



# Capricorn Crystal Guide

Capricorns are said to be responsible, disciplined, with self-control and are good managers, however they are also known to be somewhat unforgiving, condescending and have a tendency to expect the worst

- 1. Amethyst** - smooths any edginess that you may be feeling which can cause you to express yourself in the wrong manner
- 2. Malachite** - can help you find the resolve to overcome difficulty and the integrity to stay true to your direction
- 3. Blue Tigers Eye** - a soothing stone as it aids in reducing stress, increasing calm and easing anxiety which helps with managing situations and control. It can illuminate issues that may have been difficult to see otherwise
- 4. Fluorite** - helps you to have a more orderly approach to thinking and may enhance your mental abilities
- 5. Black Tourmaline** - creates positive thinking and a beneficial mindset and protects you against negative vibrations

