

**THE ULTIMATE
HANDBOOK
OF
108 CRYSTALS
PART - 1 (1-36)**

*Unlock the Power of Crystals for Self-development,
Healing, Manifestation & Overall Well-being*

Dr. NEELAM HIMTHANI

Email: neelam@neelamravi.com

Author website: <https://neelamravi.com>

FREE gift: <https://neelamravi.com/freegift>

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Thank You, Universe!

Thank You, My Guardian Angels!

*I'm in vibrational alignment with YOU and
ready to receive abundance!*

*MAY I BE THE CHANNEL OF BLESSINGS
FOR SOMEONE TODAY!*

REASONS YOU NEED TO READ THIS BOOK

- *Welcome to the magical world of crystals, where you will discover the power of these incredible gemstones!*
- *This is not just a book but a tool for you to embark on a journey that will change how you view the world and yourself.*

3 PARTS

- The complete 108-crystal guide is divided into **three parts**, each part covering **36 crystals** in great detail.
- This book is **PART - 1** in that series. It delves into the magical and amazing power of the first 36 crystals.
- With simple guidance and detailed crystal profiles in all the 3 parts, you will learn how to curate your crystal collection and choose the crystals that work best for your healing needs.

WHY CRYSTALS?

Incorporating crystals into everyday life can provide numerous benefits, such as ***promoting emotional balance, reducing stress and anxiety, enhancing focus and concentration, boosting energy levels, and improving overall well-being.***

Crystals can be used in various ways, from carrying them in your pocket or wearing them as jewelry to placing them in your home or workspace. ***Using crystals***

intentionally and mindfully can help you connect with yourself and the world around you and tap into the positive energy and healing potential they offer.

WHY READ THIS BOOK?

- In this book, you will discover how crystals and healing stones can **help you fight stress and cope with anxiety and feeling trapped.**
- This will teach you how to **enhance your mind-body connection and achieve optimal balance and vitality** with the help of crystals.
- The book is designed to **help you overcome negative emotions and foster positive growth.**

WHO IS THIS BOOK FOR?

★ For crystal curious:

This book provides an informative guide for those intrigued by crystals, introducing essential crystal applications and concepts.

Additionally, the book covers crystal correspondences such as color and which stones work best together. You will also gain insight into using crystals in ritual, gridwork, and crystal remedies, allowing you to harness these fascinating gems' healing and transformative power.

★ For crystal practitioners:

Individuals who engage in crystal practices will thoroughly comprehend the scientific and artistic aspects of working with these powerful tools.

With the knowledge covered in this book, you will be equipped to work with crystals more effectively, harnessing their full potential for personal growth and healing. The book also features crystal profiles and meanings, making it an essential resource for every crystal practitioner.

★ For everyone else:

Whether you are new to the world of crystals or a seasoned practitioner, this book has something to offer.

LET'S UNLOCK THE POWER OF CRYSTALS

I'm sure this book will become your go-to crystal resource.

- Let's unlock the power of crystals for self-development, healing, manifestation & overall well-being.
- Let's celebrate the beauty and healing potential of the first 36 powerful crystals, as explained in this book.
- Let's prepare for divination, spiritual development, and personal empowerment - everything from headache relief to finding love, improving family relationships, and warding off workplace bullying.

MY BLESSINGS

♥ *May everyone who seeks the benefits of natural and noninvasive healing methods be blessed with all the knowledge they require in this beautiful guide!*

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UNDERSTANDING CRYSTALS

WHAT ARE CRYSTALS

TECHNICALLY,

Crystals are formed when atoms in the earth undergo a three-dimensional pattern shift due to light, moisture, pressure, and other natural causes. These are also known as minerals because they are grown underground. But not all crystals are made of minerals. Therefore, crystals are minerals created from the continual subsurface processing of atoms and have a fixed internal structure regardless of their external shape.

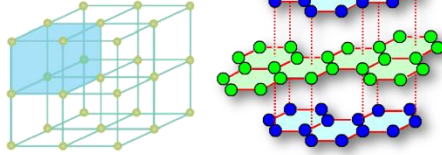
NATURALLY,

Crystals are frequently considered Nature's healing gift to humanity. Crystals come in various forms, dimensions, hues, and compositions. Each crystal's vibrational resonance is different. They attribute their unique characteristics to their mineral composition, innate geometry, and color frequency. These are practical tools for almost any type of energy healing. A Crystal therapy session encourages calmness and tranquility, lessens tension in the mind and body, and enhances overall health.

