

# LAVA *to* STONE

[www.lavatostone.com](http://www.lavatostone.com)

Vanessa Hernandez

## CRYSTALS & STONES: A POWERFUL TOOL FOR YOUR AWAKENING JOURNEY

THE LODGE AT WOODLOCH  
CRYSTAL NAMES | PROPERTIES/MEANINGS | SHAPES



\*The crystal information is a combination of meanings and properties I've accumulated throughout my journey from various trusted sources. These include mentors, classes, workshops, books, podcasts, metaphysical shops, as well as experiences from my own personal journey.\*

\*I also own and work with all of these pieces in my personal life as well as for my clients during healing sessions, mentoring sessions, classes, readings and workshops. Some examples are shared below\*

### Crystals in Alphabetical Order:

Abalone Shell: enhance feelings of peace, compassion and love; warm, gentle vibration, assists with guidance in relationships as it enhances and supports communication, cooperation, commitment and compromise, which in turn lead to harmony and balance; carries energies of protection and emotional balance; natural shielding that blesses the person holding it with tranquility; great for those going through emotional turmoil or those having a hard time dealing with a situation in a relationship; provides a layer of protection that perches the spirit up with the confidence necessary to view situations from a new, more understanding perspective; connected to the ocean; helps to keep you in flow; connects you with your ancestors | **Vanessa:** "I use my abalone shell to burn my sage in. I also have an abalone necklace I love to wear when tapping into guidance from my ancestors."

**Amber:** Stone of Protection- “soul of the tiger”- balances your energies; enhances courage; assists in any physical healing your body may need; brings good luck; encouraged to wear or carry when recovering from an illness or injury; increases vitality; draws on one’s own essential strength and desire for wellness; brings warmth to the inner being and imparts more of this energy into the system; it may also be used to achieve longevity; an exceptional rubbing stone (worry stone) for discharging negative moods, relieving anxiety, or deflecting energy from others; generates a positive, uplifting current of energy | **Vanessa:** “I love wearing my amber necklace particularly during my menstrual cycle to help relieve my monthly symptoms.”

**Amethyst:** maternal energy; calming; soothing; assists with sleep; is one of the best crystals for general pain relief, because it is a highly versatile stone that can help us on all levels (mind, body, and spirit). It is especially useful for reducing stress, which is often the underlying cause of pain symptoms; assists with headache and migraine pain, as well as arthritis pain. It supports the health of the stomach, heart, and skin; cleanses the aura and removes negative energy and blockages that can lead to pain; beneficial for depression, insomnia, and hormonal health as well; Nurturing, 3rd eye, healing, cleansing, opens intuition | **Vanessa:** “Amethyst is definitely a go to stone I recommend to clients when they are ready to dive into the awakening process. I love how supportive and loving its energy is as it bursts open our connection to our own intuition and to Spirit.”

**Angelite:** amazing healer of the physical body; aids in overcoming fears, as well as removing any blockages in different spheres of your life; enhances your ability to forgive and receive forgiveness; aligns crown, 3rd eye and throat chakra; improves/enhances connections with the angelic realm; gentle calming stone and can help alleviate overwhelming emotions

**Apache Tears:** obsidian volcanic glass; translucent when held up to the light; brings you comfort and helps to heal grief; strong stones for grounding and protection, and to aid you to clear negative emotions that may be holding you back; raises your ability to recognize the approach of menacing situations, where you may be at risk; psychic protector; extremely useful if you are a healer due to their protective qualities; absorbs negative energy; spiritual grounding- helps balance working with stones that take you to higher frequency; strong energy works within the base or root chakra, where it will move excess energy down into the earth chakra for grounding with Mother Gaia

**Aqua Marine:** evokes the purity of crystalline waters, and the exhilaration and relaxation of the sea; calming, soothing, cleansing; inspires truth, trust and letting go; Meditation; Serenity; Peace; Prophecy; Inspiration; Tranquility; Inner Power Strength; Soothing; Calming; Safe travel on water | **Vanessa:** “When I need to reconnect with the energy of pure water and flow I always go to my gorgeous chunk of Aqua Marine.”

**Aragonite:** uplifts feelings of oppression into freedom; promotes confidence; self healing and personal

growth; brings clarity; assists in balancing chakras; enhances trust and patience; truth; understanding; unclouded perception of reality | Vanessa: “One of my favorite qualities of aragonite is its visual similarity to the human heart, valves and all. It reminds me that healing comes from the heart and not to be afraid to open up. There are so many avenues of healing leading into the heart; stay open to how the Universe presents it to you.”

**Arrowhead:** Symbolizes courage, strength and protection; Native Americans believed the arrowhead can deflect negative energy a stone for cleansing energy and supporting health, prosperity, and abundance; all about the heart; provides nourishing and rejuvenating energies to anyone struggling with emotional heartache; calm you down during hyper-emotional times | **Vanessa:** “Anytime I’m in need of a soft gentle reminder of the universe’s love for me, when my heart may be tender and my spirits are low, I connect with my raw green opal. Its energy blankets me with the softest touch.”

**Black Kyanite:** a favorite among energy healers; especially helpful in body layouts; can be placed on any Chakra to send healing energy to any tears or holes in the Chakras and the aura; its fan shape can help to sweep away any unwanted energies; open the lines of communication between individuals; helps soothe situations of conflict or misunderstanding; grounding and energizing simultaneously; excellent meditation tool; brings a calming, tranquilizing energy to the body; clears and calms; assists in receiving intuitive and psychic thoughts, as well as dream recall; restores Qi to the physical body, and balances the Yin and Yang energies; used to explore past-lives, helps us anticipate how current actions affect our future

**Black Tourmaline:** one of the most powerful grounding, purification, and protection stones; bodyguard stone; soaks up all the negative energy that surrounds it; is like a sponge for negative energy- it sucks it away from the body and removes electromagnetic pollution that weakens the aura; as many pain-related symptoms are related to negative energy and toxins, it is extremely useful for pain relief | **Vanessa:** “When I have anxiety or lower energies that feel trapped in my physical vessel that I may have picked up from others, I place the Black Tourmaline on my stomach/solar plexus and send all of the lower vibrations from my body into my large piece.”

