



CRYSTALS FOR THE SACRAL CHAKRA

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The Sacral Chakra is located approximately one hand width beneath the belly button. It is the center for creativity and children. As the Sacral Chakra is located near the reproductive organs the energy of this chakra is perfect for all types of birth. It provides the energy to give birth to new ideas, projects, and artistic endeavors. Alternatively, it can bring new life, new energy, to existing projects. It supports reproductive health and the ability to give birth to children. This energy center is wonderful for encouraging all types of creation.

Many people do not realize how strong the Sacral Chakra's link to children and childhood is. A strong and healthy Sacral Chakra can help you connect with children and share in their excitement and joy. This chakra is also a link to your inner child. It is the energy center you want to focus on if you are trying to regain childhood memories, heal childhood pains, or recapture that exuberance for any reason.

Overall, the Sacral Chakra reminds you to emulate childlike behaviors. Children are often wiser and smarter than they are given credit for. They have the ability to find joy in the simplest of pleasures. They can imagine and create endless wonders. They love freely and are true to themselves, far more honest than adults are. It is because of these characteristics and more that they are happier and healthier than most adults, a lesson we would be wise to learn and respect.

ARAGONITE

Aragonite raises your energy vibrations on all levels, but is especially effective with emotional frustrations. It clears out blockages and transmutes the energy into a beneficial form.



CARNELIAN

Known as a “feel better” stone Carnelian is excellent at helping us find a connection between emotions and dis-ease. The positive energy this stone emits also boosts energy levels and confidence.

COPPER

Although not a crystal, Copper is a wonderful energy conductor. It stabilizes the energy field and provides the physical and emotional support needed to get through a difficult day.

MOONSTONE

Recognized as a more “feminine” stone, Moonstone balances emotions and soothes all types of aggravation. A positive crystal it can help you get in touch with your intuition.

ORANGE CALCITE

One of the more popular Sacral Chakra stones, Orange Calcite has a wonderful calming influence. It also inspires the user and is particularly helpful with all creative endeavors.

PEARL

This naturally occurring material soothes all sorts of emotional upheavals. Pearls are known to bring emotional balance and stability, and are especially proficient at reducing irritability and stress.

SUNSTONE

An extremely cheery crystal, Sunstone perfectly embodies its name. It brings positivity and vitality to the user, supporting good health and promoting abundance.

VANADINITE

A superb cleanser, Vanadinite slowly but steadily cleanses the energy body from negative thoughts and emotions, stressors, and excessive behaviors. This stone enables you focus on and complete the task at hand without distraction.



WULFENITE

Unlike most Sacral Chakra crystals, Wulfenite aides the mental and spiritual energy bodies. It clears out mental blockages to enable you to heal yourself on different planes of reality.

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