If the atoms, molecules, or ions in a solid are arranged in a highly ordered microscopic structure to form an all-

pervasive crystal lattice, the solid is said to be crystalline or

CRYSTAL LATTICES AND UNIT CELLS



crystallized.

THE CRYSTAL LATTICE

A crystal's repeating, ordered atomic lattice serves as the basis for its definition. Because of chemical impurities, radiation, emissions from the earth and the sun, and the specific processes that lead to their formation, each type of crystal has a distinct energy signature and lattice. A crystal has axis-based symmetry. The lattice's matching pairs of faces all have the same angles. Any crystalline formation has a constant, unchanging internal structure. A crystal may transmit energy and resonate with the energy fields around it because of this alignment. Even though the same mineral or combination of minerals can form several different crystals, each kind crystallizes uniquely. The internal geometry of a crystal, not the external shape, determines the crystal's type and action.

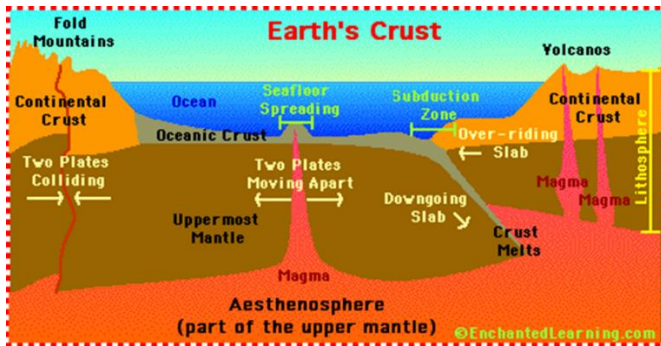
HOW CRYSTALS ARE FORMED

Crystals develop from stone just like flowers do from the soil. When a liquid begins to cool and solidify, molecules cluster to stabilize, creating crystals. This process, known as crystallization, can also occur when water vaporizes from a

natural mixture or when magma (molten rock in the earth's crust) solidifies. Many crystals begin small but expand as additional atoms connect, forming a regular, recurring pattern. Crystals grow in nature in this manner. The speed of the earth's surface at the equator is 460 meters per second or around 1,000 miles per hour. This element is crucial in the formation of crystals deep inside the ground.

UNDERGROUND CREATION

The region where the magma and crust meet is turbulent, powerful, and constantly moving. The magma has worn and ripped crevices and cavities in the bottom of the crust, creating the ideal conditions for crystal growth. When mineral-rich fluids infiltrate into the crust's fissures and fractures to cool, crystallization begins to occur. High pressures and temperatures create ideal conditions.



HOW THE SHIFTING EARTH AFFECTS CRYSTAL DEVELOPMENT

While crystals are actively growing in these crevices and voids in the crust, the surrounding area is anything but serene. Passageways can open and collapse as the earth shifts, stopping all crystal growth. The pathway remains closed, but the crystal stays dormant, waiting for another shift to cause it to reopen so that growth can resume. Different colored zones may form on the crystals due to this stop-start action, leaving its mark.



Crystals can be found all over nature and aren't only the vibrant stones that balance our chakras. The crystal structure is the main characteristic that all crystals share. Crystals are highly well-organized molecules that are arranged in a grid-like arrangement. Each atom (or ion) in the group has a specific location, and this repeating arrangement qualifies it as a crystal. From a salt crystal to a sugar crystal to graphite, an ice crystal hidden inside a snowflake, everything has this.



As mentioned earlier, crystals are formed by liquids cooling and the molecules rushing to stabilize as the liquid

hardens to become solid material matter. Beyond science, that statement alone has so much beauty and truth.

The Greek word Krystallos is where the term "crystal" comes from, which means ice and crystal. We may find crystal shapes and patterns all over nature. Crystals are the most common mineral in the natural world, and their shape influences their function. Crystals can be classified into seven fundamental forms, including isometric, hexagonal, tetragonal, trigonal, orthorhombic, monoclinic, and triclinic. The crystal's shape can change, and these variations provide information on the recurring pattern that results from the atoms' internal arrangement.

