



Guide to Gemstones

Meanings, Properties and Chakras



Summary per Stone

Agate



Wonderful tool for meditation, powerful stone for healing. Grounding effect, reduces jealousy, envy, fear, and stress. Promotes physical and mental strength and stability, provides energetic protection. Wear it daily, place it on the corresponding chakra during meditation, or keep it on your nightstand for a continuous subtle effect.

Chakras: Root, Heart (depending on the color).

Amazonite



Insight-giving stone, absorbs radiation, calming, brings balance during grief, worry, fear, trauma, anxiety, and mourning. Wear it daily, place it on the corresponding chakra during meditation, or keep it on your nightstand for a continuous subtle effect.

Chakras: Heart, Throat.

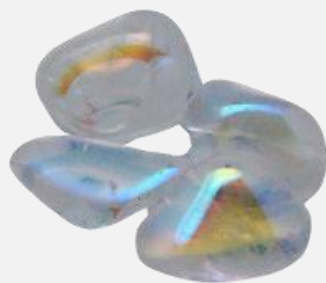
Amethyst



Purple quartz variety with calming energy. Promotes inner peace, intuition, and spiritual awareness. Helps with insomnia and negative thoughts. Wear it daily, place it on the corresponding chakra during meditation, or keep it on your nightstand for a continuous subtle effect.

Chakras: Third Eye, Crown.

Angel aura



Brings clarity of thought, joy, vitality, and a simple zest for life. Combines the gifts of Clear Quartz, Silver, and Platinum. Connects the solar plexus with higher consciousness. Wear it daily, place it on the corresponding chakra during meditation, or keep it on your nightstand for a continuous subtle effect.

Chakras: Throat, Third Eye, Crown (works on all chakras).

Angelite



Stone of angels, powerful crystal for awareness, spiritual growth, and grounding. Wear it daily, place it on the corresponding chakra during meditation, or keep it on your nightstand for a continuous subtle effect.

Chakras: Throat, Third Eye, Crown.

Apatite



Supports communication, joy of life, energy, confidence, spiritual growth, and creativity. Wear it daily, place it on the corresponding chakra during meditation, or keep it on your nightstand for a continuous subtle effect.

Chakras: Throat, Third Eye.

Aventurine



Comfort, tolerance, empathy, enthusiasm, patience, and solution-oriented thinking. Brings emotional, physical, and spiritual balance. Stimulates decisiveness, assertiveness, and creativity, while calming anger and irritations. Wear it daily, place it on the corresponding chakra during meditation, or keep it on your nightstand for a continuous subtle effect.

Chakras: Heart.

Red aventurine



Assertiveness, determination, perseverance, and creativity. Wear it daily, place it on the corresponding chakra during meditation, or keep it on your nightstand for a continuous subtle effect.

Chakras: Root, Sacral.

Amber



Brings stability, warmth, positivity, happiness, abundance, and boosts self-confidence. Powerful protection, helps with grief, depressive feelings, phobias, traumas, and fears. Wear it daily, place it on the corresponding chakra during meditation, or keep it on your nightstand for a continuous subtle effect.

Chakras: Solar Plexus (also Sacral).

Clear Quartz



The "Master Healer," regulates energy, absorbs and transmits energy, restores balance and harmony. Wear it daily, place it on the corresponding chakra during meditation, or keep it on your nightstand for a continuous subtle effect.

Chakras: Crown (connects and harmonizes all chakras).

Blue Quartz



Reduces stress, panic, worry, and fears. Has a vitalizing effect and strengthens the immune system. Muscle and nerve complaints may be alleviated by Blue Quartz. Wear it daily, place it on the corresponding chakra during meditation, or keep it on your nightstand for a continuous subtle effect.

Chakras: Throat.

Bloodstone (Heliotrope)



Strong energy release, brings balance and harmony, compassion, and wisdom. Enhances concentration and memory, both calming and activating at the same time. Supports recovery from colds, flu, and illnesses. Wear it daily, place it on the corresponding chakra during meditation, or keep it on your nightstand for a continuous subtle effect.

