

# Crystal Quick Reference

## Unakite

Unakite is a combination crystal usually consisting of pink feldspar, green epidote and quartz. It has the properties of these crystals and more.

Helps to focus you in the "here and now" and to help counter getting "lost in the past".

It balances the emotional body and brings it into alignment with the higher forces of spirituality. It helps to draw negative energies and conditions from the heart chakra. It is also good at helping to lift your spirits when you are down.

It can help with the re-birthing process as well as can help one deal with the information from the past and past incarnations which may have brought blockages into the current incarnation. It helps one to gently release whatever conditions are preventing growth and development.

It helps healers and non-healers to go beneath the surface of an illness and find the root cause of the dis-ease.

It is said to help stimulate a healthy pregnancy, needed weight gain, helps with reproductive issues.

Astrological: Scorpio

Chakras: Root, Sacral, Solar Plexus, Heart