



Peggy Houchin Jewelry

Thank you for subscribing to my website: peggyhouchin.com. These are some of my favorite stones that I use in my jewelry, however, there are thousands of spiritual healing crystals and gemstones, and more being discovered every day. You might be familiar with a handful of them, but how much do you know about their uses, properties, and spiritual healing abilities? In this guide, I'll present to you with 20 of my favorite gemstones and some of the most common gemstones worth knowing. Many of these stones are available at my website: peggyhouchin.com.

(1) Turquoise



This is one of my favorite stones and I use it a lot in my jewelry. Peggyhouchin.com/pendants. Turquoise is hands down one of the oldest gemstones in the history of humankind. For centuries, the stone has been revered and used by Aztecs, Native Americans, Ancient Egyptians, and others for its power of protection, wisdom, and communication.

Origin: With its clairvoyant blue-green elegance, the origins of turquoise can be traced back to Ancient Egypt 6,000 BC.

Meaning & Purpose: It's the master healing crystal; a gemstone of personal protection, serenity, and self-acceptance. Turquoise helps activate and balance the throat chakra. As such, it helps you embrace your flaws and self, as well as speak truth and wisdom.

Uses:

- Ward off evil and interpret dreams
- Boost the sense of confidence and wisdom especially in a public setting
- Strengthen friendship and love bonds
- Wear for everyday healing, guidance, and support

(2) Lapis Lazuli



Lapis (or Lapis lazuli, in full) is a stone that's often considered the crystal of royalty and nobility.

Origin: the word "lapis" is Latin for stone, and "lazuli" comes from the Persian word "lazhuward" which loosely translates to "blue." It dates back to Ancient Egypt.

Meaning & Purpose: Lapis is the universal symbol of royalty, vision, spirit, honor, gods, and power, as well as truth and wisdom. Lapis is a gemstone jam-packed with royal energy and wisdom. Its purpose is to access and unravel your divine nature and inner nobility.

Uses:

- Lapis enhances your intuition and activates your psychic powers
- It also helps with dealing with issues of self-expression and self-awareness by deepening your knowledge/understanding.

(3) Dinosaur Bone



Also one of my favorite stones. This is an amazing healing stone composed of agatized fossilized dino bones petrified with equally powerful quartz. Peggyhouchin.com/dinosaur-bone

Origins: Authentic dinosaur bone stones are usually found in southern states of the US, most notably Arizona and the Colorados. They come in a color gamut from black to brown with blotches of yellow, blue or red.

Meaning and Purpose: It's a stone of high energy, memory, and magic. Its main purpose is in increasing energy, imparting ancient knowledge, and past life healing.

Uses:

- Block out bad energy, and increase positive energy
- Helps gain strength and knowledge to deal with anxiety and emergency situations
- Forget and heal from the past

(4) Spiny Oyster (Shell)



With a beautiful natural orange color, this is actually the shell of spiny oyster (also spondylids or thorny oyster) species.

peggyhouchin.com/spiny-oyster-pendant

Origin: Because they are difficult to harvest, spiny oysters have been treasured by Native American Indians for their precious shell since ancient times. They can be found in waters ranging from Brazil to North Carolina, and come in dazzling brown, white, purple, orange, yellow, pink or red hues.

Meaning & Purpose: This is a gemstone of the seas. It manifests the energies and powers of the ocean water - the breeze, cool comfort, and peace of mind that comes with it. Its purpose is hinged on knowing the rhythms of life, patience, and understanding.

Uses:

- Increases understanding and patience
- Bring joy, serenity, and peace of mind

(5) Green Jade



For centuries, green jade has been used for spiritual healing in the Asian region and has become almost synonymous with luck. The most popular ones are Imperial Jade and Russian Jade.

Origin: The imperial jade, which is emerald green in hue, owes its origin to Myanmar. Russian jade is a leek green kind that's found close to Lake Baikal.

Meaning & Purpose: Green jade is a stone of abundance and harmony. Its purpose is to bring luck and open doors of wealth, prosperity and opportunity. It also helps with well-being and gaining a clear vision of your true purpose in life.

