

Crystal Quick Reference

Diopside - Black Star

Diopside - Black Star is a crystal of healing and intellect. Sometimes known as the "Stone of Tears" or the "Crying Stone". It helps the individual to work through past trauma (physical, emotional, spiritual) and release the negative associations.

It helps to connect us to the Earth Mother Goddess. It can help with aggression and stubbornness.

It helps to stimulate the intellect and can help with analytic pursuits such as math.

This crystal also helps to understand the duality within ourselves.

Diopside has been said to be good for healing for the heart, lungs, circulation, weakness, kidneys, muscle aches and spasms, and psychological disorders.

Astrological: Pisces

Chakras: Root, Solar Plexus, Heart, Third Eye