterns, inducing change. Lepidolite encourages independence and achieving goals without outside help.

Mentally, Lepidolite stimulates the intellect and analytic qualities. With its power of objectivity and concentration, it speeds up decision making. Lepidolite focuses on what is important, filtering out extraneous distractions. Emotionally, Lepidolite enhances standing in your own space, free from the influences of others. It is a calming stone that soothes sleep disturbances and emotional stress, bringing deep emotional healing.

Healing, Lepidolite locates the site of dis-ease. Placed on the body over an area of disease, it vibrates gently. Lepidolite relieves allergies, strengthens the immune system, restructures DNA, and enhances the generation of negative ions. It relieves exhaustion, epilepsy, and Alzheimer’s. It numbs sciatica and neuralgia, and overcomes joint problems. It is a detoxifier for the skin and connective tissue. Lepidolite is excellent for the menopause, especially as a gem elixir. It treats illnesses caused by “sick-building syndrome” or computer stress.

MALACHITE: Malachite is a powerful stone but one that needs to be handled with caution. It is best used under the supervision of a qualified crystal therapist. It is toxic and should be used only in polished form. Avoid breathing its dust. If used as a gem elixir, apply externally only or make by the indirect method of placing the stone in a glass container and standing this within spring water so that the stone does not touch the water.

Malachite amplifies both positive and negative energies. It grounds spiritual energies onto the planet. It is believed by some people that Malachite is still evolving and will be one of the most important healing stones of the new millennium. Malachite is already an important protection stone. It absorbs negative energies and pollutants easily, picking them up from the atmosphere and from the body. It should be cleansed before and after use by placing it on a quartz cluster in the sun (do not use salt, which will damage the surface).

Malachite soaks up plutonium pollution, and guards against radiation of all kinds. It should be placed in the home of anyone who lives near a nuclear or natural radiation source. It also clears electromagnetic pollution and heals earth energies. It has a strong affinity with nature and with the devic forces. This stone clears and activates the chakras and attunes to spiritual guidance. Placed on the third eye, it activates visualization and psychic vision. On the heart, it brings balance and harmony. It opens the heart to unconditional love.

Malachite can be used for scrying or to access other worlds, inner or outer journeying through its convoluted patterns releases the mind and stimulates pictures. It can assist in receiving insights from the subconscious or messages from the future.

Psychologically, Malachite is a stone of transformation. Life is lived more intensely under the influence of this adventurous stone, which encourages risk-taking and change. It mercilessly shows what is blocking your spiritual growth. Malachite draws out deep feelings and psychosomatic causes, breaks unwanted ties and outworn patterns, and teaches how to take responsibility for one's actions, thoughts, and feelings. It releases inhibitions and encourages expressing feeling. This stone develops empathy with other people, showing how it would feel to be in their place. It alleviates shyness, and supports friendships. Malachite is useful for psycho-sexual problems, especially when these have been caused by traumatic past-life sexual experiences. It assists the rebirthing process.

Mentally, Malachite goes to the core of the problem, enhancing intuition and insight. It helps alleviate mental disturbances, including psychiatric illness and combats dyslexia. It strengthens the ability to absorb and process information, makes you more observant, and helps in understanding difficult concepts.

Placed on the solar plexus, Malachite facilitates deep emotional healing. It releases negative experiences and old traumas, bringing suppressed feelings to the surface and restoring the ability to breathe deeply. At this point, it balances the heart and navel chakras, revealing insights. At an emotional level, it may make moods more intense but quick to change. Malachite can be used for inner exploration. It stimulates dreams and brings memories vividly to life. However Malachite may need to be supported in the healing and transformation processes by other stones.

Healing, Malachite is an extremely versatile healing stone. It is particularly useful for cramps, including menstrual cramps and facilitates childbirth—it has been called the midwife stone. It resonates with the female sexual organs and treats asthma, arthritis, epilepsy, fractures, swollen joints, growths, travel sickness, vertigo, tumors, the optic nerve, pancreas, spleen, and the parathyroid. It aligns DNA and cellular structure and enhances the immune system. Malachite stimulates the liver to release toxins, reducing acidification of tissues. It treats diabetes when worn around the waste.

MOONSTONE: Moonstone is a “stone of new beginnings”. As its name suggests, it is strongly connected to moon and to the intuition. Like the moon, the stone is reflective and reminds us that, as the moon waxes and wanes, so everything is part of a cycle of change its most powerful effect is that of calming the emotions. Moonstone makes conscious the unconscious and promotes intuition and empathy. It encourages lucid dreaming, especially at the time of the full moon. Moonstone has traditionally been used to enhance psychic abilities and to develop clairvoyance. It can be worn as a pendant to encourage acceptance of your psychic gifts.

Psychologically, Moonstone calms overreactions to situations and to emotional triggers. Moonstone is filled with receptive, passive, feminine energy. It balances male-female energies and aids men who want to get in touch with their feminine side. It is the perfect antidote for the excessively macho man or overly aggressive female. Mentally, Moonstone opens the mind to sudden and irrational impulses, serendipity, and synchronicity. Care has to be taken that it does not induce illusions in response to wishful thinking.

Emotionally, Moonstone soothes emotional instability and stress, and stabilizes the emotions. It improves emotional intelligence. Placed on the solar plexus, it draws out old emotional patterning so that it can be understood and then dissolved. Moonstone provides deep emotional healing and heals disorders of the upper digestive tract that are related to emotional stress.

Physically, Moonstone powerfully affects the female reproductive cycle and alleviates menstrual-related dis-ease and tension. It is linked to the pineal gland and balances the hormonal system, stabilizes fluid imbalances, and attunes to the biorhythmic clock. It is helpful in cases of shock and can be used to calm hyperactive children.

Healing, Moonstone helps the digestive and reproductive systems, assimilates nutrients, eliminates toxins and fluid retention, and alleviates degenerative conditions of skin, hair, eyes, and fleshy organs such as the liver and pancreas. It is excellent for PMS, conception, pregnancy, childbirth, and breast-feeding. A Moonstone elixir was traditionally used for insomnia and the stone can prevent sleepwalking.

