

# Crystal Quick Reference

## Prehnite

Prehnite is a crystal of unconditional love. It is also known as the stone that heals the healer.

Facilitates connection and communication with the higher self through deep meditation. It puts you in contact with the universal energy grid.

Connects to the Arch Angel Raphael as well as other spiritual and extraterrestrial beings.

Enhances precognition and the gift of prophecy.

When placed in the garden it helps turn your home into a place of healing.

It is very good for "decluttering" .. Helping you to let go of things that are no longer needed - both in the physical and other realms.

Helps to alleviate nightmares, phobias, deep fears.

Excellent for helping to find the root of a problem/condition.