

# Healy 阿拉斯加宝石水晶能量

“宝石疗法”亦即“矿石治疗”，矿石包括各种水晶、钻石、玉石、孔雀石、月亮石等等。一方面顾名思义，各种矿石含有不同的矿物质，矿物质本身对人体有各种功效，如：

- 孔雀石蕴含铜，具抗氧化及抗游离基的效能。
- 菱锌矿蕴含锌，有强大的修补能力。
- 菱锰矿是一种半宝石，这种矿物质含有大量锰，防止日晒后引起氧化作用，促进肌肤天然抗御自由基酵素。
- 蓝宝石蕴含铁，可助胶原合成，增加肌肤弹性。
- 月亮石蕴含矽及钾：矽可以刺激锌及铜的活化，帮助补充钙质，是胶原及弹性纤维生产中其中一种个元素。钾可以控制细胞间的水分及 PH 值。
- 玉石含丰富钠，可平衡细胞内外的水分，改善细胞排列及其支撑作用。
- 玫瑰榴石含丰富的锰，强化细胞膜，刺激皮肤纤维结构增生，延缓衰老。

另一方面矿石所蕴含的信息能借磁场、放射线等以能量的方式发送，被人体接收，如电气石具有压电性，所以会释放出 9 毫米波长的红外线，起了放大微细血管、增进血液循环的作用，有助新陈代谢回复正常，更可增长细胞生长，另外帮助渗透水分及增添皮肤的光泽。又如水晶是矿物界中的高端形式，有些科学家认为水晶握有有机生命起源的秘密，因它们有生物的某些特征，它们能自行生长，可以自行繁殖。它们蕴含着的信息也会以能量形式被人体吸收。因此依据人体七轮对应的颜色，利用各种颜色的水晶可以治疗疾病，促进健康。利用水晶的震动频率来与身体的各个脉轮做能量的补充，水晶可以将更多的生命力传导入身体，并将负面能量排放出去，震动频率传送的速度以及震幅视不同因素而定，如水晶的大小、形状、颜色，被受治疗者对待的方式，以及受治疗者在使用水晶时的意图等等。

除此之外，宝石疗法在星象中的应用也有悠久的历史。自古以来，占星术提供以配戴宝石改运的方法，在人生的某运途中，如果发现我们受到某行星（占星学里的行星也包括太阳和月亮）负面力量的感应，可藉配戴宝石以平衡此种负面力量，或增强某行星之正面力量。

专业的占星术不同于很多星座娱乐网站提供的星座运程或星座娱乐性质的文章。通常我们所说的某个人是某个星座的，只是表示此人出生时太阳的位置是处于黄道 12 星座的那个星座上，而专业的占星术要通过某人出生的时间地点绘制出出生星盘图，通过在个人的出生星盘图上的 10 颗星球（太阳、月亮以及除地球以外的 8 大行星）在 4 大方面的数据来算出这个人的各种信息。这 4 大方面分别是：行星（占星学里的行星也包括太阳和月亮）所处星座；行星所落宫位；行星与行星之间的相位（角度）；各星座所处宫位。

在个人的出生星盘图中，某些较弱势或受克之行星，可藉配戴某种宝石而增强。何谓弱势或受克行星呢？除了某颗行星的不良角度，例如月土对冲 180 度，木土对冲 180 度这种现象，或日土相刑 90 度等等刑冲现象外，任何行星落入天宫图的第 6、第 8、第 12 宫，都有被判为弱势的可能性。或者个人出生星盘图的某些行星落入某些星座，也是一种弱势或受克的状况，例如：

- 太阳落入天秤、水瓶
- 月亮落入魔羯、天蝎
- 火星落入天平、巨蟹
- 水星落入双鱼、射手、狮子
- 木星落入双子、处女、魔羯
- 金星落入牧羊、天蝎、处女
- 土星落入巨蟹、牧羊、狮子

当一个行星落入它主宰的星座，能量很强，占星学称为“入宙”，当处在能量最强的星座时称为“擢升”；相反当行星处在主宰星座的对宫星座时，称为“受困”，当处在能量最强的星座的对宫星座时，也就是能量最低时，称为“下降”。举例来说：土星是摩羯座和水瓶座的主宰行星，因此处于摩羯座的对宫——巨蟹座和水瓶座的对宫——狮子座时，是不利的位置。同时土星在天秤座擢升，在天秤座的对宫——牧羊座下降。综上所述，土星落入巨蟹、牧羊、狮子都是不利的。

如出现上述情况，此行星即是一种先天之弱势。如果此行星正当行运年份，例如该诞生者正行土星大运，或恰满三十六岁，而天宫图中土星位于巨蟹，且与木星正好 180 度相冲，我们判断土星呈现一种受克严重的弱势，而且这种弱势对该诞生者是有害的，则可能需配戴蓝宝石（或尖晶石、黑曜石、堇青石、青金石、方钠石、缟玛瑙、紫水晶、紫石英、杂青金石或其它暗色石头）以增强此土星的能量。

综上所述每一种石头都蕴含着各自的信息，借由磁场、放射线等以能量方式向我们发送信息，不断提醒我们的初始状态，也就是没有疾病的健康状态。从这一意义上看，石头是开启健康之门的钥匙，不过石头只是激发了我们免疫或自愈的潜能，最后付诸实施还是要靠我们自身。

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No	程序英文名	程序中文名	简单说明
1	<p>Aquamarine</p> <p>The name aquamarine means sea water, and aquamarine, like emeralds, is a variety of beryls. In the light blue-green shade, the price of aquamarine is affordable, but the color of deep aquamarine can charge a high price</p>	<p>海蓝宝石</p> <p>海蓝宝石这个名字的意思是海水，而海蓝宝石就像绿宝石一样，是多种绿柱石。在浅蓝绿色的阴影中，海蓝宝石价格可负担得起，但深海蓝宝石颜色可以收取高额费用</p>	
2	<p>Aventurine</p> <p>Aventurine is a form of quartz, characterised by its translucency and the presence of platy mineral inclusions that give a shimmering or glistening effect termed aventurescence</p>	<p>东陵是石英的一种形式，其特征是其半透明性和片状矿物质夹杂物的存在，这些矿物包裹物会产生闪烁或闪闪发光的现象，称为东陵</p>	
3	<p>Azurite</p> <p>Azurite Crystal Specimen, Azurite Crystals Morocco, Blue Crystals, Spirituality Crystal, Gift Crystal, Arizonacrystalco</p>	<p>蓝水晶样本，摩洛哥蓝水晶，蓝色水晶，灵性水晶，礼品水晶，亚利桑那水晶</p>	
4	<p>Black Tourmaline</p> <p>Black Tourmaline , Black Tourmaline Crystal, Raw Black Tourmaline, Rough Tourmaline, Raw Tourmaline , Raw Black Tourmaline Crystal</p>	<p>黑色电气石，黑色电气石水晶，黑色电气石原石，粗糙电气石，未加工电气石，未加工黑色电气石水晶</p>	
5	<p>Heliotrope</p> <p>Huge Bloodstone Tumbled Stone, Bloodstone Tumbled Stones, Healing Heliotrope Crystals, LadiesCrystals, Ladies Crystals, Heliotrope Gems</p>	<p>巨大的鸡血石碎石，鸡血石碎石，治愈天芥菜晶体，女士晶体，女士晶体，葵花宝石</p>	


