

# Crystal Quick Reference

## Selenite

Chemical Formula:  $\text{CaSO}_4 \cdot 2\text{H}_2\text{O}$

It is composed of calcium sulfate dihydrate (meaning that it has two molecules of water), with the chemical formula  $\text{CaSO}_4 \cdot 2\text{H}_2\text{O}$

It is a form of gypsum.

Selenite is named for the Greek Moon Goddess Selene.

This crystal embodies the energies and properties of the moon.

Energetically, Selenite is one of the crystals that usually does not need cleansing but of course you can cleanse it at any time if you desire. The ability of Selenite to rid itself of negative energy is related to its size, as well as the amount and type of negativity encountered. Most selenite crystals will be able to cleanse themselves within three days of non-use ... faster if you expose it to moonlight or use other cleansing methods.

Selenite is excellent at clearing electronic smog from an area and protecting from EMF (Electromagnetic Field) radiation.

It is excellent at removing energy blockages from the physical and etheric bodies. This ability also can be used to remove energy blocks in other crystals. Selenite is also wonderful at enhancing the properties of other crystals. It can also charge other crystals.

Selenite is a crystal of mental clarity. It helps with mental flexibility and decision making. Excellent crystal to pair with Fluorite for mental healing.

It helps to promote truth and honesty. Also good for business.

Wonderful crystal to help develop intuition as well as psychic awareness. Very helpful in clairvoyance. Excellent crystal to help open, stimulate,

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activate, balance the third eye chakra.

Selenite is also a very good crystal for communicating with angelic beings.

It is said to help dissolve blocks associated with Alzheimer's, dementia. It may help with epilepsy and seizures. Helps with absorbing calcium and other minerals. Increases libido. Said to help with pregnancy. Wonderful crystal for repairing tissue damage, strained muscles, torn ligaments, etc.

Chakra: Third Eye, Crown