



GEM ESSENCE	USED FOR
AMBER (light)	<p><i>Holds the weight of stress; helps you get on with things. Use when you dislike being bound by rules and regulations. Strengthens and holds Level 5 (Cat. 3)* and allows you to meet situations calmly. Eases low back pain & inflammation. Helps 'nerves' leading to allergies. Used on 3rd Eye - recharges physical energy. Used on Navel - Assists with cancers anywhere, tightness in throat, physical restrictions, by balancing underlying emotions.</i></p> <p>RELATIONSHIPS - Balances, or eases imbalance in relationships. Helps to calm problem situations and brings clarity to thinking.</p>
AMBER (dark)	<p><i>Use when giving out too much energy, often receiving no thanks. May precede infections. Feeling empty, unappreciated; may involve glands. Fills up 'Feeling Energies'.</i></p> <p>Used on 3rd Eye -Raises flagging spirits; shuts down outgoing energy for a time to allow the body to regain equilibrium. Used on Navel - May help bronchitis, all levels of infections, fungi & skin problems.</p> <p>RELATIONSHIPS - Helps ease all stresses that any relationship suffers from. Anything that is 'festering'.</p>
AMETHYST	<p><i>Depressed or suppressed energies from outside influences. Starts to open up hidden talents. Allows you to become motivated, to see own self-worth, to say 'No' when necessary. Used with Aquamarine Essence to control Life Forces (e.g. when life is slipping away from you). Used on 3rd Eye - Gives insight - for far-sightedness and for healing self. Used on Navel - Helps stop physical bleeding; grounding in physical plane; eases stress.</i></p> <p>RELATIONSHIPS - Helps when making plans. Grounds situation when one partner is dominant.</p>
AQUAMARINE	<p><i>For those who try, try, try, and nothing seems to come together. Gives ill people energy for self-healing when depleted. Helps find purpose to life, and can give you the 'key' to try. Helps you move on when something is at an end in your life. For 'psychic attack'.</i></p> <p>Used on 3rd Eye - Enhances psychic gifts. Use with a 'Healing Cocoon'*** on terminal patients. Relies on strength of patient and/or the healer.</p> <p>Used on Navel - Soothes the physical; aids closing of doorways to the past & the future.</p> <p>RELATIONSHIPS - Promotes 'feeling' between two people, even if their paths go in different directions. Helps when relationships come to an end, e.g. person passes over. Relieves relationship doldrums.</p>
AZURITE	<p><i>When everything seems to be going wrong. Brings energies together to start to become whole. At this time energies are drawn into the Feeling Centre*** and negativity may cause fears, phobias, inner distress.</i></p> <p>Used on 3rd Eye - Combats fears and phobias, and habits that cause distress.</p> <p>Used on Navel - Eases all causes of distress, inner torment and dis-ease.</p> <p>RELATIONSHIPS - Helps when mind and heart can't agree. Puts the decision right in the Feeling Centre.</p>
BERYL	<p><i>Deep feelings of betrayal or abandonment when expectations are not met where another is concerned. Unreciprocated feelings; loneliness. Brings a feeling of security and safety within. For abandoned children, their parent(s) or those who feel that way. Helps you take the next step when you know what that is.</i></p> <p>RELATIONSHIPS - For the sick at heart when a relationship is threatening to finish.</p>
BLOODSTONE	<p><i>When bowed down with grief of any sort. (Grief is carried low in the Feeling Centre, and may affect the reproductive areas if long-standing.) Blocked energy here results in body spasms, cramps, trauma, hormone imbalance, etc. Also for 'psychic shock'.</i></p> <p>Used on 3rd Eye - Understanding of life's physical battles; gives awareness of life's beauties.</p> <p>Used on Navel - Eases menstrual pain; balances hormones; for PMT; cramps.</p> <p>RELATIONSHIPS - Provides courage to face things together when the going gets tough.</p>