6	Brazilian amethyst Amethyst Sphere   Brazilian Amethyst sphere   Large Amethyst Sphere   Amethyst Crystal Sphere   Chevron Amethyst Sphere   Amethyst Sphere	紫水晶球  巴西紫水晶球  大型紫水晶球  紫水晶球  雪佛龙紫水晶球  紫水晶球	
7	Brazilian Quartz Lot of Brazilian Quartz Points, Quartz point - Jewelry Making Points, Clear Point, Wire Wrapping, Crystal Grid	很多巴西石英点，石英点- 珠宝制作点，透明点，绕 线，水晶网格	
8	Carnelian Genuine Solid Red Carnelian stone bead bracelet, Beaded Bracelet, Powerful Sacral Chakra	正品纯天然红玉髓石珠手 链，串珠手链，强大的脉 轮	
9	Chrysocolla Chrysocolla is a copper stone, ranging from light green to deep blue, and is often found in association with Malachite and Azurite. Some chrysocolla contains Cuprite. It is favored as a stone of prosperity and business astuteness, reacting upon the analytical and intuitive abilities.	金孔雀石是一种铜石，从 浅绿色到深蓝色不等，通 常与孔雀石和青石结合在 一起。一些金眼石含有铜 矿。它被认为是繁荣和商 业机敏的基石，对分析和 直观的能力做出反应。	
10	Chrysoprase Chrysoprase, chrysoprase or chrysoprasus is a gemstone variety of chalcedony that contains small quantities of nickel. Its color is normally apple- green, but varies to deep green. The darker varieties of chrysoprase are also referred to as prase	金牛座，金牛座或金牛座 是玉髓的宝石品种，其中 含有少量的镍。它的颜色 通常为苹果绿，但会变为 深绿色。绿水晶酶的较暗 变种也称为 prase	


11	<p>Citrine Citrine Clusters, Citrine Crystal From Brazil, Honey Citrine Quartz Cluster, Money Stone, Success Stone, Quartz Raw Crystals, Pick a Weight</p>	<p>黄水晶簇，来自巴西的黄水晶，蜂蜜黄水晶石英簇，金钱石，成功石，石英原料晶体，挑重量</p>	
12	<p>Covellite This is covellite. A very rare stone from Peru that is known as a Gateway Gem – a stone that opens doors to the past and the future, a tool that facilitates rebirth and reconnection with your deepest self and deepest dreams. The stone that opens and heals your Third Eye.</p>	<p>这是 covellite。来自秘鲁的一种非常稀有的宝石，被称为“门户宝石”（Gateway Gem），这是通向过去和未来之门的宝石，是一种促进重生和与您最深的自我和最深远的梦想重新联系的工具。打开并治愈您的第三只眼的石头。</p>	
13	<p>Diamond Diamonds Photo Overlays, Blinking Diamonds, Realistic Gems</p>	<p>钻石照片叠加层，闪烁的钻石，逼真的宝石</p>	
14	<p>Emerald Raw Emerald Stone - Large Chunk Emerald Rough Stone</p>	<p>原始翡翠石-大块翡翠粗糙石-翡翠水晶石</p>	
15	<p>Fluorite Fluorite absorbs and neutralizes negative energy and stress. An excellent learning aid, this healing stone increases our powers of concentration, self-confidence and helps us in decision-making. It encourages positivity, balances the energies, and improves balance and coordination, both physically and mentally. This gemstone is linked to the heart chakra,</p>	<p>萤石吸收并中和负能量和压力。这块愈合石是一种出色的学习辅助工具，可以增强我们的专注力，自信心，并有助于我们进行决策。它可以促进积极性，平衡能量，并改善身心的平衡与协调。该宝石与心脏脉轮，喉轮和第三只眼轮相连</p>	

	throat chakra, and third eye chakra		
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16	<p>Fluorite combo Fluorite Combo Cage Wire Wrap Necklace Bright Golden Yellow &amp; Purple Fluorite from Southern Illinois inside a cage wrap. These stones compliment each other beautifully against the silver colored wire!</p>	<p>萤石组合笼式缠线项链 来自伊利诺伊州南部的明亮金黄色和紫色萤石，在笼式包装内。这些宝石与银色金属丝相互辉映，堪称完美！</p>	
17	<p>Gold Gold Pendulum Elegant pendulum. Ideal for both active practice, or as enchanting decor.</p>	<p>金摆 优雅的摆锤。无论是积极练习还是迷人装饰，都是理想之选。</p>	
18	<p>Green Jasper Jasper is a gentle but pervasive energy whose appearance is wide and varied as the locations it comes from - each piece is to me, in fact a picture. Unlike most other stones, Jasper is artistic, diverse in form and color. Jasper makes its effects known slowly and gradually, just like nature and so just as its physical nature is sedimentary and of the earth, so it is an excellent grounding stone.</p>	<p>贾斯珀 (Jasper) 是一种温柔却无处不在的能量，它的外观随其来源的不同而变化广泛-每件作品对我来说都是一幅画。与大多数其他宝石不同，碧玉具有艺术性，形式和颜色多样。就像自然一样，碧玉使它的作用逐渐并逐渐被人们所知，就像它的自然本性是沉积物和大地一样，因此它是极好的接地石。</p>	
19	<p>Hematite Hematite Tumbled Stones Premium Grade Hematite Tumble Stones, This very powerful grounding and protecting stone. A very popular stone. Used extensively in Crystal Healing and strongly associated with the Root Chakra it's also a wonderful stone to use when meditating.</p>	<p>赤铁矿翻滚石 这种非常强大的接地和保护石。非常受欢迎的石头。广泛用于“水晶疗愈”中，并且与“根脉轮”紧密相关，它也是冥想时使用的奇妙石头。</p>	


