

# Crystal Quick Reference

## Tourmaline - Watermelon

Watermelon Tourmaline

Rare combination of pink, and green tourmaline.

Works with the heart chakra.

Also called the "Gateway to the Inner Self".

It is considered to be a "super activator" linking the heart and higher heart chakras together. This crystal helps to open, cleanse and remove blockages in both the heart and higher heart chakras.

Wonderful crystal for relieving stress! It helps to stimulate empathy, compassion, and sympathy for others. It helps to heal the emotional wounds that are the root of self-esteem issues, insecurity and self-doubt. It can help to release unhealthy patterns of behavior and beliefs ... very applicable to self-blame, feelings of unworthiness, etc.

This crystal helps to harmonize the masculine and feminine energies within a person bringing balance and harmony.

Excellent crystal for encouraging creativity.

Astrological: Virgo and Gemini

Chakras: Heart