

# Chakras

## Crown

Spiritual Connection, Unity Consciousness  
Purple & White Stones: Amethyst, Selenite, Celestite, Charoite, Moonstone, Howlite

## Third-Eye

Visioning, Psychic Abilities, Awareness  
Purple & Indigo Stones: Amethyst, Kyanite, Tanzanite, Labradorite, Iolite Lapis Lazuli

## Throat

Communication, Clarity, Focus, Calm  
Blue Stones: Blue Lace Agate, Larimar, Amazonite, Aquamarine, Turquoise

## Heart

Love, Compassion, Abundance, Connection  
Green & Pink Stones: Rose Quartz, Emerald, Aventurine, Jade, Kunzite

## Solar Plexus

Power, Confidence, Willpower, Self-worth  
Yellow Stones: Citrine, Tiger Eye, Pyrite  
Yellow Calcite, Amber, Yellow Sapphire

## Sacral

Vitality, Passion, Sexuality, Creativity  
Orange Stones: Carnelian, Tiger Eye, Orange Calcite, Sunstone

## Root

Grounding, Safety, Trust in Life  
Black, Brown, & Red Stones:  
Black Tourmaline, Red Jasper, Garnet, Bloodstone, Hematite

