

# —○ CHAKRA STONES —○

## Crown Chakra:

Clear Quartz, Moonstone, Amethyst,  
Labradorite.

## Third Eye Chakra:

Soladite, Lapis Lazuli, Azurite, Sapphire,  
Dumortierite.

## Throat Chakra:

Turquoise, Blue Lace Agate, Aquamarine,  
Blue Howlite, Kyanite

## Heart Chakra:

Rose Quartz, Rhodonite, Green Agate,  
Amazonite, Green Opal

## Solar Plexus Chakra:

Citrine, Topaz, Heliolite, Fire Opal,  
Amber, Golden Tigers Eye

## Sacral Chakra:

Orange Carnelian, Garnet Spessartine,  
Golden Tigers Eye, Stilbite

## Root Chakra:

Red Coral, Mahogany, Black Obsidian,  
Bloodstone, Tourmaline

**THERE IS NO RIGHT OR WRONG WAY TO USE YOUR CHAKRA STONES, BUT HERE ARE FEW IDEAS FOR YOUR DAILY ROUTINE:**

### 1. MEDITATE WITH YOUR CRYSTALS.

Hold your crystals in your hand or place them near you and put your whole attention on a specific chakra center during your meditation.

### 2. PLACE STONES ON YOUR PHYSICAL BODY

Often used during holistic therapy (crystal healing), place the stones at the 7 chakra points, lay down and relax.

### 3. WEAR YOUR STONES AS JEWELLERY

Considered the most convenient way of using your chakra stones as you will always have them on your persons in the form of bracelets, rings etc.

### 4. CREATE YOU OWN CHAKRA GRID

Grids are immensely powerful as they combine the sacred geometry to enhance the properties of your chakra crystals.

**CROWN CHAKRA**  
Clear Quartz, Moonstone, Amethyst Quartz, Labradorite, Amethyst

**THIRD EYE CHAKRA**  
Sodalite, Lapis Lazuli, Azurite, Sapphire, Dumortierite

**THROAT CHAKRA**  
Turquoise, Blue Lace Agate, Aquamarine, Blue Howlite, Kyanite

**HEART CHAKRA**  
Rose Quartz, Rhodonite, Green Agate, Amazonite, Green Opal

**SOLAR PLEXUS CHAKRA**  
Citrine, Topaz, Heliolite, Fire Opal, Amber, Golden Tiger's Eye

**SACRAL CHAKRA**  
Orange Carnelian, Garnet Spessartine, Golden Tiger's Eye, Stilbite

**ROOT CHAKRA**  
Red Coral, Mahogany & Black Obsidian, Bloodstone, Tourmaline