**Blue Agate:** Emotional Healing Stone; calmness; soothing and nurturing; peace; throat chakra; assists with clearly speaking your truth, your emotion & your feelings; hope, unity, cleansing, harmony, protection, optimism, joy, truth; smooth energy flow; enhances concentration, perception and analytical abilities; promotes self acceptance and confidence; raises awareness and links you into the collective consciousness; assists in connecting you with your higher consciousness

**Blue Apatite:** Opens the Throat chakra; Stone of Manifestation; assists with communication; heart healing; connects you to spiritual guidance; positive use of personal power to achieve goals; clears away confusion, apathy or negativity, then stimulates the intellect to expand knowledge and truth, which may be used for personal growth or for the collective good; promotes a humanitarian outlook and service to others; Support bone, joint, and marrow health; enhances nutrient absorption; Resolve food- and eating-

related issues | **Vanessa:** “My Blue Apatite Palm Stone has brought me so much comfort during times of stress and yearning for spiritual guidance.”

**Blue Kyanite:** Throat Chakra- encourages communication & self-expression; strengthens the voice; cuts through fears and blockages in the voice, helping to speak one's truth; extremely useful for public speakers and performers; heals the throat and the larynx; keeps chakras aligned and balanced; assists in connection with galactic guides and realms; one of a few crystals which does not need to be cleansed or charged energetically | **Vanessa:** “I wear my Blue Kyanite ring on my left hand (feminine side) daily to assist in speaking my truth as a Divine Feminine.”

**Bruneau Jasper:** Provides balance; intensifies joy; well-being; relieves feelings of guilt; fear; frustration; imparts the inner strength in its believer; infuses confidence; assists in seeing the interconnectedness in all things and worlds including past lives while keeping firm awareness of the physical world; assists in connecting with the higher realms while staying grounded and present in the earthly realm | **Vanessa:** “My slice of Bruneau Jasper is stunning! It looks like a slice of a tree trunk with rings around the center ‘eye’. I love using this stone during readings.”

**Carnelian:** Emotional Warmth, Sociability, Creativity, Individuality, Memory, Appreciation of Nature, Harmony, Courage, Happiness, Self-esteem, Rebirth, Reincarnation, Past life recall; Sacral Chakra healing; restores vitality and motivation, and stimulates creativity; promotes positive life choices, dispels apathy and motivates for success; useful for overcoming abuse of any kind; helps in trusting yourself and your perceptions; overcomes negative conditioning and encourages steadfastness; clarifies perception; sharpens concentration and dispels mental lethargy; Protects against envy, rage and resentment; Calms anger, replaces it with a love of life; boosts fertility (great to work with when trying to conceive) and stimulates sexuality; strengthens willpower and energy; brings fresh energies into your love life; protects from; excellent for recovery after breakups. | **Vanessa:** “My favorite carnelian piece in my collection is in the shape of a heart. It has assisted me in working through sexual trauma, opening myself up again after heartbreak and in allowing my creativity to be tapped into and flow.”

**Celestite/Celestine:** reminder of mindfulness during daily living; allows for better recognition of what you have control over & encourages us to learn to become at peace with what we don't have control over; a very high vibrational stone; activates your third eye and crown chakra while creating a clear channel between the two; provides calming and soothing vibrations that will radiate into your aura and emotional body; helps “cool” fiery emotions that you keep hidden within yourself daily; assists in maintaining mental clarity so that you are able to make non-emotional decisions; aids in mental clarity

**Chrysocolla:** calms, cleanses and re energizes all the chakras; draws out guilt and negativity; heals heartache; increases the capacity to love; improves communication; opens psychic vision; encourages self-awareness and inner balance; imparts confidence and sensitivity, enhances personal power; inspires creativity; enhances motivation; assists in overcoming phobias; reduces mental tension; promotes truth-

telling and impartiality; brings in joy; encourages self-awareness and inner peace; it improves communication; looks like the ocean reminding you to stay in flow and breathe | **Vanessa:** “When I first started teaching meditation classes in Beverly Hills the one crystal bracelet I relied on was my beloved Chrysocolla bracelet. It helped me speak with confidence as I taught about crystals and lead guided meditations. When stress or nerves would kick in I would tap into the movement of the blue and green colors on the stone reminding myself to stay in flow. She was later gifted to a dear friend of mine as he was finding his true voice during a time of deep transition.”

**Citrine:** Solar Plexus- joy, abundance; transmutation;; success for small businesses; financial abundance; increases personal power and self-confidence; increased energy; helps you stay positive; does not have to be cleansed or cleared | **Vanessa:** “I have citrine sprinkled throughout my living space, in my car, in the abundance section of my altar, in my business space, even on my keychain. One can never have too much joy in their vibration!”

**Clear Quartz:** Crown Chakra; Master Healer; amplifies energy of crystals around it; activates your chakras; clarity, harmony, psychic abilities; harmonizes all of the chakras; can teach us how to vibrate our seven chakra centers simultaneously while maintaining perfect alignment with the light; you can program them to hold your intention | **Vanessa:** “I have clear quartz sprinkled all around my home, in my jewelry and I always use them in my crystal grids for that extra boost of energy.”

