Animal Energy® Certification Training

Crystal Dowsing Chart

**Agate** ~ a variety of chalcedony. Tones and strengthens body-mind. Imparts a sense of strength and courage. Facilitates ability to discern truth and accept circumstances. Grounding but energetic. Powerful healer. Works with chakras and attitudes according to color of stone.


**Amazonite** ~ a variety of feldspar. Soothes nervous system. Strengthens heart and physical body. Aid alignment of mental and etheric body. Brings joy and upliftment. Creative expression. Facilitates clearer vision of one's own harmful tendencies, making them easier to release. Chakra: Throat.


**Aquamarine** ~ a variety of beryl. Calms nerves, reduces fluid retention. Strengthens kidneys, liver, spleen, thyroid. Purifies body. Enhances clarity of mind, aids creative self-expression.


**Chrysoprase** ~ A variety of quartz. Balances neurotic patterns. Eases depression and sexual imbalance. Fertility. Calming, balancing, healing for physical/emotional/mental bodies. Helps
one see clearly into personal problems. Brings out inner talents. Lightheartedness, joy. Chakra: Heart.


**Garnet (red)** ~ strengthens, purifies, vitalizes and regenerates bodily systems, especially the bloodstream. Has strong affinity with root chakra, helping to harmonize the potent forces of the kundalini. Stimulates pituitary gland. Aligns subtle bodies. Love, compassion. Enhances imagination. Chakras: Root, Heart.

**Hematite** ~ has positive effect upon bloodstream. Activates spleen. Increases resistance to stress. Helps circulate oxygen throughout the body. Strengthens physical and etheric bodies. Energizing, vitalizing. Enhances personal magnetism, optimism, will, courage. Slightly grounding. Powerful stone for those attracted to it.


**Jasper (All colors)** ~ a variety of chalcedony. Strengthens liver, gallbladder, bladder. Powerful healer; main impact on physical body. Represents earth element. Works with chakras and attitudes according to color.


Meteorite ~ helps reveal past lives from other planets and galaxies, Enhances connection with extraterrestrial energies. Expands awareness. Similar to obsidian, but denser. Chakra: Root.

Moldavite ~ a deep green, silica based tektite (meteorite) that fell to Earth about 15 million years ago. Aids alignment with Higher Self. Balancing and healing for physical body/mind. Aids in channeling extraterrestrial and interdimensional sources. Chakras: Heart, Third Eye.


**NOTE:** Crystals, gems and other minerals are wonderful tools for transformation. They are 'solid friends' and objects of beauty that can help us along the way to our goal. We must remember, however that crystals, gems and minerals are a solidified reflection of that which is always available within ourselves, and that love is the only goal. Let’s keep everything in proper perspective, not giving our power away, while enjoying all the gifts that nature has provided for us. Love is all that matters...Love one another!"

Crystal Awareness Guide by Legion of Light with some changes