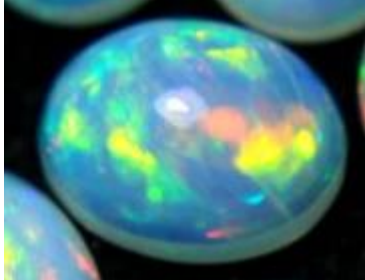
<p>20</p>	<p><b>Herkimer Diamond</b>  <b>Gem Lore:</b> Double terminated quartz points represent balance, and remind us of the need to both give and take. The double points facilitate deep meditation and vivid dream states. Quartz crystal purifies the physical, mental, and spiritual bodies. It helps to harmonize one's cognition, consciousness, and emotions. Quartz is a stone of power, and amplifies body energy and intuition. It can even be used to transform thoughts into vibrational sound for healing and harmony. The gem can balance and energize all the chakras, especially the crown. Herkimer diamonds clear the chakras, opening the channels for spiritual energy to flow.</p>	<p>宝石传说：双终止石英点代表平衡，并提醒我们需要付出和付出。双点促进了深沉的冥想和生动的梦境。石英晶体净化了身体，精神和精神上的身体。它有助于协调一个人的认知，意识和情绪。石英是力量的石头，可以增强人体的能量和直觉。它甚至可以用于将思想转变为振动声，从而实现康复和谐。宝石可以平衡并激发所有脉轮，尤其是表冠。赫基默钻石清除了脉轮，打开了精神能量流动的通道。</p>	
<p>21</p>	<p><b>Jadeite Jade</b>  <b>THESE STONES ARE FROM OUR JADEITE JADE COLLECTION</b>          Jadeite Jade has the effects of "removing moderate heat, relieving irritation, nourishing the heart and lungs, helping voice and throat, nourishing hair, nourishing five internal organs, calming souls, soothing blood vessels, and improving eyes and ears"</p>	<p>这些宝石来自我们的翡翠玉系列。          玉石有「除中熱，解煩懣，潤心肺，助聲喉，滋毛髮，養五臟，安魂魄，疏血脈，明耳目」等療效</p>	

22	<p>Kunzite</p> <p>1. It can smooth the seven chakras of the human body, suitable for use when meditation 2. Eliminate mental and physical pressure 3. Contribute to spiritual development and strengthen the sixth sense 4. The heart chakra, to see things through, also makes people easy to accept and open, and will not worry about common things. 5. Wearing purple spodumene can make people feel happy and peaceful. Purple spodumene can make people do things. Active, motivated, and a symbol of wealth. 6. Purple spodumene is a gem of harmony, which can increase the ability to communicate and coordinate with others. Strengthen self-confidence, help make a comeback, reorganize business 7. Can eliminate tension and pressure</p>	<p>紫锂辉石</p> <p>1、可畅通人体七轮，适合打坐时使用 2、消除精神上及肉体上的压力 3、有助于灵性开发，加强第六感</p> <p>4、通心轮，看透事情，亦使人易于接受、开放，不会为俗事而耿耿于怀 5、佩带紫锂辉石能使人心情感到愉悦,平和. 紫锂辉石能使人做事积极,充满上进心,更是财富的象征.6、紫锂辉石是一种协和的宝石,能增加与人沟通协调的能力. 加强自信心,有助东山再起,重组业务 7、可消除紧张压力</p>	
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23	<p>Lapis Lazuli</p> <p>Lapis Lazuli is a stone of truth in all aspects. It activates the psychic centers at the Third Eye, and balances the energies of the Throat Chakra. Lapis Lazuli boosts the immune system, purifies blood, lowers blood pressure, cooling and soothing areas of inflammation. It alleviates insomnia and vertigo, and overcomes depression. Lapis Lazuli benefits the respiratory and nervous systems and the throat, vocal chords, and thyroid, cleanses organs, bone marrow and thymus.</p>	<p>青金石在所有方面都是真理的石头。它激活了第三只眼的心理中心，并平衡了喉轮的能量。青金石可增强免疫系统，净化血液，降低血压，缓解发炎和缓解炎症。它减轻了失眠和眩晕，并克服了抑郁症。青金石有益于呼吸系统和神经系统以及喉咙，声带和甲状腺，可清洁器官，骨髓和胸腺。</p>	





24	<p>Malachite Tumbled Malachite . This deep green stone has long been used in metaphysical work and is also known as the 'stone of transformation'. It is used for deep energy cleaning and will clear and activate the Chakras. Beautiful stones!</p>	<p>翻滚的孔雀石。这种深绿色的石头早已用于形而上学的工作，也被称为“转化之石”。它用于深层能量清洁，将清除并激活脉轮。美丽的石头！</p>	
25	<p>Moldavite Moldavite is a green Tektite that was formed from a meteorite impact around 15 million years ago. This world-renowned vitreous silica projectile rock is most commonly found in the Czech Republic. Moldavite is used in jewelry for it's aesthetic and extraterrestrial nature. It is often used in energy work to resolve blockages and to re-balance the Heart Chakra, helping us understand our own needs and emotions clearly.</p>	<p>摩尔达维特 (Moldavite) 是一种绿色的 Tektite，由大约 1500 万年前的陨石撞击形成。这种世界闻名的玻璃态石英弹丸岩最常见于捷克共和国。摩尔达维亚 (Moldavite) 具有美感和地外特性，可用于珠宝。它通常用于能源工作中，以解决阻塞问题并重新平衡心脏脉轮，从而帮助我们清楚地了解自己的需求和情绪。</p>	
26	<p>Montana Rhodochrosite Rhodochrosite Tumble Stones, This August birthstone usually has wonderful bands of pink, white and rose shades in its tumbled form. It is a wonderful stone which brings inner calm and allows us to appreciate our inner talents and gifts. Many use this stone for relieving tension, anxiety, etc. The stone is associated with emotional well being and self-expression.</p>	<p>菱锰矿滚石，这种八月份的诞生石通常以滚石形式具有粉红色，白色和玫瑰色阴影的奇妙乐队。这是一块奇妙的石头，它使人内心平静，让我们欣赏我们的内在才能和天赋。许多人使用这种石头来缓解紧张感，焦虑等。石头与情绪健康和自我表达有关。</p>	

