

**THE ULTIMATE  
HANDBOOK  
OF  
108 CRYSTALS  
PART - 2 (37-72)**

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

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## 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 - 2** in that series. It delves into the magical and amazing power of the **next 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.**
- The book provides targeted crystal prescriptions, healing mantras, and crystal grids that **enable you to channel your energy and intention, harmonize your chakras, and improve your physical and emotional well-being.**
- 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. You will discover how to incorporate crystals into other practices like feng shui, meditation, and Reiki.

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!*

*May this book inspire, transform and enable you to connect with the energy and potential of crystals to enhance every aspect of your life!*

*May you discover the enchanting power of crystals and unlock the potential within you with "The Ultimate Handbook of 108 Crystals" book!*

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

Thank You, Universe!

*I breathe in and fill myself with all the  
wealth & abundance the Universe has  
available to me.*

*Thank You, my guardian angel  
chachu, my parents, and you, my  
beautiful readers.*





# Contents

<b>#037 - HEMATITE .....</b>	<b>11</b>
<b>#038 - HERDERITE.....</b>	<b>15</b>
<b>#039 - HESSONITE GARNET.....</b>	<b>21</b>
<b>#040 - HEULANDITE .....</b>	<b>27</b>
<b>#041 - HIDDENITE.....</b>	<b>33</b>
<b>#042 - HYPERSTHENE .....</b>	<b>41</b>
<b>#043 - IDOCRASE .....</b>	<b>47</b>
<b>#044 - INDICOLITE.....</b>	<b>51</b>
<b>#045 - INDIGO GABBRO .....</b>	<b>57</b>
<b>#046 - IOLITE .....</b>	<b>63</b>
<b>#047 - JADE - GREEN.....</b>	<b>67</b>
<b>#048 - JASPER - KAMBABA.....</b>	<b>71</b>
<b>#049 - JASPER - MOOKAITE.....</b>	<b>77</b>
<b>#050 - JASPER - RED .....</b>	<b>83</b>
<b>#051 - KUNZITE .....</b>	<b>91</b>
<b>#052 - KYANITE.....</b>	<b>95</b>
<b>#053 - LABRADORITE.....</b>	<b>101</b>
<b>#054 - LEPIDOLITE .....</b>	<b>105</b>
<b>#055 - LAPIS LAZULI .....</b>	<b>111</b>
<b>#056 - LARIMAR.....</b>	<b>117</b>
<b>#057 - MAGNETITE.....</b>	<b>123</b>
<b>#058 - MAHOGANY OBSIDIAN .....</b>	<b>129</b>
<b>#059 - MALACHITE.....</b>	<b>133</b>

<b>#060 - MARIAM STONE.....</b>	<b>137</b>
<b>#061 - MERLINITE.....</b>	<b>139</b>
<b>#062 - MOLDAVITE .....</b>	<b>145</b>
<b>#063 - MORGANITE - PINK.....</b>	<b>155</b>
<b>#064 - NATROLITE .....</b>	<b>161</b>
<b>#065 - NUUMMITE .....</b>	<b>169</b>
<b>#066 - NZURI MOYO.....</b>	<b>173</b>
<b>#067 - OBSIDIAN - BLACK.....</b>	<b>177</b>
<b>#068 - ONYX - BLACK.....</b>	<b>181</b>
<b>#069 - OPAL.....</b>	<b>189</b>
<b>#070 - PCOD &amp; BP CURE .....</b>	<b>197</b>
<b>#071 - PECTOLITE.....</b>	<b>199</b>
<b>#072 - PERIDOT.....</b>	<b>205</b>
<b>DISCLAIMER .....</b>	<b>213</b>
<b>ABOUT THE AUTHOR.....</b>	<b>215</b>
<b>MAY I ASK YOU FOR A SMALL FAVOR? .....</b>	<b>217</b>
<b>PREVIEW OF THE BOOK: <i>MAKE MONEY YOUR HONEY</i></b> <b>.....</b>	<b>219</b>
<b>OTHER BOOKS FROM THE AUTHOR .....</b>	<b>233</b>

## #037 - HEMATITE



- *Are you a student and preparing for any exams?*
- *Are you in the process of moving house or dealing with any legal organization?*
- *Do you need heartfelt confidence?*
- *Do you want to balance your yin-yang energy?*
- *Are you having high blood pressure, blood clots, or any health issue connected with blood flow?*
- *Do you need motivation & concentration power?*
- *Do you need more courage, willpower, and confidence?*

If yes, make friends with this new friend Hematite!

