

Crystal Healing Reference Chart

CRYSTAL	CHAKRA	ELEMENT	EMOTIONAL	PHYSICAL
 AMAZONITE	HEART CHAKRA THROAT CHAKRA	WATER	STRESS RELIEF, CALMS THE ENERGY, ENCOURAGES FREE SPEECH, EMPOWERS MENTAL STRENGTH, HELPS SPEAK YOUR TRUTH	MIND AND BODY STRENGTH, HELPS ABSORB CALCIUM BETTER, CELL REGENERATION AND HEALING AFTER ILLNESSES, TRAUMA OR INJURY
 AMETHYST	CROWN CHAKRA THIRD EYE	AIR	INSIGHT, SPIRITUAL CONNECTION AND AWAKENING, MENTAL CLARITY, ELIMINATES PATIENCE, MEDITATION	SLEEP, ANXIETY RELIEF, ENHANCING THE IMMUNE SYSTEM, IMPROVES THE SKIN'S APPEARANCE, PROMOTES DIGESTIVE HEALTH, REDUCING HEADACHES, REGULATES HORMONES
 AMBER	THROAT CHAKRA, SOLAR PLEXUS, SACRAL CHAKRA	FIRE	CREATIVITY, PROTECTION, WISDOM, ABSORBS NEGATIVE ENERGY, SOOTHES THE MIND, HELPS WITH DECISIVENESS	ENHANCES THE BODY'S ABILITY TO HEAL, CALMS THE NERVES, ENERGISES THE BODY
 AVENTURINE	HEART CHAKRA	EARTH	JOY, STRENGTH, BALANCE, CLEANSING, LUCK AND FORTUNE, PROSPERITY, EMOTIONAL UNDERSTANDING, RENEWS OPTIMISM, SUPPORTS GROWTH AND MANIFESTATION	BALANCES BLOOD PRESSURE, STIMULATES METABOLISM, LOWERS CHOLESTEROL, HAS ANTI-INFLAMMATORY EFFECT AND EASES SKIN ERUPTIONS, ALLERGIES, MIGRAINES
 BLOODSTONE	ROOT CHAKRA	EARTH	STRENGTH, PROTECTION, COURAGE, CONFIDENCE, CLEANSING, ACTION, MOTIVATION, INNER STRENGTH, WILLPOWER, PURIFIES NEGATIVE ENERGY	BLOOD CLEANSER, PURIFIES THE BLOOD, SPLEEN, LIVER, KIDNEYS, BLADDER, AND INTESTINES, NEUTRALISES AND ELIMINATES TOXINS FROM THE BODY
 BLUE LACE AGATE	THROAT CHAKRA	WATER	SOOTHES EMOTIONS, CLARITY, CONFIDENCE, INNER PEACE, RELAXATION, MEDITATION, MAKING YOUR VOICE HEARD, INNER STRENGTH AND CONFIDENCE	RELIEVES SORE THROATS, ACHING/SWOLLEN GLANDS IN NECK, MAY AID THYROID PROBLEMS, HELPS STRENGTHEN THE SKELETAL STRUCTURE, HELPS TREAT ARTHRITIS
 CHRYSOCOLLA	THROAT CHAKRA ROOT CHAKRA	WATER	CALMS THE ENERGY DURING STRESS, CALMING FOR THOSE WHO GET HYPER EMOTIONAL, REDUCES PANIC WHEN OVERWHELMED, CLEAR HEAD	HELPS WITH NERVOUS DISORDERS, SUCH AS ANXIETY AND DEPRESSION, FEELINGS OF GUILT, AND HYPERKINETIC MOVEMENT, HELPS WITH MENSTRUAL PAIN
 CLEAR QUARTZ	ALL 7 CHAKRAS	STORM	PROTECTION, DISPELS NEGATIVE ENERGY, CLEANSING, MEDITATION, EXPANDED AWARENESS AND SPIRITUALITY, REIGNITES TRUE IDENTITY, ABSORBS NEGATIVITY	MASTER HEALER - CAN BE USED FOR HEALING ANY CONDITION, USED TO TREAT MIGRAINE HEADACHES, VERTIGO, IN STABILISING DIZZINESS OR MOTION SICKNESS
