

## Alaskan Gem Elixirs

### What are Alaskan Gem Elixirs ?

Did you know that Alaskan Gem elixirs are liquid preparations that contain the healing vibrations of a particular gem or mineral? Their primary actions are to stabilise and balance the energy field, including the subtle bodies that make up the aura and the chakras (main energy centres of the body).

Gem elixirs work by catalysing the release of stress and tension that have been allowed to build up in the energetic structure of the body. As these dissonant energies are released, that structure comes back into alignment, and the body is able to regain its natural state of balance, stability, and resistance to stress.

Gem elixirs help us access the healing support of the mineral kingdom in a very efficient way through their ease and flexibility of application. They may be used both internally and externally, by themselves, or in combination with other vibrational remedies. They are particularly effective when used concurrently with flower essences, as they help to physically stabilise and anchor the shifts in consciousness that are catalysed by the transformational energies of the flowers.

The Alaskan Gem Elixirs were co-created by Jane Bell and Steve Johnson in the summer of 1992. Their intention was to prepare a collection of remedies that would blend the support of the mineral kingdom with the strength and purity of the Alaskan environment. Each Alaskan Gem Elixir was prepared in a pristine wilderness setting that was chosen for the particular elemental qualities it embodied, qualities that would most effectively anchor the healing pattern of the stone into the water. For example, a few of these elixirs were prepared next to a glacier, some on the shore of one of the largest lakes in the state, located 150 miles from the nearest road, and several in a high meadow filled with wild flowers and surrounded by peaks of the Alaska Range, including Denali, the tallest mountain in North America.

Historically speaking, much of the information that exists on the healing qualities of gem stones has been derived from their physical signatures. These include the crystal system or family that a particular stone belongs to, its colour, hardness, chemical composition, and the geologic process by which it was formed. With that information in mind, the primary focus for Alaskan Gem Elixirs has been on the subtle invisible geometry or healing pattern of the stone and on the elemental forces that were called into service during the preparation process.

### Aquamarine

*Agitation, Anxiety, Clarity, Impatience, Listening, Meditation, Stress*

**Indications:** repetitive thoughts; overstimulated from studying, worrying and circular thinking; having difficulty letting go of thoughts and shifting into a meditative state of mind; not present for others because of preoccupation with mental activities.

**Healing Qualities:** brings a calm, quiet clarity to an over-active mental body; increases the ability to achieve a neutral, serene state of mind; helps create a mental oasis of cool, clear receptivity.

### Aventurine

*Courage, Fear, Grace, Heart, Support*

**Indications:** lacking stamina and fortitude; wanting to quit when faced with obstacles, such as one's own limiting belief systems; fearful when facing the unknown; afraid to take risks in order to take the next step in life.

**Healing Qualities:** strengthens the central vertical axis which stabilizes us during expansion experiences; helps us move into and through new experiences with grace, stamina and perseverance; good for spiritual trailblazers and pioneers.

## Azurite

*Balance, Clarity, Communication, Grounding*

**Indications:** ungrounded communication; communicating from the head rather than through the body; struggling to communicate, straining to push words out; becoming physically depleted when speaking, teaching, or channeling information from non-physical sources.

**Healing Qualities:** helps us ground our communication; opens and strengthens the connection between the feminine Earth forces and the 5th chakra; helps us communicate with vitality, authenticity and gentleness.

## Black Tourmaline

*Abuse, Detoxification, Environment, Grounding, Oversensitive, Overwhelmed, Purification, Space Clearing, Travel*

**Indications:** environmental toxicity; over-sensitive to computers, fluorescent lights, and other sources of electromagnetic pollution; detoxing on the physical, emotional or mental level in an unbalanced way.

**Healing Qualities:** a precision tool for the release of toxic energy from the mind, emotions, and physical body; helps us exchange old unwanted energies being held in the auric field for fresh, clean, neutral energy from nature.

## Bloodstone (AKA - Heliotrope)

*Balancing, Cleansing, Grounding, Lethargy, Pre-Menstrual, Resistance, Sensitivity*

**Indications:** energetic stagnation and constipation; weak circulation of physical and emotional energy in the lower chakras and organs of the body; tendency to express emotional negativity; lacking emotional sensitivity and sympathy towards others.

