## **Crystal Quick Reference**

## **Dumortierite**

Dumortierite is a crystal of the mind. It helps with mental pursuits and confidence. Very helpful in areas of math and language. Stimulates the left hemisphere of the brain. Sharpens focus. Helps to get rid of self doubt and strengthen your belief in yourself. Can help you stand up for yourself.

3/5/2024 6:19:20 PM Page 1 of 1