

# Crystal Quick Reference

## **Agate - Black**

Black Agate helps to stabilize emotions and is a powerful grounding tool. It also helps to bring emotions into balance so there is less likely outbursts, tantrums, etc. This is an excellent crystal to protect from danger, repel forces of darkness. It also strengthens will, improves courage, helps with conquering and dealing with fears. This crystal can also help with grief and the grieving process.

Chakras: Root, Sacral, Solar Plexus