

Crystal Quick Reference

Apophyllite

Apophyllite regulates bodily functions and enhances memory. Very effective in treating asthma and allergies. Wonderful for reducing stress and worry, fear and anxiety.

Apophyllite is terrific at activating the third eye and crown chakras. As a result, this may enable to user to receive visions and insights into current, past and future situations. It also helps to connect with spirit guides. It enhances astral travel and remote sight. It also helps to stimulate intuition.

Helps to transfer ideas gathered while traveling the higher realms to the conscious mind. It can enhance psychic visions as well as clairvoyance. It can help promote structure in your daily life. It also helps you plan for the future without focusing on negative past experiences.

This crystal is wonder for raising the vibrational rate of a room and filling it with peace and love.

It helps to release mental blocks and negative thought patterns.

Chakras: Third Eye, Crown