

Crystal Quick Reference

Titanium

Titanium is a metal.

It is a stone of power and strength.

It helps to strengthen the physical body and add vitality. It helps to combat sluggishness, fatigue and lack of energy.

It helps to motivate you into action rather than reflection.

It is a metal of higher awareness. It helps to bring resolution to inner conflict. It helps you to realize and admit mistakes that you have made (and recognize them in others as well).

Excellent for creating tools of light.

Synergist effect when used in conjunction with moldavite, muscovite, angelite, natrolite, herderite, zincite, Tibetan tektite and prophecy stone.

Closely related to the energy of Mars.

Helps with mental clarity and focus.

Chakras: Root, Heart, Third Eye, Crown, Earth Star Chakra, Soul Star Chakra, Bhindu and Nita chakras (as taught in Body of Light)