

# Crystal Quick Reference

## **Barite**

Barite is a barium sulfate crystal

Helps to link us to our highest purpose and helps to develop the connection to our higher self.

This crystal draws in high frequency energy. This energy activates and clears blockages in the upper chakras.

It also helps to strengthen our intuitive abilities.

As our higher chakras balance we are more capable of recognizing where we need to let things go to help change occur. It helps to release trapped negative emotions which no longer serve us and replace it with love.

Chakra: Third Eye, Crown, Soul Star Chakra