

Crystal Quick Reference

Sandstone

Sandstone is primarily composed of Silicon Dioxide (SiO₂) - sand, quartz, etc. It also has traces of Aluminum Oxide (Al₂O₃), Iron Oxide (Fe₂O₃), Lime (CaO - Calcium Oxide), Soda (Na₂O Sodium Oxide), and Magnesium Oxide (MgO).

Sandstone is a powerful Earth energy crystal. It is used as a filter for water and cleansing. It helps to rejuvenate the body.

Sandstone is a stone of creativity.

It helps to build and strengthen the cohesiveness and solidarity within relationships.

Encourages truth and promotes clarity in thought and sight. Helps during times of change.

Excellent crystal for shamanic work.

Works great with the sacral chakra.

Since it is a strong Earth energy crystal it can help to balance energies associated with ADD, ADHD, mood swings, and temper tantrums.

People born under the Zodiaic sign Gemini may have a stronger affinity with this crystal since it mixes both Earth and Spiritual energies.

Chakras: Sacral, Root