<table>
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<th>Tumbled Stones A - Z</th>
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<td>Agate, Blue Lace</td>
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<td>Apatite</td>
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T-Z

1. Tektite
2. Tiger's Eye, Red
3. Turquoise
4. Tiger Iron
5. Tourmaline, Black
6. Unakite
7. Tiger's Eye
8. Tourmaline, Watermelon

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10 Tumbled Tips

1. Tumbled stones are great for divination! With each stone having a similar shape and texture, you will be less influenced by the physical traits of the stones and more influenced through the stone’s energy and your own intuitive guidance. Gather up an assortment of 7-10 tumbled stones of similar size and shape. Without looking, randomly select a stone then look up its properties to see how it can be applied to your life. You can also select a stone instinctively. Lay all of the stones out in front of you and select the three stones that catch your eye first. Then look up the metaphysical properties starting with the first selection to the third and look for an insightful message!

2. Fill a small glass bowl with an assortment of tumbled stones and place by your front door. Each morning, evening or whenever you leave for work, school, etc. select one stone at random and carry it in your pocket or purse throughout the day. At the end of the day, remove the stone from your pocket or purse and journal about your experiences from the day. Perform this exercise every day for seven days and then go back through your journal entries and look for patterns, messages or odd encounters that could be related to the influence of your crystals.

3. Fill a small cloth or drawstring bag with any of the following stones and sleep with the pouch under your pillow or in your pillow case at night to promote restful sleep and insightful dreams:

   * **Amethyst** – psychic dreams
   * **Celestite** – to meet spirit guides through dreams
*Lepidolite – to increase spiritual awareness
*Moonstone – for pleasant dreams & insomnia
*Selenite – to promote lucid dreaming
*Blue Lace Agate – for relaxation & peace
*Iolite – to prevent nightmares
*Rose Quartz – to promote pleasant dreams
*Smoky Quartz – to relieve tension and nighttime stress

4. Set up a crystal salt garden! (a personal favorite) To do this, grab a ceramic or glass plate or shallow dish and fill up about 1.5” – 2” with salt. Then select 10 stones and intuitively arrange the stones in a pattern in the salt. Once you feel a sense of completion or satisfaction with your design, place it somewhere in the open where you can visit each day and make changes to the arrangement anytime you feel the urge. This will allow your subconscious to bring forth any information, insights or repressed thoughts that may be of importance to you at this time. It is up to you to recognize and interpret these messages.

5. Acquire a set of seven stones with one stone to correspond with each of the seven chakras. Then set aside at least 30 minutes to one hour of quiet solitary time where you can have uninterrupted peace. Lay back on your bed or anywhere else you can align your back straight and face the sky. Then place each stone over its corresponding chakra until you have all seven stones resting directly on your body. This is best performed in the nude but if that is not possible, wear very light clothing or cover up with a thin sheet. Now, perform a chakra visualization meditation. Start at the Base chakra and visualize a dim red light glowing from the Base chakra stone resting on your body. For approximately five minutes, allow this light to gradually become brighter and brighter until the light turns white. Then move up to the Sacral chakra and perform the same visualization. Start with a dull orange light and gradually picture this light glowing brighter and brighter until the orange merges into white. The Solar Plexus, located
above the navel and below the sternum is yellow, the Heart chakra is green or pink, the Throat chakra a bright blue, the Third-Eye or Brow chakra as it’s sometimes called is indigo and the Crown chakra, located just above the top of the head, is violet. After reaching the Crown chakra, visualize yourself looking down on your body and see each chakra’s stone glowing its brightest color. When finished with this visualization, allow yourself a few minutes to rest and journal your experience.

6. Hold a tumbled stone that corresponds with the way you feel or your current goals in life during meditation. For example, if you are seeking a stronger spiritual connection, you might want to consider Amethyst or if you’ve been struggling with an addiction or bad habit, Smoky Quartz works especially well. Try Carnelian, Citrine or Sunstone for depression and lack of confidence, Hematite for legal matters, Celestite or Angelite for making contact with spirit guides or for a general sense of spiritual awareness, clear Quartz is perfect. Spend at least 10 – 15 minutes in meditation and journal your experience afterward.

7. Tumbled stones are great for making gem elixirs because there is less chance of toxins seeping into the water. It is important to mention however that not all stones are safe for consumption such as Malachite, Pyrite and Chrysocolla, even in tumbled form. To make a direct contact gem elixir, fill a clean clear glass with pure distilled or spring water and place one tumbled stone of your choice in the glass. Next, cover the glass with clear plastic wrap and secure it to the glass with a rubber band and place in direct sunlight. If you are unsure as to whether or not a crystal is safe for consumption, do NOT place it directly in water. It is much better to be safe than sorry. You can still make a gem elixirs using any stone through an indirect method. Rather than placing the stone directly in the water, place it on the outside of
the glass. Allow the glass of water to sit in direct sunlight and make sure the stone is in direct contact with the glass so that the water can fully absorb and take on the vibration of the stone. For direct contact elixirs, I find that 2-3 hours in direct sunlight, or until the water is warm, is long enough and for indirect contact methods, add an hour or two to the time which in this case would be 3-4 hours. Some great gem elixir stones that are safe for direct contact include:

* **Citrine** – for energy & joy
* **Amethyst** – for habit breaking & psychic abilities
* **Smoky Quartz** – stress relief & depression
* **Clear Quartz** – to empower and enhance energy
* **Ametrine** – for balance & motivation
* **Carnelian** – to increase vitality & focus
* **Jaspers** – to promote strength & stability
* **Agates** – for general healing & self-awareness
* **Garnet** – for independence & achieving goals
* **Moonstone** – for fertility, intuition and dreams
* **Rose Quartz** – for self-love & self-esteem

8. Tumbled stones can also be used for crystal baths and showers. Fill a small drawstring pouch, cloth or you can even use a sock, and add a combination of small to medium sized tumbled stones that carry properties of that which you wish to immerse yourself in. For example, to increase peace and self-love, Rose Quartz can be included along with Blue Lace Agate and Garnet. Then tie the pouch of stones around the faucet or shower head and turn on the water. Allow the water to run over the stones and into your bath or from your shower head on to you!

9. Another fun way to benefit from tumbled stones is for telepathic communication and connection. Acquire two stones of the same variety and give one to a friend. Keep your stone with you as much as
possible for three days straight and have your friend do the same. Then at the end of the third day, exchange stones. You now carry the stone infused with your friend’s own unique energy and they now carry yours. Anytime you two are apart and wish to connect, simply hold your stone in your receptive hand (usually the one opposite from which you write with) and visualize the other person. Take note of the mental images, thoughts and words that come through and write them down immediately to discover what your friend wants you to know.

10. Add tumbled stones to bath and beauty products, potted plants or anything else around the house you wish to keep energetically strong and intended. Amethyst is a great stone to add to body lotion, soaps and shampoos while Citrine is great for energizing body sprays and facial moisturizer. Green Calcite helps potted plants maintain energetic health, Smoky Quartz or any stone of your choice to herbal tea blends to infuse with crystal power or place a tumbled Yellow Jasper in your bottle of multi-vitamins or supplements.

When it comes to working with crystals, tumbled or raw, the possibilities are endless. Allow your imagination, intuition and spirituality to work alongside your crystals to guide you to self-empowerment and improve your overall health and well-being…and have a blast doing it!