

# Crystal Quick Reference

## Quartz - Blue

Blue quartz, the type of which has dumortierite inclusions is sometimes called dumortierite or dumortierite quartz, enhances organizational abilities, self-discipline and orderliness. This enhancement is believed to be due to the effect it can have of balancing the throat chakra and enhancing communication between lower chakras/physical energy and the higher chakras/mental/spiritual energy. It highly reduces difficulties of scattered mind and disorganization. In addition, it encourages one to see and accept reality, and react to it in an intelligent manner in one's own behalf.