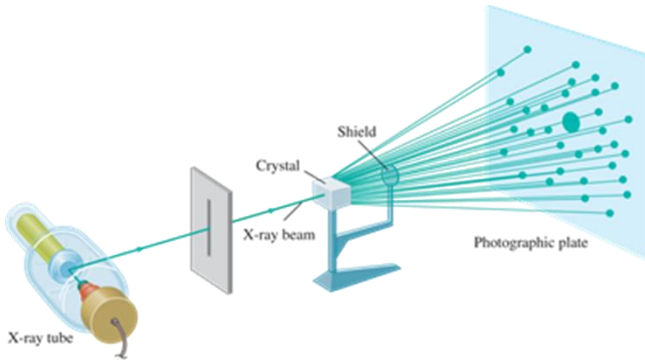


THE SCIENTIFIC STUDY OF CRYSTALS

Crystallography is the study of crystals in a scientific context. This brilliant field of research explores the growth and creation of crystals in great detail.

Pierre and Jacques Curie published the results of their experiment in 1880. Their research involved a conclusive determination of the surface charges on specially

manufactured crystals, including tourmaline, quartz, topaz, cane sugar, and Rochelle salt. This phenomenon was promptly named "piezoelectricity" and was thought to be a "discovery."



Piezo A crystal will start behaving like a battery cell and produce electricity if a certain amount of pressure is applied. This phenomenon is known as electricity or charge due to stress. When the pressure is released, the crystal returns to its original state.

These piezo emissions can balance the secretion of our internal glands and keep us healthy and balanced.

THE HARDNESS OF THE GEMSTONES

The chemical composition of the compounds, their combination, relative density, crystal lattice, etc., all work together to determine a gemstone's hardness. Every gem has its distinct hardness that typically does not match that of the other since the chemical composition of stones varies. The primary characteristic of a gemstone is hardness. The

hardest gemstone is a diamond. In actuality, it is the world's most rigid material. Along with it, ruby, blue and yellow sapphires, and emeralds are other hard gemstones.

Mohs Hardness Scale

	Mineral Name	Scale Number	Common Object
↑ Increasing Hardness	Diamond	10	
	Corundum	9	Masonry Drill Bit (8.5)
	Topaz	8	
	Quartz	7	Steel Nail (6.5)
	Orthoclase	6	Knife/Glass Plate (5.5)
	Apatite	5	
	Fluorite	4	Copper Penny (3.5)
	Calcite	3	
	Gypsum	2	Fingernail (2.5)
	Talc	1	

DIFFERENCES BETWEEN CRYSTALS & GEMSTONES

Although some individuals interchangeably use terms like "rock," "stone," and "gem," there are some clear distinctions between these words. The most frequent misunderstandings arise regarding "gems" and "crystals."

A gem is a precious stone. Since this mineral is the purest available, it is expensive and regarded as being of "gem quality." A crystal is a pure substance whose molecules are organized to produce a geometric pattern.

A gem can be crystalline in nature since it is a rare, superior mineral. But not every crystal will be composed of an exceptional, rare mineral. Therefore, despite occasionally coexisting, these terms are different.

You may have already taken advantage of this distinction without even realizing it! Think about sugar crystals. You wouldn't refer to a sugar crystal as a jewel, would you? Salt crystals are also crystals, although they are not gemstones. This proves that a gem can occasionally be a crystal and vice versa.

Minerals or organic substances are used to create gems organically. Solids, known as crystals, have atoms, molecules, and ions arranged in a specific order. Then, these grow into three dimensions, forming a crystalline structure.

CLASSIFICATION SYSTEMS

Although there are different classifications for gems and crystals, a crystalline gem can exist and fit into both categories. According to their chemical composition, gems are typically classed. What makes this gem the gem that it is? What trace minerals that contribute to its color can be found within it? How is it set up? It is typically cut to size after determining a gem's value.

