

Crystal Quick Reference

Jasper - Mookaite

Mookaite Jasper gets its name from the Mooka Creek in Western Australia in the Kennedy Ranges. The name comes from the Aboriginal term "Mooka" which means "running waters". The area is filled with natural springs that feed the region.

Mookaite comes in combinations of red, burgundy, white, brown, mustard yellow, mauve and purple. It was formed over millions of years as the remains of microscopic protozoa called radiolaria compressed as sediment in the shallow areas of sea beds.

This crystal is excellent for connecting to powers of the Earth and works closely with the root, sacral and solar plexus chakras. As these chakras become aligned and balanced, it can help with issues of self-confidence, self-worth, self-image. It can also help you to realize your full potential. Meditating with a piece of mookaite over the solar plexus chakra can help strengthen your will power and your personal power.

Mookaite is also good for helping one to overcome procrastination and to help you realize the true reasons you are avoiding certain tasks. As you realize why you are avoiding a task, mookaite can help you resolve the issue(s) holding you back.

Since mookaite works with the lower chakras it is an excellent tool for grounding and quieting the mind and helping to deal with distracted thoughts. This can be an excellent aid in meditation.

The lower three chakras (root, sacral and solar plexus) play a major role in our physical health. These chakras help to regulate the absorption of nutrition and its delivery throughout the body as well as helping to regulate vital systems of the body. Since mookaite helps to activate, balance and align these chakras it is a great crystal for improving physical health.

Mookaite is said to help with tissue deterioration of the internal organs,

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treating cysts, high blood sugar, problems of the kidneys and bladder, urinary tract infections. It helps to sooth the digestive system. A gem elixir made from mookaite can help to restore balance to the body. This crystal is also helpful in purifying the blood ad healing wounds. It may help to reduce the negative aspects of chemotherapy and radiation treatment.

Chakras: Root, Sacral, Solar Plexus

Zodiac: It is not tied to any one sign.