

# Crystal Quick Reference

## Shiva Lingam

Shiva Lingam

Rare form of Chalcedony (Jasper) found only on the banks of the Narmada River in central India.

It has been used for thousands of years in healing rituals.

Each Shiva Lingam is unique and has both masculine and feminine energies.

Its shape represents the phallus of the God Shiva.

The female markings, Yoni, represent wisdom, intuition and female energy.

It is a stone of fertility, balance and harmony.

It stimulates the kundalini energy.

It helps to bring positive change and helps one to achieve self transformation.

It is excellent for sexual healing and letting go of things from the past.

Some claim that it helps with back pain and alignment of the spine.

Chakras: All Chakras