

# Crystal Quick Reference

## Peridot

Peridot

Peridot keeps away evil spirits and helps to protect the aura.

Helps to release toxins, purifies all bodies (physical, emotional/mental, spiritual).

It opens, cleanses and activates the heart and solar plexus chakras

Very good at helping to release old baggage from your energy field ... guilt, obsession ... helps to teach that holding onto things from the past or to people is counterproductive to mental and spiritual well being.

Can help you to release old negative patterns that are holding you back in your development.

Helps to release jealousy, resentment, spite and anger. Also good at helping to release stress.

Helps to sharpen the mind and open you to new levels of awareness. Helps you to take responsibility for your own life.

It is said to help regenerate tissue and the skin, strengthen metabolism. Aids the heart, thymus, lungs, gallbladder, spleen, intestinal tract, ulcers and strengthens the eyes.

Chakras: Solar Plexus, Heart

Zodiac: Virgo, Leo, Scorpio, Sagittarius