**Copper (wiring/plate):** provides protection through stimulating the flow of positive energy and assists in enhancing your own protective mental abilities; charges stones/crystals

**Crazy Lace Agate:** the laughter stone; balance; support; encouragement; overcomes negativity and bitterness of the heart by healing anger, fostering love, and lending us the courage to start over; believed to ward off the 'evil eye'; brings joy and absorbs emotional pain; absorbs lingering emotional pain and encourages us to look on the bright side of life; assists you to think more clearly and help you to keep focused on what you are working on; boosts self esteem and self confidence

**Dalmatian Jasper:** Connection to Mother Earth, playfulness, reminds you to enjoy the simple things in life; encouraged a good night sleep

**Desert Rose:** enhances your psychic abilities, dreams and past life recall; assists with working with your guardian angels; helps open and clean your upper chakras and restore the balance that you may have lost; a form of selenite; linked to the Root and Crown Chakras helping to keep us grounded and protected from negative energy, as well as purifying our own energy; gently teaches us that the ups and downs of life are what make life worth living; live in the moment; when used in meditation quiets our mind and removes our worries and anxieties, allowing us to see glimpses of the future thus helping our decision-making

**Emerald:** fantastic for the Heart Chakra; soothing energy; "successful love"; inspiration; patience; vitality to the soul; aligns with love on your journey | **Vanessa:** "I love including my raw emerald pieces when working on anything having to do with the growth of Lava to Stone- a heart centered business needs extra support from heart centered stones."

**Flower Agate:** Stone of personal growth, manifesting your potential, fighting fear, and laying the foundation for meaningful growth; acts as a metaphysical fertilizer for our intentions to give them a loving boost and an energized helping hand; gentle, and nourishing energy resembling a field of flowers; the circles and dots represent seeds and the floral plumes represent the blossom, reminding us that we start out as seeds, then blossom and grow; helps us envision the process of growth, honoring and appreciating each part of the process; inspires us to manifest and nurture our dreams; ignites a passion to pursue dreams and live life to the fullest; feminine and maternal presence that is comforting and grounding but at the same time, its appearance is enchanting and almost ethereal; provides the ideal environment for restoring emotional balance, emotional recovery, and moving forward in life with grace and confidence

**Goldstone:** Stone of Ambition; assists in attaining goals; symbol of ingenuity, ambition, and drive; reduces tension, revitalizes the wearer and encourages a positive attitude; gently uplifting stone; builds courage; promotes vitality

**Green Aventurine:** Stone of Luck; Creativity; Imagination; Independence; Prosperity; Calmness; Career success; Balance; assists with circulation; assists with congestion; Heart Chakra; comforter and heart healer; settles nausea and dissolves negative emotions and thoughts; brings well-being and emotional calm; a good all-round healer; here to keep your emotional body calm when trying things that may be uncomfortable at first; encourages nervous butterflies in your stomach to be replaced by an ever burning fire that is eager to burn; helps you enjoy life while sharing your energy and experiences with those closest to you- a ripple effect of positive energy spreading out to the collective

**Green Kyanite:** Keeps heart chakra balanced; assists in bringing clarity; aligns you to your souls' mission for this incarnation; channels Mother Earth energy; activates all chakras | **Vanessa:** "My piece of Green Kyanite was a key crystal I used while developing Lava to Stone's mission statement. It is a piece I use constantly while continuing to grow Lava to Stone."

**Green Moss Agate:** encourages a sense of tranquility and emotional balance; helps to understand and release wounds from our past

**Green Opal:** Perfect stone for working through trauma, grief, heartache, the dissolution of a relationship, hurtful disagreement; heals and harmonizes emotions; supports releasing and moving on;

encourages healthy relationships; brings one into awareness for opportunities and good fortune | Vanessa: "I've had many a cry fest with my raw Green Opal, keeping it by my pillow when I'm having a night of heartache. Life happens, but crystals can help."

**Hematite:** Focus; concentration; willpower; reliability; courage; confidence; optimism; trust; balance; stability; protection; security; money; grounds and protects us; strengthens our connection with the earth, making us feel safe and secure; a stone for the mind; stimulates concentration and focus, enhancing memory and original thought; strength, endurance and vitality; balances the meridians within the body, provides a stable equilibrium between the ethereal nervous system and the physical nervous system; balance between the body, mind and spirit; dissolves negativity and assists in preventing you from absorbing the negativity of others; helps to overcome compulsions and addictions, treating overeating, smoking and other forms of overindulgence

**Howlite:** Inspiration; Creativity; Artistic expression; aid to insomnia, especially when caused by an overactive mind; formulates ambitions and aids in achieving them; strengthens memory and stimulates desire for knowledge; teaches patience and helps to eliminate rage, pain and stress; a calming stone; calms communication, facilitates awareness and encourages emotional expression

**Indigo Gabbro:** assists in connecting and fully integrating our shadow self; strengthens and balances the 3rd eye and root chakra; accesses mystical realm while staying grounded; connects deeply with past lives Vanessa: "I use my raw Indigo Gabbro in every session (personal and with clients) involving past life healing. It provides a wonderful gateway of energy to work with!"

**Jade:** A symbol of serenity and purity; signifies wisdom gathered in tranquility; increases love and nurturing; a protective stone; brings harmony; said to bless whatever it touches; amulet of good luck and friendship; helps heal trauma or scarcity mindset with money; helps recalibrate your energy so you can see all the abundance that's around you, helping you trust that the universe will provide; attracts luck, abundance, opportunities, and is said to protect you from evil; assists you to increase your personal wealth and find the best course of action on matters that involve your finances

**Kyanite:** transmits and amplifies high-frequency energies, making it a great stone for attunements and meditation; brings a calming, tranquilizing energy to the body; clears and calms us in preparation for meditation, and assists in receiving intuitive and psychic thoughts, as well as dream recall; restores Qi to the physical body, and balances the Yin and Yang energies

**Labradorite:** mystical stone; synchronicities; amplifies awareness of magic happening all around you; grounds spiritual energy; enhances intuition; protects energy and aura; amplifies connection to the higher realms; opens crown and 3rd Eye connections | **Vanessa:** "Labradorite is my all time favorite crystal. Many people have one kind of stone that calls to them on the regular, labradorite is that stone for me."



The unique shimmer, shine and patterns from each piece constantly remind me of our access to the magic of the Universe. I can't stop collecting labradorite!"

