

Crystal Quick Reference

Obsidian - Black

Obsidian is a form of volcanic glass that cooled rapidly.

Excellent stone for grounding and is known as "the protector".

It helps to absorb and dissolve base negative emotions including criticism, fear and anger. As negative energy is removed from the body it can help to stimulate growth on all levels and open up new horizons. This can also bring clarity and focus as the confusion associated with negative energy clears.

It helps to bring about objectivity.

Excellent crystal for blocking psychic attack.

Also excellent for scrying work and creating gazing mirrors. It helps one confront the darkest parts within ourselves and deal with them. This crystal also helps to drain off negative emotions that we feel about ourselves.

Chakra: Root