Chakras: Root, Heart.

Honey Calcite



Powerful healer, brings calm, removes negative energy, increases self-confidence, determination, assertiveness, motivation, perseverance, and strengthens spiritual gifts. Cleanses and energizes, combats fatigue, supports deeper meditation, and helps release emotions. Wear it daily, place it on the corresponding chakra during meditation, or keep it on your nightstand for a continuous subtle effect.

Chakras: Solar Plexus, Sacral.

Orange Calcite



In addition to the general effects of calcite: strengthens willpower, provides an energy boost, brings harmonious calm, supports meditation, has a cleansing and vitalizing effect, and restores mental balance. Wear it daily, place it on the corresponding chakra during meditation, or keep it on your nightstand for a continuous subtle effect.

Chakras: Sacral, Solar Plexus.

Carnelian



Uplifting, joyful, and warming. Has a vitalizing, activating, and grounding effect. Promotes perseverance, helpfulness, idealism, and solution-oriented thinking. Wear it daily, place it on the corresponding chakra during meditation, or keep it on your nightstand for a continuous subtle effect.

Chakras: Sacral, Root.

Cat's Eye



Stone of insight, grounding, and protection. Shields the aura against negative energy. Wear it daily, place it on the corresponding chakra during meditation, or keep it on your nightstand for a continuous subtle effect.

Chakras: Third Eye, Solar Plexus.

Chrysocolla



Brings wisdom and insight, calms and soothes, provides balance and inner peace. Acts either activating or calming depending on what is needed. Encourages trust in one's own strength and positive assertiveness. Stimulates clarity of mind, creativity, and communication. Wear it daily, place it on the corresponding chakra during meditation, or keep it on your nightstand for a continuous subtle effect.

Chakras: Throat, Heart..

Chrysoprase



Powerful healing stone, strongly purifying, brings liberation, enhances creativity, supports spiritual practice and meditation, and helps process unresolved (negative) emotions and patterns. Wear it daily, place it on the corresponding chakra during meditation, or keep it on your nightstand for a continuous subtle effect.

Chakras: Heart.

Citrine



Rare stone of happiness, prosperity, success, wealth, and abundance. Uplifting and warming, counters depression, boosts self-confidence, and encourages determination, extroversion, and creativity. Wear it daily, place it on the corresponding chakra during meditation, or keep it on your nightstand for a continuous subtle effect.

Chakras: Solar Plexus.

Eldariet



Strongly grounding and healing stone, brings spiritual peace and spiritual connection. Wear it daily, place it on the corresponding chakra during meditation, or keep it on your nightstand for a continuous subtle effect.

Chakras: Root, Heart.

Fluorite



Cleanses electromagnetic radiation, supports concentration, strengthens self-confidence, protective and stabilizing. Brings balance to body, mind, and soul. Wear it daily, place it on the corresponding chakra during meditation, or keep it on your nightstand for a continuous subtle effect.

Chakras: Third Eye, Crown.

Golden Rutile Quartz



Highly energetic stone, protects against external energies, removes negativity and blockages, inspires creativity and joy. Wear it daily, place it on the corresponding chakra during meditation, or keep it on your nightstand for a continuous subtle effect.

Chakras: Solar Plexus, Crown.

Garnet



Brings hope, courage, optimism, and zest for life. Increases self-confidence, vitality, endurance, willpower, energy, determination, and perseverance. Supports physical health. Wear it daily, place it on the corresponding chakra during meditation, or keep it on your nightstand for a continuous subtle effect.

Chakras: Root.



Hematite

Strengthens concentration, improves memory, boosts willpower and self-respect. Restores harmony and peace, strongly grounding. Wear it daily, place it on the corresponding chakra during meditation, or keep it on your nightstand for a continuous subtle effect.

Chakras: Root.

Howlite



Cleansing stone that promotes grounding, peace, and harmony. Supports self-realization, inner peace, clarity, and transforms negative energy. A powerful tool for meditation. Wear it daily, place it on the corresponding chakra during meditation, or keep it on your nightstand for a continuous subtle effect.