OBSIDIAN: Obsidian is molten lava that cooled so quickly it had no time to crystallize. Obsidian is a stone without boundaries or limitations. As a result, it works extremely fast and with great power. Its truth-enhancing, reflective qualities are merciless in exposing flaws, weaknesses, and blockages. Nothing can be hidden from Obsidian. Pointing out how to ameliorate all destructive and disempowering conditions, Obsidian impels us to grow and lends solid support while we do so. It needs careful handling and is best used under the guidance of a qualified therapist as it can bring negative emotions and unpleasant truths rushing to the surface. Under skilled guidance, its cathartic qualities are exceedingly valuable. It provides deep soul healing. Obsidian can facilitate in going back to past lives to heal festering emotions or trauma that has carried forward into the present.

Obsidian is a strongly protective stone, forming a shield against negativity. It provides a grounding cord from the base chakra to the center of the earth, absorbs negative energies from the environment, and strengthens in times of need. It is helpful for highly sensitive people. It blocks psychic attack and removes negative spiritual influences. A large piece of Obsidian can be extremely efficient at blocking geopathic stress or soaking up environmental pollution, but its propensity for exploding the truth into the open has to be taken into account. Many people find its powerful effects overwhelming and prefer to choose a gentler stone for this task. But it is extremely helpful for therapists and counselors as it not only facilitates getting to the core problem, but also mops up energies released as a result. Black or Mahogany Obsidian are the most suitable types for this purpose, Mahogany being the gentler.

In the same way, placing Obsidian by the bed or under the pillow can draw out mental stress and tension, and may have a calming effect, but it can also bring up the reasons for the stress. These reasons then have to be confronted before peace can return, this resolves the problem permanently rather than having a palliative effect. One of the gentler forms of Obsidian, such as an Apache Tear or Snowflake, would be best for this. As Obsidian is so effective in soaking up negative energies, it is essential to clean the stone under running water each time it has been used in this way.

Spiritually, Obsidian vitalizes your soul purpose. It eliminates energy blockages and relieves tension, integrating the psychological shadow into the whole to bring spiritual integrity. It anchors the spirit into the body. This stone stimulates growth on all levels. It urges exploration of the unknown, opening new horizons.

Mentally, Obsidian brings clarity to the mind and clears confusion and constricting beliefs. However, it may well do this by making it absolutely clear what lies behind mental distress or dis-ease. Once this has been cleared, Obsidian expands consciousness, entering the realm of the unknown with confidence and ease. Psychologically, Obsidian helps you to know who you truly are. It brings you face to face with your shadow side and teaches you how to integrate it. This stone also helps you to identify behavioral patterning that is now outdated. Obsidian dissolves emotional blockages and ancient traumas, bringing a depth and clarity to emotions. It promotes qualities of compassion and strength.

Healing, Obsidian's greatest gift is insight into the cause of dis-ease. It aids the digestion of anything that is hard to accept and promotes physical digestion. It detoxifies, dissolving blockages and tension in the physical and subtle bodies, including hardened arteries. It reduces the pain of arthritis, joint problems, cramps, and injuries. An elixir is beneficial

for shock. It alleviates pain and stanches bleeding benefitting the circulation. This stone warms the extremities. It can be used to shrink an enlarged prostate.

OPAL: Opal is a delicate stone with a fine vibration. It enhances cosmic consciousness and induces psychic and mystical visions. Stimulating originally and dynamic creativity, it aids in accessing and expressing one's true self. Opal is absorbent and reflective. It picks up thoughts and feelings, amplifies them, and returns them to source. It is a karmic stone, teaching that what you put out comes back. Opal is a protective stone in that, when properly programmed, it makes you unnoticeable or invisible. It can be used when venturing into dangerous places and in shamanic work where stealth is required.

Psychologically, Opal amplifies traits and brings characteristics to the surface for transformation. Enhancing self-worth, it helps you to understand your full potential. Mentally, Opal brings lightness and spontaneity. It encourages an interest in the arts. Emotionally, Opal has always been associated with love and passion, desire and eroticism. It is a seductive stone that intensifies emotional states and releases inhibitions. It can act as an emotional stabilizer, but the stone may scatter energy and the user needs to be well-centered before using Opal to explore or induce feelings, or to have other stones standing by to aid integration. Opal shows you what your emotional state has been in the past, especially in other lives, and teaches how to take responsibility for how you feel. It encourages putting out positive emotions. Wearing Opal is said to bring loyalty, faithfulness, and spontaneity, but may amplify fickleness where the propensity is already present. Opals can be used to send healing to the earth's energy field, repairing depletions and reenergizing and stabilizing the grid.

Healing, Opal strengthens the will to live. It treats Parkinson's disease, infections, and fevers and strengthens memory. Purifying the blood and kidneys, Opal regulates insulin, eases childbirth, and alleviates PMS (use dark colors). This stone is beneficial to the eyes, especially as an elixir.

*****FIRE OPAL:** (Orange-Red) – Fire Opal is an enhancer of personal power, awakening inner fire, and a protector against danger. It is a symbol of hope, excellent for business, and an energy amplifier. This stone facilitates change and progress. Use in situations of injustice and mistreatment, Fire Opal supports through the resulting emotional turmoil. Fire Opal is said to magnify thoughts and feelings, returning them threefold, and can release deep-seated feelings of grief even when these stem from other lives. It is a wonderful stone for letting go of the past, although it can be explosive in its action when bottled-up emotions are suddenly released.

Fire Opal resonates with the abdomen and lower back and the triple burner meridian. It heals the intestines and the kidneys, balancing the adrenal glands and preventing burn-out, and stimulates the sexual organs. This is an excellent stone for reenergizing and warming.

PERIDOT: In ancient times, Peridot was believed to keep away evil spirits. It is still a protective stone for the aura. This stone is a powerful cleanser. Releasing and neutralizing toxins on all levels, it purifies the subtle and physical bodies, and the mind. It opens, cleanses, and activates the heart and solar plexus chakras and releases "old baggage". Burdens, guilt, or obsessions are cleared. Peridot teaches that holding on to people, or the past, is counterproductive. Peridot shows you how to detach yourself from outside influences and to look to your own higher energies for guidance.

This stone releases negative patterns and old vibrations so that a new frequency can be accessed. If you have done the psychological work, Peridot assists you to move forward rapidly. This visionary crystal helps you to understand your destiny and your spiritual purpose. It is particularly helpful to healers.