<p>27</p>	<p><b>Moon stone</b>  <b>Natural Rainbow Moon Stone Benefits</b>  Rainbow Moonstone intensifies your feminine 'Goddess' energy! Moonstones have a highly spiritual nature, and you may benefit by putting this vibration to work in your life. It is a stone that enhances your feelings and encourages fervent desires, eager expectation and heartfelt resolve.</p>	<p>天然彩虹月亮石的好处  彩虹月光石增强了女性的“女神”能量！月长石具有高度的精神属性，可以通过使这种振动在您的生活中发挥作用而受益。它是一块石头，可以增进您的感受，并激发强烈的欲望，渴望的期望和发自内心的决心。</p>	
<p>28</p>	<p><b>Opal</b>  As well as being stunningly beautiful, opal is also the October birthstone and is considered a stone representing hope, innocence and purity. It has strong connotations of happiness, faithfulness, loyalty and confidence.</p> <p>Opal is most known for its ability to bring one's traits and characteristics to the surface for examination and transformation. Just as Opal absorbs and reflects light, it picks up thoughts and feelings, desires and buried emotions, amplifying them and returning them to the source. Opal also illuminates the positive actions and emotions of the self, enhancing the good and true, and fostering one's highest potential. It is a karmic stone with a reminder that what one sends out will return.</p> <p>Gems and crystals are great for altars, grids, terrariums, pocket stones, gifts, home decorating, collecting and more! They are also wonderful additions to meditation, reiki and chakra work. Healing crystals are not a</p>	<p>蛋白石不仅令人叹为观止，而且还是十月的诞生石，被认为是代表希望，纯真和纯洁的宝石。它具有幸福，忠诚，忠诚和自信的强烈内涵。</p> <p>蛋白石最出名的是能够将自己的特质和特征浮出水面进行检查和改造。就像蛋白石吸收并反射光一样，它吸收思想和感觉，欲望和埋藏的情感，将其放大并还原为源。蛋白石还阐明了自我的积极行为和情感，增进了善良和真实，并培养了自己的最大潜力。这是一块因果报应的石头，提醒着人们发出的将返回。</p> <p>宝石和水晶非常适合祭坛，格栅，玻璃容器，口袋石头，礼物，家居装饰，收藏等等！它们也是冥想，灵气和脉轮工作的绝妙补充。愈合晶体不能替代传统医学。</p>	

	replacement for traditional medical treatment.		
29	<p>Orange calcite Calcite is a powerful amplifier &amp; cleanser of energy. It cleans negative energies from the environment and energizes every level of life. It cleanses the chakras and attracts wealth, prosperity, Pleasure, Spiritual growth, Stability and success. It imparts joy, wonder, delight and enthusiasm.</p> <p>Orange Calcite is a stone of romance, vitality, innovation, playfulness, confidence, and creativity. Orange Calcite is considered to be particularly useful for energizing the solar plexus and sacral chakras.</p>	<p>方解石是强大的能量清洁剂。它可以清除环境中的负能量，并为生活的各个层面提供能量。它可以清洁脉轮并吸引财富，繁荣，愉悦，精神成长，稳定和成功。它赋予了喜悦，惊奇，喜悦和热情。</p> <p>橙色方解石是浪漫，活力，创新，嬉戏，自信和创造力的结晶。橙色方解石被认为对激发太阳神经丛和脉轮特别有用。</p>	


30	<p>Pearl Generally speaking, pearls are great for those who need more water elemental energy, and those who are very hot and need more balance/cooling energy. Pearls are a great choice for women, especially young women. The energy of pearls helps people match up with soft, feminine and very precious energy, the quality of this energy can also be very powerful.</p> <p>Pearls may not be a good choice for those who lack energy, vitality, or are in a low-energy stage of life. For example, in this case, agate or hematite are better choices.</p> <p>Are there crystals and stones that work well with pearls? The closest and best match is the Moonstone- the sister of the pearl- admiring the pearl and showing the same essence of powerful and pure feminine energy: the energy of water, the moon and the endless unknown secret.</p>	<p>一般來說，珍珠對於那些需要更多水元素能量的人，以及那些氣質非常火熱，需要更多平衡/冷卻能量的人來說是極好的。珍珠是女性的絕佳選擇，特別是年輕女性。珍珠的能量幫助人們與柔軟，女性化和非常寶貴的能量相匹配，這種能量的質量也可以非常強大。</p> <p>珍珠對於那些缺乏能量，活力或者在生命中處於低能量階段的人來說可能不是一個好選擇。例如，在這種情況下，瑪瑙或赤鐵礦是更好的選擇。</p> <p>是否有晶體和石頭與珍珠一起工作得很好？最接近和最好的搭配是月亮石 - 珍珠的妹妹 - 讚美珍珠，並展現出強大和純粹女性能量的同一精髓：水的能量，月亮和無盡的未知秘訣。</p>	
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31	<p><b>Peridot</b>          These natural peridot pieces are also very popular for metaphysical uses - peridot is said to bring healing and vitality to the whole body!</p>	<p>这些天然橄榄石碎片也非常适合形而上学使用-据说橄榄石为整个身体带来了治愈和活力！</p>	
32	<p><b>Pyrite</b>  <b>Spiritual Properties:</b>          Abundance. Prosperity. Good Luck. Protection. Physical Health. Emotional well-being. Anxiety and Stress Relief          Pyrite, the money crystal, has stimulating energies of manifestation and is the perfect crystal to use for abundance vibration from the Universe.          Called the abundance stone in crystal traditions, Pyrite is known as the symbol of good luck and for being the most powerful crystal for attracting success, abundance and prosperity.          Pyrite is a powerful protection stone that shields and protects against all forms of negative vibration/energy; working on the physical, etheric, and emotional levels. It enhances the energy of any space.          Pyrite activates all 7 chakras. The vibration of this crystal is high, yet extremely grounding. Pyrite stimulates the intellect and enhances memory, helping to recall relevant information when needed.</p> <p><b>Cleansing your pyrite:</b>          Cleansing pyrite with smoke, such as smudging, is probably the most effective. Since pyrite is connected to</p>	<p>精神属性：丰富。繁荣。祝好运。保护。身体健康。情感福祉。焦虑和缓解压力          黄铁矿，金钱晶体，具有刺激性的表现力，是用于来自宇宙的大量振动的理想晶体。          黄水晶在传统的水晶中被称为富贵石，被誉为吉祥的象征，并且是吸引成功，富裕和繁荣的最有力的水晶。          硫铁矿是一种有力的保护石，可屏蔽和防止各种形式的负面振动/能量；在身体，以太和情感层面上工作。它增强了任何空间的能量。          黄铁矿激活所有 7 个脉轮。该晶体的振动很高，但极易接地。黄铁矿可以激发智力并增强记忆力，有助于在需要时召回相关信息。</p> <p>清洁黄铁矿：          用烟雾清洁黄铁矿（例如弄脏）可能是最有效的方法。由于黄铁矿与火元素相连，因此作为清洁工具，它对火产生的烟雾反应良好。          盐是清洁黄铁矿的另一种好方法，因为盐具有吸收负能量（如真空）的能力。如果您不想将黄铁矿掩埋在盐中，可以将盐放入袋子中，放在晶体上几个小时或一整夜。</p>	

