

Crystal Quick Reference

Abalone

Abalone is a shell from the family that includes clams, scallops, and others. Abalone is purported to be especially useful for handling and calming emotional situations, and be very soothing to the emotions.

Having abalone nearby when working through an emotional situation with someone is said to be beneficial, and to promote cooperation.

Abalone is reported by intuitive sources to stimulates psychic development and intuition, and promotes imagination in a healthy way.

Abalone is associated with the first three chakras.

Mystical Lore and Folklore says that abalone is helpful for arthritis and other joint disorders, muscle problems, the heart, and digestion.