<p>BOWENITE</p>	<p>For those who feel a sadness with life because they never seem to be able to grasp it with both hands. Takes away wishful thinking; gives greater perception and mental clarity to see the value of what you have now, and therefore contentment. Used on 3rd Eye - Allows you to see the big picture by seeing truth in its whole form. Used on Navel - Aids acceptance and removes 'rose coloured glasses'. RELATIONSHIPS - Helps to accept 'what is' rather than wishing for other things. Gives a strong base to work from.</p>
<p>CARNELIAN</p>	<p>Gives wholistic view of things, especially when trying to decide on course of action. Helps to make physical choices instead of spiritual ones. Take when beginning projects. Useful to determine whether a feeling is a Truth or you are being influenced negatively. For small and large 'stepping stones' of life. For better concentration. Used on 3rd Eye - Eases disturbed infants; settles a disturbed atmosphere; helps those reaching beyond themselves in physical endeavours. Used on Navel - Aids physical energy; controls energy bursts; helps with disturbances from electrical equipment. RELATIONSHIPS - Brings family togetherness and happiness in a quiet and contented way. For new families starting out. Good for when there's a new baby, or families that are 'too busy'. Use on all members of the family.</p>
<p>CHRYSOPRASE</p>	<p>For greater understanding, aids clear thinking. For doubts; clouded circumstances. Frenzied energies from not being clear on what to do or which direction to take. Helps find why current difficulties are present so they can be dealt with. Brings common sense to all situations; takes you back to basics. Used on 3rd Eye - Helps gain wisdom. Used on Navel - Fights negative vibrations, especially from self. Balances and calms emotions. RELATIONSHIPS - The essence of common sense. Use it wisely, use it well.</p>
<p>CITRINE</p>	<p>Obsession. For greater perception when obsessed with the need for something or someone, when nothing else will do; energy is wasted and lost, not returned. Can become ill. Citrine shuts down the energy drain and allows focus on attainable things. Used for those reaching out to find further truth on their journey. Magnifies the effect of 'reaching through' for information, and helps bring through intensified energy from Source. Can help with some of the mind disturbances. RELATIONSHIPS - Brings in communication and honesty between people.</p>
<p>DIAMOND</p>	<p>For centering yourself. (A weakness in the Feeling Centre may indicate someone is draining on your energy.) Brings self-worth and a knowing who you really are. Helps you deal with anything, gives durability, stamina. Strengthens edges of the energy pattern. Used on 3rd Eye - Protector of the Soul when working out of self (use with Citrine Essence when doing so). <u>N.B. DO NOT use with Citrine on 3rd Eye during Full Moon - it can be dangerous because it helps bring through intensified Source energy.</u> Used on Navel - Aids healing after etheric surgery (eases etheric bleeding**; and aids cauterising** and quelling**). RELATIONSHIPS - Brings steadfastness and durability to a relationship and is the essence of Love.</p>
<p>EMERALD</p>	<p>For forcefulness - whether it is you forcing things or you being forced. Emerald Essence meets whatever is thrown at it and turns the energy into useful peaceful energy. Stress or forced energy may result in blood pressure or eye problems. Used on 3rd Eye - May aid regulation of high or low blood pressure. Aids commitment to a cause. Used on Navel - Eases 'women's problems'; relaxation for birth; headaches caused by eye problems; helps athletes reach their peak. RELATIONSHIPS - Essence of fertility and sensuality. Can be used to pave the way for pregnancy.</p>



