

# Crystal Quick Reference

## Calcite - Blue

Helps to remove emotional blocks and balances emotions. It has calming properties. It helps to reduce the stress of being overwhelmed or overloaded. It can help to increase strength of will and intention. It opens the channels of communication and works well with the Throat chakra. It is great for connecting with angels. Very useful for creative visualization work. It can help lessen the impact of Karmic issues.

Chakras - Throat