

Crystal Quick Reference

Stilbite

Stilbite Chemical formula

Stilbite-Ca: $\text{NaCa}_4(\text{Si}_27\text{Al}_9)\text{O}_{72}\cdot 28(\text{H}_2\text{O})$

Stilbite-Na: $\text{Na}_9(\text{Si}_27\text{Al}_9)\text{O}_{72}\cdot 28(\text{H}_2\text{O})$

Stilbite is a sodium calcium hydrous aluminum silicate. It is commonly found in association with Apophyllite and Heulandite within basalt and other volcanic rock.

Love, joy, and passion, are keywords for this crystal. It helps to open the connections between the heart, third eye, and crown chakras opening us up to the gifts of divine love, the love of higher beings, and deeper understandings of our feelings for ourselves and others. It also helps to open the pathways to the higher heart chakra. This is also a wonderful crystal for aiding in astral travel and any type of spiritual or psychic work.

This crystal is wonderful for healing to heal from pain, trauma, emotional issues, distress, by releasing the energetic ties to the heart chakra.

Stilbite is an excellent crystal for dream work, remembering your dreams more clearly, and helping to understand the meanings behind your dreams. It also aids you in getting to sleep faster by helping to calm your mind and enter a relaxed state. This crystal is also great for meditation since it helps to calm an overactive mind. People with ADHD and similar issues may find this crystal to be a great help in silencing the chatter that often goes on in overactive brains.

Since this crystal is wonderful at calming an overactive mind, it also helps to promote clear thinking. As the mind is calmed, thinking and focusing on tasks becomes easier.

Chakras: Heart, Third Eye, Crown, Higher Heart