

# Crystal Quick Reference

## Howlite

Crystal of spiritual awareness. Helps to bring calmness and peace. Help to prepare you to receive wisdom from the higher self and the divine. Also used in dimensional travel. Excellent for meditation.

Helps to release attachments, cords, links to old emotional pain from this life or from past lives. Helps you to process emotions related to the cutting of old attachments and cords.

Helps to decrease critical states of mind, selfishness, stress, anxiety, decrease anger.

Helps to increase creativity and expand self expression.

Can be used to balance all the chakras.

Chakras: Crown, Third Eye, Throat, Heart, Solar Plexus, Sacral, Root,  
Secondary Chakras