

# Crystal Quick Reference

## Agate - Mexican Lace

Mexican Lace Agate is said to be particularly useful for weaving protections, because of the "woven lace" pattern energies it has. It is also excellent as a meditation tool for meditations on harmony, patterns of energy or magic, and other esoterica. Agate itself is good protective energy stone, especially for children, and is very calming and soothing. It also can help strengthen the body's connection to the earth. It can give courage, energy, strength, and dispels fears, all of which increase self-confidence. It can also 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.