



Metaphysical Suite No. 9 – Crystal Reference Guide

Welcome to your intuitive guide to over 100 crystals and their vibrational uses. This document is designed for flow, visual clarity, and quick access to energy work references. Each entry includes the name, energetic attributes, and chakra alignments—all without needing to decode a separate key.

Aegrine

Self-quest revitalizes the mind, increasing healing energy of other stones.

Chakra: Root

African Mystic Spirit Quartz

Cleansing, accelerates spiritual growth, focuses healing energy.

Chakra: Varies by color

Agate

Truth discernment, emotional acceptance, emotional healing.

Chakra: Varies by color

Ajoite

Removes implants, energizes the heart chakra, aligns with universal spirit.

Chakra: Heart

Alexandrite

Rebirth of self, inner/outer transformation, promotes awareness.

Chakra: Crown

Amazonite

Aligns astral bodies, unity with life, enhances creative expression.

Chakra: Throat

Amber

Soothing nerves, calms hyperactivity, brings joy and laughter.

Chakra: Navel

Amethyst

Encourages inner peace, dissolves addiction, transforms energy.

Chakra: Third Eye, Crown

**Ametrine**

Dispels negativity, aids decision-making, meditation, stress relief.

Chakra: Solar Plexus, Third Eye, Crown

Ammonite

Protective fossil, assists in birthing, provides relaxation.

Chakra: Root

Andalusite

Stimulates memory recall, centers self, assists in alignment.

Chakra: Heart, Throat, Third Eye

Angelite

Protection, regeneration of organs, creative energy amplifier.

Chakra: Throat

Apache Tear

Grants forgiveness, understanding in grief and distress.

Chakra: Root

Apatite

Enhances communication, psychic activation, supports weight regulation.

Chakra: Varies by color

Apophyllite

Attunement to body and spirit, stimulates intuition and insight.

Chakra: Crown

Aquamarine

Banishes fear, calms nerves, imparts strength and clarity.

Chakra: Throat

Aragonite

Calms and centers energy, provides insight, aids in self-discipline.

Chakra: Root, Navel, Solar Plexus, Heart

Aventurine

Encourages independence, joint strength, supports career transition.

Chakra: Heart

Azurite

Guides psychic development, cuts illusion, improves communication.

Chakra: Third Eye

**Azurite-Malachite**

Catalyst for transformation, visionary clarity and spiritual vision.

Chakra: Third Eye

Barite

Promotes loyalty, harmony, motivation, supports dream pursuit.

Chakra: Throat

Blizzard Stone

Shields the magnetic field from technology-induced stress.

Chakra: Root

Blue Lace Agate

Expands consciousness, calming energy, aids public speaking.

Chakra: Throat

Bloodstone

Regulates blood pressure, cleanses body, sharpens decisions.

Chakra: Root

Boji Stone

Draws out pain, high energy, instills joy.

Chakra: Navel

Brazilianite

Trust in self, clears blockages, activates memory of soul purpose.

Chakra: All Chakras

Bustamite

Assists in dreamwork, stabilizes energy, enhances harmony.

Chakra: Heart

Calcite

Balances emotions, improves memory, supports artists and scholars.

Chakra: Varies by color

Candle Quartz

Unlocks ancient wisdom, facilitates practical spiritual application.

Chakra: All Chakras

Carnelian

Releases sorrow, envy, and fear; boosts courage.

Chakra: Navel

**Celestite**

Supports spiritual expression, calms nervous system.

Chakra: Throat

Chalcedony

Releases emotional burden, enhances truthfulness.

Chakra: White – Crown

Chiastolite

Converts conflict into harmony, balances perspectives.

Chakra: Navel

Charoite

Accelerates evolution, deepens self-worth and capacity to love.

Chakra: Third Eye

Chrysocolla

Supports creativity, calms ulcers/arthritis, channels feminine power.

Chakra: Heart, Throat, Third Eye

Chrysoprase

Inspires grace, emotional stability, and positivity.

Chakra: Heart

Citrine

Cleanses aura, supports detox, regenerates tissue.

Chakra: Navel

Copper

Eases arthritis pain, releases emotional restrictions, boosts initiative and optimism.

Chakra: All Chakras

Coral

Protects against negative energy, enhances imagination, aids conflict resolution.

Chakra: Varies by color

Danburite

Increases intellect, awakens psychic abilities, boosts self-confidence.

Chakra: Crown

Dendritic Opal

Encourages spiritual and physical growth, aligns etheric and physical bodies.

