

Chakra Gemstone Guide and Reference
Gemstone listing with the corresponding Chakra
number(s)

The numbers in brackets refer to the corresponding chakra for that stone:

0 = Can be applied to any chakra

1 = Root chakra

2 = Navel chakra

3 = Solar-plexus chakra

4 = Heart chakra

5 = Throat chakra

6 = Third-eye chakra

7 = Crown chakra

X = Chakra application depends on stone's color

Aegirine: self-quest; revitalizes the mind; increases the healing energy of other stones [1].

African Mystic Quartz: cleansing; accelerates spiritual growth; focuses healing energy [X].

Agate: discerns truth; accepts circumstances; powerful emotional healer. [X]

Ajoite: activates and energizes the heart chakra; aligns with the universal spirit [0].

Alexandrite: enhances the rebirth of inner and outer self; promotes awareness. [7]

Amazonite: aligns astral bodies; unity with life; enhances creative expression. [5]

Amber: calming for hyperactivity and stressed nerves; helps find humor and joy. [2]

Amethyst: encourages inner peace; fights addictive behavior; transforms energy. [6,7]

Ametrine: dispels negativity; aids decision-making and meditation; relieves stress. [3,6,7]

Andalusite: stimulates past memories; realignment and centering of self. [4,5,6]

Angelite: protects; strengthens degenerate organs; excellent for creative people. [4]

Apache Tear: grants forgiveness; aids understanding in distress. [4]

Apatite: good for communications; highly psychic; controls weight gain. [X]

Apophyllite: loving attunement to body and spirit; stimulates intuition. [7]

Aquamarine: banishes fears; calms nerves; imparts strength and control. [5]

Aragonite: calms and centers; allows for insight; aids self-discipline. [1,2,3,4]

Aventurine: independence; strong legs and joints; helps in career change. [4]

Azurite: guidance to psychic self; cuts through illusion; enhances communication. [6]

Azurite-Malachite: initiates transformation; aids clarity and understanding in vision. [6]

Barite: loyalty; harmony; aids intuition and relationships; motivates to follow dreams. [5]

Blizzard Stone: protects the body's magnetic field (from computers, etc.). [1]

Blue-lace Agate: expands consciousness; soothing; wise; aids public speaking. [5]

Bloodstone: prevents high blood pressure; cleanser of body; aids decision-making. [1]

Brazilianite: trust in self; refreshes pre-birth memories; gently clears blockages. [0]

Calcite: aids memory; balances the mental and the emotional. [X]

Candle quartz: aids in accessing ancient knowledge and putting it to use. [0]

Carnelian: releases sorrow, envy, fear, apathy and rage; past-life work. [2]

Celestite: aids clear speech and personal expression; highly spiritual. [5]

Chalcedony: expression of emotional needs; honesty; alleviates regret. [2]

Charoite: accelerates spiritual growth; enhances self-esteem and ability to love. [6]

Chrysocolla: communication; female energy; creativity; relieves ulcers and arthritis. [4,5,6]

Chrysoprase: prevents depression; increases grace and equilibrium; balances energy. [4]

Citrine: cleans auras; detoxifies the body; aids tissue regeneration. [2]

Copper: soothes arthritis; releases restrictions; stimulates initiative and optimism. [0]

Coral: protection from evil; increases imagination; resolves conflicts. [X]

Danburite: stimulates intellect; enhances psychic ability and self-assuredness. [7]

Diopside: brings necessary tears; heals trauma; aids regression; scrying stone. [X]

Dioptase: attracts love, abundance, prosperity and health. [4]

Dioptase with Dolomite: reduces body aches, stress, and sorrow; helps growth of muscles, hair, nails, etc. [4]

Dravite: a protective stone that brings the peace of the earth to the higher self. [1]

Emerald: secures love; attracts wealth and profitable dreaming. [4]

Ferro-actinolite: assists past-life recall; shields the heart; increases life force; brotherhood. [4]

Fluorite: aids comprehension; strengthens teeth and bones; stabilizing and calming. [X]

Fossil: aids past-life exploration; protection from spells. [0]

Galena: harmony; healthy hair; promotes holistic studies. [1]

Garnet: increases health, fidelity, and imagination; balances energy flow. [1,4]

Hematite: grounding; promotes common sense and level-headedness. [1]

Herkimer Diamond: stimulates psychic abilities; soothes tension; aids sleep. [0]

Hessonite: clears negativity; eliminates feelings of inferiority; promotes positive change. [3]

Heulandite: assists past-life recall; weight loss; open-mindedness; promotes positive change. [3]

Hiddenite: stimulates intellect and insight; universal love. [4]

Holly blue agate: spiritual and psychic actualization; as one teaches, one also learns. [7]

Howlite: combines reasoning, observation, and patience, providing for discernment. [6,7]

Infinite: helps one deal with one's past, present, and future at once; a very loving angelic stone. [4]