<p>GARNET</p>	<p><i>Gives strength of self. Use when you are an 'emotional mess' or feel humiliated from having your emotions invalidated - will make you proud of who you are. Use when any emotion overrides the others. For contacting your 'inner voice'. For pain in the upper abdomen from grief. Used on 3rd Eye - Goes to the root of the emotional problem. Gives clarity of thought and the realization there IS a problem. Used on Navel - Aids courage & determination. Can help arthritis, spinal deterioration etc., through relaxation. RELATIONSHIPS - When there is fear in a relationship, e.g. pre-wedding jitters, and brings out the mothering or parenting instinct.</i></p>
<p>JADE</p>	<p><i>Anyone who has/had a feeling of 'longing' - then use Jade. Use to cut off from things from the past. When longing has been dealt with, a surge of energy results, giving elation, energy to do, to succeed, to live! Strengthens kidney and spleen energy. Used on 3rd Eye - Let you release useless longings or regrets. Used on Navel - Acts as diuretic; helps ease burning urine. RELATIONSHIPS - Brings tolerance, and helps to let go of things of the past that can intrude in people's lives.</i></p>
<p>JASPER</p>	<p><i>For when the body is totally overstressed. For when you have reached your limit, but you are expected to keep on as usual, and you are seething within. Brings inner joy. Balances Liver energy, aids physical pancreas. Used on 3rd Eye - Eases lethargy, helps a 'slow' body to change. Can help those who hate. Used on Navel - Aids digestion, reduces temperature, stimulates liver and pancreas. RELATIONSHIPS - Helps people handle things that are thrust upon them from outside (e.g. interfering relatives).</i></p>
<p>JET</p>	<p><i>For built-up energy within the pattern which threatens to 'break out', e.g. when you want to say something but repress it. The energy will burst out somewhere; may be inappropriate words, a tirade of words like bullets, etc. Can cause distorted inner sight. Can lead to throat problems. Used on 3rd Eye - Aids discomforts of the common cold. Aids with psychic distortion, or problems from outside of self. Used on Navel - Eases sinus problems and toothache. RELATIONSHIPS - Aids diplomacy and tact, giving each other moral support in trying times.</i></p>
<p>LAPIS LAZULI</p>	<p><i>Panic and Terror, arising from, e.g. fear of the unknown, from the too difficult, from overwhelm, from stage-fright, from feeling fear for someone else, etc. When you feel "I CAN'T". Helps stabilise physical pelvic imbalance. Use one drop on crystals, gemstones, etc., to connect them back to their Source, and help prevent them sending energies off in all directions. Used on 3rd Eye - Calms nerves, eases emotional problems and stage-fright. Used on Navel - Aids epilepsy, M.S., vomiting and diarrhoea. Also eases uterus problems. RELATIONSHIPS - The essence of FAITH. Can be used when moving out into a whole new world or situation from which there may be no return. Brings calmness in the face of fear.</i></p>
<p>MOONSTONE</p>	<p><i>Cuts through deception to bring Truth into clarity. When doubtful of, or aware, that something is not right, use Moonstone Essence to decipher the Truth. Fills physical hunger, brings success when you hunger for something. Affirms resolve. Good for clarifying "messages" from guides, etc. Used on 3rd Eye - Strengthens resolve. Helps break negative patterns, e.g. overeating, smoking, selfishness, jealousy. Used on Navel - Helps ease obesity and fluid retention. With Topaz - may help AIDS, TB, diphtheria. RELATIONSHIPS - Guards against deception, whether in the relationship or from the outside world.</i></p>



<p>OBSIDIAN</p>	<p>For deep seated shame, whether from within or from others' opinions. Bed-wetting. Female Frigidity. Incontinence. Stomach and intestinal problems. Phobias. Used on 3rd Eye - **USE SPARINGLY - can cause psychic shock / trauma. Used on Navel - Eases gastro-enteritis, nervousness, inferiority complexes, and some forms of cancer. RELATIONSHIPS - Aids those who despair or who are traumatised. Use for both partners to aid getting over the shock of loss, such as a miscarriage.</p>
<p>OPAL</p>	<p>Deals with the pain of loss, whether that is from the loss of a child, parent, partner, job, material possessions etc. Drains energy, resulting in a loss of available energy for protection; leaves the feelings vulnerable. Passion for living can wane. Used on 3rd Eye - Aids absent healing, helps the novice to direct energy from the proper Source. Used on Navel - Rejuvenates 'dead spots'. For 'moving' extremity pain. Helps awareness; controls (psychic) Doorway; allows the right information through at the right time (within reason). RELATIONSHIPS - This brings passion into a relationship, and the contentment that only true love can bring.</p>
<p>PERIDOT</p>	<p>Peridot is the Stone of Trust. Use to ease the pain of doubt. For those holding pain from the past inside themselves. For those who are ill and in pain; or those who must keep emotional pain hidden from the world. Atlanteans used this to bring them peaceful energies. Use to help prioritise tasks. Used on 3rd Eye - Aids mental force and brings innate serenity. Used on Navel - Aids digestive system. Minimizes or combats effects of alcohol or drugs (to a degree). Has an antidepressant effect. RELATIONSHIPS - Helps people get through things that would normally overcome them. Use when couples are dealing with so much they have to prioritise things, so they can move from one goal to the next.</p>
<p>ROCK CRYSTAL</p>	<p>Starts the flow of energy after guilt has retarded it. Clears blockages in chakras from backed-up energy flow. Use to clear 'Wedges' in Emanation Points. ** Helps balance energy to extremities; a general tonic. Used on 3rd Eye - Intensifies thought, circulation and flow. Used on Navel - General 'pick-me-up' and tonic. Helps clear chakra blockages and wedges. RELATIONSHIPS - Given to couples when there is a need for everything in the partnership to flow - together! For when a single person is reaching out for their incoming partner. <u>To forgive someone who's passed</u>, place 1 drop of Rock Crystal on a piece of paper on which is written the person's name, and "I will forgive you if you forgive me", then fold and burn as taught in the Chiron Healing® 'Clearing' method.</p>
<p>ROSE QUARTZ</p>	<p>The Woman's Stone or Essence, also for men who have to pick up responsibilities that worry the life out of them! Use for those in panic when they accept new responsibilities, or start anew, especially the 'womanly' things in life. To achieve balance between natural feminine and masculine responsibilities. Helps stop nausea and vomiting. Used on 3rd Eye - Erases hypersensitivity and nervous twitches. Helps ease aftermath of electric shock. Used on Navel - Eases adhesions, softens effect of morning sickness strain. (Use with Lapis Lazuli Essence to control vomiting.) N.B. Especially good for childhood ailments. Used in ancient days by pregnant women. RELATIONSHIPS - Helps females to pick up the responsibilities of being a woman. Helps males to understand the changes their woman is going through.</p>