Psychologically, Peridot alleviates jealousy, resentment, spite and anger, and reduces stress. It enhances confidence and assertion without aggression. Motivating growth, Peridot helps to bring about necessary change. It assists in looking back to the past to find the gift in your experiences, and shows how to forgive yourself. This stone promotes psychological clarity and well-being. It is attuned to the attainment of spiritual truth, and regulates the cycles of life.

Mentally, Peridot sharpens the mind and opens it to new levels of awareness. It banishes lethargy, bringing to your attention all the things you have neglected consciously or unconsciously. With Peridot's aid, you can admit mistakes and move on. It helps you to take responsibility for your own life, especially when you believe it is all "someone else's fault". The influence of Peridot can greatly improve difficult relationships.

Healing, Peridot has a tonic effect. It heals and regenerates tissues. It strengthens the metabolism and benefits the skin. Peridot aids the heart, thymus, lungs, gallbladder, spleen, intestinal tract, and ulcers, and strengthens eyes. Placed on the abdomen, it aids giving birth by strengthening the muscle contractions but lessening pain. Its energy balances bipolar disorders and overcomes hypochondria.

PETRIFIED WOOD: Petrified Wood can assist anyone who is feeling stuck or experiencing being frozen in time. It helps to create balance and offers a foundation from which to launch new goals or undertake a different path. Petrified Wood is also a wonderful grounding stone. It helps calm scattered energies.

Petrified Wood can assist in the removal of trifling annoyances by bringing one to the actions required to eliminate the situation. It can also aid in the elimination of worries concerning things of little importance. "Change what you can, and worry not about the rest." It provides strength in all areas of one's life and is a stone for grounding. It provides access to information about past lives through meditation on the stone. It provides support to one who is recovering from an illness, giving insight into why the illness has occurred and the lessons to be learned. Petrified Wood is a stone of transformation, assisting one to advance to a higher level.

Petrified Wood helps ground your energy, offers mental stability, promotes concentration, & encourages goal setting. Ancient fossilized wood consisting primarily of agate or quartz is specific for helping you access information from past-lives, therefore often useful in determining the causes of dis-ease in this. This is a stone of transformation when the information is used to change set patterns in pursuance of spiritual goals.

Healing, Petrified Wood can be used in the treatment of atrophied portions of the body, paralysis, and dysfunctional ambulatory capabilities. It can be used to strengthen the back and provide alignment to the skeletal structure. It can also provide supporting one who is coming through the crisis period of dis-ease; it provides insight into "why" the suffering has occurred and into the lessons that can be learned and hence, never repeated. An elixir, applied topically, can be used to soothe the skin and to stimulate thickness and lustre in the hair.

QUARTZ: Quartz is the most powerful healing and energy amplifier on the planet because of its unique helical spiral crystalline form. Found worldwide, it absorbs, stores, releases, and regulates energy and is excellent for unblocking it. When acupuncture needles are coated in Quartz, the effects increase by ten percent. As demonstrated by a Kirlian camera, holding a Quartz crystal in your hand doubles your biomagnetic field. It enhances muscle testing and protects against radiation. Quartz generates electromagnetism and dispels static electricity.

This crystal works at a vibrational level attuned to the specific energy requirements of the person needing healing of undertaking spiritual work. It takes the energy to the most perfect state possible, going back to before the dis-ease set in. It cleanses and enhances the organs and subtle bodies and acts as a deep soul cleanser, connecting the physical dimension with the mind.

At a spiritual level, this crystal raises energy to the highest possible level. Containing every color possible, Clear Quartz works on all levels of being. Storing information like a natural computer, these crystals are a spiritual library waiting to be accessed. Quartz has the ability to dissolve karmic seeds. It enhances psychic abilities and attunes you to your spiritual purpose. Use in meditation, Quartz filters out distractions. Quartz is the most efficient receptor for programming.

At a mental level, Quartz aids concentration and unlocks memory. Quartz is a great energy saver. Attached to a fuel line in a car, a Quartz point reduces fuel consumption. Quartz points have different facet shapes according to how fast they formed. These shapes are deeply significant.

Healing, Quartz is a master healer and can be used for any condition. It stimulates the immune system and brings the body into balance. It is excellent for soothing burns. Quartz harmonizes all the chakras and aligns the subtle bodies.

*****ROSE QUARTZ:** Rose Quartz is the stone of unconditional love and infinite peace. It is the most important crystal for the heart and the heart chakra, teaching the true essence of love. It purifies and opens the heart at all levels, and brings deep inner healing and self-love. It is calming, reassuring, and excellent for use in trauma or crisis. If you want to attract love, look no further than romantic Rose Quartz. Placed by your bed or in your relationship corner of your home it is so effective in drawing love and relationships toward you that it often needs Amethyst to calm things down. In existing relationships, it will restore trust and harmony, and encourage unconditional love.

Rose Quartz gently draws off negative energy and replaces it with loving vibes. It strengthens empathy and sensitivity and aids the acceptance of necessary change. It is an excellent stone for mid-life crisis. Holding Rose Quartz enhances positive affirmations. The stone can then remind you of your intention. This beautiful stone promotes receptivity to beauty of all kinds.

Emotionally, Rose Quartz is the finest healer. Releasing unexpressed emotions and heartache and transmuting emotional conditioning that no longer serves, it soothes internalized pain and heals deprivation. If you have never received love, Rose Quartz opens your heart so that you become receptive. If you have loved and lost, it comforts your grief. Rose Quartz teaches you how to love yourself, vital if you have thought yourself unloveable. You cannot accept love from others nor love them unless you love yourself. This stone encourages self-forgiveness and acceptance, and invokes self-trust and self-worth.

Healing, Rose Quartz strengthens the physical heart and circulatory system and releases impurities from body fluids. Placed on the thymus Rose Quartz aids chest and lung problems. It heals the kidneys and adrenals and alleviates vertigo. Rose Quartz is said to increase fertility. The stone or elixir soothes burns and blistering and smoothes the complexion. It is helpful in Alzheimer's, Parkinson's, and senile dementia.

*****SMOKY QUARTZ:** Smoky Quartz is one of the most efficient grounding and anchoring stones and at the same time raises vibrations during meditation. This protective stone has a strong link with the earth and the base chakras, promoting a concern for the environment and ecological solutions. This stone is a superb antidote to stress. It assists in tolerating difficult times with equanimity, fortifying resolve.

