

Crystal Quick Reference

Zeolite

Zeolites belong to the Tectosilicate subclass of minerals. They are also aluminosilicate minerals.

Chemical formula: $\text{Na}_2 \text{Al}_2 \text{Si}_3 \text{O}_{10} \cdot 2\text{H}_2\text{O}$

Zeolites help to balance energy and are wonderful for helping the body to adjust after Reiki attunements. This crystal helps to release toxins from the body. The ability of the crystal to help the body release toxins makes it ideal for dealing with substance withdraw.

This crystal removes negative energies that are preventing or restricting your ability to come up with new ideas, as well as releasing thoughts that are keeping you from achieving your full potential.

Zeolite helps to cleanse, activate, and open all of the chakras.

Zeolite helps to strengthen the connection between the sacral, heart, and throat chakras thus helping people to understand what is not being said in a conversation. It also helps increase your sensitivity to those you are with so that you know what you should do to help remedy a conflict. These aspects of zeolite make it a wonderful crystal for people in relationships or for those experiencing difficulty in any type of friendship as well as aiding in dealing with difficult coworkers on the job.

As the connection between the solar plexus, heart, and throat chakras begin to work better it will help you develop mental and emotional maturity and help you grow in any form of relationship. Sometimes, understanding of issues in any relationship (from friendship to deep love) does not come right away but zeolite can help provide stability, indicate the direction you need to take in the relationship, as well as grant calmness and peace, during the process.

Zeolite is also a crystal of meditation. It helps people to enter a meditative state more readily and also aids in staying in a meditative state longer.

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Meditation helps to clear the mind, work through problems, develop a deeper connection to the environment around you as well as your connection to the divine. When meditating with zeolite, it is not uncommon for a greater awareness of negative elements in your life to be brought to your conscious mind so that you can work on releasing these elements.

Since Zeolite works with all chakras, as issues with chakras are resolved it opens entire new worlds, enhances your ability to connect with your higher self as well as inner child, connect to higher beings as well as to the divine source.

Chakras: ALL