

# Crystal Quick Reference

## Aventurine - Blue

Blue Aventurine is a crystal of the heart and the mind. It is a crystal of calmness.

It helps to calm the mind and the heart.

As the mind calms, this crystal helps with making decisions and sticking to them.

This is a very masculine crystal and enhances the masculine energies in both men and women.

It helps to enhance inner strength.

Very connected to the throat chakra as well as the third eye chakra. This crystal can help you open up to guidance from higher beings. It is excellent for communication and can help you to be more open and honest with your communication - helping you to speak your mind.

Blue Aventurine is strongly connected to the Arch Angel Raphael who is the angel of compassion, knowledge, progress, repentance and love.

This crystal can help adults that have never seemed to grow up or take responsibility.

Excellent crystal for helping one become a leader or manager, and can help a person earn the respect of others through action and knowledge.

Blue Aventurine is said to help with chronic pain and stiffness. It may help with muscle twitches, muscle spasms, facial tics, etc. It may help with insomnia. It may help with migraines and headaches, and eyesight. It may also help with balancing hormones in women.

Astrological: Virgo

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Chakras: Heart, Throat, Third Eye