

# Crystal Quick Reference

## Opal - Dendritic

Dendritic Opal is a crystal of balance. As balance between mind, body and spirit is achieved it helps with spiritual growth. It is also known as a Shaman Stone aiding in out of body experiences, walking between worlds, accessing the spirit realms. It enhances psychic abilities.

This is a wonderful crystal for deep meditation. It helps to balance emotions. This is a great crystal for aiding in spiritual awakenings.

Dendritic Opal also helps to increase mental abilities and improve mental help. It can help to quieten an overactive brain.

This crystal also helps to activate your solar plexus chakra and increases creativity. It helps to open your mind to new experiences, expand your consciousness, and bring you into a deeper connection with the spiritual energies around you.

It also works on the sacral or belly button chakra.

This crystal also can help with relationship issues and deepening loving relationships by enhancing the solar plexus and sacral chakras.

The connections to solar plexus and third eye chakras can aid in astral projection and out of body experiences.

Chakras: Sacral, Solar Plexus, Third Eye