

# Crystal Quick Reference

## Quartz - Green

Green Quartz

Chemical Formula:  $\text{SiO}_2\{\text{Ca}_2(\text{Mg}_{4.5-2.5}\text{Fe}_{2+0.5-2.5})\text{Si}_8\text{O}_{22}(\text{OH})_2\}$  or  $\text{SiO}_2\text{ClO}_2$

Green quartz is a crystal of the Heart Chakra. It helps to align, balance, cleanse, and open the Heart Chakra.

It can help transmute negative energies and emotions into positive energies.

It can help with creativity.

As the Heart Chakra is opened, it can help you feel empathy with other people. It can help those who are over demanding and controlling or selfish. It helps you to recognize that we are interconnected and see how your actions and emotions impact others.

Working with green quartz can help make you more cooperative, increase tact and diplomacy, help you think before you react or speak out in anger.

Green quartz can help with the endocrine system, adrenal glands, the heart, and the lungs.

Chakra: Heart