

Chakra Gemstone Power

Chakras are energy centres through which our personal energy flows. Each of the seven main chakras in the human body corresponds to specific gemstones. Each type of gemstone has a unique crystalline structure that vibrates at a particular rate, creating its individual properties.

To amplify a colour energy, place a gemstone in your correlating Colour Bath® or drinking water or carry in your pocket or purse. In meditation the gemstones can be laid on each Chakra to aid in aligning and balancing the energy flow and energy centres of the body. Try placing a few drops of Colour Energy's Chakra Blend on your chakra centre first, to aid in enhancing the gem meditation. Our Alchemy Chakra Light Essences magnify the stone's intention (apply to stone or anoint the chakra points). These gemstones can also be used to create an energy grid or to Feng Shui a room.



RED ROOT CHAKRA – Red Tiger's Eye **Grounding ♦ Strengthening ♦ Supporting**

Red Tiger's Eye connects you to your physical self, enhancing the body's health, inner strength and courage. This gemstone is known for its grounding properties. Red Tiger's Eye is also said to give those who carry it clear perception and is particularly supportive during hardships. Put in your pocket – close to your root chakra – to boost your confidence, vitality and rootedness (a stone in each pocket creates greater balance).



ORANGE SEXUAL CHAKRA – Carnelian **Fun ♦ Happiness ♦ The Power of Now!**

This gorgeous patterned gem is associated with happiness and joy. This stone connects you to your emotional self, enriching intimate feelings and relationships. It also helps to remove inhibitions and strengthens your appetite for life! Carnelian helps to restore any broken links between the physical body and the spiritual body and is therefore widely used in auric healing.



YELLOW SOLAR PLEXUS CHAKRA – Citrine **Clarity ♦ Mind Power ♦ Optimism ♦ Cheering**

Citrine connects you to your "self," improving thought clarity, learning, confidence and self-esteem. Helps with mental fatigue and memory. This gem also helps people find their true path in life by re-establishing the link between the conscious and subconscious minds. Known to uplift one's spirit. Ideal to place on a work desk or in front of a computer.



GREEN HEART CHAKRA – Aventurine **Love ♦ Relationships ♦ Contentment**

Aventurine connects you to unconditional love bringing you good health and well-being, harmony, forgiveness, sincerity and compassion. Cleanses and balances your energy, giving a feeling of peace, balance and renewal. Aventurine is said to purify and strengthen the body, mind and spirit. Put in your wallet as it symbolizes prosperity, abundance and wealth, to help attract money and financial security.



BLUE THROAT CHAKRA – Sodalite **Communication ♦ Organization ♦ Openness**

Helps reduce stress. Place the sodalite on your throat when it's tired or if needing help with expression. Sodalite connects us to the expression of universal truth and wisdom, reinforcing communication, speech and healing. Ideal for reducing tension and helps to ease the hormonal system. Sodalite is useful for those who suffer with nervous problems as it is said to balance the mind.



INDIGO BROW CHAKRA – Amethyst **Soul Recognition ♦ Empathy ♦ Understanding**

Put under your pillow to help with sleep and to stimulate dream activity. Try placing an amethyst in each corner of your bed. Amethyst connects you to your unconsciousness, heightening your imagination, understanding and intuitiveness. Stimulates dream activity and helps to remove anxieties and fears. This stone is said to give protection and guidance to those who carry it. Also can be used for gaining psychic knowledge.



VIOLET CROWN CHAKRA – Quartz Crystal **Creative ♦ Spirituality ♦ Knowingness**

Place the stone in a water or glass jug to amplify and purify the water's energy. Quartz Crystal connects to the Crown Chakra and your spiritual self. This gemstone is known to magnify energy, including thoughts, ideas and intentions. To increase your mind's purpose place the Quartz Crystal in your hand or in a Violet Colour Bath® and visualize your thoughts becoming a reality.



THYMUS CHAKRA – Amazonite **Truth ♦ Sincerity ♦ Eloquence ♦ Clairvoyance**

Amazonite assists in manifesting universal love. This stone balances your masculine/feminine energies thus helping you to see both sides of a problem and different points of view. Amazonite soothes emotional trauma, alleviating worry, doubt and fear. Also, this stone dispels negative energy, protects against electromagnetic pollution and absorbs microwaves.



BASE CHAKRA – Hematite **Protecting ♦ Security ♦ Connecting**

Hematite grounds and connects you with the Earth. It also utilizes the magnetic qualities of our yin-yang energies to balance the body, mind & spirit. Use this stone during meditation to help safely release you from your reality and to unite you with your true spirit self. Hematite forms a protective shield around the wearer, letting negativity bounce off and return to its point of origin.



UNIVERSAL LOVE – Pink Rose Quartz **Romance ♦ Self-Love ♦ Heavenliness**

Pink Rose Quartz opens the heart to the beauty within and all around us. Its nurturing energy helps to reduce fear, anger and resentment by enhancing all forms of love, including self-love and forgiveness. Rose Quartz is a good stone for dealing with issues on an emotional level and assists in releasing traumas. Wash your face in water charged by Rose Quartz to help fade wrinkles and keep the skin young. Keep a Rose Quartz under your pillow to add more sparkle to your relationship.

