## **Crystal Quick Reference**

## **Septarian**

Septarian crystals, also called Dragonstones, were formed during the Cretaceous Period around 50 to 70 million years ago. It was formed from volcanic eruptions and is a combination of sediment (Earth), fossils, Calcite (yellow streaks), Aragonite (brown streaks), Baryte (white streaks), Limestone or Chalcedony (gray streaks).

These crystals are excellent for Shamanic work.

It strengthens group activities, enhances privacy, and aids in communication.

This crystal is strongly connected to the throat chakra. When you are speaking to groups, it helps connect you to each member of the group so that they feel as if you are speaking directly to them.

They also work well with the Third Eye and Crown chakras bringing mental flexibility and helping you to be more tolerant. It helps to strengthen and enlighten the spirit and enhances your ability to recognize and connect to the higher truths.

Great for helping to strengthen teeth, bones and muscles.

The crystal is great for healers. Meditating with the crystal will help you to obtain answers and learn which steps to take next to get the best results for your client.

It will help to connect the energies of the heart, throat and third eye chakra.

Wonderful crystal for calming and centering, great for defending against psychic attack. The Earth elements make the crystal powerful for grounding and so they work well with the root, sacral and solar plexus chakras.

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