## **Crystal Quick Reference**

## Chiastolite

Chiastolite is a stone of protection. It is used to repell the evil eye, ill wishes and curses.

It has the ability to transmute dissention into harmony. It helps to dispell negative thoughts and feelings.

It is a stone of creativity.

It transmutes conflict into harmony and facillitates problem solving!

It is a gateway into the mysteries and helps with out of body travel (mental projection, mental transference, astral projection).

It is linked to both death and rebirth. It helps one during transitions (both death and other forms of transitions).

Helps do dispell illusion, calm fears, helps you to face reality. It is very useful in combating the fear that you are going mad.

It helps in all transitional experiences. Helps you to release old/worn out patterns of thinking and conditioning.

Helps to reduce fever and blood flow from wounds. Good with ghout and rheumatism. Helps stimulate lactation of nursing mothers. Repairs chromosonal damage and balances the immune system. May help with paralysis and nerve problems.

Green Chiasolite helps with the heart chakra, aids in releasing emotional distress and blockages in the chakras especially old pent up anger and emotional trauma.

Chakras: Heart, all

Zodiac: Libra

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