

# Crystal Quick Reference

## **Tourmaline - Pink**

Pink Tourmaline is a crystal of love, joy and happiness. Wonderful crystal to help with feelings of stress, rejection, lack of interest in life, and ennui.

This crystal has a very strong and supportive feminine energy. Can help promote feelings of love, joy, happiness, contentment, comfort, support especially during times of stress and hardship.

Excellent crystal for balancing emotions.

Great crystal for helping to work through problems in relationships and remembering the love that exists between people.

When communicating with a loved one during difficult times during a relationship, this crystal may help to hear the truth in the words spoken and not the perceived accusation.

Chakras: Heart, Throat, Crown