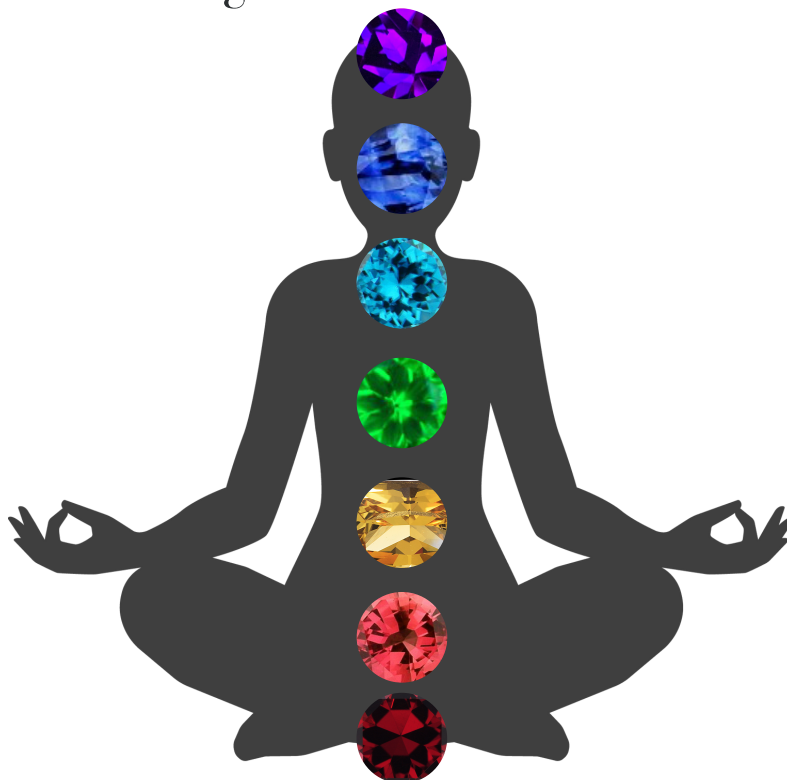


Energy Chakras and Gem Crystals as Healing Pathways

Everything emanates energy. Gems' crystalline nature focuses their energy and has been used in healing modalities all over the world, from ancient times to now.

Since each color of light vibrates at a specific energy frequency, the focused energy of a colored gem can resonate with one or more of the similarly colored energetic centers on your body called chakra points. The chakra system began in India between 1500-500 BC. Now, many cultures incorporate gem/chakra energy healing modalities into wellness to facilitate to optimize energy through keeping the chakras balanced.

Adorn yourself with gems in a color family of the chakra you wish to balance or strengthen.



Chakra

Characteristics



Crown Chakra
"I understand."
Violet or clear.
On top of head

The chakra of enlightenment with access to higher consciousness, awareness and bliss; since linked to all the chakras affects all functioning. Those with blocked Crown Chakras may be narrow-minded, cynical or stubborn.



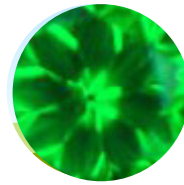
Third Eye Chakra
"I see."
Indigo.
Between eyes on forehead

The chakra of intuition, imagination, wisdom & seeing the big picture and, therefore, making great decisions. Blockages can show as headaches, poor sight or hearing and mental distraction.



Throat Chakra
"I speak."
Blue.
Throat, mouth & tongue

The chakra of communication effecting our ability to speak & listen with compassion, truth & confidence. Blockages may manifest as problems to the voice, throat, teeth or mouth - even dominating conversations or gossiping, or trouble speaking up for yourself.



Heart Chakra
"I love."
Green.
Chest center, above heart

The chakra of love, compassion, joy and inner peace. Blockages can manifest as problems with heart, lungs, asthma and weight issues. Those with blockages often give too much, feeling drained or can feel lonely and isolated from love.



Solar Plexus Chakra
"I do."
Yellow.
Upper abdominal area

The chakra of self-esteem, personal power & self-confidence; associated with digestive system which provides bodily energy & metabolism. Blockages associated with digestive &/or metabolic troubles or low energy.



Sacral Chakra
"I feel."
Orange.
Lower abdominal area

The chakra relating to our feelings self-worth around pleasure, sexuality and creativity; possessing a sense of control in your body. Blockages may manifest as problems with urinary tract, sexual dysfunction or lower back pain.