**Healing Qualities:** strengthens one's connection to the Earth; brings a stronger flow of Earth energy into the 1st and 2nd chakras; stimulates the release of emotional energies that have been stuck in the lower chakras; rebalances these energy centres after trauma or emotional upset.

## Brazilian Amethyst

*Attunement, Change, Higher Self, Receptivity, Regeneration, Spiritual*

**Indications:** over-identification with the gross, material aspects of life; separation from the spiritual realm; weak connection to one's higher self; resistance to bringing the spiritual into the physical.

**Healing Qualities:** transmutes energy from lower to higher vibratory frequencies; helps to lift energy from an overly material state; helps one sense and experience one's unique spiritual identity in the body.

## Brazilian Quartz

*Alignment, Communication, Flying, Grounding, Harmony, Travel*

**Indications:** tiredness, fatigue, low energy; weak energetic connection to the Earth; toxic or inharmonious energies in the aura; feeling out of touch with one or more aspects of self (physical, emotional, mental, spiritual), as though they were operating in different time zones; chakra out of alignment with each other.

**Healing Qualities:** the essence of cleansing white light; energizes and synchronizes the subtle bodies, the chakras, and the physical body with the Earth's natural vibration.

## Carnelian

*Addictions, Cleansing, Creativity, Energy, Exhaustion, Identity*

**Indications:** burnout, fatigue, low energy during the day; giving in order to receive; weak sense of personal identity; addicted to helping others; seeking validation and energy from others rather than from within.

**Healing Qualities:** increases the etheric body's ability to access pranic energy; energizes and clears the nadirs (the energetic interface between the etheric body and the meridians), allowing a greater flow of energy to the meridians.

## Chrysocolla

*Energy, Flexibility, Grief, Heart, Limitation, Intimacy, Love, Resilience, Strengthening, Travel*

**Indications:** unresolved feelings of grief; heart closed down because of past experiences of loss; feeling a need to guard the heart against attack from others; believing that having an open heart will result in being hurt or wounded again; heart not energetically connected to the Earth.

**Healing Qualities:** opens, softens and expands the inner dimensions of the heart chakra; helps us release tension and armoring around giving and receiving love; increases flexibility in the mind and body to allow the vibration of love to flow.

## Chrysoprase

*Alienation, Ambivalence, Harmony, Heart, Nature, Strengthening*

**Indications:** alienation; not feeling at home on the planet or comfortable in nature; loving others but not the Earth; weak connection between the heart chakra and the Earth.

**Healing Qualities:** brings the heart chakra into harmonious union with the green energy frequency of the planet; synchronizes the subtle bodies with the heart energy of the Earth; helps us accept the Earth as our home.

## Citrine

*Clarity, Confusion, Emergency, Father, Focus, Grounding, Harmony, Intention, Truth*

**Indications:** mental confusion and distortion; lack of mental clarity and concentration; mental forces dominating the physical and emotional aspects of life; difficulty determining what is in one's highest good; closed to higher sources of wisdom and inner knowing.

**Healing Qualities:** harmonizes the mental body with higher spiritual laws; increases access to Divine intelligence; amplifies qualities of concentration, centering and rational mind.

## Covellite

*Boundaries, Emergency, Intimacy, Newborn, Oversensitive, Overwhelmed, Protection, Receptivity, Sensitivity, Space Clearing*

**Indications:** feeling unprotected and vulnerable; too easily stimulated by the energies of others, regardless of their intent; unsure of one's boundaries; unable to claim one's own space; feeling challenged by the environment.

**Healing Qualities:** brings strength, clarity and definition to the auric field; acts as a protective filter that encourages us to relax energetically, thereby enhancing our natural ability to receive love and support from our environment.

## Diamond

*Alignment, Clarity, Harmony, Higher Self, Intention, Life Purpose, Truth, Will*

**Indications:** life experience characterized by struggle; lack of clarity about the future; acting from a confused sense of what one is supposed to do; inability to make commitments; attached to personal will, to how "I" want it to be.

**Healing Qualities:** brings clarity to the 6th chakra; harmonizes Divine and personal will; helps us activate personal will in its highest form; strengthens our ability to act in alignment with our Divine purpose.

## Emerald

*Awareness, Cleansing, Energy, Feminine, Heart, Inner Child, Limitation, Love, Mother, Nurturing, Strengthening, Trauma*

**Indications:** fear of not being good enough to deserve being on the planet; weak or abstract connection to the feminine principle and to the Divine Mother; blocking the experience of love in the physical body because of fear; feeling unloved and cut off from one's centre.

