

# Crystal Quick Reference

## **Pietersite**

Stimulates the pineal gland (and 3rd eye), assists in meditation to experience visions and precognitive thought, aligns the energy centers and helps to ground to the Etheric body, can help with travel through the other spheres and access to the Akashic records. Said to contain the “Keys to the Kingdom of Heaven”, assists in recognizing beauty in all things and the soul. Brings the potential of the individual to perfection to the source of all things.