U CAN Heal Yourself

My **CRYSTALS &/or GEMSTONES w/Resin** projects are made with love and rather sturdy and delicate at the same time. Please treat as if glass: nothing too hot or cold and no cutting, please. Wash by hand/no dishwashers. All contains particular healing Crystals &/or Gemstones. Look for yours on the list and set your INTENT for you to receive that healing or power. Food Safe.

Cutting Board instructions:
Display your decorative Crystal &/or Gemstone Resined cutting board side by laying against countertop backsplash or hang on the wall. An attachment for hanging is included.
To avoid future cracks in your butcher block, make sure that it is completely dry after each use, kept a good distance away from heat sources (like stoves or toaster ovens), and never allow to sit in any puddle of water, large or small.
Oiling the block regularly will help prevent cracking. Using board cream or mineral oil, oil it once daily for the first week, once weekly for the first month, and once monthly after that, or whenever it looks dry.

These are just some of the healing descriptions for these fantastic Crystals and Gemstones:

Agate-is great for headaches and migraines. It will relieve all sorts of aches and pains all over the body, muscles, joints and bones all receiving a boost. For stabilizing and grounding in your life.

Amazonite-brings clarity and calm and also dispels negative energy and can protect from EMFs

Amethyst-pleasant dreams, headache, focus energy, overcome fears, eases stress, brings peace

Apophyllite-brings high vibrations of light that are known to soothe feelings of anxiety, fear, and worry.

Aragonite Star Clusters facilitate the release of negative energy, anger, anxiety and fear from the body while radiating love out in all directions.

Brass attracts healing, wealth, and protection.

Carved Bone - grounding, wisdom, devotion, and balance **Elephants (trunk up)** Good Luck

Citrine-increases self esteem, open mind to new thoughts, self confidence, helps overcome depression, helps digestion, Good Luck

Clear Quartz-amplifies other crystals, clarity of mind, supplies strength & energy, improves perception & understanding, balances chakras
Quartz Point-purifies, clears and cleanses the energy of a room, send healing vibes to someone, set intentions & manifest into the universe.

Copper leaf can also help with collagen production and can encourage the system to overcome issues that lead to skin diseases and rashes.

Coral-gives wisdom and modesty, reduces stress & fears, combats depression, attracts success

Crystal Geode-Powerful healing property that penetrates its energy into all the areas in your physical, emotional, and mental state. Geodes calm you down and make you feel composed, soothe the nerves and relieves the muscles. Use in any room of your house to uplift the energy.

Fluorite -crystal healing properties fill your spirit with positive and high vibrational energy

Fossil-Fossils ease atrophied muscles; strengthen bones and help with disorders of the hands and feet while bringing you harmony, dignity and splendor and releases mental obsessions.

Garnet is called the stone of determination and vigor. It also represents a positive mind & brimming passion. Creates an emotional boost & positivity, guides the mind, releases toxins, helps blood pressure & heartbeat & metabolism.

Goldstone-uplifting stone, It builds energy, courage and a positive attitude, increases drive and confidence

Gold leaf-possess spiritual powers that bring happiness, peace, stability, luck and attract positive energy

Green Aventurine-stone of chance or luck, increase perception & creative insight, increases enthusiasm

Hematite-improves intellect, protection, transforms negative energy to the positive, attracts love

Howlite-strengthens memory and stimulates desire for knowledge. It teaches patience and helps to eliminate rage, pain and stress. It calms communication, facilitates awareness and encourages emotional expression.

J**ade** - increases love and nurturing. A protective stone, Jade keeps the wearer from harm and brings harmony. Jade attracts good luck and friendship. It stabilizes the **personality** and promotes self-sufficiency.

Old Jade - **Old Jade** is a jadeite variety that has both fine grain and imperial color. It is the top-grade jadeite **jade**. Of course, it is so rare that seldom of people have come across one. Nowadays, some glassy variety jadeite **jade** is also called **Old Jade**. These antiques are directly from China as Old Jade.

