

Crystal Quick Reference

Quartz - Smoky

Smoky quartz is a grounding and stabilizing stone. It brings calm and centering, lifts depression, enhances practicality, and generally removes negative energies, bringing happiness. Smoky quartz is also a good luck stone. It can also assist in tapping subconscious wisdom.

Smoky quartz is a protective stone, particularly for physical protection, protection from negativity, and psychic protection. Excellent for protecting against electronic smog.

Physically, smoky quartz is helpful for kidneys, abdomen, pancreas, reproductive organs, menstrual cramps, fertility issues, water retention.

Astrological: Capricorn, Sagittarius

Chakra: Root, Solar Plexus, Minor chakras palms of hands and soles of feet