Chakras: Crown.

Infinite stone



Removes negativity and blockages, provides strong grounding, helps release limiting beliefs, self-pity, and grief. Wear it daily, place it on the corresponding chakra during meditation, or keep it on your nightstand for a continuous subtle effect.

Chakras: Root, Heart.

Jade



Purifies and protects, brings harmony, balance, prosperity, happiness, and success. Wear it daily, place it on the corresponding chakra during meditation, or keep it on your nightstand for a continuous subtle effect.

Chakras: Heart.

Jade Yellow



Brings harmony, purity, connection, and inner peace. Provides insight and clarity. Wear it daily, place it on the corresponding chakra during meditation, or keep it on your nightstand for a continuous subtle effect.

Chakras: Solar Plexus.

Jasper



Grounding, protective against negativity, promotes assertiveness, resilience, and courage. Wear it daily, place it on the corresponding chakra during meditation, or keep it on your nightstand for a continuous subtle effect.

Chakras: Root.

Jasper Yellow



Supports the immune system, stomach, intestines, liver, and pancreas. Reduces tension and stress. Wear it daily, place it on the corresponding chakra during meditation, or keep it on your nightstand for a continuous subtle effect.

Chakras: Solar Plexus.

Kunzite



Ideal stone for meditation, protective, dispels negativity. Wear it daily, place it on the corresponding chakra during meditation, or keep it on your nightstand for a continuous subtle effect.

Chakras: Heart, Crown.

Labradorite



Brings calm and inner peace, supports self-reflection, and is highly protective. Stimulates clarity, focus, and intellectual capacity. Encourages emotional stability and strengthens self-image. Wear it daily, place it on the corresponding chakra during meditation, or keep it on your nightstand for a continuous subtle effect.

Chakras: Third Eye, Crown.

Lapis lazuli



Spiritual stone, stone of friendship. Encourages honesty and sincerity, supports emotional expression, creativity, objectivity, and clarity of mind. Wear it daily, place it on the corresponding chakra during meditation, or keep it on your nightstand for a continuous subtle effect.

Chakras: Throat, Third Eye.

Lepidolite



Calming, protective, activating, and cleansing stone. Powerful energy cleanser, removes blockages, enhances cosmic awareness. Helpful against depression, relieves stress, and eases compulsive behavior. Wear it daily, place it on the corresponding chakra during meditation, or keep it on your nightstand for a continuous subtle effect.

Chakras: Third Eye, Crown, Heart.

Milky Quartz



A strongly healing stone, purifying, vitalizing, and pain-relieving. Stimulates the immune system and brings the body into balance. Wear it daily, place it on the corresponding chakra during meditation, or keep it on your nightstand for a continuous subtle effect.

Chakras: Crown.

Moonstone



Calms excessive emotional reactions, detoxifying, and has a positive influence on digestion. Balances masculine and feminine energies. Wear it daily, place it on the corresponding chakra during meditation, or keep it on your nightstand for a continuous subtle effect.

Chakras: Third Eye, Crown.

Moonstone Black



Grounding and protective, stimulates spiritual growth and development. Wear it daily, place it on the corresponding chakra during meditation, or keep it on your nightstand for a continuous subtle effect.

Chakras: Root, Crown.

Morganite



Rare and extremely powerful stone of transformation, spirituality, positivity, and healing. Wear it daily, place it on the corresponding chakra during meditation, or keep it on your nightstand for a continuous subtle effect.

Chakras: Heart.

Moss Agate



Joyful stone, symbol of abundance and growth. Promotes self-respect, self-worth, and self-expression. Wear it daily, place it on the corresponding chakra during meditation, or keep it on your nightstand for a continuous subtle effect.

Chakras: Heart.

Onyx



A mysterious stone that provides strength, perseverance, determination, and self-confidence. Enhances self-control and helps release old (love) grief. Wear it daily, place it on the corresponding chakra during meditation, or keep it on your nightstand for a continuous subtle effect.

