

# Crystal Quick Reference

## Turquoise

Turquoise is a stone of protection.

It helps to align the physical and spiritual bodies allowing for easier communication with the spiritual realms and beings.

When placed on (or near) the third eye it helps to stimulate intuition, meditation and psychic abilities. When placed on or near the throat it helps one to communicate and express oneself more clearly.

It is a purifying crystal, it dispels negative energy and also helps to dispel electromagnetic smog. It also helps to protect against pollutants in the environment.

It works with all chakras helping to align and balance them.

Mentally, it helps to work to undo self-sabotaging thoughts and behavior. Helps to develop inner calm. Aids in creative expression. It can help stabilize mood swings.

It strengthens the energy meridians of the body as well as the subtle energy fields. Supports and enhances the immune system. Helps to regenerate tissue. Very good for the eyes. Also good for gout, rheumatism, cataracts, and healing the entire body. It is also an anti-inflammatory, helps to detoxify the body. It also helps with cramps and pain.

Chakras: All

Zodiac: Sagittarius, Pisces, Scorpio