

# Crystal Quick Reference

## Mother of Pearl

Mother Of Pearl, or Nacre, is a smooth shining iridescent substance forming the inner layer of the shell of some molluscs, especially oysters and abalones.

This is a very powerful protection stone and embodies the energy of the sea. As well as the power and strength of the sea it also incorporates the powerful healing and life giving energies of the sea!

It help with stress relief. It is a very calming crystal. The water nature of this crystal is wonderful for soothing emotions and helping to smooth over arguments and hostility.

Water is a powerful cleansing tool. It can help clear our bodies and energetic bodies of negative energy that can cloud our thoughts and judgement. Mother of Pearl is an excellent crystal to boost imagination, stimulate the intuition, increase our sensitivity to the energy around us, and help us to be more adaptable. This crystal also helps to calm our emotions and diffuse anger as well as helping to manage stressful situations. This is a terrific crystal for people that have anger issues or problems controlling thie temper. The soothing aspects of this crystal help us to deal with fear and fear based responses. As we become more relaxed, less stressed, it is easier for our loving nature to manifest. Decision making, organization, analytical skills may all be enhanced when working with this crystal.

Chakras: Heart, Solar Plexus, Third Eye.