<p>the element of fire, it responds very well to the smoke produced by fire as a cleansing tool.</p> <p>Salt is another great way to cleanse your pyrite, as salt has the ability to absorb negative energy like a vacuum. If you don't want to bury your pyrite in salt, you can place salt in a bag and set over your crystal for a few hours or overnight.</p> <p>Another way is to fill a large glass bowl with salt and place a smaller empty bowl inside of that. Put your pyrite in the smaller glass bowl for a few hours or overnight. This way the salt will have no contact with your pyrite, but it will still absorb the negative energy. Placing pyrite directly in or on the earth not only cleanses it, but resets it back to its original state before it was mined from the ground. This resets all of the programming it has been exposed to. So that when you work with pyrite you can start from a fresh, clean slate.</p> <p>Take your pyrite outside and place it anywhere on the ground. Make sure the ground is not wet, or that the sun is not too hot. Moisture in the ground can ruin pyrite and hot sun is too stimulating.</p> <p>Suggestion: When you meditate with pyrite, focus on your mindful breathing, inhale abundance, prosperity, strength, emotional well-being; exhale scarcity, failure, weakness, stress/anxiety/depression. Remember to cleanse and charge your stones frequently to experience their full healing potential.</p>	<p>另一种方法是在一个大玻璃碗中装满盐，然后在其中放入一个较小的空碗。将黄铁矿放在较小的玻璃碗中几个小时或一整夜。这样，盐将不会与您的黄铁矿接触，但仍会吸收负能量。</p> <p>将黄铁矿直接放置在地球上或地球上不仅可以对其进行净化，而且可以将其重置为从地下开采之前的原始状态。这将重置它已经公开的所有程序。这样，当您使用黄铁矿时，您可以从新鲜，干净的石板开始。</p> <p>将黄铁矿带到室外，并将其放置在地面上的任何位置。确保地面不湿，或者太阳不要太热。地面中的水分会破坏黄铁矿，炎热的太阳太刺激了。</p> <p>建议：当您打坐黄铁矿时，请注意您的正念呼吸，吸气丰盈，繁荣，力量，情绪健康。呼气稀少，衰竭，虚弱，压力/焦虑/抑郁。</p> <p>请记住要经常清洁和充电石头，以充分发挥其治愈潜力。</p>	
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33	<p>Rhodochrosite Rhodochrosite Tumble Stones, This August birthstone usually has wonderful bands of pink, white and rose shades in its tumbled form. It is a wonderful stone which brings inner calm and allows us to appreciate our inner talents and gifts. Many use this stone for relieving tension, anxiety, etc. The stone is associated with emotional well being and self-expression.</p>	<p>菱锰矿 Rhodochrosite Tumble Stones, 今年八月的诞生石通常呈粉红色, 白色和玫瑰色色调, 呈滚花状。这是一块奇妙的石头, 它使人内心平静, 让我们欣赏我们的内在才能和天赋。许多人使用这种石头来缓解紧张感, 焦虑等。石头与情绪健康和自我表达有关。</p>	
34	<p>Rhodo Lite Garanet The red pomegranate corresponds to the sea chakra, which is suitable for women with weaker physique and irregular qi and blood to supplement the energy of the next three chakras. Improving gynecological diseases can strengthen one's own vitality, charm and affinity, and can also improve gynecological problems. It can strengthen its own vitality, charm and affinity, and can improve gynecological problems. Wearing red pomegranate helps the body's regenerative ability and accelerates the healing of wounds. It helps to improve a series of blood problems, promote blood circulation, increase vitality, and then can get the effect of beauty and beauty, so it is very popular among ladies. It has a strong regenerative effect, can improve the reproductive system, and also has a certain effect on wound healing after injury.</p>	<p>红石榴对应海底轮, 适合体质较弱, 气血不调的女性佩带以补充下三轮的能量。 改善妇科病可加强本身的活力, 魅力及亲和力, 也能改善妇科毛病。 可加强本身的活力, 魅力和亲和力, 更能改善妇科毛病。 佩带红石榴有助于身体的再生能力, 对伤口的愈合有加速的功效。 有助于改善血液方面的一系列毛病, 促进血液循环、增加活力, 进而可以取到美容养颜的功效, 所以倍受女士们喜爱。 有强大的再生功效, 可以改善生殖系统, 同时对于受伤后的伤口愈合也是有一定功效的。</p>	

