

# Crystal Quick Reference

## **Amber**

Amber gives a soothing, light energy that is both calming and energizing at the same time. It is said to help manifest desires and heighten intellectual abilities, clarity of thought, and wisdom. It is reputed to cleanse its environment by drawing out negativity, and to relieve physical pain the same way. It is used mystically to bring the energies of patience, protection, psychic shielding, romantic love, sensuality, purification, balance, healing and calmness to those who wear or carry it. It is considered a good luck charm for marriage. Amber is excellent in crystal healing for inner child work and past life work. Amber is associated with the solar plexus chakra and sometimes the sacral chakra. Mystical lore says that amber is beneficial for purifying the body, headaches, bone problems, heart problems, circulation, ears, hearing problems, endocrine system, fibromyalgia, intestinal/digestive disorders, kidney, bladder, lungs, and general healing purposes.