



Clear Quartz

Gemstone Family - Quartz

Chakras - All Chakra's are affected by this crystal

Colour - Clear/Cloudy

Found in - Worldwide

Element - Associated with Storm

Also known as - Rock Crystal, "The Master Healer", "Quarz" (European), κρύσταλλος (krustallos - Ancient Greek), "Kwardy"

Meaning - The word "Quartz" is derived from the German word "Quarz" which in turn comes from the Polish dialect term "kwardy" (Hard). The Ancient Greek term means "Icy Cold" as philosophers believed the mineral to be a form of supercooled ice

Birthstone Month - None

Zodiac Sign - No particular association, however it is know to reduce Capricorn's stubbornness and Leo's need for power, as well as rendering Gemini's more tolerant

Chemical Composition - SiO₂

Hardness on the Mohs scale - 7 (1 being softest, 10 being hardest)

Physical Healing Properties - Supports the nervous system, programmable to assist in any type of healing, stimulates the immune system, treats migraines, reduces the effect of vertigo, assists with metabolism and weight loss, reduces exhaustion

Emotional Healing Properties - Intensifies feelings and heals the emotional body, amplifies energy and thoughts, turns negative energies into positive ones, increases clarity of thought

Spiritual Properties - Enhances clarity, aids communications with angels, spirit guides, animals, and plants. Used to amplify energies of other stones, past life recall, enhances the meditative state, Brings a sense of purpose

Legend has it that... Throughout history, Clear Quartz has been valued by nearly every civilization as far back as Atlantis and Lemuria, where the sun's power was believed to be harnessed through a crystal as a source of solar energy refraction