

Crystal Quick Reference

Lava Rock

Formed from deep within the Earth from molten rock. It is a combination of all five elemental energies, Earth, Air, Fire, Water and Spirit.

Excellent rock for grounding as well as Shamanic work.

Great stone for protection.

Excellent stone for healing. Water that has been charged with this crystal was drunk in ancient times to revitalize the body and to cure illness.

Wonderful stone for working through deeply buried emotional issues and helps to bring strength and calm to difficult emotional situations.

It is a crystal of strength and balance on all levels.

Chakras: Earth Star, all chakras

Zodiac: Taurus, Cancer