

Crystal Quick Reference

Agate

Agate is noted in the metaphysical world to be a good protective energy stone, especially for children, and very calming and soothing. It is also said to help strengthen the body's connection to the earth. It is reported to mystically give courage, energy, strength, and dispels fears, all of which increase self-confidence. It is said to lessen feelings of envy by grounding the emotions. Agate is also used in crystal emotional healing for resolving bitterness and resentments. It is also called and believed to be a stone of harmony. These two factors makes it a stone that's said to help improve and harmonize relationships. Also, by bringing the elements of one's being into harmony it greatly enhances healing. Agate also enhances creativity and stimulates the intellect. Agate is considered a stone that brings good luck. It works with chakras according to stone color. Agate is said to help with issues of the teeth and gums