**Lapis Lazuli:** Wisdom Stone (throat chakra); Inner truth, Inner power, Love, Purification, Intuition, Positive magic, Self-confidence, Manifestation, Friendship; stone of protection that may be worn to guard against psychic attacks; quickly releases stress, bringing deep peace; brings harmony and deep inner self-knowledge; encourages self-awareness, allows self-expression and reveals inner truth, providing qualities of honesty, compassion and morality to the personality; Stimulates objectivity, clarity and encourages creativity; assists to confront and speak one's truth and inspires confidence; bonds relationships, aiding in expression of feelings and emotions; A highly valued stone to the ancient Egyptians and many other cultures

**Larimar:** Healing Stone; enlightens and heals in a physical, emotional, mental and spiritual way; stimulates the heart, throat, third eye and crown chakras facilitating inner wisdom and outer manifestation; represents peace and clarity, radiating healing and love energy; recommended for people who are stressed; aids in breaking down the walls one has built around the heart for defense, and allows for emotional release and the clearing of deep emotional patterns; helps one to reconnect to a previous, more natural state of playfulness and joyful childlike energy

**Lava Rock/Basalt:** Connected to the heart of the earth; rebirth; grounding; releases unnecessary emotional attachments; courage; strength; calms emotions; support during times of change; when you stumble or fall it picks you right back up again

**Lemurian Quartz (Starseed Quartz):** stones of special power; found around the turn of the millennium and was said to have been specifically programmed with vast knowledge, and buried by the Lemurians themselves; sense of unity, reminding us that we are all one consciousness; we are all connected; spiritual divine knowledge programmed in these crystals; deep connection to Mother Earth; helps with loneliness, reminding us that we are always connected to others and are all equal in spirit; similar to a data bank that is meant to hold information to be passed down to others, never to be lost on the way; by tapping into the power of the Lemurian Seed, a person can attain spiritual wisdom from past lives and past civilization. | Vanessa: "My Lemurian pieces are extra special to me. When I work with them I truly feel that I am tapping into a frequency of ancient wisdom and knowledge, connecting me even more with my guides and my own soul history."

**Lepidolite:** Stone of Transition; awareness; emotional balance; meditation; prayer; goodness; assists in the release and reorganization of old behavioral and psychological patterns, gently inducing change; brings deep emotional healing, soothing and reducing stress and depression; dissipates negativity and insists on being used for the highest good; activates the throat, heart, third eye chakras and the intellect; opens the crown chakra; helps to take you forward into the future, tuning you in to thoughts and feelings from other lives that are creating a blockage in your life now; encourages independence and self love and



trust; combines its power of objectivity with direction and unimpeded communication, focusing on what is important and making it an excellent stone for business pursuits

**Malachite:** transformational stone; allows fresh ideas to surface; an important protection stone; absorbs negative energies and pollutants, picking them up from the atmosphere and from the body; clears electromagnetic pollution; clears and activates the chakras and attunes to spiritual guidance; excellent protection stone while traveling; protects against misfortune; a strong contender for one of the best stones for prosperity; put it with money to attract wealth and favorable deals | **Vanessa:** “I always have my malachite in the prosperity area of my altar as well as in my bag while I’m traveling.”

**Mookaite Jasper:** nurturing, grounding, shielding; supports and sustains during times of stress; brings peace and a feeling of wholeness; helps with decision making, especially when we are having a difficult time; encourages versatility and helps us to accept change; provides us with emotional growth; helps us to discover all possibilities in a situation and to choose the right one; provides a protective shield against negative or dangerous situations, eliminating and blocking unwanted outside influences and distractions, and revealing what is concealed; promotes energy and new ideas, helping us gain enthusiasm and bringing the excellence of ourselves; brings kindness to ourselves and others; helps with contacting those who have passed on; stabilizes the general health of the whole body and strengthens the immune system; stimulates your intuition and help you with your wayward thoughts and emotions; helps release toxic and negative energies and unleash your inner confidence

**Moonstone (Rainbow):** New Beginnings; a stone of inner growth and strength; soothes emotional instability and stress; stabilizes emotions; provides calmness; enhances intuition, promotes inspiration, success and good fortune in love and business matters; channels hope, sensitivity and abundance; associated with crown chakra; divine feminine energy; enhances intuition and psychic abilities | **Vanessa:** “Moonstone is one of my favorites to work with during new and full moons. It’s also fantastic to use during my moon cycle when I am the most intuitive.- Note: If trying to get pregnant, Moonstone + Rose Quartz + Citrine is a fantastic combo to support those energies.”

**Moonstone (Peach):** brings soothing relief to emotional issues such as depression or anger; loving energy which promotes the Divine in all situations; acts as an emotional support for intuitive or sensitive children; associated with the moon and is believed to be a woman's stone; worn for fertility and love; extra special connection between your heart and personal will (solar plexus)

**Obsidian:** natural volcanic glass; cleanser of psychic smog from your aura; strong psychic protection stone that will help to shield against negativity; supports positive action to cut or sever negative attachments and ties; helps to break negative attachments to people with whom you have been close; stimulates the gift of prophecy; boosts precognition; can be used for scrying; assists you to release disharmony that has built up in your day to day life; grounding stone; siphons out deep insecurities, fears, and problematic behaviors so that you can see them clearly for what they are; offers protection to you as you travel the spiritual world; protects you from outside energies during contact with guides, or as you

receive and send messages in the spiritual world; allows you to confront shadows and traumatic events from your past and unlock them if you have yet to notice them

**Ocean Jasper:** invites you to call love, kindness, and happiness into your life; gentle energy; offers a sense of comfort and empowerment that nurtures your soul; carries the spirit of the ocean, peace and letting go, breathing deeply and consciously, attuning to nature and being physically and spiritually present in one's surroundings; strength and renewal with a slow, steady frequency and a deep circular energy that embodies the interconnectedness of all things; spherical patterns are a spiritual reminder of how thoughts, words and actions interact in our world and flow in a circular direction honoring the principle that what one sends out will indeed return; cultivates patience and coping with change

**Opalite:** (man made glass) 3rd Eye Chakra- Peace; Serenity; induces clear thinking; new beginnings; psychic abilities; spirituality; transitions; improves communication on all levels including spiritual; assists in success in business | Vanessa: "One of my first pendulums that I studied with was made from Opalite. I fell in love with the rainbow shimmer reflecting from its form. My pendulum responded immediately as I began to practice communication with Spirit. Opalite's frequency definitely assisted with our connection."

