

Crystal Quick Reference

Magnetite

Magnetite is an iron oxide. It is magnetic and is attracted by magnets. Lodestone is a form of magnetite that is naturally magnetized.

Magnetite is a crystal of opposites. It has a powerful positive/negative polarity. It can both attract and repel, increase or decrease energy, add or subtract as needed.

This crystal helps to align the chakras and meridians of the physical and etheric bodies.

It is an excellent aid for entering a meditative state. It can help to deal with and to release fears.

It is a crystal of stability and is excellent for grounding as well as attracting things.

Very good at balancing emotions and intellect.

It also helps to release negative emotions such as fear, anger, hate, distrust, etc.

Chakras: Root, Sacral, Solar Plexus, Heart, Throat, Third Eye, Crown, Earth Star