## **Crystal Quick Reference**

## **Agate - Fire**

Fire agate is a stone of courage, protection, and strength. Mystical lore says that it relieves fears, halts gossip and even reflects any threat of harm back to the source.

Fire agate can help with spiritual advancement and progression.

It promotes and enhances energy, including meditation, ritual, and spiritual healing energies.

It also balances masculine (active) and feminine (receptive) energies.

It is also said that it can take the edge off the emotional charge of problems.

It is associated with many fire and solar deities.

It is used in alchemy to represent fire.

This is a very grounding crystal. This is a slower vibrational rate crystal so it is excellent for providing stability, strength, and grounding.

It helps to revitalize the life force and help stimulate the Joie de vivre (joy or zest of life).

This crystal helps you to connect with your deepest desires.

By working on the root and sacral chakras, different sources report that this crystal can help increase stamina, improve circulation, useful in treating sexual imbalances. It may help with impotence. It may also help with fear of sexual intimacy.

You can place fire agate outside or inside the home for protection ... in or on the window sills and above doorways are wonderful protection points.

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This crystal has a very warm and nurturing energy. It helps to encourage feelings to security and self confidence.

Fire agate is often used in spells to increase skills in communication in writing and speaking to increase your passion of the subject or flame the passion of the listeners to the subject.

It can also heighten creative visualization.

Metaphysical healing lore professes that fire agate enhances all healing energies, and assists with healing of the circulatory system, lymph system, intestines.

Chakras: Root, Sacral

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