 CRAZY LACE AGATE	3RD EYE CHAKRA	EARTH	ENHANCES GROUNDING, PROTECTS FROM OUTSIDE ENERGY, INCREASES EMOTIONAL STABILITY, RELEASES ATTACHMENT,	SUPPORTS WITH RECOVERY FROM EXHAUSTION AND FATIGUE, BALANCES PHYSICAL, EMOTIONAL AND INTELLECTUAL ENERGIES
 CARNELIAN	SACRAL CHAKRA ROOT CHAKRA	FIRE	STRENGTH, COURAGE, CONFIDENCE, POWER, PASSION, SEXUALITY, CREATIVITY IN THE WORKSPACE, STABILISES	STIMULATES METABOLISM AND A GOOD SUPPLY OF BLOOD TO THE ORGANS AND TISSUES, INFLUENCES THE REPRODUCTIVE ORGANS OF BOTH SEXES
 CELESTITE	THROAT CHAKRA CROWN CHAKRA	AIR	MEDITATION, CREATIVITY, PATIENCE, CLEANSING, COMMUNICATION, SPIRITUAL DEVELOPMENT, CONTACT WITH GUARDIAN ANGELS AND SPIRITS	ELIMINATES TOXINS, BOOSTS ENERGY, ELIMINATES TOXINS CAUSED BY STRESS AND CHRONIC TENSION
 CITRINE	ROOT CHAKRA SACRAL CHAKRA	FIRE	PROVIDES CLARITY AND PROTECTION, ABUNDANT WAY OF THINKING, UNLOCKS CREATIVITY AND TRUE POTENTIAL, IDEAL FOR MEDITATING AND FOCUSING ON DREAMS	ENHANCES PHYSICAL STAMINA AND ENERGY, SUPPORTS THE ENDOCRINE SYSTEM, AND ENCOURAGES PROPER METABOLISM
 FLUORITE	ALL 7 CHAKRAS	AIR	FEELING OF BALANCE, PROTECTION, GROUNDING AND CLEANSING, SENSE OF PURPOSE AND MENTAL ENHANCEMENT, BALANCES THOUGHTS	BENEFICIAL TO THE SKIN, MUCOUS MEMBRANES AND RESPIRATORY TRACT, MAY BE USED TO DISSIPATE SYMPTOMS OF COLDS AND FLU, SINUSITIS, BRONCHITIS
 HEMATITE	ROOT CHAKRA	EARTH	OPPORTUNITIES, STRENGTH, BALANCE, CLARITY, GROUNDING, CONNECTION WITH HIGHER VIBRATION, CONNECTION WITH THE PRESENT MOMENT	RESTORES, STRENGTHENS AND REGULATES THE BLOOD SUPPLY, AIDING BLOOD CONDITIONS SUCH AS ANAEMIA, SUPPORTS THE KIDNEYS AND REGENERATES TISSUE AND RED BLOOD CELLS
 HOWLITE	CROWN CHAKRA	AIR	CALMING STONE, PATIENCE, BALANCE, CREATIVITY, INSPIRATION, TRUTH, CONSCIOUSNESS, STRESS RELIEF, SUPPORT DURING GRIEF AND MOURNING	BALANCES CALCIUM LEVELS IN THE BODY, AIDS TEETH, BONES AND SOFT TISSUE, HELPS WITH CASES OF OSTEOPOROSIS
 LABRADORITE	CROWN CHAKRA 3RD EYE CHAKRA	AIR	PSYCHIC ABILITIES, SPIRITUAL CONNECTION, INTUITION, EXPANDED AWARENESS, PROTECTION, CONFIDENCE, GUIDANCE DURING TRANSFORMATION	BENEFICIAL TO THE LUNGS, ASSISTS WITH RESPIRATORY PROBLEMS, BRONCHITIS AND COLDS, ASSISTS IN DIGESTION, REGULATION, AND METABOLISM
 LAPIS LAZULI	3RD EYE CHAKRA THROAT CHAKRA	AIR	DREAMS, BALANCE, INTUITION, COMMUNICATION, INNER VISION, CONNECTS THE MIND AND HEART TO SPEAK THE TRUTH	THROAT, LARYNX, AND VOCAL CHORDS, HELPS REGULATE THE ENDOCRINE AND THYROID GLANDS, OVERCOMES HEARING LOSS
