

Crystal Quick Reference

Opal

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Induces visions. Helps to stimulate creativity. Amplifies characteristics, thoughts and feelings. Helps to overcome lower base characteristics. Helps to release inhibitions. Helps you to learn that what you put out comes back to you. Good for love and compassion. Helps to stabilize emotions. Helps to bring loyalty, faithfulness and spontaneity. Helps with intuition.

Good for protection. Can help to make you invisible to others. Very useful in shamanic travels where stealth is required. It helps you to "fade into the background."

Helps to bring good dreams.

Helps with self worth. Helps to realize your full potential.

Strengthens the will to live. Has been used to treat Parkinson's disease, fevers, strengthens memory. May help to regulate insulin. Helps to ease child birth. Beneficial to the eyes.

Chakras: Solar plexus, heart, throat, third eye, crown