

# Crystal Quick Reference

## Jasper - Dragon Blood

Dragon Blood Jasper is found in Australia. Local legend believes it to be the remains of dragons. The green is the skin, the red is the blood.

This is a crystal of strength and courage. It also helps to strengthen your resolve.

It helps to balance and active the heart chakra. As the heart chakra becomes more open it is easier for us to deal with negative emotions such as self-pity, grief, sadness, sorrow, being overly critical of ourselves and others. In addition, it helps to encourage forgiveness in yourself and of others.

It also helps to stimulate perception.

This crystal also helps to activate and balance the root chakra and is thus a crystal of personal power.

The heart and root chakra combination make this an excellent stone to aid in healing. It helps to increase vitality and strengthen the body.

This crystal can also help to activate, stimulate and increase the Kundalini energy. As this energy flows more freely all of the chakras will begin to align.

Chakras: Heart, Root, All