Hematite is an iron oxide (Fe₂O₃), a rock-forming mineral abundantly found on the Earth's surface and in the shallow crust. It is the most important ore of iron.

### Gemological Info:
- **Colour:** Steel-gray to silver, and from red to reddish brown to black
- **Mohs hardness rating:** 5.5-6.5
- **Transparency:** Opaque
- **Luster:** Metallic, submetallic, earthy
- **Fracture:** Even to subconchoidal
- **Cleavage:** None

### Metaphysical Properties:
Hematite is called a Stone for the mind, thanks to its effect on concentration, focus, and memory. It's said to enhance original thought and keep the balance between the mind, spirit, and the body. Hematite is considered to be an excellent stone to use for treating overindulgence, as it helps overcome compulsions and addictions by strengthening willpower, confidence, and reliability.

### Astrological Sign:
Aries

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