

Crystal Quick Reference

Jade - Nephrite

Nephrite

Nephrite is a form of Jade.

It is strongly associated with the heart chakra. Excellent for works with all types of relationships, especially romantic ones.

Excellent stone for protection. Also protects against psychic attack and psychic vampires. Wonderful for children and keeping them safe.

Nephrite helps to stabilize mood and emotions as well as helping to maintain or restore emotional balance. It helps to balance the yin/yang energies, the masculine and feminine energies. It can help to relieve or reduce stress.

This crystal can help increase your joie de vivre (joy of life). Perhaps Fran Drescher carried one with her.

It can also be used to help with lucid dreaming and can help you to remember your dreams.

It is also a crystal of wealth and abundance. Many different cultures believe it brings good luck.

Nephrite jade is used by energy works to help speed healing of the heart and kidneys.

Chakras: Heart