### **What is Hematite?**

Hematite is a crystal of iron oxide and a significant source of iron. It is a common component of rocks and soil and belongs to the trigonal crystal structure. Hematite comes in various colors, including reddish-brown, silver,

grey, and black, and has a metallic-like shine. Hematite has the properties of protection and grounding.

### **The History of Hematite**

Hematite comes from the Greek word "blood," which describes the mineral's color when powdered. They called it Haima, the Greek word for blood in ancient Latin.

Hematite has a long history of being revered as a stone with exceptional healing properties and for its capacity to act as a shield. It was applied to stop excessive bleeding on both the battlefield and the delivery bed. It has long been a stone that keeps the bearer firmly anchored. Farmers and magicians wore it to guard against curses and spells.

### **Healing Properties**

You must possess this stone if you suffer from high blood pressure, blood clots, heavy periods, or any other blood flow-related health issue. Hematite ensures that all of your nutrients are effectively absorbed, maintains the health of your tissue, and detoxifies the body, mind, and soul.

Hematite is quite inspiring. But getting grounded is necessary before we can focus on anything. The stone for grounding is this one. The majority of healers will only work with this stone. It is incredibly effective at bolstering, restoring, and controlling blood flow. Having it touch their skin instantly improves the health of those who get cramps.

Hematite soothes nerves and grounds stress-inducing negative energy. It frees us from nervous, obsessive, and

compulsive behaviors like drinking, overeating, and smoking.

Hematite benefits students before exams for anxiety about getting married, moving, or interacting with any legal entity.

This stone's capacity to stop toxic emotions in its tracks contributes to a profound, heartfelt confidence. It maintains us clear-headed every day and is linked to the root chakra, which forms the basis of our stability in this world.

### **Mental & Emotional Healing Properties**

Hematite is a stone for the mind and a strength-giver. It gives you internal strength, determination, and confidence. Hematite is here to substantially boost your self-esteem if you occasionally feel like you live life on the timid side. When hematite is present, undesirable qualities like addictive habits and people-pleasing tendencies might be thrown out the window.

### **Metaphysical Properties**

The Root Chakra and the Solar Plexus Chakra are linked to hematite. Our primary chakras are where our sense of security, self-worth, and confidence resides. When these are engaged, we get an unshakeable feeling, enabling us to make choices entirely consistent with our souls. Hematite is praised for yin-yang balancing as well.

### **How to Use Hematite Crystals?**

In the form of jewelry to make direct contact with your skin. Hematite can be pressed close to the skin so your body can easily absorb its healing and protective energies. You might wear it around your neck as a pendant as well.

If you want to promote better concentration, you should put it in your office. Having it in any studio space might be helpful if you're an artist. Hematite can also be placed by your front door to shield the entire area from negative energy invading.

### **Other Crystals in Combination**

Bloodstone, Amethyst, Obsidian, Lapis Lazuli, Magnetite, Labradorite, Carnelian, Malachite, Aventurine, Opal, Rose Quartz, and Agate all come with some beautifully complementary properties that balance Hematite too.



## #038 - HERDERITE



- *Do you want to improve your brain function?*
- *Do you want to bring life into your sedentary life?*
- *Do you want to work with your inner energies and give rise to the vibrations of your body?*
- *Do you want to work on your communication and leadership skills?*
- *Are you looking for an aid for astral travel to experience out-of-body experiences?*

If yes, make Herderite your best friend!

### **Herderite Properties**

Herderite is an extremely uncommon stone that can be utilized to enhance brain function since it has highly vital energies that can awaken the dormant portions of your nature. Herderite will assist you in improving some innate talents that you were born with, in addition to helping you use your mental capacity.

Herderite is a mineral that is native to Brazil and is only occasionally found elsewhere in the globe. The crystal is

often golden brown, but you might also come across some delicate or vivid green Herderite specimens, which are uncommon and come from Afghanistan. The crystal comes in a variety of colors and rarities.