Grounding spiritual energy and gently neutralizing negative vibrations, Smoky Quartz blocks geopathic stress, absorbs electromagnetic smog, and assists elimination and detoxification on all levels. It brings in a positive vibration to fill the space. Smoky Quartz teaches you how to leave behind anything that no longer serves you. It can be used to protect the earth chakra below the feet and its grounding cord when in an area of disturbed earth energy.

Psychologically, Smoky Quartz relieves fear, lifts depression, and brings emotional calmness. It alleviates suicidal tendencies and ambivalence about being in incarnation. Smoky Quartz aids acceptance of the physical body and the sexual nature, enhancing virility and cleansing the base chakra so that passion can flow naturally. This crystal alleviates nightmares and manifests your dreams. When it comes into contact with negative emotions, it gently dissolves them.

Mentally, Smoky Quartz promotes positive, pragmatic thought and can be used in scrying to give clear insight and to neutralize fear of failure. It dissolves contradictions, promotes concentration and alleviates communication difficulties. Smoky Quartz facilitates moving between alpha and beta states of mind and aids clearing the mind for meditation.

Physically, because Smoky Quartz is often naturally irradiated, it is excellent for treating radiation-related illness or chemotherapy. However, care should be taken to select naturally formed stones with minuscule radiation rather than ones that have been artificially treated with radiation (these stones are usually very black and non-transparent). Tolerance of stress is much improved with the assistance of relaxing Smoky Quartz and this stone provides pain relief. In healing, a layout of slow-release Smoky Quartz pointing out from the body can prevent a healing crisis from occurring.

Healing, Smoky Quartz is particularly effective for ailments of the abdomen, hips, and legs. It relieves pain, including headaches, and benefits the reproductive system, muscle and nerve tissue, and the heart. Smoky Quartz dissolves cramps, strengthens the back, and fortifies the nerves. This stone aids assimilation of minerals and regulates liquids within the body.

RHODOCHROSITE: Rhodochrosite represents selfless love and compassion. It expands consciousness and integrates the spiritual with material energies. This stone imparts a dynamic and positive attitude. Rhodochrosite is an excellent stone for the heart and relationships, especially for people who feel unloved. It is the stone par excellence for healing sexual abuse. Rhodochrosite attracts a soul mate but this may not be blissful experience you're hoping for. Soul mates are the people who help us to learn our lessons in life, and although this is not always pleasant, it is for our higher good. Rhodochrosite teaches the heart to assimilate painful feelings without shutting down, and removes denial.

This stone clears the solar plexus and base chakras. Gently bringing painful and repressed feelings to the surface, it allows them to be acknowledged and then dissipated through emotional release. Rhodochrosite then helps to identify ongoing patterns and shows the purpose behind the experience. This is a stone that insists you face the truth, about yourself and other people, without excuses or evasion but with loving awareness.

Rhodochrosite is mentally enlivening. It encourages a positive attitude and enhances dream states and creativity. This stone links you into the higher mind and helps you integrate new information. Emotionally, Rhodochrosite encourages spontaneous expression of feelings, including passionate and erotic urges. It lifts a depressed mood and brings lightness into life.

Healing, Rhodochrosite acts as an irritant filter and relieves asthma and respiratory problems. It purifies the circulatory system and kidneys and restores poor eyesight, normalizes blood pressure and stabilizes the heartbeat, and invigorates the sexual organs. As it dilates blood vessels, it relieves migraines. The elixir relieves infections, improves the skin, and balances the thyroid.

RHODONITE: Rhodonite is an emotional balancer that nurtures love and encourages the brotherhood of humanity. It has the ability to show both sides of an issue. This stone stimulates, clears, and activates the heart and the heart chakra. It grounds energy, balances yin-yang, and aids in achieving one's highest potential. It is said to enhance mantra-based meditation, aligning the soul more closely to the vibration.

A useful "first aid stone," Rhodonite heals emotional shock and panic, lending a supportive energy to the soul during the process. It is extremely beneficial in cases of emotional self-destruction, codependency, and abuse. Rhodonite clears away emotional wounds and scars from the past—whenever that might be—and brings up for transmutation painful emotions such as festering resentment or anger. This stone has a strong resonance with forgiveness and assists in reconciliation after long-term pain and abuse. It can be used in past-life healing to deal with betrayal and abandonment. With its ability to promote unselfish self-love and forgiveness, it helps in taking back projections that blame the partner for what is really inside the self.

Rhodonite is a useful stone to turn back insults and to prevent retaliation. It recognizes that revenge is self-destructive and promotes remaining calm in dangerous or upsetting situations. Rhodonite balances and integrates physical and mental energies. It builds up confidence and alleviates confusion.

Healing, Rhodonite is an excellent wound healer that also relieves insect bites. It can reduce scarring. It beneficially affects bone growth and the hearing organs, fine-tuning auditory vibrations, and stimulates fertility. This stone treats emphysema, inflammation of joints and arthritis, autoimmune diseases, stomach ulcers, and multiple sclerosis. Use the elixir as a rescue remedy for shock or trauma.

RUBY: Ruby is an excellent stone for energy. Imparting vigor to life, it energizes and balances but may sometimes over stimulate in delicate or irritable people. Ruby encourages passion for life but never in a self-destructive way. It improves motivation and setting of realistic goals. Ruby stimulates the heart chakra and balances the heart. It encourages "following your bliss." This stone is a powerful shield against psychic attack and vampirism of heart energy. It promotes positive dreams and clear visualization, and stimulates the pineal gland. Ruby is one of the stones of abundance and aids retaining wealth and passion.

Psychologically, Ruby brings up anger or negative energy for transmutation and encourages removal of anything negative from your path. It promotes dynamic leadership. Mentally, Ruby brings positive and courageous state of mind. Under the influence of Ruby, the mind is sharp with heightened awareness and excellent concentration. Given this stone's protective effect, it makes you stronger during disputes or controversy.

Emotionally, Ruby is dynamic. It changes up passion and fires the enthusiasm. Ruby is a sociable stone that attracts sexual activity. Physically, Ruby overcomes exhaustion and lethargy and imparts potency and vigor. Conversely, it calms hyperactivity.

