

# Crystal Quick Reference

## Opal - Pink

Pink Opal

This is a silicon dioxide with water blend:  $\text{SiO}_2 \cdot n\text{H}_2\text{O}$

The color ranges from a very brilliant pink to a lighter pink-white color.

Pink Opal is also called Peppermint Candy Crystal.

This crystal stimulates and activates the heart chakra and it strongly tied to all emotions, love, loving relationships, friendships, self love, self image, and more.

It helps to strengthen and enhance the connection to our inner self as well as our inner child. It also helps us to understand and accept that we can rely on loved ones but we can still be independent and self-sufficient.

This is a powerful crystal for working through and releasing emotional baggage and distress.

It is a wonderful crystal to place under the pillow or mattress of a child that is experiencing night terrors. The warm and nurturing energy can help the child feel safe and protect it from things that go bump in the night or in dreams.

Pink Opal also helps to relieve anxiety as well as stress.

Chakras: Heart