

# Crystal Quick Reference

## Agalmatolite

Agalmatolite or pagodite is a grayish-green or grayish-yellow carving stone popularly used in Chinese carvings like those in pagodas (Hindu or Buddhist temples with tiered towers). In Japan, small pieces may be used as traditional writing tools. It is also known as Pyrophyllite.

Pyrophyllite is a hydrated aluminum phyllosilicate with a dioctahedral structure. The chemical formula is  $Al_2Si_4O_{10}(OH)_2$ . The Mohs hardness rating is between 1 and 2. It is similar to talc but talc is a hydrated magnesium phyllosilicate with a trioctahedral structure.

This crystal is excellent for grounding. It helps to enhance your energy. It also helps with clarity in making decision. This crystal also aids in problem solving and seeing solutions.

The energy of this crystal is very calming and soothing. It also promotes a gentle flow of energy between the user and the Earth. This crystal also helps to quieten the mind and is very useful in meditation - especially if you have monkey chatter brain when trying to meditate (random thoughts popping up all the time).

Agalmatolite is also a crystal of harmony and balance. It helps to balance masculine/feminine, Yin/Yang.

This crystal energizes the heart and throat chakras. It can aid in relationship issues, communicating with friends/relatives/lovers. It helps to maintain a state of calm during emotional, stressful, or argumentative conversations.

Do not soak in water or essential oils. Remember, Mohs hardness of 1 to 2 is easily scratched, very porous.

Chakras: Heart, Throat