

Crystal Quick Reference

Quartz - Girasol Moon

Girasol Moon Quartz

This crystal is found in Madagascar and Africa.

The energies of this crystal are very similar to quartz but in a more gentle fashion. Like quartz, it is an amplifier and can increase the energies of any crystal near it.

It helps to promote a feel of calmness, relaxation, and also increases optimism.

This crystal is excellent for energy workers, Reiki practitioners, and massage therapists.

Frequently, those that hold a Girasol Moon Quartz experience a sense of profound balance and waves of relaxation run through your body and into your soul.

Girasol Moon Quartz is wonderful for filtering out those emotions that do not serve us including: DEPRESSION, anxiety, fear, and anger. As negative emotions are calmed, this crystal helps you to think more clearly. It also strengthens positive emotions such as compassion, courage, friendship, and love.

This crystal is excellent for helping us to maintain a positive image and outlook on life even in difficult events. It also helps to provide inspiration on methods for manifesting our dreams and goals into reality.

It can aid in learning lessons from difficult and traumatic experiences without getting trapped in the experience. It helps us to take responsibility as well as take control. Using this crystal can help you reclaim personal power that you have lost as well as to increase your existing personal power.

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Chakras: All