

# Crystal Quick Reference

## Rhodonite

Chemical Formula:  $\text{MnSiO}_3$

Rhodonite helps to balance emotion, encourage love and helps to show both sides of issues.

Stimulates, activates and clears the heart chakra.

Grounds energy. Balance yin/yang energies

Enhances mantra based meditations.

Helps to achieve maximum potential. Helps to dispel anxiety. Helps to develop a generous nature.

Heals emotional shock and panic. Emotional self destruction, co-dependency and abuse. Clears emotional wounds and scars from the past. Helps to transmute negative emotions. Helps with reconciliation after long term pain and abuse. Can be used with past life healing to deal with betrayal and abandonment. Helps to recognize that revenge is pointless.

Helps with confidence. Helps to get rid of confusion.

Activated 3rd eye, clears the chakras, removes blocks in the chakras

May help with insect bites, emphysema, auto-immune diseases, stomach issues, and arthritis. Can be used to create a rescue remedy for shock and trauma.

Chakras: Heart, Throat, Solar Plexus, Third Eye

Astrological: Taurus