



> is also excellent throughout the pregnancy, as well as post-partum. It has been used to alleviate post-partum depression, and also relieves stress, high blood pressure, and other excessive Fire element ailments, such as flu, fever, and sore throat. It is best when worn around the throat, as Larimar connects solely with the throat chakra.



6 MALACHITE
Malachite is best for women who above all desire protection

from negative energies and a healed heart. This green and white Fire stone serves as a powerful cleanser for hurtful emotions and past trauma. It is ideal for cutting through pain and fog to make conscious, clear-headed choices. It also enhances leadership through a strong yang energy. Malachite supports fast healing and reduces inflammation and pain. It is most commonly used holistically to ease ailments of the stomach. In jewelry, it combines well with Tiger's Eye to enhance its physically energetic and protective qualities.



7 PERIDOT
Peridot is best for women who above all desire a sense

of well-being and prosperity. This stone has been described by Robert Simmons as "little green nuggets of positive power." It invokes warmth, like sunshine soaking into your soul, and creates a calm landscape of love and will to fulfill the heart's desire. Peridot honours the universal love of abundance, and allows one to accept success, prosperity, and aid that is offered without guilt. As such, this stone is excellent for women who find it difficult to ask for and accept help in times of need.



8 QUARTZ CRYSTAL
Quartz Crystal is best for women who above all

desire amplification of specific intentions, and healing. Quartz is the most well-known crystal, as it resonates with all chakras, and has the unique characteristic of being programmable to suit individual needs. It works on all energetic levels, and as such, is well suited to healing

and prayer. This stone is like a rear-view mirror: whatever is in it will appear larger. This means it can amplify emotions and the energy of other crystals, and encourage clarity of situations.

Quartz is excellent for expecting mothers who have very specific desires for their pregnancy and birth, as it acts as a vessel that can be filled and "programmed" to remember certain environments, intentions, and energies. A simple way to program quartz is by taking it to a peaceful place, holding it in hand, and meditating on one's intentions. Visualize these desires: how will they look? Where will you be? How will you feel? How will you act? What will happen? Map it all out like a movie in your head. Thoughts have frequency, and these frequencies will transmit to the crystal, so that when it is time to be held again, the intentions set upon it will arise.



9 ROSE QUARTZ
Rose Quartz is best for women who above all

desire unconditional love and emotional balance. This stone connects very strongly with the heart chakra, allowing one to release stress, pain, and old wounds of mistrust or loss. It is a feminine, soothing stone that above all promotes love, both for others and the self. Because it helps soothe and lift the heart, this stone can be helpful for those who have experienced the tragic loss of a child or partner. Rose Quartz is humble, yet powerful, and readies one for the full expression of love. It is best when worn on the body throughout pregnancy and labour, and can fill the home with gentle, loving energy when placed around the room. Robert Simmons says that "for one's meditation or sleeping room, a Rose Quartz in every corner is not overdoing it." Set your intention for love and acceptance

by adorning yourself and your birth space with this gentle stone.



10 SERAPHINITE
Seraphinite is best for

women who above all desire healing. This deep green stone with shimmering white and silver patterns evokes memories of walking through a peaceful forest. Seraphinite's name comes from the high order of angels "Seraphim," due to its ability to bring angelic light and high-frequency energy into the body.

What makes this stone so lovely is that it fills not just the body, but the entire aura of the wearer with a gentle yet powerful vibration that reaches not only the wearer, but also those around her, including midwives, partners, and even that bundle of joy! Seraphinite evokes a calm serenity of wholeness, and is the premier stone of healing in this time, especially known to facilitate cellular regeneration. It is beautiful when held or worn. When choosing a stone for a specific intention, it's important to remember that when all is said and done, the gemstone that's right for you is the one your heart calls to. Look at pictures and listen to your feminine intuition. It's so much wiser than we give it credit for. The beautiful part about using gemstones as support during momentous occasions is that you don't have to believe that they are healing or magical, or even more than ornamental. Simply by choosing a stone that resonates with you and dedicating your intention upon it, you can help create the future you desire every time you pick it up.

MORE INSPIRATION

READ The Book of Stones: Who They Are and What They Teach by Robert Simmons and Naisha Ahsian