

Crystal Quick Reference

Terahertz

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This is a manmade crystal. It is made by extracting silica from sand or quartz. The frequency of this crystal is in the Tera Hz range (between that of far-infrared and microwaves). Its range is 0.1 – 30 THz (tera-hertz).

This crystal has a high silvery metallic sheen and is often mistaken for polished hematite. However, this crystal is definitely not for grounding but is a crystal of mental abilities.

It has excellent thermal conductivity properties. This crystal is excellent for dispelling lethargy.

This crystal helps with mental clarity and assists in maintaining a positive frame of mind. It helps with the absorption of new information. It can also stimulate creativity as well as intuitive abilities.

This crystal helps to eliminate toxicity and negativity from your mental body. As this energetic garbage is removed many people find it easier to make the correct decisions, to see solutions to problems, to figure out ways through difficult or confusing situations.

It can help you overcome difficulties. It also helps you figure out where you need to improve yourself. This is a terrific crystal for helping to increase and cultivate tolerance.

The extremely high frequency helps to unite both parts of your brain. It helps to dispel mental fog, work through mental blockages, and helps you to be more in tune with SPIRIT and your spiritual nature.

It is said to help with issues in the circulatory system and bloodstreams. Due to its long wavelength, this stone can help in improving circulation as well as eliminating blood clots. It helps to balance the body by boosting the

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functioning of your cells. It may also help with mobility. It boosts vitality, stimulates chi, revitalizes and recharges the body.

It helps to shield from lower vibrational energies, negative energies, negative thought patterns, and behavior. It also helps with toxic thinking and helping to handle stressful situation that are causing you to feel anxiety, depression, or worry.

This crystal can help you stay focused on your goals. It can also help you to recognize your purpose.

This crystal can protect against EMF and electromagnetic smog.

Chakras: Root, Crown, all