

Crystal Quick Reference

Quartz - Clear

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Clear quartz is the "work house" crystal - it can be used for pretty much anything.

It is the "supreme gift of Mother Earth" - all quartz crystals are known as master healer crystals.

Quartz amplifies any energy. (Caution, unless properly programmed it will amplify negative energies.) It amplifies the energy from other crystals! Excellent base for wands, as the primary focus for crystal grids.

It is one of the best stones for programming intentions and one of the easiest to program.

It is the most abundant crystal on this planet.

Clear quartz is wonderful for healing. It helps to open our minds up to the universe and can aid in meditation, expansion of consciousness, communication with guides. It is also excellent for doing past-life recall. Very good for attracting love or prosperity. With proper programming and focus, quartz can do anything.

It clears and activates all chakras, especially heart and third eye. Purifies the physical, mental and spiritual bodies. Helps to maintain balance.

You can charge water by placing a quartz crystal in the water or next to the water. For an extra kick put it in sunlight for solar energy or moonlight for moon energies.

Clear quartz may help to stimulate the body's natural systems, strengthen the immune system, improve overall health.

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Astrological: All.

Chakras: All