













Chakra Healing Stones Chart

Many people use crystals and stones as a method of healing. Below is a chart of two examples stones for each Chakra that can be used for healing. There are four for the heart Chakra since it has two colors related to it. Simply lying on your back and placing the stones on your body above the corresponding Chakra can cleanse negative energy, balance each Chakra, and release emotion.

Chakra	Stone	Image	Uses/Properties
Root	Red Tiger's Eye		Grounding, protection, physical vitality
	Garnet		Stimulate survival instinct, increase willpower and courage
Sacral	Carnelian		Physical desires, relationships
	Orange Calcite		Enhances creativity, brings positive energy to areas of will and sexuality
Solar Plexus	Citrine		Personal power, worldly success
	Topaz		Encourage self realization and confidence
Heart	Aventurine		Love, balance, healing
	Jade		Love, Healing, Money, Protection
	Rose Quartz		Balance between heaven and earth
	Kunzite		Love, Power, Good Luck, Healing
Throat	Sodalite		Ability to speak openly and lovingly
	Lapis		Verbal expression, clear communication
Third Eye	Amethyst (Dark)		Understanding and intuition
	Sugilite		Teaches and protects in matters of spiritual quests, love, and forgiveness
Crown	Clear Quartz		Spiritual connections
	Amethyst (Light)		Enhances spiritual awareness and spiritual wisdom

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