

# Crystal Quick Reference

## Quartz - Yellow

Excellent crystal for burnout.

Help to bring clarity when making decisions.

Yellow Quartz helps with depression during overcast or rainy periods and helps with lethargy.

It stimulates, activates, and energizes the solar plexus chakra. Helps to improve confidence. Helps to lighten your mood.

It is said to help with digestive issues and increase metabolism.

Yellow is the color of the mind. Yellow Quartz helps with learning, memory, panic, nervousness, exhaustion, concentration.

Emotionally, it is an uplifting crystal. Most yellow quartz has a soft yellow color which is excellent for helping with negative emotional conditions without being overpowering like sunshine yellow.

Chakras: Solar Plexus