

## Chakra Healing Stones

Chakra	Stone	Image	Uses/Properties
<b>Root</b> 	Red Jasper		Increases energy, brings the physical and emotional into balance, induces calm
	Hematite		Promotes grounding, assists in energetically connecting to the earth, transforms negative energies into positive vibration
	Snowflake Obsidian		Provides sense of security, removes fear and worry, helps you stay centered in a chaotic situation
<b>Sacral</b> 	Carnelian		Stimulates creativity and sexuality, strengthens intuition, restores vitality and motivation
	Orange Calcite		Increases vitality, will, sexual energy, and playfulness, eases depression and helps you work through emotional issues
	Moonstone		Both opens and soothes the sacral chakra, enhances creative abilities, can reveal feminine power to women
<b>Solar Plexus</b> 	Citrine		Broadcasts the energy of prosperity, enhances personal power and worldly success
	Yellow Jasper		Improves mood and protects personal energy, amplifies self-confidence and courage
	Pyrite		Increases positive energy, relieves anxiety, encourages overcoming fears, inspires taking action
<b>Heart</b> 	Green Aventurine		Comforts and protects the heart, brings well-being and emotional calm
	Jade		Aids in emotional release to harmonize the heart, increases love and nurturing
	Rose Quartz		Attracts love, strengthens empathy, brings unconditional love and infinite peace, releases negativity
<b>Throat</b> 	Blue Chalcedony		Improves communication, stimulates telepathy and communications with spirit
	Blue Calcite		Encourages inspiration, assists with communication, reveals how words or thoughts affect reality
	Turquoise		Releases suppressed self-expression, emboldens shy people to speak from the heart
<b>Third Eye</b> 	Sodalite		Increases intuitive abilities, calms the mind and aligns it to higher self
	Lapis Lazuli		Reveals inner truth, and promotes self-awareness, opens the mind, aids conscious detachment from our realm
	Sugilite		Teaches and protects in matters of spiritual quests, love, and forgiveness, reveals innermost motivations, thoughts, & beliefs
<b>Crown</b> 	Amethyst		Calms and focuses the mind, enhances development of intuitive and psychic ability, opens access to the spirit realm
	Howlite		Focuses mind during meditation, provides wisdom and enlightenment, helps connect to spirit realm
	Selenite		Helps bring your highest consciousness into the physical realm, provides clarity of mind and aura cleansing