



CRYSTALS FOR THE HEART CHAKRA

By: Rachel Niemczyk

The Heart Chakra, located in the center of the chest, is the emotional energy center of our bodies. Emotions are complicated. They are intensely private and personal, yet most of the time they are responses to relationships and circumstances outside of us. The Heart Chakra is a perfect reflection of this. As much as the Heart Chakra tells us about ourselves and our own willingness to open up to the world or hide from it, its energy also lets the people around us know, on an energetic level, how much we are willing to give or receive. The state of a person's Heart Chakra can inform you of how receptive they are to emotional interactions.

Energetically speaking, the Heart Chakra is the bridge between the lower chakras (Base, Sacral, Solar Plexus) and upper chakras (Throat, Third-Eye, Crown). This means it is the balance between our physical and spiritual selves; the human being residing in this world and the spiritual being aware of planes beyond our understanding. The more open your Heart Chakra is then, the more capable you are of recognizing the spiritual in everyday circumstances (ex. synchronicities, deep appreciation for the beauty of a flower, or messages from spiritual guides).

Ultimately, the Heart Chakra is a window into our most honest self. However much we grow and change one of the most consistent things in our lives is our emotional responses to situations. They teach us a lot about how we approach the world. Just as importantly, whatever emotion we feel, be it positive or negative; resonate within our heart chakras and from there out into the world changing it.

AMAZONITE

Known as a “feel better stone” Amazonite is so effective because it aligns the Heart Chakra on the physical and astral planes. The recognition of this unity on



a soul level is inherently soothing and fills the Heart Chakra with positive energy.

AVENTURINE

Aventurine is a wonderful stone for enhancing leadership qualities. It reduces stress and promotes relaxation, but also motivates and encourages decisions to be made from the heart.

BLOODSTONE

Often associated with the Base Chakra, Bloodstone is also excellent for the Heart Chakra. The stone of the “spiritual warrior” it brings steadiness, courage, and solace to your heart.

DIOPTASE

The positive and uplifting energy of Dioptase is wonderful for promoting love and compassion. It also makes Dioptase excellent for healing any wounds to the heart.

EMERALD

One of the most well-known crystals, Emerald subtly brings harmony to the emotional heart. By opening up the user’s sensitivity it allows them to have patience, honesty, and understanding with themselves instead of focusing negative emotions inwards.

MALACHITE

One of the most calming Heart Chakra crystals to deal with, Malachite is excellent at balancing tumultuous emotions and energies within the Heart Chakra. Known for uplifting spirits it makes all types of transitions easier.

PERIDOT

Peridot has a very light and vibrant energy. Known for protecting the Heart Chakra, it also cleanses the heart of negative emotions and brings optimism to the user.



RHODOCHROSITE

Rhodochrosite is fantastic for connecting you to your inner child. It brings love and compassion for yourself, courage, and creativity so you can experience the wonders and mystery of the world as children do.

ROSE QUARTZ

Rose Quartz has some of the gentlest energy for Heart Chakras. It enhances love on all levels (self, familial, romantic, platonic) and diminishes the effect of negative emotions, especially towards yourself.

UNAKITE

With a strong but gentle energy Unakite helps strengthen your Heart Chakra. It is best at removing emotional blockages from your heart, making it an excellent crystal to help you through any form of grief.

BIBLIOGRAPHY

Hall, Judy. *The Crystal Bible: A Definitive Guide to Crystals*. Vol. 1 Cincinnati: Walking Stick Press, 2003. Print.

Melody. *Love is in the Earth: A Kaleidoscope of Crystals Updated*. Wheat Ridge: Earth Love Publishing House, 2005.

Permutt, Philip. *The Complete Guide to Crystal Chakra Healing: Energy Medicine for Mind, Body, and Spirit*. New York: CICO Books, 2009. Print.

Simmons, Robert and Naisha Ahsian. *The Book of Stones: Who They Are & What They Teach*. East Montpelier: Heaven and Earth Publishing LLC, 2005. Print.