35	<p>Rose Quartz Rose Quartz can be used to assist you to activate the Heart Chakra, to create compassion and love for self and others. May assist in the emotional healing of the heart and to forgive; and love all that life has to offer.</p>	<p>玫瑰石英可以帮助您激活心脏脉轮，为自己和他人创造同情心和爱心。可能有助于心脏的情感康复和原谅；并热爱生命所能提供的一切。</p>	
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36	<p>Ruby Wearing a gemstone of Ruby can help support the person to improve his “self-image” and he will be more heard and respected in the society. It can also help in overcoming timidity and foolishness, by giving clarity of thoughts and mind. RUBY:  This exquisite crystal emanates the pure Red ray with a vibrancy unsurpassed in the mineral kingdom. It actively stimulates the Base Chakra, increasing vitality and chi, the life-force energy, throughout the physical body and into the spirit. It promotes a clear mind, increased concentration and motivation, and brings a sense of power to the wearer, a self-confidence and determination that overcomes timidity and propels one toward prosperity and achievement.  Ruby initiates the pleasures of life and stimulates the heart, encouraging one to enjoy being in the physical world. It increases desire and may be used to activate the kundalini. Ruby has always been associated with love, especially faithful passionate commitment and closeness. In antiquity Rubies were considered to be perfect wedding stones Ruby is said to allow one to experience all forms of love. It deepens a couple’s relationship and encourages closeness and commitment.</p>	<p>佩戴 Ruby 宝石可以帮助人们改善自己的“自我形象”，他将在社会上得到更多的倾听和尊重。通过使思想和思想更加清晰，它也可以帮助克服胆怯和愚蠢。 红宝石：  这种精致的水晶散发出纯净的红光，并具有矿物王国无法比拟的活力。它积极刺激基础脉轮，在整个身体和精神中增加活力和气质，生命力。它提倡头脑清晰，注意力和动力增强，并给佩戴者带来力量感，一种自信和决心，克服了胆怯，推动了人们的繁荣和成就。  Ruby 激发了生活的乐趣，激发了心灵，鼓励人们享受物质世界。它增加了欲望，可用于激活昆达利尼。Ruby 一直与爱情联系在一起，尤其是忠实的热情承诺和亲密关系。在古代，红宝石被认为是完美的结婚戒指 据说红宝石可以让人们体验各种形式的爱。它加深了夫妻之间的关系，并鼓励了亲密和承诺。  Ruby 的精力充沛，使思想更加敏锐，带来了更高的意识和高度的专注力。它提倡勇敢的态度，并可能在争议和纠纷中提高成功率。</p>	
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<p>Ruby's intense energy sharpens the mind, bringing a heightened awareness and excellent concentration. It promotes a courageous attitude, and may increase one's success in controversies and disputes.</p> <p>Ruby helps reduce fear of the paranormal and evil. It banishes nightmares, and guards against psychic and psychological attack. It is a shielding crystal, protecting the home from fire and intruders, and is good to wear discreetly to stay safe at night.</p> <p>Ruby Emotional Healing Energy</p> <p>Ruby allows the sharing of loving energy despite past hurts, bringing up anger or negative energy for transmutation. It gives the strength to rise from martyrdom and choose whether or not to dwell in anguish, distress, or suffering, and encourages a positive and more courageous state of mind. It brings out the protective aspects of one's character, inspiring one to step forward and stand up for those who are threatened, be it friends or strangers, children, animals, or the environment.</p> <p>Ruby Chakra Healing and Balancing Energy</p> <p>Ruby carries the frequency of the enlightened Base Chakra, stimulating the flow of life-force energy or chi through the body. It strengthens the ability to meet one's needs and manifest one's desires, and is powerful in activating the kundalini.</p> <p>The Base, or Root Chakra, is located at the base of the spine, and controls the energy for kinesthetic feeling and movement.</p>	<p>Ruby 帮助减轻了对超自然现象和邪恶的恐惧。它消除了噩梦，并防范心理和心理攻击。它是一种屏蔽水晶，可以保护房屋免受火灾和入侵者的侵害，并谨慎穿戴以确保夜间安全。</p> <p>红宝石情感治疗能量</p> <p>尽管经历了过去的痛苦，Ruby 仍允许他们共享爱的能量，从而为变带来愤怒或负面能量。它使人有能力摆脱难，选择是否沉浸在痛苦，苦难或苦难中，并鼓励他们形成积极，勇敢的精神状态。它带出人格的保护性方面，激发人前进并为受到威胁的人挺身而出，无论是朋友，陌生人，孩子，动物还是环境。</p> <p>红宝石脉轮愈合和平衡能量</p> <p>红宝石具有开明基础脉轮的频率，可刺激生命能量或气通过人体的流动。它增强了满足自己的需求和表达自己的欲望的能力，并且在激活昆达利尼方面具有强大的作用。</p> <p>根部或根脉轮位于脊柱的底部，控制运动感觉和运动所需的能量。它是身体生理和精神能量的基础。当身体失衡时，症状会表现为嗜睡，活动水平低下，热情低落以及需要持续刺激。当它的精神能量失去平衡时，人们会感到飞速，与现实脱节，遥远。当基础脉轮处于平衡状态时，身体会恢复力量和耐力，精神能量会以安全感和个人力量感的形式重新燃起。它常常导致独立和自发的领导。</p>	
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<p>It is the foundation of physical and spiritual energy for the body. When physically out of balance the symptoms will manifest themselves as lethargy, low levels of activity, low enthusiasm, and a need for constant stimulation. When its spiritual energies are out of balance, one will feel flighty, disconnected from reality, and distant. When the Base Chakra is in balance, the physical body regains its strength and stamina, and the spiritual energy is rekindled in the form of security and sense of one's own power. It often leads to independence and spontaneous leadership.</p> <p>Ruby Spiritual Energy</p> <p>Ruby signifies light to the darkness of one's life. It encourages "following your bliss," teaching one to enjoy being in the physical world and perceiving the spiritual energy that exists throughout the realm of matter. It offers lessons in mastering the transformation of thought and intent into physical manifestation in order to change one's world.</p> <p>Ruby assists in connecting one's energy field to the Earth for the purpose of replenishing one's energy stores. It is excellent for grounding and overcoming mental overload, and is a great support during times of stress or when there is a lengthy sojourn before having the opportunity to rest.</p> <p>Precious and Semi-precious gemstones have been used since recorded history and probably before, for spiritual, emotional, and physical healing. Healers all over the world are using them. It is not to be used as a prescription, diagnosis or treatment. The information given is purely</p>	<p>红宝石精神能量</p> <p>Ruby 象征着生命的黑暗。它鼓励“跟随自己的幸福”，教导人们享受物质世界的乐趣，并感知整个物质领域中存在的精神能量。它提供了一些经验教训，帮助您将思想和意图转化为身体表现形式，从而改变自己的世界。</p> <p>Ruby 协助将人的能量场连接到地球，以补充人的能量存储。它非常适合接地和克服精神负担，在压力时期或在有机会休息之前长期逗留时提供了很好的支持。</p> <p>自有记录的历史以来（也许在以前），就已经使用了贵重和半贵重的宝石进行精神、情感和身体的康复。全世界的治疗师都在使用它们。它不能用作处方，诊断或治疗。所提供的信息本质上纯粹是形而上的，绝不是医学上的。水晶疗法不是一种独立的疗法，而是一种整体疗法的一部分。</p>	
