

# Crystal Quick Reference

## Agate - Gray

Gray agate is a powerful crystal for grounding. It also helps to stabilize energy.

It aids in emotional healing. It also helps to enhance mental function.

This crystal brings calmness and tranquility.

It also helps to increase awareness of our thoughts and feelings and their effect on your long term well being. It also helps us to remember be cautious of our emotional reactions to situations and events.

Gray Agate also helps to bring comfort to those who are or have experienced trauma in any form.

This crystal works with the root chakra which is critical in our ability to ground. The root chakra is also the chakra of strength and courage.

Chakra: Root