



Crystals for Calm

Around 80% of the earth's crust is made up of crystal, so we live on a giant living, breathing crystal, connecting us to the planet through the mineral kingdom.

When we find we are drawn to a particular crystal, then you resonate with the energy of that specific crystal and its properties.

Many crystals can be used for peace and calm. When shopping for crystals, have its purpose in your mind as you browse and choose whichever crystal you feel drawn to. You'll find you won't be able to leave the shop without it!

Here are three crystals for calm as a quick reference guide:

Amethyst is an all-round general-purpose healing crystal. It transmits peace, calm and stability; they say if you drink from an amethyst goblet, you will never get drunk!

Rose Quartz is particularly good for calming the emotions, although it looks very delicate and pink, it's a very powerful crystal to have around.

Another crystal highly recommended for bringing about calm is **Serpentine**. It is a beautiful pale green colour and brings total relaxation to the body. It is excellent for anyone suffering from anxiety or panic attacks or general tension in the body.