Healing, Ruby detoxifies the body, blood, and lymph, and treats fevers, infectious disease, and restricted blood flow. It is extremely beneficial for the heart and circulatory system. It stimulates the adrenals, kidneys, reproductive organs, and spleen.

SERPENTINE: Serpentine is an earthing stone that aids meditation and spiritual exploration. Clearing the chakras and stimulating the crown chakra, it opens psychic abilities and helps you to understand the spiritual basis of

life. This stone opens new pathways for the kundalini energy to rise. It assists the retrieval of wisdom, and regains memory of past lives.

Psychologically, Serpentine helps you to feel more in control of your life. It corrects mental and emotional imbalances and assists the conscious direction of healing energy toward problem areas. Physically, Serpentine is extremely cleansing and detoxifying for the body and blood. It is said to ensure longevity.

Healing, Serpentine eliminates parasites, aids calcium and magnesium absorption, and treats hypoglycemia and diabetes.

SODALITE: Sodalite unites logic with intuition and opens spiritual perception, bringing information from the higher mind down to the physical level. This stone stimulates the pineal gland and the third eye and deepens meditation. When in Sodalite-enhanced meditation, the mind can be used to understand the circumstances in which you find yourself. This stone instills a drive for truth and an urge toward idealism, making it possible to remain true to yourself and stand up for your beliefs.

Sodalite clears electromagnetic pollution and can be placed on computers to block their emanations. It is helpful for people who are sensitive to “sick-building syndrome” or to electromagnetic smog. This is particularly useful stone for group work, as it brings harmony and solidarity of purpose. It stimulates trust and companionship between members of the group, encouraging interdependence.

An excellent stone for the mind, Sodalite eliminates mental confusion and intellectual bondage. It encourages rational thought, objectivity, truth, and intuitive perception, together with the verbalization of feelings. As it calms the mind, it allows new information to be received. Sodalite stimulates the release of old mental conditioning and rigid mind-sets, creating space to put new insights into practice.

Psychologically, this stone brings about emotional balance and calms panic attacks. It can transform a defensive or oversensitive personality releasing the core fears, phobias, guilt, and control mechanisms that hold you back from being who you truly are. It enhances self-esteem, self-acceptance, and self-trust. Sodalite is one of the stones that bring shadow qualities up to the surface to be accepted without being judged.

Healing, Sodalite balances the metabolism, overcomes calcium deficiencies, and cleanses the lymphatic system and organs, boosting the immune system. This stone combats radiation damage and insomnia. It treats the throat, vocal cords, and larynx and is helpful for hoarseness and digestive disorders. It cools fevers, lowers blood pressure, and stimulates absorption of fluid in the body.

SUNSTONE: Sunstone is a joyful, light-inspiring stone. It instills *joie de vivre* and good nature and heightens intuition. If life has lost its sweetness, Sunstone will restore it and help you to nurture yourself. Clearing all the chakras and bringing in light and energy, this stone allows the real self to shine through happily. Traditionally it linked to benevolent gods and to luck and good fortune. This is an alchemical stone that brings about a profound connection to light and to regenerative power of the sun during meditation and in everyday life.

Sunstone is extremely useful for removing “hooks” from other people, whether located in the chakras or the aura. These hooks can be at the mental or emotional level and may come from possessive parents, children, or lovers. They have the effect of draining your energy. Sunstone lovingly returns the contact to the other person and is extremely beneficial for tie-cutting. Keep Sunstone with you at all times, if you have difficulty saying “No” and continually make

sacrifices for others. Removing codependency, it facilitates self-empowerment, independence, and vitality. If procrastination is holding you back, Sunstone will overcome it.

Emotionally, Sunstone acts as an antidepressant and lifts dark moods. It is particularly effective for seasonal affective disorder, lightening the darkness of winter. It detaches from feelings of being discriminated against, disadvantaged, and abandoned. Removing inhibitions and hang-ups, Sunstone reverses feelings of failure and increases self-worth and confidence. Encouraging optimism and enthusiasm, Sunstone switches to a positive take on events. Even the most incorrigible pessimist responds to Sunstone. Placed on the solar plexus, Sunstone lifts out heavy or repressed emotions and transmutes them.

Healing, Sunstone stimulates self-healing powers, regulates the autonomic nervous system, and harmonizes all the organs. It treats chronic sore throats and relieves stomach ulcers. Exceptionally good for seasonal affective disorder, Sunstone lifts any depression. Sunstone can be gridded around the body and relieves cartilage problems, rheumatism, and general aches and pains.

TIGER'S EYE: Tiger's Eye combines the earth energy with the energies of the sun to create a high vibrational state that is nevertheless grounded, drawing the spiritual energies to earth. Place on the third eye, it enhances psychic abilities in earthy people and balances the lower chakras, stimulating the rise of the kundalini energy. Tiger's Eye is a protective stone that was traditionally carried as a talisman against ill wishing and curses. It shows the correct use of power and brings out integrity. It assists in accomplishing goals, recognizing inner resources and promoting clarity of intention. Placed on the navel chakra, Tiger's Eye is excellent for people who are spaced out or uncommitted. It grounds and facilitates manifestation of the will. Tiger's Eye anchors change into the physical body.

This stone is useful for recognizing both your needs and those of other people. It differentiates between wishful thinking about what you want and what you really need. Mentally, Tiger's Eye integrates the hemispheres of the brain and enhances practical perception. It aids in collecting scattered information to make a coherent whole. It is helpful for resolving dilemmas and internal conflicts, especially those brought about by pride and willfulness. Tiger's Eye is particularly useful for healing mental dis-ease and personality disorders.

Psychologically, Tiger's Eye heals issues of self-worth, self-criticism, and blocked creativity. It aids in recognizing one's talents and abilities and, conversely, faults that need to be overcome. It supports an addictive personality in making changes. Emotionally, Tiger's Eye balances yin-yang and energizes the emotional body. It alleviates depression and lifts moods.

Healing, Tiger's Eye treats the eyes and aids night vision, heals the throat and reproductive organs, and dissolves constrictions. It is helpful for repairing broken bones.

TOPAZ: Topaz is a mellow, empathetic stone that directs energy to where it is needed most. It soothes, heals, stimulates, recharges, remotivates, and aligns the meridians of the body. Topaz promotes truth and forgiveness. It helps shed light on the path, highlights goals and taps into inner resources. This crystal brings about a trust in the universe that enables you to "be" rather than to "do." It cuts through doubt and uncertainty.