Uses:

- Awakens the 3rd eye chakra
- It carries the energies of nature and Earth, helping you become wholesome
- Welcomes abundance and prosperity into your life

(6) Black Jade



Unlike green jade, black jade is rare, softer and even more powerful of a healing stone. It's also called Nephrite Jade

Origin: It's considered a truly Chinese jade gemstone. It's also found in New Zealand, Russia, Canada, Australia, and the US.

Meaning & Purpose: It's a crystal of protection, inward-looking, and an etheric bodyguard. Its purpose is to safeguard not only your physical self but also shield your mind & spirit against negative vibes, energies, and forces.

Uses:

- It purifies your energy from evil and negativity
- Protects your from fear, anger, and violence
- Helps get rid of feelings of guilt, disharmony, and inner chaos.

(7) Bumblebee Jasper



Aptly called so because it resembles the bumblebee, this is a magical and sacred gemstone of sharing, togetherness, and stamina.

Peggyhouchin.com/bumblebeependant

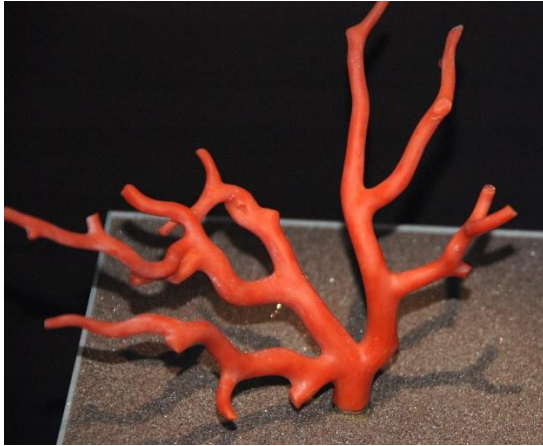
Origin: Bumblebee Jasper has been worn and used by healers since ancient days. It's currently difficult to mine it because its only source - Mt. Papandayan in Indonesia - is now an active volcano.

Meaning & Purpose: Like other jasper stones, Bumblebee Jasper is a crystal of endurance, stamina, and knowledge. Its core purpose is to help us stay strong and endure situations that are likely to drain our energy.

Uses:

- Aids stamina and persistence
- Helps us in times of solitude, depression, can bring joy
- It's great for the digestive system, especially circulation and gut health
- Offers a sense of security, protection, stability, calmness
- Used during childbirth to alleviate pain and safeguard the little one and the mother.

(8) Coral



Coral stones come in a plethora of colors, including black, brown, red, and blue, with red coral gemstone being the most sought-after.

Origins: Corals are a system of polyps that are found in the coastal waters of Australia, Africa, Japan, and South Pacific.

Meaning & Purpose: Also known as the Sea Garden, coral is a stone of transformation, tranquility, and peace. Its purpose is to unleash ocean energies and help ward off evil influences and negativity.

Uses:

- Helps get rid of bad emotions and unhealthy thoughts
- It aids a person in times of transformation and change
- Helps you see good in struggles and hardship
- Promotes truthfulness, honesty, and optimism

(9) Quartz Crystal



Quartz crystal is a highly programmable stone that's versatile and quite useful for metaphysical purposes. The beauty of quartz crystal is that it can be infused with other gemstones for better spiritual healing properties. Peggyhouchin.com/blizzardstonependant

Origin: Clear quartz crystal is the most popular stone around, and found in just about any place on the planet. This stone also comes in the full rainbow color spectrum, from smoky to rose. Either way, quartz crystals have been used for healing since time immemorial

Meaning & Purpose: It's the stone of universal support, the master healing crystal. Its well-known purpose is to support other stones, as well as amplify intention and energies.

Uses:

- It's mostly used to amplify the energies of other gemstones
- It's purifying and helps heal nearly all conditions
- Stimulates immune system, strengthens your aura and calms pain (migraines, vertigo, headaches, etc.)

(10) Tiffany Stone



Tiffany stone is a trade name of an array of colorful fluorite gemstones. Also known as purple opal, ice cream stone, or opal fluorite, tiffany stone come in a variety of elegant colors, such as white, purple, blue, and yellow.

