

# Crystal Quick Reference

## **Fuechsite**

Fuechsite chemical formula  $K(Al,Cr)_2(AlSi_3O_{10})(OH)_2$ , Potassium Aluminum Chromium Silicate

Fuechsite is a crystal of understanding. It helps us to understand ourselves, our environment, our situation, our relationship to and with others. It helps us to understand our stresses and distressors. It helps us to understand how our work, home, family life, friendships, relationships impact our wellbeing. It helps us to understand issues in the physical world that relates to our well-being as well as our health.

This crystal helps to overcome codependency, helps to speed recovery from emotional and physical trauma. It helps to eliminate tendencies toward servitude. Fueschite helps to teach us SELF-WORTH.

Fuechsite helps to heal, nurture, balance, and align the heart chakra. It helps us to recognize the joy in the little things in life. It helps you to understand happiness.

This crystal helps you to release thoughts and emotions that are no longer healthy for you. Helps to maintain or restore mental, emotional, and spiritual balance.

If you fee like everything is falling apart, this crystal can help you to realize that everything will eventually be alright.

It can help you learn how to say no to people who are taking advantage of your good nature, using you, abusing you, taking you for granted, and that you are not responsible for another person.

This crystal helps to protect against emotional vampires.