Some variations of the stone can be greyish purple, lavender, or blue, but these are found in Africa and are harder to come by. The name of the rock, “Herderite,” refers to von Herder, a mining official of German descent.

### **Why Would You Use Herderite?**

A stone that brings such significant transformation is herderite. The energy of the stone can breathe new life into your stale circumstances. Herderite's extraordinary powers are concentrated primarily in your head. This is one of the reasons why people most often associate this stone with its ability to activate the brain and access its underutilized areas.

No matter what color your individual Herderite specimen is, you can meditate with it to tap into the powerful natural energy the stone possesses to help with clairvoyance. The crystal is helpful for everything involving the brain's powers, making it a valuable tool for developing one's intuitive abilities and creative thinking.

Herderite is also a potent crystal with much inherent energy. It is therefore known to work with your inner energy and raise your body's vibrations. Thanks to this increase in overall power, memory, and other brain functions are stimulated to make room for growth. It opens up the neural



connections in your brain that are required to increase your awareness and openness to new experiences. Your higher gifts will be strengthened to use them more consciously when the crystal's energies speak to your inner spirit.

In a way, the stone helps you go deeper into who you are and discover your strengths so that you are better prepared to accept significant changes in life and deal with them effectively.

Herderite is a fantastic gemstone to invest in to improve your leadership and communication abilities since it will bring out the leader in you and surround you with an aura that characterizes you as a productive team player.

### **How Will Herderite Help You?**

The fact that Herderite is a very potent crystal should be noticed. This suggests the stone will undoubtedly affect your vibrations when used for personal development. You will see a significant change in how you feel about your strength and how you use it to carry out your duties. You will understand that there is a lot more to you than you think when you are in the presence of Herderite and don't fight its vibrations.

Herderite's capacity to assist you in letting go of the past and moving on with your life may be yet another crucial purpose for it. It should be highlighted that since the stone represents change, this also applies to significant changes. The stone is thought to have the power to resolve the more critical problems of the universe related to the bigger picture

because of its tremendous potency. The stone opens up one's higher chakras, particularly the crown chakra, which is in charge of bringing about transformation. When these chakras are awakened, you may efficiently bring your mind, body, and spirit into harmony because they control your transpersonal energies.

Each stone component's different mineral compositions will affect the potency of the specimen you are holding.

As a healing tool, Blue Herderite, for instance, is said to be particularly effective in treating problems, illnesses, and brain abnormalities. As a result, it is recognized to have relatively calmer and more serene vibrations.

On the other hand, Purple Herderite is thought to have a more potent energy that takes time to reach you but is very intense when it does.

If you want to work on impulsive and reflex actions, especially if you hesitate before moving forward, you should search for this stone.

This stone will inculcate a stronger faith in your potential and help distance you from things holding you back from pursuing your actual goals and purpose.

### **Herderite and Spiritual Healing**

Herderite is also renowned for making excellent therapeutic tools, particularly inter-spiritual communication. The energy of herderite will awaken your spiritual belief by opening your eyes and ears to the divine

message that is being conveyed to you when it collaborates with your frequencies to access the deeper levels of your consciousness.

Accepting that your spiritual guardians always watch out for you and safeguard you would be best. You will be able to clearly understand how the forces of the cosmos work in your favor at every turn with the help of Herderite. These energies will help you develop your clairvoyant and intuitive skills by increasing your mental capacity and spiritual potential.

Herderite will also improve your psychic hearing, increasing your awareness of invisible energies around you. The stone can also facilitate astral travel, allowing one to have out-of-body experiences while being conscious and protected from evil spirits.

### **Herderite, Love, and Romance**

The energies of Herderite will make you an easier to approach and more courageous person when it comes to falling in love by working on your confidence and self-esteem. You can determine who is worth engaging with and whose relationships should be terminated more accurately to make room for healthier ones.

### **How to Use Herderite for the Best Results**

Using the stone is quite simple because most of the stone's energies may be absorbed into your body simply by holding a piece of Herderite between your fingers during meditation.

Herderite's golden variety is exceptional since even touching your skin can make you feel spiritually powerful. Although the vibrations from a green Herderite will be less potent than other colors, they will help you realize your ultimate mission in life.

