

Crystal Quick Reference

Jasper - Brown

Excellent crystal for grounding.

Cleanses negative energy as well as stabilizes the aura.

Helps to induce tranquility.

This is a rescue crystal and is excellent for panic, anxiety, PTSD, etc. attacks.

Also it is very good for helping get rid of nightmares as well as harmful thoughts.

Powerful crystal for helping to cut down or quit smoking. It helps to overcome the emotional triggers that are linked to negative behaviors.

Speeds up the body's ability to remove and eliminate toxins.

This crystal is wonderful for people with chronic illness or who are in chronic pain as it helps to bring strength and vitality. It also helps to relax and calm the person as well as helping them to get through the rough periods associated with chronic illness/pain.

Excellent crystal for financial issues ... buying, selling, renting a home, success in business transactions having to do with finance and loans.

Very powerful protective crystal against electronic smog, technological pollution, EMF, etc.

It is said to boost the immune system, cleanse toxins. Strengthens the stomach and intestines. It may help with treating bowel problems such as IBS, gastroenteritis, celiac disease, Chron's disease, etc. It is also said to help with circulation, loss of libido, heal dry skin and other skin-related issues.

Chakra: Root, Sacral