

Listed are the properties of your Therapeutic Healing Gemstone Chakra Necklace:

Gemstones:

- ✦ **Garnet – (Base Chakra) – Deep Red** - *properties: 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. Garnet activates other crystals, amplifying their effect. It clears negative chakra energy.*
- ✦ **Carnelian – (Sacral Chakra) – Orange** - *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. This stone helps you trust yourself and your perceptions. It gets to the bottom of what makes you tick, overcomes negative conditioning, and encourages steadfastness.*
- ✦ **Citrine – (Solar Plexus Chakra) – Yellow** – *Citrine is a powerful cleanser and regenerator. Carrying the power of the sun, this is an exceedingly beneficial stone. It is warming, energizing, and highly creative. 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. Citrine activates the crown chakra and opens the intuition.*
- ✦ **Jade – (Heart Chakra) - Green** – *Jade soothes the emotions and helps keep the peace for community relations. It provides a sense of self-worth, self-sufficiency and capability in dealing with any situation. Jade promotes harmony, balance, and tranquility through emotional detachment. Jade is excellent for recovery after an unpleasant experience.*
- ✦ **Lapis Lazuli – (Throat Chakra) – Deep Blue** – *Lapis Lazuli opens the third eye and balances the throat chakra. This stone quickly releases stress, bringing deep peace. It possesses enormous serenity and is the key to spiritual attainment. This stone harmonizes the physical, emotional, mental, and spiritual levels. Imbalances between these levels can result in depression, disease, and lack of purpose. In balance, the harmony brings deep inner self-knowledge. Lapis Lazuli bonds relationships in love and friendship and aids expressing feelings and emotions.*
- ✦ **Amethyst – (Third Eye Chakra) – Deep Purple** – *Amethyst is an extremely powerful and protective stone with a high spiritual vibration. This stone has strong healing and cleansing powers, and enhances spiritual awareness. It is known as the “Master Healer”. Amethyst is extremely beneficial to the mind, calming or stimulating as appropriate. Mentally, it helps you feel less scattered, more focused and in control of your faculties.*
- ✦ **Clear Quartz Crystal – (Crown Chakra) – Clear** – *Quartz is a master healer and can be used for any condition. It stimulates the immune system and brings the body into balance. Quartz harmonizes all the chakra and aligns the subtle bodies.*
- ✦ **Sterling Silver Toggle Clasp and findings – Silver** – *Silver transmits and intensifies the power of healing stones so that when they are set in silver they become even more powerful. Combined with a healing stone, silver promotes weight loss. Nausea, painful joints, headaches, and migraine can be alleviated with silver together with the appropriate healing stones. Psychologically, silver has a calming effect on irritable people and encourages inner peace.*

Directions: *Wear for a complete cycle (21 days) and place under your pillow at night, or close to the bed (within 3 feet) so you still get the benefit of the healing gemstones even at night. Every week or so clean and charge your healing necklace by holding it under cool running water for several minutes, and then place in the sun for about 1 hour. The sun will dry and charge your healing necklace for continued use.*

Thank you for your purchase of this “Chakra Balance” Healing Gemstone Necklace.

Sincerely,

**Gabrielle Marohnic**

**Emerald Bay Gems**

E-mail: [gabrielle@emeraldbaygems.com](mailto:gabrielle@emeraldbaygems.com)

Phone: 807-285-6208