On the other hand, crystals are typically categorized according to their shape. This could refer to a cubic crystal, tetragonal crystal, hexagonal crystal, or another type. Rhombohedral, monoclinic, and orthorhombic crystal types are among the others. The crystal system, a subset of the lattice above systems, is another way to classify crystals.

PIP

Harry Oldfield created a scanner in the late 1980s that could produce a real-time, moving image of the energy field using microchip technology. PIP, or poly contrast interference photography, is the name given to this technique. PIP also displays the crystals' energy distribution.

Two PIP images of a woman with persistent weariness before and after electro-crystal therapy to rebalance her energy. the body's energy field is also highly "muddy." The second photo was taken following a few months of energy rebalancing (under Harry's direction). An energy infusion was required for this energy rebalancing. As you can see, the dark red regions have improved, and the second image is much more transparent and brighter.



INDIAN MYTHOLOGY AND CRYSTALS

Crystals are called Vishnu Putra as they are found inside the earth. Hindu mythologies, both Ramayana & Mahabharata, reveal a lot about gemstones & crystals and their importance. Per Hindu beliefs, gemstones and crystals ward off the evil that affects a person's horoscope. The gems

also are believed to bring luck, success, and fortune in a person's life.

According to Puranas, nine different kinds of gems and crystals are prominent. They are:

1. Ghruta Mani
2. Tail Mani
3. Bheeshmak Mani
4. Upalak Mani
5. Sphatic Mani (Quartz Crystal)
6. Paras Mani
7. Ulook Mani
8. Larvart (Lapis Mani)
9. Masar Mani

WHY THE WORD '*VEDIC CRYSTALS*'?

There are four Vedas viz., Rig Veda, Yajur Veda, Atharva Veda, Sam Veda.

The first three Vedas have around 250 Shlokas explaining the great Indian divine science of astrology and the impact of stars and planets on human life. And as we all know, every world is represented by crystal energies and possesses the power of its ruling planet; the word Vedic has a justifiable relation with crystals.



The ancient Indian Rishis who composed the Vedas accumulated a wealth of information concerning the heavenly, spiritual realm. They had a firm understanding of astrology, enabling them to predict a person's destiny based on the placement of the planets in their horoscope. They were perfectionists when explaining the connection between crystals and these heavenly bodies. They invested all their expertise into the Vedas, which are still instructing astrologers and the average person to pass on this priceless gift of wisdom to future generations.

Gemstones and crystals' power and energy healing are explained in detail in the Ratna Samhita and up-Ratna Samhita. Crystals have been described as communication between people and the ground. It connects our place elements with the earth's energies.

HISTORY OF CRYSTALS

The crystals have been important since ancient times, so it's not like we just learned about them and started using their energies for our purposes today. The historical usage of these crystals is also traceable. Destiny was shaped by crystal tradition some 3.3 million years ago. "Crystal," a synonym for "ice," has Greek origins. Greeks gave the name

because they believed that pure quartz was simply water frozen to such a point that it would never thaw.

Here are a few historical examples that will help to demonstrate its significance throughout history.

THE ANCIENT SUMERIANS

These were the first from the pages of history to use crystals for magic formulas. Lapis Lazuli and Serpentine were mainly in use by them.



THE ANCIENT EGYPTIANS

Their jewelry mainly employed lapis lazuli, turquoise, carnelian, emerald, and pure quartz.

They used the same jewels to make grave amulets as well. They primarily used crystals for defense and well-being. Chrysolite was employed to drive out evil spirits and treat night terrors. Crystals were also engaged in Egyptian cosmetics. The eye makeup known as kohl was made from galena (lead ore) pounded into a powder. Similar techniques were employed with malachite. Generally speaking, green

stones were placed in graves to represent the deceased's heart.



THE ANCIENT GREEKS

Amethyst, which means "not drunk," was worn as an amulet by the ancient Greeks to ward against intoxication and hangovers.

It wouldn't be unusual to state that Greeks had such a strong faith in crystals that they used to cover themselves in hematite before going off to fight. Hematite turns crimson when exposed to oxygen, hence the word "blood" in its name. According to science, hematite is an iron resource, and according to the ancient Greeks, iron was linked to Aries, the God of War. And this explains why the Greeks applied hematite to their bodies before the battle.



