




*Wear your Lava Lily as a REMINDER of the Intentions you set for yourself*

	<p><b>Black Onyx – Calming + Quietening</b> Black Onyx is powerful protection stone that helps to shield your body and release negative energy. It prevents draining your energy and can help alleviate depression.</p>
	<p><b>Tiger's Eye – Courage + Strength</b> Tiger's Eye enhances willpower and self confidence. It encourages strength and courage to help protect you against negative energies.</p>
	<p><b>Sodalite – Will-Power + Intuition</b> Sodalite expands awareness and encourages inner peace and contentment. It carries light to stimulate living your own beliefs and values there by living a more authentic life. Promotes endurance and will power.</p>
	<p><b>Agate – Strength + Balance</b> Agate brings stability and strengthening influences. Excellent for balancing emotional, physical and intellectual energy. Agate promotes inner stability, composure and self confidence.</p>
	<p><b>Howlite – Independence + Mindfulness</b> Howlite's grounding feel brings about self-awareness. Encouraging creativity and improving one's emotional well being.</p>
	<p><b>Lava – Grounding + Calming</b> Lava encourages you to release unneeded emotions and dissipates anger. It embodies rebirth, strength and fertility of mother earth.</p>
	<p><b>Jade - Belonging + Stability</b> Jade is a stone that inspires harmony of your mind, body and spirit. Encourages wealth and prosperity.</p>
	<p><b>Rose Quartz – Love + Harmony</b> Opens the heart to all types of love. It is known to help raise your self esteem, restore confidence and balance emotions. It is also one of the best crystals to use for positive self-affirmations.</p>
	<p><b>Sunstone – Happiness + Independence</b> Increases happiness and optimism. Also encourages enthusiasm, independence and originality.</p>
	<p><b>Crazy Lace Agate - Joy + Balance</b> Is the "laughter" stone. Brings feelings of joy and helps absorb emotional pain. Is a balancing and protecting stone, but is particularly emotionally protective.</p>

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	<p><b>Picture Jasper – Grounding + Harmony</b> It is grounding and harmonizing stone with a strong connection to the earth. Induces feelings of responsibility towards the planet, encouraging a need to care for and protect it.</p>
	<p><b>Hematite – Grounding + Balance</b> Hematite is the ultimate grounding stone for the body. Carries the light to promote you to feel more balanced, calm and centered.</p>
	<p><b>Moss Agate – Transformation + Clarity</b> The Gardner’s Stone. Is said to be balancing and strengthening. A stone of new beginnings.</p>
	<p><b>Opalite – Balance + Calming</b> Is a stone of emotional balance and helps improve your sense of self-worth. Helps assists in making smooth transitions and also used in Meditation for its calming and relaxing energy.</p>
	<p><b>Black Zebra Jasper – Optimism + Stability</b> Creates optimism to flow despite life’s stresses. Carries stability that encourages you to tackle those problems.</p>
	<p><b>Botswana Agate – Hope + Possibility</b> Is known as the stone of hope and possibilities. It is said to help alleviate a depressive mood.</p>
	<p><b>Blue Lace Agate – Soothing + Calming</b> Is a gentle, calming crystal. It brings feelings of tranquility to alleviate anger and tension. Wearing this stone helps calm your mind and reduce stress and anxiety.</p>
	<p><b>Kiwi Jasper – Tranquility + Peace</b> Is known as an excellent nurturing stone. Helps sustain and support you during times of stress inducing a sense of calm. Encourages you to feel more tranquil, peaceful and relaxed.</p>