Chakras: Root.

Opalite



Powerful healing stone, uplifting, creates space, grounding, removes energetic blockages, helps with fatigue, and supports meditation. Wear it daily, place it on the corresponding chakra during meditation, or keep it on your nightstand for a continuous subtle effect.

Chakras: Third Eye, Crown.

Peridot



Brings positivity and a bright, uplifting outlook on life. Clears away negativity and limiting beliefs, enhances self-confidence and assertiveness. Wear it daily, place it on the corresponding chakra during meditation, or keep it on your nightstand for a continuous subtle effect.

Chakras: Heart, Solar Plexus.

Red healer Lemurian



Powerful healer that boosts life force, vitality, dynamism, and pure strength. Recharges your energy field and brings harmony to the body. Provides strength and focus, transforms negative energy into positive, and supports manifestation on Earth. Wear it daily, place it on the corresponding chakra during meditation, or keep it on your nightstand for a continuous subtle effect.

Chakras: Root, Crown.

Rhodonite



Calming and powerful healer for both emotional and physical wounds. Supports forgiveness, reconciliation, mutual understanding, and friendship. Reduces anger, irritation, hatred, and feelings of revenge. Wear it daily, place it on the corresponding chakra during meditation, or keep it on your nightstand for a continuous subtle effect.

Chakras: Heart, Root.

Rhyolite



Strengthens emotional resilience, helps overcome procrastination, and builds inner backbone. Promotes self-confidence, emotional balance, and calmness. Wear it daily, place it on the corresponding chakra during meditation, or keep it on your nightstand for a continuous subtle effect.

Chakras: Third Eye (sometimes Solar Plexus/Higher Heart).

Rose Quartz



Stone of abundance and unconditional love. Heals trauma, transforms negative energy into loving energy, and stimulates creativity and imagination. Calms sorrow and trauma, promotes empathy, openness, helpfulness, self-love, self-acceptance, and self-confidence. Wear it daily, place it on the corresponding chakra during meditation, or keep it on your nightstand for a continuous subtle effect.

Chakras: Heart.

Ruby



Exceptionally powerful stone of energy, passion, wealth, and abundance. Supports manifestation of intentions, enhances visualization, and encourages clear, positive dreams. Physically detoxifying, helps with extreme fatigue, and supports in a gentle yet purposeful way. Wear it daily, place it on the corresponding chakra during meditation, or keep it on your nightstand for a continuous subtle effect.

Chakras: Root, Heart.

Smokey Quartz



A variety of clear quartz with protective qualities. Shields against radiation, acts as a powerful energy transformer, and provides strong grounding. Enhances intuition, detoxifies, and supports relaxation, release, and acceptance. Also improves concentration. Wear it daily, place it on the corresponding chakra during meditation, or keep it on your nightstand for a continuous subtle effect.

Chakras: Root (also Solar Plexus).

Tourmaline Pink



Strong cleansing and protective stone with powerful detoxifying effects. Supports the processing of grief, stress, depressive feelings, and fears. Heals blockages and sorrow from past lives, helps with fatigue and exhaustion. Wear it daily, place it on the corresponding chakra during meditation, or keep it on your nightstand for a continuous subtle effect.

Chakras: Heart.

Selenite



Symbol of infinite love, healing, and transformation. Promotes positivity, mental clarity, calmness, and self-confidence. Helps with stress and fatigue, and offers strong protection against negativity. Wear it daily, place it on the corresponding chakra during meditation, or keep it on your nightstand for a continuous subtle effect.

Chakras: Crown.

Serpentine Yellow



A highly spiritual stone that promotes mental and emotional balance. Cleanses and detoxifies. Wear it daily, place it on the corresponding chakra during meditation, or keep it on your nightstand for a continuous subtle effect.

Chakras: Solar Plexus.

Shungite



Powerful healing stone that protects against harmful electromagnetic radiation. Restores emotional balance, physical well-being, and strengthens the immune system. Transforms stress into positive energy. Wear it daily, place it on the corresponding chakra during meditation, or keep it on your nightstand for a continuous subtle effect.

