



# Taurus Crystal Guide

Taureans are represented by the bull, because they are strong, powerful and are unlikely to react unless provoked. If you are a Taurean you will have strong determination and perseverance

- 1. Clear Quartz** - harmonises the chakras bringing about a great level of balance and can be used to amplify energy
- 2. Rose Quartz** - provides unconditional love. It opens the heart chakra and allows love to flood in. Its reassuring energy is great in a crisis and will bring about a deep inner healing
- 3. Rhodonite** - nurtures love and balances emotions. It provides an excellent grounding and clears away any old emotional wounds
- 4. Carnelian** - helps you acknowledge the things that make you tick and encourages steadfastness, so no more steaming in head first!
- 5. Lapis Lazuli** - helps with releasing any repressed anger, encouraging self awareness and allows self expression, so you are able to speak out and deal with situations before they flare

