

# Crystal Quick Reference

## Jasper - Zebra

Zebra Jasper is a form of jasper with dark and light stripes, like a zebra. It is a striking gemstone that is believed to motivate and energise you to overcome apathy and transform your ideas into action.

It Jasper is also said to give you the courage to get to grips with your problems, and to give you the determination to see projects through to completion.

It helps us to stop considering failure as an option in life and instead take action towards achieving our goals.

Promotes enjoyment of life. Helps with over thinking issues.

Helps with astral projection during meditation.