

# Crystal Quick Reference

## **Chalcedony - Blue**

Helps to encourage you to make positive changes in your life and situation.

Helps to promote emotional stability and eases difficulty in communication.

It promotes brotherhood and goodwill.

It is an excellent healing stone. Works well with the throat chakra. It helps to ease hostilities, irritability and melancholy.

It enhances generosity, responsiveness and receptivity.

Chakra: Throat