**Orange Carnelian:** is a stone of happiness, friendship, enjoyment, and family unity; a joyful and sharing stone, bringing things and people together and combining the various aspects of our common lives; a stone of sensuality and physical pleasure; fosters camaraderie and affection in its lighter tints, while the darker crystals intensify a sense of belonging and home; Assyrian warriors wore Orange Carnelian around their neck for courage, good luck, and to endow them with physical strength

**Oyster Turquoise:** Authentic Expression and growth; infuses you with the courage to show up fully and in your power; if a performer or speaker it acts as a reminder of your gift to touch, inspire, and transform lives through the gift of your voice

**Peacock Feather:** represents immortality, power, strength, honor royalty, beauty, and can absorb negative energies, protecting those who wear them; tail is known to have the "eyes of the stars"

**Peridot:** Stone of compassion & transformation; good health; peace to relationships; inspires eloquence; (Cleopatra's favorite); strength; balance; harmonizes the mind and body; boosts creativity; improves your mood; associated with the sun it drives away the forces of darkness; promotes responsibility and forgiveness; instills confidence in one's own abilities; reestablishes a sense of self-worth; powerful generator of frequency; assists in manifesting abundance in all areas of one's life; highly beneficial for attuning to and regulating the cycles of one's life: i.e. physical cycles, mental or emotional phases, as well as intellectual progression; helps dissipate negative patterns and old vibrations that play over and over, keeping one from realizing they are deserving of success; helps to remove blockages and move forward

quickly, opening the heart and mind more fully to receive from the Universe with grace and gratitude | **Vanessa:** “Peridot is a favorite of mine. I use it when recognizing self-sabotaging patterns and cycles in my life as I break those cycles, lay them to rest and continue on in my journey.”

**Petrified Wood:** Fossilized wood; Stone of Transformation; Good fortune; Stability; Security; Strength; Longevity; Grounding; Calmness; Wisdom; assists one to advance to one's highest chosen level; helps to make one feel safe and secure, calming down survival based fears; assists in setting a pace and staying with that pace all day long; brings patience to those in a process of slow inner transformation, and for bringing that change to fruition; connects you deeply with Mother Earth | **Vanessa:** “I love my large piece of Petrified Wood. I hold it close to my chest when I want to connect with Mother Earth. It is literally fossilized wood. It is so magical.”

**Phantom Angel Quartz:** high vibrational stone; grounding; protection against psychic attack; builds intuition; combining to form a crystal that is a must in order to be a step closer to Universal love; excellent crystal to use with the Third Eye and Crown Chakras, as it enables you to gain a stronger connection to the Angelic realm as well as communication with your own Guardian Angel; increases our awareness of the spiritual realm, past-life recall and lucid dreaming; bringer of intense love, beauty and joy; enables you to see your best inner strengths and increase your self-empowerment | **Vanessa:** “My Phantom Angel Quartz fits perfectly in my palm with the point resting along my pointer finger. I love using this piece during meditation, as well as holding it up to the sun and seeing the beautiful inclusions and layers within the crystal.”

**Pineapple Quartz/Candle Quartz:** Heart Chakra; gentle yet strong vibration for the heart; stimulates visions; accesses the Akashic records; balances and stabilizes your mood; eases anxiety and depression; enhances optimism; promotes restful and restorative sleep | **Vanessa:** “I’m always fascinated with the look of these crystals, it really does look like wax dripping off the sides. I truly enjoy meditating with my Pineapple/Candle Quartz as I continue to release layer after layer after layer of shadows and wounds.”

**Pink Aventurine:** wise heart; upper Heart Chakra; claim your power; be in full integrity; live from the heart and find true balance; handle difficult situations gracefully; Be creative, intuitive and filled with desire; can impart a wonderful sense of well-being; very calming stone that can help clear the way for an understanding of alternatives in one's life, removing any feelings of being trapped in a certain circumstance; facilitates creative inspiration tempered by knowledge of practicality; can bring the light of happiness during darker times; attracts positive energy; helps to cleanse your mind of negativity; can assist in removing distress from your mind, replacing it with peaceful thoughts

**Prehnite:** Stone of Unconditional Love; the crystal to heal the healer; enhances precognition and inner knowing; alleviates nightmares, phobias and deep fears, uncovering and healing the dis-ease that creates them; a stone for dreaming and remembering; calmness, peace; links your heart directly to your solar

plexus chakra, meaning one's heart space is now directly attached to one's own personal will- your purest dreams now become a priority; helps you lead with your heart.

**Pyrite:** Stone of Luck, helping to attract abundance, wealth and prosperity to the user, via its creative energies of manifestation, and its encouragement of following one's dreams; Motivating; strengthens your willpower and determination; boosts action and creativity; promotes abundance and good luck; Increases confidence and help assert boundaries; pushes out negative vibes and ushers in success and prosperity; fantastic for manifesting your desires; protective stone, shielding the user from negative energy of all kinds; when placed in the home or workplace it energizes the area around it, overcomes intellectual fatigue due to overwork, increases mental clarity, focus and recall; stirs the qualities of ambition, commitment and perseverance; stimulates a cycle of positive returns beginning with encouraging positive thoughts, which turn into positive actions, which bring in opportunities and inspire more positive thoughts | **Vanessa:** "I keep a large piece of pyrite in the finance area of my altar."

**Rainbow Fluorite:** Stone of Focus; amazing with focusing on the task at hand; increases intuitive abilities, links the human mind to universal consciousness, and develops connection to Spirit; cleanses and balances the aura; helps with organization; protective and grounding; reduces stress; transmutes negative energy into positive energy; calming energy, brings order to a chaotic mind and facilitating clear verbalization of ideas once muddled; can be used in meditation to help reveal the truth of a relationship; reveals the deep causes of dis-ease, releasing suppressed feelings and facilitating life change

**Rainbow Obsidian:** stone of the heart; refreshes and revitalizes your heart after an experience of disappointment; promotes love and affection; protection; grounding; assists in healing emotional trauma; brings comfort to self during experiences of heartache and grief; transmutes lower vibrations to higher vibrations | **Vanessa:** "We all go through times in our life when grief and heartache can overwhelm us. During times of complete heartbreak I lie on my back, place my rainbow obsidian on my heart and breathe through the vibration allowing the energy of Rainbow Obsidian to transmute the vibration of the grief while the tears flow."

