

## **HELP WITH ANXIETY FROM THE STONE PEOPLE**

Working with crystals has also been known to help calm anxiety.

The energy of the synthesis of azurite and malachite is said to give comfort by calming anxiety associated with dis-ease and allowing the thought process to follow course, enabling one to render emotionally charged thoughts ineffective, while facilitating the stability of the intellect to produce rationality. (Love is in the Earth)

Black tourmaline acts to stimulate the reflex points associated with the lower back. It can be used in the treatment of anxiety and can also provide for both the stimulation and balancing of the adrenal glands. (Love is in the Earth)