

Chakra Healing Reference Chart

Crown Chakra "I understand"

The crown chakra is located on the top of your head and is associated with the concept of achieving nirvana. It is known to be responsible for the direct connection with the almighty and the conscious energy. Trying to balance this chakra will help you gain insight into yourself and balance your other chakras.

Third Eye Chakra "I see"

The third eye chakra is located in between eyebrows. This chakra is responsible for universal consciousness, clarity, intuition, and self-knowledge.

Throat Chakra "I talk"

The throat chakra is located above the heart. This chakra is associated with voicing your opinions, expressing truth, and being creative.

Heart Chakra "I love"

The heart chakra is located in the center of the chest. It is associated with love and compassion. This chakra is responsible for emotional healing and mental health.

Solar Plexus Chakra "I do"

The Solar Plexus chakra is located behind the naval region below the rib cage. It is associated with self-confidence, self-discipline and wisdom. This chakra is responsible for the 'gut feeling', the feeling you get when something isn't right for you.

Sacral Chakra "I feel"

The sacral chakra is located below the belly button. This chakra is associated with the lymphatic system and is responsible for expressing emotions, and your sexual desires.

Root Chakra "I am"

The root chakra is located at the base of the spine. The root chakra connects your mind, body, and soul with the Earth. This chakra gives us the feeling of being close to the earth, and is known to keep us grounded and connected with the Earth's energy.



Charoite

Charoite is here to bring the light. This stone is all about positive transformation. Charoite helps to cut through the noise, to embrace deep insight, and to live in accordance with your highest sense of authenticity.



Charoite

Known as the soul stone, Charoite is said to put you into a positive and healthy-minded space and help with illuminating higher thinking.



Aquamarine

Aquamarine was believed to be treasures of mermaids and said to be a soothing stone, used for good luck and protection.



Emerald

Emerald is said to be a protective stone, used to help intuitive awareness and meditation.



Tiger's eye

Tiger's eye is said to bring good luck to the wearer and assists mental clarity.



Citrine

Known as the sunshine stone, citrine is said to be a stone for energizing and recharging the whole body.



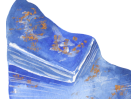
Red Jasper

Also known as the stone of endurance, Red Jasper is known for raising motivation level and helping people overcome obstacles and challenges. It can raise your vitality, connect you to your true power, and shake up your passion.



Amethyst

Amethyst is thought to be a protective stone and removes negative energies.



Lapis Lazuli

Known as the wisdom stone, Lapis Lazuli is said to be a stone of truth and communication that can bring openness and mental clarity.



Amazonite

This bluish-green crystal is used to promote emotional balance and protect against negative emotions. The stone is also believed to calm your nervous system.



Rose Quartz

It is known as a powerful healing stone, promotes emotional healing and protects against negative energy.



Topaz

Topaz is known as a powerful stone that balances and calms emotions, while also bringing success and good fortune.



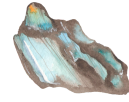
Carnelian

Known as the sunset stone, Orange Carnelian is a stone of creativity, vibrancy, and spirit. It is a stone of fertility and can breathe life back into those that want to increase their confidence and personal power.



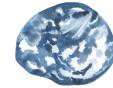
Garnet

Garnet is best used for giving creative powers, stimulating metabolism, reducing toxins, providing strengths in challenging situations, and cultivating balanced energy.



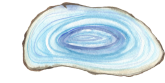
Labradorite

Labradorite is thought to be a stone of magic and protection. The healing properties of this crystal are all about tapping into your own wonderful well of creativity and connecting with the higher consciousness.



Sodalite

Sodalite is said to help with emotional balance and boosts self-esteem.



Blue Agate

Agate is said to enhance creativity, intellect and improve self-confidence.



Amazonite

Known as the hope stone, Amazonite is said to enhance self-confidence. This courageous gem shakes loose fears so you can let the light in.



Amber

Amber is said to bring good luck, wisdom and removes negativity.



Tiger's eye

Nicknamed the Shapeshifter, Tiger's Eye can help you cut out self-doubt and make decisions from a place of clarity. It is best used for courage, focus, prosperity, and protection.



Black Obsidian

Obsidian is best used for protecting against negative energy. It is thought to absorb negative energy and is helpful during tough times or situations.