<p>RUBY</p>	<p>For any situation where you've lost sight of yourself. For feelings of isolation, loneliness, despair after life-changing event, e.g. divorce, lost love, broken heart, even when surrounded by people. No joy, only pain. Gives strength to move through it. For threatened suicide situations, offer Ruby, NEVER force it upon anyone. The Essence of choice and helping one's self. (N.B. If unable to do anything at all, use Ruby Essence yourself - helps you deal with the situation.) Used on 3rd Eye - Aids with the higher pain of hurt, divorce, financial problems, life's problems. Used on Navel - Good for balancing heart, and aids things like mumps and glandular fever. Aids anaemia, and (like Diamond Essence) aids 'cauterising' and 'quelling'. RELATIONSHIPS - Used to heal hurts of a 'Broken Heart'. To give reassurance that tomorrow WILL be better.</p>
<p>SAPPHIRE</p>	<p>Agony. For the agony of self-loathing, physical pain, indecision, etc. For split energies, upset focus and mental anguish. For damage in the Pattern caused by the effects of agony. Smooths and balances energy flow within the Pattern. Eases breathing problems. (Note: Agony can cause breathing difficulties, beginning a chain of events known as 'Asthma'.) Used on 3rd Eye - Expands a 'narrow' outlook on life, and aids such people as runners, etc., to reach the HIGHER levels to attain peak performance. Used on Navel - Can aid in cases of asthma, and helps when a person has been put into a state of 'Suspended Animation' ** (e.g. for etheric surgery). Good for shock victims. RELATIONSHIPS - Brings beauty and appreciation into a partnership. Expands 'liking' into 'love', and 'maybe' into 'commitment'.</p>
<p>SMOKEY QUARTZ</p>	<p>Resentment from the past.. Helps separate things related to present situation from those related to past situations. With nothing to fuel the flame of anger from the past, anger dies a natural death. Allows the Pattern to accept a situation and to deal with it.. Helps balance unstable sacro-iliac joints. Used on 3rd Eye - Helps to control anger and fanaticism, and can be used with meditation to raise or lower Kundalini. Used on Navel - Eases male sexual problems, and eases pain in the lower back. RELATIONSHIPS - Allows the dominated person to speak their Truth. This is the 'Man' Essence, to help with any of the male sexual problems.</p>
<p>TIGER EYE</p>	<p>Balances smouldering feelings of 'loathing' and prevents possible destruction of part of the Pattern when those feelings eventually burst out through weakest points. A very strong essence to meet the destructive force of 'loathing'. Will strengthen already damaged areas if placed on Central Point (in solar plexus area). 3rd Eye - NOT recommended on this point, as one could come in contact with things not easily handled. Can be used on those 'known to be steady', those knowingly working in the Light. Used on Navel - Can help with bedwetting and nightmares. RELATIONSHIPS - Brings in the energy of the Earth, and gives physical strength for any purpose. Helps to calm aggression.</p>
<p>TOPAZ</p>	<p>Eases pride. Breaks the stress cycle in situations where you are too proud to ask for help. Deals with a sense of failure. Allows better perspective to take positive action to deal with those stresses differently, and regain enthusiasm. Eases anger, depression and breathing problems resulting from various situations. (Smokers are often on this stress/pride roundabout.) Eases congestion and helps remove mucus. Used on 3rd Eye - Builds confidence. May ease emphysema. Used on Navel - Good for insomnia, and to ease the stresses of whooping cough. RELATIONSHIPS - Brings calmness in the night hours, and helps promote the situation of 'Never go to bed angry!'</p>



