

# Crystal Quick Reference

## **Lodestone**

Lodestone is associated with attraction. They are natural magnets and are used to attract certain conditions towards you. It can help you to see duality and understand both sides of a situation. It helps to create balance as well as motive. It can help draw out toxins and wastes from the body. It can help to lessen or dispel grief, fear, anger, confusion, attachment issues, etc. It is a powerful stone for attracting good fortune, money and love. It also helps to guard against infidelity in a monagmous relationship. It is said to help strengthen the circulatory system, healing blood disorders and dealing with bleeding problems. It is also good for pain management and boosting the immune system.

Chakras: Root, Heart. Zodiac: Aries, Cparicorn, Aquarius, Virgo