THE ANCIENT CHINA

Society placed such a great value on jade that they created their own written characters for the language. Some emperors were buried with jade horses and jade armor. The purity and moral integrity of jade were symbols. It was also thought to have kidney-healing properties. All items, including jewelry, decorations, ritual tools, and wind chimes, were carved from jade. Even the orifices of bodies were sealed with jade before burial! Jade decorations on desks and in residences were regarded as virtues by men.



Jade Armor



Jade Buddha Palace in China

THE ANCIENT INDIA

India was one of the many civilizations that utilized crystals for numerous therapeutic and restorative purposes and believed in the power of their healing properties. Ancient India may have been the location where crystals were used most extensively. There was the birthplace of the chakras (energy centers), which are used to help us apply crystals to the body for meditation and healing. Detailed findings about the ability of specific stones to mitigate the negative impacts of planetary placements can be found in astrological writings from as early as 400 B.C.

The most valuable and genuinely supernatural religion on Earth, Hinduism is a religion of tremendous magic. It has always been this way and should stay that way for centuries. The wisdom of the "magic mind," the realization of the interdependence between the Deity, the Devas, nature, and man, shines through in the Vedas. According to Hindu Vedic philosophy, the essence is teeming with life and is

essentially the energetic expression of beings with deva-like characteristics. The purpose of the massive yajnas of fire and sacrifices was to open communication channels between humans and the Gods.

There are several ways to communicate between the inner realm of the devas and Gods and our physical world. The crystal is one of the most well-known of these. Hindus can identify "crystal power" in temples' historical usage of gems—most of which are crystals.

Chidambaram, South India, is found the most famous example. Here the Siva Lingam for daily worship is a small quartz crystal, while the most celebrated image is the six-inch ruby Siva Nataraj brought out on special occasions. The Sanskrit term for a crystal is spatial, as in spatikalingam.





USAGES OF CRYSTALS

For their technological, therapeutic, and spiritual properties, crystals have been prized for ages. Everything from running a calculator to reducing pain, the variety of ways crystals can be used is astonishing.

They are the source of immense energy and power. If crystals are charged in some particular manner, they can drive our car for over 100 years!

Solar Cells: One of the most extensive crystal uses is in solar cells. Solar cells power various instruments, from calculators to space vehicles. The solar cell produces energy, called photovoltaic energy, by using silicon (which is based on a tetragonal crystal).

Transistors: Made from semiconductors based on the same materials and crystals as solar cells.

Liquid Crystals: LCD screens.

Spiritual Crystals: Different kinds of crystals have long been thought to bestow certain traits or qualities on those using them, helping them access certain emotions. Thus, amethyst crystals are thought to reduce feelings of anger and impatience. Other crystals' uses include aquamarine to release fear; carnelian to produce confidence; coral to intensify emotions; diamonds to increase prosperity; emeralds to relieve depression and insomnia; and sapphire to restore calm and a sense of balance.

Medicinal Crystals: Besides having spiritual benefits, some new-age medical practitioners claim that certain crystals' presence and other uses promote different medical benefits. These benefits include amethyst to treat headaches or unbalanced blood sugar; aquamarine to regulate the immune system, heart, and lymph nodes; carnelian to help

with energy, the reproductive system, and menstrual cramps; citrine to cleanse the spleen, kidneys, and liver; coral to support the metabolism, spine, and tissue regeneration; emeralds to help with the thymus and childbirth; jade to help cleanse the blood and the nervous system; rubies to help with cholesterol and blood clots; and sapphire to help with inflammation, fever, and nosebleeds as well as tuberculosis.

Crystals are like tree leaves that suck our –NEGATIVE energy and give us the piezo energy that balances our internal glands. Our –NEGATIVE energy is the food for the crystals.

DIFFERENT FORMS OF CRYSTALS

Crystals are natural stones formed under the mother earth's ground. These crystals are mined by the miners and introduced to us as it is; thus, they are called natural or "unpolished" crystals. Depending upon our requirement, these genuine crystals are given different shapes such as pointed, pyramid, sphere, etc., and go under specific processes like cutting and polishing. These crystals are called "cut crystals" or "polished crystals."

