

**STONE MEDICINE: A CHINESE MEDICAL
GUIDE TO HEALING WITH GEMS AND
MINERALS BY LESLIE J. FRANKS**

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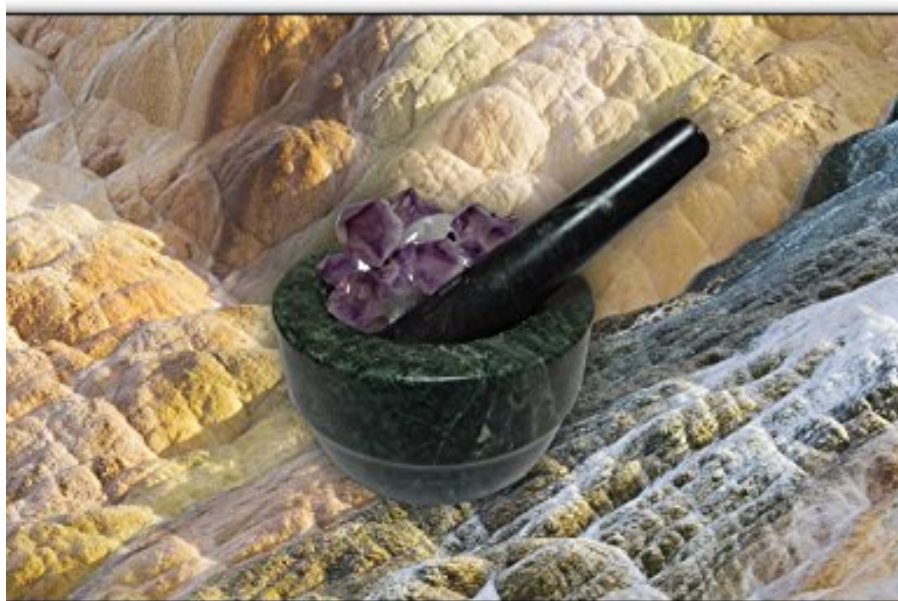
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Review

“In addition to herbalism and acupuncture, Chinese Medicine has a rich tradition of using stones as medicine, passed from generation to generation for thousands of years. In this comprehensive guide and extensive Materia Medica, Leslie J. Franks presents the Stone Medicine teachings of Dr. Jeffrey C. Yuen, an 88th generation Taoist priest from the ancient lineage of the Jade Purity School, which dates to the Han dynasty, 206 BCE. Detailing the therapeutic properties of 200 gems, stones, minerals, and crystals, Franks begins with an extensive look at 15 different forms of quartz, followed by chapters on transformative stones, protective stones, nourishing stones, source energy stones, and alchemical stones.... this book explains how stones access our deepest layers, vibrating ever so slowly, to initiate deep lasting change.” (The Edge, March 2016)

“This is a comprehensive manual for using crystals, gems and stones to address physical, emotional and spiritual health conditions. In addition to herbalism and acupuncture, Chinese medicine has rich traditions of using stones as medicine, passed from generation to generation for thousands of years. A thorough primer on Traditional Chinese Medicine that is backed by modern scientific research is included.” (AZnetnews.com, May 2016)

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About the Author

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Chapter 14

Transformative Stones

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Most of the transformative stones form at the Source/Yuan, or igneous level, but their appearance shows a process of metamorphosis. The stones are quartz, but they do not form perfect crystals. They demonstrate a slow evolutionary process as the Earth adapts to change. They also represent a core tension of human life--the relationship between Water, our Essence, and its requirement to discover and express our deepest self, and Earth, with its requirements of living in society. Looking at the agates, with their banded, speckled, or patchy appearances, we can imagine the struggles and conflicts the stones experience during their creation--as they melt and solidify, compress and release, fuse and separate. Eventually the stones refine to become the strong, definitive colors of the jaspers; the translucent, homogenous colors of the chalcedonies; or the shining, intensely black onyx, which represents our deepest Essence: the Water energy of the Kidneys. The group as a whole matures to its ultimate perfection in the subtlety and elegance of jade, a stone held in the highest regard since the earliest history of the Chinese.