Iolite: gives accurate visions; releases discord; strengthens liver; soul connector. [7]

Jade: reduces eyestrain and negativity; promotes longevity; helps dream recall and interpretation. [4]

Jasper: powerful physical healer; protects against negativity. [X]

Jet: dispels migraines, illness, violence and deep depression; protects finances. [1]

Kundalini Quartz: primal energy; raises kundalini; grounding. [1]

Kunzite: reduces insecurity and addictiveness; a loving stone; gives maturity. [4]

Kyanite: promotes clarity and understanding in dreamwork; enhances creativity. [5,6,7]

Labradorite: brings recognition of destiny; increases telepathic ability. [6,7]

Lapis Lazuli: strengthens total awareness and ESP; creativity. [6]

Larimar: confidence builder; good for sales; reduces depression; builds serenity. [5]

Lepidolite: promotes self-love; alleviates stress, anger, and tension. [4]

Malachite: lucky money stone; helpful for sleep, asthma, and labor. [4]

Moldavite: helps channel interdimensional sources; catalyst for important life changes. [4]

Mookaite: protective; brings one into the “here and now”; helps in acceptance of change. [1,2,3]

Moonstone: luck love stone; calming; introspective; assists with emotional release. [2]

Morganite: sisterhood; balances emotions; heals pain of separation; love energy. [4]

Obsidian: eliminates gullibility; offers detachment; very protective. [1]

Onyx: relieves stress and grief; strengthens self-control and morality. [1]

Opal: helps recall of past lives; aids inner beauty, faithfulness and eyesight. [7]

Peridot: opens new doors; removes stress, fear, and guilt; activates personal growth. [4]

Petalite: enhances ability to feel energy; dissolves negative energy and black magic; the stone of angels. [0]

Petrified wood: connection to earth and nature; removes petty annoyances. [1]

Phenacite: inner knowing; spiritual travel; increases energy of other stones. [7]

Pietersite: dignified power and loving guidance; helps access Akashic records. [6,7]

Pop Rocks: sense of joy; highly energetic; draws pain out of body. [2]

Prase: resolves sexuality issues; sense of oneness with universe; Earth-mother stone. [4]

Prehnite: balances charkas; enhances personal relationships. [3,4]

Purpurite: helps break away from limiting patterns; finances; increases spirituality. [7]

Pyrite: increases memory, concentration, and spiritual and psychic ability. [1]

Quartz: programmable stone; breaks bad habits; relieves headaches; channeling stone; enhances life force. [0]

Rhodizite: “the master crystal”; unlocks blockages; activates charkas; positive stone. [0]

Rhodochrosite: strengthens mental power; helps find new love. [4]

Rhodonite: assuredness; helps one achieve the greatest potential. [4]

Rose Quartz: self-assuredness; love stone; reduces weight and wrinkles. [4]

Ruby: mental balance; improves circulation; protects sensitive natures. [4]

Rutilated Quartz: excellent for birthing process; enhances communication. [0]

Sapphire: goal motivator; strengthens loyalty; highly evolved spiritual stone. [6,7]

Selenite: flexibility; clarity in decision-making; strengthens spinal column. [7]

Seraphinite: cleanses aura and charkas; helps contact angels; energy of cooperation. [4,7]

Smoky Quartz: relieves depression and tension; balances sexual energies. [1]

Sodalite: prophetic dreaming; good for endocrine system; eliminates confusion. [6]

Staurolite: tears of fairies; good luck; helps transitions; makes one at ease. [1]

Stichtite: encourages truthfulness, gentleness, and an open mind; eases kundalini through heart chakra. [4]

Strawberry Quartz: aids recall of past lives; eases tension in relationships. [4]

Sugilite: aids physical healing; reduces stress; strengthens heart; an emotional balancer. [6,7]

Sugilite with Manganese: increases psychic and spiritual awareness; grounding [1,6,7]

Sunstone: dissipates fear; increases vitality; fosters spiritual growth; a stone of luck. [3]

Tanzanite: a stone of magic; facilitates spiritual awareness; stimulates insight. [6]

Tektite: fosters wisdom through life experience; prevents emotional scars. [1]

Tiger iron: enhances creativity through meditation; good for motivation on all levels. [1,2,3]

Tiger's Eye: psychic protector; great for business success; encourages clarity. [X]

Topaz: good for tissue regeneration, kidneys, and bladder; enhances understanding. [X]

Tourmaline: good for anemia; increases success and love; relieves fatigue. [X]

Turquoise: friendship stone; fosters mental relaxation; supports respiratory system. [5]

Turritella: eases domestic relations and group interactions. [1]

Unakite: enhances sense of personal power; converts the negative into the positive. [4]

Vesuvianite: creative and intuitive aid; helps fight depression, fear, and negativity. [X]

Victorite: peacefulness; encourages awareness of higher energies, emotional release, and clarity of speech. [5]

Zincite: cathartic; removes energy blockages; brings together similar minds. [1,2,3]