

Crystal Quick Reference

Mookaite

Mookaite is a form of Australian Jasper that comes from the Mooka Creek region of the Kennedy Ranges in Western Australia. It combines the properties of Jasper, Chalcedony and Quartz.

Mookaite is infused with the invigorating power of the Earth and helps to increase the life force within the physical body. Among the Aborigines it is known as a stone of Mother Earth. It is a very nurturing and healing crystal. It helps to connect you to the Earth, the energies of the Earth and the Lifeforce running through the Earth. It helps to one to accept change as well as in seeking new knowledge and experiences.

It is a crystal of peace and calmness. It helps to support and sustain you during times of stress. As we release our stress and worry it can help with decision making. It helps us to be flexible, open to new ideas and change.

It protects us from negative or dangerous situations and helps to block unwanted outside influences. It helps us get to the heart of an issue or problem by revealing that which is concealed.

It can help us overcome procrastination as we become aware of the true reason(s) that we have for avoiding a task or job. With this realization and awareness, it helps us to summon the motivation needed to resolve the internal struggle we face that is the root of the procrastination.

Mookaite helps to stimulate the overall health of the body and strengthen the immune system. It helps to restore tissue and repair organ damage. It has been used for treating cysts, high blood sugar, problems with the kidneys and bladder. Helps to sooth the digestive system. Also is a good blood purifier.

Mookaite is also good for helping us to "go beneath the surface" of an issue to find the underlying problem or root cause of emotional distress. As we identify the root(s) of emotional distress it can help us work through the issues in a clam and beneficial fashion.

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Astrological: Leo

Chakras: Root, Solar Plexus, Heart