

# Crystal Quick Reference

## Hiddenite

Hiddenite, chromian variety of Spodumene/Kunzite.

It activates the heart chakra and aligns it with the throat and third eye chakras.

Aids in connecting to other worlds as well as helps promote clarity in the knowledge transferred between worlds.

Useful in meditation. It helps to focus on the basis for unhappiness and assists in understanding that everything is transient. It helps in creating loving thoughts and communication. It connects to the infinite source of love and provides cleansing on all levels.

It dissolves negativity and raises the vibrational rate of anything nearby. Useful in dispelling possession from outside influences and entities.

It also helps to remove obstacles.

It aids in the heart chakra meditation. When the crystal is placed on the heart chakra while meditating it helps you to clear away any debris or muddiness which may have collected.

It aids in intellectual and emotional pursuits. It also helps to provide insight when diagnosing disorders of the physical body.

Excellent stone for healing, especially issues related to the heart, regulation of blood pressure and diminishing free radicals in the bloodstream.