

## Crystals for Grief

### **Amethyst**

Release of anxiety, grounding and peaceful sleep.

*Found in Brazil & Uruguay*



### **Rose Quartz**

Brings support for healing of the heart.

*Found in Brazil & USA*



### **Apache Tears**

Relief from despair, brings courage relief from grief.

*Found in Mexico and USA*



### **Mangano Calcite**

Relief of trauma, promotes self love and compassion.

*Found in Peru & Brazil*



### **Ruby in Zoisite**

Releasing anger & frustration, anxiety, brings calm. Regaining positivity.

*Found in Tanzania, Kenya & Norway.*



### **Smokey Quartz**

Disperses fear, lifts depression and negativity, brings emotional calmness, relieving stress and negativity. Promotes positive thoughts and actions.

*Found in Brazil & Madagascar*



### **Crystal Quartz**

Most powerful for healing.

*Found in the Alps; Minas Gerais, Brazil, USA, Madagascar & Japan*



### **Ruby in Moonstone**

Helps move forward to a happier future with more blessings and spiritual support.

*Found in India, Sri Lanka & Madagascar*



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