The use of jade in Chinese culture dates to the Neolithic period, when ancient populations considered the nephrite jade they were able to mine locally to be inherently more valuable than gold or silver. They used the stone to shape ritual objects and tools, and the quality of the carving gives evidence to a highly sophisticated civilization. Nephrite jade is extremely durable, as demonstrated by the many jade artifacts unearthed that date back to more than 1,000 years before the Common Era.

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A comprehensive manual for using crystals, gems, and stones to address physical, emotional, and spiritual health conditions

- Includes an extensive Materia Medica detailing the healing and spiritual properties of 200 crystals and stones based on Classical Chinese Medicine
- Explores the role played by the color of each stone, its Yin and Yang qualities, crystalline structure, chemical composition, and topical and internal applications
- Explains how to make stone and crystal elixirs, wear stones as healing jewelry, use them in massage and energy work, and cleanse and recharge them
- Based on the oral teachings of Dr. Jeffrey C. Yuen, a Taoist priest from the ancient lineage of the Jade Purity School (88th generation) masters

In addition to herbalism and acupuncture, Chinese Medicine has a rich tradition of using stones as medicine, passed from generation to generation for thousands of years. In this comprehensive guide and extensive Materia Medica, Leslie J. Franks presents the Stone Medicine teachings of Dr. Jeffrey C. Yuen, an 88th generation Taoist priest from the ancient lineage of the Jade Purity School, which dates to the Han dynasty, 206 BCE.

Detailing the therapeutic properties of 200 gems, stones, minerals, and crystals, Franks begins with an extensive look at 15 different forms of quartz, followed by chapters on transformative stones, protective stones, nourishing stones, source energy stones, and alchemical stones. She explains the physical, emotional, and spiritual conditions each stone can treat and how their color, form, hardness, and energetic qualities affect us according to Chinese Medicine. She discusses how to make stone and crystal elixirs for internal and topical use, how to charge quartz with the healing properties of other stones, how to cleanse and recharge a stone after use, and how to combine stones to create healing formulas for individual conditions. She explains different techniques of wearing stones as healing jewelry and how to use them in massage and energy work. She examines the chemistry and sacred geometry of crystal structure, revealing how the minerals contained in the stones affect our physiology by supporting our Jing (Essence); by nourishing Qi (energy), blood, and fluids; and by clearing Wind, Cold, Damp, and Heat conditions that can lead to disease.

Including a thorough primer on Traditional Chinese Medicine and backed by modern scientific research, this book explains how stones access our deepest layers, vibrating ever so slowly, to initiate deep lasting change.

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Most helpful customer reviews

15 of 15 people found the following review helpful.

A Masterful Work!

By Kindle Customer

Leslie Franks has done a masterful job of organizing and presenting Master Jeffrey Yuen's view point of Chinese energetics - this is the book I have been wanting for at least ten years! Franks sums up nicely much precious information which I have spent 15 years in gathering - from recordings, transcripts of talks, and personally attending Master Yuen's seminars. The first 75 pages provide short descriptions of Yuen's teachings about Chinese medicine in general, which provides a good foundation for understanding the text of the Stone teachings.

In the rest of this generous-sized book, the Stones are arranged according to which level of Qi with which they most resonate, which is a potent way to apply them. She also lists their chemical compositions, crystalline structure, level of formations, chinese name, appearance, key characteristics, directionality, functions and uses, and combinations of stones to use.

While this book is aimed at practitioners of Chinese medicine, it should be useful to many health care providers because of her clear explanations. She is a natural teacher; thank you, Leslie Franks!

8 of 9 people found the following review helpful.

Lots of practical, science - based info!

By SuperK

This is the only book I've ever seen that takes a detailed, scientific approach to using stones in treating with Chinese Medicine.

If you are a student of Chinese Medicine or a layperson, it's written in very digestible language and goes into great detail.

I'm really enjoying learning the different modes of using the stones, the properties of specific stones and how they link to the body, etc energy and the scientific details of Chinese medicine.

0 of 0 people found the following review helpful.

A Masterpiece!

By Ami

WOW! What an amazing book! It's a big, thick, heavy tome of a book, just chockfull of information. If you have at least a general background in Chinese medicine (you have to have some way of diagnosing the problem according to TCM criteria, or else none of it will make sense), and love crystal healing, this book is absolutely indispensable. I've never seen anything like it. Leslie Franks has my deepest respect for putting this together. I absolutely love it.

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