

Crystal Quick Reference

Shungite

Sometimes called the "Stone of Life" for its healing and antibacterial properties.

Found in the Zzhoginskiye deposit near Lake Onega in the Shunga region of Karelia, in Russia.

Excellent crystal to protect against electromagnetic radiation from computer, microwaves, televisions and other electronic devices as well as power lines.

It purifies, protects, aids in recovery and promotes growth in living organisms. Good for healers dealing with cancer and AIDS.

Has been used to help allergies, heart problems, skin diseases, arthritis, skin rejuvenation.

Very connected to the Earth, terrific stone for grounding. Helps to open and stimulate the root chakra. Also stimulates and opens the Earth Star chakra. Also good for spiritual grounding.

Chakras: Earth Star, Root, Sacral