In nature, the perfect shape of crystals is rare. The amount of room that crystals have to grow determines how many faces they will eventually have. No well-formed crystal faces can be set if crystals grow close to one another or in a constrained area. Although the symmetry may not be immediately apparent from these standard forms, crystals

occasionally develop some forms more frequently than others. The term used to describe the general shape of a crystal is "habit."

Examples of Natural Crystal Habits that are unpolished in nature:

- **Pointed or Cluster**



A wide variety of crystals are available in the form of natural points and clusters of many natural crystal points. The most plentiful examples of crystals in these forms are types of quartz, such as clear quartz and milky quartz.

- **Natural Plates**

Crystals are clustered together on a matrix plate. These are Natural Crystal Plates. Many different types of crystals are available in the form of crystal plates. Some common examples of crystal plates include blue celestite plates, agate, amethyst, and other forms of quartz.



Blue Celestite Plate

- **Geodes**

Rocks having hollow chambers lined with crystals are called geodes. The Greek word geodes, which means "earthlike," is where the name geode originates. Some examples include agate, amethyst, rose quartz, clear quartz, and blue Celestine.



Agate Crystal Geode

- **Cubes**

Some crystals are grown cubic naturally. Some examples of such natural cubic shape crystals are some varieties of pyrite, selenite, and others.



Pyrite Raw Crystal

- **Fibrous**

These are elongated clusters of fibers grown naturally. Some examples of this form of crystals are Malachite, Sugilite, some varieties of clear quartz, Chalcantinite, Aragonite, and others.



Fibrous Malachite

- **Acicular**

Slender, needle-like crystals make up the habit of crystal. This characteristic makes crystals brittle in general.

****Please Note:** *Complete, undamaged acicular specimens are scarce.*

Some examples of Acicular Crystal Habit are Gypsum, Mesolite, Rutile, Malachite, Brochantite, and Natrolite.



Natrolite

- **Prismatic**

Crystal habit describes a crystal with four or more sides similar in length and width. Prismatic crystals are usually elongated in one direction. Some examples of Prismatic Crystals are Clear Quartz, Lemon Quartz, Smoky Quartz, Calcite, Bismuth, Azurite, Phenakite, and Saphira.



Clear Quartz Prismatic

- **Bladed**

They have a straight blade form like a sword or knife. Sometimes, their ends taper to a point. They could exist as a single crystal, a group of several parallel crystals, or radiating crystal clusters. Some examples are kyanite, actinolite, and stibnite.



Kyanite

- **Dendritic**

Like a tree's branches, a leaf's veins, or a drainage basin's stream branching pattern, crystals produce a branching design.



Agate Dendrite

- **Rosette**

Rosettes are collections of tabular crystals radially arranged with a shape resembling a rose or flower. Some examples are Desert Rose and Barite Rose.



Desert Rose

- **Striated**

Some crystals have fine, slightly depressed lines on their faces. They always run parallel to one of the crystal face's

edges and a crystallographic axis. Some examples are Pyrite, Tourmaline, Quartz, and Selenite.



Selenite

- **Banded**

Banded minerals have thin layers or bands of different colors and textures. These could be in response to modifications in the growth liquid's composition, the sedimentation process, or other circumstances. Some examples are agate, malachite, rhodochrosite, and fluorite.



Rhodochrosite



#001 - ABALONE



- *Do you need to develop your psychic abilities and intuition?*
- *Are you looking for emotional recovery?*
- *Do you wish to maintain your composure in emotionally trying circumstances?*
- *Are you hunting for the stone or shell that will most likely aid in balancing your use of harsh and gentle words?*

If so, make abalone your closest companion.

Specifications Of Abalone

A particular kind of mollusk known as an abalone features feet and tentacles in addition to ear-shaped shells. It adheres to rocks close to the coast and is typically consumed by other aquatic creatures. Abalone's body is robust. Protein layers hold microscopic calcium carbonate together, forming brick-like structures. The calcium carbonate stops the abalone shells from breaking while these proteins absorb the blows to the surface. You might also be familiar with the abalone stone, as the abalone shell shouldn't come as a surprise. You will learn that

incorporating abalone into your life combines ideals of strength and tranquility in equal proportion.

