

Crystal Quick Reference

Jet

Jet is formed from fossilized wood.

Jet is a crystal of sympathy. It is also an excellent crystal for helping to deal with and to heal grief.

It is also an excellent crystal for absorbing negative energy but it must be cleansed regularly through various means such as sunlight or immersion in blessed water.

It is a stone of protection.

It can be used to open psychic abilities and can help speed you along your spiritual path.

Excellent crystal for shamanic path working.

When used in healing it should be cleansed after each use.

It can help to stabilize finances and it also helps to protect businesses. Place in a cash drawer, register, money box, strong box or in the money corner (Feng Shui) of a room to help protect your money and/or business.

Helps to balance mood swings and helps with depression.

It may help with migraines, epilepsy and colds. It may help to reduce glandular swelling and lymphatic problems. It may help deal with stomach issues. It is also said to help with menstrual cramps.