**Rainbow Quartz:** amplifying energy from other crystals; Channeling; Clarity, Harmony; Energy; Healing; Psychic abilities; Calmness | **Vanessa:** "When I first saw my rainbow quartz I was thrown into another world. The rainbows within were stunning. I love placing it in the center of my crystal grids to amplify the energies of the other crystals around it. I have it beside me in every channeling session."

**Raw Garnet:** balances energy; bringing serenity or passion as appropriate; can inspire love; balances the sex drive; considered a lucky stone for love, success, and for business relationships. It helps you let go of old behavior patterns and boosts self-confidence. | **Vanessa:** "I have little pieces of Raw Garnet that I sprinkle throughout my crystal grids, adding that extra boost of luck and love into my intentions."

**Green Opal:** a stone for cleansing energy and supporting health, prosperity, and abundance; all about the heart; provides nourishing and rejuvenating energies to anyone struggling with emotional heartache; calm you down during hyper-emotional times | **Vanessa:** “Anytime I’m in need of a soft gentle reminder of the universe's love for me, when my heart may be tender and my spirits are low, I connect with my raw green opal. Its energy blankets me with the softest touch.”

**Record Keeper:** Natural triangle inclusions in the stone; often raised and almost invisible to the eye at first glance; these triangles hold ancient wisdom within its markings; accesses Akashic Records; assists in Past Life healing sessions | **Vanessa:** “I use my record keeper in any session (private or for clients) having to do with Past Lives. It acts as a gateway to information that is incredibly useful during these healings.”

**Red Jade:** Chi (Life force Energy) Stone; brings forward the energy of the warrior; talisman of individual power and will; dispels the fear, worry and doubt that holds one back; urges one to take action; stone of physical vitality, strength and passion, stimulating the Life-Force energy; assists in getting rid of anything that’s holding you back and keeping you from achieving what you desire; powerful healing stone; increases luck and fortune; strengthens your personal relationships; signifies peace and tranquility; helps you combat your fear of competition and your hesitation to try out new things; inspires courageous action when you’re facing tough times and major challenges; keeps your energy levels high when you’re working hard | **Vanessa:** “While working through a major time of transformation and deep healing, I would wear my red jade bracelet and it would turn scorching hot on my skin and it cleared out soooo much energy for me. That poor piece was working over time. The heat lasted for many days and it was only that bracelet as I spoke of the healing I was in the middle of facing.”

**Red Jasper:** Stone of Endurance; stability, foundation, action, helps you to take on new pursuits, deal with conflicts and approach problems with creative solutions; powerful stone of protection; known as the “rain bringers” and nurturers, healers of the spirit and stones of courage and wisdom; a gentle, but vital, stimulator of chi, or Life Force Energy, bringing physical strength and energy, stamina, focus and determination; calms the emotional body creating a lasting, stable energy for improving health or overcoming illness, setting goals and following through to completion, facing unpleasant tasks and having the courage to rectify wrongs; BASE/ROOT CHAKRA

**Rhodochrosite:** integrates physical and spiritual energies; stimulates love and passion while energizing the soul; opens the heart; lifts depression; encourages a positive and cheerful outlook; improves self worth; soothes emotional stress; encourages a positive attitude, creativity, innovation, and enhances dream states | **Vanessa:** “I carry Rhodochrosite with me when I’m having moments of struggling with self compassion and self worth. I'm just as much on this journey as you are ;)”

**Rhodonite:** Heart Chakra; Calmness, Self-confidence, Refinement, Gratefulness, Elegance, Delicacy, Courtesy, Tact, Alternatives, Inner path; stone of compassion, an emotional balancer that clears away

emotional wounds and scars from the past; nurtures love; stimulates, clears and activates the heart; grounds energy, balances yin-yang, aids in achieving one's highest potential; assists in healing emotional shock and panic; aids in cases of emotional self-destruction, codependency and abuse; encourages unselfish self-love and forgiveness; promotes confidence and alleviates confusion

**Rose Quartz:** Heart Chakra; unconditional love; self love; self care; compassion; radiates gentle, soothing vibrations that regulate your emotions and restore your emotional nature after overwhelming events; attracts harmonious, long-term relationships by opening your heart chakra; opens the gateway to your heart allowing you to be a vision of love and beauty; assists in healing emotional trauma and heart wounds; universal love; opens all levels of the heart | **Vanessa:** "I like to keep a small tumbled piece of Rose Quartz in my bra- as close to my heart as possible- while I continue on my journey of self-care and self-love."

**Ruby:** Stone of nobility; increases chi within physical and energetic system; perfect tool for those who feel a lack of strength on a daily basis; gathers and amplifies energy; assists in hyper-focus on a specific goal; encourages you to follow your passion; assists in having lucid dreams; passion; prosperity; love; confidence; motivation; strength; sexuality | **Vanessa:** "The record keeper that I use in my past life healings is made of Ruby. Not only does it help bring clarity to the messages I'm receiving, but it helps me focus in on the specific life I am tuning into. I also use small pieces of Ruby in my crystal grids when aligning with the next step for Lava to Stone's journey."

