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Exhibition text

Agate is known for its healing and protective properties, easing anxieties and balancing our emotions. Persian Magicians would use these stones to control the thunder and lightning that danced across the sky. In Chinese medicine, agate is used to stir up one's chi.

Onyx is a protective stone that helps shield against negative energies and psychic attacks. Throughout history, onyx has been attributed with protective powers, defensive magic, the reduction of sexual desires, and aid in understanding of the wheel of birth, death, and rebirth. Onyx is a root chakra stone.

Haematite is linked to emotional healing and helps to dissolve negativity and create a sense of balance. Haematite takes its name from the Greek word 'haima', which means blood.

Carnelian is associated with the sacral chakra, which rules sexuality and creativity. It is known for being a stone of courage, endurance, energy, leadership, and motivation. Carnelian's name comes from the Latin word 'carne' which means 'flesh'.

Tiger's eye is a stone of protection that can help provide spiritual stability. It is used to increase wealth and vitality and brings protection against negative energy, and strengthens self-worth.

Citrine is a stone of abundance and manifestation, promoting positivity, confidence, and prosperity by bringing joy and optimism into one's life. Citrine can help open the solar plexus chakra and heighten well-being on a mental and physical level.

Rock crystal, also known as clear quartz, is considered one of the most versatile and powerful healing stones in crystal therapy, as it can amplify the energy of other stones and help clear and balance the chakras.

Rose quartz is the stone of unconditional love and compassion. It is associated with healing emotional wounds, enhancing empathy, and forgiveness, promoting self-love, and fostering harmonious relationships. Rose Quartz is believed to open the heart chakra.

Blue lace agate is a soothing stone with a calming effect on the mind and body, known for its gentle energy. Blue lace agate encourages inner peace, harmony, and clarity of thought.

Lapis lazuli is known for its ability to stimulate the third eye chakra, enhancing intuition and psychic abilities. Lapis lazuli assists to confront and speak one's truth and inspires confidence.

Blue goldstone is believed to transmit healing energy, increase self-acceptance, aid in learning, and soothe hypersensitivity. Blue goldstone is associated with the heart and crown chakras.

Amethyst is a popular healing stone associated with spiritual growth, clarity, intuition, and tranquility. It supports restful sleep. Over the centuries, farmers wore purple quartz to defend their fields from predatory insects and bad weather.

Opal glass is a stone of transformation and personal growth, believed to inspire creativity, enhance intuition, and stimulate spiritual development.

Lepidolite is thought to have nurturing and calming properties. The stone is said to encourage independence in setting and achieving goals in a calm and measured way. It helps to overcome emotional or mental dependency. Lepidolite balances the heart, third eye, and crown chakra.

Malachite opens the heart to unconditional love, promoting, emotional balance, protection, and security. It can warn of impending dangers by breaking into pieces. Malachite is believed to open the heart chakra.

Garnet is a stone of vitality and regeneration, known for its ability to revitalise and energise the body. It enhances the flow of energy, promotes emotional stability, and stimulates the root chakra, bringing a sense of grounding and protection.

Unakite is a stone of vision. It balances emotions with spirituality. Unakite provides grounding, gently releasing conditions that inhibit spiritual and psychological growth.

Amazonite stimulates integrity, truth, and honour and is said to balance male and female energies.

Sapphire is regarded as a stone of wisdom and serenity. It is believed to calm the mind, enhance communication, and promote spiritual growth and self-expression. In Persian mythology, the sky reflected the giant blue sapphire upon which Earth rested.