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	<p>metaphysical in nature and is by no means medical. Crystal Healing is not an independent therapy, but one that is part of a holistic healing approach.</p>		
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<p>37</p>	<p><b>Rutile Quartz</b>  Rutilated quartz is a variety of quartz which contains acicular needles of rutile from titanium dioxide inclusions. Its crystal properties have powerful intuition-enhancing effects; it is an illuminator for the soul, promoting spiritual growth, and cleanses and energises the aura. It draws off negative energy and disease and gives protection against the ill thoughts of others. This crystal will help to reach the root of problems and facilitate transitions &amp; a change of direction. Rutilated Quartz relieves fears, phobias and anxiety, soothes dark moods, and acts as an anti-depressant. It will also promote forgiveness at all levels.</p>	<p>晶状石英是各种石英，其中包含来自二氧化钛夹杂物的针状金红石针状针。它的晶体特性具有强大的直觉增强效果；它是灵魂的照亮者，促进精神成长，净化并激发光环。它可以消除负面能量和疾病，并保护自己免受他人的恶意侵害。这种结晶将有助于找到问题的根源，并促进过渡和方向改变。磨砂石英缓解了恐惧，恐惧症和焦虑症，缓解了黑暗情绪，并起到了抗抑郁作用。它还将在各个层面上促进宽恕。</p>	
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<p>38</p>	<p>Sapphire</p> <p>1. Sapphire has good effects on the digestive system and reproductive system. It helps the human body absorb nutrients, detoxify, eliminate fluid retention, and ease the degeneration of skin, hair, eyes, liver, pancreas and other fleshy organs. 2. Putting sapphire under the pillow when sleeping can help sleep and prevent sleepwalking. In addition, sapphire also corresponds to the sun wheel, so it also relieves the pain caused by the sun wheel and helps people see themselves clearly. 3. Sapphire has a good effect on the digestive system and reproductive system, can help the human body absorb nutrients and improve digestion. It can also ease the degeneration of fleshy organs such as skin, hair, eyes, liver, and pancreas. 4. Sapphire corresponds to the sun wheel, so it acts on the solar nerve plexus. It will cause pain when opening the sun wheel, but it can make people see themselves better. 5. Sapphire helps the digestive system and reproductive system, helps nutrient absorption, detoxifies, eliminates fluid retention, eases the degeneration of skin, hair, eyes, liver, pancreas and other fleshy organs, loses weight, sleeps, beauty, and attracts abnormalities. People's eating habits can achieve weight loss, help people fall asleep peacefully, improve skin, and have cosmetic effects.</p>	<p>1、蓝宝石对消化系统和生殖系统有很好的功效，有助于人体对营养的吸收，化解毒素，消除流体滞留，缓和皮肤、头发、眼睛以及肝脏、胰腺等肉质器官的退化。2、睡觉的时候将蓝宝石放在枕头下面可以帮助睡眠，还能防止梦游。另外蓝宝石还对应太阳轮，因此对太阳轮引起的疼痛也有缓和作用，还能帮助人看清自己。3、蓝宝石对消化系统和生殖系统有很好的作用，可以帮助人体吸收营养，提高消化能力。也能缓和皮肤、头发、眼睛、肝脏、、胰腺等肉质器官的退化。4、蓝宝石对应太阳轮，所以对太阳神经丛起作用，打通太阳轮时会引起疼痛，但却能使人更能看清自己。5、蓝宝石有助消化系统与生殖系统，有助于营养吸收，化解毒素，消除流体滞留，缓和皮肤、头发、眼睛以及肝脏、胰腺等肉质器官的退化，减肥、安眠、美容，吸引异性能改变人的饮食习惯，达到减肥效果，可助人安然入睡，改善皮肤，有美容功效。</p>	
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<p>39</p>	<p>Scepter Amethyst Amethyst also assists with connecting to the spirit realm. Amethyst Crystals repel negative energy and attract positive energy, making them an excellent protection stone for the home. "...This ally's energy is wonderful for helping one regain one's power and take charge of making changes in one's life. It can help prevent one from feeling disempowered, controlled by others or otherwise unable to act. Scepter Quartz stimulate the emotional body to please trapped or buried anger, resentment or fear. Its frequency helps one express one's point of view in a balanced way, so these emotions don't build up and become toxic. "</p>	<p>紫水晶还有助于连接到精神领域。紫水晶可以排斥负能量并吸引正能量，使其成为家庭的绝佳保护石。“...这个盟友的能量非常有益于帮助一个人重获力量并负责改变自己的生活。它可以帮助防止一个人失去权能，受到控制他人或其他无法采取行动的人。 权杖石英刺激情感身体，以取悦被困或掩埋的愤怒，怨恨或恐惧。它的频率有助于一个人平衡地表达自己的观点，因此这些情绪不会累积并变得有毒。”</p>	
<p>40</p>	<p>Sapphire Ruby Mixed Corundum Lot aka Raw Sapphire and Ruby Corundum ~ Ruby The most brilliant and fiery red gemstone, second only to diamond in hardness. It symbolizes passion and blood, vitality, courage and abundant vitality. There is another theory that the red treasure represents the mind, which can make people smarter and wiser, and make people wiser and wiser, and save people from danger in life. Corundum~Sapphire Sapphire and Ruby belong to the corundum family. The deep and elegant blue color is considered to have soothing and calming healing powers, and it can remove negative emotions such as anger, injustice, and jealousy. It also symbolizes peace and firm loyalty, so it is often used by Europeans as wedding rings.</p>	<p>混合刚玉粉又名生蓝宝石和红宝石 刚玉类~红寶石 最艳丽火红的宝石，硬度仅次于钻石。象征热情热血，活力勇气以及丰富的生命力。还有另一派说法，认为红宝代表心智，能使人更聪明更有智慧，在人生道路上化险为夷。 刚玉类~蓝宝石 蓝宝与红宝同属刚玉家族，深邃高雅的蓝色，被认为具有安抚、镇定人心的治疗力量，能扫除愤怒、不平、忌恨等负面情绪。又象征和平与坚定忠贞，故常被欧洲人用来做婚戒。</p>	



