

# Crystal Quick Reference

## Herkimer Diamond

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This crystal was first found in Herkimer, New York in the USA.

It is a type of quartz with a high refractive index. They are very clear. Some may contain rainbows and other special features. Some Herkimer Diamonds have black inclusions. A few special Herkimer Diamonds have water inclusions making them especially useful in working with emotional issues.

This is a crystal of ascension and will help raise your vibrational rate to the maximum potential while you are in your human body.

It is a powerful crystal for working with the crown and third eye chakras. If there hydro-inclusions it also is excellent for the heart. As with all quartz, this crystal can help stimulate, balance, active, open, energize any chakra.

This is an excellent crystal for increasing clairvoyant and clairaudient abilities. It also helps to increase all psychic abilities. It may help to develop lucid dreaming abilities as well as helping you to remember dreams.

Meditating with a Herkimer Diamond may help you to let go of unconscious fears.

The special qualities of this crystal can help to purify your energy field and help you connect with the divine source.

It is a powerful amplifier and gives a tremendous boost to smaller crystals.

This crystal is wonderful for aiding in astral travel and it helps to bridge the astral and physical planes.

Herkimer diamonds are wonderful tools when programmed. You can easily program the crystal with positive thoughts and affirmations such as love,

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positive body image, well-being, compassion, etc.

It also has extremely powerful abilities to break apart energetic blockages on all levels, protect from EMF, move energetic debris from the body and energetic bodies (aura, chakras, meridians, nada lines, higher chakras, etc).

These crystals may be very helpful at fighting pain. You place the crystal on the area experiencing pain and within a few minutes many people report a lessening of the pain or elimination of pain. It is said that this crystal can purify the body and help release toxins. Some people claim that it can be used to correct imbalances in RNA/DNA, as well as cellular disorders.

Chakras: Third Eye, Crown, Heart (with water inclusions), all