



CHAKRAS

HIGHER CROWN (higher self connection) - clear, clear quartz, selenite, azeztulite, phenacite

CROWN (spiritual connection) - violet, amethyst, sugilite

THIRD EYE (insight) - indigo, lapis, purple fluorite, iolite, blue sapphire

THROAT (communication) - blue, turquoise, sodalite, kyanite, aquamarine, larimar

HEART (emotional connection) - green, aventurine, peridot, rose quartz, jade, pink opal, rhodonite, pink tourmaline, blood stone

SOLAR PLEXUS (joy, love of life) - yellow, citrine, tiger eye, amber, yellow topaz

SACRAL (confidence, sensuality) - orange, carnelian, orange calcite, fire agate

ROOT (earth connection, grounding) - red, red garnet, red jasper, smokey quartz, black onyx, black tourmaline, hematite, red coral