

Crystal Quick Reference

Astrophyllite

Astrophyllite is a crystal of transformation.

It helps you to love yourself for who you are and helps you to recognize your strengths, gifts and positive qualities. It can help you come to terms with actions in your past that you may have problems accepting.

This crystal helps to promote a tranquil state. As your mind calms it helps you to see and realize truths.

Astrophyllite helps you to move along your spiritual path. It can help you to realize why you are here and to assimilate information from the lessons that you need to learn.

This crystal helps to connect the Earth Star chakra (about 1 foot below the feet and is our spiritual connection to the Earth) and the Soul Star chakra (about 1 foot above the crown and is our spiritual connection to the higher realms). Very powerful crystal for walk-ins. For those who are not of this planet or this plane it helps you to feel more at home here.

It protects the soul on all levels and is an excellent crystal of protection while journeying out of your body.

Astrophyllite helps to enhance telepathic gifts and also aids in accessing information from higher realms and beings.

This crystal helps to strengthen relationships.

For those who have had past lives in other realms, planets, Atlantis or Lemuria, it may be able to help you go back in time using psychic abilities and gain information regarding those past lives and bring the information into the present.

Very powerful stone for dealing with addictions and addictive behaviors. By

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connecting the Earth Star and Soul Star chakras as well as the third eye and crown chakras it helps a person to understand why they are trapped in an addictive behavior and to deal with that behavior. Since Astrophyllite helps you to deal with difficult situations in your past, it may help deal with addiction if the root of the addiction is connected to a traumatic or difficult event.

This crystal works on all the energetic bodies and with each of the bodies connected to the chakras. It brings the light of the universe down into our beings clearing out psychic and energetic debris as well as exposing those things which need healing.

It can help those who feel they are beyond redemption due to actions they have taken in this lifetime. It can help you deal with fears and to move on.

Excellent crystal for use in Reiki crystal healing, especially when combined with the mental/emotional symbol from Usui Reiki level two.

Works great with moldavite, astrophyllite, diopase, spectrolite, nummite, opalite.

Chakras: Earth Star, Soul Star, Third Eye, Crown