

Crystal Quick Reference

Aquamarine

Aquamarine is a stone of courage.

It's energy focuses on balance and hence it helps to promote calmness and also helps to quieten an overactive mind.

It harmonizes its surroundings and helps protect against pollutants.

In the past it was a stone of protection and worn by sailors to prevent drowning.

Excellent crystal for those with psychic gifts, ESPECIALLY receptive empathy.

It helps promote tolerance in other people.

Aquamarine is a very supportive crystal. Encourages the wearer to take responsibility for the actions and situations. It is good helping to work through old self-defeating programs we have created in ourselves.

It sharpens intuition and strengthens clairvoyance.

It also shields the aura and aligns the chakras. It helps the throat chakra to function better allowing for better communication of ideas.

Good for sore throats, swollen glands and thyroid problems. Harmonizes the pituitary and thyroid.

Chakras: Throat, ALL