Chakras: Root.

Sodalite



Provides support and insight, helps with fears and phobias. Enhances rational thinking and objectivity. Wear it daily, place it on the corresponding chakra during meditation, or keep it on your nightstand for a continuous subtle effect.

Chakras: Throat, Third Eye.

Sulphur Quartz



Purifies the aura and chakras. Activates cognitive abilities, enhances creativity, and supports manifestation. Wear it daily, place it on the corresponding chakra during meditation, or keep it on your nightstand for a continuous subtle effect.

Chakras: Solar Plexus.

Sunstone



Mood-lifting stone that stimulates pure joy, optimism, self-worth, confidence, positive attitude, and vitality. Promotes leadership and radiant energy. Wear it daily, place it on the corresponding chakra during meditation, or keep it on your nightstand for a continuous subtle effect.

Chakras: Solar Plexus, Sacral.

Super seven



Strongly transformative stone that dissolves blockages, restores balance, and supports personal and spiritual development. Enhances spiritual abilities, knowledge, and intuition. Wear it daily, place it on the corresponding chakra during meditation, or keep it on your nightstand for a continuous subtle effect.

Chakras: All chakras.

Tiger's Eye



Stone of unity, calm, peace, and grounding. Provides protection against negative influences. Wear it daily, place it on the corresponding chakra during meditation, or keep it on your nightstand for a continuous subtle effect.

Chakras: Solar Plexus, Root.

Tourmaline



Cleanses, protects, and grounds. Transforms negative energy and thoughts into positive ones, bringing balance between body and mind. Powerful protection against computer radiation and electro-stress. Wear it daily, place it on the corresponding chakra during meditation, or keep it on your nightstand for a continuous subtle effect.

Chakras: Root.

Unakite



Stone of vision and insight, strongly grounding. Promotes unity, compassion, and peace. Helps release blockages from past lives. Wear it daily, place it on the corresponding chakra during meditation, or keep it on your nightstand for a continuous subtle effect.

Chakras: Heart.

Overview per Chakra

Root Chakra

Red Aventurine, Bloodstone (Heliotrope), Carnelian, Eldarite, Garnet, Hematite, Infinite Stone, Jasper, Black Moonstone, Onyx, Red Healer Lemurian, Rhodonite, Ruby, Smoky Quartz, Shungite, Tiger's Eye, Tourmaline.

Sacral Chakra

Red Aventurine, Amber, Honey Calcite, Orange Calcite, Carnelian, Sunstone.

Solar Plexus Chakra

Amber, Honey Calcite, Orange Calcite, Citrine, Golden Rutile Quartz, Yellow Jade, Yellow Jasper, Cat's Eye, Peridot, Rhyolite, Smoky Quartz, Yellow Serpentine, Tiger's Eye, Sunstone, Sulphur Quartz

Heart Chakra

Amazonite, Aventurine, Bloodstone (Heliotrope), Chrysocolla, Chrysoprase, Eldarite, Infinite Stone, Jade, Kunzite, Lepidolite, Morganite, Moss Agate, Peridot, Rhodonite, Rhyolite, Ruby, Pink Tourmaline, Rose Quartz, Unakite.

Throat Chakra

Amazonite, Angel Aura, Angelite, Apatite, Blue Quartz, Chrysocolla, Lapis Lazuli, Sodalite.

Third Eye Chakra

Amethyst, Angel Aura, Angelite, Apatite, Fluorite, Cat's Eye, Labradorite, Lapis Lazuli, Lepidolite, Moonstone, Opalite, Rhyolite, Sodalite.

Crown Chakra

Amethyst, Angel Aura, Angelite, Clear Quartz, Fluorite, Golden Rutile Quartz, Howlite, Kunzite, Labradorite, Lepidolite, Moonstone, Black Moonstone, Milky Quartz, Opalite, Red Healer Lemurian, Selenite.

Higher Heart Chakra

Rhyolite

