

Crystal Quick Reference

Goldstone - Green

Green Goldstone is a man-made crystal dating back to the 1700s. It is a combination of quartz dust (silica) and chromium oxides. (Red goldstone has copper instead of chromium oxide.)

This crystal connects with the heart chakra and helps to facilitate healing of emotional wounds and issues. It can help open the heart up to the divine love and the love of higher beings. It helps you to love yourself and to see the good within yourself. Excellent for combating self-esteem and self-worth issues.

It can be used to work on all the chakras because of the quartz component. It helps to bring loving and nurturing energy into each chakra it is used on.

Astrological: Sagittarius, Taurus

Chakra: Heart