

# Crystal Quick Reference

## Hematite

Chemical Formula  $\text{Fe}_2\text{O}_3$

It is a mineral form of Iron Oxide (rust is a non-mineral form).

Hematite has a rhomboheral lattice structure. Often found with veins of iron.

The name hematite is derived from the Greek word for blood haima because hematite can be red, as in rouge, a powdered form of hematite.

Great for grounding and balance. Stone of the mind. Brings mental organization. Decreases negativity. Balances the mind/body/spirit. Balances Yin/Yang energies. Keeps the body cool. Helps with insomnia and spinal alignment. Good for helping blood based illnesses.

Hematite is vulnerable to strong emotions, especially negative emotions. Small pieces of hematite, thing band rings, etc. may shatter when exposed to strong negative emotion.

Astrological: Aquarius, Aries.

Chakra: Root