But because of its extraordinary natural brilliance, it has been revered and cherished worldwide since ancient times, as many priceless diamonds have been. Because of the abalone's generally very organic character, the fact that no two abalone stones are ever genuinely identical has contributed to the beauty of these stones. Because the mollusks that live inside abalone are known to eat seaweed, the patterns you see within it are frequently developed and molded to be thus distinctive. Many patterns emerge when they consume various kinds of seaweed, often in captivating and attractive ways. A beautiful shell, abalone displays a mix of vivid blues, browns, blacks, and turquoise on a polished surface.

Because of its flattened and oval appearance, abalone is known as The Sea Ears. It features tiny apertures in the shape of a curled ear that the sea creature uses to breathe. It is sometimes referred to as an oyster shell and an abalone shell. In South Africa, abalone is still very popular. It is highly prized for its shells and vivid iridescence. The west coast of North America, Japan, Australia, and New Zealand are among the countries where it can be found.

Why Use Abalone, You Ask?

When it comes to promoting your psychic development, abalone is helpful. Your psychic abilities, including your intuition, will improve. Also, it will enhance your capacity for emotional expression and openness. Cooperation with

others, whether in business or personal life, will be encouraged. It can be helpful if you're dealing with past or present emotional difficulties.

It will foster a steady atmosphere when combined with lapis lazuli by collecting your neighborhood's energy and environment.

Physical Healing Powers

The body's framework can be strengthened with abalone, and the heart's performance can be enhanced. The muscle tissues can also be strengthened by it. Both the immune system and the body's capacity to absorb proteins can be strengthened by it. Also, it is believed to improve digestion and lessen the signs and symptoms of arthritis and joint diseases. The spinal column and nervous system may both benefit significantly from it.

Moreover, it can help with the healing of minor bone structural fractures. It can improve how well vitamins D and A are absorbed. It can strengthen and shield muscle tissue while preventing atrophy. Moreover, it can aid in healthy digestion. It is well known to help treat various skin conditions, including rashes and allergies.

Emotional healing powers

Abalone's properties best serve the mending and growth of one's emotions. Your ability to cooperate with your loved ones and be open with others at work or home will rise thanks to the energies of abalone. It is a tool that lets you keep your composure in emotionally trying circumstances.

Wealth And Abalone

Your creativity and intuition will both improve after eating abalone. Every time you need to make a slight adjustment on the company or professional fronts, it will assist you in coming up with something fresh. Abalone will also give you success and luck in your career and business.

Abalone, Love, and Relationships

Abalone is an excellent stone for working through emotional issues since it will promote quiet and tranquility in situations likely to elicit strong emotions. When you experience the highs and lows, it will look after your general well-being. You will find refuge and comfort in it during the difficult moments in your personal life, and even when you are upset, it will make you feel calm and at peace.

Abalone's energies will push you to be more considerate of your partner's feelings so you don't disappoint or hurt them. Abalone represents the ebb and flow of emotions because it is associated with the sea.

The abalone's energies will assist you in bringing harmony into your relationship. It will inspire you to stick by each other despite obstacles.

In addition to Amber, it's also beneficial for mothers because it will provide mental, emotional, and physical support. Abalone is a fantastic partner when you need help and direction. Your communication will improve, and you'll become a more cooperative partner.

How to Use Abalone for the Best Results

You will experience feelings of affection, care, and protection when you hold an abalone shell. You will feel appreciated and at your best since it will help you feel safe and at ease in your surroundings. Your life will be peaceful and tranquil, and you'll enjoy even the most basic and straightforward things. This is an excellent option to consider if you're seeking the stone or shell that will assist you in balancing your use of toughness and softness.

You can always hold a piece of abalone in your hands if you ever feel overburdened by the responsibilities of your job or your interpersonal interactions.

The Most Effective Combination for Abalone

The therapeutic powers of abalone can have a profoundly positive impact on the body, particularly on the bones and joints.

Use it with Fluorite, Blue Lace Agate, Carnelian, Lapis Lazuli, Petrified Wood, Grossular Garnet, Chalcosiderite, Dolomite, or Amber.

To increase the relaxing effects of abalone, combine it with Moonstone, Pietersite, Hiddenite, Blue Chalcedony, Galena, Pink Mangano Calcite, Aragonite, or Picasso Stone.