**Healing Qualities:** a universal heart cleanser and balancer; helps us contact the energies of the Divine Mother and the Divine Feminine; gently coaxes the heart to open to a greater experience of love in the physical body.

## Fluorite

*Cleansing, Energy, Etheric, Exhaustion, Massage Therapy/Body Work, Purification, Shock*

**Indications:** congestion, constriction, or stagnation of energy on any or all levels; rigidity, inflexibility; difficulty manifesting thoughts into action; hard to move one's focus from one area to another.

**Healing Qualities:** the "break up" elixir; increases the circulation of energy in the physical body by breaking up blockages in the etheric body; promotes flexibility on all levels.

## Fluorite Combo

*Cleansing, Etheric, Focus, Purification, Regeneration, Synchronization*

**Indications:** lacking focus or a clear sense of priorities when dealing with diverse issues that are all coming up to be healed at the same time; feeling out of synch with one's inner processes; movement of energy between the etheric body

and the physical body is not harmonious or synchronized.

**Healing Qualities:** synchronizes movement between the etheric and physical bodies; fine tunes our focus so that we can deal with multiple issues in a healing process with precision, balance, and a clear sense of priorities.

## Gold

*Abundance, Creativity, Empowered/Empowerment, Higher Self, Identity, Joy, Manifesting, Power, Self-Esteem*

**Indications:** low self-esteem; weak sense of personal identity; little or no confidence in one's ability to create; weak or uninspired masculine energies; difficulty manifesting wants and needs into physical reality; comparing one's accomplishments to others.

**Healing Qualities:** helps us access and express the highest aspects of our personal identity; brings strength and balance to the 3rd chakra; helps us tap into our inner truth, joy and wisdom as sources for our creative power.

## Green Jasper

*Alienation, Ambivalence, Balance, Exhaustion, Feminine, Grace, Pre-Menstrual, Sensuality/Sexuality, Strengthening, Synchronization, Travel*

**Indications:** ungrounded; lack of communication with the Earth; energy blocked in the lower chakras; inconsistent and uneven flow of sexual energy resulting from the shock and trauma of sexual abuse.

**Healing Qualities:** reconnects body rhythms with the Earth's rhythm when there has been a disruption to the natural flow; helps us connect to the wild feminine; restores earthly sensuality and healthy sexuality.

## Hematite

*Ancestral Healing, Boundaries, Centering, Clutter Clearing, Communication, Emergency, Empowered/ Empowerment, Identity, Oversensitive, Overwhelmed, Protection, Space Clearing, Vulnerability*

**Indications:** unable to maintain one's boundaries while witnessing a highly charged emotional experience; getting swept away by other people's negative feelings; emotionally codependent; difficulty containing one's own emotional energy, especially in group dynamics.

**Healing Qualities:** strengthens energetic boundaries in the emotional body; promotes emotional independence rather than co-dependence; helps us maintain a state of compassionate detachment while witnessing intense emotions in others; helps us boundary our own emotions in a responsible way.

## Herkimer Diamond

*Children, Clarity, Confusion, Light, Perception, Seeing, Vision*

**Indications:** cloudy or undeveloped psychic vision; low energy; unable to remember dreams, or having confusing dreams full of chaotic imagery; difficulty bringing information from dream symbols into conscious understanding.

**Healing Qualities:** a highly developed transmitter of white light; promotes clarity of vision; stimulates healing on all levels; facilitates clarity during the dream state; brings balance and focus to the 6th chakra.

## Jadeite Jade

*Acceptance, Agitation, Centering, Patience, Peace, Trauma*

**Indications:** agitated, upset; easily pulled out of centre by intense experiences; attached to drama; makes things harder or more involved than they need to be; unable to accept the way things are in the moment.

**Healing Qualities:** a vibration of peace, balance and timeless simplicity; helps us stay centered in the moment with an awareness and acceptance of our true essence.

## Kunzite

*Awareness, Communication, Heart, Love, Opening, Receptivity, Regeneration, Space Clearing, Strengthening, Support*

**Indications:** feelings of guilt and embarrassment concerning one's past actions; out of touch with one's angelic presence; lack of awareness of the angelic love, guidance, and support that is available; heart closed to the flow of spiritual love coming into the body.

