

# Crystal Quick Reference

## Labradorite

Labradorite helps to raise consciousness and helps to connect with universal energies.

It helps to repel unwanted energies from the aura as well as helps to prevent leakage. In therapy, it acts as a barrier against negative energies that are released.

It is a stone of esoteric knowledge.

It helps to align the physical and spiritual bodies making it easier for us to access our purpose in life. It stimulates intuitive and psychic gifts. It helps to banish fear and insecurities and can help deal with psychic debris left from bad experiences.

Labradorite also helps to calm an overactive mind. It also stimulates the imagination.

It is a stone of transformation. It helps to prepare the soul and body for the ascension process.

Helps with disorders of the eyes, brain, relieves stress and helps to regulate metabolism. It helps with colds, gout, rheumatism, menstrual cramps and more.

Chakras: All

Zodiac: Sagittarius, Scorpio, Leo