

# Crystal Quick Reference

## Calcite - Green

Calcite is a form of calcium carbon trioxide that had some chlorite (ClO<sub>2</sub><sup>-</sup>) present during formation giving it the green color.

Green Calcite is a crystal of love and of the heart chakra.

This crystal helps to combat stress. It helps to strengthen the heart. It helps us focus on our emotions. Green calcite also helps to activate understanding of complex concepts. It can help to enhance memory and aid in clearer thinking.

This is a powerful crystal for helping let go of hostility and resentment. It can help you to release feelings of bitterness and anger. This crystal can also help you forgive yourself.

Chakra: Heart