 MALACHITE	HEART CHAKRA SOLAR PLEXUS CHAKRA	FIRE	BALANCE, CREATIVITY, PROTECTION, BOOSTS CONFIDENCE, CLEANSING, SELF-DISCIPLINE, POSITIVE ENERGY, OPENS THE HEART, SKILL OF LEADERSHIP	REGULATES THE MENSTRUAL CYCLE AND CRAMPS, EASES LABOUR, RELIEVES COLD SWEATS, MALARIA, TREMBLING AND PARKINSON'S DISEASE
 MOSS AGATE	HEART CHAKRA ROOT CHAKRA	EARTH	RECONNECTION WITH NATURE AND THE EARTH, ENCOURAGES SELF-EXPRESSION, REBUILD CONNECTION TO NATURE, ENLIGHTENMENT, EMOTIONAL UNDERSTANDING	ANTI-INFLAMMATORY, CLEANSSES THE CIRCULATORY SYSTEM, PREVENTS DEHYDRATION, LOWERS FEVER, TREATS COLDS, FLU AND INFECTIONS
 ONYX	3RD EYE CHAKRA SOLAR PLEXUS CHAKRA	EARTH	PROTECTION, STRENGTH, FOCUS, WILLPOWER, HELPS WITH GRIEF AND DURING STRESSFUL TIMES, BOOSTS ENERGY, OPENS HIGHER REALMS	MPROVE FUNCTION OF THE NERVES AND ENHANCES THE SENSORY ORGANS, STRENGTHEN THE IMMUNE SYSTEM, PROVIDE STAMINA AND VITALITY
 ROSE QUARTZ	HEART CHAKRA	WATER	LOVE, FORGIVENESS, EMOTIONAL HEALING, FORGIVENESS, HELPS DEALING WITH EMOTIONS AND TROUBLES	STRENGTHENS THE PHYSICAL HEART AND CIRCULATORY SYSTEM, RELEASES IMPURITIES FROM BODY FLUIDS, SPEEDS RECOVERY, REDUCES HIGH BLOOD PRESSURE
 SELENITE	3RD EYE CHAKRA	WATER	CLEANSSES ENERGY, SPIRITUAL PROTECTION, INCREASES MENTAL AWARENESS AND INTUITION, BRINGS PEACE, BOOSTS MEMORY	PROTECTS FROM PSYCHIC ATTACKS, CLEARS BLOCKAGES AND DENSITIES IN THE ENERGY FIELD TO DIRECT HIGH-FREQUENCY ENERGY TO STIMULATE PHYSICAL HEALING
 SMOKEY QUARTZ	ALL 7 CHAKRAS	EARTH	GROUNDING ENERGY, PURIFIES THE ENERGY AND AURA, INCREASED WILL AND STRENGTH, BRINGS CLARITY	HELPS WITH SUNBURN, EXPOSURE TO RADIOACTIVE MATERIALS, RELIEVES CHRONIC PAIN, MUSCLE CRAMPS, HEADACHES
 SUNSTONE	ALL 7 CHAKRAS	FIRE	LEADERSHIP, WILLPOWER, FREEDOM, INTUITION, CONFIDENCE FOR SELF-EXPRESSION AND STRENGTH, FEELING OF FEARLESSNESS	WARMS THE BODY, INCREASES METABOLISM, DIGESTION, AND VITALITY, STIMULATES SELF-HEALING POWERS, REGULATES AND HARMONISES ALL ORGANS
 TIGER EYE	SOLAR PLEXUS SACRAL CHAKRA	FIRE	PROMOTES EMOTIONAL BALANCE, INCREASES WILL POWER, RELEASES FEARS, BOOSTS CONFIDENCE, INCREASES FOCUS, PROVIDES PROTECTION	A BLOOD FORTIFIER, INCREASES VITALITY AND STRENGTH, RESTORES BALANCE TO THE BODY, STIMULATES FERTILITY
 TOURMALINE BLACK	ROOT CHAKRA	EARTH	GROUNDS ENERGY, CLEANSSES THE AURA, RELEASES ANGER AND FEELING OF UNWORTHINESS, SUPPORTS WITH UNWANTED THOUGHTS, ANGER AND ANXIETY	IMPROVES CIRCULATION, PROMOTES A HEALTHY MOOD, HELPS TO DETOX FROM HEAVY METALS AND ENVIRONMENTAL POLLUTANTS, SUPPORTS WEIGHT LOSS AND REDUCTION OF BLOATING