Peggyhouchin.com/tiffanystonependant

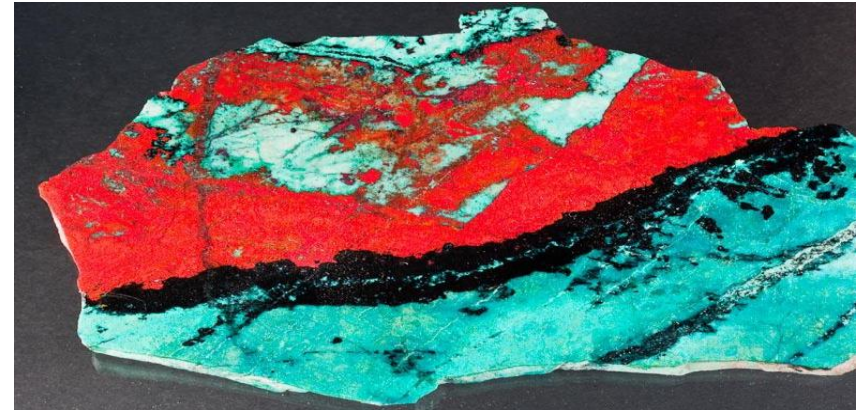
Origin: Tiffany stone is only extracted in a mine found in Spor Mountain, Utah

Meaning & Purpose: It's a stone of enlightenment and transformation. It's meant to help you rediscover your true soul purpose, and enhance psychic abilities.

Uses:

- Helps guide you to reach higher dimensions
- It helps you develop and nurture your psychic abilities
- Unlock floodgates of clairvoyance and telepathy
- Protects from victimization and harassment
- When it comes to healthy, tiffany stone treats endocrine system, blood, dyslexia, autism, and heart disease.

(11) Sonoran Sunrise



There are two major types of Sonoran sunrise: Cuprite, which is red; and Chrysocolla (more about this ahead), which is blue-green in color.

Origin: The red Sonoran sunrise (cuprite) can be found in myriads of places across the globe, but most notably Congo, Namibia, and the US.

Meaning & Purpose: The meaning of Sonoran sunrise include energy balance, sense of morality, will power, and healing from the past. It's a stone of endurance whose purpose is to help you power through hardships and tribulations.

Uses:

- Activates your base chakra
- Helps you stay on top of your emotions and thoughts
- It helps protect against stress, disarray, and fear of death.

(12) Crazy Lace Agate



If your life often feels distorted and out of control, crazy lace agate is a gemstone meant for you. It's a colorful banded quartz resembling woven lace, which is infused with iron and aluminum.

Peggyhouchin.com/crazylaceagatependant

Origin: Crazy Lace Agate can only be found in Chihuahua, Mexico. It's thought to have been around for 60-90 million years.

Meaning & Purpose: Dubbed the laughter stone, this is a gemstone of happiness. Its purpose is to attune and ground your energies so you can stay in the present moment. It's also a great confidence and concentration booster.

Uses:

- It's used to build up strength and dismantle strings of weakness
- Helps ground your energy, therefore, controlling your life if it's out of control
- Brings harmony in a time of disarray

(13) Rhodochrosite



Rhodochrosite is undeniably one of the most beautiful and elegant gemstones, with raspberry pink and rose red color to boot.

Origin: Rhodochrosite comes from the Greek words 'rhodos' and 'khros, which mean rose and color respectively. It's mined in several countries, including France, Germany, Peru, Brazil, Romania, Mexico, Canada, and the US.

Meaning & Purpose: Rhodochrosite is truly the gemstone of self-love, self-growth, and happiness. Its purpose is to be your cheerleader - to help you look inwards, realize personal strength, and achieve your full potential.

Uses:

- It's great for meditation
- It's used to find confidence and comfort in your own capabilities and strengths
- Helps restore a sense of wholeness

(14) Sugilite



Sugilite is yet another popular healing gemstone of love. Its unmistakable grape jelly purple hue is quite a sight, and so are its spiritual healing properties.