Topaz vibrant energy brings joy, generosity, abundance, and good health. It has traditionally been known as a stone of love and good fortune, bringing successful attainment of goal. It is extremely supportive for affirmations and manifestation, and for visualization. It is said that the facets and ends of Topaz crystal have both positive and negative energies through which a request to the universe can be focused and then manifested on the earth plane.

Excellent for cleaning the aura and for inducing relaxation, Topaz releases tension at any level and can speed up spiritual development where it has been laborious.

Psychologically, Topaz helps you to discover your own inner riches. It makes you feel confident and philanthropic, wanting to share your good fortune and spread sunshine all around. Negativity does not survive around joyful Topaz. This stone promotes openness and honesty, self-realization, self-control, and the urge to develop inner wisdom.

Mentally, Topaz aids problem-solving and is particularly useful for those engaged in the arts. It helps you to become aware of the influence you have and of the knowledge you have gained through hard work and life experiences. This stone has the capacity to see both the bigger picture and the minute detail, recognizing how they interrelate. Topaz assists in expressing ideas and confers astuteness. Topaz is an excellent emotional support—it stabilizes the emotions and makes you receptive to love from every source.

Healing, Topaz can be used to manifest health. It aids digestion and combats anorexia, restores the sense of taste, fortifies the nerves, and stimulates the metabolism. Saint Hildegard of Bingen recommended an elixir of Topaz to correct dimness of vision.

TOURMALINE: Tourmaline cleanses, purifies, and transforms dense energy into a lighter vibration. It grounds spiritual energy, clears and balances all the chakras, and forms a protective shield around the body. Tourmaline is a shamanic stone that brings protection during rituals. It can be used for scrying and was traditionally used to point to the culprit or cause in times of trouble, and indicate a “good” direction in which to move.

Natural Tourmaline wands are useful healing tools. They clear the aura, remove blockages, disperse negative energy, and point to solutions for specific problems. They are excellent for balancing and connecting the chakras. At a physical level, they rebalance the meridians. Tourmaline has a strong affinity with the devic energies and is extremely beneficial for the garden and plants. It can act as a natural insecticide, keeping pests at bay, and buried in the soil, encourages the growth and health of all crops.

Psychologically, Tourmaline aids in understanding oneself and others, taking you deep into yourself, promoting self-confidence and diminishing fear. It banishes any feeling of being a victim and attracts inspiration, compassion, tolerance, and prosperity.

Tourmaline is a powerful mental healer, balancing the right-left hemispheres of the brain and transmuting negative thought patterns into positive ones. This stone brings the mental processes, the chakras, and the biomagnetic sheath into alignment. It is helpful in treating paranoia, and for overcoming dyslexia, as it improves hand-to-eye coordination and the assimilation and translation of coded information.

Emotionally, Red, Yellow, and Brown Tourmalines are beneficial for sexuality and the emotional dysfunction that can lie behind loss of libido. Physically, Tourmaline releases tension, which makes it helpful in spinal adjustments. It balances male-female energy within the body.

Healing, The striations along the side of Tourmaline enhance energy flow, making it an excellent stone for healing, energy enhancement, and removal of blockages. Each of the different colors of Tourmaline has its own specific healing ability.

*****BLACK TOURMALINE:** Black Tourmaline protects against cell phones, electromagnetic smog, radiation, psychic attack, spells, and ill-wishing and negative energies of all kinds. Connecting with the base chakra, it

grounds energy and increases physical vitality, dispersing tension and stress. Clearing negative thoughts, Schorl promotes a laid-back attitude and objective neutrality with clear, rational thought processes. It encourages a positive attitude, no matter what the circumstances, and stimulates altruism and practical creativity. In healing, Black Tourmalines placed point-out from the body draw off negative energy. Black Tourmaline defends against debilitating disease, strengthens the immune system, treats dyslexia and arthritis, provides pain relief, and realigns the spinal column. Wear around your neck or place between yourself and the source of electromagnetics.

*****WATERMELON TOURMALINE:** (Pink enfolded in Green) – Watermelon Tourmaline is the “super activator” of the heart chakra, linking it to the higher self and fostering love, tenderness, and friendship. This stone instills patience and teaches tact and diplomacy. Alleviating depression and fear, it promotes inner security. Watermelon Tourmaline assists understanding of situations and expressing intentions clearly. It treats emotional dysfunction and releases old pain. Watermelon Tourmaline is beneficial for relationships and helps to find the joy in situations.

Healing, Watermelon Tourmaline dissolves any resistance to becoming whole once more. It encourages regeneration of the nerves, especially in paralysis or multiple sclerosis, and treats stress.

TURQUOISE: Turquoise is a most efficient healer, providing solace for the spirit and well-being for the body. It is a protective stone and has been used for amulets since time immemorial. It is believed to change color to warn of danger of infidelity. Turquoise promotes spiritual attunement and enhances communication with the physical and spiritual worlds. Placed on the third eye, it enhances intuition and meditation. On the throat chakra, it releases old vows, inhibitions, and prohibitions, and allows the soul to express itself once more. It explores past lives and shows how the creation of your “fate” is ongoing and depends on what you do at each moment.

Turquoise is a purification stone. It dispels negative energy and clears electromagnetic smog, providing protection against pollutants in the environment. It balances and aligns all the chakras with the subtle bodies and attunes the physical level to the spiritual. In traditional thought, Turquoise unites the earth and the sky, bringing together male and female energies. This stone is empathetic and balancing. A promoter of self-realization, it assists creative problem-solving and calms the nerves when speaking in public.

Psychologically, Turquoise is a strengthening stone. It dissolves a martyred attitude or self-sabotage. Mentally, Turquoise instills inner calm while remaining alert, and aids creative expression. Emotionally, Turquoise stabilizes mood swings and brings inner calm. It stimulates romantic love.

Physically, Turquoise is an excellent stone for exhaustion, depression or panic attacks. One of its protective functions is against outside influences or pollutants in the atmosphere.

Healing, Turquoise strengthens the meridians of the body and the subtle energy fields. It enhances the physical and psychic immune systems and regenerates tissue, supports the assimilation of nutrients alleviates pollution and viral infections, and heals the whole body especially the eyes, including cataracts. It reduces excess acidity and benefits gout, rheumatism, and the stomach. This stone is anti-inflammatory and detoxifying and alleviates cramps and pain.