Chakra: Varies by color

**Diamond**

Symbol of purity, fosters harmony and love, magnetizes abundance.

Chakra: Crown

Diopside

Aids in emotional release, past life recall, powerful scrying tool.

Chakra: Heart

Dioptase

Draws in love, wealth, and well-being; renews energy field.

Chakra: Heart

Dolomite

Eases body tension and sorrow, supports muscular and nail growth.

Chakra: Heart

Dravite

Earthy protection, connects the higher self to physical body.

Chakra: Root

Elestials

Opens awareness of life and death cycles, immortal spirit connection.

Chakra: All Chakras

Emerald

Attracts love, increases wealth consciousness, assists prophetic dreams.

Chakra: Heart

Epidote

Amplifies intention, raises vibration, attunes to abundance or healing.

Chakra: Heart

Ferro-Actinolite

Aids past life recall, guards heart energy, elevates vitality.

Chakra: Heart

Fluorite

Boosts mental clarity, strengthens bones and teeth, stabilizes mood.

Chakra: Varies by color

Fossil

Enhances ancestral recall, energetic protection from spells or psychic attacks.

Chakra: All Chakras

**Galena**

Promotes harmony, aids in holistic and medical studies, encourages grounding.

Chakra: Root

Garnet

Stimulates vitality, fidelity, and creativity; balances energy flow.

Chakra: Root, Heart

Gold

Symbol of purity, masculine force, boosts inner strength and magnetism.

Chakra: Solar Plexus

Gypsum

Dissolves energetic stagnation, brings mental balance and insight.

Chakra: Solar Plexus

Hematite

Grounds spiritual energy, sharpens logic, fosters emotional clarity.

Chakra: Root

Herkimer Diamond

Enhances clairvoyance, calms nervous system, promotes lucid dreams.

Chakra: All Chakras

Hessonite

Cleanses negativity, dissolves inferiority complex, supports life changes.

Chakra: Solar Plexus

Heulandite

Connects with past lives, clears weight attachment, supports emotional healing.

Chakra: Varies by color

Hiddenite

Expands intellect and insight, opens heart to divine love.

Chakra: Heart

Holly Blue Agate

Supports teaching and learning cycles, enhances spiritual awareness.

Chakra: Crown

Howlite

Improves patience and observation, strengthens discernment and memory.

Chakra: Third Eye, Crown

**Iolite**

Boosts spiritual vision, detoxifies liver, enhances soul integration.

Chakra: Crown

Infinite

Works on past, present, and future simultaneously; emits gentle angelic love.

Chakra: Heart

Jade

Soothes eyes, prolongs life, wards off negative energy.

Chakra: Heart

Jasper

Powerful physical healer, stabilizes aura, shields against negativity.

Chakra: Varies by color

Jet

Relieves migraines, protects finances, neutralizes deep emotional wounds.

Chakra: Root

Kundalini Quartz

Activates primal life force, raises kundalini, anchors energy.

Chakra: Root

Kunzite

Eases emotional instability, reduces addiction, invites maturity.

Chakra: Varies by color

Kyanite

Boosts creative energy, supports dreamwork, brings emotional balance.

Chakra: Varies by color

Labradorite

Reveals life purpose, strengthens intuition, connects with elemental energies.

Chakra: Third Eye, Crown

Lapis Lazuli

Expands awareness, enhances ESP, strengthens skeletal system and thyroid.

Chakra: Third Eye

Larimar

Builds confidence, calms depression, supports authentic communication.

Chakra: Throat

**Lepidolite**

Relieves stress and tension, supports self-love, balances mood.

Chakra: Heart

Manganese

Elevates spiritual awareness while remaining grounded.

Chakra: Root, Third Eye, Crown

Malachite

Luck in money, aids sleep and childbirth, probes emotional depth.

Chakra: Heart

Moldavite

Activates spiritual awakening, interdimensional contact, life catalyst.

Chakra: Heart

Mookaite

Keeps you grounded in the present, eases transitions.

Chakra: Root, Navel, Solar Plexus

Moonstone

Enhances emotional intuition, calm reflection, sacred feminine stone.

Chakra: Navel

Morganite

Heals separation wounds, promotes sisterhood, circulates divine love.

Chakra: Heart

Obsidian

Sharpens perception, releases illusions, strong protector.

Chakra: Root

Onyx

Reduces stress and grief, builds self-control and endurance.

Chakra: Root

Opal

Retrieves past life wisdom, awakens inner beauty and loyalty.