<p>TOURMALINE</p>	<p><i>Deals with abuse - physical, emotional, and especially verbal. Breaks the chains that bind abused people into a negative cycle of repeated abuse. Gives a sense of knowledge to allow choices, and to deal with the situation. Destroyed self-confidence.</i> Used on 3rd Eye - Closes the ears to trivia, and grounds one in the physical. Used on Navel - Helps inner ear disturbances, and painful nerve ends. Ideal for jaw problems (e.g. broken jaw, damage to TMJ.) RELATIONSHIPS - Helps to cut through the “I” into “We”. Helps bind two people into the relationship - gives them equality rather than one be in a subordinate position. Helps both partners to LISTEN.</p>
<p>TURQUOISE</p>	<p><i>Hatred. Helps stop the ‘eating away’ from within, which leaves the pattern (and the person) vulnerable and open to intrusion from negativity and <u>psychic attack</u>. When a headache is associated with feelings of hatred, use Tourmaline Essence. Dissipates hatred; opens up the energy for Wisdom. Used on 3rd Eye - Helps protect the higher levels, and good for psychic shock.. Used on Navel - Eases headaches, and controls greed and disharmony.</i> RELATIONSHIPS - The ‘Protective’ Essence for both partners in the relationship. Draws the two sets of energies together so that both parties are stronger at all times (i.e. ‘united we stand’) Note: Known as the ‘Indian Stone’. Turquoise is the ‘Spirit Essence’. Partners well with Coombi Essence (one of the Essences of the Ancient Civilizations[®])</p>
<p>ZIRCON</p>	<p><i>Balances lust for life, things, touch, sex, etc., held within. Replaces feelings of ‘need’ with feeling of complete calmness and control. Helps differentiate the cause of fluid retention and bladder irritation between a physical problem or internalised lust.</i> Used on 3rd Eye - Aids mental alertness, gentleness, and letting go of the past. Used on Navel - Can aid some forms of sexually transmitted diseases by balancing the underlying emotional upsets. RELATIONSHIPS - Aids when you know it is time to cut your losses and move on. It gives you the support you need to come to the decision, and strength to carry it out. This is not just people, but all situations. Let go and move on.</p>

* Level 5 - Horizontal line across the body’s energy pattern at the centre of gravity.

** As taught in Chiron Healing[®] seminars

*** Feeling Centre - solar plexus area of body.

HOW THE ESSENCES ARE USED:

The essences are most effective when used in their physical form, for once they are placed within the energy pattern of the body, the energy spreads quickly throughout the pattern to do its allotted task. One drop placed upon either the Feeling Centre, Central Point or 3rd Eye, once a day for 1 - 7 days is all that is necessary. The drop of essence may be placed on the skin, but works just as well through clothing. The dropper must not be touched on anything, as the rest of the essence in the bottle is contaminated when the dropper is replaced. Essences should always be stored in a cool dark place away from strong vibrations, and out of reach of children. If, for any unusual reason, more than one Essence is used, each drop must ALWAYS be placed separately in a slightly different area, so the essences do not mix, and their energies remain separate. As we are all individuals, results may vary from person to person.

Gem Essences may be purchased individually, in 10ml or 25ml. bottles, or in sets of 32 essences. To enable you to learn more about these essences and how to use them, seminars are conducted in various locations in Australia and New Zealand, and in other overseas countries by arrangement. For further information or for a seminar calendar, please contact:

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