NATIVE AMERICAN TOTEMS

Note: Native American totems did not include all of the animals listed below, as many of these creatures did not exist in North America. However; the concept of “totems”, by whatever name they were called, have been known throughout the world since the earliest days of Greek Mythology. Though the unicorn is generally accepted as a centuries old mythical creature of Europeans, pictures of this fabled animal have been found in Native American tapestries and pictographs.

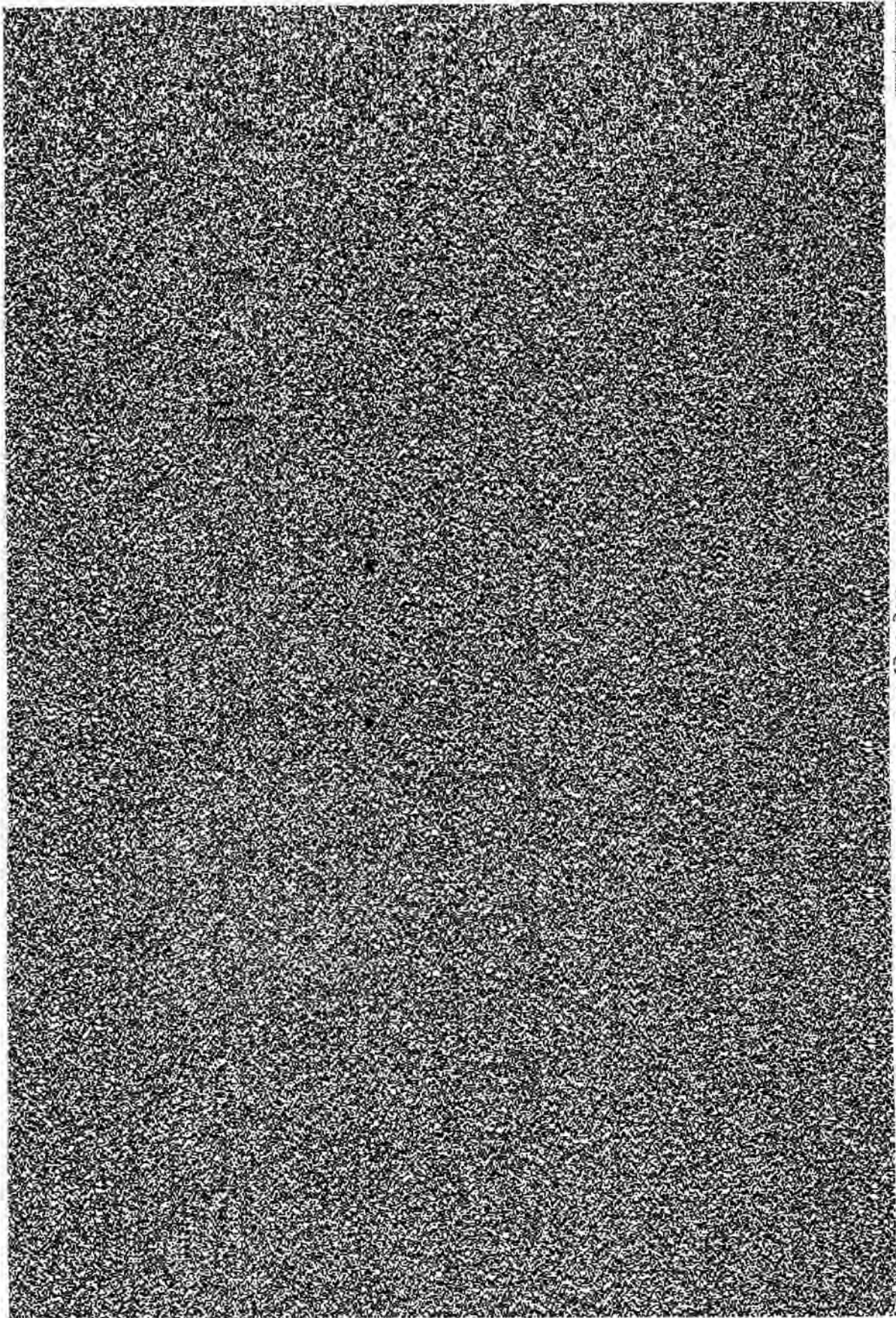
Alligator	Maternal, revenge oriented, quickness, aggression, and basic survival instincts.
Ant	Group minded, determination, patient, active, and industrious.
Anteater	Lethargy, curiosity, nosiness.
Antelope	Active, agile, jumpiness, and willingness to sacrifice
Armadillo	Safety oriented, grounded, and has boundaries.
Badger	Courage, aggressive, healer, having problems relating to others, and energy conduit
Bat	Rebirth, longevity, secrecy, initiation, good listener, and long life
Bear	Industrious, instinctive, healing, power, sovereignty, guardian of the world, watcher, courage, will power, self-preservation, introspection, and great strength.
Beaver	Determined, strong-willed, builder, overseer, and protector
Bee	Organized, industrial, productive, wise, community, celebration, fertility, defensiveness, obsessive nature, and enjoys life
Boar/Pig	A very powerful totem – prosperity, spiritual strength, organized, self-reliant, fearless
Buffalo	Sacredness, life, great strength, abundance, gratitude.
Bull	Insight into the past, fertility, rushing into things without proper preparation.
Butterfly	Metamorphosis, transformation, balance, grace, ability to accept change
Camel	Survival, positive, accomplishments
Caribou	Traveler, mobility, preference to be nomadic, adaptability to adversity
Cat	Guardianship, detachment, sensuality, mystery, magic, and independence
Cheetah	Swiftness, insight focus
Cougar	Leadership, loyalty, courage, taking responsibility, foresight
Cow	Swift, insightful, and focused
Coyote	Trickster, intelligence, stealth, wisdom and folly, guile and innocence
Cobra	Swift and decisive
Crab	Good Luck, protection and success
Crane	Solitude, justice, longevity, independent, intelligent, and vigilant

