

Crystal Quick Reference

Aventurine - Grey

Grey Aventurine

Grey Aventurine opens, balances, and energizes the root, heart, and crown chakras.

This is a crystal that promotes balance and calmness. It brings tranquility and inner peace. It is excellent for grounding as well as to enhancing your connection to the divine and higher realms.

It aids with mental clarity – as balance is achieved the clutter in the mind settles and it is easy to see clearly.

This is an excellent crystal for connecting with spirit guides and other higher beings.

By stimulating the crown chakra it aids in developing and strengthening psychic abilities as well as enhancing intuition.

This crystal also helps to release negative emotions! As negative emotions are released that are related to friendships or relationships it can help to strengthen them.

Chakra: Root, Heart, Crown