

# Crystal Quick Reference

## Quartz - Hematoid Fire

Hematoid Fire Quartz

Chemical Formula:  $\text{SiO}_2 + \text{Fe}_2\text{O}_3$

Hematoid Fire Quartz is quartz that has iron or hematite inclusions. The color ranges from a deep rust to a light orange depending on the amounts of iron or hematite.

MOHS hardness: 7

When quartz mixes with hematite you have the properties of BOTH crystals. The hematite helps with balance and grounding.

This crystal is linked with the elements of fire and earth.

It helps to manifest new beginnings.

The deep red to pink colors will stimulate the root chakra, sacral chakra, and heart chakra.

It can help to increase optimism.

The connection to the root chakra will help to energize the physical body.

This is also a crystal of growth on all levels including spiritual growth. It also helps us to understand ourselves. It helps to strengthen the body, mind, and spirit connection.

The heart chakra connection will help us to remember that love begins within us ... love of self leads to love of others.

It is a very powerful crystal to help with unhealthy relationships. The iron and/or hematite will help protect you from psychic attacks.

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This crystal can also help you to work through old emotional wounds and help with self-forgiveness. It helps our heart chakra to heal and helps us to love freely and also helps us to love without fear of being hurt again.

Chakra: Root, Sacral, Heart