Root Chakra
"I am."
Red
Base of spine

The grounding chakra providing feelings of stability, security and connection to our physical identity & Earth. Blockages may manifest as bladder/colon problems, constipation, and nervous anxiety around feeling safe.





Amethyst is associated with the Crown Chakra and its higher states of consciousness and connection to the universe.

Amethyst is a sacred stone possessing strong healing powers. It's one of the best gems for protection including clearing and protecting from negativity. Amethyst can also help you move past outdated beliefs and dysfunctional behaviors aiding your spiritual development .

Yes, Amethyst brings prosperity and good fortune, but let's also remember its ability to release tension, aid in restful sleep and guards against energy attacks by transmuting negative energy to love. Oh - and the ancient Greeks wore Amethyst to protect them for intoxication.

Amethyst is the birthstone for February.



Colorless Quartz



Colorless Quartz, also called rock crystal, is known as the "master healer" and the most powerful of all healing gems. It is associated with the Crown Chakra and its higher states of consciousness and universal oneness.

Colorless Quartz (and all colorless gems) captures the light from the universe and reflects its balanced glow.

Since white light contains all frequencies of light, colorless gems work with all chakras helping to balance and remove blockages for a free-flow of balanced energy.

Colorless Quartz is an amplifier to strengthen your intentions and focus. Wearing it helps to open the crown chakra allowing a flow of light through all the chakras to awaken your blocked dreams, desires, power and purpose.



Azurite



Azurite is associated with the Third Eye Chakra and its ability to access your intuition and innate wisdom, focus on manifesting what you want in life and midwifing spiritual awakening.

Azurite remove blockages in life so we can flourish on all levels. Those blockages are on all levels - personal insight or psychic awareness - or even physical blockages on a cellular level ensuring a healthful flow of needed nutrients and energy throughout bodies.

Ancient Egyptians considered Azurite a sacred stone, only for high priestesses and priests. In China, Azurite was thought to be a gem that opened up celestial pathways and Native Americans used it to communicate with spirit guides.

In Mother Earth, Azurite is often found growing with another copper ore, Malachite.



Blue Topaz



Blue Topaz is associated with the Throat Chakra, considered the voice of the body and the passageway for energy to your other chakras.

The Throat Chakra focuses on your ability to communicate and the flow of self-expression. It aids in the ability to speak one's truth, trusting your power and accessing your clarity to create your own road to success.

Blue Topaz helps wearers trust their own power, enjoy good fortune and unveil their authentic self. Meditators find Blue Topaz helpful in aligning with their higher self.

It's energy soothes and balances emotions or mood swings, and facilitates the release of deep-seated anger.



Blue Zircon



Blue Zircon is associated with the Throat Chakra which is considered the voice of the body and even communicates energetically with your other chakras.

The Throat Chakra focuses on your ability to communicate and the flow of self-expression. It is important in the ability to speak your truth, trust your power and access your clarity while creating your own road to success.

Zircon has a brilliance that rivals diamond and is featured in a lot of Victorian age jewelry. Blue Zircon is believed to help develop psychic intuition, attract wisdom and clear negative energy - all things needed to build relationships and self-confidence.

Blue Zircon is a birthstone for December and most are found in Cambodia. Zircon is also a survivor; the mineral on Earth is a 4.3 billion year old zircon - remember that the Earth is around



4.56 billion years.

Chrysocolla



Chrysocolla is associated with the Throat Chakra, considered the voice of the body and the passageway for energy to your other chakras.

The Throat Chakra focuses on your ability to communicate and the flow of self-expression. It assists with our ability to speak and listen with compassion, truth and confidence.

Trust your power, access your clarity and speak what's true for wearing Chrysocolla.

Meditators often use Chrysocolla to evoke the calm beauty of summer seas. Chrysocolla soothes and balances emotions and facilitates the release of deep-seated anger.

Chrysocolla is usually found intergrowing with other copper-bearing gems, such as turquoise and mala



Peridot



Peridot is associated with the Heart Chakra, our source of love, in all its forms with the ability to both give and receive love.

While wearing Peridot, feel your heart connection to joy and inner peace of knowing that you are giving and receiving love. Peridot's vibrant green is like Spring's new growth bringing abundance, fertility and growth.

Peridot also brings a deep calm, and is known as the "Stone of Compassion" bringing health, restorative sleep and peaceful relationships harmonizing body, mind and spirit.

Peridot is a birthstone for August. Cleopatra's famous "emeralds" were really Peridot from the Egyptian island of Zebargad.



