

Chakra Healing and Supporting Stones

Note: Some stones have dual purposes and more than one can be placed on a chakra at a time.

7. Crown Chakra:

Clear Quartz, Citrine, Selenite,
Botswana Agate, Howlite

6. Third Eye Chakra:

Amethyst, Clear Quartz, Sodalite,
Prehnite, Selenite, Blue Topaz,
Unakite

5. Throat Chakra:

Blue Kyanite, Blue Calcite,
Blue Lace Agate,
Sodalite, Blue Topaz

4. Heart Chakra:

Rose Quartz, Prehnite,

5. Solar Plexus:

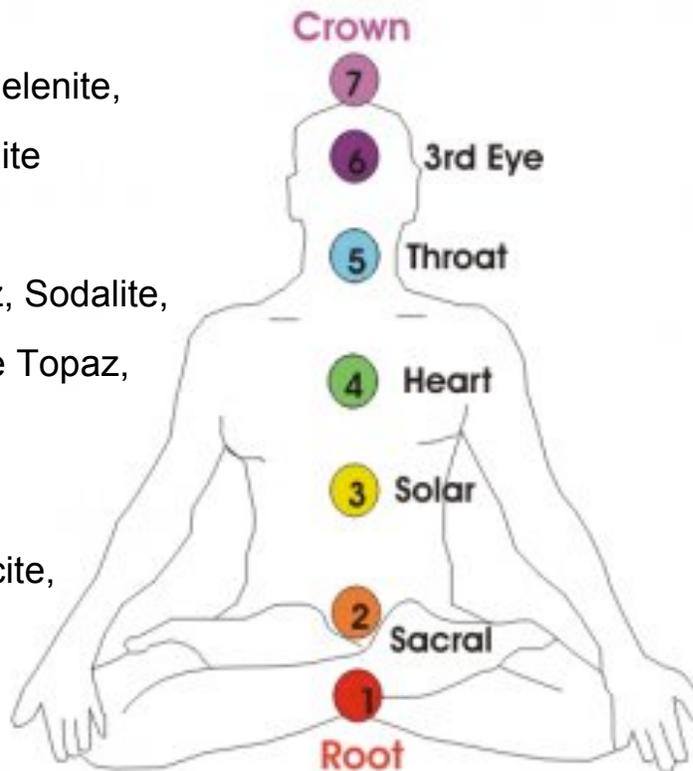
Tiger's Eye, Citrine, Blue Lace Agate

6. Sacral Chakra

Carnelian, Red Jasper, Prehnite, Pyrite, Snowflake Obsidian,
Tiger's Eye

7. Root Chakra

Carnelian, Hematite, Obsidian, Black Tourmaline, Red Jasper, Pyrite



Stones



Amethyst – Strong healing and cleansing abilities. Increases spiritual awareness. Enhances common sense and spiritual insights. Overcomes addictions and blockages of all kinds. Clears one's energy field of negative influences and attachments. Improves motivation assisting you in setting realistic goals. Dispels anger, rage, fear and anxiety. Powerful tool for spiritual expansion and cognitive understanding.



Agate (Blue Lace) – Soft, gentle, healing energy. Calms the mind and lovingly enhances the throat chakra. Releases old patterns of self judgment and feelings of suppression. Through this gently release, higher truths are able to be spoken. It's sensitive nature gives those who connect with it permission to reveal their own sensitive side, thus creating more peace.



Agate (Botswana) – Looks to solutions rather than dwelling on problems. Assists you to explore unknown territory and your own creativity. Helps you see the bigger picture, uncovering the layers. Emotionally, it releases repression and alleviates depression. Encourages artistic expression.



Calcite (Blue) – Clears negative energy (wonderful as an elixir room spray). It has the ability to recognize negative energy and transmute it peacefully. Relieves stress on many levels instilling confidence in self and forward movement. Accelerates spiritual growth and connection. This wonderful stone benefits all of the chakras.



Carnelian – Stabilizing stone with high energy, excellent for restoring vitality, motivation and creativity. Gives courage, promotes positive life choices and motivates for success in business and other matters. Helps you to trust yourself and your perceptions. Gets to the bottom of what makes you tick, overcomes negative conditioning and encourages steadfastness. Calms anger and banishes emotional negativity, replacing it with a love of life.



