

# Crystal Quick Reference

## Quartz - Strawberry

This is a crystal of universal love.

It is calming and soothing. It is especially good for people that work in high pace, stressful atmosphere.

Helps to improve generosity, gratitude, and love.

It helps to balance emotions as well as the psyche.

Helps to gain hidden knowledge.

Also good for improving will.

Excellent healing crystal.

Helps with astral protection.

Very good at helping to remember and interpret dreams.

Chakra: Heart