Chakra: Crown

Peacock Rock (Bornite)

Revives zest for life, amplifies healing properties.

Chakra: All Chakras

**Pecos Diamond**

Stabilizes emotions, increases joy and creativity.

Chakra: All Chakras

Peridot

Clears stress and fear, opens new growth paths.

Chakra: Heart

Petalite

Dissolves negative energy, strengthens energetic sensitivity.

Chakra: All Chakras

Petrified Wood

Connects to Earth and ancestors, calms reactive emotions.

Chakra: Root

Phenacite

Increases spiritual energy, supports astral travel.

Chakra: Crown

Pietersite

Accesses Akashic records, promotes dignified will.

Chakra: Third Eye, Crown

Pop Rocks (Boji-type stone)

Stimulates joy, powerful energetic cleanser.

Chakra: Navel

Prase

Promotes universal oneness, clears blockages related to sexuality.

Chakra: Heart

Prehnite

Strengthens personal relationships, aligns chakras.

Chakra: Heart, Solar Plexus

Purpurite

Breaks limited thinking patterns, increases spirituality and wealth flow.

Chakra: Crown

Pyrite

Enhances memory, supports learning, increases confidence.

Chakra: Root

**Quartz**

Programmable master crystal, aids manifestation, cleanses.

Chakra: All Chakras

Rhodizite

Master energy activator, awakens dormant chakra centers.

Chakra: All Chakras

Rhodochrosite

Strengthens mind, encourages new love and compassion.

Chakra: Heart

Rhodonite

Eases trauma, instills inner assurance and purpose.

Chakra: Heart

Rose Quartz

Encourages love, compassion, and self-worth.

Chakra: Heart

Ruby

Increases vitality, improves circulation, protects sensitivity.

Chakra: Heart

Rutilated Quartz

Enhances energy flow in other stones, eases birth process.

Chakra: All Chakras

Sapphire

Strengthens loyalty, deepens spiritual connection, motivates action.

Chakra: Third Eye, Crown

Sceptre Quartz

Atlantean symbol of personal power, activates heart intention.

Chakra: All Chakras

Selenite

Boosts clarity, aids decisions, strengthens spine.

Chakra: Crown

Seraphinite

Connects with angelic realms, clears aura, promotes cooperation.

Chakra: Heart, Crown

**Silver**

Balances emotions, aids communication, carries divine feminine energy.

Chakra: All Chakras

Smoky Quartz

Releases depression, soothes sexual imbalance, anchors light.

Chakra: Root

Sodalite

Encourages rational thought, enhances dreams, balances hormones.

Chakra: Third Eye

Sphaerocobaltite

Promotes serenity, love, and balance.

Chakra: Heart

Staurolite

Symbol of fairy tears, helps with transitions, luck charm.

Chakra: Root

Strawberry Quartz

Heals relationships, calms emotional strain.

Chakra: Heart

Stichtite

Fosters truth, eases kundalini through heart, opens mind.

Chakra: Heart

Sugilite

Heals physically, strengthens heart, emotional stabilizer.

Chakra: Third Eye

Sunstone

Lifts fear, boosts joy and spiritual growth.

Chakra: Solar Plexus

Tanzanite

Promotes spiritual insight, links mind and heart.

Chakra: Third Eye

Tektite

Wisdom from experience, prevents deep emotional scarring.

Chakra: Root



Tiger Eye

Protects psychically, sharpens will, business success.

Chakra: Varies by color

Tiger Iron

Motivates on all levels, enhances meditative insight.

Chakra: Root, Navel, Solar Plexus

Topaz

Aids in regeneration, supports understanding.

Chakra: Varies by color

Tourmaline

Boosts love and success, relieves fatigue and anemia.

Chakra: Varies by color

Turquoise

Promotes friendship, relaxes mind, supports lungs.

Chakra: Throat

Turritella

Improves group harmony, eases domestic issues.

Chakra: Root

Unakite

Increases personal power, transforms negativity.

Chakra: Heart

Vesuvianite

Promotes creative insight, dispels depression, increases safety awareness.

Chakra: Varies by color

Victorite

Promotes peace, emotional clarity, and speech confidence.

Chakra: Throat

Zincite

Releases blockages, creates breakthroughs, connects like minds.

Chakra: Navel, Solar Plexus

Metaphysical Suite No.9 thanks you for walking the path of energy mastery. Use this guide to deepen your intuitive connection with the mineral kingdom and elevate your vibrational practice with precision and purpose.