

# Crystal Quick Reference

## Sunstone

Sunstone is a powerful stone for dispelling fears and phobias of all kinds.

It is also a leadership stone, and brings leadership qualities to its wearer.

In addition to dispelling fears and phobias, sunstone also decreases stress and lifts depression. Sunstone also brings good luck and abundance, and turns negative energies and psychic attacks into positive energies.

This stone increases personal power and will, as well as life force energy. Sunstone is also said to be helpful in contacting animal or spirit guides. Physically, sunstone is beneficial for general health, physical energy, sexual dysfunction, increasing sexual energy.

Sunstone is associated with the sacral chakra.