Origin: Sugilite is found aplenty in South Africa, and to a lesser extent in Japan and Canada.

Meaning & Purpose: It's a stone of spiritual love and growth. Its purpose is to help you faced the world head-on, and live life courageously and boldly.

Uses:

- Offers psychic and spiritual protection
- Protects you from disharmony and negativity
- Helps kids feel safe, loved, and centered
- It's a love stone that attracts kindred spirit and builds relationships.

(15) Eudialyte



Eudialyte is the stone that corresponds with your heart chakra. It belongs to cyclosilicate mineral family and comes in a rainbow of colors, ranging from brown to red-orange.

Origin: Its origins are primarily in Canada and Russia.

Meaning & Purpose: it's the stone of emotional healing which keeps pessimism and negative energies at bay.

Uses:

- It helps you realize and hone your talents and skills
- Boosts physical and spiritual vitality
- Inspires self-confidence
- It helps heal and prevent disease of the bone, heart, and blood
- It boosts creativity and brings prosperity and luck

(16) Chrysocolla



Chrysocolla is a type of Sonoran sunrise. It's blue-green in color, no one knows for sure its chemical composition.

Origin: It's found across the world, particularly England, DRC, Israel, and the southwestern US

Meaning & Purpose: It's the stone of adventure and harmony. Its purpose is to boost your energy of creativity, tranquility, willpower, and confidence so you can pursue your ambitions. It also activates the heart and throat chakras

Uses:

- It empowers the divine feminine
- Helps you regain harmony
- Great for mindful yoga and meditation

(17) Larimar



Origin: Also called the Atlantic stone, Larimar is a bright blue gemstone that's mostly found in the Dominican Republic.

Meaning & Purpose: although it was recently uncovered as a gemstone, Larimar is a great empowering crystal that speaks directly to your heart. Its great purpose is to instill calmness by diffusing anger.

Uses:

- Used to dismantle the yorks of anger, and streamline communication
- Promotes relaxation and alleviates stress/anxiety
- It's great for strengthening friendship and love bonds
- It helps dispel toxic feelings and emotions

(18) Black Onyx



Origin: Onyx originates from the Greek word "onux" which translates to "fingernail." This richly black stone is found in abundance in the US, Mexico, India, Brazil, Afghanistan, and Peru.

Meaning & Purpose: Black onyx meaning is persistence and willpower. Its role is that of talisman that protects you from being overwhelmed by negativity and evil spirits, especially during times of crisis.

Uses:

- It's used to open chakras so that positive energies can flow in
- Helps you focus and direct your energies/attention towards achieving your goals.
- Increases stamina, vigor, and strength

(19) Variscite



If you're tired of falling back to old addictions/ways, and want to make a leap forward, Variscite is your best bet.

Origin: Its origins lie in Austria, Germany, Australia, Bolivia, and the Czech Republic

Meaning & Purpose: It's a soothing, healing, and clarifying stone. Its purpose is to instill hope, willpower, and transformation.

Uses:

- Used to quit addictions
- Relieves anxiety and stress
- Enhances love energy
- Purifies your energies, and turns your weaknesses into advantages

(20) Mookaite



If you lack a spiritual compass, Mookaite is what the doctor prescribed.

Origin: Mookaite originates from the word “mooka” which means “running water” in aboriginal language. As such, Mookaite is a stone whose origins are in the Mooka area in Western Australia.

Meaning & Purpose: Mookaite is a stone of royalty, bold beauty, and adventure. Its purpose is to restore your spiritual compass and help you embrace your wanderlust, grounding, and beauty. It also stimulates your root chakras and solar plexus.

Uses

- It helps you find the energy and pursue your unaccomplished goals
- By stimulating solar plexus, Mookaite will inspire you to explore new things, and embrace adventure
- It helps overcome procrastination
- It amplifies your own instinct



I absolutely love rocks and I hope that you have enjoyed this article. I work with many types of stones in my jewelry. Please visit my website at peggyhouchin.com for more information about my jewelry. Custom orders are available as well. You can also email me at peggyhouchin@gmail.com or call at 970-227-6856. I am located in Loveland, Colorado.