

# Crystal Quick Reference

## Psilomelane

Also known as Black Merlinite

Psilomelane is a crystal of duality. Powerful crystal for bringing luck. Very protective crystal. Attracts positive energy, good luck, and positive things. Helps to protect against negative entities.

Excellent crystal for scrying and gazing.

Helps with out of body travel and remote viewing. When helping with remote viewing you must program the location into the crystal before you attempt to scry/view.

Terrific crystal for trance working. Excellent for meditation.

Helps to balance Yin/Yang energies. Helps to transform negative emotions as well as discover the root(s) of those emotions.

Helps to bring insight into dreams.

Strong emotional healing crystal. Encourages compassion. Very useful in recognizing patterns associated with destructive or unwanted behavior. It can also help you figure out why you are locked into a particular type of behavior.

Very good crystal for working with the respiratory system, dealing with inflammation, and can help regulate insulin levels (great for people with diabetes).

Chakras: Root, Third Eye, Crown