Crocodile	Ensuring your emotions are displayed accurately/appropriately
Crow	Justice, shape shifting, change, creativity, spiritual strength, energy, community sharing, and balance.
Deer	Compassion, peace, intellectual, gentle, caring, kind, subtlety, gracefulness, femininity, gentleness, innocence, and seller of adventure
Dog	Noble, faithful, loyal, teaching, protection, and guidance
Dolphin	Kind, salvation, wisdom, happiness, playfulness, prudent, capable of deep emotion, and happy.
Dove	Cross-world communication, spirit messenger, peace, gentleness, love
Dragon	Longevity, richness, prosperity, infinity, wisdom, power, and fiery
Dragonfly	Flighty and carefree, strong imagination, higher aspirations
Duck	Water energy, helper of seers, can clearly see/deal with emotions
Eagle	Divine spirit, sacrifice, connection to creator, intelligence, renewal, courage, illumination of spirit, healing, creation, freedom, and risk-taker
Elephant	Strength, power, affection, loyalty, royalty, and wisdom
Elk	Strength and agility, pride, majestic, independence, purification, strength, and nobility
Falcon	New beginnings, adventure, passionate, and leadership
Fish	Graceful, slyness, open-minded, quick to change one's mind
Flamingo	Heart healing, psychic, people person, flirtatious
Fox	Cunning, agility, quick-witted, diplomacy, wildness, feminine magic of camouflage, shape-shifting and invisibility
Frog	Water energy, cleansing, rebirth, sensitivity, medicine, hidden beauty, peace, adaptability, poor character judgment and power
Gazelle	Aggressive
Giraffe	Communication , intuition, attaining the unreachable, seeing the future
Goat	Surefootedness, stubbornness, independence, diligence, lack of foresight.
Goose	Self-demanding, reliable, prudent, rigid, vigilance, parenthood, and productive
Gorilla	Family-oriented, intelligence, strength, environmental protector, keeps peace through aggression
Grasshopper	Good luck, abundance, forward, progressive.
Grouse	Personal power, enlightenment
Hawk	Messenger, intuition, victory, healing, nobility, recollection, cleansing, visionary, power, and guardianship
Heron/Egret	Aggressive, self-determined, self-reliant, multi-tasking, balanced
Hippopotamus	Power, creation, imagination, healing
Horse	Freedom, stamina, mobility, the land, travel, power, and freedom
Hummingbird	Messenger, timelessness, healing, and warrior.

Jaguar	Chaos, shape-shifter, aggressiveness, power
Kangaroo	Forward, balance, creative, stamina
Lion	Family, strength, energy, courage, guardian and protector
Lizard	Conservation, vision, self-protection, hidden defenses.
Llama	Comforting to others, secure
Lynx	Keeper of secrets, guardian, listener, and guide
Mole	Sensitivity, guidance, searching.
Monkey	Ability to change the environment, health, success.
Moose	Headstrong, longevity, steadfastness, and wisdom.
Mouse	Scrutiny, order, organizer, and an eye for details.
Octopus	Intelligence, camouflage, nocturnal
Opossum	Diversion, strategist, and deceiver
Ostrich	Grounded, practical
Otter	Playful, friendly, dynamic, joy, helpfulness, and sharing
Owl	Deception, clairvoyance, insight, messenger.
Ox	Sacrifice, chastity, and self-denial
Panther	Protection, hidden emotions, introspection, caution, careful decisions
Parrot	Communication, beauty, guide for wisdom, mockery, thinking before speaking
Peacock	Immortality, dignity, and self-confidence
Pelican	Resilient, unselfish, rising above
Penguin	Self-discipline, grace, self-confidence, spiritual
Porcupine	Innocence, companionship, and trust
Prairie Dog	Swiftness, industrious, constructive, preparedness
Puma	Companion on journeys to other worlds, grace, silent power
Quail	Group-work, team play, creator of harmony and group tolerance, protectiveness (especially toward children)
Rabbit	Fear, timidity, nervousness, humility, rebirth
Raccoon	Curiosity and cleanliness
Ram	Stoic, sensitive, persevering, curious, imaginative
Rat	Fertility, stealth, scavenging, intelligence, enjoys luxury
Raven	Introspection, courage, self-knowledge, magic

Rhinoceros	Wisdom, solitary, insightful, solid
Roadrunner	Mental agility, speed, opportunistic
Rooster	Vanity, likes to be showered with gifts and attention, early riser, settling for nothing less than the best
Salmon	Proud, intense, confident, wisdom, inspiration
Scorpion	Transforming, strong, inspiring, chaotic, passionate
Seagull	Versatility, loud, easy-going nature, creativity, laziness
Seahorse	Confidence and grace
Seal	Love, longing, dilemma, active imagination, creativity
Shark	Hunter, survival, and adaptability
Skunk	Reputation, presence, and strength
Snail	Protective, aware, solitary
Snake	Impulsive, shrewdness, rebirth, transformation, initiation, and wisdom
Spider	Balance, wisdom, creativity, communication
Squirrel	Planner and gatherer
Stag	Lord of the forest, masculine power of regeneration, signs
Swan	Grace, balance, and innocence, soul, love, beauty, of the self
Tiger	Strength, valor, power, and energy
Toad	Inner strength, luck, self-examination
Turkey	Generosity, life-giver, and sharer
Turtle	Nurturer, shy, and protecting
Unicorn	Purity, innocence, dreamer, personal power, gentle
Weasel	Strength, energy, ingenuity, and stealth
Whale	Wisdom, provider, intelligence, and kindness
Wolf	Loyalty, perseverance, success, intuition, and spirit
Woodpecker	Sensitive, protective, and devotion
Zebra	Agility, and individuality

Theta Graphic Brain Exercises



BookCampBrain

BRAIN ROOM

Hyper-Intelligence



Windows to Experience

The dualistic practices on the right, such as meditation, Tai Chi, yoga, and breath work, are intended to help you experience the world in a more holistic way. These practices help you to become more aware of your body, mind, and emotions, and to experience the world in a more integrated way. These practices help you to become more aware of your body, mind, and emotions, and to experience the world in a more integrated way.

PSYCHODYNAMICS AND THE HUMAN ENERGY FIELD



The human energy field is a complex system of energy centers, or chakras, that are located throughout the body. These chakras are connected to the physical body and are responsible for the flow of energy through the body. The human energy field is a complex system of energy centers, or chakras, that are located throughout the body.



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MEADITATION: AUDI-VICI-PLACE (HEAR SEE AND BE SILENT)

