

# Crystal Quick Reference

## Hematite Rainbow

Rainbow Hematite is iron oxide, Goethite, and aluminum phosphate. The aluminum phosphate gives this crystal its iridescent multicolored surface.

This is a master grounding crystal.

Since this crystal has ALL the colors of the chakras (and more) it is an excellent tool for absorbing negative energy and debris from the chakras.

Rainbow Magnetic Hematite helps to protect from EMF.

This is also a crystal of balance as well as grounding. It is a useful tool for helping to ground yourself, center your thoughts, and balance your energies. It is a wonderful tool for balancing the Yin/Yang energies.

When used in meditation it can help you enter deeper meditative states. For those with an overactive mind that will not shut down it can help calm your mind and bring sleep. Rub a piece of rainbow magnetic over the head for a few minutes being sure to hit the brow, the temples, the crown of the head and don't forget the back of the neck to pull out excess energies and to help calm your thoughts.

In addition to all of the properties listed here be sure to read up on the entry for Hematite.

Chakras: ALL