## **Crystal Quick Reference**

## **Amazonite**

Amazonite is a mint green to aqua green stone said to be of truth, honor, communication, integrity and trust.

It enhances intuition, psychic powers, creativity, intellect, and psychic ability.

Amazonite is often associated with the throat chakra, and as such, said to be beneficial to communication.

It aligns the physical and astral bodies.

Llessens stress and self-defeating behaviors by calming and building self-esteem.

Amazonite is also said to assist with peacefully making the transition out of this life.

Amazonite is believe in crystal healing to heal emotional disturbances and the after effects of emotional trauma.

It is reputed to have spiritual energy healing powers of preventive energy that's good for health in general, colic, decreasing heart problems, benefitting the muscles, calcium deficienty, pregnancy, eczema, muscle cramps, helping the nervous system, lessening tooth decay and osteoporosis.

Chakras: Heart, Throat

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