Selenite

**Hardness:** 1.5 - 2

**Gemological Properties:** Selenite is hydrous calcium sulfate mineral; a form of gypsum crystal also known as Satin Spur and in fine grain form Alabaster. Selenite is named after the Greek goddess of the moon, Selene because of its soft white light and many metaphysical and healing benefits.

**Meta-Physical Properties:** Selenite has a direct effect on the emotional body. However, unlike stones that soothe and calm the emotions, selenite activates the aspect of our nature connected to our true spiritual feeling and path. These crystals are particularly effective in stabilizing the emotional body and bringing erratic emotions under calm control. Selenite is water soluble and will dissolve if left in liquid. This important characteristic is also a great metaphor of the inherent power of the crystal to melt away exaggerated emotions with the stabilizing light force of your "true nature and feeling".

**Corresponding Astrological Signs:** Taurus

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