

Crystal Quick Reference

Apache Tear

Apache Tears are said to especially relieve grief and sadness as well as assisting in giving and accepting forgiveness. They can help release negative emotions, and they also can balance one's emotional state. They are good luck stones, said to bring good luck to anyone who has one. They are excellent meditation tools, especially for clarifying issues and gaining insight. Apache Tears are a gently grounding stone. In the physical realm, Apache Tears are reputed to alleviate muscle spasms and eliminate toxins from the body.

The Legend of the Apache Tear is this:

One day a party of Apache Indians was ambushed by an enemy tribe. The Apaches fought bravely but were greatly outnumbered and driven to the top of a high bluff. Their arrows gone and unable to fight and unwilling to be taken captive, they leapt from the cliffs to their death. Their women were understandably grief-stricken and wept over the bodies. Their teardrops froze when they hit the ground to become the lovely stones we know today as Apache Tears. It is said that whomever owns one of these stones will never cry again, for the Apache women shed enough tears already.