Citrine – Powerful cleanser. Enhances creativity and intuition. Energizes every level of life. Teaches how to attract wealth and prosperity, success, and all good things. Eliminates gloom and negativity. Raises self-esteem and self-confidence. Overcomes fear of responsibility and stops anger.



Hematite - Effective at grounding and protecting. Harmonizes Mind, Body and Spirit. Removes limitation and aids expansion. Stimulates concentration and focus. Enhances will power and reliability. Assists you coming to term with mistakes and accepting them as learning experiences and opportunities for growth.



Howlite – Calming stone. Opens the mind to receive wisdom and insights. Formulates ambitions, both spiritual and material, and aids in achieving them. Increases patience and helps eliminate anger. Strengthens positive character traits. Stimulates a desire for knowledge.



Kyanite – High energies. Instills compassion. It brings spiritual integrity and maturation. Encourages speaking one's truth, cutting through fear and blockages. Encourages self expression and communication. Eliminates negativity, ignorance and confusion. Increases capacity for logical and linear thought. Solidifies accountability.



Prehnite – Stone of unconditional love. Links the heart with the will, so one's power is used to carry out the promptings of the heart. Enhances inner knowing, showing you the way forward. Brings peace and protection. Makes your home a healing sanctuary for yourself. Good for de-cluttering, organization and letting go of things that no longer serve. Restores divine trust in the universe to enable manifesting dreams into reality. Alleviates nightmares, phobias and deep fears, healing the dis-ease that creates them.



Pyrite – Increases vitality and gives one a boost for accomplishing challenging tasks. Enhances will-power. Increases ability to establish new positive patterns and habits. Stimulates creativity, ambition, commitment and persistence. Increases the ability to transform ideas or concepts into action.



Rose Quartz- Stone of unconditional love and infinite peace. Heals the heart of old wounds, allowing new love to enter. Restores trust, harmony and encourages unconditional love. Transforms negativity into compassionate understanding. Promotes receptivity to beauty of all kinds.



Clear Quartz – Brings clarity. Acts as a deep soul-cleanser and healer. Amplifies any intention you place with it, assisting you to fully experience the invisible power of focused intent. Can also amplify the energy of other stones placed near it. Releases energy blocks. Increases concentration. Attunes you to your spiritual and life purpose. Increases memory.



Red Jasper – Brings tranquility and wholeness. Clears negative energy. Unifies all aspects of your life. Imparts determination toward all pursuits. Instills courage and assertiveness. Promotes organizational abilities and seeing projects through to completion. Transforms ideas into action.



Selenite – Brings clarity of mind. Calm stone. Instills deep peace and is excellent for meditation or spiritual work. Creates a peaceful atmosphere in the home. Assists with accurate judgment and insight. Clears confusion

and aids in seeing the deeper picture. It brings about a conscious understanding of what has been occurring at the subconscious level. Stabilizes emotions.



Sodalite – Unites logic with intuition. Calms the mind, allowing new information to be received. Releases core fears, guilt and phobias that hold you back and prevent you from being who you truly are. Brings harmony and solidarity of purpose in groups. It stimulates trust and companionship, encouraging interdependence. Encourages rational thought and objectivity. It enhances self-esteem, self-acceptance and self-trust.



Snowflake Obsidian – Calms and soothes, putting you in the right frame of mind to be receptive. Assists to recognize and change destructive and stressful thought patterns. See the value in mistakes as well as successes.



Tiger's Eye – Protective stone. Brings out integrity. Assists in accomplishing goals by recognizing inner resources, talents and abilities. Promotes clarity of intention. Differentiates between wishful thinking about what you want and what you really need. Heals issues of self-worth, self-criticism and blocked creativity



Blue Topaz- Recharges, motivates. Promotes truth and forgiveness. Sheds light on the path, goals and resources. Brings joy, confidence, generosity, love and good fortune, bringing successful attainment of goals. Also assists in discovering your own inner riches. Assists in living according to your aspirations, views and inner truth. Promotes openness and honesty.



Black Tourmaline – Shamanic stone that has protective attributes during journeying as well as everyday life. Purifies and transmutes negative energies. Clears the mind. Used in healing it can be used to draw off negative energies as well. Blocks against psychic attack and dense vibrational energy.



Unakite – Balances emotion with spirituality. Calm, gentle energy. Releases conditions that inhibit spiritual and psychological growth. Assists in finding the root cause of unrest or blockages, to release old issues and transform your life.