**Healing Qualities:** opens the heart to an awareness of one's angelic presence; helps one experience the spiritual love of the angelic kingdom and integrate it into the physical body.

## Lapis Lazuli

*Communication, Listening, Opening, Overwhelmed*

**Indications:** unable to hear or understand guidance and information from higher sources; difficulty communicating clearly with others, especially about information that one has received from these sources; overwhelmed by the amount of information coming in.

**Healing Qualities:** opens and clears channels of communication in the 5th chakra; amplifies the ability to hear and understand information from physical and non-physical sources at the same time; clears confusion between hearing and knowing.

## Malachite

*Alignment, Grounding, Harmony, Synchronization*

**Indications:** weak energetic connection to the physical world; forward movement in life held up because of a lack of grounding; physical, emotional, mental, and spiritual aspects of self working at cross-purposes with each other.

**Healing Qualities:** the primary grounding essence in our system; helps align the physical, emotional, mental, and spiritual levels of our being in a grounded and cohesive way; supports the unity of one's being in all circumstances.

## Moldavite

*Grounding, Guidance, Higher Self, Isolation, Perspective*

**Indications:** caught up in the dualities of here or there, now or then; going out of the body for information rather than staying present to receive it; feeling separate and out of touch, especially with the higher self.

**Healing Qualities:** connectedness; an energetic window into universal perspective; helps us stay present in the moment while accessing what we need from the higher realms to express our earthly potential.

## Montana Rhodochrosite

*Cleansing, Confusion, Heart, Intimacy, Love, Shock*

**Indications:** heart closed down after an abrupt loss or separation from a partner or loved one; feeling unsafe in the heart and wanting to escape into one's thoughts; fearful of powerful emotions; unable to process emotions fully in the heart.

**Healing Qualities:** brings strength and solidity to the 4th chakra; clears confusion and chaos from the heart; clarifies intent and promotes courageous, heart centred action.

## Moonstone

*Completion, Intuition, Lethargy, Pre-Menstrual, Receptivity, Sensitivity, Strengthening*

**Indications:** heightened psychic sensitivity during menstruation; touchy, edgy, over reactive; emotional energy blocked and difficult to express in a clear way; lack of sensitivity and intuitive awareness in men and women; hard edged persona.

**Healing Qualities:** cleanses and circulates energy in the emotional body; increases feminine energy aspects of receptivity and intuition in women and men; balances and focuses the psychic forces during menses.

## Opal

*Addiction, Animals/Animal Care, Creativity, Etheric, Exhaustion, Light, Regeneration, Rejuvenation*

**Indications:** burned out; insomnia from overuse of the mental forces; tiredness that is not helped by sleep; excessive use of the fire element; depletion of certain energy frequencies in the chakras and subtle bodies; vital energy reserves used up; emotional exhaustion.

**Healing Qualities:** rejuvenates spent emotional and mental forces and counteracts the depletion of colour frequencies in the aura; feeds all subtle bodies with a full spectrum of luminous colours; replenishes our creative energies.

## Orange Calcite

*Balancing, Creativity, Depression, Energy, Gardening, Joy, Lethargy, Light, Sadness*

**Indications:** sadness; depression of unknown origin; lack of joy in daily life; lethargy; feeling weighed down with no creative spark; unable to see the positive side of everyday situations; greatly affected by seasonal fluctuations of sunlight and darkness.

**Healing Qualities:** dispels darkness and grief; amplifies the body's ability to assimilate light at the cellular level; uplifting, energizing and warming.

## Pearl

*Acceptance, Ancestral Healing, Compassion, Critical, Irritation, Judgement, Massage Therapy/Body Work, Resilience, Suffering*

**Indications:** irritated by one's problems and difficulties, especially those manifesting in the physical body in a painful way; lacking understanding and compassion for one's healing process.

**Healing Qualities:** promotes the release of layers of irritation in the mental and emotional bodies that manifest in the physical body as hardness and inflexibility; helps one turn antagonism for oneself or one's illness into awareness and acceptance.

## Peridot

*Animals/Animal Care, Childbirth, Children, Fear, Gardening, Newborn, Protection, Rebirthing, Space Clearing, Support*

**Indications:** trepidation, fear or insecurity during the beginning phase of any new experience; projections of failure when attempting to learn or do something new; feeling unprotected in that space where the known has fallen away and the new has not yet become manifest.