Malachite



Malachite is associated with the Heart Chakra.

The Heart Chakra is our source of love, in all its forms with the ability to both give and receive love.

While wearing Malachite, feel your heart connection to joy and inner peace of knowing that you are giving and receiving love.

Ancient Greeks associated Malachite with Venus, the Goddess of Love, believing wearing Malachite attracted love. In the USA lore is that Malachite attracts money, as it is the color of our currency.

Malachite is often found intergrowing with other copper-bearing gems, such as azurite, turquoise and chrysocolla.



Citrine



Citrine is associated with the Solar Plexus Chakra, the chakra of self-esteem, personal power and self-confidence.

Wearing Citrine assists in maintaining a strong personal power with the enduring ability to remain confident through life's ups and downs. Citrine is believed to carry the power of the sun, lending its inspiration, power and optimism while helping us navigate and captain our own lives.

Ancient healers used Citrine to purify the body of toxins, strengthen the immune system and improve blood circulation.

Citrine is a birthstone for November and got its name from the French word for lemon.



Fire Opal



Fire Opal is associated with the Sacral Chakra, relating to our feelings of self-worth around pleasure, sexuality and creativity.

A balanced Sacral Chakra helps in feeling at home in our body and how we find our balance in life.

Fire Opal helps bring shy people to the forefront and build self-confidence. It is associated with passionate feelings, desire and fertility, helping us connect with our significant others. It can also help cleanse our energy from traumatic events and experiences.

Opal is a birthstone for October, and "fire opal" is the yellow/orange varieties primarily found in Mexico and Ethiopia.



Red Garnet



Red Garnet is associated with the Root Chakra, considered the "grounding chakra" providing feelings of stability, security and connection to our physical identity and Earth.

Garnet can be a fiery, brilliant gem, sparking our root chakra sexual energy. Red garnets have the color of blood, keeping circulation flowing, heart strong, metabolism vigorous and flushing out toxins from your body and even life.

Garnets help ground during relationship turmoil keeping self-doubt and jealousy in line so they don't get in the way of a loving relationship. Garnet is a stone of courage and positivity, helping lift us from melancholy and depression.

Garnet is a the birthstone for January.





Pearl

Representing purity, balance and inner wisdom, Pearl is also a gem born of irritation! Mollusks have a protective survival response when an intruder, such as a grain of sand, finds its way between its shells. The mollusk neutralizes the irritant by building concentric layer upon layer around it, resulting in a pearl.

Wear pearls and remember your own powers of protection and intuitive abilities to create something luminous.

With their rounded luminosity resembling the moon, Pearls may be the most womanly of gems. Grown in the sea or a large body of water, they carry the luminous magic and harmony of being created with other living creatures.

Pearl is a birthstone for June.



Jade



Jade is often called the stone of luck and happiness. It is said Jade freely gives the love and courage you need to raise your own energy vibrations so you bring your dreams to fruition.

Wearing Jade brings the grounding to carry out your plans, and an abundance of rewards for doing so. It brings honesty and understanding attracting a mature, fulfilling relationship.

Jade is composed of microscopic crystal fibers and grains that interlocking to form a mat or mesh so they borrow strength from each other. Their interwoven nature makes them stronger under stress, preventing chipping, shattering or being broken apart - much like a family or community is stronger together than

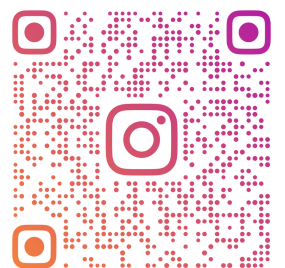




Whether hunting the world for a discerning collector's dream gem or working with a client to create an heirloom jewel, Cynthia Marcusson, founder of Cynthia Renee, brings an unrivaled vision, attention to detail, and years of training to the table. As a geologist and direct importer, she understands the colored gem market in ways few can.

A multi-time winner of the nation's most esteemed jewelry design contests, Cynthia's work allows clients to hold, wear and experience the history and power of the Earth's treasures, ultimately passing it to the next generation in timeless gems and jeweled creations.

She served four terms on the Board of Directors of the AGTA, the Authority on Colored Gemstones who promotes Mine- to-Market integrity, Professionalism and Ethics, chairing the Promotion and co-chairing the Spectrum Awards Committees. She is also an author, speaker, mother and inventor of a trademarked system for understanding color.



CYNTHIARENEEJEWELS