

Chakra Crystals & Meditation Guide



Root Chakra

Garnet, Smoky Quartz, Red Jasper, Red Tigers Eye, Obsidian, Jet, Black Tourmaline, Bloodstone

Benefits: Safety, Protection, Grounding, Boundaries

How To Use: Hold one stone in each hand, place one stone at the base of your spine while laying on your stomach.



Sacral Chakra

Carnelian, Peach Moonstone, Orange Aventurine, Orange Calcite

Benefits: Creativity, Passion, Courage, Self-Esteem

How To Use: Keep the stone in your pocket.



Solar Plexus Chakra

Citrine, Tigers Eye, Amber, Yellow Calcite, Topaz

Benefits: Manifest Your Desires, Willpower, Personal Growth, New Opportunities, Good Fortune

How To Use: Place the stones between your naval and heart, then breathe deeply into the belly.



Heart Chakra

Rose Quartz, Green Aventurine, Rhodochrosite, Rhodonite, Amazonite, Malachite, Unakite

Benefits: Love, Compassion, Forgiveness, Harmony

How To Use: Place the stone over your heart, then cover the stone with both hands while meditating.



Throat Chakra

Lapis Lazuli, Blue Laca Agate, Angelite, Turquoise, Kyanite, Blue Tigers Eye, Blue Topaz

Benefits: Truth, Clarity, Sense of Self, Expression, Communication

How To Use: Wear the stone around your neck.



Third Eye Chakra

Amethyst, Lapis Lazuli, Iolite, Sapphire, Sodalite

Benefits: Intuitions, Clarity, Inner Wisdom, Decision Making

How To Use: Meditate with the stone on your forehead for easy decision making.



Crown Chakra

Clear Rock Quartz, Selenite, Moonstone, Fluorite, Amethyst, Labradorite

Benefits: Spiritual Awareness, Connection to the Divine, Meditation, Universal Consciousness

How To Use: Meditate with the stone on your forehead to connect with your spiritual journey.

All Chakras

Clear Quartz

Benefits: All Around Healing, Programmable

How To Use: Direct the flow of energy through a crystal wand



Crystal Cleansing

Why You Should Cleanse Your Crystals:

Crystals absorb negative energy so you need to cleanse them every so often to get rid of any negative energy they've stored.

How To Cleanse:

You have a few options when it comes to cleansing that includes using salt water, earth, other crystal forms, and visualization.

After cleansing you need to recharge the crystal with positive energy and you can do this by utilizing sunlight or moonlight or a method of concentrated physical contact.