**Healing Qualities:** the stone of new beginnings; stabilizes the subtle bodies and the heart chakra during the incubation period of new creative projects; helps us initiate new cycles of learning and experience without fear.

## Pyrite

*Ancestral Healing, Empowered/Empowerment, Honest, Self-Esteem, Trust, Truth*

**Indications:** easily influenced by others, especially members of one's peer group; unable to make decisions or stand up for oneself; involved in relationships that are not in one's highest good; tension and instability from not being true to oneself.

**Healing Qualities:** helps us build an energetic foundation in life based on our highest personal truth; strengthens sense of self, especially with regard to group dynamics and peer pressure; helps us solidify & honor our true values.

## Rhodochrosite

*Abuse, Cleansing, Energy, Fear, Heart, Intimacy, Strengthening*

**Indications:** deep trauma and emotional pain in the heart; unable to make intimate connections with others; shut down emotionally or sexually as a result of being abused; feeling cut off and alienated from the physical world.

**Healing Qualities:** increases energy, balance and stability in the heart chakra and in the physical body; brings a balance of nurturing Earth energy to the heart chakra after an experience of deep healing and transformation.

## Rhodolite Garnet

*Animals/Animal Care, Earth Healing, Etheric, Grounding, Massage Therapy/Body Work, Recovery, Regeneration, Trauma*

**Indications:** emotionally and energetically disconnected from parts of the body that are in pain, or have been injured or operated on; parts of the body won't heal or return to their normal level of function after injury or trauma; poor circulation in certain areas of the body.

**Healing Qualities:** increases our ability to inhabit the physical body; helps us reconnect energetically with parts of the body that have been injured or traumatized; rebuilds the web of etheric energy in areas disrupted by accident or injury.

## Rose Quartz

*Confusion, Energy, Heart, Inner Child, Intimacy, Nurturing, Strengthening, Trauma*

**Indications:** pain held in the heart from traumatic events in one's past; heart closed down because of not being nurtured as a child; difficulty initiating and maintaining intimate contact with others; inner child not receiving nurturing energy from the adult; lack of compassion for oneself and others.

**Healing Qualities:** opens, softens and soothes the heart; helps one connect to and nurture the inner child; harmonizes the heart forces so an individual is able to maintain emotional intimacy with oneself and others.

## Ruby

*Alignment, Ambivalence, Balancing, Cleansing, Exhaustion, Grounding, Rejuvenation*

**Indications:** unresolved survival issues blocking energy flow between the Earth and the 1st chakra; constipation of energies in the lower chakras and organs of the body; ambivalence about being present in the physical body; tendency to disconnect from the body during times of chaos and upheaval.

**Healing Qualities:** energizes and balances the 1st chakra and supports the ability to ground spiritual energy completely into the physical body; increases the upward flow of nurturing Earth energy to all chakras and improves circulation throughout the body.

## Rutilated Quartz

*Alignment, Attunement, Communication, Focus, Grounding, Opening, Overwhelmed*

**Indications:** overwhelmed by the amount of energy and information coming in from non-physical sources; distortion, confusion, and/or lack of focus and clarity during mediation or attunement; unable to understand or integrate information and guidance from the higher self.

**Healing Qualities:** promotes precision alignment with higher sources of energy and inspiration; helps us physically anchor the ability to access, synthesize and communicate information from other dimensions.

## Sapphire

*Alignment, Commitment, Confidence, Devotion, Isolation, Life Purpose, Responsibility, Transformation*

**Indications:** feeling unsupported for being on the Earth; unaware of life purpose; lack of inspiration and commitment; feeling out of touch and out of place; unwilling or unable to take responsibility for why one has incarnated.

**Healing Qualities:** strengthens devotion and commitment to Divine purpose; promotes loyalty and responsibility to one's true work on the planet; helps us connect to the energetic support we need to do what we came here to do.

## Sapphire/Ruby

*Alignment, Balance, Grounding, Devotion, Life Purpose, Transformation*

**Indications:** weak body/soul connection; lack of alignment between spiritual and physical bodies due to past injury or debilitating disease; difficulty integrating awareness of life purpose into practical, heart-centered action.

**Healing Qualities:** for balancing spirituality with physical ability; enables us to gently integrate higher purpose into physical reality, and receive physical nurturing through the fulfillment of Divine responsibilities.

