

Crystal Quick Reference

Cuprite

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Cuprite is a reddish brown crystal with a high concentration of copper. It is a mineral form of cupric oxide (CuO₂).

Wonderful to reducing worries about things that you have no control over. It helps to develop your awareness. As your awareness increases you may find that it becomes easier to receive and send spiritual messages.

Cuprite, and copper, are strongly associated with the root chakra. It helps to awaken and balance the Kundalini energy. Excellent crystal for grounding. It can be useful in healing relationships with your father.

Very useful in helping to recall past lives and to explore past life experiences.

Cuprite is very good for working with blood disorders, problems of the hearth, thymus, metabolic imbalances, kidneys, menstrual cramps, water retention, etc. Also good for working with addictions including alcoholism.

Chakras: Root, Sacral, Solar Plexus, Heart