

Crystal Quick Reference

Petrified Wood

This is wood that has had the cellulose component replaced with crystal matter (silicates, quartz, etc) over time.

This crystal structure is excellent for providing foundation and stability.

This is an excellent crystal for grounding work.

It helps with mental stability as well. It helps you to set goals. It can also help to calm fears.

This crystal is very connected with the Earth.

Very good as an anchor in some forms of shamanic workings.

It is said to help strengthen the spine and the teeth.

Chakras: Root