41	<p><b>Smoky Quartz</b> Smokey Quartz Tumble Stones, High energy metaphysical stone and a great grounding stone, it is used with all the Chakras but is especially valuable for the Root Chakras with it's strong connections to Mother Earth. It is believed to help with dealing with stress and anxiety and helps with overcoming negative thinking. Linked with the healing vibrations of the earth this stone is great for a medicine bag, meditation, Feng Shui, etc.</p>	<p>烟熏石英滚石，高能形而上学的石头和出色的接地石，可与所有脉轮一起使用，但对根脉轮特别有用，因为它与大地母亲有着牢固的联系。人们认为它有助于缓解压力和焦虑，并有助于克服消极思维。与地球的治愈振动相关，这块石头非常适合用于药袋，冥想，风水等。</p>	
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42	<p><b>Spectrolite</b> According to Robert Simmons, author of "The Book of Stones," Labradorite is the gemstone of magic, and it awakens in those who carry or wear it the awareness of one's innate magical powers. The term 'magic' refers to the mental and intuitive abilities which include but are not limited to clairvoyance, telepathy, astral travel, prophecy, psychic reading, access to Akashic records, past-life recall, communication with higher guides and spirits, and coincidence control.</p>	<p>光谱石 根据《石头记》的作者罗伯特·西蒙斯 (Robert Simmons) 的说法，拉长石是魔法的宝石，它在携带或佩戴它的人中唤醒了人们对先天魔力的认识。“魔术”一词是指精神和直觉上的能力，包括但不限于千里眼，心灵感应，星际旅行，预言，通灵，阅读阿卡西记录，前世回忆，与上级指南和精神交流以及巧合控制。</p>	
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43	<p><b>Star Sapphire</b> A stone of spiritual healing and spiritual truth, Blue Sapphire is useful when channeling healing energies. It assists you to stay on the spiritual path, releasing blockages and providing strength. Blue Sapphire facilitates self-expression, assisting in communication and expressing your truth and beliefs.</p>	<p>蓝宝石是精神治疗和精神真理的结晶，在引导治疗能量时非常有用。它可以帮您留在精神道路上，释放障碍并提供力量。Blue Sapphire 有助于自我表达，有助于沟通并表达您的真相和信念。</p>	
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44	<p>Sugilite is one of the most powerful stones of Love and Universal oneness. A healer's stone, Sugilite works to heighten one's healing vibrations, psychic abilities and spiritual awareness. Sugilite allows the release of negative energies and uneasy vibrations, so it's perfect to use as a dream stone. Keep a piece of Sugilite in a satchel under your pillow to protect against nightmares. Use to open Heart, Crown and Third-eye Chakra.</p>	<p>苏铁矿 是爱与普世性最强大的宝石之一。Sugilite 是治疗者的石头，其作用是增强人的治疗振动，心理能力和精神意识。Sugilite 可以释放负能量和不舒服的振动，因此非常适合用作梦想之石。在枕头下的小袋中放一块 Sugilite，以防噩梦。用于打开心脏，冠状和第三眼脉轮。</p>	
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45	<p>Tiger's Eye A stone of protection, Tiger Eye may also bring good luck to the wearer. It has the power to focus the mind, promoting mental clarity, assisting us to resolve problems objectively and unclouded by emotions. Particularly useful for healing psychosomatic illnesses, dispelling fear and anxiety. Useful for recognising one's own needs in relation to the needs of others. Balancing yin-yang and energising the emotional body, Tiger Eye stabilises mood swings, imbues us with willpower, purpose, courage and self-confidence, and releases tension.</p> <p>Tiger Eye treats eyes, throat and reproductive organs, releases toxins, alleviates pain and is helpful in repairing broken bones and strengthening the alignment of the spinal column.</p> <p>Tiger Eye is associate with the Sacral Chakra and Solar Plexus Chakra.</p>	<p>虎眼石是保护石，也可以为佩戴者带来好运。它具有集中精神，促进头脑清晰，协助我们客观解决问题且不受情绪困扰的能力。对于治愈心身疾病，消除恐惧和焦虑特别有用。有助于识别与他人需求有关的自己的需求。平衡眼睛的阴阳和使身体充满活力，Tiger Eye 可以稳定情绪波动，使我们充满意志力，目的，勇气和自信，并释放张力。</p> <p>虎眼可治疗眼睛，喉咙和生殖器官，释放毒素，减轻疼痛，并有助于修复骨折和增强脊柱的排列。</p> <p>虎眼与 S 轮和太阳丛脉轮相关。</p>	
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<p>46</p>	<p>Topaz Topaz is Novembers birthstone and Decembers alternative birthstone. It is Sagittarius' crystal.</p> <p>In crystal healing Topaz is best known for its manifesting properties, it is a crystal of joy, generosity, abundance and good health. It is known as a stone of love and good fortune, and is said to release tension and encourage relaxation.</p> <p>Blue Topaz brings truth and wisdom; it aids in clear communication.</p>	<p>黄玉是 11 月的诞生石和 12 月的替代诞生石。这是射手座的水晶。</p> <p>黄水晶以其表现出的特性而闻名，在水晶愈合中，它是欢乐，慷慨，丰富和健康的结晶。它被称为爱与吉祥的石头，据说可以释放压力并鼓励放松。</p> <p>蓝色黄玉带来真理和智慧；它有助于清晰的沟通。</p>	
<p>47</p>	<p>Turquoise For thousands of years, turquoise has spanned all cultures, prized as a symbol of wisdom, nobility and the power of immortality. Turquoise beads dating back to 5000 B.C. have been found in Iraq, and the Egyptians were mining the stones in the Sinai in 3200 B.C. The death mask of Tutankhamun was studded with Turquoise, as were the mosaic masks dedicated to the gods, the fabulous inlaid skulls, shields and power statues of Moctezuma, the last ruler of the Aztecs.</p>	<p>绿松石</p> <p>几千年来，绿松石已遍布所有文化，被视为智慧，贵族和永生力量的象征。绿松石珠子可以追溯到公元前 5000 年在伊拉克被发现，埃及人在西元前 3200 年在西奈开采了这些石头。图坦卡蒙的死神面具上镶嵌着绿松石，还有献给众神的马赛克面具，神话般的镶嵌头骨，阿兹特克人最后的统治者莫克图祖玛的盾牌和力量雕像。</p>	

48	<p>Water melon Tourmaline Tourmaline is great for removing blockages. A balancing stone - connected with the Heart chakra; carrying both Yin &amp; Yang, masculine &amp; feminine.</p> <p>Often used in mediation practice to help lessen the sense of depression and finding connection; with nature, with spirit, with perspective, etc. These little pieces of watermelon tourmaline are a perfect addition to any collection!</p>	<p>西瓜电气石非常适合清除堵塞物。平衡石-与心脏脉轮相连；既有阴阳气，又有男性气质和女性气质。</p> <p>常用于调解实践中，以帮助减轻沮丧感和寻找联系；与自然，精神，视野等等。这些西瓜碧玺小件是任何收藏的完美补充！</p>	
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