



CHAKRA STONES CHEAT SHEET.

Chakra Stones carry positive energy. When they are placed near you, your Chakras will match that energy and enhance your health, relationships, and life. This cheat sheet shows you the best stones for each Chakra and how to use them for your personal goals.



Root Chakra

Primary Stone: **Black Tourmaline**

Alternate Stones: **Red Garnet, Red Jasper, Smoky Quartz, Black Onyx, and Hematite**

Benefits: **Safety, Protection, Grounding, Boundaries**

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



Sacral Chakra

Primary Stone: **Carnelian**

Alternate Stones: **Orange Calcite, Tiger's Eye, and Sunstone**

Benefits: **Creativity, Passion, Courage, Self-Esteem**

How to Use: **Keep the stone in your pocket**



Solar Plexus Chakra

Primary Stone: **Yellow Aventurine**

Alternate Stones: **Citrine, Yellow Jasper, Rutilated Quartz, and Pyrite**

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

How to Use: **Place the stone between your navel and heart, then breathe deeply into the belly**



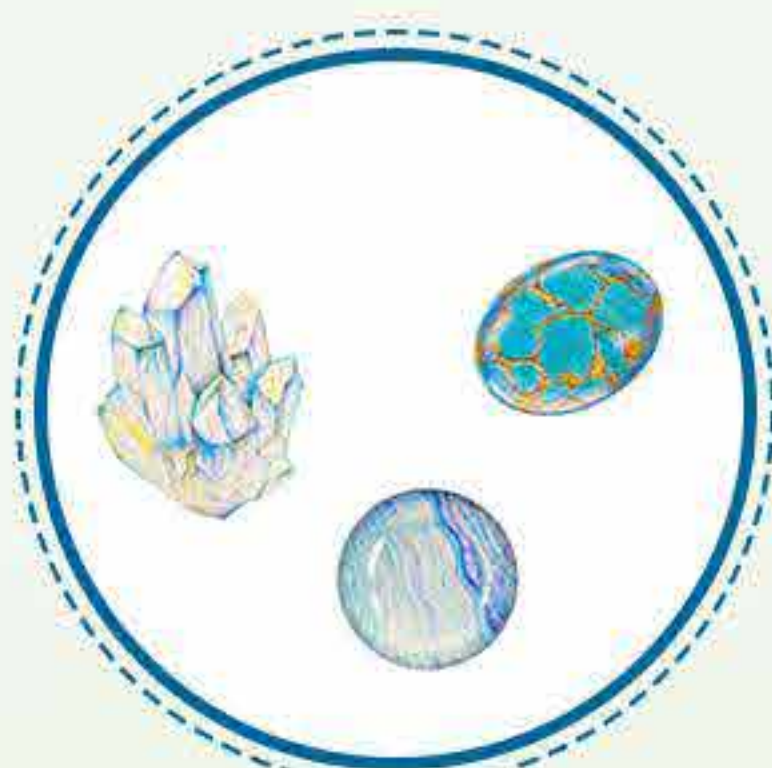
Heart Chakra

Primary Stone: **Rose Quartz**

Alternate Stones: **Chrysoprase, Green Aventurine, and Rhodonite**

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

Primary Stone: **Blue Apatite**

Alternate Stones: **Angelite, Turquoise, and Aquamarine**

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

How to Use: **Wear the stone around your neck**



Third Eye Chakra

Primary Stone: **Fluorite**

Alternate Stones: **Lapis Lazuli, Sodalite, and Blue Moonstone**

Benefits: **Intuitions, Clarity, Inner Wisdom, Decision Making**

How to Use: **Meditate with the stone on your forehead for easy decision making**



Crown Chakra

Primary Stone: **Amethyst**

Alternate Stones: **Sugilite, Selenite, and White Moonstone**

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

How to Use: **Mediate with the stone on your forehead to connect with your spiritual journey**



ALL Chakras

Primary Stone: **Clear Quartz**

Benefits: **All Around Healing, Programmable**

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