

# Crystal Quick Reference

## Heulandite - Green

### Green Heulandite

A green variety of Heulandite. It has all the properties of Heulandite and more.

Green Heulandite connects deeply with the heart chakra as well as to the heart of Gaia, Mother Earth. Working with this crystal helps you to become more in tune with the Earth and its needs.

This crystal may awake or begin tremendous healing journeys within the wearer or the client it is used upon. It is a wonderful crystal for emotional healing.

Many people report feeling more compassionate after working with this crystal.

It may aid in forgiveness of those who you feel have wronged you (actual or not).

This crystal may help with weight loss (especially if you are stress eating, anger eating, emotional comfort eating). It is said to increase blood flow to the lower body which may assist the liver, kidneys, bladder and other organs. It may help with neuropathy related to circulation problems

Chakras: Heart, Earth Star