

Crystal Quick Reference

Garnet

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Chemical Formula $A_3B_2(SiO_4)_3$ in which

A = Ca, Fe²⁺, Mg, Mn²⁺;

B = Al, Cr, Fe³⁺, Mn³⁺, Si, Ti, V, Zr; and Si may be replaced partly by Al, Ti, and/or Fe³⁺.

In addition, many analyses indicate the presence of trace to minor amounts of Sodium (Na), Beryllium (Be), Strontium (Sr), Scandium (Sc), Yttrium (Y), Lanthum (La), Hafnium (Hf), Niobium (Nb), Molybdenum (Mo), Cobalt (Co), Nickel (Ni), Copper (Cu), Silver (Ag), Zinc (Zn), Cadmium (Cd), Boron (B), Gallium (Ga), Indium (In), Germanium (Ge), Tin (Sn), Phosphorus (P), Arsenic (As), Fluorine (F), and rare earth elements.

Red garnet is also called pyrope garnet $Mg_3Al_2Si_3O_{12}$ (Magnesium Aluminum Silicate) but there can also be Calcium, Chromium, Iron, or Manganese included.

Powerful energizing and regenerating crystal.

Cleanses the chakras. Revitalizes, purifies and balances energy.

Helps promote serenity and passion. Inspires love and devotion. Helps survival instincts. Helps sharpen perception of self and others. It also helps to open the heart and increase self-confidence.

It is an excellent crystal to have in a crisis or traumatic situation. The calming effects of the crystal will help you to maintain balance and think more clearly. In harmful situations it helps to increase your survival instincts.

Garnet can help to dissolve and release behavior patterns that no longer serve your needs or that hold you back. It can also help you to work through inhibitions and taboos that you have learned from others or from society

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including those related to self image problems and body shame issues.

Garnet is said to help stimulate the metabolism. It helps to purify the lungs, heart, and blood. It boosts the immune system and your energy.

Garnet is also a money drawing crystal and can help you manifest things on all levels. It is also a crystal of awakening.

Astrological: Aquarius, Capricorn, Leo, Virgo.

Chakras: Root, Sacral, Heart