**Rutilated Quartz:** cleanses the aura, direct link to Spirit, supports manifestations, amplifies intentions and emotions, assists us in being our own anchored pillars of light

**Selenite:** quickly unblocks stagnant energy; removes negative energy; energetic protection; protects the home; believed to contain the liquid light of Spirit holding the space of light and matter; cleansing; amplifies the energies from the crystals around it; some find selenite to be soothing, helping them sleep; others (like myself) find that if you're having a restless night with too many racing thoughts, selenite will amplify the energy it's around, so removing it from your room can help with sleep on nights like these | **Vanessa:** "I actually use selenite when I feel external energies seeking refuge within my physical vessel. I hold my selenite wand at the base of my neck, visualize a silver light coming in from my crown to the point of the crystal and then I blast the light through my entire physical and energetic body, continuing the blast throughout the room. It has released external energies from me every time I've called on it's assistance. I will never part with my selenite wand!"

**Septarian:** 1st 3 Chakras- Root, Sacral & Solar Plexus; grounding and protection of your physical, emotional, mental, and spiritual bodies; use when you want to regulate your physical, emotional, mental and spiritual prowess; improve communication skills of the holder; nurtures and grounds the wearer; enhances feelings of happiness and understanding; enhances privacy | **Vanessa:** "I love connecting with my Septarian Sphere when I need to really ground back into my body and anchor into the 3D world. I



hold it in my palm during meditation and feel the energy swirl around me bringing me safely back down into this realm.”

**Shamanic Wand** (Vanessa’s Personal- If you have had a session with me distance or in person, my wand was VERY likely involved in the session)- Made from the branch of a tree in the center of a vortex in Mt.Shasta. Copper wiring, Lava Stone along branch, Lemurian Crystal Point (all pieces from Mt. Shasta)- Lava/Basalt: Connected to the heart of the earth; Rebirth, Grounding, Releases unnecessary emotional attachments, Courage, Strength, Calms emotions, Support during times of change, When you stumble or fall it picks you right back up again - Lemurian Quartz (Starseed Quartz): tones of special power; found around the turn of the millennium and was said to have been specifically programmed with vast knowledge, and buried by the Lemurians themselves; sense of unity, reminding us that we are all one consciousness; we are all connected; spiritual divine knowledge programmed in these crystals; deep connection to Mother Earth; helps with loneliness, reminding us that we are always connected to others and are all equal in spirit; similar to a data bank that is meant to hold information to be passed down to others, never to be lost on the way; by tapping into the power of the Lemurian Seed, a person can attain spiritual wisdom from past lives and past civilization- Copper (wiring): provides Protection through stimulating the flow of positive energy and assists in enhancing your own protective mental abilities; charges and cleanses stones energetically

**Shiva Lingam**: balance creation and fertility; represents the beginning of all creation; physical manifestations of Divine Masculine and Feminine energies; aids in understanding polaric energies such as male/female, light/dark, and spiritual/physical; stimulates the energy system of the entire body; aids an overall improvement in your health and well-being; assists with healing of sexual trauma; balance balance balance; brings balance specifically to the root chakra; balances yin and yang; encourages the release and transformation of old patterns and behaviors that no longer serve us; boosts vitality, courage and strength | **Vanessa**: “When working through healing sexual trauma and balancing my masculine and feminine energies within me, I lay down and breathe with a Shiva Lingam in each hand, allowing the energies to cross back and forth throughout my system, bringing me back into alignment.”

**Shungite**: said to shield you from EMF (electromagnetic frequencies) waves- given off by man made technology; strong grounding properties and earth energies; energizes and grounds your root chakra; activates all 7 main chakras; increases energetic protective shield; aids it's protecting you from lower vibrational galactic visitors and energies | **Vanessa**: "I wear Shungite as a bracelet every day for protection and grounding, and I keep a pyramid of Shungite right next to my computer as I work. I also sleep with a piece under my pillow for extra protection from energetic beings who tend to visit at night. I'll take all the EMF protection I can get!"

**Smokey Quartz**: grounding stone known for its ability to help you move on from difficult or painful experiences; guides you to a higher state of being- a place where you can let go of the past so that it makes you better, not bitter; assists in leaving the past in the past and moving on toward a brighter future; protects and grounds one physically and spiritually to this world, and to absorb and transmute significant amounts of negative energy and release it into the Earth to be neutralized naturally; provides a



vital shield against psychic attack, emotional and environmental stress, and is used extensively in healing and meditation; reduces anxiety, stress and anything else that hinders you from focusing on the task at hand; helps you move forward in a more grounded state; great for focus

**Snowflake Obsidian:** stone of purity; assists in clearing your body, heart, mind, and spirit of toxins that can prevent the free flow of positive energies; helps you achieve a balance in your body, mind, and spirit; balance during changes; purification; transformation; fulfillment; metamorphoses; manifestation; practicality; psychic ability; calming; soothing. It teaches you to value mistakes as well as successes; helps you recognize and release “wrong thinking” and stressful mental patterns

**Stilbite:** compassion, comfort, soft cuddly nurturing energy, comfort when grieving, relaxes muscles | **Vanessa:** “I came across stilbite during a heavily emotional time in my life and simply holding it in its raw gorgeous form brought so much comfort to my being.”

**Sun Stone:** One of the best stones for boosting self-confidence; gives you strength and nurtures your leadership qualities; brings blessings, protection, and personal power; embodies the light and happiness cast down to Earth from the sun; offers openness, warmth, mental clarity, and blessings to you and others close to your heart; ignites your passion and energizes your sacral chakra to reinforce your willpower and rejuvenate your motivation | **Vanessa:** “Sunstone was one of the first pieces I taught to my 2 year old Godson. It is one of my favorite stones when needing that self esteem boost and reminder of our light and magic! When held under the light you can see gold flecks within the peach colored stone.”

**Tiffany Stone:** extremely high-vibrational properties; healing, transformation, abundance, and love; offers deep protection from negative energy on the physical plane, the spiritual realm, and in psychic communication; unconditional love, lucid dreams, clairvoyance, visions, clairsaudience, telepathy, psychic channeling, and clairsentience; helps us detach from the old and call in the new, and eases our hearts, bodies, and souls through periods of change and transformation

**Tigers eye:** Lower 3 Chakras- Root | Sacral | Solar Plexus- Stone of Action; luck; brings the spot light to you; protection; releases fear and anxiety; great for focus; attracts wealth and prosperity; aids in smoothing differences between life partners; promotes devotion | **Vanessa:** “I love wearing my Tiger’s Eye bracelet when I’m preparing to go on stage or film something for the public eye. It helps me feel centered and hone in on my topic vs falling into fear and anxiety with stage fright.”