## Scepter Amethyst

*Authority, Awareness, Change, Commitment, Communication, Higher Self, Identity, Receptivity, Spiritual, Truth*

**Indications:** lacking spiritual perseverance; unable to take an active stand for what one believes in; in a position of authority but lacking in spiritual leadership qualities; one's experience of the spiritual realm is abstract rather than direct.

**Healing Qualities:** opens and prepares the 7th chakra to receive energy from the higher chakras; helps us activate our highest potential through the embodiment of a new core of spiritual identity, authority and leadership.

## Smoky Quartz

*Cleansing, Detoxification, Flying, Harmony, Massage Therapy/Body Work, Synchronization, Travel*

**Indications:** ungrounded; agitated, disassociated from the physical body; body feels out of synch with the surrounding environment; detoxification happening at too rapid a pace for the physical body to keep up with; jet lag.

**Healing Qualities:** grounding and calming; regulates and stabilizes the detoxification of unwanted energies from the physical, emotional and mental bodies; synchronizes body energy with Earth energy.

## Spectrolite

*Creativity, Etheric, Exhaustion, Light, Perspective, Rejuvenation*

**Indications:** seeing with the eyes, but not with the heart; low creative spark; unable to sense the deeper meaning of life's events; cloudy, dark, or outdated perspective on life; tendency to see the negative in each situation.

**Healing Qualities:** bathes and nourishes the entire energy system with full spectrum light; refreshes and renews our perspective; helps us again see the magnificent in the mundane, and the Divine in the ordinary.

## Star Sapphire

*Alignment, Commitment, Guidance, Life Purpose, Transformation, Trust*

**Indications:** lacking trust in the universe; difficulty making the right choices and connections in life; over concern for the smallest details of one's process; unable to connect energetically with information about one's higher purpose.

**Healing Qualities:** promotes trust in the universe; helps us focus our awareness on what is necessary for the soul's progression in life; supports the formation of energetic connections with others that promote the realization of our life goals.

## Sugelite

*Awareness, Communication, Feminine, Spiritual*

**Indications:** living with a highly refined or intellectual concept of what the spiritual realm must be like, rather than a grounded, physically embodied understanding of what it is; believing that one must go outside of oneself to truly experience spiritual support.

**Healing Qualities:** brings depth and a physical richness to our spiritual lives; helps us physically manifest a warmer, more feminine quality of spirituality; promotes an easy acceptance of guidance and support from the spiritual realms.

## Tiger's Eye

*Anger, Centering, Emergency, Empowered/Empowerment, Identity, Oversensitive, Self-Esteem, Strengthening, Vulnerability*

**Indications:** losing sense of self-identity when dealing with powerful emotions, whether generated by the self or by others; reacting rather than responding; often angry or jealous; strongly affected by the energy of others; always taking things personally.

**Healing Qualities:** for self-empowerment; strengthens the energetic boundaries between our true nature and our emotional experiences; helps us maintain a strong sense of self-identity when dealing with powerful emotions such as anger, fear and jealousy.

## Topaz

*Addictions, Alignment, Awareness, Honesty, Identity, Individuality, Self-Esteem*

**Indications:** unable to take decisive action that supports one's true self; confused sense of personal identity; trying to connect to others for energy in inappropriate ways; identifying more with others than with the self.

**Healing Qualities:** clears energy blockages in the 3rd chakra; helps us tap into appropriate sources of universal energy; strengthens the ability to act decisively from a clear sense of personal identity.

## Turquoise

*Consciousness, Gratitude, Relationships, Wisdom*

**Indications:** lack of reverence for the Earth; no gratitude for nature's gifts; too busy to honour the sacredness of life; taking without asking or giving something back; living a life without soul.

**Healing Qualities:** attunes the energy field to the ancient wisdom and sacredness inherent in all of life; cleanses and deepens our connection to the soul of the Earth; helps us live a life of simplicity with gratitude and reverence for All.

## Watermelon Tourmaline

*Balance, Balancing, Feminine, Heart, Love, Masculine*

**Indications:** disharmony between the masculine and feminine aspects of the self; lack of balance between giving and receiving; difficulty expressing love for others, or receiving love from others.

**Healing Qualities:** balances the universal polarities of yin and yang; helps us establish equality between the magnetic and dynamic (giving and receiving) qualities of love; brings the green, physical, Earth frequency into harmony with the pink, spiritual angelic qualities of love.