

# Crystal Quick Reference

## Jasper - Red

Chemical Formula ( $\text{SiO}_2 + \text{Fe}_2\text{O}_3$ ) Silicon Dioxide with inclusions of Iron Oxide or Iron (III)

Excellent healing stone.

Grounds energy, rectifies unjust situations. Very good for protection on the physical and spiritual realms.

Brings problems to light before they become too large to handle. Helps to relieve stress. Eliminates negativity. Helps to soothe nerves and restore balance.

Helps to clear the mind during meditation.

Crystal of passion and love.

Helps to support the metabolic processes in the body which can increase strength, vitality and physical stamina. Supports the circulatory system. Cleanses the blood, removes blockages in the liver. Strengthens the heart.

It is a crystal of empowerment, helps to resist emotional manipulation by other people (or yourself).

Helps manifest new ideas.

Provides insight into difficult situations.

Astrological: Taurus

Chakras: Root, Sacral, Solar Plexus, Heart