**Titanium Aura Black Kyanite:** grounding; clearing; protection; guards against low-vibe frequencies; connects you to your spirit guides; courage and tenacity; powerful tool for shamanic journey work, past-life travel, and inter-dimensional awareness; endurance; banishes fear | **Vanessa:** “The vibrant blue of my Titanium Aura Black Kyanite takes my breath away every time I see it. I came across this piece in

Burbank, CA, during a time that my gifts were blasting wide open. It always reminds me of the magic of the universe.”

**Turquoise:** incredibly healing; luck, peace, protection, wisdom, tranquility, good fortune, and hope; attracts positive energy; wholeness, higher truth; primarily stimulates the Throat Chakra, which makes it easier for you to articulate your deepest wisdom

**Unakite (type of Jasper):** Stone of Vision; 20/20 vision hindsight to your past lessons; honoring and releasing the past to catapult your dreams forward; healing of the heart and mind; brings magic back to your reality; opens the third eye; used for scrying; balance; grounding the self while bringing emotions and spirituality together; balances emotions within spirituality; facilitates rebirthing, gently releasing conditions that inhibit spiritual and psychological growth; treats the reproductive system and stimulates healthy pregnancies while facilitating the health of the unborn child; aids you to visualize the things you desire in your life; relieve stress or depression, and aids the healing of problems in the heart and lungs; assists with sleep; addictive habits that you have had difficulty dealing with, will be helped by its energy; helps to break through the barriers that have held you back from being able to achieve your desires

**Watermelon Tourmaline:** Heart Chakra Stone- combination of Pink and Green Tourmaline that soothes the heart and counters anger or resentment; aids in releasing stress, especially when used in meditation; powerful heart stone that is here to help calm the mind and soothe your emotions; helps one access and unlock the deepest parts of one's heart, pushing one to fully cleanse and heal all emotional wounds; perfect stone to help one combat anxiety and depression that may push one into a dark or sad place; offers up light, love, and rejuvenation to help keep ones heart and mind imbued with joy, general happiness, being more adventurous, having increased daily energy, self-love and confidence are all brought out when wearing or carrying Watermelon Tourmaline

**White Calcite:** raises consciousness; links to higher spiritual states; awakens psychic abilities; absorbs energy and returns it to the sender, having transmuted and amplified it; cleanses the auric field and chakras; stone of new beginnings; unlock your inner vision and enable one to see more clearly, both in this realm and beyond; powerful cleanser; clear stagnant energies from any environment; also removes stuck or stagnant energy in the body; use when balancing and cleansing all of the chakras

**Zebra Jasper:** very motivating, mood lifting and energetic; grounding during meditation and while doing spiritual work with the higher realms; helps to stimulate the transition from the material plane to the astral plane during meditation; helps to find balance in life; encourages a generous, loving interpretation of the people in your life; helps to see beneath the facade of others from a space of love; particularly effective at protecting your aura



## Crystal Shapes:

Clusters: Brings unity to the space; supports; grounds; balances; radiates the energy of the crystal throughout the space it is in; enhances cooperation and harmony; soft, gentle, uplifting energy | **Vanessa:** “I absolutely love my crystal clusters. Not only are they gorgeous to look at, but they fill my room with so much powerful energy of cleansing and lightness which is so necessary for the work that I do on a daily basis with multiple clients.”

Crystal Points/Towers: Helps you stay focused; keeps you sharp and on point; Perfect for the center of a crystal grid to focus intention and energy; energy is directed up and out | **Vanessa:** “I have my crystal points in both my work space and on my altar; two spaces I need to have uninterrupted focus while co-creating with Lava to Stone as well as co-creating with my Spirit Team on my own healing journey.”

Crystal Skull: connected to ancient civilizations and their wisdom; activates psychic or healing gifts; boost the vibration and spirituality of a crystal grid; aids in spiritual growth

Cube Shape: Grounding energy; Connects with the energy of the Earth; place a cube in each corner of the room to protect your space | **Vanessa:** “My cube shaped crystals remind me that even when I’m not feeling very stable or my life feels like it’s in a whirlwind, that stability, grounding and rooted energy is always accessible through the cube.”

Egg Shaped: youthfulness, sexuality, life force chi, birth, miracles, rebirth; breaking old habits; manifesting new beginnings; used to infuse miracles and magic into your everyday life; can be used for acupressure and massage- combined with specific healing benefits of crystal it is a double healing

Hearts: Radiates strong love energy | **Vanessa:** “Some of my favorite pieces are heart shaped. I love taking moments throughout the day to hold the heart in my hands and focus on my own heart. Expanding my light, connecting with the stone the heart is made of, and allowing the energy to radiate throughout my entire physical and energetic system.”

Palm Stone: Brings moments of stillness and calmness as the stones energy connects through the healing chakras in your hands; perfect for Meditation, relaxation and crystal healing

**Pyramid:** Powerful for manifesting desires; heavy base/an energetic anchor for your intentions, and the point sends your message out into the universe; takes you to the next level **Vanessa:** “I use my pyramid crystals particularly with the New Moon Cycles as I place my order to the Universe and then allow space in my energetic field for the manifestations to come however Spirit sees fit.”

**Sphere:** Perfect for meditating; Reminds you that we are all connected in one energetic web | **Vanessa:** “I love meditating with my spheres and imagining the energy of the collective/the world gently in my palm, spreading my light and love to all.”

**Tumbled:** stepping stones, perfect for travel | **Vanessa:** “I carry tumbled pieces at the bottom of my water bottle (there’s a built-in compartment for them) as well as in a pouch that stays in my car for safe travels.”

**Turtle:** Mother Earth, Fertility, Protection, Support, security



[www.lavatostone.com](http://www.lavatostone.com)

Vanessa Hernandez