

Crystal Quick Reference

Tourmaline - Green

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Happiness, Joy, Compassion, Physical Heart

Excellent crystal for healing the physical heart. This is the masculine energy, the Yang. Green Tourmaline is the counterpart to Pink Tourmaline (emotional heart).

Colors range from pale light green, to olive, to deep emerald green.

It is a gateway crystal to the Devic realms (elemental and etheric realms). Excellent crystal for communicating with Earth spirits and elemental spirits.

With its strong connection to the forces of nature, this crystal is excellent for healing plants as well as helping plants to grow.

This crystal stimulates the physical aspects of the heart which makes it a wonderful choice to athletes or during any vigorous activity.

Excellent crystal for overcoming emotional problems associated with father figures as well as any other male figures in your life.

Green Tourmaline is an excellent crystal for Shamanic and magickal working. It can help to protect you during ritual work. Excellent for scrying. It has been used in the past to help point out the cause of trouble and help indicate a good direction in which to move.

Helps with motion sickness.

With its strong impact on the physical heart, this crystal can help restore vigor and boost energy. This property may be very useful for people with chronic fatigue syndrome or any condition where you tire easily.

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It helps with cellular function and regeneration. It helps to combat the energetic components of cancer and other cellular growth conditions.

Very good for eyes, thymus, immune system. Helps to detoxify the body. Very good for the intestines, bowel diseases included Crohns. It may help with weight loss.

It may help with sleep and to quiet the mind, reduce panic attacks, reduce hyperactivity, and claustrophobia.

Excellent crystal for energy transmutation.

Astrological: Capricorn

Chakra: Heart