

Crystal Quick Reference

Larimar

Larimar is a light bluish crystal with streaks of white that combines the tranquility of the Sea and the tranquility of Air. It comes from the Dominican Republic. It is a rare variety of Pectolite.

Also called the Dolphin Stone, Blue Pectolite, Atlantis Stone and Stefilia's Stone. It was discovered in 1916 and rediscovered in 1974. The man who found this crystal named it after his daughter, Larissa, and the Spanish word for sea, mar.

It is a crystal of serenity. Its energies help to promote total and complete relaxation. This crystal radiates love and promotes tranquility. It helps to raise consciousness and harmonizes the body and soul to new vibrations.

Excellent crystal for contacting and working with angelic beings and higher divine beings of light. It helps to dissolve boundaries holding one back from the spiritual development. Terrific crystal for helping to heal past life issues.

Its peaceful and tranquil energies help to bring harmony into a home or workspace. It can soothe frayed tempers and calm hostilities. Very good stone for expectant mother's and can help lessen the effects of post-partum depression.

Very useful for working with conditions impacting the throat and vocal cords. Helps to dissolve energy blockages in the neck and head regions. It can help to open acupressure/acupuncture points and meridians along the body.

With its tranquil energies and connection to the throat chakra, Larimar can be very effective at helping one identify self imposed limitations as well as self destructive behavior. As peace is restored to the body it may help an individual take control of their life. It can also be helpful in admitting guilt when guilty.

Excellent crystal for cleansing negative emotions including fear, phobias,

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panic attacks, stress related issues, excessive anger. It can also help you work through walls or blocks you have placed around your heart chakra to protect yourself from being hurt.

Larimar is a Water element and Fire element crystal.

Chakras: Throat, Third Eye, Crown.