Jasper - nurturing stone, bringing comfort and reassurance to the wearer or bearer as well as feelings of optimism and freedom from fear. A vibration of peace, calm, and tranquility.

Lapis Lazuli-a stone of wisdom, intellect, communication and nobility. It aids the dissemination of wisdom and knowledge, making it a good mineral for those who are involved in public speaking

Lepidolite-help with PTSD, ADHD, hyperactivity, insomnia, alzheimer's, epilepsey because of it's soothing energy from trace amounts of lithium.

Moonstone (feldspar)-White Moonstone embodies the moon at its most powerful point, boosting perception and foresight. Feminine power, fights degenerative issues

Mother of Pearl - Protection, stress relieving stone; relaxing, soothing and calming to the emotions. Stimulates our intuition, imagination, sensitivity and adaptability. It helps our emotions become more harmonious and balanced.

Onyx-help sleep, helps eliminate stress & neurological disorders, sharpens wits, holds emotions under control, helps to change habits

Owls are commonly associated with wisdom, knowledge, and contemplation.

Pearl - Eliminates emotional imbalances; helps one master the heart chakra; aids stomach, spleen, intestinal tract & ulcer problems. Faith, charity, innocence integrity, spiritual guidance, digestive disorders, increases fertility

P**eridote** - emotional healer, protects against nervousness, incurs strength & physical vitality, attracts friends, cleanses heart, happiness, relieves ulcers

Pewter is the internal physical pushing metal. An Allomancer burning pewter has increased physical strength, speed, durability, balance, and enhanced ability to heal.

PTSD-lepidolite, tiger eye, amethyst working together.

Red Aventurine-creativity, see the possibilities in new opportunities, enthusiasm, Good Luck

Rhodonite-stone of compassion, an emotional balancer, and aids in achieving one's highest potential

Rosegold leaf-can benefit the nervous system

Rose Quartz-love stone, self worth, inner peace, skin rejuvenator, universal love

Selenite may be used to calm and stabilize erratic emotions, and to clear away confusion, feelings of inadequacy, jealousy, doubt or other forms of negativity.

Shells-stimulates intuition, sensitivity, imagination and adaptability. It helps mental clarity, decision-making, hearing disorders, calcium deficiencies, broken bones, vitamins A and D.

Silver-believed to be a mirror to the soul, helping us to see ourselves as others see us. It's a color of strength, of clarity, and focus.

Smokey Quartz-lifts depression, overcomes fear, pride & joy in living, business creativity, opens path for perception & learning, facilitates getting things done.

Strawberry Quartz-inspires peace of mind, trust, and love derived from its connection to the Heart Chakra of the heart. It transcends the physical world to bring energies of love pouring into your life and washing over you so that you can unlock the personal importance that you really possess. It has the ability to reunite souls and remind them of their natural, formless connection.

Tiger eye-mind focuser; helps purify the blood system of pollution & toxins; psychic vision; grounding.

Tourmaline-helps in grounding, calms and shields negativity, stress, & nerves, realigns chakras, cancer preventative.

Turquoise-master healer; protects against environmental pollutants; strengthens anatomy & guards against all disease; improved absorption of nutrients; tissue regeneration; subtle body alignment & strengthening; eye disorders. Improves communication, intuition, creativity, protection, wisdom, master healer.

Unakite-resonates with the frequency of love, compassion and kindness, and is a stone dedicated to balancing the emotional body.

Yin Yang-two complimentary forces that make up all aspects and phenomena of life.

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The SHOP (HealingYou.Info/shop) page is where the healing Crystal &/or Gemstone w/Resin projects are located as I add on more and more.

Now available: **AMAZing Healing Sessions**
This is like nothing you have ever had before.
I instruct your bodies cells to start healing you. I Activate all of your Stem Cells.
I remove Stuck Energy, Trapped Emotions, old Contracts, and so much more.

My Spirititual Family says:
“Everyone will be healed of everything, overtime, if they are open to it.”

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