

# Crystal Quick Reference

## Ruby

Ruby is known as the "Stone of Nobility". It stimulates mental concentration. It can help resolve disputes and encourages gentleness instead of violence. Excellent crystal for protection on all levels and very good at protecting against psychic attack.

Ruby is a crystal that stimulates and activates the heart chakra. It assists in determining core values and beliefs. It helps to encourage our loving emotional side towards nurture and in doing so it helps to develop spiritual wisdom, health, knowledge and wealth.

It helps to maintain financial stability. It is said that as long as a piece of Ruby is kept, wealth will never depart.

Protects against unhappiness, bad dreams and lightning.

Ruby is one of the crystals in the breastplate of the high priest.

It helps you to follow your bliss, illuminating and dispelling the darkness along your path and within your person. It helps to expand awareness and manifestation.

It is said to help with blood flow and blood disorders. It has been used to treat fevers and heart disorders.

Astrological: Leo, Scorpio, Cancer and Sagittarius

Chakra: Heart, Root