

# Crystal Quick Reference

## Quartz - Fire

Fire quartz is quartz with inclusions of hematite or goethite. Some people will also call this Strawberry Quartz but many use Strawberry Quartz to refer to quartz with smaller amounts of hematite or goethite and a lighter red/strawberry color.

Fire Quartz clears away anxiety, mental distractions, fear, doubt, and similar emotions.

It works on the root and sacral chakras.

This crystal helps to reenergize our body and spirit. It stokes the fire within us.

It is also a crystal of transformation.

Chakras: Root and Sacral